VOL. XXXVI.] [OLD SERIES.

THE

HERALD OF HEALTH.

SANA MENS IN CORPORE SANO.

DEVOTED TO THE CURE OF ALL FORMS OF DISEASE WITHOUT DRUG-MEDICINES, THE PRESERVATION OF HEALTH, BODILY DEVELOPMENT, PHYSIOLOGY, AND THE LAWS OF LIFE.

Proper Remedial Agents are found only in the Domain of Organic Life. They are Light, Air, Temperature, Exercise, Rest, Food, Drink, Bathing, Sleep, Electricity, Magnetism, and Passional Influences.—BOOK OF NATURE, vol. 1., page 1.

If the people can be thoroughly indoctrinated with the principles of Physiology and Hygiene, they will have very little need of physicians; and when they understand the Nature of Disease and the Modus Operandi of Medicines, they will never consent to be poisoned because they are sick.—EDITOR.

R. T. TRALL, M.D.,

EDITOR AND PROPRIETOR.

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PUBLISHED MONTHLY.

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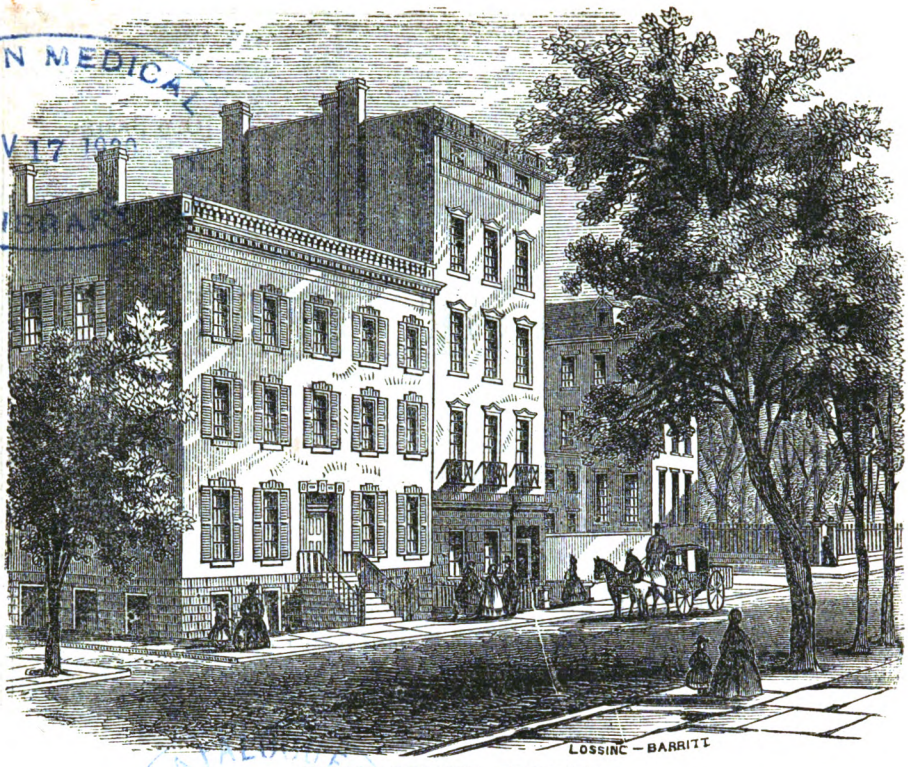
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THE NEW YORK

HYGIENIC INSTITUTE.

NO. 15 LAIGHT STREET, NEW YORK.

R. T. TRALL, M. D., PRINCIPAL PHYSICIAN.

ASSISTED PROFESSIONALLY BY

DAVID WARK, M. D., & MRS. H. H. HOFFMAN. M. D.

FRANK R. JONES, M. D., M. P. BROWNING, M. D., *Business Associates.*

Dr. TRALL having resumed the entire medical supervision of the New York Hygienic Institute, and associated with him men and women who are thoroughly competent in each of their several departments, and who work hand in hand with him in the great cause of Health Reform; and having enlarged the capacity and greatly improved the internal arrangements of the Institution, he is enabled to present to his friends and those desirous of placing themselves under Hygienic treatment, inducements superior to those of any former period.

Among the special attractions for the present season will be Dr. TRALL's Lectures before the Medical Class during the Summer Term of the Hygeio-Therapeutic College, where patients can learn how to get well, and to keep themselves and friends well in after life. Patients and guests are admitted to nearly all the lectures without extra charge.

Our Location is pleasant, being but one door from St. John's Park, to which our patients have access at all times, and so near the River and Bay that we get the benefit of fresh air both from the Water and Land.

The opportunities for riding in the country by stages, cars, and omnibusses, and by water, in row, sail, ferry, and steam boats, and the facilities for taking excursions and short sea voyages, at a few cents' expense, are such as to afford not only very much pleasure, profit, and amusement, but to aid their recovery to health.

Our Bath Arrangements are amply provided with all the appliances for giving every variety of Baths usually found in Water-Cures, and in addition we have the Electro, Thermal, and Vapor Baths, which we find highly beneficial in many cases. The Croton Water is *perfectly soft*, and by filtering is rendered *perfectly pure*, while an abundance of ice and steam enable us to supply it at any temperature desired.

Our "Movement" Room.—This department is attended to by an experienced manipulator. Many cases are cured in much less time, by means of "localized movements" judiciously applied, while many cases of subparalysis, contracted sinews, deformities, distortions, malformations, and extreme muscular torpidity and relaxation, are incurable without.

After several years, we have come to consider Movement-Cure as an excellent help in Hygienic Treatment, and in many cases, almost indispensable.

The New Gymnastics.—A new feature of our Educational and Therapeutic Programme is, the introduction of the *Light Gymnastics*, which not only facilitates the restoration of our patients, but also tends to the development, vigor, and gracefulness of motion of all who practice them.

An hour cannot be spent more profitably than in the practice of these beautiful and systematically arranged exercises. They are as interesting as the dance, without being subject to the criticisms which are often justly applied to it. Patients and guests who are able to participate can learn in a few weeks or months, if not to be proficients in the art, enough to aid them in the practice for life, and introduce it among their friends.

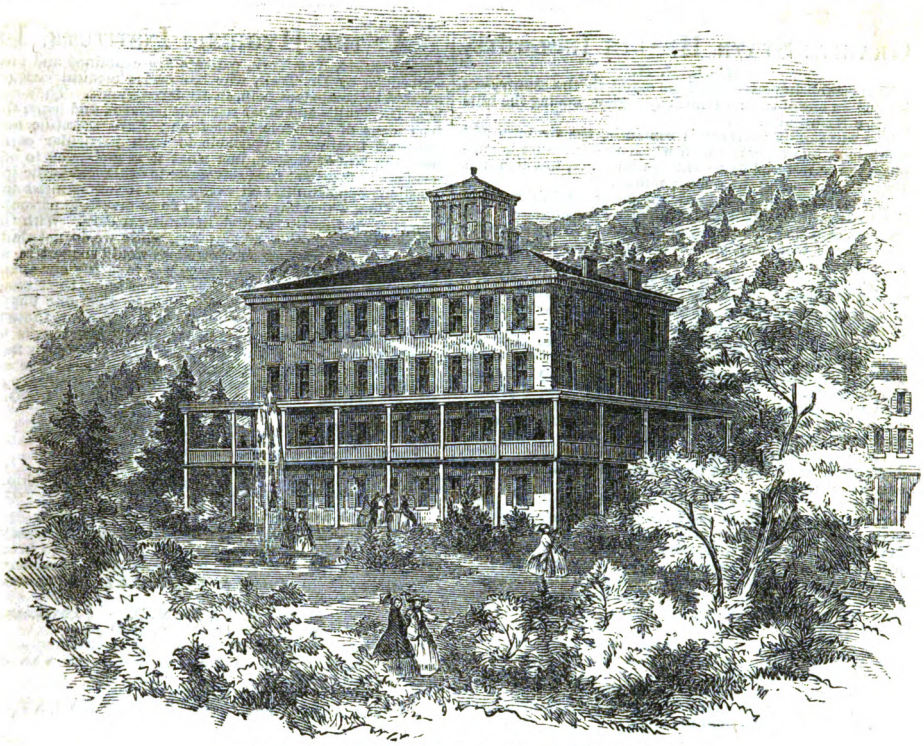
We have competent assistants in the *Female and Surgical Departments*, and for out-door practice in city and country. We are prepared to treat successfully, Cancers, Polypous Tumors, Fistulas, Hip-joint diseases, and to perform the most important surgical operations, so as to ensure the utmost safety and success.

Persons visiting the city for business or pleasure, will be accommodated with board and pleasant rooms.

N. B.—All letters requiring professional advice or opinions, should be addressed to R. T. Trall, M.D.; and all communications asking for general information, terms, &c., to R. T. Trall, & Co.

☞ For further particulars of cases how to practice Hygienically, send for "Water-Cure for the Million," price 25 cts.

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THE HYGEIAN HOME.

R. T. TRALL, M. D., PROPRIETOR.

Dr. TRALL has the pleasure of announcing that after an extensive correspondence and many journeys to prominent places, he has selected the "Living Springs Health Institution," of Dr. Smith, at Wernersville, Pa., as possessing greater advantages for a country "cure" than any other place with which he is acquainted. It is situated on the eastern slope of "Cushion Mountain," near the beautiful city of Reading, overlooking the great Lebanon Valley, called the "Cupboard of Pennsylvania," and in the midst of as magnificent mountain and valley scenery, perhaps, as can be found on the earth. Hon. S. Pringle Jones, of Reading, says: "The scenery is the finest of any within one thousand miles." Dr. Joseph Weder of Philadelphia, says "it surpasses anything I have ever seen in Europe or America." The walks and rambles are dry and clean, extending for miles in various directions, with all that can be desired of sun and shade, groves and woods. The air is never chilled with damps, vapors and fogs, and is entirely free of all miasmatic taint. The water is not only soft, but absolutely *pure*—equal to rain water. Many of the large "cures" or watering-places in this country have comparatively GOOD water; but none that we have ever seen equals the "Living Springs" in purity.

He regards the unexampled purity of the water as of the utmost importance in the treatment of all forms of Liver and Kidney diseases, Urinary affections, Spermatorrhœa, Leucorrhœa, Diarhœa, Chronic Inflammation, Piles, Relaxation of the Mucous Membranes, Humors, Skin Eruptions, Glandular Obstructions, in Gouty and Rheumatic disorders, and more especially in the elimination of minerals and drugs from the system. The late Dr. Lambe, of London, was so thoroughly convinced of the importance of the purest water in the treatment of Cancers, Scrofula, and Cachexias generally, that he restricted his patients to the use of distilled water. And his success was remarkable.

Persons who are predisposed to Consumption, and invalids who are afflicted with any of the protean forms of Dyspepsia, diseases of the Throat and Lungs, &c., will find the fresh breezes and dry atmosphere of "Cushion Mountain," equal in curative influence to the justly-celebrated Lake Superior region.

Wounded and invalid soldiers will find the Hygeian Home unequaled for healing and recuperative facilities.

The main building is entirely new, of grey mountain stone, four stories high, lined throughout on the inside of the walls, rendering the rooms proof against all dampness. Separate bath-rooms, with separate stairways, are arranged for ladies and gentlemen, and abundantly supplied with hot and cold water; double piazzas, 375 feet in length, extend around the house, from which there is a full view of the Blue Mountains, from the Delaware Water Gap to west of Harrisburg—a distance of more than one hundred miles, and overlooking Lebanon Valley, Reading, numerous villages, and one of the most fertile fruit and grain districts in the country—altogether forming one of the grandest panoramic views in the world.

Dr. Trall has secured the services as Resident Physicians, of Z. P. Glass, M. D., one of the ablest and most faithful and experienced physicians of the Hygienic School, and of Miss M. Augusta Fairchild, M. D., whose successful practice and admirable lectures have achieved for her an enviable reputation. Our patients may, therefore, feel assured of all that professional skill and personal kindness can accomplish, to aid them in the recovery of health.

ROUTE.—Hygeian Home is six hours by railroad from New York and Washington; five from Baltimore, and three from Philadelphia. Come either to Reading or Harrisburg, thence on the Lebanon Valley Railroad to Wernersville. Patients from Ohio and all the Western States will come by the Pennsylvania Central Railroad, which is really the most expeditious, and, beyond all comparison, the most interesting route to New York. This road is also stone-ballasted so as to obviate the usual annoyance of dust.

NECESSARIES.—Each patient will bring six towels; one linen sheet; two cotton sheets; one pair of flannel blankets, and two comfortables; or these may be purchased or hired at the institution.

TERMS:—Weekly rates, $5 to $15; Entrance or Examination fee, $5. Editors and Clergymen liberally dealt with.

☞ Dr. Trall will be at the Hygeian Home regularly on Saturdays, Sundays and Mondays, and on the other days in New York. A telegram from either place will, on emergencies, secure his presence in a few hours.

NOTE.—Dr. Trall, or some one of his associates, will give lectures on Health, and on the different Medical Systems, in any of the neighboring villages where the people will procure a church or hall, and give public notice. Address,

R. T. TRALL, M. D.,

Wernersville, Berks Co., Pa., or 15 Laight st., New York.

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GRANITE STATE HEALTH INSTITUTE,

HILL, N. H.

This establishment—one of the oldest in the country—is located in one of the most healthy regions among the hills of New Hampshire.

The surrounding scenery is romantic, the air pure and salubrious, and the water with which the Institute is supplied, the purest and best—soft as rain water, to which it is always preferred by the washerwoman.

The terms are lower than at any other establishment in the country affording anything like its advantages; and patients capable of engaging in manual labor exercises for a few hours each day, can reduce their expenses in this way, if desired.

The greatest pains are taken to provide a dietary of a perfectly hygienic character; and all remedial resources of a hygienic character are made use of in the treatment of the sick. We use no drug poisons of any kind.

Our establishment is not large, accommodating only from 20 to 30 patients. It is therefore a better place for nervous chronic invalids, who need a quiet retreat, than larger establishments.

The physicians of the establishment are enabled to give a good deal of personal attention to the patients, which they always do.

Their success in the past has been remarkable. Hundreds have been restored to health, who had been given over as incurable.

They have had much experience and success in the treatment of spermatorrhœa and other kindred diseases of the male sex. Young men and others afflicted with these maladies and the evils that grow out of them, will find this just the place for treatment.

Uterine difficulties, ulceration, prolapsus, displacements, and the like, with the long train of weaknesses and infirmities that grow out of them, have been largely treated for the last ten years, and with great success. There are thousands of ladies in our land, who have been long and severely afflicted with these maladies, that may get speedily and surely restored to health here.

We mean that the Granite State Establishment in the future, as in the past, shall not be eclipsed by any other in the advantges it affords to the sick.

Enclose stamp for circular. W. T. VAIL, M.D.,
tf ELLEN H. GOODELL,
Physicians.

WESSELHOEFT WATER-CURE,

Brattleboro, Vt. This establishment, so widely known as the pioneer Water-Cure of this country, is now better than ever prepared for the reception of patients. No other village stands so highly recommended as Brattleboro for its beautiful scenery, its charming drives and walks, its delightful climate and pure water. To the perfect purity of the water may be ascribed no doubt a large portion of the favorable results for which this Cure is so celebrated. Friends of Patients wishing to accompany them, can be accommodated with board. For terms, &c., address

P. B. FRANCIS, Proprietor.
6-tf or O. T. LINES, M.D., Phy'n.

FISH LAKE WATER-CURE

Has been in operation four years. The location elicits the admiration of all who visit it. For natural scenery, pure air and water it has no superior. The Cure is in good repair, and well furnished. The reason why patients improve so fast at "Fish Lake" is because the physicians give their whole attention to them; they are not only with them at their meals, exercises and amusements, but they assist in giving the baths, and know how every one is given. There is no Cure in the United States where patients receive more attention, get well sooner, or at less expense than at "Fish Lake." Terms, $5 to $6 per week. No extras. W. S. McCUNE, M. D.,
Mrs. O. F. McCUNE, M. D.,
4-4t Bovina Valley, Del. co., N. Y.

ILLINOIS HYGIENIC INFIRMARY.

Dr. M. NEVINS has removed his Illinois Water-Cure from Peoria to Secor, Ill., to a large building entirely new, and furnished better than any other Hygienic Cure in America. This attractive establishment is situated on the line of the Logansport, Peoria & Burlington Railroad, seven miles west of the crossing of the Illinois Central (at El Paso,) and one hour's ride east of Peoria.

M. NEVINS, M. D., Physician and Proprietor.

HYGIENIC RETREAT, AT GALESburg, Ill., is the place to get well. Physicians, skilful, experienced, careful, and attentive. Use electricity, Swedish Movement Cure, and all hygienic agents,—but no drugs. Send for circular. A. G. HUMPHREY, M. D.
SARAH R. HUMPHREY, M. D.

AT THE HYGIENIC INSTITUTE, 15

Laight Street, New York, patients are examined and prescribed for by Dr. Trall, who has entire medical charge, assisted by competent help, in all departments. They can hear Dr. Trall's and other scientific lectures, and learn the true ideas of Hygienic medication; have scientific and judicious treatment applicable to each particular case; have the best of dietary, just what it is pretended to be; good air to breathe; good soft water to drink and bathe in; excellent opportunities on every hand for amusement and instruction, which has so much to do in diverting patients' minds from themselves and hastening a cure. With the above and many other advantages, while we do not claim perfection, and all that our own ideas would suggest in an establishment, still we are determined to satisfy our guests either by curing them or letting them know their exact conditions; and we can say truthfully that our physicians prescribe for more patients in a year than those of any other health institution in America. For results we prefer reference to themselves than to anything we may say. Those who may wish to inquire will have free access to our register. Terms moderate. For further particulars address, R. T. TRALL & CO.

GRANVILLE WATER-CURE.

For particulars send for a circular to
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RURAL HOME WATER-CURE.

Is pleasantly located at Wabash, Ind., and furnishes superior facilities for the treatment of all forms of Chronic Diseases. Swedish Movements scientifically administered.

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S. D. JONES, M.D.,
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N. B.—We will send the April, May and June numbers of the WESTERN HEALTH JOURNAL free to all who will send us their names.

GRAEFENBERG ESTABLISHMENT,

(NEAR UTICA, N. Y.,)

Has been conducted by the present physician for sixteen years. Water, Electricity, Magnetism, the New Gymnastics, and all Hygienic Agencies are used, but no Drug Poisons. For conveyance from Utica, public or private, inquire at the Central Hotel. Address,

R. HOLLAND, M. D., Graefenberg, N. Y.

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HEALTH JOURNAL are conducted on improved principles at 218 N. Ninth street.

WASHINGTON (D. C.) BRANCH WATER-CURE, of the Philadelphia, is at 421 Pennsylvania Avenue, between 11th and 12th streets, being at present under the personal charge of S. M. LANDIS, M. D. Address as above.

MRS. C. L. LANDIS, M. D., Philadelphia.
S. M. LANDIS, Washington.

LAKE VIEW WATER-CURE AND

HYGIENIC HOME, Chicago, Ill., is in successful operation. Address for Circular, DR. JOHN B. GULLY,
Box 2125, Chicago, Ill.

TORONTO HYGIENIC CURE,

Bloor street, opposite the Queen's Park.
JAMES BRENT, M. D.

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CURE, twenty minutes from New York City, is open during Fall and Winter. Address,

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BINGHAMTON WATER-CURE,

Binghamton, Broome county, New York. Address or send for circular, O. V. THAYER, M.D.

PITTSBURG WATER-CURE.

This delightfully located Institution is unsurpassed in its facilities for the restoration of the sick to health. For pictorial circular, address Dr. W. N. HAMBLETON,
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ELMIRA WATER-CURE.

Dr. S. O. & R. B. GLEASON, M. D.
tf Address S. O. GLEASON, Elmira, N. Y.

CANADA HYGIENIC HOME,

Blair, Waterloo county, C. W. JOS. B. BOWMAN.

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HERALD OF HEALTH.

VOL. 2.—No. I.] NEW YORK, JULY, 1863. [NEW SERIES.

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General Articles.

RAMBLING REMINISCENCES.—No. 23.

BY THE EDITOR.

OPENING OF HYGEIAN HOME.

PURSUANT to announcement we took formal possession of "Living Springs Water-Cure," on the 1st day of May, and rebaptized it, and consecrated it anew to the healing of the sick, under the name of "THE HYGEIAN HOME." We found a goodly number of patients already on hand, representing half a dozen States and "a part of Upper Canada." Some disorder and confusion, incident to the arrival of guests a little faster than we could fully prepare for them, caused some degree of inconvenience both to them and us, but we soon had the whole machinery in working order, and shall be ready for patients henceforth on a moment's notice, so long as there is room. We have rented for the season all the spare rooms we can find in the neighborhood, so as to "colonize" extensively, if the patients crowd us as they threaten to do before the season ends. And if worst comes to worst (or best to best), we shall extemporize tents and shanties among the trees, so as make, what our armies have sadly needed ever since the rebellion "broke out," a camping ground on Hygienic principles. The balmy air of Cushion Mountain is a continual feast, and, on the principle that, the more of a good thing the better, we are of opinion that our out-door lodgers will have one advantage over the in-door ones. Certain it is that, nothing can be more salutary and invigorating than sleeping in the free air of Heaven, protected from the winds and storms. As to impertinent flies, fillibustering musquitoes, venomous snakes, ravenous wolves, murderous Indians, and dubious rebels, we do not need to guard against them.

"THE PRETTIEST PLACE IN AMERICA."

We believe there can hardly be found a more salubrious locality for invalids on the face of the earth than "Hygeian Home;" and it is also beautiful exceedingly. But there are many, very many, places in the United States which are magnificently grand and lovely, and as pretty as heart or eye can desire. We will not, therefore, pretend to have the prettiest spot that can be found; but it is legitimate and proper for us to quote what others say of it. One of the inmates who has traveled much in this and other lands, writes us in New York after sojourning for a few days at the "Home:"

"DR. TRALL: I am delighted with your new country cure. It is all you have claimed for it, and more. You have not exaggerated in the least. All with whom I have conversed confess that the half was not told. *It is the prettiest place in America.* I have seen no place to compare with it in purity of air and water, nor in the sourroundings which conduce to the removal of morbid conditions and the recovery of health and vigor I should think that a majority of patients would get well themselves by living there, provided they did themselves no injury.'

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LET-ALONE-ATIVENESS.

Our correspondent, quoted above, has suggested a thought on which we would like to expatiate at length. In our lectures to medical classes, as well as in popular addresses, we are in the habit of dwelling with some emphasis on Rest, as the first of Hygienic appliances—as standing at the very head of our Materia Medica. Most patients will not let themselves alone sufficiently. They are always ready to do something, and a majority do too much. As a general rule they lose more time and expend more money by overdoing, than by underdoing. They are willing to rub and scrub, to pack, plunge, douche, and umschlag from morning till night, and to sit in the sitz, and paddle in foot baths and apply cold compresses or hot fomentations all the day long, and to exercise till they are "weak and wounded, sick and sore." But how few appreciate what is really more important than all—a due proportion of absolute quiet, so far as mental exertion and voluntary exercises are concerned. The chief benefit and real beauty of Homeopathy consists in letting the patient alone—in amusing and quieting him with harmless placebos until nature performs the cure. In ancient times sick persons were placed under Hygienic circumstances and then left to their fate; and their fate was almost always a speedy recovery. When the vital powers can be allowed to have complete control of the organic machinery, undisturbed by mental care or anxiety, and the conditions of pure air, proper food, abundant sleep, and appropriate exercises supplied, very little "Hydropathy" is required, and recoveries are often rapid and astonishing. The more perfect are all the surrounding circumstances, as relate to the vital conditions of the patient, the easier it is for him to get well, both as regards the physician and himself. Nine-tenths of the acute diseases which destroy so many lives, would not be at all dangerous, if the patients instead of dosing and drugging themselves continually with infernal poisons, and stuffing themselves with slops, broths, soups, panadas, and other forms of medicated victuals, would only let themselves severely alone for a few days.

THE REGION ROUND ABOUT.

Although Hygeian Home is "the prettiest place in America," we must regard the country around it for fifty miles or more, as the very garden of America, if not of the world. The mountains are rough and rocky, but are useful to supply building material, fresh breezes, and pure water; the valleys are among the most fertile and productive for farming purposes; the scenery is all that need be to charm the senses and exalt the imagination, and the climate is mild and genial—a happy medium between the chilly North and the enervating South. From Easton to Reading the traveled route lies along the banks of the beautiful Lehigh, with the river and canal on one side, the railroad beneath, the mountains occasionally hugging us on one side, and a valley of surpassing luxuriance of grass, and grain, and orchards, stretching afar on the other side. There are several noteworthy places on the route, foremost of which is "Old Bethlehem," a clean and beautiful place, and celebrated for its extensive Moravian School. From Reading to Philadelphia the rail track runs along the banks of the Schuylkill, passing the flourishing manufacturing towns of Norristown, Conshohocken, and Manayunk. It would be difficult to find a more beautiful or picturesque country for agricultural purposes than this. And then, more magnificent than all, is the Lebanon Valley from Reading to Harrisburgh. The farmers along this route are mostly of the German stock, industrious and wealthy. Their farms are variously valued at from $50 to $200 per acre. A proper system of cultivating the earth (as has been adopted by some of our friends on the other side of the mountain, thirty miles distant), would transform this whole valley into gardens, radiant with roses and lillies, as well as prolific with the fruits and grains of an earthly Paradise. We are making arrangements to have a model fruit farm started near Hygeian Home, not only for the purpose of supplying our establishments in Wernersville and New York, with all "the luxuries of the season," in their most luxurious perfection and freshness, but to show to the world a practical demonstration of the meaning of the phrase—HYGIENIC AGRICULTURE.

SUNDAY SERVICES.

The Gospel of Health is preached on Sunday afternoons at four o'clock, in the parlors or groves of Hygeian Home. The villagers, the neighbors, and the people of Reading, usually turn out, so that, with our own guests, we always succeed in having a "highly respectable and appreciative audience." Thus far we have had clergymen among our patients who have taken part in the exercises of the day, and enabled us to blend most happily the gospel theological with the gospel physiological. Among those who have contributed to give increased interest to our parlor preachments thus far, we have the pleasure of naming Rev. J. M. Francis, of Ohio; Rev. Alexander Clark, editor of that

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excellent monthly, *Clark's School Visitor*, published in Philadelphia, and Lieut. Pettinger, one of the few survivors of the scouting party sent out by the late General Mitchell, and captured by the rebels in Mississippi. Rev. Mr. Clark is one of the most progressive men of the age—author, editor, poet, singer, and preacher. His cranial examination and biography may be found in the *Phrenological Journal* for April, 1863. Lieut. Pettinger has been a prisoner in Rebeldom eleven months, three of which were spent in Richmond. The stuff that the "Ohio Yankee" is made of may be better inferred from a single incident. While in the Richmond prison his party were ordered to do the menial work for the rebel soldiers, thus placing Union prisoners on a level with their Negro slaves. Some of the party, fearing for their lives, submitted to the degradation, while the Lieutenant and one or two others absolutely refused, at the risk of being summarily sent out of the world. As a punishment for their contumacy they were compelled to stand out-door all day, ankle deep in water, after which they were suffered to have their own way.

Mr. Pettinger is recuperating his constitution and, at the same time, writing a book which will give a detailed statement of the trials, privations and sufferings of himself and companions, with many thrilling incidents of the war. His narrations often cause the unbidden tear to start, and we are assured that his work will be one of the most interesting volumes which this terrible war has elicited.

Power of Gentleness.—No bad man is ever brought to repentance by angry words, by bitter, scornful reproaches. He fortifies himself against reproof, and hurls back foul charges in the face of his accuser. Yet guilty and hardened as he seems, he has a heart in his bosom, and may be melted to tears by a gentle voice. Whoso, therefore, can restrain his disposition to blame and find fault, and can bring himself down to a fallen brother, will soon find a way to better feelings within. Pity and patience are the two keys which unlock the human heart. They who have been most successful laborers among the poor and vicious, have been the most forbearing. Said the celebrated St. Vincent de Paul, "If it has pleased heaven to employ the most miserable of men for the conversion of some souls, they have themselves confessed that it was by the patience and sympathy which he had for them. Even the convicts, among whom I had lived, can be gained in no other way. When I have kissed their chains, and shown compassion for their distress, and keen sensibility for their disgrace—*then* have they listened to me, and placed themselves in the way of salvation."—*J. Taylor.*

CROUP: HOW SHE KILLED HER BABY.

BY HULDAH ALLEN, M. D.

While lecturing in New York City, a lady called, one evening, at my boarding-house, asking how she should treat her baby, taken the night before, with croup.

Two of her children had died of croup; or, as her husband said, they died of the medicine given them for croup, and she did not want to call a drug doctor.

I saw the child. It lay torpid. What had she given it? I asked. Nothing—much. She had abandoned medicine. She had given it only some hive-syrup a few times. Did I think it would get well? The syrup, she thought, would not harm it.

No? containing antimony!—a deadly drug. How much did she give it? In all, perhaps, two or three table spoonfuls. Would her child get well?

Probably the child would have recovered from the disease, had it received proper treatment; but, the medicine—she saw what I feared. The next day the child was dead—a victim to that pretty name, hive-syrup.

The mother said, I will never give medicine again. But, she will. She will not seek, deeply enough for the truth, till more suffering tortures her to clearer sight.

A BEAUTIFUL SENTIMENT.

Shortly before the departure of the lamented Heber for India, he preached a sermon which contained this beautiful illustration:

"Life bears us on like the stream of a mighty river. Our boat at first glides down the narrow channel—through the playful murmurings of the little brook and the windings of its grassy borders. The trees shed their blossoms over our young heads, the flowers seem to offer themselves to the young hands; we are happy in hope, and we grasp eagerly at the beauty around us—but the stream hurries on, and still our hands are empty. Our course in youth and manhood is along a wilder and deeper flood, amid objects more striking and magnificent. We are animated at the moving pictures and enjoyments and industry around us; we are excited at some short-lived disappointment. The stream bears us on, and our joys and griefs are alike left behind us. We may be shipwrecked, but we cannot be delayed; whether rough or smooth, the river hastens to its home, till the roar of the ocean is in our ears, and the tossing of the waves is beneath our feet, and the floods are lifted up around us and we take our leave of earth and its inhabitants, until of our future voyage there is no witness save the Infinite and Eternal."

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THE HOUSE I LIVE IN.

PREFACE.

THE study of the human frame has usually been confined to the members of the medical profession. But wherefore? Why should not a subject which so nearly concerns us all, engage the attention of others, as well as of surgeons and physicians? Do we not carry about with us, through life, a machine so ingeniously constructed that, in view of it, even an inspired writer exclaimed, "I am fearfully and wonderfully made?"

Our minds, moreover, are the tenants of bodies so constructed as to be continually liable to waste, as well as to become disordered; and yet we are seldom taught the way to keep them in order, or to prevent them from premature decay. These bodies act also upon our minds in a wonderful manner; for if anything in the body is wrong, it affects either our thoughts or our feelings, or both.

To keep the mind and heart right, therefore, we should know how to keep the body right. Who understands this? What persons, except med cal men, as I said before, ever study their bodies? Is it not strange that knowledge of such vast importance should have been overlooked, and practically disregarded?

There are reasons, however, for all this neglect. Many connect with the thoughts of studying the human frame, the idea of skeletons, dead bodies, knives, dissections, disinterments, and violent deaths. No wonder the mind should revolt at so horrible a picture. No wonder that Anatomy and Physiology—for these are the hard names given to the study of the body and the laws of the body—should be neglected and despised, if these things are inseparable from it!

But they are not so. Both anatomy and physiology may be studied with much advantage, without the dissecting knife. Much may be learned with the aid of nothing but a book and a few engravings; and in fact without either of these. The body itself may be studied; this is always at hand. And if dissections are even made, portions of birds or quadrupeds may be obtained, which will partly answer the purpose. The heart, for example, of most of the common animals, nearly resembles the heart of man, and would answer every purpose.

Still, this subject must be studied. Man, as has just been observed, has a body as well as a mind. A system of education which overlooks either is essentially defective.

We look forward to the period as not very distant, when a knowledge of the physical nature of man will be as generally taught to every individual of the whole race, as arithmetic and geography now are; and will be as universally found in our schools. And we cannot but fondly hope to remove a little of the repugnance which many feel to this study, by the peculiar manner in which we have here presented it.

There is one more hope that we indulge, in the re-publication of this work. It is, that it will have a good tendency on morals. Still more than all this. Besides having the favorable tendency which physiology must have on human happiness generally, and we believe that no branch of natural science is more likely to induce us to look "through Nature up to Nature's God."

The general plan of the work is something more than mere theory. It has been tested by experiment, both in school and elsewhere; and with the most complete success.

Therefore, to the young we would say, read it carefully, and ponder well. It will do you good. You will thank us many years hence for its publication. And older persons, if not *thoroughly* familiar with anatomy and physiology, will find much to interest and instruct them, prepare them to better know themselves, and teach those with whom they may come in contact in the various walks of life.

This work has done much for the world. The wish of the justly celebrated Dr. Reynolds has been fulfilled, that the "House I Live In" should be extensively studied, not only in our week day, but in our Sunday schools; and we trust our efforts to continue its usefulness will be appreciated by the readers of the HERALD OF HEALTH. PUBLISHERS.

NEW YORK, *July*, 1863.

CHAPTER I.

GENERAL REMARKS.

Size of the House.—Its Age—Beauty—Cost—Rooms—Occupants—Furniture.

"THE house I live in" is a curious building; one of the most curious in the world. Not that it is the largest, or the oldest, or the most beautiful, or the most costly; or that it has the greatest number of rooms or occupants, or the most fashionable furniture. Still it is one of the most wonderful buildings in the world on account of the skill and wisdom of the great Master Workman who planned it. You can hardly view it closely in any part, without being struck with the wisdom which is shown, or without having your minds elevated and improved by the contemplation of that Divine Goodness, which has so admirably adapted everything to the purpose it was intended to fulfil.

SIZE OF THE HOUSE.—I said that it is not the largest building in the world. Very far indeed from that. There are very many buildings—castles and palaces, churches and cathedrals, mansions and factories—which are thousands, tens of thousands, nay, hundreds of thousands of times larger than the House I live in. Indeed it can hardly be said that in any country, barbarous or civilized, there is to be found a single human dwelling place, from the hut of the savage to the palace of the king, but what occupies a far greater space than the house I am about to describe.

The mosque of Omar, at Jerusalem, for example, which, according to travelers, is 1489 feet (more than a quarter of a mile) long, and 995 feet wide, covering forty-one acres, is of course thousands of times as large. The palace and church of the Escurial in Madrid, in Spain, is nearly a mile in circumferance. The great tobacco factory at Seville, in Spain, covers about seventeen acres, and is also thousands of

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times as large as my house is. So are also St. Peter's Church at Rome, and St. Paul's in London; the latter of which covers six acres. Even the City Hall in New York, which is only 216 feet long and 105 broad, is many thousand times as large. In truth the house I live in is of very limited extent in any direction; for though it may be said to have two stories, and a cupola or dome, yet the whole seldom towers beyond the height of six feet.

Its Age.—It is not the oldest building in the world. The pyramids of Egypt, erected 3000 years ago, are proud monuments of the architectural skill of the designers; and even now seem to defy the hand of time. The sepulchral monuments lately discovered in Etruria; the splendid temples and other sacred edifices at Athens; the gigantic ruins of Palmyra, Luxor and Karnac; the immense and curiously constructed caverns of Elephanta, can all boast a high atiquity. Many churches and palaces, though with far less pretensions to age than the structures I have named, have existed several hundred years.

A traveler assures me that he once saw a house in Nantes, in France, in which Julius Cæsar slept at the time of his passing through France to invade Great Britain; which you know is almost about two thousand years ago. Buildings of brick and stone several hundred years old are very common in Europe. They are, of course, less so here, because it is little more than 200 years since our ancestors came over here, and began to drive away the savages and erect dwellings. Yet even here you will occasionally find a house nearly 200 years old. There are some "wooden" houses, both in Boston and its vicinity, which are almost 200 years old. But the building about which I am going to tell you, has not yet stood half a century; and with the utmost attention and care could not probably be made to last a century.

Its Beauty.—The house I live in is not the most beautiful in the world. It is not indeed without beauty; but it would poorly compare with the elegant temple of Solomon, in the days of its greatest glory; or even with the Arcade of Providence, the Massachusetts Hospital in Boston, or the Capitol at Washington. Some, it is true, undertake to say it is a great deal more beautiful than any of these; but on this point I leave you to form your own opinion, after I have told you more about it.

Its Expense.—Nor is it the most costly. Many a building has cost its millions of dollars. The Capitol at Washington cost nine millions of dollars, and even the City Hall in New York half a million. The Seville tobacco factory, in Spain, cost six millions. Some European palaces, cathedrals and other edifices, probably cost a dozen or twenty millions. The house I live in, meanwhile, may be said to have scarcely cost me anything; for it was found ready to my hand. The necessary expenses of keeping it in repair are but small, when the simple intentions of nature respecting it are all fulfilled.

Rooms.—Nor does it contain the greatest number of rooms that I have ever known in a building, though it may be said to contain a large number for so small a place. Perhaps there may be fifteen or twenty. Whereas many public buildings contain a number much greater—sometimes several hundred.

Occupants.—As to the number of occupants, it will hardly bear a comparison with any known building; for like some of the huts of the rude tribes of New Holland, it never accommodates more than one person—and that one is myself.

But even with the rude huts of the New Hollanders, the comparison, as I have said, will not hold good. They are made of the bark of a single tree, bent in the middle, and placed with its two ends on the ground. When one of the natives has taken up his abode in a hut of this kind as long as he has seen fit, he leaves it. He journeys to another place, and builds a new one, and the old hut is taken possession of by any who choose. Whereas I always carry my house with me wherever I go. In all countries, in all climates, in all seasons, my house is ready for my use. The house I live in is good for nothing at all, however, for any one but myself; and when I leave it, it will immediately fall into decay.

Furniture.—The furniture of the house I live in is not of the most fashionable appearance. Of this the reader can judge for himself, when he understands that it has been the same in kind for nearly forty years.

The fashions, you know, in everything, are continually varying; and what appears well now, will, by another year, be considered awkward or deformed. But the furniture of my house, being from the very first most admirably adapted to the wants of its occupant, does not require, from year to year, the slightest attention, on my part; that is, by any direct effort.

In Siam, the houses are frequently built on posts or pillars. This is because the country is low, and apt to be overflowed every year by the rivers; and to build on high posts is the only way to secure themselves against these floods. In Venice also, and Amsterdam, the buildings are erected upon piles, to elevate and protect them from the inroads of the sea. My house, as you will see hereafter, stands on pillars, but these pillars were made for motion, that the building may be transported to any place desired. Whereas, an Amsterdam or Venetian house cannot be removed at all; nor a Siamese house, without considerable injury.

The house I live in is, after all, most remarkable for its convenience. Nothing could

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possibly so well answer my purpose. I have already told you that it would be good for nothing for any other person. Your house, young reader, may be as beautiful, as curious, as large, and even as commodious for you, as mine is for me; but it would never answer my purpose at all, even if I had it in my power to exchange with you.

In the progress of the following chapters, I shall give you many more particulars. I shall describe to you, in the best way I can, the FRAME, the COVERING, the APARTMENTS, the FURNITURE and the EMPLOYMENTS of the House I live in; and shall give you, briefly, an account of the structure, uses and abuses of each.

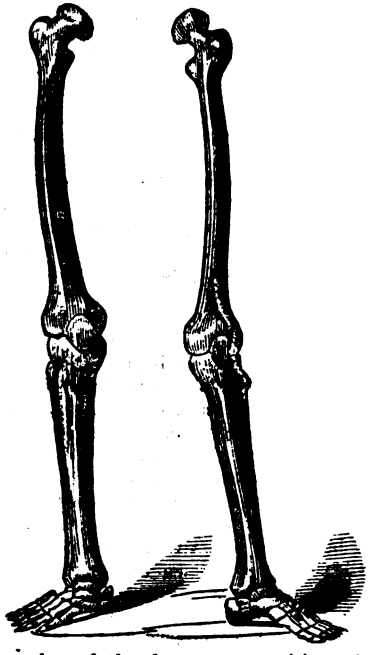
CHAPTER II.

FRAME-WORK OF THE HOUSE.

The Thigh Bone.—The Leg.—The Knee Pan.—The Foot.—The Arch of the Foot.—Proof of Contrivance.—The Ankle.

YOU will discover that the house I live in is my body, the present habitation of my immortal spirit. You will also discover that the frame-work of my house consists entirely of bones. These I am now going on to describe.

THE PILLARS.—The pillars are the bones of the lower extremities. Standing by themselves, as they do in the next engraving, and detached from all their connections, you will be apt to think they are not well proportioned; but as you see them with the rest of the building, they will appear very differently.



I spoke of the lower extremities of the human frame. These are commonly reckoned in three divisions: the thigh, the leg, and the foot. Besides these, there is the knee pan or patella. Each thigh has one bone, each leg two, and each foot twenty-six.

Besides these—fifty-eight in the whole in both legs—and the two patellas, there are in some people, at the largest joint of the great toe, one or two small bones, having a slight resemblance to the knee pan or patella. They are called sesamoid bones, because they have been supposed to resemble the seeds of the sesamum, a wild eastern plant.

THE THIGH BONE.—The bone of the thigh is called the "femur." It is the longest bone in the whole human frame. At its upper end, where it is connected with the hip bone, is a round knob or head. This head fits into a corresponding hollow or cavity of that bone, and is fastened there in a way which will be described in another place. These round heads do not appear quite round enough in the opposite engraving; but in all other respects it represents these important parts of the human frame quite correctly.

THE LEG.—The lower end of the femur joins with, or rather rests upon, the large bone of the leg. The leg below the knee consists of two bones. The "tibia" (so called because it resembles a tube or pipe, or as some have imagined, a hautboy) is much the largest. The other is called the "fibula." They are so placed that the fibula is on the outside. Where the tibia and the femur meet, they form what is called the "hinge joint, which means a joint that will only allow of motion backwards and forwards in one direction, like a door on hinges. But more of this hereafter.

THE KNEE PAN.—On the fore part of this lower extremity, where the femur meets the tibia and fibula, to form the knee joint, the patella or knee pan is placed. This is a round flat bone, not joined to the other bones, but lying very closely on them, and kept in its place by what are called tendons. You may see a little how this bone looks in the last engraving.

Although this bone might seem at first view almost useless, yet it serves many important purposes; and there is scarcely a bone in the body but might be spared as well if not better than this.

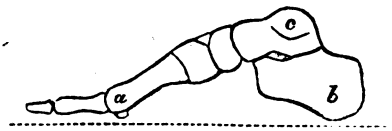
THE FOOT.—The bones of the foot have a general resemblance to the bones of the hand, which I shall describe fully in another place. But they differ from those of the hand in several important particulars.

The foot is composed of twenty-six little bones, strongly fastened together by gristle, or ligaments. These ligaments yield, when we bear upon the foot, just enough to have it conform to the surfaces on which we tread. If the foot consisted of one solid bone, it would not yield or spring at all; and it would be liable to be broken when we jump or fall on our

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feet. Think how clumsy a wooden foot would be! And one of solid bone would be almost equally so.

ARCH OF THE FOOT.—The "arching" of the foot is a singular contrivance. It is, really, very much like the arch of a bridge upon its two abutments. I will explain the matter.



In the above engraving it is nicely represented. When we step the heel is first placed on the ground, then the front of the foot. This prevents the jar we should otherwise feel and gives grace and beauty to the movement. The lowest extremity of the heel and the ball of the great toe may be considered as the abutments of the arch, while the bones of the instep form the arch itself.

You may easily perceive, by lashing a strip of wood to the bottom of the foot, how awkwardly we should feel if we were obliged to walk with a "flat" foot. It is quite evident there would be no "spring" when we tread on it. We could hardly walk, run, leap or swim at all.

One thing more. The heel is not exactly under the leg, but runs back like a spur, and is fastened to the main body of the foot by a very firm but springy (elastic) joint. On this account, when we walk, (the heel being thus formed like a spur, and having a great deal of elasticity,) we put it down first, and the whole weight of the body does not come down with a jolt, as it otherwise would do, but more gently.

ITS CONTRIVANCE.—Taken, altogether, the foot is a most admirable contrivance. It is, indeed, arched "both" ways; from the toes to the heel, and from side to side. It will help you to get a clearer idea of this arched structure, to step into the water with your bare foot, and then step immediately upon a dry floor, and find what sort of a track it will make. You see only a spot for the heel, and several spots for the toes and the parts of the foot near them. The middle part of the foot will scarcely touch the floor at all. There is, however, a difference in the form of feet. Some persons have flatter feet than others. All persons, however, have the soles of their feet apparently less arched than is shown by the engraving, on account of the muscles, tendons, blood vessels, &c., which in a great degree fill up the hollow in the "real" foot.

I have said that this part of the human form is most admirably contrived; and it is so.

When we examine the feet of the camel, the elephant, the horse, the dog, the cat or the bird, we are struck with the wisdom of the Creator, in adapting them to the kind of life they are destined to lead. The foot of the camel is so made, that it does not sink deeply into the sands on which it travels. The horse could not travel much in the deep sands of Arabia, his foot being more elastic, and made for firmer ground. It is, indeed, so very elastic, that those who "shoe" the horse find it necessary to make the shoe as narrow round the edge as possible, so that the iron may not press upon the softer and more elastic part of the foot, inside of the hoof.

THE ANKLE.—Between the lower ends of the tibia and fibula, and the bones of the foot, are seven short bones, not unlike those of the wrist in shape, but rather larger. Of these you will get a better idea, when I describe the bones of the upper extremities.

CHAPTER III.

MATERIAL OF THE FRAME.

Structure of Bone.—Shape of the Bones.—Description of the Bones.—Growth of the Bones.—Vessels of the Bones.

YOU have already seen that the frame-work of the house I live in consists chiefly of bone. Before we go any farther, I ought to tell you how bones are constructed, and of what substances they are formed.

STRUCTURE OF BONE.—Sticks of timber are evidently full of little holes; for if you take a piece of wood, of several kinds which I could mention, and placing your mouth at one extremity, blow hard, you can force a little air through it, from end to end. This shows that there are little holes or tubes running lengthwise, all the way through. If you could blow hard enough, you might force air through any kind of wood. The philosopher and chemist, by the aid of machinery, will force water and even quicksilver through the pores of almost any sort of wood.

But you cannot blow through any of the timbers of the house I live in. This shows that the internal structure of bone, though in appearance somewhat similar, is very different from that of wood. I will endeavor to show you wherein it is different.

SHAPE OF BONES.—Bones are of three kinds: "long" bones, "broad" or "flat bones," and "round" bones. The long bones have a hollow through them, containing marrow or pith; but the other two sorts of bones have no such cavity or hollow. They have, however, a great many little holes or cells in the inside. Some of them look, when broken, almost like sponge or honey-comb. Some of the long bones, besides being hollow, are also spongy. They are generally largest and most spongy at the ends, and smaller and more firm at the middle, with fewer of the little cells.

All the bones in the body are very hard on the outside. Perhaps the teeth are most so. The inside of the teeth is not much harder

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than other bones; but the outside is coated with a substance called "enamel," which is very hard indeed.

DESCRIPTION OF THE BONES.—You have already been told that the long round bones, such as the humerus and the femur, are hollow, and have marrow in them. This marrow nearly or quite fills up the hollow.* There is a very fine, thin membrane that lines the hollow, and also runs in among the marrow. The same sort of membrane lines also the little cells in the spongy bones. These cells have a small quantity of liquid in them, and none of them appears to be entirely empty.

Most of the bones are pierced through their outside with one or more holes of considerable size, through each of which goes an artery to convey blood to nourish the bones; and a vein comes out by the same passage, to bring back what is not used up. You may wonder that I should talk about blood in the bones. But there "is" blood in them, though not a great deal. This blood, with its vessels, the nerves, and the membraneous lining, together with the marrow and liquid matter which they contain, amount to many pounds in weight; for after the bones of any animal have been thoroughly dried, and all moisture extracted from them, they become almost twice as light as before. The bones of the whole human frame, when perfectly dry, weigh from eight to twelve pounds.

When they appear perfectly dry, if you burn them in a hot fire for a long time, you will lessen their weight a great deal more; I believe about one half. What burns out, in these cases, is animal substance—principally "gelatine," or that which makes "glue." The half which remains is much of it carbonate of lime, or chalk. So that a person carries about with him, every day, a considerable quantity of lime.

The great purpose which the Creator doubtless had in view, in giving us such a framework of strong bones was, that it might support and give solidity to the soft and fleshy parts. Suppose now, that there were no bones; and that the whole body was a mass of flesh only. Would not the legs give way, and finally be crushed under the great weight of the body? Would not the arms be almost useless? Most certainly they would.

But there are several other important uses for bones, which might be mentioned. Some of them you will not very readily understand, till you know more about muscles and tendons. I will therefore omit them for the present.

GROWTH OF BONE.—We are not born with the bones as hard as they become after we begin to walk and run about. At first, many of them are soft; and a large number of them are in several pieces, with "cartilage" or gristle between them. After a few years, they grow firmly together. The bones of the head, in particular, are at first separate; and, without doing any injury to the soft brain within, will move a little. But after we become older, and the whole skull becomes firm, it would require a very considerable force to move them; and the consequences of moving them, were we able to do it, would be dangerous.

There is undoubtedly "life," as it is often called (though we hardly know what life is), in bones; but while we are well, there is not much feeling in them; and when the surgeon amputates or saws off a limb, the sawing of the bone does not usually cause much pain. In some cases of disease, the bones, it is true, are very tender, and then sawing them off is painful.

VESSELS IN BONES.—There are also many blood-vessels and nerves running about in small holes in the interior of the bones; and wherever there are nerves, there is life. That blood is conveyed into and through the bones, can be made evident by forcing or injecting melted wax, colored like blood, into them.

Another method is employed to prove the same thing. If some small animal, as a rabbit, is fed a short time upon madder, most of the bones will be found tinged with the coloring principle of the madder.

We are now prepared, I think, to proceed with our studies on the frame-work of the house.

(To be Continued.)

* This is true of the bones of most other animals besides man. The bones of many birds, however, are entirely hollow, and contain air, to assist them in flying.

PURE AIR.—Next to the moral atmosphere whose sanctifying influence should pervade every household, rendering health to the spirits and purity to the heart, that on which our temporal life and health depends is of the greatest importance. The freest and best earthly gift, of God to man is *pure air*. It is, most surely *the bread of life*. We breathe it and we live; we breathe it in its contaminated state and we sicken; we cease to breathe it and we die. How few appreciate the blessings of pure, unadulterated atmospheric air.

It would seem that the greater portion of mankind are ignorant of the fact that this air is the prime element of life; that nothing that has life can exist without it.

In the close railroad car scores of active lungs are breathing in and consuming its life-giving qualities, and emitting impurity and poison. Your neighbor on the seat draws in the breath you have just exhaled, and you in turn take in a draught from the throat of the filthy creature who sits beside you.

A single person in a close room, twelve by sixteen, containing two thousand cubic feet of air, would, according to physiological law, consume the entire air in the brief space of three hours. Thousands are dying by piecemeal in badly ventilated rooms. The slow posion of foul air is reaping rich harvests for the graveyard. A headache, a cold, a clogging of the machinery of the system (of which the lungs are the most important part), a fever, consumption and a coffin.

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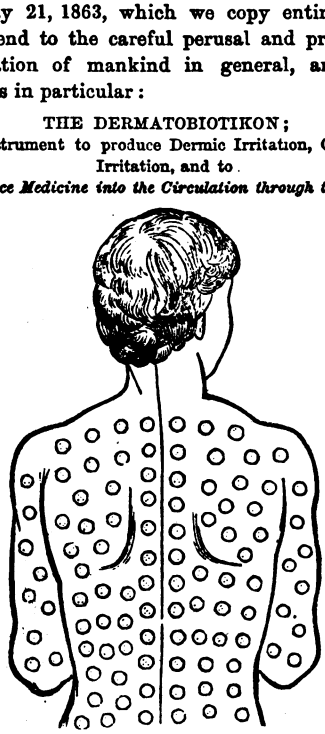
THE DERMATOBIOTIKON.

BY THE EDITOR.

ASTONISHING is the age in which we live! Marvelous is the nineteenth century! Wonderful are the developments of medical science! Great is "Dermatobiotikon!" Talk of inventions, discoveries, steam engines, earthquakes, telegraphs, electro-magnetics, kinesipathy, pangymanstikons, monitors, great guns, and Hygeio-Therapy! They all sink as far below insignificance as the moon is from purgatory, compared with the achievement of Dr. J. Firmenich—we mean the "Dermatobiotikon."

We are led into this dermatologicomonsensicalicationability of big words, from reading an article in the *Boston Medical and Surgical Journal*, of May 21, 1863, which we copy entire, and commend to the careful perusal and profound execration of mankind in general, and our readers in particular:

THE DERMATOBIOTIKON;
An Instrument to produce Dermic Irritation, Counter-Irritation, and to
Introduce Medicine into the Circulation through the Skin.



Appearance of the Body after the Application of the Instrument.

This Instrument can be so regulated as to make a simple redness of the skin, or to produce a blister; therefore it can be used on the most delicate persons and children without pain or danger. The irritation can be confined to one inch in diameter, or it can be produced over the whole body.

It will take only about the one-two-hundredth part of irritating medicine (as by any of the ordinary methods), when used in connection with the instrument, to bring on the same amount of irritation. For instance: it will produce an irritation all over a grown person's body, with about one drop of Croton Oil, because the medicine is injected by the use of the instrument into the skin, and will produce pimples in about five minutes after the operation. The physician having the matter under his own control, need not trust to the nurse or others in attendance on the sick.

With this instrument, other medicines can be introduced into the circulation through the medium of the skin. For instance: morphine to relieve pains, etc.

It would be a difficult task for me to enumerate here all the cases in which this instrument can be made serviceable. For a full and complete explanation, we refer the reader to our large work of 274 pages, embossed binding, which may be had on application, by mail or otherwise, price $1.50.

The neglect of this useful adjuvant treatment in the various diseases, has arisen entirely from the inconvenience attending the different modes of dermic irritation and medication, which, in my instrument, has been overcome; affording the physician the means, simple and effective, to carry out this mode of treatment.

The Instrument is always ready, and can be carried in the pocket, and with ordinary care will last a lifetime. Price from $3 to $5.

Address, Dr. J. FIRMENICH,
Buffalo, N. Y.

P. S.—For reference to the above, please see the *Philadelphia Medical and Surgical Reporter*, page 416.

We give the instrument the benefit of our circulation. In these columns the dermic irritation or dermatobiotikonical counter-irritator will come before the eyes of a hundred thousand persons (more or less) who would never see, hear nor feel of it, if its notice was limited to the circulation of the Allopathic medical journals. And we have something to say of its merits as a curative or a killative agent, and of the philosophical, or toxicological, principle on which its employment is predicated.

And, firstly, let us call attention to the beautiful cut illustrative of its dermic *modus operandi*. Nothing can be more round, smooth, sizeable, symmetrical, and satisfactory, than the little red, angry, burning, stinging, sores, pimples, pustules, and plague-spots on the back of the patient. And when it is considered that a single drop of Croton Oil will "produce an irritation all over a grown person's body," and that pimples will appear in the space of about five minutes after the operation, what miserable patient, wretched invalid, or "grown person," would not "go in" for trying it on?

Then again, children, young or old, and adults, old or young, can be irritated, or counter-irritated, reddened, or pimpled, or blistered, or inflamed, or excoriated—in a word, dermatobioticonicated, according to their capacity to bear the infliction. They may be, in the most delicate manner, a little injured, badly damaged, nearly killed, or entirely extinguished, as the practitioner may deem most judicious. The

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counter-irritation of the dermatobiotikonilogical process may be very nicely proportioned to the degree and extent of the pathological irritation. Irritation is one of the essential elements of all diseases; and why should not the counter be according to the direct irritation? Thus, in fevers, there is irritation all through the system, and the surface should be dematobiotikonicated all over. In pneumonia there is irritation all through the chest and the upper part of the body—all above the hips—should be dermatobiotikonically poisoned and pimpled. In apoplexy the head only (probably) should be operated on. In epilepsy—here we are puzzled—every muscle is cramping and convulsing with irritation, and—where must the instrument be applied?

Next come we to the philosophy: We remember a case. When we were lecturing in Washington in February, 1862, we were called to visit a quartermaster of one of the New York regiments, who had been several weeks under treatment for rheumatism. The surgeon had resorted to the "dermic irritation" practice by puncturing the skin with little needles, and introducing Croton Oil. The application was excessively painful, and with a few internal drugs to correspond, the surgeon had got his patient very nearly into the grave, and would soon have finished him off, or crippled him for life, if we had not interfered and taken the poor soldier to New York. But, what of the rationale of this practice? After poisoning the human constitution for three thousand years, because it is sick, physicians are beginning to find out that, sending drugs into the system through the ordinary channel of the stomach, is very damaging to the digestive organs; and so, within a few years, they have conceived the brilliant idea of getting them into the system through the skin. Hence the invention of instruments as dermic irritators. Hence counter-irritation by first pricking and then poisoning the skin. Hence the "Dermatobiotikon." Hence the modern and increasing practice of introducing narcotics, as strychnine, morphine, aconite, etc., into the blood, by inserting them under the epidermis, by a delicate surgical operation. This practice does effect a saving of medicine, and it saves, to a great extent, the wear and tear of the digestive organs. All the objection we have to it is, it destroys the blood and nerves, and kills the patient, a little faster than the old established method does.

MEN of the noblest disposition think themselves happiest when others share their happiness with them.

COUNTRY PRACTICE OF WATER-CURE

BY J. B. F. WALKER, M. D.

THE Hygienic physician, let him practice wheresoever he will, has much ignorance, superstition and false doctrine to contend against. No where can he see this better illustrated than in the attempt to practice the Hygienic healing art amongst a rural population. In such an endeavor the startling truth is forced home upon him that the great masses of the people are *doctor-ridden, drug-poisoned, humbugged and slaughtered!* So complete has the delusion and false system taken possession of the minds of these benighted individuals, that when they are informed of the true state of affairs they will not give the statement credence, but wag their heads and turn to drug swallowings, even as the swine return to their wallowings in the mire, so soon as the health teacher's back is turned. Here and there the Hygienic physician meets with a well informed person who is able to detect the gross deceptions of drugopathy; the more intelligent a person becomes, the better able is he to appreciate common sense doctrines; hence, we find those who believe in, and practice the Hygienic system, belonging to a class noted for their liberal mindedness and intelligence. True, Allopathic M. D.'s are supposed to be liberally educated, but all through their college life they are taught to believe that which is false, are prejudiced against all other systems of medication, and are either too timid —through fear of being denominated "quack," or "irregular"—bigoted, or lazy to investigate for themselves, and find out the truth As a matter of course they cry out against Water-Cure, and the Hygienic physician always has them to contend against. Fortunately for the truth there is within him, Dr. Water-Cure is not frightened at any such exhibition of ignorance on the part of Dr. Calomel, and excuses it as a might-to-be expected consequence.

Though educated and graduated an Allopathic physician, and having practiced that system for some time, I have also had my share of experience in the country practice of Water-Cure. The false idea that when a person is sick he must have "*something to take*," and the habit which all people have, whether in country or town, of giving and taking something under these circumstances, is one of the radical evils against which a continual warfare has to be maintained. It is almost impossible to make a patient believe he can get well without taking something, in some form or other, which is alleged to possess remedial powers. From his birth up, he has always taken something when

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sick so; did his parents, grand-parents, and all his ancestors back to the landing of the Pilgrims. If the doctor succeeds in quieting the fears of his patient, and leaves him alone for a few hours, nine chances out of ten some friend, neighbor, maiden aunt, or grandmother, will step into the sick room, hold the nose of the unfortunate sufferer, and before an effectual protest can be made, down will go a dose or draught of some nauseous decoction or other. Oftentimes, rather than to spend time and breath in the foolish attempt to argue them out of their silly notions, I have tacitly consented to the patient's drinking a mug of hot catnip tea, thoroughwort tea, or made with a little *wine* in it; and frequently have no objections to binding onions upon the soles of the feet, or over the pulse at the wrist, and in one instance I allowed the patient to wear a poultice made of spickenard! Such harmless things as these a Hydropathic doctor can sometimes afford humor and laugh at. If grandmother and the patients never wish to do anything worse than that, there need be little fears of injury resulting therefrom.

The starvation plan of curing disease often excites the apprehensions, as well as wonder, of the patients and their friends. If Jane or John doesn't take some beef-tea, egg-nog, wine-toast, or sangaree, they will surely sink, and die from absolute starvation! I recollect a case in point. Practicing among the Green Mountains of central Vermont, some half a dozen years since, I left the bed side of a lady patient who had been very sick with what is known as bilious fever. The whole digestive apparatus was so disturbed that it was highly impolitic for the patient to partake of any but the most simple forms of food. This the patient understood perfectly. Weary and exhausted with the labors of the day, I was anxious to reach home and enjoy, if possible, a night's rest. A terrific thunder storm was just ready to burst over the mountain tops, as I left the patient's house. She was comfortable, with the prospect of a good night before her. I put my horse to the top of his speed, and reached the stable just as the big drops of rain commenced to fall. In half an hour I was soundly sleeping. "The winds blew, the floods came, and the rains descended"—it was a wild and terrible night to be out. About midnight a loud thumping at my office door aroused me.

"Oh, doctor, W., Mrs. H. *is dying!* Jump on to your horse's back, and go there as fast as you can!"

A long and perilous ride through the darkness, mountains, and deafening thunder storm brought me to the house. A neighbor had induced Mrs. H. to eat a piece of egg-pie, and she was in intense agony from indigestion! A warm water emetic relieved her; a pack took down the resultant fever, and a lesson of wisdom was learned by experience.

In spite of all these difficulties, do not get discouraged, you who are practicing Water-Cure in the country. Ours is a glorious reform, and sooner or later the right *will triumph!*

CLEVELAND, Ohio, Water-Cure.

TOBACCO: THE LADIES' TESTIMONY.

BY HULDAH ALLEN, M. D.

SPEAKING of feeble women and dwarfed men, I mentioned tobacco as a cause of deterioration, and regretted that women, the young and mature, did not induce gentlemen to abandon it, or, at least, prevent the young from learning to like it. At once, they replied: "It is very offensive." "It is loathsome." "It is so foul, no woman can tolerate it." "Would that the men would leave it untouched!" Such expressions showed a warmth of feeling, a positive dislike, a fixed opinion in reference to the poisonous plant, which indicated hope for the race.

One young lady said, "Mrs. Allen, will you write for the HERALD OF HEALTH an article on tobacco?" "Yes," though mentally, I answered, They have Moses and the prophets; if these are disregarded, who will heed me? Yet, I write.

The ladies must decide whether or not the men use tobacco; in their hands lies the power. Ladies! will you use this influence, and so far as it depends on you, personally, arrest the deterioration of man, which tobacco is effecting? The mother can do it, by associating with tobacco, in her child's mind, ideas which will prevent him touching it; and the daughter by expressing, to boys and young men, her repugnance to it. Let them know how disgusting it is to the eyes and the nostrils of women. Man easily understands how much higher, in a woman's estimation, one stands who has no vile habits, than one who smokes, chews, or snuffs tobacco. So of other bad habits, mental or bodily. It is time woman thought of this. Woman! you are your brother's keeper. Your opinions and feelings on these subjects, expressed in a positive, womanly way, governed, as you would be, by the spirit of Christ, and depending on God's blessing, will save your friends. "Act well *your* part," if you would succeed.

PROSPERITY has no just scale; adversity is the only balance to weigh friends.

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WHY THE SHOE PINCHES;

A CONTRIBUTION TO APPLIED ANATOMY.

BY HERMANN MEYER, M.D.,
PROFESSOR OF ANATOMY IN THE UNIVERSITY OF ZURICH.

Translated from the German
By John Stirling Craig, L.R.C.P.E., L.R.S.C.E.

PUBLISHERS' PREFACE.

THE publishers of the HERALD OF HEALTH are determined, as far as possible, through its pages, to make their readers wiser, better, healthier and happier. Dress has very much to do with human well being. We have offered liberal premiums for the best specimens of woman's dress. We propose to discuss various questions pertaining to dress for both men and women. Having been appealed to hundreds of times by sufferers to advise them how to clothe the feet healthfully and comfortably, and beholding on every side the curse of ill-shapen, contracted and distorted feet, we have spent much time in investigating the matter.

The subject of the following pages may, at first sight, appear trivial, but we make no apology for their publication. We do not expect those who have their ideas of what is elegant and proper in dress, circumscribed by the form that is at this day fashionable, to appreciate the following pages; but the thinking portion of community—those who have outlived the vanities of fashion—persons who have for years been exerting their ingenuity, and trying in vain, by means of lasts made to fit their feet, and various other experiments, to attain the simple luxury of a comfortably fitting shoe, and hundreds of our noble soldiers whose hearts yearn to serve their country, but who are constantly breaking down when on long marches, from no other cause than wrong-shaped foot-gear, will thank us for the work. The next generation will witness its good effects, if the present one does not. No intelligent parent who carefully investigates this subject and understands the facts, will allow his child to wear a shoe which will cripple it, as so many men and women are crippled. In this, as in most of our works for humanity, it is to the young we look for the good which is to grow out of it. Possibly it may be thought that Prof. Meyers' ideas of the evil consequences of badly made shoes are exaggerated. This is a misapprehension. Our own experience confirms his. From all our researches, it seems to us that this work of Prof Meyers is the most thorough and practical of anything yet published.

The work is a very rare one in this country, and we are indebted to the kindness of W. H. Pars, at Appleton's, for securing the copy from which this is printed, and also to Mr. Watkins, anatomical boot and shoe maker, No. 114 Fulton street, New York, who has been striving for over twenty years to attain the result here obtained, and who has now very successfully adopted the following plan for many valuable suggestions; and we shall endeavor to give some of his experience at the close of the work.

Prof. Meyers is one of the most scientific men in this department in Europe; his works there hold the highest position. His plan may not be perfect, and our Yankee genius may suggest improvements in this, as it has in many other good things. We therefore submit it to our intelligent readers, assured that they will appreciate our motive, investigate the subject so far as practical, follow out the suggestions, and we are confident that it will be the means of doing much good. R. T. TRALL & Co.

NEW YORK, July, 1863.

WHAT THE OBJECT OF A COVERING FOR THE FOOT IS, AND WHAT CONDITIONS THIS HAS TO FULFILL.

WE put on shoes for precisely the same reason that we wear clothes on other parts of our bodies, namely, that we may be protected from injurious external influences.

The influences from which we desire to be protected are roughness of the ground on the one hand, and cold and wet on the other.

When the roughness of the ground only is to be provided against, the sandal—consisting of a sole of stiff leather or wood, fastened by thongs or bands so as completely to cover the under part of the foot—is sufficient.

But if protection from cold and wet be also desired, the sole has generally added to it a covering for the whole foot, and part of the leg. This covering may be made of various stuffs, but usually consists of soft leather. When thus combined with the sole, the upper leather further serves to keep the sole firmly fixed under the foot, and thus does away with the need of bands and thongs. Such combinations of upper leather and sole are called boots, shoes, etc.

A shoe, then, has to afford protection against unequal and rough ground, as well as against cold and wet. This is the object of a covering for the feet.

A covering for the foot has, however, to fulfil this object in a manner that will give rise to

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no disadvantage, the existence of which would essentially diminish the benefits of protection. The remedy would in this case be worse than the evil. Here, however, Fashion, so unfortunately mixed up in all our clothing-relations, steps in and must even have her say on the shape of the shoe. So long as the influence of fashion is confined to the cut and amplitude of the coat, the form and color of the hat, and the like, the only harm that accrues is the probable production of a somewhat ludicrous effect. It signifies little, so far as health is concerned, whether a man wears a gray coat or a brown one, but it is of some importance whether the shoe he wears be broad or narrow, rounded or pointed, long or short. The shape of the shoe has too much influence on health and comfort to be left to the dictates of fashion.

The influence of fashion on the shape of the shoe produces the most baneful effects on the mechanism of the foot and on its soundness, and thus materially affects our moving about, and our consequent ability to take a sufficient amount of open-air exercise.

It is quite clear that the foot must get into the shoe, and if the shoe differ in shape from the foot, it is no less plain that the foot, being the more pliable, must necessarily adapt itself to the shape of the shoe. If, then, fashion prescribes an arbitrary form of shoe, she goes far beyond her province, and in reality arrogates to herself the right of determining the shape of the foot.

But the foot is a part of the body, and must not be changed by fashion; for our body is a gift, and its several parts are beautifully adapted for the purposes for which they were intended.

If, therefore, we in any way change its normal form, not only do we not improve, but we actually disfigure it. Of this truth many a lady must be painfully aware who has not been able to resist the temptation to lace herself into what is called a "fine figure;" and he too must know it who has permitted his feet to be remodelled by fashionable boots.

We do not indeed at first sight fully perceive the arrogant absurdity of which fashion is guilty in going so far as to determine the shape of our feet, because we are not alive to the fact that the case is peculiar to the feet. We only see it influencing the shape of the shoe, and come to the conclusion that it may regulate this as well as the cut of the coat. To this prevalent opinion we yield, regardless of the influence on the shape of the shoe, and thereby on the FOOT. As well, indeed, might Fashion one day come to the conclusion that fingers are inelegant, and decree that henceforth the hand be squeezed into a conical leather bag;—as well, indeed, might she in one of her freaks forbid the display of our arms, and bind them firmly to our bodies like those of children in swaddling clothes.

The shoe ought to protect the foot, but it has no business to distort its shape.

Shoemakers should be aware of this, and try to make the covering of the foot a suitable one. The best of them, however, are grieviously ill-qualified for this task, if they are ignorant of the construction of shoes really fit to serve their purpose, or if, from thoughtlessness or timidity, they stick fast to the pernicious forms in general use. To those amongst their numbers who think for themselves, and who understand their business, the following hints on the proper construction of the shoe will be welcome.

A shoe which will really be a help to walking, and not, as is too often the case, a hindrance, should be adapted to the shape of the foot, and this must accordingly first occuy our attention.

ON THE STRUCTURE OF THE FOOT.

The foot consists of six-and-twenty bones, very beautifully arranged, and admitting of more or less motion on one another.

Fourteen of these bones belong to the toes, the remaining twelve enter into the formation of the tarsus and metatarsus.

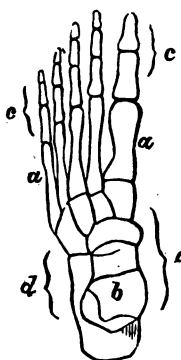


Fig. 1.

Bony framework of a healthy foot, seen from —*a a*, metatarsal bones, —*b*, astragalus,—*cc*, phalanges of toes,—*d d*, the tarsus of which the astragalus forms a part.

The metatarsal bones are the five long bones (A). With the forepart of these the toes form the joints. The remaining seven are the tarsal bones, and one of these, the astragalus (B), is embraced on each side by a projection (malleolus) from the bones of the leg, thus forming the ankle-joint.

If the inner aspect of the foot is examined, we find that it is an arch, resting in front on the anterior heads of the five metatarsal

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bones (A), but principally on that of the great toe, and, on the calcaneum or heel (B) behind. The astragalus (C) forms the key-stone of the arch.

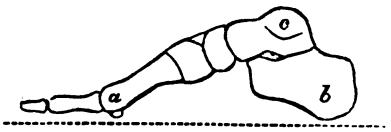


Fig. 2.

The inner aspect of the foot, showing the arched construction of the whole foot—*a*, head of metatarsal bone of great toe,—*b*, calcaneum,—*c*, astragalus.

The arch is enabled to retain its form by means of strong ligaments or bands passing from one bone to the others; and, thus held closely together, sustains the superincumbent weight of the body without giving way.

When we rest on the foot, as in standing, the arch is flattened by the pressure from above; and, consequently, becomes lengthened. When, however, the foot is allowed to hang free, the curvature of the arch is increased. At every step in walking also, when the foot is raised from the ground, the curvature immediately becomes greater through the action of the muscles.

The toes lie in front of the metatarsus, and are connected with it by joints. Each of the smaller toes has two joints,—the great toe only one.

The great toe plays by far the most important part in walking; because, when the foot is raised from the ground with the intention of throwing it forward, we first raise the heel, then rest for a second on the great toe, and in lifting this from the ground the point of it receives a pressure which impels the body forward. Thus, in raising the foot, the whole of the sole is gradually as it were "unrolled" up to the point of the great toe, which again receives an impetus by contact with the ground. The great toe ought, therefore, to have such a position as will admit of its being unrolled in the manner described; that is to say, it must so lie that the line of its axis, when carried backward, will emerge at the centre of the heel; and this is its position in the healthy foot. The sole of an almost sound foot is given in Figure 3, and the true position of the great toe is indicated by the dotted line. This relation is still better brought out in Figure 4, which represents the well-preserved foot of a child about two years old. The line drawn through both figures is that in which the foot UNROLLS itself from the ground. The

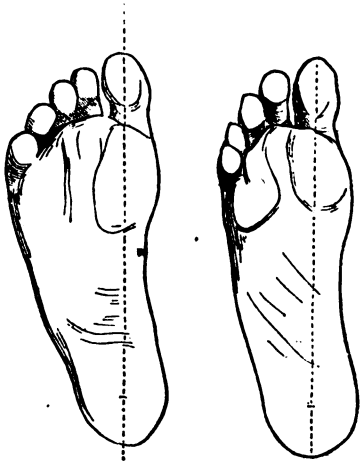


Fig. 3. Fig 4.

Figure 3.—View of a sole as yet in its natural state.
Figure 4.—Sole of the foot of a chid two years old.
(In both of these Figures (3 and 4) the continuation of the axis of the great toe is seen to pass through the centre of the heel.)

smaller toes, however, are by no means without their uses. In standing, they rest on the ground, and give lateral support to the foot; while, in walking, they are bent in a peculiar manner, so that they are firmly pressed against the ground,—and here, too, they support the foot latterly. The first joint is strongly bent upward, while the second is hollow above. This peculiar curvature enables the toes in a a measure to lay hold of the ground as with birds' claws.

ON THE CONSTRUCTION OF THE SOLE OF THE SHOE IN THE ORDINARY WAY.

In proceeding to make a shoe to order, the shoemaker measures the foot at various points; but of all the measurements he takes, none have a decided influence on the shape of the sole except the length, and perhaps the circumference of the foot at the root of the toes.

The length, however, is in all cases the more important, and in proceeding to plan out the sole, it is laid out in a straight line, a little is added to it, and the sole receives one of two shapes, according as the shoe is intended to fit the right or left foot, or either foot indiscriminately.

If the shoe is intended to be used for either foot, the line alluded to forms the centre round which the outline of the sole is symmetrically

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constructed, as in the accompanying Figures 5 and 6. The straight boundary line in front of the heel forms a right angle with the middle line.

If, however, as is more usual, the shoes are made for the right and left foot respectively, the outline of the sole coresponding to one foot only (Fig 7), then the construction of the sole and heel is precisely the same as before ; and the only difference is in that intermediate part called by shoemakers, "the waist." The outer line of this waist is curved outwards, especially in its anterior part; whilst the inner line also takes an outward direction. The "waist" between the heel and the sole is thus curved outward, whilst in a straight shoe it is perfectly symmetrical. The straight line in front of the heel forms a right angle with the beginning of the curve. The two kinds of sole, although apparently different, are essentially the same, as is made clear by reference to the adjoining Figure (8), in which the one sole is laid over the other.

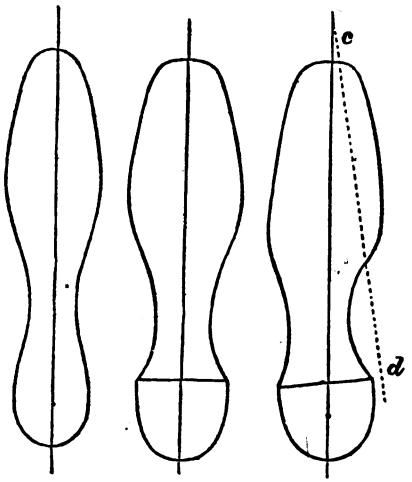


Fig. 5. Fig. 6. Fig. 7.

Figure 5.—A symmetrical (straight) sole, like those usually made for ladies' shoes.

Figure 6.—A sole of the same kind for a man's foot.

Figure 7.—An unsymmetrical sole (made to fit one foot only) of the ordinary make,—*c d*, the line in which the axis of the great toe lies in a sole of this kind.

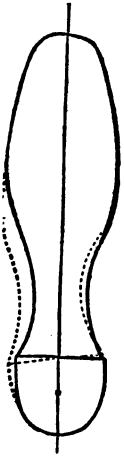


Fig. 8.

Figure 8.—The two outlines (Figs. 6 and 7) laid on one another, showing that the only difference between these two soles is in the direction of the "*waist*" between the heel and the anterior part of the foot.

The point of the sole may be made broad or narrow, as fashion dictates.

How shoes with soles constructed in this way dress the foot out of shape.

If we compare the sole of the usual construction with the actual form of the foot, it will be found that, apart from its smallness, it has deviated entirely from the form of the foot, as will readily be seen by comparing the soles represented above with Figures 3 and 4.

In making this comparison, we also perceive how the foot is injuriously acted on, since it must be forced, by the upper leather, into a shape corresponding to the outline of the sole. This cannot be avoided, indeed, for the toes are squeezed together from both sides, and the pressure is necessarily greatest where the shoe is narrowest. If we examine more particularly as to how the position of the toes is in this way affected, we find the following changes take place :

From the outside the four smaller toes receive a pressure which forces them against each other, and also against the root of the great toe, which is thus pushed inward.* The point of the great toe is besides pressed outward, and the middle line, or axis, of the toe thus becomes oblique. The obliquity of the great toe thus results from the inward pressure on the root by means of the smaller toes, and the outward pressure on the point directly inflicted by the upper leather.

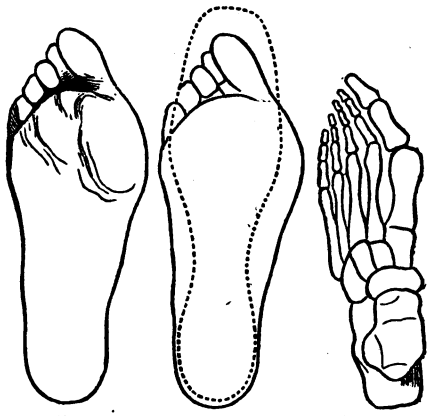


Fig. 9. Fig. 10. Fig. 11.

Figure 9.—Sole of the foot of a girl twenty-two years old, distorted by the pressure of the shoe, but otherwise healthy.

Figure 10.—The same sole with the outline of a *straight* sole laid over it, showing how such distortions are produced by the form of the foot accommodating itself to that of the shoe.

Figure 11.—View of the skeleton of a foot so deformed, from above. The joints of the toes look shorter here than in the healthy foot (Fig. 1), because, on account of the toes being curved, they are apparently diminished in length.

* The terms *outward* and *inward*, here and throughout, when used in reference to the foot, have relation to the middle line of the *body*, and not to that of the foot.

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The distortion which thus arises in the foot is very important, for the almost rectangular triangle in which the toes naturally lie, is converted into an isosceles acute-angled triangle, and in this the toes are expected to find place. It is well if they can do so side by side, but this treatment is constantly giving rise to the most mischievous distortions, at first only manifested while the shoe is worn, but eventually becoming permanent. The accompanying outline (Fig. 9) represents a foot disfigured in this way; it was drawn from nature, and with the exception of this distortion, is perfectly sound; it is the foot of a comparatively young women. Figure 10 exhibits the outline of this sole laid over the sole of a corresponding shoe; while Figure 11 represents the skeleton of a foot reduced to this condition.

Very frequently, however, the toes cannot find place side by side, but, cramped for room, are pushed over one another, and this position gradually becomes habitual. The adjoining Figures, 12 and 13, taken from otherwise perfectly sound feet, are examples of this. The second toe is here pressed upward above the great toe, and is thus partially seen in looking at the sole of the foot. But we also occasionally find one of the other toes displaced, and I frequently observed the small toe lying transversely across the backs of the others.



Fig. 12. Fig. 13. Fig. 14.

Figure 12.—Sole of a woman about twenty; the second toe is pressed upward and is therefore not visible.

Figure 13.—Sole of the foot of a girl somewhat younger; the second toe is not seen here either, and the rest of the toes are also pressed into an opposite and wrong direction.

Figure 14.—Apparently healthy sole of a young man nineteen years of age, in which, however, a false direction of the great toe may be observed.

In both cases it very constantly happens that, in addition, one or more of the smaller toes are compelled to lie bent up, so that the first joint resembles a knob. This defect also becomes permanent.

It is clear that all these evils must become much greater, if, in addition to its otherwise unsuitable shape, the shoe is made too short, since in this case the point of the great toe receives an additional backward pressure, which forces it still more against the smaller toes, and displaces its root still further inward.

Such very marked distortions as are represented in the figures above are certainly not very frequent, yet they occur much oftener than we should expect. That even apparently healthy feet are not quite free from traces of these deformities is exemplified by Fig. 14, which, at the first glance, seems to be perfectly sound; on trying to draw on it the line seen in Figs. 3 and 4, we shall discover, however, that even here the great toe is directed obliquely outward.

(To be Continued in our next.)

BOOKS NECESSARY TO THE AGED.—Books are never so necessary as in the wane of life. In childhood we are busy with toys; in youth with pleasure; in manhood with action; and so may dispense with the delights of reading with little consciousness of loss. But when at last we are too wise to be charmed with baubles; too earnest to be tickled with straws; too old to enjoy the pleasures of sense; to fond of repose to endure the noise of the bustling world; then it is that books are felt to be the truest and most agreeable of friends—companions who neither contradict us with arrogance, insult us with bad manners, nor bore us with prolixity. For we can cherish the entertaining, reject the dull, and snub the long-winded, with the utmost freedom, and without giving pain. How pleasant, when life is in the "sear and yellow leaf,"

> "To turn again our earlier volumes o'er,
> And love them then, because we've loved before;
> And wisely bless the waning hour that brings
> A will to lean once more on simple things;
> If this be weakness, welcome life's decline;
> If this be second childhood, be it mine!"

CHRIST was born among the poor, grew up among the poor, toiled with the poor, and died for the poor. The cases in which he ever came in contact with rich men, are noted with emphasis in Scripture, as remarkable exceptions.

THERE cannot be a more glorious object in creation, than a human being replete with benevolence, meditating in what manner he might render himself most acceptable to his Creator, by doing most good to his creatures.

LORENZO DOW once said of a grasping avaricious farmer, that if he had the whole world enclosed in a single field, he would not be content without a patch of ground on the outside for potatoes.

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THE TWO SYSTEMS.

BY J. G. WEBSTER, M. D.

Dear Reader: In the last number I gave you a brief outline comparison of the Hygienic with the Drug system; and, also, drew a distinction between the Hygienic and the Water-Cure system, showing that the Water-Cure, as a system of the healing art, is to be classed, so far as its fundamental principles are concerned, with the different varieties of the Drug system, which are all based on principles at variance with all nature. In this article I purpose going into a brief explanation of the principles which underlie all systems of the Healing Art; they may be stated thus:

1. The nature of vitality. 2. The relation of vitality to external objects. 3. The nature of disease. 4. The action of medicines on the living system; and, 5. The law of cure.

Before we can have any theory of the therapeutic processes we must have an explanation, of some sort, either true or false, of the above doctrines; and the correctness of that theory and the success of its practice will depend altogether upon our interpretation of these doctrines. It is the difference in the understanding of these principles, and the different explanations of the phenomena dependent on them, by medical men, that has given rise to so many systems of medicine, and to such various practice and success in the Healing Art.

To one, then, who is desirous of understanding any system of medicine, or any theory of therapeutics, or the means by which he is to preserve his own individual health, it is all-important that he thoroughly investigate them, and, in regard to each one of them, arrive at a definite conclusion. There is none whose observation is so limited that is not conversant with the fact that different schools of physicians —and even different physicians of the same school—have, under apparently similar circumstances, widely different success.

The query, "Why is this?" has, no doubt, often occurred to you, as it has to thousands of others. To answer this we must consider their various answers to the queries, What is vitality? What are the relations of vitality to external objects? What is the nature of disease? What is the nature of the action of drug medicines on the vital organism? What is the law of cure, or how are diseases removed and health restored? These are vital questions and should be answered, especially by every one who assumes the responsibilites of the physician. The question, then,

WHAT IS VITALITY?

Becomes extremely interesting, and we will see how well we can answer it. Dunglison, who is the standard American authority on medical terms, says, "vitality" is "the vital principle;" also, the "vital principle" is "the principle which, in association with matter, as in organized bodies, controls its manifestations and properties, and distinguishes organized matter from the inorganic. We know nothing of this principle, except in its connection with organization." Webster says, "vitality" is "the principle of animation, or of life; the act of living." With the definition of Dunglison, we are to draw on the imagination for an idea of something of which we know nothing; when we have done this we know all that he has told us in that long explanation, and that is nothing, about vitality. To be sure, he says it "distinguishes organized matter from inorganic;" but he does not say—just what we want to know—in what that difference consists. Webster's two definitions, are quite at variance with each other, the first being that vitality is the principle of life, and the second that vitality is the act of living. Just as one might say that a certain entity is Jack, or it is the house that Jack built. The two definitions taken together give us such a confused idea that we had better have none than such a one. If we take the second, that vitality is the act of living, which is life, we have something that we can begin to comprehend—vitality is life. This is in accordance with Prof. Clark's idea of vitality, one would suppose from his remark, that "every dose of medicine we administer diminishes the patient's vitality." With this definition of vitality we can easily understand that he means by this remark that every dose of medicine one takes shortens his life, as, no doubt, it does.

But Prof. Draper, of the University of New York, says, "*The vital principle*, from being a mere expression of convenience, it has by degrees risen among physicians and physiologists to the rank of designating an existing agent, by some regarded as of the same kind as light, heat, electricity, or gravitation—nay, even superior to them, since it is its peculiar attribute to hold them all in check. Animated by this extraordinary power, organic substances are supposed to withstand every external influence, and to submit to physical agents only after this principle has left them. Such a preposterous doctrine will not bear the touch of exact science for a moment." If we take Dunglison's definition of the vital principle, I can conceive of nothing more true than this last sentence

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of Draper but if we take the second definition from Webster, as the meaning of "vital principle," the above language sounds very much like learned nonsense. If we go to books and doctors for ideas on this subject, we are met by bombastic and pedantic confusion on every hand. Philosophers have wasted much midnight oil as well as brain labor on this subject, from the earliest times up to the present, confounding vitality with soul, or mentality, or chemical affinity. The author last quoted explains all the operations of life as taking place on the principle of chemical affinity. Other authors explain these operations as taking place under the force of the surrounding circumstances — stimulation, or under the direct control of the soul, or the mind, &c., *ad infin.* Thus we see that those who might reasonably be expected to know all about this subject acknowledge they know nothing.

We frequently hear the vitality of various seeds, as wheat, corn, potatoes, &c., spoken of. It is said that some seeds such as are of an oleaginous nature, especially, preserve their vitality, that is, their power to vegetate, much longer than others. Seeds, for instance, grains of wheat, and several other seeds, have been found in the covering of Egyptian Mummies that have lain entombed three thousand years or more, on being planted in a suitable soil have been found to possess the power of vegetation and reproduction. There are other seeds on the other hand which possess but a very limited endowment of this nature. The potato, for example, will not, as a general rule, "keep;" that is, retain this vegetating property or power for a longer time than from season to season. The tobacco seed, which is a very minute organic body, has been known to retain the property for many years, and on being supplied with the requisite conditions of soil, moisture and warmth, put forth its roots and leaves and become a vigorous plant, bearing seed in perfection. Now there is something in this more than a mere abstraction. This property in the seed, by means of which it absorbs nutrition and expands into a vigorous plant bearing seed after its kind, is what we call *vitality*. The degree of vitality is measured by the length of time any particular seed or kind of seed, conditions being always the same, preserve, or retain this property, and the vigor with which it will expand into a plant when properly situated for the manifestation of its proper functions. I shall call this property, in plants, vegetable vitality. This is sometimes called the "nature" of the plant—its vegetative property, &c.

A process analogous to this goes on in the animal from the moment of the fructification of the ovum in the mother's womb to the end of life, which ends when the process of nutrition and growth ceases. But there are other processes besides this that almost constantly occur in the animal organism — it possesses the powers of feeling, thinking, and locomotion, in addition to the process of merely vegetating — distinct properties from those that vegetables possess. It is sometimes said that certain plants are sensitive, and exhibit signs of apparent irritability on being touched by the hand. Examples of this kind are familiar to every one who has seen a touch-me-not, or a quaking aspen. But I think this apparent irritability manifested by the plant, is due to its electrical conditions.

All the operations that constitute the life of a human being may be reduced to these: *feeling*, *thought*, and *action*. That action takes place at the earliest period of embryonic life, and continues until the latest stage of animated existence must be evident to every one. There is but one way in which any action emanating from the inherent properties of an organized being can take place, and that is by *muscular contraction*. The acts of prehension, mastication, insalivation, deglutition, digestion, absorption, circulation, waste and reparation are all carried on by the motive power called *contractility*, as are all other actions of which the being is capable. There is a property which regulates and directs the functions of digestion, respiration, circulation, secretion, excretion, &c., which is manifested through the organic nervous system, and is called *irritability*. This property presides over all the functions of the animal economy. There is another property which takes cognizance of all objects external to the organism; this is the thinking power, and manifests itself through the cerebro-spinal system. These properties are inherent in and essential to every human being; and to a greater or less degree, to every species of the animal creation. They are all manifested in different individuals under different conditions of development and textural structure of organism, giving rise to different temperaments and different "constitutions," as to strength and durability. For instance, an undue development of those structures which manifest the organic function gives rise to the vital temperament, and undue development of the muscular system, including the osseous, gives rise to the motive temperament, while an undue development of the cerebro-spinal system, accompanied by fineness of texture, gives rise to

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the mental temperament. It is the relative development of these different systems determines temperament; and their textural quality and development which determines what is called constitutional power or endurence. *Vitality*, then, is the sum or aggregate of these three properties, irritability, contractility, and sensibility. It will be easily inferred from this explanation that vitality, being an original endowment, cannot be increased; and once lost, is forever lost; once diminished, can never be restored; hence, we see the futility of all attempts to discover some means of *vitalizing* a shattered, or worn out system. The great and only thing we can do is to present the proper conditions to the living organism for the manifest action of life. When this is done, and done continually, we shall have the best possible results of life.

Delaware Health Association.—A meeting of the friends of Health Reform was held at Ferris & Garrett's buildings on Friday evening, May 8th. Thos. Garrett was called to the chair, and Pusey Heald elected Secretary. Dr. Jno. Cameron stated the object of the meeting to be the organization of a Health Association.

The Secretary offered the following:

Whereas, We are convinced of the importance of a more general diffusion of correct knowledge among our citizens in regard to the maintenance of health and the true means for its recovery when lost—and deeming that this can be best accomplished by the formation of a society, at the meetings of which this subject can be thoroughly discussed, and *truth* thereby elicited; therefore,

Resolved, That we form ourselves into a Health Association, the name of which, together with a more definite statement of its designs, shall be set forth in a Constitution and By-Laws to be hereafter adopted.

This was unanimously approved. The Secretary then presented a draft of a Constitution for the government of the association which, was unanimously adopted, article by article.

An election for permanent officers was then had, resulting in the unanimous choice of Thos. Garrett, President; Jno. S. Kennard, Vice-President; Mrs. Asenath Marshall, Recording Secretary; P. Heald, Corresponding Secretary, and Henry F. Pickels, Treasurer.

An executive business committee, consisting of the officers, was appointed to secure a hall for the annual meeting of the "World's Health Association," called for the 9th of June, to be held in this city.

The poor man's purse may be empty, but he has as much gold in the sunset, and as much silver in the moon, as anybody.

WASHING.

BY JOHN G. SAXE.

Of all amusements for the mind,
From logic down to fishing,
There isn't one that you can find
So very cheap as washing!
A very choice diversion, too,
If we but rightly use it,
And not, as we are apt to do,
Pervert it and abuse it.

I wish—a common wish, indeed—
My purse was something fatter,
That I might cheer the child of need,
And not my pride to flatter;
That I might make oppression reel,
As only gold can make it,
And break the tyrant's rod of steel,
As only gold can break it!

I wish—that sympathy and love,
And every human passion,
That has its origin above,
Would come and keep in fashion;
That scorn, and jealousy, and hate,
And every base emotion,
Were buried fifty fathoms deep
Beneath the waves of ocean!

I wish—that friends were always true,
And motives always pure;
I wish the good were not so few,
I wish the bad were fewer;
I wish that persons ne'er forgot
To heed their pious teaching;
I wish that practicing was not
So different from preaching!

I wish—that modern worth might be
Appraised with truth and candor;
I wish that innocence were free
From treachery and slander;
I wish that men their vows would mind;
That women ne'er were rovers;
I wish that wives were always kind,
And husbands always lovers!

I wish—in fine—that joy and mirth,
And every good ideal,
May come, erewhile, throughout the earth,
To be the glorious real;
Till God every creature shall bless
With His supreme blessing,
And hope be lost in happiness,
And wishing be possessing!

Thelwall thought it very unfair to influence a child's mind by inculcating any opinions before it should have come to years of discretion and be able to choose for itself. I showed him my garden, and told him how it was my botanical garden. "How so," said he, "it is covered with weeds." "Oh," I replied, "that is because it has not yet come to its age of discretion and choice. The weeds, you see, have taken the liberty to grow, and I thought it unfair in me to prejudice the soil towards roses and strawberries."—*Coleridge.*

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Literary Notices.

THE PHRENOLOGICAL JOURNAL maintains its well established reputation. Indeed, we may say, it is growing better every month. Its editors and proprietors now give their whole time, talents and energies to this one Journal, and are thus enabled to make it what they wish to—one of the very best publications in the land. Aside from its value as the organ of true mental science, every number contains matters of general interest, worth many times its cost.

The June number before us is running over with good things we thought to enumerate and give a short description of, but we find ourselves at a loss to know where to stop without extending this notice beyond undue limits.

Send 15 cents to Fowler & Wells, 308 Broadway, and receive one number, or $1 50, and get it for a whole year, and our word for it, it will be money well invested.

GRAHAM'S PRONOUNCING AND PHONOGRAPHIC DICTIONARY.—The last of a series of works by the author, long looked for and much needed. Like its predecessors, the work is distinguished for originality and philosophical arrangement. Mr. Graham has spent the last four years in its preparation, and his efforts to produce a superior dictionary which should meet the wants of phonographers, have been crowned with eminent success, and phonographers now have the means of determining the best forms in either the corresponding or reporting style for some sixty thousand words and the signs for as many phrases, with as great ease as an ordinary speller verifies his orthography by reference to Webster or Worcester. Its superior typography and binding would fitly grace any parlor library. As a pronouncing Dictionary, the work is worth many times its price. Each work of the series is in itself a masterpiece in every respect; in short, it is *Phonography Americanized and perfected*, embracing everything to be desired by the amateur as well as the most advanced reporter in the study of the science.

EVIDENCES OF MAN'S PLACE IN NATURE,—by Thomas H. Huxby,—has been reprinted by the Appletons. The author adopts the Darwinian hypothesis of the origin of species; but in relation to the antiquity of man, he does not decide between the pliocene and miocine periods.

IF we scrutinize the lives of men of genius, we shall find that activity and persistence are their leading peculiarities. Obstacles cannot intimidate, nor labor weary, nor drudgery disgust them.

IF women knew their power and wished to exert it, they would always show sweetness of temper, for then they are irresistible.

THE web of our life is a mingled yarn, good and ill together; our virtues would be proud, if our faults whipped them not; and our crimes would despair, if they were not cherished by our virtues.

NOTHING can be more foolish than an idea which parents have that it is not respectable to set their children at work.

ALL affectation and display proceed from the supposition of possessing something better than the rest of the world possesses.

Publisher's Department.

OUR BUSINESS ADDRESS.—All subscriptions and communications concerning this Journal, and all orders for our Books or other publications, Syringes, Hand-Mills, Bath or Surgical Apparatus, &c., should be addressed as follows: "R. T. TRALL & CO., No. 15 Laight street, New York." This will ensure prompt attention at all times by our business associate.—EDITOR.

OUR AGENT IN LONDON.—WM. TWEEDIE, No. 337 Strand, London, has all our publications for sale, and will deal liberally with all who may wish them. His house takes a great interest in the circulation of the HERALD OF HEALTH, and ours as well as all other good publications. They will receive all trans-Atlantic communications, and forward them to us.

MISSING NUMBERS.—We receive complaints almost daily that the HERALD OF HEALTH is not received by subscribers to whom we have sent it. We have heard of "rascally postmasters," and of deputy postmasters, who appropriate what they happen to fancy or destroy what they happen to dislike, instead of delivering them to their owners. But we are loth to believe that there are such creatures on the earth.

BACK NUMBERS.—We are electrotyping each number of the HERALD OF HEALTH, and can supply back numbers at any time to any extent.

CORK SHAVINGS.—We have lately received orders for Cork Shavings a little faster than we have been able to procure the article to fill them. If our friends will be patient a few days longer, they will be attended to in order. In consequence of an advance in price of the Shavings by the manufacturers, we are now compelled to charge thirty cents per pound. Friends will please note this fact in sending in their orders.

COVERS FOR THE HERALD OF HEALTH.—We have lately received a good supply of this very convenient and desirable article, and are prepared to furnish these covers to such of our friends as may wish them. Price, 50 cents each.

SPECIMEN NUMBERS.—"Publishers HERALD OF HEALTH: Please send me a specimen of your Journal, and much oblige Yours respectfully, J. M. R., M.D."

The above is a specimen of letters we receive daily, to which we respond:

"Please send us a specimen copy of a ten cent Government shin plaster to pay for the specimen number of the HERALD, and then you will enjoy the reading of it much better, because, having paid for it, it will be yours.

R. T. TRALL & Co.

MAN is placed in this world as a spectator; when he is tired of wondering at all the novelties about him, and not till then, does he desire to be made acquainted with the causes that create these wonders.

ONE great and kindling thought from a retired and obscure man may live when thrones are fallen, and the memory of those who filled them is obliterated; and like an undying fire, illuminate and quicken all future generations.

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NEW YORK, JULY, 1863.

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."

TOPICS OF THE MONTH.

BY THE EDITOR.

VOLUME THIRTY-SIXTH. — We commence another volume—the second of the new series—under auspices as flattering as we could reasonably ask, as cheering almost as heart can desire. It is true we have expended on the HERALD OF HEALTH nearly one thousand dollars more than we have received for subscriptions and advertisements; but we are not disappointed in this. We determined to make the Journal what it should be, what the people needed, and what the cause demanded; to "cast our bread on the waters," in full confidence that it would "return after many days." We shall continue to do so. Meanwhile our subscription list is constantly increasing; old friends are working with renewed zeal, and new friends are making themselves known wherever the Gospel of Health has been preached; while compliments, blessings, God-speeds come in upon us like a flood from all parts of the land. Soon the war now desolating so large a portion of our nation will cease, the angel of peace will again rule over "the most glorious country that the sun ever shone upon," and the people will be all the better prepared, because of the terrible yet necessary lessons our national troubles have taught them, to appreciate the great and vital truths we have so long and earnestly pressed upon their attention. We are still sanguine that, when the present national war ends, an exterminating war will commence in good earnest against the whole system of Drugopathy, never to end in peace, nor to hear of a truce, until the "greatest curse of the civilized world" is reckoned among the things that were.

THE REVOLUTION BEGUN.—Who could ever have suspected that the first great step in the medical revolution which is to sweep Poisonopathy from the face of the earth, was to begin in the house of its friends? But so it is. Surgeon General Hammond has issued an order officially prohibiting the use of mercury and antimony in the army. This is really the most important army order ever issued in this or any other country. There are consequences to result from this new medico-sanitary strategy, more momentous than Surgeon General Hammond himself has ever dreamed of. If it is not the entering wedge to the speedy overthrow of the whole system of Drug Medication, then we greatly mistake the signs of the times. If it does not prove (however differently intended) a stab to the heart of the drug system, then we are no prophet. The following is the official document:

"SURGEON GENERAL'S OFFICE,
Washington, D. C., *May* 4, 1863.

I. From the reports of Medical Inspectors and the Sanitary reports to this office, it appears that the administration of Calomel has so frequently been pushed to excess by military surgeons as to call for prompt steps by this office to correct this abuse; an abuse the melancholy effects of which, as officially reported, have exhibited themselves not only in innumerable cases of proper salivation, but in the not unfrequent occurrence of mercurial gangrene.

It seeming impossible in any other manner to properly restrict the use of this powerful agent, it is directed that it be struck from the supply table, and that no further requisitions for this medicine be approved by Medical Directors. This is done with the more confidence, as modern pathology has proved the impropriety of the use of mercury in very many cases of those diseases in which it was formerly unfailingly administered.

II. The records of this office having conclusively proved that diseases prevalent in the army can be treated as efficiently without tartar emetic as therewith, and the fact of its remaining upon the supply table being a tacit invitation to its use, tartar emetic is also struck from the supply table of the army.

No doubt can exist that more harm has resulted from the misuse of both these agents, in the treatment of disease, than benefit from their proper administration.

"W. A. HAMMOND, *Surgeon General.*"

"Give me calomel, antimony, opium, and the lancet, and you may have all the rest," has long been an adage with physicians, who regarded those three potent drugs, and the bleeding process, as the essential part of the materia medica. Now, at one blow, Dr. Hammond has demolish d one half of the drug shop, and in that act has saved the lives of

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thousands of our officers and soldiers, and preserved as many more from ruined constitutions and a miserable existence. If he would go on in the good work, deal an equally potent official blow against the other half—opium and bleeding—he would be the means of saving other thousands from scientific murder and premature graves.

We do not very much admire the reasoning of Dr. Hammond, but,

"God works in a mysterious way,
His wonders to perform."

We accept the fact that he has expelled two deadly drugs from the army, on the ground that their employment kills the soldiers, as an important step in the right direction. If he would now exclude quinine, whisky, strychnine, turpentine, morphine, croton oil, Spanish flies, creosote, cod liver oil, and all the rest of the drugs, he would only be anticipating the march of events. To this complexion it must come at last.

But WHY cannot our army surgeons use calomel and tartar emetic without abusing them, if use without abuse be possible? Are they not regularly educated? Have they not read the standard authors? Do they not possess diplomas from the Schools? Are they not familiar with doses and quantities? Are military doctors so unlike civil doctors that they cannot be trusted with calomel and antimony in the army, and yet be permitted to deal them out to any extent among invalid men, women and children at home? Or are soldiers' lives (just now, in our country's crisis), so much more important than the lives of other persons?

"Modern pathology," says Dr. Hammond, "has proved the impropriety of the use of mercury in very many of those diseases in which it was formerly unfailingly administered." This phrase is purely nonsensical. There is no meaning in it. It is a mere form of words—technical gibberish. But it is probably intended to justify the past while condemning the present use of mercury; or to get the poison out of the army without offending the army surgeons, by charging that they were incapable of employing it properly.

But let us see what the authorities say of one of these interdicted medicines.

The "United States Dispensatory" says: "Of the MODUS OPERANDI of mercury we know nothing."

Says Professor H. G. Cox, M. D. of the New York Medical College: "Mercury is a sheet anchor in fevers, but it is an anchor that moors your patient to the grave."

Says Professor C. R. Gilman, M. D. of the New York College of Physicians and Surgeons: "A mild mercurial course, and mildly cutting a man's throat, are synonymous terms."

We could give pages of similar quotations, but we have selected enough to justify Dr. Hammond's course. But, mark! Dr. Hammond, in asserting that calomel and tartar emetic have done more harm than good, does not limit this statement to any practice. He says in "the treatment of disease," thus applying his condemnation of the practice to all places and all time. More than three hundred years ago, calomel and antimony were introduced into the materia medica by one of the most notorious and profligate quacks and vagabonds that ever disgraced humanity or cursed the earth; yet from that day to this, in the hands of the regular medical profession, these murderous poisons have ravaged society and ruined constitutions, as fire burns the prairies, or as the canker worm corrodes the vitals. The victims they have already slain, could they rise from their graves, would make an army vastly larger than the hosts of Unionists and Rebels combined, now arrayed in deadly strife against each other. Well, Calomel and Antimony are the Richmond and the Vicksburg of Drugdom. Their fall will be soon followed by the speedy demolition of other potencies of of better note. Praise the Lord!

WAR AND POLITICS. — Philanthropists are quick to observe, and historians are faithful to record, the moral degradation, the social demoralization, the property desolation, and the famine which invariably follow the track of the war-fiend. But there is one evil a terrible—and, to a great extent, a preventable evil—to which very little attention has ever been given. A correspondent, writing from the Army of the Potomac, soon after the battle of Chancellorsville, remarks:

"The camps are not fit to live in any longer, not even for a day; it is imperative that they should be evacuated at once. Several movements of this kind have already been inaugurated, but this will be found ineffectual to escape disease.

For miles around the country are scattered the carcasses of dead mules and horses, in various stages of decomposition, filling the air with

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their horrid stench; garbage rotting on the outskirts of every camp; the entrails of cattle slaughtered for food only half buried in the ground—wait but a little while for the heat of midsummer, and from these heaps of offal, these carcasses of dead animals, will arise odors of which the now prevailing ones are but premonitions, and the first wind which blows will scatter with its wings the seeds of a dire and deadly pestilence."

The careful reader of medical history can easily trace the intimate connection between wars and pestilences. Every camping-ground, where a large army remains long in the same place, becomes a source of pestilence; every battle-field fills the air with the seeds of death. Whether much or little sickness and death result, and where the resulting diseases extend, depends greatly on sun and rain and prevailing winds. Armies are proverbially reckless of all conditions of health. And army surgeons rely on whisky and quinine to subdue fevers, contract malaria, neutralize contagions, &c., more than they do on air, water, respiration, circulation, and free excretion. One Moses in our army, to compel the observance of the simple rules of personal cleanliness—to teach the soldiers that to "defile the camp," is to invite the most malignant and fearful forms of typhoid fevers—would be worth more than a whole regiment of drug doctors. One Florence Nightingale, to teach the Medical Directors that pure air, fresh water, and clean skins are essential to the proper treatment of all diseases, and to the successful healing of wounds and injuries of every kind, would do more to save the lives of the men, and to prevent the elements of contagions from spreading over the land, than a whole battalion of surgeons, armed and equipped with a thousand car loads of drug poisons. Soon the summer heats will be upon us; and, unless a new order of things is instituted, the ravages of disease in the Sunny South, will put the havoc of battle altogether in the shade. With an atmosphere loaded with deadly miasm all round, and a set of doctors to continually pour still more poisons down the throats of the poor soldiers, they may well regard, as thousands do already, the bayonets and bullets of the rebels as among the least of their dangers.

THE SPOTTED FEVER.—The medical journals are speculating concerning the nature and proper treatment of the epidemic, which has recently prevailed in certain places under the name of spotted fever. A writer in the "Philadelphia Medical and Surgical Reporter" regards the disease as malignant scarlatina, while others consider it a form of malignant erysipelas, &c. All the descriptions of the cases we have seen, confirm the opinion that we have heretofore expressed, that the disease is usually a form of putrid fever—"typhus gravior;" in other words, nothing more or less than malignant typhus fever. A writer in the "Philadelphia Press," Dr. W. W. Sutton, has described the spotted fever as it prevailed epidemically in many parts of New England and other places from 1806 to 1815. The disease was then very fatal and agreed in all of its essential phenomena with the recent endemic. Dr. Sutton says, of the New England epidemic:

"The epidemic seemed scarcely to regard peculiar susceptibilities. The man, whose constitution was exhausted by excess, unavoidably yielded more readily when attacked, and fell a more certain victim, than the man of temperate habits. But it does not appear that such were more frequently attacked than others. On the contrary, the disease seemed rather to select the healthy or vigorous. It attacked all classes of persons from childhood to old age, yet the proportion of cases and deaths was much greater among adults of mature age, of firm health, and habits every way calculated to resist ordinary disease."

How long will such abominable nonsense pass for medical science? How can medical men help killing their patients while they entertain such false notions of the nature of disease? Dr. Sutton informs us that the spotted fever "selected the" healthy and vigorous! What is spotted fever? What is fever of any kind? What is disease? If Dr. Sutton could answer any one of these simple questions he would not perpetrate such absurdities. Is spotted fever a thing outside of the living organism? If it does not exist as an independent entity, how can it "attack" any one? If it is not endowed with intelligence, or at least with instinct, how can it CHOOSE or "select" the person it attacks? And if it is not a bold, and fastidious, and enterprizing, and adventurous something, why should it seek especially to victimize persons of "mature age and firm health?"

The whole subject is plain enough when we regard disease as an action, and not a thing; as a defensive process from within,

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and not as the attack of an enemy from without. The disease means simply this: a person has a very gross condition of blood; his body is full of impurities, and his system makes an effort to expel them—to purify itself. This expulsive or purifying process is the fever, the disease—"spotted," because the putrescent or foul condition of the blood is manifested by dark eruptions, effusions, or spots on the surface. And the process will be violent or feeble as the patient is strong or weak. We suspect, indeed we know, that the patients of "mature age and firm health," were victimized, not by the disease, but by the treatment. Dr. Sutton gives us the clue to the cause of so many deaths. He says:

"The practice which had been previously applied to ordinary fevers was so entirely unsuccessful in the treatment of spotted fever that many of the practitioners seem early to have lost all confidence, not only in such a course of practice, but also in the resources of professional skill and science, and, for a time, to have abandoned themselves and their patients to empirical experiments. A respectable writer gives the credit to a worthy matron of the first discovery of a successful treatment. This consisted in exciting a profuse perspiration by drinking a decoction of the leaves and twigs of the ground hemlock or drawf yew, aided by a rude vapor bath made by boiling billets of wood and laying them, wrapped in cloths, in bed with the patient, who was at the same time kept highly stimulated with brandy and other diffusible stimulants. But the more judicious and scientific part of the profession were not long in adapting their treatment to the true state of the disease. Adopting a hint from the empirical heating and stimulating, which now became common, they were able to pursue a course of diaphoretics and stimulants, which, while avoiding the dangers of empirical excesses, was eminently successful in arresting the fatal tendency of the disease. The history of the spotted fever is truly appalling! In the usual antiphlogistic treatment, almost all who were attacked fell victims to the disease; and so terrific had this fell destroyer become that all stood aghast! It is acknowledged that the physician abandoned his patient in despair; that he also lost all confidence in the science of medicine, until an aged matron discovered the means of arresting the direful march of death."

Let us analyze this quotation and reduce this technical twaddle of Dr. Sutton to plain common sense. When the spotted fever first appeared, the usual antiphlogistic treatment—calomel, tartar emetic, nitre, salts, bleeding, &c.—was adopted, and nearly all of the patients died, Dr. Sutton says they "fell victims to the disease;" but he proves that they were killed by the treatment. So long as the ordinary treatment was pursued, the patients died. So soon as the physicians "abandoned their patients in despair," their patients began to recover. And so soon as the practice of the "worthy matron" was adopted, there were no more deaths. These facts do not prove that the stimulating practice was good; but they do prove that stimulation did not kill, while antiphlogistication did. So long as the doctors drugged with antiphlogistics, the patients "fell victims to the disease!" What a horrible misuse of language! A child ought to reason better than this. Is it possible that Dr. Sutton is so confused with the false doctrines of his books, as really to believe the nonsense he utters? Medical books are full of accounts of epidemics, in which nearly all the cases were fatal while the ordinary treatment was pursued, and which were found to be not at all dangerous, as soon as some worthy matron, "old granny," or illiterate charlatan, took the cases in hand. This means that, when the doctors stopped killing the patients, the patients stopped dying. But who can understand the interpretation thereof?

"SEIZED WITH AN ATTACK."—To the long catalogue of distinguished persons who have promptly died or been rapidly killed during the past year, we now add the name of Blake, the famous commedian. On Tuesday he played the part of SIR PETER TEAZLE in "The School for Scandal" in the Boston Theatre, and on Wednesday following, as the papers say, "he was seized with an attack of bilious colic, which shortly resulted in his death."

Such nonsensical language will cease to be employed when the world understands what bilious colic is. What is an "attack" of disease that one is to be "seized" with it. To be seized with disease, or to be attacked with disease, is also a nonsensical expression, yet it accords with the prevalent false doctrine that disease is a thing or entity foreign to the living organism; but to be seized with an attack is doubly nonsensical. By the way, we have heard and known of many cases of bilious colic being treated Hygienically during the last twenty years, and in no instance has the "seizure" resulted in death.

ITALIAN MEDICAL SCHOOLS.—According to Prof. Lee's statement, the medical profession of Italy is as much at variance with itself, re-

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garding the proper treatment of disease, as is the medical profession of the United States, and of all other countries. The Professor says:

"I am satisfied no general statement would be safe as regards the frequency with which it is resorted to in what is called the Italian kingdom. We must recollect that there yet is no union, not even political, and that very widely different modes of thinking and of practice prevail in the different provinces, and even among physicians in the same province. There are also different schools of medicine, each of which has its advocates and its disciples. Tommasini and Rasori are yet influential names, and have their followers who believe implicitly in the depletory methods of treatment. So also Brown yet lives here, and his system of stimulation has numerous and powerful advocates. 'The School of Bologna,' so called, is yet influential in many parts of Italy, and its disciples freely use the lancet, and eschew stimulants. In point of fact, bleeding is rarely practised in Tuscany or in the Neapolitan provinces, while in Piedmont and Lombardy venesection and leeching are the great remedies in almost all diseases. In Tuscany, I am told, the faculty have no faith in medicines proper, while in Naples, Lombardy, and Piedmont, they trust them implicitly, and even believe in specifics."

WILLIAM MCNEILL.—We have received a long communication from William McNeill, of Napanee, Canada West, covering seven pages of closely written foolscap, which seems to be intended as his opening of the discussion, which he intimated some months since, that he was very anxious to engage in. We do not lumber our columns with his article for the simple reason that the whole of it is irrelevant. He has already introduced himself and his subject to our readers, in his own way; and made all necessary premonitory attitudes and flourishes. He called for our positions, and we distinctly stated them. But he does not reply, nor attempt to reply to a single one of them. We admit that his article is ably written, and might interest all readers except those of the HERALD OF HEALTH; but as it is nothing to the purposes of our controversy, we reject it. To our readers it would sound like ineffable nonsense.

Lest Mr. or Dr. McNeill should think we fear to publish his article because of its tremendous logic, we give an extract, which is a fair specimen of the whole:

"If there is no law of cure in all the Universe, and if nature has provided no remedies, why are you graduating physicians from your College, and sending them through the country to doctor the people? Curious consistency that—the theory and practice harmonizing so nicely! What have you an establishment in New York, in which to doctor invalids for, if there are no remedies in existence, and if there is no law of cure in all the Universe? Please explain, Doctor. And if disease is a friend, and not an enemy to the organism, as you assert, why should you or any one else direct your missiles against it? Why are you battling away at disease with your 'normal agents,' or the Allopath with his potential remedies, or the Homœpath with his infinitesimal doses, or the Eclectic with his innocuous medicaments, if it is a friend to the organism?"

Very natural queries, these, and would be very proper if preceded or accompanied with any argument to prove the contrary. Discussion, let us say Mr. McN., does not consist simply in asking an opponent questions. And without wishing to appear dogmatical or dictatorial, we will remind our adversary that his first business is to show that there is a law, that nature has provided remedies, and to explain what that law is, and in what those remedies consist. When he will undertake to do this we will undertake to attend to him; and after he has done it, he may legitimately ask us a string of questions as long as from New York to Napanee.

PERSONAL.—Dr. O. T. Lines, Professor of Anatomy and Surgery in the New York Hygeio-Therapeutic College, has taken the medical direction of the "Wesselhœft Water-Cure," at Brattleboro, Vt. The proprietor, Mr. Francis, has been very fortunate in securing the services of so able and faithful a representative of the Hygienic system. The chair of Anatomy and Surgery is now filled by James G. Webster, M. D. Dr. Lines expects to be with us again next winter. Dr. J. A. Brents, a graduate of our last class, we are pleased to learn, has established himself in Louisville, Ky., and is practicing Hygienic medication with excellent success and flattering prospects. The "Major" is bound to make his mark in the medical world, as he has already done in the military and literary line. Dr. U. E. Traer, of Iowa City, called on us recently on his return from a trip to Vermont. He gave a very interesting talk to the medical class, respecting the progress of Hygeio-Therapy in the Western States, and the best means of extending a knowledge of our principles among the people. He has been two or three years in the field as a lecturer, and his experience enabled him to make many valuable suggestions.

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Voices of the People.

WHILE we were lecturing in Toronto, C. W., in April, 1861, we made the acquaintance of several noble-souled and reformatory men, among whom was the writer of the following. Mr. Deniond resided in this city some thirty or forty years ago, and was among the foremost of our business men in every good work. He was one, and probably the most active, of the projectors and founders of the now popular institution, the Mechanics' Institute of New York. The object which Mr. Deniond and his associates had in organizing that institution, was to draw the young men away from bar rooms and grog shops, and other objectionable places, by providing a place where they could spend evenings and leisure hours in reading books and papers and listening to instructive lectures. The plan was eminently successful, and has been the means of leading thousands into the ways of usefulness and honor, who otherwise might have gone the broad way to destruction:

TORONTO, May 11, 1863.

DR. TRALL: *Dear Sir*:—It is impossible for me longer to restrain the expression of my sentiments respecting your HERALD OF HEALTH, and yourself as its editor and proprietor. Your words in advocacy of the noble cause of Health Reform ought to be written in letters of gold. The people in ages to come will bless your name; and, I am sure, has set you apart for the work you are doing, and that his blessing will rest upon your labors. Myself and wife have been greatly benefitted by the treatment you prescribed when you visited Toronto. We have greatly altered and improved our dietetic habits, having left off meat, tea, coffee, pepper, tobacco, &c. We eat course bread, fruits and vegetables. I am now in my sixty-fifth year, and since I heard you lecture and attended to your treatment, I have not been troubled any more with shortness of breath. I can walk and run as well as when I was twenty years of age. Indeed, I think I am stronger than I was at that age. You can make what use you please of my testimony. I am doing all I can to extend the doctrines of Health Reform; but I find the people very sadly doctor-ridden.

Very truly your friend,

RICHARD SAMUEL DENIOND.

ENOUGH OF DRUGGERY.—W. P. U., writes from Killinghy, Conn.: "*Dr. Trall:* The good work is progressing in this part of the country. We have had all the drugs we want. My mother was drugged and bled almost to death. Effects of drugs and dietetic errors were "cured" every few weeks, more or less by bleeding. Frequently one of us would be called up at night to use the lancet. That part of her arm still bears a strong resemblance to the face of a sausage block. Seeing that she was soon going to past help, we sent her back to spend a winter among her native Green Mountains. Then she could not go up stairs without stopping to rest once or more. Friends persuaded her to employ Eclectic; he said that a little more bleeding would end her troubles. She consented to try to live without, and *did*, but with his "tonic" treatment it cost her a very severe struggle. We now understand how her sufferings at that time could have been relieved. She has slowly improved ever since, but a good constitution was wrecked for life. Love of life urged us to adopt reform habits, and for the eleven years since then "Water-Cure" has been sufficient—all that our imperfect understanding of it could possibly expect it to accomplish. Last fall my mother went back to spend the winter among those same mountains. Diptheria broke out fearfully there; under the usual Allopathic treatment, funerals became an every day business. Mother was the only one there to recommend Hygienic treatment; she explained the principles (privately) as well as she could. She was soon employed to treat her brother's wife and daughter, although he is an accredited Thompsonian; and here, as with other cases, she had to battle against drugs and drug doctors. Success multiplied calls, until the Allopathic doctor there entered complaint against her for practicing medicine without license! I do not know yet the result. She worked gratuitously from christian impulses, but has since received a few presents. Finding herself the only one to tell the people to "wash and clean," she has done all that her shattered health would admit of. I do not know how many cases she has treated, but she has written very often, and every letter except the last one has told of success with one or more cases. She has been successful with every case, and some were bad ones. She is now attending to her postponed visiting, feeling that she did what she could to prove that there is a better way to treat sickness, than by adding poison to a body already full of it. I could tell of two cases of putrid sore throat, probably made fatal by caustics, but you understand such matters sufficiently; and I will only add, that good Hygienic teachers and physicians are what the people are in suffering need of here as well as every where around us."

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A TRACT SOCIETY.—E. S. writes from Millersburg, Ill.:—"*Dr. Trall:* Can we not afford to have a 'Tract Society' for the purpose of publishing our hardest knock-down arguments, in some cheap form, and of disseminating our great principles as Luther raised against Popish error? It seems to me the public are just now ripe for a medical revolution." What better "Tract Society" can you ask for than the HERALD OF HEALTH? Circulate this all over the land, and the work will soon be done. If every family in the United States could have a copy for a year, drugging would "skedaddle" in double-quick.

NOVA SCOTIA SPEAKS.—Mr. R. McC. writes: "We get your HERALD OF HEALTH with a cordial welcome. Your system is gaining ground in this part of the world, though slowly. The people are certainly getting their eyes open to a better way than swallowing poisons because they are sick. It is hard for those who have been so long bound down to doctors and drugs to abondon them at once. It is difficult for them to believe that the medical profession has always been in error, and that their medicines are really killing, instead of curing. We feel the effects of the war, money is scarce, and it is an unfavorable time to canvass for subscribers. But we are doing the best we can. Accept our gratitude for the valuable instruction we have received from your publications.

A DRUGOPATHIC COMMUNITY.—W. H. H. writes from Tecumseh, Mich.: "The HERALD OF HEALTH is invaluable to myself and family. I am a converted Allopath, from the influence of your Encyclopædia and other writings. They are the most original, practical and revolutionary of any writings I have ever read on medical subjects. In fine, the arguments you present must be dodged (for they cannot be overthrown) by the advocates of the drug school. I live in a perfect drugopathic community. No way of light, better than Homœpathy, had entered this place previous to your works. However, I shall do the best I can for forwarding the medical revolution. Ann Arbor, Mich., is the great headquarters of the Allopathic School in this State, and in short, in the West. The tuition is free, as the State fund supports the Professors. The influence of this college is world-wide. Last year it had 250 students. I suggest Ann Arbor or Detroit as good points for a few lectures on Hygienic Medicine." The probability is that the people there are so thoroughly doctor-ridden that they would not listen to lectures, in opposition to druggery, and that the lecturer would have his "labor for his pains." Where "Ephraim is joined to his idols" we must let him go, until we can sow the seeds of truth where they will "fall on good ground."

AN EXCELLENT PRESCRIPTION.—G. N. M. writes from Newark, O.: "To-day I made the acquaintance of another chronic sufferer. My first prescription was a subscription to the HERALD OF HEALTH, accordingly you will find one dollar enclosed. Some persons refuse to take the Journal for the reason that we already know more than we practice. To my mind that is an excellent reason why they should take it. People generally know more of moral duty then they practice, yet they do not and should not neglect attending church on that account. The truth is, we will need line upon line and precept upon precept, to keep us in the straight and narrow paths that lead to Health and Heaven. And I have no doubt we can make better progress under the influence of constant instruction and admonition than without them."

STRONG TALK, BUT TRUE.—G. S. writes from Sturgis, Mich.: "I consider your HERALD OF HEALTH of more value than all the journals of the world, devoted to the drugopathic systems. Indeed I fully believe that the world would be much better off were there not an Allopathic journal or physician in the Universe to mislead and poison the people, but instead thereof, leaving mankind free to exercise their own common sense."

ONE MORE REDEEMED.—G. R. H. writes from Flemington, N. J.: "I like the HERALD very much indeed. I think it is destined to make a great change in the thoughts and habits of the people. One copy of it pulled me out of the slough of Allopathy, and placed me in *clear water*. As soon as I can find time I intend to circulate it among my friends, and think I can do much good in this way."

BRYDONE, the traveler, in his old age, heard his own adventures in Sicily read by his family, and quite unconscious that these were the scenes which his own lively pen described, declared, "that it was all very amazing, but he wondered if it was true."

WARS are to the body politic what drams are to the individual. They may sometimes prevent a sudden dissolution, but if frequently resorted to, or too long persisted in, they heighten the energies only to hasten death.

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Soldier's Department.

How our Soldiers are Drugged in South Carolina.—Dr. R. T. Trall: *Dear Sir:* In your May number, you call for facts about sickness and doctors in the army. As I have been in the hospital almost a year, I thought I might give account of some things which have come under my notice, which will be interesting to you and your many readers.

I was ward master in the United States General Hospital for seven months. I am now attendant in the Regimental Hospital. While in the General Hospital I had several surgeons over me at different times; they all prescribed different remedies for the same diseases.

In September last, eight cases of the yellow fever, or "black vomit," from Key West, members of the 7th New Hampshire Volunteers, were brought to the General Hospital for treatment, and drugs were poured into them without stint. All took what was given them except one very sick fellow, and he utterly refused to take anything in the shape of medicine or food. All of these patients died in three or four days, except this one who refused to make a drug-shop of himself. He gradually regained his health, and in a few weeks rejoined his regiment in full health.

William J. Holland, from Mansfield, Conn., a member of the 7th Conn. Volunteers, was wounded through the shoulder and wrist last October, the ball passing directly under the shoulder joint, making a flesh wound; it entered again on the inside of the wrist, and passed directly under the ball of the thumb, coming out in the palm of the hand, just below the center. For some days it was not very painful, and he was able to be about; then the nerves came to their feeling, and he has been in excessive pain from that time to this, except when he was under the influence of morphine and whisky, which was unspairingly dealt out to him.

I *positively* know that he had every day, for two months, one and a half to two and a half ounces of solution of *morphine*, and some times six ounces of *whisky*, to keep him quiet and easy; and after he came out from under its influence, he would plead for more. His nervous system is completely prostrated, his courage and ambition gone, and in his own words, "I am about ready to give up," tell the whole story. Formerly he was very healthy and stout, but now he is almost gone. Although the wounds are healed up now, he cannot bear to be touched or moved in the least. He is still in the hospital wasting away his life in misery and pain, and there is not a doctor here that can help him with all their drug resources. If he had received proper Hygienic treatment at first, he would have escaped the misery he is now suffering, and be a source of joy and comfort to his now anxious family.

Probably two-fifths of the cases brought in here (General Hospital), are chronic diarrhea, and I don't know of *one* case which has been cured. The patients have either died or been discharged from service; and a number have died after arriving at their homes. The medicines used in such cases are mostly pills of opium and sugar of lead, from three to five a day; super-carbonate of soda, tincture of camphor, and tincture of opium—doses three times a day; tannin every three or four hours—dose ten grains each time; camphor mixture in teaspoonful doses every four hours; and brandies given at intervals.

Quinine has been given in such quanties to patients that they have almost become entirely deaf, and when more is given out to them they say, "Must I take more of that poison?" And others exclaim: "Oh! that I could be at home with my wife, or mother, or friend, I would be cured without so much poison. I had rather be on the battle-field and shot down with the feeling that I was dying for my country, than to be drugged and finally die in the hospital, and be carried to a soldier's grave, with no one around to shed a tear for me."

A great many, yea a vast number, have a dread of hospitals, doctors, and drugs; on the battle-field they have some chance for life, but the hospital they have a *fearful looking* for of death.

A soldier, a mere boy, had fifteen Spanish fly blisters applied to him for some disease, and the doctor ordered another whereupon he ran away, but afterwards returned to have it put on; if he had not the doctor would have sent a guard after him, and he would have been put into a room and locked in, and then he would have gone through misery and perhaps death.

As a general thing, if a sick man will not take the medicines, he is immediately reported for duty by the surgeon. The doctors have almost unlimited power over the patient.

Almost a year's experience in taking care of the sick and wounded has proved to me the deadly effects of drugs, when taken into the system. I am a "water-cure" subject, mind, might, and strength. I give my whole influence on the side of "nature's cures," and am eternally "down" on drugs and poisons.

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I have taken many liberties, while nursing the sick, in using water, and have been the means of breaking up fevers, and the surgeon have attributed the recovery of the patient to their drugs, which the patient did not take.

I am happy to report to you that there is a feeling—a predominating feeling—among the soldiers, and it is rapidly growing, that the Hygienic treatment for diseases is the safest, best, and the true one. This war, or the surgeons who have charge of the health of the soldiers, are doing every thing for your system, although they do not know it. You are gaining friends every day; keep up courage, and press with vigor on, for you are right, and must ultimately prevail. As soon as I am out of the service I intend to take a thorough course of lectures at your Institution, and prepare myself to show to the world the "better way."

May the blessings of God be with you in every effort in doing good, and in relieving the suffering and afflicted. Yours truly,

LORENZO E. FISH.

Co. "G," Lerrell's Engineer Corps,
Hilton Head, S. C.

LETTER FROM CAPTAIN KNOWLES. — *Dear Herald:* I am settled down here in the mud, amid the mutations of the season, with but little to vary the insipid routine of camp life, save now and then the war and echo of a signal gun, or the quiet observation of the motley exhibitions of human life in this peculiar phase. From the serious to the silly; from the giddy to the wise; from the patriot's (brave) to the coward's (base); from the joyous glow of health to the wan, fatal mark of disease, we are grouped together in a promiscuous crowd.

Some are in meditation deep, as if to solve our country's troubled state; some indulge in jest and sport, as if no cares their hopes could cross; others, seeking to hush an aching thought of home, plunge deep in the excitement of cards, or worse, in the reckless dissipation of gluttony and drink. Others still are firm and true, and refuse stimulants against the surgeon's despotic will.

More than a year ago I noticed a disposition on the part of some of the soldiers to avoid taking drugs, but could not discover *any less* security for health, when pills were committed to the flames, and powders cast to the winds, than when the poor abused stomach had to bear the burden of them all.

A few days ago I observed, so extensive has this evasion of *taking* medicines become, that "sick call" was as much an investigation of what had become of doctor's stuff—whether it had been taken or not—as the occasion of administering medical and sanitary advice.

Sick call is a novel feature in the army. It brings up a few resolute, intelligent men—a good many wanton, reckless creatures, and quite a crowd of "bummers." It exhibits a few constitutional diseases, a few that originate in mental and passional disturbances, and a startling amount of frequently fatal complaints, such as fevers, dysenteries, and all sorts of derangements of the digestive viscera, from slight indigestion to incurable piles. The statistics are not now before me, but I have no hesitation in saying that many more have died from want of such knowledge and practice of Hygienic principles as you teach, than rebel violence or bullets have killed.

It has been frequently recorded, and I now again assert my candid belief that, the substitution of dietetic information with Graham crackers, vegetables, dried fruits, &c., in the place of present indifferent bacon, coffee, whisky and tobacco, would not only be economy to the service, but would alleviate or remove full nine-tenths of camp disease. Some are so deluded with the drug-taking notion that the doctor's ingenuity is often considerably taxed to sustain his dignity with this class, among whom his reputation is mainly at stake. Others make free use of strong expressions of their distrust of the *system* of drugging so flippantly administered with such uncertain results. An amusing conversation took place the other day between a surgeon from Ohio and myself over the body of a pet hound that belonged to the Medical Director of the 11th Corps. I described the fatal symptoms of the poor dog, &c. "But why didn't you doctor him?" says he. "Indeed, sir, he had no lack of care I assure you," says I, "he had castor oil, and turpentine, and cauterizing, without stint." "*No wonder* he died," said the doctor, "you doctored him too much;" and then the subject passed on to light jokes and anecdotes in point.

A similar case, but of a more serious nature (and fortunately through a father's care, the result not yet fatal), occurred here a few weeks ago. Young "Scott" felt a little unwell and sent for the doctor. "Comp., Cathart, Pilulæ," were given without the desired effect and repeated twice; salts were given and repeated; then suppositories, and so on to the last resort —croton oil. By this time it seemed like a contest between the torpid condition of the patient, and the zealous champion of scientific skill. At this stage of proceedings the senior

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Medical Officer remarked, "Don't kill the man with medicine." (Is it a fair inference, that *medicines* ever kill?)

The sequel proved the advice to have been better meant than followed. If you will excuse me I will enclose the prescriptions that followed for four or five weeks. I notice they are without date, thus leaving the order and frequency of their being taken, a matter of conjecture; but I am assured they were administered in February last, during which time the father came on and tried in vain to get the fevered son removed. He is now a candidate for General Hospital treatment, on the representation that he will not be well for several weeks.

I fear the saddest features of the war will never be recorded on history's page. We have eloquent descriptions of heroism on the battle-field; we have thrilling narratives of sacrifices and sufferings amid the fearful fray, but the sad repining of strong men laid low; the vacant stare of once bright, soul-lit eyes; the broken constitutions and emaciated forms; the numerous and drug-filled graves, will leave a blank in many homes and saddened hearts, that time or fame can never fill. The physician is supposed to be familiar with the most painful agonizing scenes of life; but it is left for the sickness of camp and the carnage of war to eclipse them all. May the lessons sink deep in every heart, and our people soon experience the blessings of life, and health, and peace.

Very truly yours,

D. WATSON KNOWLES.

Head Quarters, 11th Corps, Army of Potomac,
Stafford Court House, Virginia.

SICKNESS IN BANK'S ARMY.—D. E. N. C. writes from Baton Rouge: *R. T. Trall, M. D.: Sir:*—Your reply to my letter was duly received. Recently I visited the U. S. A. General Hospital and, gaining permission of the steward to examine the records, found that 1,015 patients had been taken there since January 1st. Of these 203, or just one in five, have died. Fevers and diarrhea are the prevailing diseases. On some days there are no deaths, on others as many as twenty. Sixteen died one night. Dr. Dolson, the Chief Physician, says, that very many of these are almost gone when brought there; that they might have lived several days longer if allowed to remain at their regimental hospitals, but being shaken and excited by the rough conveyance and handling, soon expired. The 22d Maine has lost nearly two hundred as near as I can learn. The 21st Maine has lost sixty-two. The 110th N. Y., 49th and 50th Mass., about twenty-five each; the 48th, thirteen since leaving home. Of these, six died on board ship, six at General Hospital, and one in camp in our Regimental Hospital. I have always had much influence over our regiment; have constantly advised the men to take as little medicine as possible, to frequently bathe the body and wipe dry, and be as careful as they could respecting exposure and maintaining healthy relations with the stomach; to eat no more than they could help of "salt horse" pork, and to eat hard tack in preference to this sour soft tack which is causing so much dyspepsia. In the hospital I have taken great pains to have good air, and have frequently suggested sponge baths which, credit to our doctors, have always been approved of. Is it not due, in a great measure, to such influences that we daily show a cleaner sick list than any other regiment? For the last two months I have been acting as steward of one of the large hospitals within the intrenchments. Here, some important facts have been learned. There is one very bad case of dropsy. The physicians have seen fit to indulge the patient in all things, and his appetite has been keen for eggs, mackerel, butter, &c., &c. His treatment has been whisky, wine, morphine, Dover's powder, iron and nitre, painting his belly with tincture of iodine, and bathing with alcohol, capsicum, mustard, &c. At last the water had increased to such a degree that he was tapped and nearly a gallon of fluid taken away, which being heated showed a large quantity of albumen. The doctor says he will soon fill up again. Another case: A young man tells me that while with his regiment he was taken with chills and fever. His surgeon commenced with the usual doses of quinine, &c. Soon diarrhea set in. The doctor told him that what he did for the fever was directly against the other disorder, and so he would use his skill for a few days in subduing the former disease, then leave off and give astringents for the other. Finally he said he must cure one at a time, and the quinine, &c., was largely administered. At last, a little better of the acute disease, he came to the convalescent camp with a chronic one in the shape of a paralysis of the fingers and lower extremities, for which the attending physician is giving him *iodidum potassii*, telling him that he has probably taken so much quinine that it has settled in his limbs. Such cases are numerous, but I weary your patience. The mercury rises to 85.° I am sitting in the State House of Baton Rouge, and on the base which supported the statute of Washington,

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now in New York. It was a fine building, now in ruins; the inside all burned out. It occupied a sightly position close to the river. The grounds around are beautifully laid out, containing shade trees, shrubs, plants and flowers of every kind, with a nicely made fish pond in the center. Nature has given to this place choice shade trees of the thickest foliage and adorned it with innumerable flowers of every variety. The land is for the most part very level. The soil clayey, and not a single stone can be found for miles around.

A FIVE DOLLAR "GREENBACK."—Camp Suffolk, Suffolk, Va. *Dr. Trall: Dear Sir*:—I herewith send you ($5) five dollars of which you will please retain one dollar as my present mite towards the College endowment; give one dollar to Fowler & Wells for a year's subscription to the *Phrenological Journal*, commencing with January, 1863; for one dollar send me the HERALD OF HEALTH for 1863, to this place; and for the balance, two dollars, send me back numbers of the HERALD OF HEALTH for distribution, for the purpose of obtaining subscribers; if they can be spared, include some of the January numbers.

There are many sick in the hospitals about here. Chronic diarrheas, dysentery, fevers—mostly malarial typhoid—are the principal diseases. Emetics, cathartics, quinine, whisky, blisters, &c., are the chief remedies (?) Still, amidst the darkness there is some light. The surgeons of our regiment, though Allopaths, are of the progressive order, and have rather more faith in Hygienic means than in drugs for many maladies Our regiment numbers 740 men; have been in service six months; have had but seven deaths since our organization, of which two were from fatal wounds received in battle. A neighboring regiment has eighty sick in hospital. Why so many? The reason can be inferred when we are told that two and a half gallons of whisky are daily prescribed in that hospital, as stimulants. My friend, Dr. S., assistant surgeon of —— Pa. Regiment, told me that in home practice his most successful cases were those in which he gave but little medicine. He had correct views on many points, but he was a high liver. He became sick, seriously, of fever, though not dangerously; took frequent and large doses of quinine, or rather he was allowed to take it. He recovered of fever, but was almost hopelessly deranged in mind. He was sent home. Three months have since elapsed, but he is still not recovered. Many of our men are resolutely opposed to taking medicine, and seldom need be reported on the sick list; others, through sad experience, have lost all faith in drugs. War is a great evil, but I think the good of this war will greatly over balance the evil—alone in opening the eyes of the blind to the laws of health and cure. In every regiment the beauty and benefit of an observance of Hygienic laws in health and sickness is so apparent that many see, who never before saw, and many think who never thought before, and the consequence is, the cause gains friends and moves on, in spite of opposition.

We like the name, size, form, quality of paper and matter of the HERALD OF HEALTH very much. Would it be impracticable to have the cover or outside sheet stronger and of colored paper, in order that considerable use might not greatly detract from its neatness as a table ornament? Captain Daniel M. Spangler of our regiment, Co. G, has not received the January or February numbers of the *Phrenological Journal*. Will you please forward to him, or send with mine. Yours very respectfully,

J. H. SCHRIVER.

Q. M. Sergt., 166th Regiment, Pa. M., Suffolk, Va.

THE HERALD FOR THE ARMY.—Captain W. Mann, of the Illinois Volunteers, writes from Rolla, Mo.: Could the HERALD OF HEALTH be placed in the hands of all our soldiers, it would be the means of saving many lives. They are in a proper frame of mind to receive the truth it contains and explains. Thousands of our soldiers have become fully satisfied, from what they have seen, heard and felt, that more of their comrades are killed by the doctor's drugs than are destroyed by diseases and rebels, and many of them throw the poison away on every opportunity. But when the poor victim gets so feeble that he is obliged to be confined to the hospital, and to have the doses of quinine administered, it is generally considered as quite time to order the coffin. The army of the frontier is now in fine health, although there have been many deaths of lung fever during the last three months. Four cases occurred in my own company. Three of them were taken to the hospital, and all of them died. One remained in his own tent and recovered. Rest assured that you have many friends among the soldiers, and you would have many thousands more, could they but have access to your excellent Journal.

TYPHOID FEVER IN THE ARMY HOSPITALS.—There were thirty-six deaths in the United States Hospital at Suffolk, Va., during the

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month of March, 1863. Fifteen died of typhoid fever; four of consumption; three of diarrhea; three of wounds; two of diptheria; two of inflammation of the brain; two of heart disease; one of apoplexy; one of pneumonia; one of measles; one of pyemia, and one of concussion of the brain. Thus it seems that nearly one-half of the whole hospital mortality is attributed to a disease which Hygienic physicians do not regard as dangerous, and which Hygienic nurses in the army cure in nearly, if not quite every case, when they throw all the medicine away and exercise their own common sense, and of which the patients who refuse the calomel, quinine, turpentine, opium, whisky, strychnine, bleeding and blistering dispensation, never die. War is bad enough; but drug medication is much more destructive to life.

CAMP DIARRHEA. — William C. Ottesson, Surgeon U. S. V., and Medical Director of the District of St. Louis, has communicated to the *American Medical Times*, several formulæ for cases of camp diarrhea. Dr. Ottesson gives the credit of the inventions to Surgeon Ford, of the Indiana Infantry Volunteers. The remedies are strychnine, morphine and citrate of iron. If we wished to silence a noisy cat, or kill a murderous dog, or relieve an incurably wounded horse of his agony, or silence a dangerous rebel, we should prescribe a similar compound. We have treated many cases without any drug medicine at all, and they have all recovered, while one-third in the hospitals have died. This is all the commentary we feel called upon to make in the premises.

THE POPPY POISON.—An effort is making to commence the cultivation of the poppy in the South, in order to get a supply of opium. The rebel army Medical Department is sending out poppy seeds. If the Union authorities are wise they will interpose no obstacles to the cultivation of the deadly narcotic in Rebeldom. Let them have all the drugs they are willing to take, if you wish to kill or subdue them. Destroy their corn and potato crops, but do not molest their tobacco fields, opium patches, nor distilleries, if you would subjugate our "wayward sisters."

To injure a man's sight, there is nothing worse than sudden wealth. Let a woodsawyer draw a ten thousand dollar prize, and in less than a month he will not be able to recognize even the man that "used to go security for him."

College Department.

THE HEALTH CONVENTION.—The second annual meeting of the World's Health Association convened at Institute Hall, Wilmington, Del., pursuant to the call of the President, on Tuesday, June 9, 1863, and held business sessions on Tuesday, Wednesday and Thursday from 3 to 6 P. M. In the evenings Dr. Trall lectured to the people, his special subjects being a contrast between an exposition of the Hygienic and Drug medical systems, the Health and Diseases of Woman, and the importance of a health education for women. Several hundreds of the people of Wilmington and vicinity attended the sessions and lectures, and evinced a deep and earnest interest in the subjects discussed. We are sure that some converts were made to the cause of Health Reform, and that many had their faith and zeal renewed and energized.

On Friday an "experience meeting" was held from 9 A. M. to 1 P. M., during which our friends had, and improved, the opportunity to relate their observations and experiences, and to interchange sentiments and opinions on a variety of subjects of great practical importance. It was found to be one of the most interesting and profitable features of the convention.

In the business sessions a variety of topics were discussed, a more full report of which we shall give in our next issue; but, as we anticipated, the "Bread" and "Dress questions" took the lead. The recipes sent in for competition for the prizes were referred to committees, but as there was not time nor opportuniny to examine and test them all properly, the committees reported progress, and were continued with instructions to report in full at the next annual meeting to be held in New York on the second Tuesday in June, 1864. Dr. Trall added another $50 to each of the premiums, to be awarded as sub-premiums, in the judgment of the committee, for any suggestions or improvements which were valuable, which did not gain the first premium. Meanwhile the subjects will be open for competition another year.

The following officers were elected for the ensuing year:

President: R. T. Trall, M. D., of New York.

Vice Presidents: John Cameron, M. D., of Wilmington, Del.; Thos. Garrett, Esq., Wilmington, Del.; Barr Spangler, Esq., Marietta, Pa.; C. S. Rust, Syracuse, N. Y.; Hon. H. R. Low, Monticello, N. Y.; E. H. Champlin, New York; Ellen Beard Harman, M. D., Aurora, Ill.; U. T. Woodbury, M. D., Wabash, Ind.;

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U. T. Traer, M. D., Iowa City, Io.; Z. P. Glass, M. D., Wernersville, Pa.; Mrs. H. H. Hoffman, M. D., New York; J. B. Bowman, M. D., Blair, C. W.; H. H. Orr, M. D., Port Hope, C. W.; R. H. Moffatt, M. D., St. Johns, N. B.; Peter Jackson, M. D., Muscatine, Io.; A. Smith, M. D., Wernersville, Pa.

Secretary: Mrs. M. A. D. Jones, M. D., Baltimore, Md.

Treasurer: M. P. Browning, M. D., New York.

COMMITTEE ON BREAD.

Rev. J. Stevens, Iowa; Dr. A. Smith, Wernersville, Pa.; Mrs. M. A. D. Jones, M. D. Baltimore, Md.

COMMITTEE ON DRESS.

Mrs. H. H. Hoffman, M. D., New York; Miss Zelia G. Marian, M. D., Brooklyn, N. Y.; Pusey Heald, M. D., Wilmington, Del.

A large accession of members was obtained, embracing some of the most intelligent and influential citizens of Wilmington, whose names will appear in our next, with a fuller account of the proceedings. The Convention adjourned to meet in New York on the second Tuesday in June, 1864.

TEXT BOOKS.—We will furnish any books in this market to order at the lowest cash prices. We can supply to those who contemplate becoming students of our College, any or all of our text books at the wholesale price. Send money enough to cover the order, and we will return the overplus with bill. Gray's Anatomy, Dalton's Physiology, Youman's Chemistry, and the Hydropathic Encyclopædia will together cost, by express, $11.25.

ODD WAY OF TEACHING.—Some Englishmen, otherwise well educated, make mistakes respecting the pronunciation of the letter H. They omit it where it should be, and introduce it where it should not. A wag supposes such persons to be thus addressed by the letter H itself:

Whereas I have by you been driven
From house, from home, from hope, from heaven,
And placed in your most learned society,
In exile, anguish, and anxiety,
I here demand full restitution,
And beg you'll mend your elocution.

The retort is as smart as the attack:

Whereas we've rescued you, ingrate,
From handcuff, horror, and from hate,
From hell, from horse-pond, and from halter,
And consecrated you in altar,
We deem your prayer a rude intrusion,
And will not mend our elocution.

To Correspondents.

MODUS OPERANDI.—A. P., Sibby, C. W.: "*R. T. Trall, M. D.: Dear Sir:*—Please answer the following queries through the HERALD OF HEALTH:

1. Will not a person contract contagious diseases (or rather the poison which occasions these diseases), such as measles, scarlatina, small pox, &c., more than once or twice? Can the poison or virus which causes these diseases not be introduced into the system after it has been in and "cast out," once or twice?

2. How does chloroform produce sleep? Please explain the *rationale*.

3. How and why is it that a hearty meal will prove so injurious to a person after long deprivation of food?

4. What is the direct or proximate cause of violent pain in any part of the system?

5. What text books are now used in your College including prices?

6. In the December number of the WATER-CURE JOURNAL for 1855, Dr. Curtis intimated his intention to publish in a pamphlet the controversy then pending between him and yourself about the question, "Do remedial agents act on the living system?" Did he ever do it? If so, where can the pamphlet be obtained?

1. Because some element of the blood is so changed that it will not usually undergo the decomposing or fermenting process again. It is analogous to what happens in a beer barrel, or in panary fermentation in bread making. The virus can be introduced the second time, or any number of times, but will not occasion the same phenomena in the process of expulsion.

2. By diverting the nervous energy from the brain to a warfare against the poison. To explain the rationale would require a small volume; and to make people understand it, a large volume might be necessary.

3. Because his system has not the material for forming saliva, gastric juice and other digestive secretions.

4. In most cases it is compression, or in other words, pressure on the nerves.

5. We use the same text books that are used in other medical schools. Any standard works will answer. For particulars send for a college catalogue and circular.

6. We do not think Dr. Curtis ever published the discussion, nor did we ever expect he would.

CEREBRO-SPINAL MENINGITIS.—A. H. S., Chicago: "Will you give your opinion of the nature of a disease prevailing in the North-West, called "Cerebro-Spinal Meningitis" or spotted fever?

We have already explained that this disease is nothing more nor less than a form of typhus fever. It should be regarded and treated in all respects as that form of typhus which is known as putrid fever.

CONTAGIOUSNESS OF MEASLES.—G. Q. T., Washington, D. C.: "Is *rubeola* contagious? or is it ever communicated by contact with atmosphere impregnated with its poison?"

It is contagious, and that means, its cause or virus is communicated through the atmosphere, in contra-distinction to infectious diseases, the causes of which are only communicable by contact.

MORBID PULSATION.—R. T., Mount Pleasant, O. The beating or pulsation of which you complain, in the region of the stomach, is owing to an irritable state of the aorta or large blood vessel which passes down the spine behind the stomach. It is sometimes so violent as to jar the whole body and shake the bed clothes.

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Kindergarten Department,

FOR THE JUVENILES.

MY DEAR LITTLE NIECES AND NEPHEWS:—I wish to talk to you this month in regard to something which concerns every one of you—something which has an influence upon you every hour of the day and every moment of your lives. It is your habits. What is a habit? Simply the doing of any given thing till it becomes a second nature. You do a thing to day, perhaps it is very hard for you to do it; you do it again to-morrow, you find it easier; the next day easier still, and in a very short time you are enabled to do it without any effort at all.

Some one has likened our habits to a tiny thread, at first so fine that a touch will break it. If allowed to go unbroken, the thread becomes a great strong cord requiring a man's utmost strength to break it, and by-and-by a cable, which nothing can break

The habits you are forming now will leave their impress upon your whole after life. If good, they will grow with your growth and strengthen with your strength; will help to fortify your souls against the myriad temptations that will surround you, will strengthen your moral natures, and help you to become noble men and women. Every good habit formed, every bad habit overcome, is a link in the chain that draws you upward toward the good and true.

So every bad habit you form, will strengthen and increase, dragging you down, leading you into temptation and paving the way for a hundred other worse ones.

It is to your physicial habits particularly that I wish now to direct your attention. Most, if not all of you, have formed many which have a very injurious effect upon your health. You have done so unconsciously, with no thought that you were doing wrong. Your parents and older brothers and sisters have done the same things, the most of them as unconsciously as you have, and you, therefore, have grown into them without any fault of your own.

The first one is that of *eating between meals.* In its effects upon your health this is one of the very worst habits you can possibly form. It weakens the stomach, impairs the circulation, clogs up the whole system, and is one of the most fruitful sources of dyspepsia, consumption, and many other diseases. I wish to save you if possible from the suffering that so many have been compelled to endure from want of knowledge of these things, and to persuade you to break this habit while yet it is the tiny thread, and not allow it to become the great cable of physical evil that will make miserable invalids of you in after years.

Many things which are wholesome in themselves become positively injurious by being eaten at improper times. Do not eat one mouthful of anything between meals. Save your apples, nuts, oranges, or whatever else you may have to eat, till you come to the table, and make them a part of your regular meals. You will enjoy what you do eat a great deal more, your food will taste sweeter, and you will be the healthier, happier, and better for it all through your lives.

I hope you will all read very carefully the work of Dr. Alcott, entitled "The House I Live in," which is to be re-published in the HERALD OF HEALTH during the coming year, commencing with the present number. It will teach you many things in regard to physiology, which will be of great value to you, and will enable you to understand better, *why* eating between meals as well as many other habits are injurious.

A kind good bye for this time. From

AUNTIE.

LITTLE THINGS.—Springs are little things, but they are the sources of large streams; a helm is a little thing, but mark how evenly it governs the course of the largest ship that ever floated upon the waters; pegs and nails are little things, but they hold together the largest buildings; an angry word, a jealous thought, a frown—all these are little things, but powerful for evil, and are helping to build penitentiaries and jails, and to fill them with those who merely have carried the same passions and feelings further than we have. Mind the little things.

WHY HE COULDN'T.—I read lately of a boy, you may call his name John if you like, who ran into the house one evening and said—

"Mother, Willie played truant this afternoon, and he wanted me to go too, but I couldn't."

"*Couldn't?* why not, my son?"

"Because," said little John, throwing his arms most lovingly round his mother's neck, "I thought it would make you so sorry, and that was why I couldn't."

I wish I knew that boy. I would go at least a mile to kiss him. There is something so beautiful in his reason for not going with Willie that I really love him. You see it was not fear but love that governed him. He couldn't play truant because it would make his mother feel so sorry! Precious boy.—*S. S. Advocate.*

A beautiful idea: A little seven-year-old inquired of her mother, a few days since, if "the wind didn't *whistle* for the leaves to *dance* by."

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PLEASANT WORDS.

Pleasant words, pleasant words
Like the song of summer birds,
From a sister's lip they fall,
Ever sweet and musical;
By a brother spoken clear,
Gratefully they meet the ear;
And when youthful friends in play
Spend a merry holiday,
Nothing surely can be heard,
Sweeter than a pleasant word,
In the busy hours of school,
Bound by many a tedious rule—
When the daily task's complete,
Homeward go the little feet—
When fair children sport together,
Through the bright and sunny weather—
Through the winter's time of snow—
By the firelight's cheerful glow—
In their frolics wild and high,
In their moods of gravity—
I would hear, like notes of birds,
Softly dropping, pleasant words.

Darlings, ye for whom I pray
Morn and evening, day by day,
Whom I love so deeply well,
Language hath not power to tell;
Little sister, little brother,
Be ye gentle to each other.
Let not angry tempers come
To the hallowed shrine of home;
Still remember how a word,
Harshly spoken, must be heard;
How it meets the ear of Him
Dwelling 'mid the Cherubim;
Of the Saviour, meek and mid,
Once on earth, a GENTLE child.

Linked in bonds of unity,
Dear ones, may ye ever be
Tender, loving, kind and true,
Friends in storm, and sunshine too,
Cheerful as the summer birds,
Speaking ever pleasant words.

LAZY BOYS.—A lazy boy makes a lazy man, just as sure as a crooked sapling makes a crooked tree. Whoever yet saw a boy grow up in idleness, that did not make a shiftless vagabond when he became a man, unless he had a fortune left him to keep up appearance? The great mass of thieves, paupers and criminals, have come to what they are by being brought up in idleness. Those who constitute the business part of the community—those who make our great and useful men—were taught in their boyhood to be industrious.

THE eccentric Sidney Smith, in speaking of the prosy nature of most sermons, said, "they are written as if sin were to be taken out of man like Eve out of Adam, by putting him to sleep.

A LATE philosopher says, that an empty pocket is a great gulf between hope and success, as impassable as that which divided Lazarus from his friend the millionaire. That philosopher has traveled.

Dining-Room Department.

FRUITS.

BY MRS. MATTIE M. JONES.

WE come now to one of the most, if not THE most important department of dietetics, viz., fruit, and the necessity of its use, culture, and preservation. Next to good bread there is nothing can compare in value as an article of diet with good ripe fruit. People have been accustomed to consider fruit more in the light of a relish and a luxury, rather than as what it really should be—a staple article of diet, and a necessity of every meal.

Would people place their bread and fruit as the central dishes of their tables, around which other dishes are grouped as convenience or taste may dictate, instead of as now placing the meat as the staple article, what a vast amount of labor, sickness and suffering would be avoided!

Good unleavened bread and the variety of fruits in their season contain all the elements necessary to the perfect support of human life. And while there is a large class of vegetables, which are both nutritious, palatable and wholesome, making variety enough to suit the most fastidious, without resorting to the animal kingdom at all for food, yet fruit must ever take the precedence as the *best* foot for human beings.

But, say many, "fruit is so expensive we can't afford it; besides if all were to use fruit freely, there would not be half enough in the country to supply the markets." No fear on that score. Let the demand come, and the supply would soon follow. And as to not being "able to afford it," let us see. Suppose, good friends, you dispensed entirely with your tobacco, tea, coffee, meats, butter, pepper and all manner of spices; your cakes, pickles, preserves, &c.; you would find your tables would cost you much less than they now do, and you would be infinitely the gainers, not only in health, strength and happiness, but also in the pleasures of the table.

Then there is another advantage in the diminution of the labor of cooking. Compare the difference between broiling over a hot fire on a warm summer morning to prepare coffee, cook beefsteak, &c., to that of preparing a dish of fresh luscious strawberries! Compare the raising and culture of fruits, to the rearing and slaughtering of animals!—butchering week, with its concentrated essence of grease, discomforts and *nastiness* (I can find no other word to fully express it) to any method of preserving fruit you can name!!

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And then the difference in the mental faculties which are called into use in the two departments. Take a little child out into your farmyard with you. The little calf, the playful lamb, the cunning pig he makes pets and playmates of, and in their care takes great delight, but when you draw the cruel knife across their throats, every fibre of that little innocent heart quivers in agony and recoils in horror. Parents, do you realize how, in deadening that fine sensitiveness of feeling, you are degrading the moral natures of the children God has entrusted to your care? And that the starting point of the ignominous end of many a cruel wretch may be traced to the butcherings witnessed in his father's farmyard, in early childhood!

On the other hand, take the same child out into your garden or orchard with you, and every step from the planting of the seed to the plucking of the fruit is educating his higher faculties; bringing him into communion with nature in her myriad forms of wonder and beauty, and fitting him to enjoy the pure and beautiful.

As regards the economy of the two methods of living, farmers will you not try the experiment? Plant two acres to strawberries, raspberries, Lawton blackberries, grapes, peaches, plums, pears, currants, gooseberries, cherries, &c., and see if in a few years you do not have more toward supplying your families with food than from ten acres devoted to the raising of animals. Take the time even that you now spend in feeding and taking care of your hogs, and in milking your cows, and devote it to fruit growing, and see if your tables will not soon be abundantly supplied with delicious fruit the year round.

As people usually live, what time can our farmers' wives obtain for exercise in the open air? Many and many a lovely woman is wearing her life away; her horizon bounded by her cooking-stove and kitchen, dying by inches from over-work and confinement indoors, giving weakened constitutions to her children, who, if she could but see and realize the better method of living, might be happy, well and strong.

Let her take even the time she now devotes to the one simple item of butter-making, from the straining and skimming of milk, washing of pans, cream jars, churns and butter bowls, to the churning, working and packing, and devote it to exercise in the air, among the fruits and flowers, and she would not only have a better table, but would be the gainer in a hundred ways.

As to the labor of canning fruit sufficient for an ample supply for the whole year, it is much less than that of making the pickles, preserves, butter, cake, &c., which most families now consume.

There are many simple ways of cooking fruit, but as the fruits of this month are strawberries, raspberries, &c., which do not require cooking, and as thousands are desirous of knowing how to can fruit successfully, we give below the plan recommended by the *American Agriculturist*, the highest authority in such matters with which we are acquainted; and it accords perfectly with our own experience.

PRESERVING FRUIT—BEST AND CHEAPEST WAY.

For several years past we have been trying to abolish the old mode of preserving fruits, viz.: the addition of pound for pound of sugar, and stewing them down to an indigestible mass in order to make them "keep." Our efforts in this direction have been in a measure successful; the high price of sugar this year will do much toward the adoption of the newer and better mode. All kinds of fruits can be preserved for a year, or more, with the use of little or no sugar. and at the same time retain nearly all their natural flavor. The process is not more difficult, and is less costly than the stewing process, while the fruit is far more delicious and healthful. The whole operation depends upon simply heating the fruit through, and then keeping it entirely free from the access of air.

Fruit Jars.—Periodically, as the fruit season approaches, there are numerous fruit jar inventions, patented and otherwise, brought before the public with wonderful assurance and an indefinite number of extravagant recommendations. Some seal with wax, others with India rubber and cast iron; in some the tops are screwed on; in others wedged; and in others wired. Some tin, some glass, and some stone, but *all* are "perfect," if the claims of the inventors and manufacturers are fully credited. We have tried most of these fruit jars, and while many of them are good, our experience has led us to adopt the cheapest kinds of glass bottles and jars. Tin cans are not safe. While in a majority of cases they may answer well for a season or two, there is always danger of their corrosion, or rusting, and the consequent production of poisonous salts of tin. Besides, it is desirable to have the fruit in transparent vessels so that it can always be examined. Good well-glazed stone-ware bottles and jars are not objectionable on account of corrosion, but they are opaque, so that the contents can not be seen, and are but little cheaper than cheap glass.

During the past year we have kept several bushels of fruit of different kinds, always in good condition, and the portion now unused is almost as fresh and delicious as when first picked. For keeping we have used all sorts of *glass* bottles and jars, holding from a pint to two quarts each—including several of the patent jars with caps of various patterns. Among these were a dozen glass jars with India rubber rings expanded by a compressing screw, of which five



FIG. 1.

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gave way and the fruit was lost. Of the common glass bottles and jars we have not lost one. There is hardly a glass bottle of whatever form that cannot be turned to account for preserving fruits—even junk bottles, soda-water bottles, jars, &c., &c. The *best* form is a wide-mouthed quart bottle or jar, the neck drawn in to give a shoulder for the cork to rest upon. For the larger fruits wide necks are needed; for the smaller berry fruits, narrow necks answer perfectly.

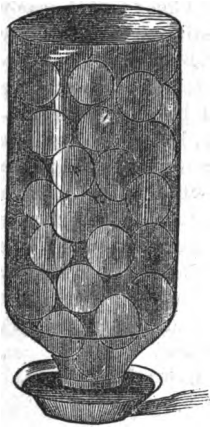


FIG. 2.

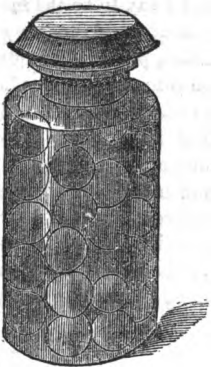


FIG. 3.

Preparing the Fruit.—Our method is, to put the fruit in a preserving kettle of some kind—a glazed iron kettle, or even a tinned one, or a tin pail will do—and sweeten it with just sugar enough to fit it for the table. The sweetening is added in the form of a syrup made by boiling from one to three pounds of sugar (usually 2 lbs.) with one quart of water. The more juicy fruits, such as strawberries, require less syrup, while pears and quinces require more. The fruit is heated with the syrup just long enough to scald it *through*. Some prefer to use less sweetening and add more when the fruit is to be used. Others use no sugar; they think the fruit keeps just as well, and preserves its aroma better without any sugar. We prefer to use all the sugar that is to be needed, believing that the fruit will probably keep more certainly, and it is then always ready to pour out at once upon the table. The fruit to be preserved should be in good condition—ripe, but not over-ripe, nor containing any decayed portions. Tomatoes are peeled, and then cooked down one-half, as this makes a better sauce, and requires less bottle room.

To Bottle the Fruit.—The bottles or jars are thoroughly cleansed, and each one fitted with a stopper. For these, soft corks are best; but they may be made of soft dry wood. For each bottle or jar we provide a little tin "patty-pan," (fig. 1,) costing one-half to one cent each by the quantity. Tea-saucers will answer. For *cement* we heat together in an old tin basin or iron kettle, one pound of rosin, and one and one-half to two ounces of tallow. This may be mixed in quantity, and melted from time to time as wanted. We formerly used a little over one ounce of tallow to one pound of rosin, but further experience is in favor of a softer cement, when the fruit is to stand in a cool cellar. While the fruit is being heated, as above described, the bottles are well warmed by setting them near the fire and frequently turning them; or better, by setting them in cold water in a wash-boiler and heating to the boiling point. The fruit being barely scalded *through*, it is dipped hot into the heated bottles, through a funnel, if the bottle necks are small. This is done carefully, so as not to mash the fruit. The bottles are filled up to where the bottom of the stoppers will come; they are then jarred a little to make the air bubbles rise, and more fruit or syrup added if needed. The tops and necks are then wiped clean, inside and out and the stoppers put in, and sunk to a level with the top. The cement being warmed in the mean time, a little is dipped on over the stoppers to close them tightly. The bottles are then turned necks down in the little patty-pans, or saucers, (fig. 2,) and a quantity of cement dropped in to completely enclose the stoppers and necks. When cold the bottles may be set either side up (fig. 2 or 3). The cooling will shrink the contents so as to create a strong inward pressure, but the patty-pans prevent the stoppers from being pressed in, and the cement shuts out the air.

The whole process is simple and quickly performed. After the fruit is prepared, two persons will heat it, and put up 50 to 100 bottles in half a day. We prefer quart bottles, as these furnish enough for once opening. If cork stoppers are used, they are rendered soft and pliable, and may be crowded into a small orifice, by first soaking them in hot water.

Substitute for Patty-Pans.—The patty-pans are simply circular pieces of tin, stamped in the form of a cup or plate, two to three and one-half inches across. We buy them at wholesale for 87 cts., or $1.25 per gross. But any kind of cup to hold the wax, will answer. We have seen the common blacking boxes used, bottom for one jar or bottle, and the top or cover for another. Blocks of wood, or bits of board, cut out into cup-form with a gouge, or bored only part way through with a large auger, answer every purpose. They should be partly filled with cement, before turning the bottle into them. No one need look far for the materials. The old bottles about the house, thoroughly cleaned, the tin boxes, or old saucers, or wooden blocks, and some rosin are all the apparatus needed.

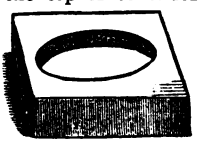


FIG. 4.

ANOTHER METHOD.

An associate editor of the *Agriculturist*, who has successfully practiced the general method above described, recommends a substitute for the stoppers and patty-pans, which he has used for some years, and successfully. Pieces of Canton flannel are dipped in heated grafting wax made by melting together two parts beeswax, two parts rosin, and one part tallow. After dipping they are laid, cotton side up, upon sheets of rather light, white printing paper, on a smooth table, and addi-

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tional wax laid on, and the air bubbles rubbed out if necessary. The cloth must be perfectly saturated with the wax, but a large quantity is undesirable. Glass jars are used with a rim that the wax cloth may be conveniently bound on. When hot, they are filled full with the boiling hot fruit; the prepared cloth is cut into convenient squares of generous dimensions; and the jars or bottles are jarred a little, repeatedly, to force the escape of any air bubbles. The cloth caps being slightly warm are laid, wax down, upon the mouths, and the hand passed over the rims with a firm pressure; then with a stout cord or pack-thread wound round and round, the edges of the caps are bound down upon the neck of the bottle or jar. As soon as the bottles cool, a depression of the cap will indicate that they are air-tight, while the least hole will prevent this concavity, and thus indicate at once the necessity of repeating the sealing process. Should the fruit ferment, an inflation of the cap will be noticed, provided the jar is tight.

Miscellaneous.

LETTER FROM MRS. FOWLER.

WE are pleased to learn from a private communication from Mrs. Lydia F. Fowler, M. D., dated Dublin, May 18, 1863, that herself and husband, Prof. L. N. Fowler, continue to meet with excellent success in talking Phrenology and Physiology to the people of Great Britain. We feel assured that Mrs. Fowler will excuse us for the liberty we have taken in giving the following extract to our readers:

How rapidly has the last year passed! It hardly seems as if it were twelve months since we had the pleasure of seeing you in Great Britain, for we have both been so busily employed, Mr. Fowler lecturing on the brain and myself lecturing on the body, constituting such a delightful harmony, that we have had no time to get home sick. Our tour since last September, has been marked with great success, in fact almost triumphant, and we have about as many friends in Great Britain and Ireland as in America. But I forbear to particularize, for I am preparing for the press its annals. We hail the HERALD OF HEALTH each month with joy. It is a link in the great chain that binds us to America. You have improved it wonderfully, and I particularly like its high tone. It ought to be in every family in the country. When will our people learn that health is the first criterion of happiness? A noble work you have done for woman—to provide for her physiological education. Nobly have you defended her cause, when so many conservative contracted individuals would put stumbling blocks in her path, tie her hands and feet, shut her out from the temple of wisdom, and then proclaim her inefficiency and want of mental power. I think the opportunities you afford to women, to gain physiological knowledge are not half appreciated in our country, or there would not be room in the College buildings to admit the students that would flock to the portals for admission. There is not in all Britain such opportunities for women. I have visited nearly every large town and institution, and I know what I say to be the fact. By dint of great perseverence, and undying zeal in my work, by making personal friends, I have gained admission into many places here, but have been made an exceptional case. May God spare my life to labor for women! Whether I sow seed in Europe or America, it matters not, for in the Golden Harvest, the grains of truth will all be garnered. I begin to feel that the world is my home, that all mankind who love the truth for its sake are my kinsmen—and it is joy to work among them all. Truly yours,

LYDIA F. FOWLER.

THE PHYSICIAN'S PRESCRIPTION.

BY B. S.

CAN it be ignorance, or is it wilful and intentional villainy, that causes many of the medical practitioners to provide the use of stimuli, that imperils both the character and constitution of their patients?

"Thank God (said a friend to me yesterday) I escaped the fiendish grasp of the tormentor, that held me in abject servitude for more than two years. Two years ago I had an attack of fever; my physician took me through the ordeal of medicine, which reduced me to a frail condition of body, and deep dejection of spirits. This condition he proposed to overcome by stimulus, and prescribed beer as possessing all of the requisite properties to recuperate my bodily powers. Having implicit confidence in the knowledge of my medical adviser I followed his advice, with a faith as blind as that of the Hindoo mother who saves the soul of her child by drowning it. At first my stomach revolted when invaded by the beer, and cast it off with disgust, but by perseverence its sensitiveness was overcome, and soon the demand sprung up for more, the frequent gratification of which, found me at the end of a year so enslaved to the habit, that I could not obtain a night's sleep without drinking *at least one gallon* of beer before retiring. At length I awoke to a sense of my danger, and then, for the first time, beheld the terrible re-

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sults of the physician's prescription. Two weeks of dreadful misery passed over me before I felt the appetite begin to subside; and now that I am free once more, I shall avoid all liquor prescriptions as I would the venom of the adder."

A miserable looking, emaciated woman tottered up to the counter of a druggist, and begged most pitiously for twenty-five cents' worth of morphine on credit. I caught a glimpse of her face as she turned to go out, and detected the faded lineaments of one whom I had known a few years ago, as a woman of more than ordinary beauty and of fine attainments, when last I had seen her. She was surrounded with all the comforts of life, and happy in the enjoyment of vigorous health. Anxious to learn the cause of her ruin, I soon was enabled to trace it to that incalculable source of misery—drugs. She had a spell of acute disease; was suffering much pain. Her physician prescribed morphine, dose after dose was given to allay nervous sensation; weekly, the portion was increased, until in a few months she became so habituted to its use, that she was miserable without it, and to procure it she would make any sacrifice. The influence of her family and friends could not restrain her, and thus she sank from a position of respectability and moral worth to the depths of wretchedness in which I beheld her. Such was the blighting ravages of the *physician's prescription.*

On a recent visit to a neighboring village, I called to see the family of an acquaintance. His wife was nursing her second child; beside her on the table stood a glass of lager beer. She apologized for its presence by saying, that after the birth of her first child her physician, finding that she had but little nourishment for her child, ordered the use of beer. At first the taste of it was unpleasant, but after a while it became so agreeable that she found it difficult to abandon its use, when the necessity for it no longer existed. When her second child was born, the same fountain of supply was resorted to with much more willingness, as she had found it very palatable. I had no doubt she became fond of it from the marked change it had made in her contour, from a sprightly, bright-eyed, healthy woman, she had been metamorphosed into a coarse featured, obese mass of stupid humanity, and this, too, was the legitimate work of the *physician's prescription.*

One evening last autumn, I wandered through the paths of our country, in company with a friend of earlier years, who had returned to the home of his youth after many years residence in the South, whence he had been driven by that direful sirocco that is sweeping with such blighting fury over that ill-fated land. We paused in front of a newly made grave; he read the inscription on the tomb, "Joseph Wilson." "What? not Jo, with whom we played shinty, and ball, and marbles?" The same, I replied. Then after a long pause and a deep drawn sigh, he said, "Why, Jo had more whalebone in his composition than either of us; he could run faster, jump further, play longer, swim better, laugh louder, and cry quicker at any tale of distress, than any other boy in the whole range of our school acquaintance. And can it be that poor Jo's noble heart lies here entombed. As I was flying Northward to escape the Southern madness, the memory of Jo clung closely around me as my heart throbed with the hope of meeting the companions of my boyhood, and now I am forced to believe that his generous spirit has already winged its flight beyond the realms of time. Tell me, how is it that he died so young?" I sought to change the subject, but his strong attachment for Jo made him the more anxious to learn the cause of his early death. I then related to him this brief history: Jo's proficiency at penmanship secured him a profitable clerkship in a large forwarding house. The excessive care that devolved upon him sapped his vital powers and afflicted him with dyspepsia. He applied to a physician for relief, who prescribed bitters as a tonic; a few months' use of this alcoholic tonic created an appetite for other stimulants, which he soon learned to indulge in; his habits after a time became irregular; occasionally he indulged in fits of intoxication; his employers lost confidence in him and dismissed him from their service. His drinking habits continued until he was known as a confirmed drunkard; he lost all self respect, and in less than three years from the time that the physician's prescription licensed him the use of bitters, he died of that terrible malady, delirium tremens. Frequently in his sober moments he reverted with the deepest sorrow to the physician's remedy as having established in him that unconquerable thirst for drink. Repeatedly he came to me and begged me to save him from the fearful death that awaited him. I reasoned with him; threw all the shielding influences around him, and for a few days would feel hopeful of the result, but only to learn shortly after that he had fallen again, until a death of shame ended his career.

The habit of being always employed is a great safeguard through life, as well as essential to the culture of almost every virtue.

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MORTALITY IN MY NATIVE VILLAGE.

BY MRS. M. H. COX.

AFTER an absence of four years from my native State, I again return to my childhood home on a visit.

Oh, what a change! Where are those familiar faces of schoolmates, neighbors, and townsmen? I meet only here and there one. Some, I am told, are serving their country in the 11th and 15th regiments of New Hampshire volunteers, but not all. A half hour in the village burying-ground told the sad tale. The names on those marble slabs are far more familiar to me than the faces I meet at church.

My friends told me that the scarlet fever swept the children from so many firesides—four from one, three from another, two from a third, four from another, and so on through the town. Well might mothers exclaim, as did one who had lost all but one out of a large family of little ones, "Oh, that I had known of Water-Cure before it was too late!" A Mr. G—— bathed his once a day, and let nature have its way, and they all recovered, while of the M.D.'s patients only a few lived in spite of the drugs. The poison given to kill the disease, generally killed the patients. On the first of May, 1850, only three graves were in a new addition to the burying-ground near the center of my native town. (There are four small burying-places within the town limits.) In May, 1863, I counted forty graves. In the other part the rows of newly made graves tell the fate of scores.

Why, oh why are so many cut down in this, one the most healthy spots in New England? Surely it is not "Dame Nature's" fault. There are hills and meadows, streamlets and springs, wild tangled woods and beautiful groves; green fields meet the eye in every direction; fruit in abundance, both wild and cultivated. If the "Boston Wherryman" were to view the extensive whortleberry pastures this year, he would think the people need not die. The prospects are that there will be (if nothing unforeseen prevents) at least five bushels a piece for every man, woman and child in town. Then there are raspberries, blueberries, &c., &c., in abundance. But these are not generally recognized as food, only when made into unwholesome pies.

The air is as pure and invigorating as can be found on the "globe."

Then, why this mortality? Did an all-wise Providence take those little ones, "the youth in full bloom" and middle aged in the "prime of life," because their mission on earth was done, and, "like a stack of corn fully ripe, was ready for the harvest?" Or because having disobeyed His laws, they have dearly paid the debt of nature? Let us take a look at the habits of these people and see if the fault lies at their door. At nearly every house you will find a pig sty, a sign that you will find salt pork on the table the year round; fried doughnuts and indigestible pie-crust; also that beans, peas, greens, potatoes, &c., so healthy and nutritious when properly cooked, are very seldom cooked except with this scrofula breeding, greasy stuff. Superfine flour universally used for bread making, but soda biscuit for "tea" every night. Then there are rich cakes, pies highly seasoned with spices, greased with butter till they are enough to make one dream of dead "grandparents." Salt, pepper, mustard and vinegar seem to be as essential as bread. Is it any wonder they sicken when their bodies are overloaded with such foul matter. But very few are "guilty of having ever taken a full bath in their lives." Then the doctor comes with his deadly nostrums, such as blue pills, morphine, quinine, physic, rum, brandy, &c., &c.; blisters and mustard poultices not excepted; then they die. How can they *live?*

A young lady (a friend of my mother and sister who was with her most of the time during her raving) became suddenly insane, when her infant was about a week old. She had taken cold and the lochial discharge had suddenly stopped, which would have been soon set right again by a warm sitting bath and hot fomentations. But no one knew what to do, so the doctor was sent for. A blister was put upon the top of her head instead of keeping it cool, and one on the back of her neck. Iron and quieting powders were given (do not know what other drugs); a blister was kept open to apply quieting powders. Was she cured?

She raved like a madman for ten long weeks. Nor is she rational yet, and she looks like one on the verge of consumption. "Tongue cannot tell nor pen describe the sufferings" of that *poor* creature, and an early death will take her from the bosom of her husband and friends, unless help from the right direction is soon obtained. Oh! When will people open their eyes and learn how to aid nature in her efforts to remove obstructions? Prejudice is blind, for it wont see.

THOSE who have resources within themselves, and can dare to live alone, want friends the least, but know how to prize them the most.

ONE always receiving, never giving, is like the stagnant pool, in which whatever flows remains, whatever remains corrupts.

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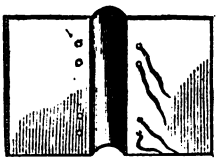
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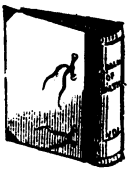
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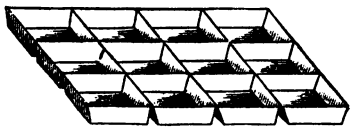
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"Many persons have failed of success in making this bread from neglecting one very essential requisite — the size of the pans in which it is baked. If they are larger than the dimensions given, the bread will be heavy. If smaller, they will be dry and hard. But made this size, and filled evenly full, if the batter is of the right consistency, and the oven hot, they will rise one half, and be almost as light and porous as sponge cake."

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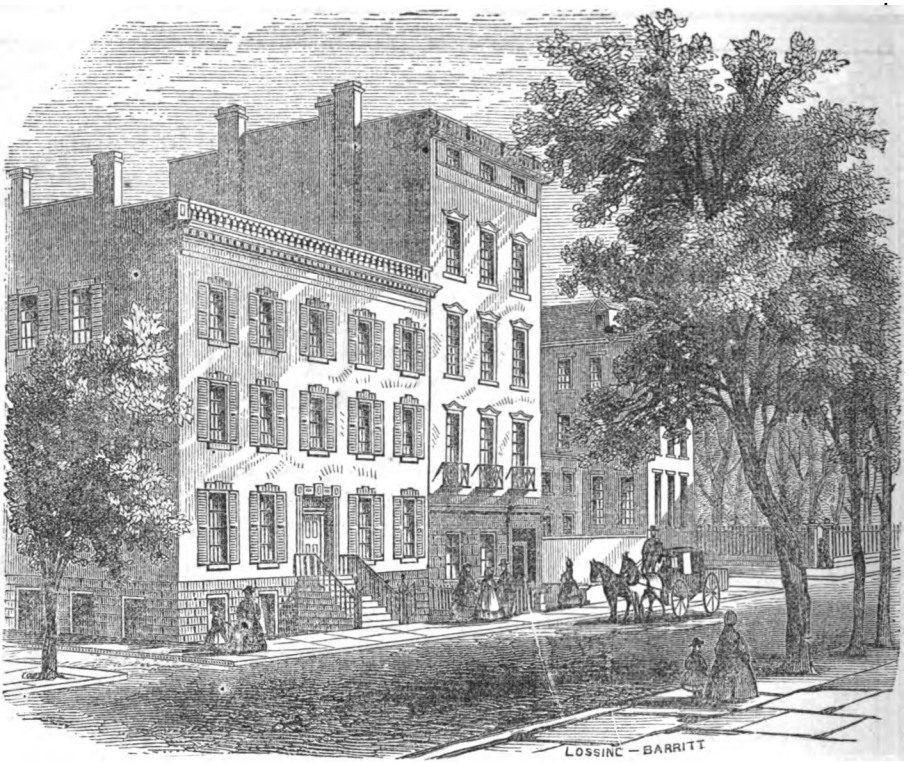
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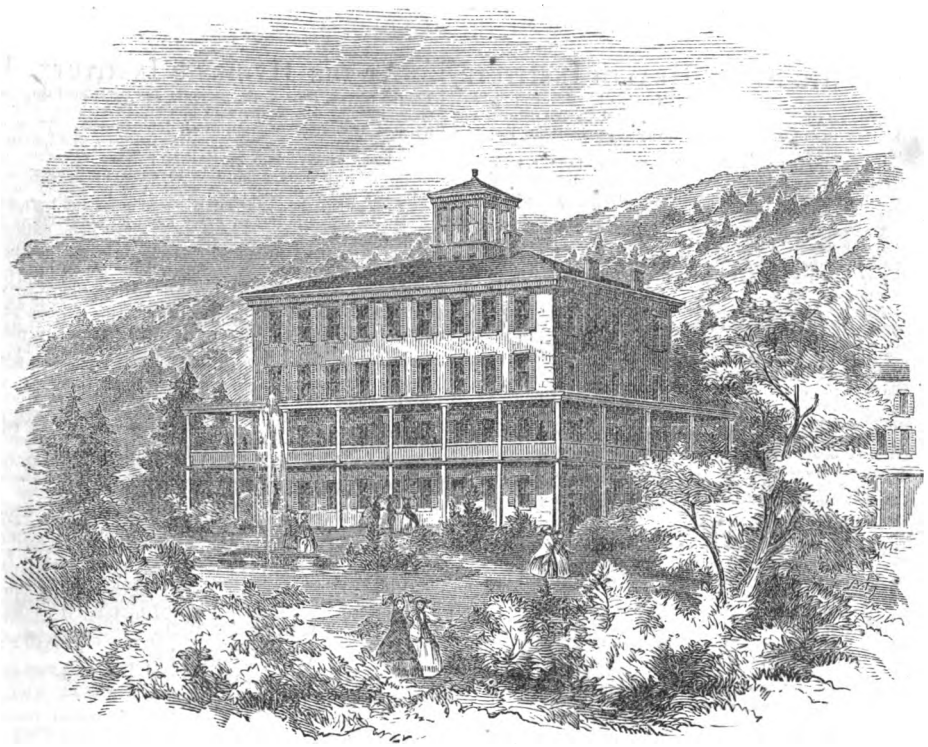
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THE

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BY THE EDITOR.

THE HEALTH CONVENTION.

IN our last we gave a brief statement of the proceedings of the second annual meeting of the World's Health Association at Wilmington, Delaware. But the occasion and the doings were worthy of a more extended notice. Soon after the place for the meeting had been determined on, we learned from our friends in Wilmington that the Delaware State Medical Society was to hold its annual meeting at the same time and place; and we were requested to challenge its members to a discussion. We were glad of the opportunity to do so, and at once authorized the following to be posted in the streets of Wilmington; a copy also was placed in the hands of the President of the Society:

To the President and Members of the Delaware State Medical Society.

GENTLEMEN—

I have just learned that your Society will hold its annual meeting in Wilmington, on Tuesday, June 9th. One month ago, as President of the World's Health Association, (organized in Chicago in June 1862, for the purpose of diffusing among the people a knowledge of the laws of life, the true principles of Medical Science, and the correct, or best practice of the Healing Art,) I made an appointment to hold our Second Annual Meeting in Wilmington, on Tuesday, Wednesday and Thursday, June 9th, 10th, and 11th. Now it has been suggested to me that this coincidence may be turned to good account. We differ with your school both as regards the theory and practice of medicine. We believe your system of Drug Medication to be erroneous; and no doubt you as conscientiously regard the Hygienic Medical system, which we believe, teach, and practice, to be wrong. The question between us is of incalculable importance to the world. It involves the issues of life and death. All of us are, or should be, willing to know the exact truth. We assume to be the conservators of the public health, and the health and lives of the community, to a great extent, depend on our understanding and teaching "the truth, the whole truth, and nothing but the truth" in this matter. I am of opinion that a friendly discussion between us, conducted in a spirit of candor and truth-seeking, would do much to correct whatever erroneous doctrine the representatives of your system or mine may entertain, enlighten the people, incite investigation, establish the true system, whatever that may be, and greatly benefit the family of mankind.

I do therefore most respectfully invite you to meet us, and discuss publicly, the merits and demerits of our respective systems. The hall which has been engaged for our convention shall be at your service, for this purpose, as much of the time on Tuesday, Wednesday and Thursday, (days or evenings, or both,) as you will consent to occupy, and as much longer as you may be disposed to continue the discussion. You may bring forward as many or as few speakers as you please, and whom you please, and I will do the same. And that everything shall be done decently and in order, and no time wasted in irrelevant talk, a chairman shall be appointed, the ordinary rules and usuages of debate adopted, and each speaker limited to ten

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minutes at a time. I hereby authorize Drs. John Cameron and Pusey Heald, of Wilmington, to arrange the time and details of the proposed discussion, should you kindly signify to them your acceptance of this invitation.

R. T. TRALL, M. D.

New York, May 25, 1863.

We know not how we could have invited the doctors to a debate more politely or kindly. We tried to have our language devoid of any word or syllable that could give offence, or that would seem like bravado or defiance. But, as we expected, they made no response, and came not near our convention. They know that their system cannot bear examination. They know that to explain it to the people, would seriously damage it; and that a full discussion of its principles would be the death of it. We say nothing of their motives. We do not say what is their duty in the premises. We do not charge them with a disposition to perpetuate a false and fatal medical system for the sake of the emoluments of professional practice. We allege nothing against them as gentlemen and scholars. But we have many times challenged the whole profession, and some of its most distinguished authors and teachers, to bring our respective systems before the people in a public discussion, and in the only manner which will enable the people at once to understand the merits and demerits of both; and all the answer we have had, or ever expect to have, is—*mum*. And the reason is, the drug doctors *know* that their system cannot be defended on scientific principles, nor justified by its results; while they *suspect* that the Hygienic system, of whose philosophy they have only a vague notion, can be scientifically established and practically approved.

THE CITY OF WILMINGTON.

Wilmington is among the beautiful cities of the United States. It is both pleasantly and healthfully located. The streets are wide, clean, well shaded, and the yards and gardens well adorned with trees, flowers and shrubbery. There is little excuse for sickness in the place, yet in a population of a little more than twenty thousand, between twenty and thirty doctors manage to do a profitable business. Dr. Cameron, a graduate of our class of 1858-'59, has practiced the Hygienic system there for a year past with excellent success, and our cause has many warm and influential friends in the place. There is a magnificent location for a first class "cure" on the high grounds overlooking the city, where a new reservoir is about to be constructed to supply the city with the water of the Brandywine. The climate is mild and genial, the country round about rich and prolific in such fruits and vegetables as Hygeio-Therapeutic invalids delight in, and a good institution could hardly fail to be abundantly patronized.

THE CONVENTION.

The meeting was called to order on Tuesday, June 9th, at 3 P. M., the President in the chair. In the absence of the Secretary, Dr. Pusey Heald, of Wilmington, was appointed Secretary, *pro tem*. The President made a verbal report, and a written report was received from the Secretary, Ellen Beard Harman, and placed on file. The constitution and platform of principles, adopted at Chicago, were read and discussed. The resolution on Temperance elicited some opposition on the part of our temperance friends in Wilmington. It was in these words:

Resolved, That so long as chemists, physiologists, and physicians teach, and the people believe, the false and absurd doctrine that alcohol is "respiratory food" and a "supporter of vitality," so long will the temperance cause be crushed and paralyzed, and that the first step toward the success of the temperance reform is to reform the false doctrines of the medical profession.

Some of our temperance friends wholly mistook the purport of this "plank" in our platform, notwithstanding it is the mere statement of a simple truth in plain and unequivocal language. Some of them seemed to imagine that the resolution implied a condemnation of the existing temperance organizations, and an utter abandonment of all measures for promoting the temperance reformation, except through the Health Association movement. Nothing was further from the purpose of the framers of the resolution, and nothing of the kind can be deduced from any fair construction of its language; yet a long discussion and repeated explanations were necessary to convince the objectors that, so far from opposing any existing association or influence in any good work, our association merely took a step in advance, and proposed to lay the axe at once to the root of the tree of evil.

NEW MEMBERS.

After the discussion the following names were enrolled as members of the World's Health Association: Thomas Roberts, George Gilbert, J. S. Kennard, H. F. Pickles, S. W. Stapler, M. A. Haines, Thomas Garrett, Mrs. R. Garrett, T. C. Graham, L. H. Price, D. Mendenhall, Sarah Shaw, Mary Shaw, Mrs. J. S. Kennard, A. Marshall, D. S. Marshall, S. E. S. Forbes, H. C. H. Lawlor, Dr. Pusey Heald, T. Smith, Edwin Hirst, of Delaware; Dr. F. R. Jones, Mrs. Mattie Jones, Dr. D. Silliman, Miss Zelie J. Mairan, M. D., Mrs. H. H. H. Hoffman, M. D., Ellen Newman, Prof. C. O. Hurlburt, Mrs. C. M. Rollins, of New York; Dr. A. Smith, Miss P. P. Draper, of Pennsylvania; Mary E.

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Sterling, of Connecticut; B. T. Cox, District of Columbia; and Rev. J. Stevens, of Iowa.

REPORT OF THE COMMITTEE ON BREAD.

To the President and Members of the World's Health Association:

Your Committee on Bread beg leave to submit to you the following

REPORT:

We have read and examined the receipts which have been placed in our hands, and find among them valuable directions for making the following essentially different kinds of bread:

1. Unleavened bread in which no ingredients are used but water and flour or meal of one kind of grain.

2. Unleavened bread in which two or more kinds of flour or meal or other ingredients are mixed together.

3. Leavened bread made of the flour or meal of only one kind of grain.

4. Leavened bread in which are mixed together different kinds of flour or meal or other ingredients.

There are several distinct receipts for making each of these different kinds of bread, and also several, furnished by different persons, which are essentially the same.

For want of specimens of the different kinds of bread which these different receipts would make, and also because we are not at present able to ascertain to whom credit is due for originating those receipts which are essentially the same, though furnished by different persons, we respectfully recommend that these receipts and such others as may be furnished for the next six months, be published in the HERALD OF HEALTH and other health papers, that the friends of this reform may have an opportunity of fully testing the value of each receipt, and be prepared to decide as to their comparative value, at the next annual meeting of this Association.

We further recommend that a committee be appointed whose duty it shall be to decide as to the claims of different persons who have furnished essentially the same recipe.

JULIUS STEVENS,
A. SMITH,
MARY A. D. JONES,
} *Committee on Bread.*

WILMINGTON, DEL., June 11, 1863.

The report was unanjmously adopted.

REPORT OF THE COMMITTEE ON DRESS.

To the President and Members of the World's Health Association:

Your Committee beg leave to present the following

REPORT:

Under the circumstances it is the best thing they can do, considering that no one of the competitors has embodied all the good points, and avoided all of the objectionable ones. The points which we think should be embraced in a premium dress are three, viz.: Health, Simplicity, and Beauty. For health clothing should be equally distributed over the whole body, equally loose and easy everywhere, entirely free from constraint in any place, and allowing perfect freedom of motion, circulation and respiration. Simplicity means the least number of pieces, fastenings, suspensions, cuts, seams, folds and flounces consistent with taste, comfort and convenience. Beauty implies showing the grace of form, feature and motion to the best advantage, without departing so far from the prevailing ideas of length, fulness, &c., as to cause the style to be rejected at once by all except the most radically progressive.

The list of competitors was not very large, and several failed to make themselves understood in some particulars, for want of complete patterns or designs, or sufficiently full descriptions. Your committee are, therefore, unable to award the premium, and will conclude their report by noticing the good points of the more prominent competitors.

The dresses and patterns presented by Mrs. Cox, Mrs. Craig and Mrs. Ellen Beard Harman, although combining many good points, could not be awarded the premium, because they were deficient in the important requisite—beauty. Mrs. Cox sent in for examination five different patterns, but as no one of these combined the fundamental principles which governed our decision or was complete in itself, we could not decide in favor of her dress. It would be proper to remark here that competitors should first know what they deem the right style and then endeavor to perfect that *one*, thus saving the Committee the perplexity which the combination of styles induces.

Mrs. Ellen Beard Harman's description of her dress showed that she had studied attentively the wants of her sex in this respect, and it involved many important reforms. Among these we desire to call the attention of the Convention to the following:

First.—The sleeves were inserted in the proper place, anatomically speaking, leaving the muscles of the arm free and unrestrained in their action.

Second.—Her recommendations in regard to the protection of the feet—that they should be warm and dry, and, above all, allow the foot to retain its *natural* form.

Third.—Supporting the hose by buttoning to the undergarments, thus obviating congestion and varicose veins arising from the use of the garter.

Fourth.—The equal temperature *nearly* attained by her under-clothing—it being of uniform thickness. Yet, as a whole, her dress lacked simplicity, and in some parts beauty.

Mrs. Craig, of N. B., described a dress which was physiological in most respects, but the skirt was entirely too short, not descending to the knee of the wearer.

The miniature dress pattern sent by Mrs. Rose, of Prairie Pond, Ill., met with most favor, and had there been a full description of all the garments necessary to woman's dress, the Committee would have had no hesitation in awarding her the premium; but not one word was said of shoes, stockings, or the best way to fasten them; nothing of head-covering; nothing of skirts (if any were to be worn), consequently they were obliged to pronounce it incomplete, although it stood prominent in meeting their ideas of "the best dress for woman" in the points of Health, Simplicity, and Beauty.

This little dress pleased the Convention so much that Dr. Hoffman agreed to copy the model, thereby testing its real merits. It consisted of full pants gathered about the ankle, and buttoned at the waistband of a sacque chemise, with long sleeves; the waist and skirt, all in the same piece, made to fit the form by means of seams taken in at the lower part of the waist, then graduated into necessary width of skirt, which was to fall half way below the knee. The evil now so common of many folds of material about the hips, while the feet, furthest from the heart, are covered with only one thickness of cotton, is done away by this dress, there being no gathers where the waist and skirt meet.

H. H. H. HOFFMAN,
PUSEY HEALD,
ZELIE J. MAIRAN,
U. T. WOODBURY,
} *Committee on Dress.*

WILMINGTON, DEL., June 11, 1863.

It should be stated that several of the competitors did not understand the precise import of the fifty dollar premium. It was for a dress for woman, including the head and feet as well as the body. Two or three of the competitors whose plans for dressing the body were highly approved, were not legally entitled to compete for the prize, for the reason that their plan of

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dress did not embrace the whole woman. This was the case with Mrs. Rose and Mrs. Craig. But as the matter will now be understood, and another year's time allowed, we hope to have the pleasure of paying the one hundred dollars to the fortunate one at our next annual meeting.

Mrs. Hoffman exhibited the patent skirt supporter of Dr. Brown, of Lansing, Mich., which was much admired by many ladies. She also exhibited a style of "American costume" which, though not entered for the prize, was very much applauded. Mrs. Mattie Jones also exhibited a similar costume, and a very cheap and simple method for supporting the under-clothing and skirts of either long or short dresses, which was confessedly an improvement on all the plans hitherto contrived. Her dress and its adjustment were so much admired that many ladies called on her for patterns, and others invited her to their houses to give instructions.

The reform dress was earnestly advocated by Dr. Cameron, Dr. Heald, Mrs. Rollins, Mr. Cox, Dr. Jones, Prof. Hurlburt, and others, while no one had a solitary syllable to say in favor of the prevailing fashions.

Dr. Heald remarked that he had ceased making apologies to the ladies when he stepped on their trailing skirts on the sidewalk. He considered that it was the business of the lady in the long dress to apologize to him. It was an outrage on decency and an insult to common sense to promenade the streets with a dress which men must be continually incommoded by, unless they are constantly on the watch.

We are sure good will come of this discussion of the bread and dress questions. As we stated in our lectures, no two subjects more concern the health and well-being of the human race than wholesome bread and physiological clothing. And now that a large number of persons are earnestly engaged in studying and experimenting on these subjects, we will soon have "all things proved" so that we may hold on to the best.

TRAVELING LECTURERS.

A motion was adopted authorizing the appointing of traveling lecturers, to visit places where an interest may be manifested in the cause of Health Reform, deliver lectures, and organize auxiliary associations. The following named persons were appointed by vote of the Convention, and the President authorized to appoint others: Julius Stevens, A. M., 15 Laight Street, N. Y.; Mrs. M. A. D. Jones, M. D., Baltimore, Md., U. T. Woodbury, M. D., Wabash, Ind.; U. E. Traer, M.D., Iowa City, Iowa; Pusey Heald, M.D., Wilmington, Del.; James G. Webster, M. D., 15 Laight Street, N. Y.; Ellen Goodell, M. D., Hill, N. H. We should be happy to hear from any persons who are disposed to take the field in their respective sections of the country. A great and good work can be done in this way.

A "PRAGMATICAL PREVARICATION."

During the discussion on the temperance plank of our platform, a Dr. Brown, of Wilmington, who seems to believe moderately in all the medical systems extant, and who prescribes either or all according to the call of the patient, raised the usual objection to exclusive Hygienic medication, by asking the usual question: "How do you treat cancers?" We replied that we *cured* them drugopathically; that is, *killing* the vitality of the abnormal structure. He was not quite satisfied, and replied that cancers were sometimes internal, in the stomach for example, so that if we treated them there with drugs we were employing drug medicines. We explained that the process was the same whether the morbid growth was internal or external; that wherever and whenever we could get at them we medicated them surgically so as to kill them, and that if we wished to destroy, remove or kill the entire body or any part thereof, we should drug it in the same way. Dr. Brown did not seem at all satisfied with the explanation, and declared his inability to perceive the difference between curing a disease and killing a tumor with the application of a poison. The audience, however, had no difficulty in understanding the matter of difference.

THE EXPERIENCE MEETING.

The Health convention closed its proceedings on Friday with an "experience meeting." A number of persons related the incidents which had led them to abandon the old system of "curing by killing," and to adopt the new, of curing by supplying health conditions. Many interesting cases were also mentioned and their practical points discussed. The general burden of the experiences was in favor of a total abandonment of all drugs, even in Homœpathic doses, and the adoption of a strict vegetarian dietary. One gentleman, however, professed to have had an experience against vegetarianism, and in favor of mutton (which it seemed he was excessively fond of), and in telling his story he evinced a disposition to suppress some of the essential facts of the case. He stated that, after returning to his daily mutton his health at once improved and had remained good ever since. Two persons in the audience, however, assured him that, soon after returning to his mutton, he did have two fits of sickness, which statement he did not dispute. We mention this circum-

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stance to show that "experience" must sometimes be taken with some grains of allowance.

Among other experiences related was that of Dr. Brown aforesaid on the subject of typhoid fever. He had treated many cases, and had ascertained that it was a "self-limited" disease, and that its limitation was limited to just twenty-one days. Its duration could neither be prolonged nor abbreviated, but with a most mysterious pertinacity of purpose, it "run" precisely twenty-one days—no more, no less. In reply to the question, how he knew that typhoid fever run just twenty-one days, he said that if its duration was longer or shorter it would not be typhoid fever! This is "diagnosis by result" and a very clever dodge. We enquired of the doctor if he could explain the *nature* of typhoid fever—if he could tell what the disease really is? He frankly acknowledged that he knew nothing at all about it. We then explained to him what typhoid fever is, why it is, and how it is curable in one, five, ten, or twenty days, according to circumstances. The doctor made no further observations, and just then found it convenient to leave.

OUR FRIENDS IN WILMINGTON.

We cannot conclude this sketch of our interesting and, as we believe, profitable visit to Wilmington, without "returning a vote of thanks" for the generous hospitalites ourselves and distant friends received at the hands of the people of Wilmington. Indeed their kindness was unbounded. All who came from beyond the limits of the city were provided for in the houses of Mr. Garrett, Mr. Heald, Mr. Donnelly, Mr. Kennard, and others, where they were made to feel at home, feasted on fruits and farinacea fit for the table of a Hygienic Institute, and *dosed* with strawberries *ad libitum*. The excellent library and reading room of the Institute Building, of which the citizens are justly proud, were opened freely to the use of all persons attending the Convention.

A PLAIN spoken woman recently visited a married woman, and said to her, "How do you contrive to amuse yourself?" "Amuse," said the other, starting; "do you not know that I have my housework to do?" "Yes," was the answer, "I see you have it to do; but, as it's never done, I conclude you must have some other way of passing your time."

TRUTH is always consistent with itself, and needs nothing to help it out; it is always near at hand, and sits upon our lips, and is ready to drop out before we are aware; whereas, a lie is troublesome, and sets a man's invention on the rack, and one trick needs a great many more to make it good.

REPORT OF CASES.

BY J. H. STILLMAN, M. D.

CASE No. 7.—A soldier belonging to the 28th Wis., was discharged and came home, as he and many of his friends thought, to die. He had been sick four months; was taken with typhoid fever and drugged through that; chronic diarrhea followed with its horrid treatment until he was nothing but a live skeleton. When I was called, he could keep nothing on his stomach; his feet and legs were badly swollen; he had spells of palpitation of the heart every half hour; his brain was so affected it was painful for him to turn his eyes, and the diarrhea very troublesome. I ordered a warm sitz and hot foot-bath, followed by cold enemas twice a day; tepid compresses to be worn constantly over his lungs, stomach and bowels, to be changed every two hours; a sponge bath in tepid water in the morning and much hand-rubbing; no food for the first two days, and then only gruel. He commenced improving from the first, and in a week was outdoors. The report he gives of our poor soldiers in the hospitals is terrible. When will the government allow a practice in the hospitals that commends itself to reason and common sense, and is founded on the laws of nature?

CASE 8.—*Dyspepsia.*—A young student came to me who was suffering greatly from dyspepsia. His stomach was much inflamed, liver very torpid, bowels inactive, lungs weak, and he had severe pains in his shoulders. He could with difficulty talk loud, and it wearied him very much to make the effort. I prescribed an abstemious diet of unleavened bread and ripe fruit; sponge bath in the morning, cool sitz and hot foot-bath at 11 o'clock for fifteen minutes; wet-girdle and warm foot-bath on retiring. The bowels were kept free by tepid enemas, and he was to take calisthenic exercises as much as he could, without weariness, twice a day, and then lie down and rest after it. His improvement was rapid, and in two weeks he resumed his studies.

CASE 9.—*Enteritis.*—I was called to visit a middle-aged man, who had been very sick with inflammation of the bowels for two days. I found him with severe fever, excruciating pain in the bowels, so severe you could hear him groan every breath some distance from the house. I ordered alternate application of hot and cold compresses for an hour, changing every five minutes; cool enemas, hot foot-bath and much hand-rubbing. At night, sponge and wet-girdle, and a sponge-bath in the morning. The next day he was quite comfortable and had no further trouble.

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BY DR. BRENTS, OF LOUISVILLE, KY.

DR. R. T. TRALL: *Dear Sir:*—It may be of some interest to you to know what I am doing. I have been established here a little more than a month for business, and have had some practice, but as the people are afraid to trust to nature, but rely upon drug doctors to take them through this life in spite of all their violations of nature's laws, my cases are nearly all chronic ones of long standing, such as are considered *incurable* by drug medication. I risk much in taking these cases—in fact everything—but, having full confidence in the system of medication taught by you, I cheerfully make this risk, but I would not take all cases that might apply for treatment.

I will name a few of my cases.

CASE No. 1.—A gentleman, about thirty years old, had dyspepsia, constipation and liver complaint. He was a very bad case. He had not had a spontaneous evacuation of the bowels for more than a year.

Treatment.—Wet sheet-pack daily (warm at first, after a few days cold); sitz-bath occasionally; hot fomentations over liver daily; wet compress at night; "movements" twice each day; warm enemas were employed for four days, when they became unnecessary as his evacuations have been spontaneous and regular ever since, now more than two weeks. His general condition is much improved. His liver is also much better. He is well satisfied, and says I have done him more good in four days than the drug doctors did in as many years.

CASE 2.—Patient about thirty years of age. Disease, pain in or about hip-joint; is quite lame. I consider it to be *sciatica*. He has been afflicted more than a year, and, like many others, has been to the drug doctors. His general condition is bad. His veins are slightly varicose.

Treatment.—Wet-sheet pack; hot fomentations; sitz-baths, and foot-baths daily; movements, and exercise moderately.

CASE 3.—A gentleman. *Wind colic*, quite severe. I used warm enemas, but as he could not retain them, I had to rely on other things. Hot applications to the abdomen, and warm foot and hand-baths, afforded but little relief. I finally got him to drink warm water, when he was relieved immediately. I was with him only about three hours.

CASE 4.—A gentleman about fifty years of age. Disease, bronchitis and dissonant voice (whispering). He has been diseased for ten years, but recovered once. Has been bad for four years, and went through the hands of several drug doctors, getting worse all the time. He is very feeble. He had the typhoid fever when he called to see me one week ago. I gave him two or three warm packs until the fever terminated, and then used the tepid sponge bath I also applied cold baths to his throat. Directed foot-baths, a vegetable diet, and a gradual decrease of the flannels about the throat and chest. I am still treating the case.

BE YOUR OWN PHYSICIAN.

BY J. G. WEBSTER, M. D.

ALMOST every family has some book under the titles of "Every Man His Own Doctor," or "Every Woman Her Own Physician," and similar ones, pretending to give, for every disease, prescriptions by the use of which you may save a trip after the doctor, and also his bill, the "frequent attacks" of which may demolish your cash, as well as your constitution. The books are generally nothing more than a compilation of obsolete or untried recipes, tacked together in a flippant way, with an air of mystery thrown over all, and designed to be sold to those who know no better than to buy. Throw aside such trash. It is a sad and a foolish waste of life to read it, and still worse to heed it. Supply yourself with a few good works on physiology and health—works that teach you the laws of your being—and learn and obey them. You will, in this way, save yourself from most diseases, and be your own physician truly. But if you get sick, unavoidably, as no doubt you will sooner or later—society is so arranged that very few can always avoid diseases—then get the best and most skillful physician within your reach or means. A Western farmer might as well attempt to haul his grain to New York in a wagon, to avoid the expense of railroads, as for many sick folks to undertake to doctor themselves. The physician who has acquired knowledge and skill by years of toilsome study of the human frame, and the profound and—to the unlearned—mysterious laws that govern it, will render your overpowered vitality as much assistance comparatively as the railroad renders to traveling and transportation. Prevention is a great thing. It is by acquiring a knowledge of your anatomy and physiology that you will be enabled to avail yourself of it. The popular works published by Fowler & Wells and R. T. Trall & Co. have done inconceivable good in the way of bettering the physiological as well as the mental condition of all who have been so fortunate as to make their acquaintance.

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THE TWO SYSTEMS.

BY J. G. WEBSTER, M. D.

DEAR READER: In the last number of the HERALD I showed you that medical books and professors, as a general thing, either confess their ignorance of *vitality* or deny its very existence. I also pointed out and illustrated its nature to you in such a manner, that I indulge in the hope that you have a definite notion now in regard to it. Never, since the founder of the Healing Art, Hippocrates, has there been a practitioner or teacher of medicine who has even attempted to give, or even acknowledged himself to be in possession of, any true theory of *life*. And, yet, it requires but little reflection to convince an enlightened and unprejudiced mind, that we must have correct views and notions on this subject before we can know the nature of health and disease. Every school of the Healing Art must of necessity be based on some settled ideas of the nature of vitality. If these be in harmony with nature, the practice based upon this true doctrine will also be in harmony with nature. But without a true theory of vitality, the Healing Art can be nothing more than it generally has been for some three thousand years, essentially empirical. As one of its most learned and honored teachers, Prof. Paine, of the University of New York, has said, "Every dose of medicine we administer is an experiment, the result of which we have no means of foretelling. We frequently have a directly opposite effect from what we anticipated and desired." Why is this? The chemist weighs out his chemicals for an operation, and calculates with mathematical certainty as to the results, and with ordinary skill in its management is never disappointed in the end. The farmer has a poor sickly crop, but he unfailingly applies a certain remedy in his manures and tillage. And, yet, the science of chemistry is but in its infancy, being but a century old; and agriculture has not had a tithe of the talent devoted to its advancement that Therapeutics has. Chemical affinity, on which the operations of chemistry depend, was correctly comprehended at an early day; and the laws of vegetation are far better understood than the laws of animal life, although I cannot see any good cause for such a state of things. Chemical affinity and vegetable vitality are quite as mysterious and esoteric as is human or animal vitality. With correct notions in regard to vitality and its relations to external objects and conditions, the Healing Art must be placed on a basis as certain in its operations and results, as are chemistry and agriculture.

In view of these facts it becomes exceedingly important to know, not only the nature of vitality, itself, but

THE RELATIONS OF VITALITY TO EXTERNAL OBJECTS AND CONDITIONS.

We have seen that vitality is the aggregate of the three properties *irritability*, *contractility* and *sensibility*; that the action of these vital properties results in *feeling*, *action* and *thought*, which constitute the sum total of human life, that these properties are an original endowment of the various tissues of the body, and the amount of this endowment cannot be increased or supplied by the addition of anything from whatever source within human reach, but is always *permanently diminished* by anything or any process that obstructs the action, or in any way deteriorates the tissues by which the property or properties is or are manifested. Hence we see why Ponce De Leon never found the youth-giving spring that he so assiduously sought; and why human life is never lengthened, but invariably shortened, by the use of the so called "vitalizing agents" and vitalizing drugs and drinks which are extensively employed by many over-credulous doctors or designing quacks. The idea of a vitalizing agent is only equalled in puerility and absurdity by the ideas of "perpetual motion" and a "philosopher's stone." When either one of these is discovered, the same genius will probably discover the other two; and an additional one, a "moralizing agent" which, I think, is far more needed than either of the other three. The millenium will truly have come when these metamorphosing agents shall have been discovered; gold will be so abundant that every one may have a full supply; labor and toil will be obviated, as the work will be done by machinery, which will run continually of its own accord; every body will be supremely good, and death will disappear from the face of the earth! When will men cease these fruitless efforts to subvert the wise and immutable laws of our Creator; study the true nature of things as they exist, and reconcile themselves to their destiny; seek to find out the laws of our being and conduct life in harmony thereto?

If we examine the structure and use of a locomotive engine, we shall find that it is constructed with reference to its relations to external objects and conditions and the uses for which it was intended. Its furnace is adapted to fire, its boiler to water, fire, or heat, and steam; its wheels are adapted to locomotion, and are also adjusted to the rail on which they move, all its parts bearing a certain and indispensable relation to each other, and to the use for which it was

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designed; that is, the generation and application of motive power. But having no inherent motive power, it is entirely dependent for this property on external things and conditions. Without fuel to eliminate and supply heat, and water to be expanded into steam, and those placed in a proper relation to each other in order that the generation of steam may take place, there can be no manifestation of power.

I wonder some genius has not bethought himself to supply the locomotive with a "vitalizing electro-magnetic machine," or some other kind of "perpetual motion" contrivance. What a nice thing a locomotive would be if it could only be "run" without fuel and water! The absurdity of this, however, is far exceeded in the attempt to supply that complex machine, the human body, with a vitalizing agent, or influence, to revivify its exhausted organs.

The supply of power to the locomotive, its machinery being all in proper order, is dependent on the elimination of heat by the burning of fuel, and the communication of this heat to to the water for the purpose of expanding the water into steam, which are chemical processes. We can easily prove these to be chemical processes by an analysis of the fuel and water, and afterwards of the ashes, smoke, and steam, the latter being found to consist of precisely the same chemical elements as the former, no change whatever taking place, except in the relation of these elements to each other.

That complex, self-acting, self-regulating, locomotive machine, the human organism, is quite as much dependent for the manifestation of its powers on external objects and conditions, as is the merely inanimate machine. Action, and that continually, is the condition of life; and action always occasions a waste of the tissues acting; this waste must be supplied, or, to use the Eclectic phrase, "inability to act" would soon result. Nutriment is demanded to supply this waste. This nutriment is to be drawn from external objects, but not after the manner of the vegetable, which germinates, grows, matures, decays and dies on the same spot, but must derive its food from various sources. In order that it may be able to do this an admirable locomotive apparatus is furnished in the legs; organs of prehension for gathering food in the hands; digestive apparatus in the mouth, stomach and duodenum; a circulating apparatus in the heart and arteries, which carries the fresh supplies to all parts of the system. A purifying process is needed, and the lungs are adapted to receive and again cast forth atmospheric air. An eliminating apparatus is required to carry off the waste matter consequent on action, and the debris, or refuse, or excess of food, and the skin with its millions of pores, which, when in proper order, are outlets for waste or obstructing material; the bowels conduct out of the system the debris of digestion, the excess of food, and waste which is cast into them along their course; the kidneys eliminate the excess of fluids to a considerable extent and also some little solid matters; the liver receives a large portion of blood and eliminates from it a quantity of fluid waste, and produces other important changes in the blood; the lungs also perform a share of this eliminating process.

The mind shut up in the body with no relation to external things and conditions could be of no earthly use. To obviate this entombment of the soul, as it were, we find the organs of sight, hearing, feeling, tasting and smelling, most wisely adapted to this end. It is through these organs that the mind is enabled to get all its information in regard to the facts and relations of external objects, and even a knowledge of its own body.

If we examine the results of the actions of digestion, purification and elimination, we shall find that their products do not possess the same chemical elements in the same proportion as was possessed by the food, air and water which may have been consumed in supporting life, but that they differ very widely in their chemical constitution. The action which takes place to generate the motive power for the steam engine, is, as was said, a *chemical action*, and is called chemical because there is no variation in the kind or quantity of the elementary atoms of the substances consumed in the production of this power. But in the production of vital power there is a change, not only an atomic change in the relation of the atoms, but there is a change in the kind and quantity of atoms. For instance, the eggs of birds are totally destitute of lime, save the shell, and yet the chick or birdling has lime in its bones, in proportion of more than one-half their whole weight, while it is found that the shell has lost none of its lime in the process of hatching. It will be seen, then, that these two processes are widely different; chemical action resulting in *atomic changes*, while vital action always results in *transformation of elements*. Medical schools and books explain all the action of the vital organism as taking place on chemical principles, and the administration of particular drugs or chemical compounds for particular diseases or deficiencies, is based on this false principle. This being the case the practice cannot be otherwise than false, empirical and fatal in its results, as every one has had occasion to observe for himself.

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WHY THE SHOE PINCHES;
A CONTRIBUTION TO APPLIED ANATOMY.

BY HERMANN MEYER, M.D.,
PROFESSOR OF ANATOMY IN THE UNIVERSITY OF ZURICH.

Translated from the German
By John Stirling Craig, L.R.C.P.E., L.R.C.S.E.

How the shoe gets trodden on one side.

The first consequence of the existence of such an unnatural relation between the sole of the shoe and the sole of the foot, is that the foot, especially while on the ground in walking and standing, exerts a counter-pressure on its covering. The upper leather is thus to a certain extent compelled to take the natural form of the foot.

With dry and hard upper leathers this modelling process is slow and gradual, but with flexible materials the change takes place rapidly. Aware of this, we never put on our best shoes in rainy weather, because they would very soon lose all pretensions to elegance by acquiring the form of the foot, which as we have seen is very different from the shape of a fashionable shoe.

Since, then, the structure of the foot is such that the point of the great toe, the middle of its root, and the central point of the heel, lie in one stright line, it is natural that the upper leather should assume a shape in which the reciprocal relation of these three points can be maintained; and this shape is actually obtained in one of the two following ways:

Either the point of the great toe pushes itself into a continuation of the line which can be drawn through the centre of the heel and its own root, and in this case the upper leather is pressed over the inner edge of the front of the sole.

Or (and this is more usual) the heel moves its centre into the line which can be drawn through the length of the great toe, and then the upper leather is forced over the inner edge of the heel.

In either case the shoes are said to be trodden one one side; and about this we grumble, while in truth this treading on one side is in reality a treading straight, the result of a victory gained by ill-used nature over unnatural constraint.

These two methods of treading on one side are the only examples of it which occur in walking with sound and properly formed feet; and hence they are frequently met with. That wearing down of the posterior edge of the heel which is so common, is caused, not by treading on one side, but by putting the heel to the ground first.

On the prevention of treading on one side, by changing the shoe from one foot to the other.

Some recommend, with a view to the prevention of treading on one side, especially in the case of children, whose feet, retaining their normal form, readily twist their shoes about, that there should be a frequent change of shoes from the right foot to the left, and VICE VERSA; and certainly the disfigurement of the shoe, by treading to one side, is thus prevented.

The foot has now, however, assigned to it the very serious task of treading the shoe to both sides, for it is clear that it is continually being opposed to the powerful pressure of the upper leather, which at every moment is being forced into another shape.

The changing of the shoe from one foot to another is thus one of the most baneful abuses to which a foot can possibly be subjected; and in the case of children (to whom these remarks only apply) with feet, the development of which is still incomplete, the influence must be doubly injurious.

How an improper form of sole injures the foot.

The consequences resulting to the foot itself from an improper form of sole, are not limited to the fact that the deformity becomes permanent, but are of a still more serious and important nature.

These more important evils are caused partly by the pressure to which the toes are exposed, and partly by the bad usage to which the distorted foot is necessarily subjected in walking.

The pressure of the upper leather first affects the small toe, and pushes it from before backward, bending it up on itself, and in this position it has not only to sustain the pressure of the upper leather generally, but also the pressure of the great transverse wrinkle which forms on it at the roots of the toes. Besides, as joints are exceedingly sensitive to external forces, it naturally happens that the joints of

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this toe frequently become subject to inflammation, giving rise to much pain and difficulty in making use of the foot, and at last leading to anchylosis (union of the bones forming the joint). The damage thus done to the efficiency of the foot is indeed not only important, but before this point is reached much suffering must be endured, and we ought not, unnecessarily, to bring on ourselves any mutilation, be it ever so slight.

It is on the great toe, however, that by far the greatest and most serious evil is produced by an improper form of shoe, and the influence is first felt on those two points which primarily receive the pressure or its immediate consequences, i. e., on the point and root.

At the point of the great toe the pressure falls in the first instance on the nail, and on it therefore its greatest effects are experienced. This pressure principally affects the anterior part of the inner edge of the nail, and must, since it forces this part outward (toward the smaller toes), displace the whole nail from its natural position. It first becomes oblique in its direction, and is then forced over the margin of the skin which ought to cover it on the side next the small toes, and thus slight inflammations (Fig. 16, A) are constantly excited in the displaced fold of skin, giving rise to more or less pain.

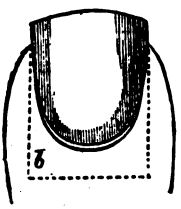


Fig. 15.

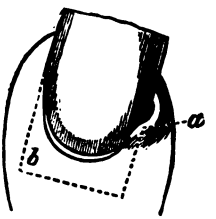


Fig. 16.

Figure 15.—The nail of the great toe in its healthy state. The dotted line shows the extent to which the nail is connected under the skin.

Figure 16.—The nail of the great toe pushed obliquely on one side,—*a*, inflamed margin of the fold of the skin pressed outward,—*b*, in this and the immediately proceeding Figure is explained in the text.

At the same time the matrix of the nail fixed under the skin (Figs. 15 and 16, B) is forced more firmly into the skin, while exactly on the point into which it is so pressed, there is so constant pressure of the upper leather from above, and the nail can thus only be disposed of by being rolled up on itself. This pressure, moreover, acts on the whole inner margin of the nail, which must therefore also be rolled up on itself. The whole inner margin is in this way bent downward, and in consequence of such distortion the skin, in standing and walking, is continually pressing against the sharp edge of the nail, and is thus kept in a state of constant irritation. As the evil proceeds, the margin of the nail passes more and more round, and presses more sharply into the skin, until it reaches that state in which it becomes painful whenever a shoe is put on, because not only is the nail now driven into the skin by the pressure from under, in walking and standing, but precisely the same effect is brought about by the pressure of the upper leather, even when the foot is hanging quite free.

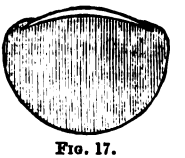


Fig. 17.

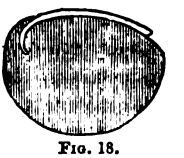


Fig. 18.

Figure 17.—Transverse section through the distal phalanx of the great toe with a healthy nail.

Figure 18.—Transverse section of the anterior joint of the great toe with the outer edge of the nail bent up ("growing-in nail").

In this manner the skin which is contiguous to the bent-up margin of the nail is always irritated and painful, especially after prolonged walking; by degrees it gets into a state of chronic inflammation, and may eventually become ulcerated, producing what is popularly known as "proud flesh." We have here the figure of a "growing-in nail," an ailment which not only interferes greatly with the use of the foot, but too often requires for its relief medical and even operative interference.

Not less important are the evils arising at the root of the great toe from the same cause. It has already been stated that the pressure of the upper leather pushes the point of the great toe against the smaller toes. The joint at the metatarsal bone thus becomes bent aside (Fig. 11), so that it forms a protuberance on the inner side of the foot. If the point of the toe is now pressed against the ground in walking, this protuberance must be made still greater, and so pressed more forcibly against the upper leather. At the same time, moreover, the great transverse wrinkle in the upper leather—the result of the bending of the toes—presses directly on the same point; and the protuberance at the root of the toe is thus constantly subjected to a twofold and very injurious pressure. In these circumstances it is by no means

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wonderful that this joint becomes subject to continual inflammation, which, by extending to the bones, must, in this situation, produce permanent and painful swellings, which become in their turn, and even from slight causes, the source of inflammations and new growths of bone.

In this manner arise those unseemly and painful swellings at the root of the great toe, which, either from mistaking their true nature or from wilful deception, are called "chilblains" or "gout," just as the one or the other term appears the more interesting. In many cases, moreover, this kind of inflammation of the bones, and their investing membrane, may lead to the formation of matter, and eventually to the disease known as "caries" or ulceration of the bone.*



Fig. 19.

Bones of a foot in which the joint at the root of the great toe is very much distorted inward, inflammatory exudations forming bony prominences are also apparent; seen from above.

Such are the principal injuries to the foot resulting from the pressure of ill-constructed shoes, and they are of sufficient importance to induce me to confine my remarks to them alone. I shall therefore only very briefly allude to the constant irritation which the pressure of such a shoe occasions to the skin, giving rise to the proverbially sensitive corns, and to those painful thickenings of the skin usually known as bunions.

I must, however, explain at somewhat greater length how the improper form of the shoe becomes one of the chief causes of flat-foot.

Flat-foot is occasioned by the loosening of the ligaments that knit the foot firmly together, and by the consequent sinking of the arch, the inner aspect of the foot no longer presents the natural hollow in the sole. The causes of such loosening of the ligaments are numerous; but by far the most frequent, and one readily induced by the ordinary shoe, is weight improperly directed on the arch. If, for example a shoe happens to be trodden on one side, and especially, as is most commonly the case, if it be so at the heel, then the heel has no support except from the inner margin of the sole, which is thus worn away, and the heel-piece becomes oblique, or, in other words, lower at one side than the other. In walking and standing on such a heel-piece, the whole external margin of the foot is raised, and the inner, which naturally supports the arch, is so depressed as gradually to lose its convexity; and thus flat-foot is induced.

Growing-in nails, unseemly protuberances at the base of the great toe (gout, chilblains), corns, bunions, and flat-foot, are thus the immediate consequences of that unsuitable form of the shoe in established use.

How the shoemaker, with the best intentions, renders still worse the condition of the disfigured foot.

When about to make a shoe for a foot already crippled, the shoemaker believes that he succeeds perfectly if he makes it exactly to fit the foot. This, however, is a gross fallacy; by so doing he renders the existing evils still greater.

A foot with its great toe lying obliquely is necessarily shorter than it would be with the toe in its proper position, and if the shoemaker calculates the length of the sole by that of the measured length of the foot, he makes the shoe too short. In such a shoe there is no possibility of the great toe ever attaining its true position; on the contrary, it is still more firmly fixed in its false direction, and all the consequent evils are thus intensified.

In order that the shoe may not pinch, the shoemaker is also in the habit, with the very best intentions, of making the upper leather very roomy toward the inside opposite the projecting ball of the great toe. This expedient, however, as will readily be perceived, has the great disadvantage of affording still greater facility for the further displacement of the root of the great toe.

Thus when the shoemaker flatters himself that he has made a very comfortable and particularly good fit, it turns out that he has actually increased the distorting pressure on the great toe, and thus favored the exciting cause of the whole mischief.

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* In connection with this I wish to explain, that I by no means desire to question the existence of such inflammations of this joint as are commonly attributed to gout; in by far the greater number of cases, however, inflammation of the metatarso-phalangeal joint of the great toe is traumatic, as above described; and even with regard to the occurrence of *gouty inflammations*, the causes above alluded to give an obvious reason for the formation, at the points indicated, of a *locus minoris resistentiæ*.

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ON VERY BROAD SHOES, AND ON TAKING MEASURE BY MEANS OF AN OUTLINE OF THE FOOT.

Numerous examples have already shown us that the ordinary covering of the foot has many disadvantages; many attempts have accordingly been made to overcome these evils in one of these two ways:

1. By making the shoe very broad.
2. By taking measure by means of drawing the outline of the foot on a sheet of paper.

Both methods are quite insufficient, as may readily be proved.

The results arising from a very broad shoe, in which, in addition to a correspondingly wide upper-leather, the sole is made unusually broad in front, can only be clearly understood by reference to the adjoining wood cut. In this we have a straight sole without any pointing before; but even with a sole of this kind the great toe cannot find a place in its true position, that is to say, in the line A B. It still remains pressed obliquely outward, passing indeed in the line C D. Shoes of such a breadth of sole, which according to the current belief are faultless, are doubtless better, but are scarcely more suited to their purpose than shoes of the ordinary make. (Compare Figure 7, in which the line C D is likewise drawn, showing the position given to the great toe in the shoe.)

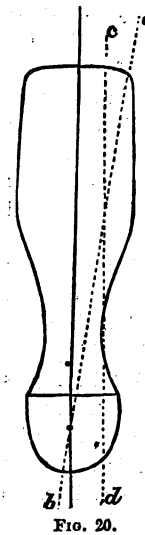


FIG. 20.

Sole of a shoe unusually broad in the fore part, showing that in a sole of this kind also the great toe has a false position, that is to say, in c d instead of *a b*.

The second method, that of measuring the foot by drawing its outline on a sheet of paper, is especially clear to the shoemaker's mind, because his employer, by instructions given beforehand, has completely cut himself off from all ground of complaint. "The shoe is made exactly to the foot," says the shoemaker, and his victim also readily consoles himself with this reflection, and attributes his long-endured infirmity of feet to every cause but the right one. In this expedient there is also, however, much deception, the very foundation on which it rests being untenable. It proceeds on the principle that there are primary differences in the structure of feet. That is an error. All feet are perfectly alike in the principles of their mechanical construction, and the only differences in our healthy feet are those arising from varying length and breadth. In the original form of the foot we never meet with those essential differences, designated by shoemakers straight or bent feet, and still less with such variations as arise from the position in which the great toe lies, or from the thickness of the ball at its root. Variations of the latter description only indicate how far the form of the foot has passed toward the shape of the shoe; in other words, to what extent the foot has become deformed by shoes worn at a former period.

For healthy feet, therefore, a drawing is superfluous; it is sufficient to have the length and breadth, and—most important of all—a knowledge of the structure of the healthy foot. To the management of the feet already distorted I shall return hereafter.

The true form of the foot, moreover, is never attained by such a drawing. It is usually taken from a foot enveloped in a tightly fitting stocking, and in this case the direction of the great toe is always oblique, because, from the constant pressure of the shoe, this obliquity comes to be assumed so readily, that the very moderate force exerted by a stocking is quite sufficient to bring it about. The foot is consequently drawn with the toes unnaturally pressed together. A drawing taken from the nude, with a knowledge of the anatomy of the foot, is the only one that will give the correct form of the sole of any foot.

But while a drawing of the naked foot is unnecessary, it might still be of some advantage, and might be used to some purpose by a shoemaker who knows and is willing to apply the true principles on which a sole ought to be constructed, for it would do away with the necessity of sundry individual measurements, and give him exact copies of minor defects which must always be taken into consideration in the construction of the shoe. Most shoemakers, however, use such drawings in order to find out how they will be able most conveniently to squeeze the foot into the smallest possible compass; and as long as the shoemaker persists in this endeavor, as long as he recognizes as his chief aim the symmetrical squeezing of a foot

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round the axis of its sole, so long will the most exact copy of a sole afford no guarantee to the employer, that he will get a more comfortable or even a better fitting shoe than that in ordinary use.

The supposed advantages of these drawings rest, then, in a great measure, on a delusion; and no less deceptive is the idea that a shoe with a broad sole must fit, simply because the sole is hard.

(*To be Continued in our next.*)

THE HOUSE I LIVE IN.

CHAPTER IV.

SILLS OF THE HOUSE.

Situation of the Hip Bones.—Structure.—The Hip Joint.—An Abuse.

You well know, I suppose, that after the foundation walls of a common building—say a dwelling house—are well prepared, and made level, they lay on large sticks of timber, called sills. On these sills they place the body or principal portion of the building, and by means of joints, fasten it at the corners, as well as at other places.

Situation of the Hip Bones.—The sills of the house I live in are two large irregular bones, placed at the top of what I have, for the sake of convenience, called the pillars. These two large bones are very firm and strong.

These bones are called in books the ossa innominata. Os is a Latin word for bone; and ossa is its plural, meaning more bones than one. Innominata means without a name, or nameless; but the very word innominata makes a tolerable name, though rather long. So if a very young child, found in the streets, whom nobody knew, should be called Peter Nameless, the word nameless would answer all purposes.

Structure.—I have said that the ossa innominata are very firm and strong. They are so in grown persons—but in a child they are less so, and are in three pieces, each of which has a different name. They are joined together by a firm gristle or cartilage. Behind, however, is a strong wedge-like bone, between them. Between this last bone, called the sacrum, and each of the ossa innominata, there is also a very strong gristle; but it is not so thick or strong as the one I have just mentioned. The ossa innominata and sacrum make a kind of cup, or deep bowl—open at the bottom, it is true, but still bowl-like in its shape. This bowl is called the pelvis.

Hip Joint.—The manner of fastening the thigh bone, or femur, to the hollow of the innominatum, is very remarkable. I shall give a particular account of it, with an engraving, farther along; so that a few words must answer, for the present.

The hollow, where the femur is fastened, is shaped like the inside of an egg shell, with the small end broken off, and has received the name of acetabulum, from its supposed resemblance to the cup with which the ancients measured vinegar. The round end of the femur is fastened in this deep cavity by a very large and strong cord. The shoulder is often dislocated, or slipped out of its place; but this hollow is so deep, and the cord so strong, that nothing but very great violence will break the cord, or slip the femur out of its place.

An Abuse.—I have said that these two great bones are united by a very strong cartilage. This is true; but it is also true that while we are young, and even after we are older, if we have lived temperately, this cartilage, which is very thick, will stretch or yield much more than you would at first suppose possible. It is of very great importance to everybody—though much more so to some than to others—to preserve the soft and yielding nature of these cartilages as long as possible. To do this, you must run about and play much while young—not with violence, but like the lamb; you must labor moderately every day, as you grow older; you must rise with the lark, and go to bed almost as early as the fowls; you must breathe pure air; your drink must be water, and your food must be of the plainest and purest kinds, and not in excessive quantity—and must be well masticated or chewed, and must be eaten regularly, and never between meals. Then may you hope to preserve your bones and cartilages in a good and healthy state till you are quite old. But some of these things will be adverted to in other chapters.

CHAPTER V.

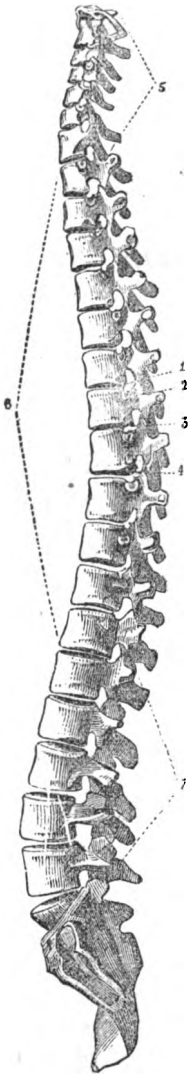
BODY OF THE HOUSE.

Height.—The Spine.—Each Vertebra.—General Description.—The Ribs.—The Breast Bone.—The Collar Bone.—The Shoulder Blade.

Height.—Houses consists of one or more stories, according to the taste or design of the builder. Each story, as you know, forms a separate row or tier of rooms. The best houses are those with fewest stories. But most people prefer, if they are able, to have at least two stories—some three. In cities, where land is very costly, they sometimes have them four, five, seven, ten and eleven stories high. Four stories, in our large towns and cities, is very common. A house ten stories high, accommodating ten rows or tiers of people, one above another, is a curious sight. Houses of this description are to be met with in Edinburgh, and Paris, and some other European cities. The house in which I live has only two stories, besides a cupola.

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THE SPINE.—The principal post—the main pillar of the building—the spine, runs through both stories, and is of singular construction. We usually call it the back-bone. Here is a representation of it.



The spine is composed of no less than twenty-four separate pieces, besides the long tapering piece which you see at the bottom in this wood cut, of which I shall speak further on.

The seven lower vertebræ are very large and strong. These parts of the frame are the principal supporters of the first or lower story. The twelve next above them, belonging to the second story, are somewhat smaller. The seven which connect the upper story to the cupola, are smaller still. Their size, in general, decreases—not suddenly, but gradually—from the bottom upward. They are placed one above another, somewhat like teacups or saucers inverted and piled up.

The spine or back-bone is not only curious in its shape and structure, but of the utmost importance in the human frame. Had we no spine, the limbs, however well adapted they are for their purposes, could not act; but would fall powerless at each attempt to move them. It has been said, that "if one member," in any part of the body, "suffer, all the members suffer with it." This is especially true of the spine.

EACH VERTEBRA.—Each vertebra has a hole of considerable size in the middle of it. When the twenty-four vertebrae are placed one above another, in the position which they occupy in the living body, they contain a hollow channel through their whole length. This hollow is filled with a soft substance, very much resembling the marrow of other bones, but much more important. It seems like an arm or branch of the brain; for there is an open passage from the bottom of the cranium, into the hollow of the spine.

There is a very curious contrivance for allowing the head to turn from side to side, without pressing upon the soft substance o which I have just been speaking.* This is effected by having the top vertebra — called the atlas—move on a round and upward projection of the second vertebra, much like a tooth in shape, though larger, situated on the front part of the bone, and fastened in its proper situation by a cross band of gristly substance. By this means a side motion may be given to the head, without moving the rest of the bones of the spine at the same time.

GENERAL DESCRIPTION.—When the vertebrae are put together, in their proper position, there are large notches at the sides, between each two bones, so exactly matched together as to form a hole. Thus, there are as many holes in each side of the spine as there are vertebrae. Through these holes large branches of the marrow of the spine pass off, like the branches of a tree, to all parts of the body. These branches are called nerves. At first, they are pretty large; but they divide and subdivide, as they proceed toward the extremites of the frame, till they become very small. Their number, in all the soft parts of the body, particularly in the skin, is very great. I shall say more about these in another place.

The spine is, really, one of the most curious things in nature. Why, rope-dancers and tumblers will bend their heads back till they almost touch their feet, and bring this straight pile of bones nearly into the shape of an oxbow. Why does it not produce mischief in some way?

The gristle or cartilage between the vertebrae is very thick and strong, but at the same time very yielding, as I have already told you, like India rubber; and it is so constructed and placed, as will best allow the spine to bend about in all the various ways which even tumblers and rope-dancers could wish.

It is so elastic or springy, and also so readily compressed, that people who stand or walk much are really a little shorter at night than they are in the morning. Rest gives the elastic cartilages time and opportunity to spring back again into their places, while we sleep, so that by the next morning we are as tall as ever.

I ought, however, to say—for it is a fact—that old people settle down a little, and are not so tall as in middle age; which is partly owing to these cartilages yielding and yielding till they become thinner.

If the soft marrow of the spine (which runs down from the brain), should happen to be bruised or injured, there would be an end of all motion, at least of the lower limbs. If the spine gets broken, it cannot be mended, and the sufferer will never wholly recover. How happy then, that it is so contrived and so firmly put together, as rarely to be broken or dislocated!

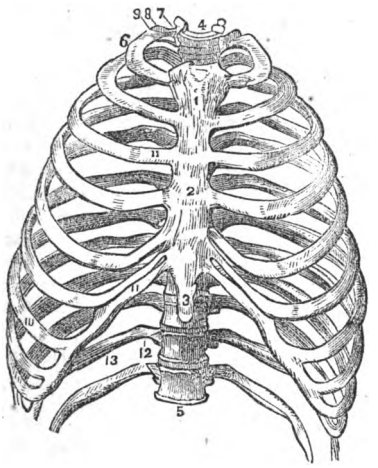
* Pressure upon the spinal marrow would be productive of very great mischief, and is therefore wisely provided against.

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The other and shorter posts of the house I live in, will be mentioned presently.

We are ready, now, to study the frame of the upper or second story of the building. It consists of a much greater number and variety of parts than the frame of the first story.

THE RIBS.—The ribs may be compared to the girders of a building; though they look more like the h ops of a cask than like girders. There are twelve of them on each side. Each of them is connected, by one of its ends, to the large post or spine; and, by the other, to a shorter post—the breast bone. Only seven, however, are joined closely to the breast bone itself. The other five go a part of the way across; the rest of the way they are formed of gristle or cartilage, and are united to each other and to the upper seven, instead of being united directly to the breast bone. The former—the seven— are sometimes called the true ribs; the latter, the false ones. Here is a view of this part of the frame.



THE RIBS.

The length of the ribs increases from the first or upper one, till you come to the seventh, which is the longest. From the seventh to the twelfth, they grow shorter again, and the cartilages, of course, become longer in the same proportion.

The number of ribs is almost always twelve; but sometimes there are only eleven, and at others, thirteen. But instances of more or less than twelve do not probably occur in one person in a thousand.

In days of ignorance and superstition, a notion prevailed in some parts of the world—which is not yet wholly extinct—that men have one rib less on one side than on the other. It is said that as Eve was formed of a rib taken from Adam's side, he and all his male posterity have one rib the less for it. I hardly need to say that this notion is wholly unfounded.

BREAST BONE.—I have just alluded to the breast bone. The name of this, in books, is the sternum. It has been usually considered as only one bone; but, like many others of the human frame, in infancy and youth it consists of several pieces (three in number), closely united by gristle or cartilage; but in advanced life, the whole usually becomes one soild bone. Long continued boiling, however, will separate almost any of the bones which are formed in this manner.

There are a few other parts of the frame of the second story which remain to be noticed, and which I will call the braces. They are four in number—two before and two behind.

The braces here alluded to are:

1. The Collar Bone.—This forms a kind of brace between the shoulder and the breast bone, and so nearly resembles a rib, that a separate cut, to show its shape and position, seems unnecessary. You will see it in two or three of the engravings, running across from the shoulder to the breast bone or sternum.

2 The Shoulder Blade.—This is a broad flat bone, with ridges on it; and, at the fore part, is the hollow or socket, in which the round head or ball of the humerus or arm bone lies and moves. This bone is called by anatomists the scapula.

While speaking of the shoulder blade, and saying that it consists merely of one large bone, I am reminded of an anecdote I saw lately, of an ignorant or quack bone-setter. He was attempting to set, that is, place in its right position, a dislocated shoulder blade; and in order to make himself appear wondrous wise, as quacks are ap to do, he tried to encourage his patient to endure the severe pain he was causing him, "for," said he, "I have got three of the bones into their place already, and shall soon have the rest of them right!"

CHAPTTER VI.

BODY OF THE HOUSE.—*Continued.*

The Arms, or Appendages. — Account of the Hand. — Uses of the Hand.

ARMS.—These are not posts, for, in their natural position, they support nothing. They are not braces, for they strengthen no part of the frame. They are properly appendages, but they are very convenient ones; and though they can be torn off without spoiling the building, their loss very much injures it. They seem to answer, in some good degreee, the purposes of stairs, ladders, tackles, pulleys, and other machinery for raising things from the ground, and conveying them to the upper part of a building. These appendages—we will at once call them arms and hands—however, answer a much better purpose than any of those.

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The arm and hand, taken together, constitute a most wonderful apparatus for motion. The particular structure of the joints, as well as the peculiarities of the hand, must be reserved for another place; but it is necessary to say a little more about the arm.

The bones of the arm have a slight resemblance to those of the leg. The upper part consists only of one bone. This is long and round, and is called the humerus. It is fastened above to the scapula. Below, at the elbow, it is connected to the two bones of the lower half of the arm, by a joint like a hinge, and by ligaments or straps, which extend from near the lower end of the upper bone to the topmost of the others. The largest of the two latter bones is called the ulna, which is a Latin word for cubit; because the arm, below the elbow, is usually considered about a cubit in length. The smaller one is called the radius or spoke, from its supposed resemblance to the spoke of a wheel. It is the bone from the elbow on a line with the thumb.

The connection at the shoulder is such, that the arm can be moved in almost every direction. The elbow joint only admits of one sort of motion, viz., forward and backward, li e a door on its hinges. But the connection of the radius, or smaller bone. of the arm, with the ulna, or larger one, is such that it more than makes up for this deficiency. The upper end of the radius having a rotary motion, in a depression of the ulna, allows the hand to be placed with each of its surfaces upward with great facility. These motions are usually called pronation, when the palm of the hand is downward, and supination, when the palm of the hand is upward. Then the wrist, consisting, as it does, of eight bones, all movable, and being so connected with the lower bones of the arm as to admit of very free motion, renders the arm one of the most useful contrivances in the world. It will perform as varied and rapid movements as the trunk of the elephant; and were it not common, would probably excite equal surprise.

It was said that this whole portion of the building could be torn off without spoiling it. Cheselden, an English anatomist, relates that a miller had the whole arm, shoulder-blade and all, torn off, and yet his life was not injured. The great danger, in such cases, is from bleeding; but torn blood-vessels do not bleed so freely as those which are cut.

THE HAND.—I wish to give you a few particulars about the hand. This extremity of the arm is by far the most curious part of it. I do not know that there is a greater curiosity in the whole world than the human hand.

The truth is, many of the best, as well as the most curious objects in the world, are neglected in the same manner. Think of the thousand uses of water. What living thing could exist without it? And are we thankful for so valuable a gift?

The whole hand and wrist contain twenty-seven bones; nineteen in the former, and eight in the latter. The bones in the hand have a general resemblance, though some are much longer than others. The four longest support the palm of the hand, and are joined to one end to the wrist bones and at the other by the



first joint of the fingers. The junction of these bones is effected, as are all other joints of the body, by means of cartilaginous tips, which allow of free motion, and are strongly secured by ligaments. This series of bones is called the metacarpus.

The bones of the wrist are called the carpus. They are situated between the ulna and radius on the one side, and the metacarpal bones and the first bone of the thumb on the other. They are wedged together, like the stones of a pavement, only not quite so firmly, each bone being tipped with cartilage, and sustained by strong ligaments, which unite it to its fellows. It is only necessary to add, that the bony structure of the wrist is of an arch-like form, with the convexity corresponding to the upper part of the hand; the convenience of which must be easily seen.

All the joints of the hand—and there are fourteen, besides the wrist—are hinge joints, and the ends of the bones are made a little like door hinges; of course they only bend in one direction. Where the fingers join to the metacarpal bones, there is much more freedom of motion than at the hinge-like finger joints; but the joint at the wrist admits of motion, very freely, in every direction.

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When the bones of the hand are not quite as naked as they appear in the engraving, but are dressed up with muscles, tendons, membranes, nerves, arteries and veins, and covered with skin, nails, &c, in a manner which I cannot now fully describe, the whole presents a most beautiful appearance. Beautiful and useful as it is, however, and placed before our eyes from the first time we see the light till we sleep in death, there are few things in the visible world, of which not only children, but adults, are so ignorant!

So important is the human hand, as a member of the system, that Sir Charles Bell's Bridgewater Treatise — a pretty large volume —is wholly devoted to the description of it. I will make in this place, a short extract from that admirable work.

"The difference in the length of the fingers serves a thousand purposes, adapting the hand and fingers, as in holding a rod, a switch, a sword, a hammer, a pen or pencil, engraving tool, &c., in all which a secure hold and freedom of motion are admirably combined. Nothing is more remarkable than the manner in which the delicate and moving apparatus of the palm and fingers is guarded. The power with which the hand grasps, as when a sailor lays hold to raise his body to the rigging, would be too great for the texture of mere tendons, nerves and vessels; they would be crushed, were not every part that bears the pressure defended with a cushion of fat, as elastic as that which we have described in the foot of the horse and camel. To add to this, there is a muscle which runs across the palm of the hand, and supports the cushion on the inner edge of the palm, forms the drinking cup of Diogenes."

Uses of the Hand.—Small as this member of the frame is, it is a part of the utmost consequence. Even if the house the soul lives in were a palace, or had cost as much as St. Peter's Church at Rome, or the Pyramids of Egypt, it would be of very little use without it. And if all such houses in the world were without it, neither those houses, nor anything else, would long be worth much. The farmer could not sow his grain, nor plant his corn, nor weed nor hoe it while growing, nor gather it when ripe. Nor, if it were raised, could the miller grind it, or the baker make it into bread. Neither could we raise anything else to eat in its stead. We might get along a few years with what is already raised: but what then? The fruits and roots and nuts which grow without cultivation—I mean without labor — would not last us and the thousands of beasts and birds which feed on them, very long.

Do you say that if we could get nothing else to eat, we should then have a good right to kill and eat animals? But we could not get them. How could we?

Besides all this, the tailor could not make us clothes, nor the hatter and milliner hats and bonnets, nor the shoemaker boots and shoes. When those already made were worn out, we would be obliged to go naked, summer and winter, in all climates; for we could not get even the skins of animals.

Then again, we could not write to other parts of the country for help, even if there were anybody to help us. Neither could the mariner seek a cargo of food in other countries; for he could not spread his sails, nor guide the helm of his vessel. In short, we could do nothing, long, to any purpose; but after gazing awhile upon each other's starving and emaciated frames, we should all lie together in one common tomb; and that tomb would be the surface of the earth, arched over with the blue canopy of the heavens; for nobody could be buried.

Some of you may think this representation of the sad case we should be in, rather exaggerated. "We should not be such helpless creatures," you may perhaps say. "Why, there is a story I have seen about a French woman, who was destitute of this instrument and some others, and yet she could do a great many sorts of work, and even write, draw and sew." Yes, and the story was undoubtedly true. I have heard stories like it before. I have heard of a man in the same condition who could write with his breast. His pen was fastened to a girdle, and then he could dip it in the ink, and write very well with it.

But these are extraordinary cases, in which nature is permitted, for some reason which we cannot discover, to depart from her established laws. Such occurrences, however, no more prove that people, constituted as we are, could live upon this earth without the aid of their hands, than the existence among his fellow creatures of a person afflicted with blindness, proves that all could get along well without the use of their eye-sight. The persons I have mentioned could not have made the pens and pencils to write and draw with, nor the needles to sew with; nor could the man have placed the pen in his girdle. And there are a thousand other necessary things which they could not do.

The human tongue is spoken of by an inspired writer as being a "little member," yet boasting great things. So this small member of the frame which we are speaking of is a "little" affair, but great things depend upon it. It is a sort of connecting link, that, if used, serves to bind the human soul to the habitation it occupies, for a few years—seldom more than a hundred. Without it, or neglecting to use it, our lives, as a race, must soon terminate. "He that will not work, neither shall he eat," is a divine law, and we could not work much without the aid of this beautiful piece of divine mechanism.

(*To be Continued in our next.*)

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A SPLENDID FIGURE.

IN the whole range of literature, we do not remember to have read a more striking and beautiful comparison than in the following, which we copy from the "Autocrat of the Breakfast Table," by Dr. O. W. Holmes, of Boston. The figure is so natural and perfect, the application so graphic, as to render it one of the happiest efforts in the English language. It is specially applicable to the present time:

"Did you ever, in walking in the fields, come across a large, flat stone, which had been, no body knows how long, just where you found it, with the grass forming a little hedge, as it were, all around it, close to its edges? and have you not, in obedience to a kind of feeling that told it had been there long enough, insinuated your stick or your foot, or your fingers, under its edge, and turned it over as a housewife turns a cake, when she says to herself, 'It's done brown enough this time.' What an odd revelation, and what an unforeseen and unpleasant surprise to a small community—the very existence of which you had not suspected, until the sudden dismay and scattering among its members produced by your turning the old stone over! Blades of grass, flattened down, colorless, matted together, as if they had been bleached and ironed; hideous crawling creatures, some of them coleopterous or horny-shelled turtle-bugs, one wants to call them; some of them softer, but cunningly spread out, and compressed like Lepine watches; black, glossy crickets, with their long filaments sticking out, like the whips of four stage coaches; motionless, slug-like creatures, young larvæ, perhaps more horrible in their pulpy stillness, than even in the infernal wriggle of maturity! But no sooner is the stone turned and the wholesome light of day let upon this compressed and blinded community of creeping things, than all of them which enjoy the luxury of legs—and some of them have a good many—rush round wildly, butting each other and everything in their way, and end in a general stampede for underground retreats from the region poisoned by sunshine. Next year you will find the grass growing tall and green where the stone lay; the ground bird builds her nest where the beetle had its hole; the dandelion and the buttercup are growing there, and the broad fans of insect angels open and shut over their golden disks, as the rhythmed waves of blissful consciousness pulsate through their glorified being.

* * * * * * *

"There is meaning in each of those images—the butterfly as well as the others. The stone is ancient error. The grass is human nature borne down and bleached of all its color by it. The shapes which are found beneath are the crafty beings that thrive in darkness, and the weaker organisms kept helpless by it. He who turns the stone over is whosoever puts the staff of truth to the old lying incubus, no matter whether he do it with a serious face or a laughing one. The next year stands for the coming time. Then shall the nature which had lain blanched and broken rise in its full stature and native hues in the sunshine. Then shall God's minstrels build their nest in the hearts of a new born humanity. Then shall beauty—divinity taking new lines and colors—light upon the souls of men as the butterfly, image of the beatified spirit, rising from the dust, soars from the shell that held a poor grub, which would never have found wings had not the stone been lifted. You never need think you can turn over any old falsehood without a terrible squirming and scattering of the horrid little population that dwell under it."

WORKING OF THE HOMESTEAD-LAW.

WE give below the following extract from a familiar letter written to the *American Agriculturist*, as indicating how great a benefit has been conferred by the Homestead Law upon thousands who need only a start in life to become the independent possessors of a home and the means of subsistence. It will be read with interest by many, and serve to direct the attention of many persons who are waiting to find an opportunity to do something for themselves:

"I failed in the mercantile business, had nothing left but a span of horses and some household furniture and a few dollars in money, with which I started for Nebraska to take a homestead under the new law. I arrived here in March with just $5 left, took a claim, put up a log house and went to work. I have 160 acres of splendid land which will make me a good farm, which only cost me $13; and five years' residence on it secures me the title by paying $2 more at the end of that time. I have got 10 acres of land broken up and a good garden started. I have no experience in farming, and when I want information on any point I refer to some good paper, and am almost sure to find it. I wish some thousands of the hard worked clerks and mechanics in the city, that have families to support, could know what a chance there is here for them to secure a home and a sure competency. I have been through the mill, and can truly say that I am happier and better contented here in my log house, with the prospect before me of securing an attractive home for myself and children, than I ever was when in successful pursuit of a mercantile business. Here is ample room for thousands—produce of all kinds is high and commands cash at any time. The soil is a light loam with a slight intermixture of sand, the country is healthy, plenty of good water to be had by digging 10 to 12 feet, to say nothing of creeks. Do tell the hard working drudges that barely eke out a scanty subsistence, that here they could be lords of the soil and soon gain an independence."

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HYDROPATHY IN LONDON.

A few weeks ago a largely attended meeting took place at the Portman Hall, Carlisle Street, Paddington, to consider the feasibility of establishing in West London a Hydropathic Dispensary for the working classes. The Rev. A. Mason, Vicar of Great Broxted, Essex, presided and was supported by the Rev. Dr. Jabez Barns, Messrs. Metcalfe, Hudson, Brooks, Parfitt, King and other gentlemen. The proceedings were most interesting in consequence of the practical testimony borne by men of undoubted standing and veracity to the astonishing efficacy of the Water-Cure, both in chronic disease and inflammatory disorders (malignant fevers being cured in five days after Allopathy had done its utmost), both in the cases of the speakers and their friends, whilst the marked success which has attended Mr. Metcalfe's—the only local Hydropathist—efforts to cure diseases of long standing by the simple Hydropathic remedies, was freely commented upon.

The question of vaccination was freely discussed, Mr. Metcalfe observing that vaccination mitigated the evil, but he would undertake to *cure* a person of small pox more quickly by Hydropathic means than could be done by Allopathic in a hospital under the direct supervision of the medical men. And what was now proposed was to form a self-supporting dispensary, where workmen could receive Hydropathic advice and treatment at a very low rate, governed by a committee elected from its promoters.

Dr. Burns warmly advocated the proposed establishment. He believed ninety-nine fever cases out of one hundred could be cured by Hydropathy. Every man who died of fever was a martyr to medical ignorance and superstition. He believed the Prince Consort would have been alive now if he had been treated Hydropathically. A most gratiying acknowledgement of Mr. Metcalfe's merits, was a recent presentation of a purse containing £50 to him by gentlemen who had been benefitted. Mr. Parfitt, a city missionary, bore testimony to the Water-Cure in his own case, and also in those of others, whom he had recommended to try the system. Many other speakers followed, all in a most cheering strain, not one mentioning an instance of failure, and it was finally agreed that immediate steps should be taken to carry out the proposed dispensary, to which a coffee and reading-room will be attached. A unanimous vote of thanks and confidence, proposed by a resident clergyman, to Mr. Metcalfe for his treatment, skill and kindness to the poor, terminated the proceedings.

NOTES FROM NEW BRUNSWICK.

Dear Herald: As you get an occasional word from nearly every corner of the civilized world, and New Brunswick hardly "gets a word in edgeways," I must say a few words for my native land. You will be glad to learn, that here, as well as elsewhere, drugopathy is on the decline. Even the "regulars" are thinking that drugs are not so potent for good as they have been taught. One young M. D. said lately: "If sick persons will not get well without medicines, they cannot get well with them." This same doctor has advised several patients to take less medicine, or none at all, though I believe his practice has had some victims.

My husband and I were on a visit to Chamcook, St. Andrews, a month ago. Several families there have lost their brightest members—victims to drug-poisoning. We conversed with some of the parents on the subject, and, I trust, did some good. One other, in particular, told me the story of her children's sickness with tearful eyes. Her son of eight years was taken with diptheria, or something akin to it. The doctor was called (the young M. D. mentioned above), and the child took his medicine, without a murmur, and grew worse. The little girl (younger) took sick a few days after the boy. The doctor also prescribed for her, but she refused to take his medicine. The parents and doctor tried to force it down her throat, but she fought like a tiger, bit the doctor's finger, and spit the powder out of her mouth. "She'll get well," said he, "there's no danger of her." The little boy was soon in his grave, in a few days after the first prescription. But the girl, when we were there, was racing through the fields, picking flowers, happy as a bird—pale of course, but in a fair way to get rosy

We cou'd not forbear pointing the mother's mental eye to the solution of this mystery, which was plain, to us, as the sun at noon; and was plain to her, as soon as we had fairly hinted at the truth. We had a long talk with her on Hygienic subjects; and when her husband came in she eagerly opened the conversation with him, by telling him what we said about the medicines killing "poor Johnny." "I believe you; well," said he, "I do believe the doctors do more harm than good." We circulated a number of Dr. Trall's health tracts and Heralds in the neighborhood. I will tell you more about our visit and other matters by-and-by. Adieu, and God bless you!

Sarah J. Craig.

Dunbarton, Charlotte Co.,
New Brunswick, July, 1863.

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Literary Notices.

THE CONTINENTAL MONTHLY, published by John F. Trow, 50 Green street, New York, is justly growing in public favor, and well deserves its position as a first class monthly. Each number contains 120 large double column pages, devoted to Literature and National Policy. The July number before us is the first of the fourth volume. It contains Emancipation in Jamaica, Abijah Witherpee's Retreat, Reason, Rhyme and Rhythm, Mrs. Rabotham's Party, Diary of Frances Krasinska, Ladies' Loyal League, West of the Mississippi, the Cavalier Theory Refuted, the Early Arbutus, the Third Year of the War, Was he Successful, The Chicago (Illinois) and other Canals, Woman.

The contributors to *The Continental* rank among the first in the land; several of their productions in the last year reprinted from *The Continental* in book form, have sold to the amount of from 25,000 to over 100,000 copies.

Any person who desires a first class monthly which is free and outspoken on all matters of national policy without being narrow and partisan, and a literary publication combining the deepest interest and good sense, should subscribe for *The Continental*. Price $3 per year, postage paid by the publisher; 2 copies $5; larger clubs greater deductions.

LIFE IN THE TROPICS.—A remarkably entertaining and instructive book has just been published by Carleton, with the above title. It is the plain, unvarnished, evidently truthful narrative of a young man, who, losing health and business in New York, went to San Domingo, took a bramble-grown plantation, introduced the American style of cultivation, made the land pay for itself, and furnish him with a house, servants, and some money—all in a single year. The Island and its productions are charmingly described, and in the language of a cotemporary:

"The most luscious fruits grow and ripen at a touch; the ordinary products of the soil are increased twice in size and tenfold in excellence by care in the rearing; each day develops the beauties of the lovely spot he has chosen for his home; the fairest panorama in the world lies before him; the softness of a gentle summer ever soothes him; the discomforts of a harsh and unequal climate are unknown; everything is rose-colored, and a quiet happiness fills his life."

THE PENTATEUCH AND BOOK OF JOSHUA CRITICALLY EXAMINED.—A second volume under this title, from the pen of Bishop Colenso, has been issued from the press of D. Appleton & Co. The previous volume was an argument against the authenticity of the Pentateuch mainly on the ground of authentical and historical discrepancies. The Bishop comes to the conclusion that the Pentateuch originated in a noble effort of one illustrious man in an early age of Hebrew history, to train his people in the faith of the one God. The Bishop seems determined to complete the task he has undertaken, despite the powerful opposition which is arrayed against him.

HERALD OF HEALTH.—This valuable publication commences its second volume with the July number. Its various articles on the anatomy of the human system, on diet and the application of water and other natural remedial agents for disease, are all able productions, and should be extensively read. The article on fruit and the accompanying directions for canning without patent cans or jars, is worth five times the cost of a year's subscription to any family. The price is only one dollar a year. Address R. T. TRALL & Co., 15 Laight street, New York.—[Waushara (Wis.) Argus.

Publisher's Department.

OUR BUSINESS ADDRESS.—All subscriptions and communications concerning this Journal, and all orders for our Books or other publications, Syringes, Hand-Mills, Bath or Surgical Apparatus, &c., should be addressed as follows: "R. T. TRALL & CO., No. 15 Laight street, New York." This will ensure prompt attention at all time by our business associate.—EDITOR.

OUR AGENT IN LONDON.—WM. TWEEDIE, No. 337 Strand, London, has all our publications for sale, and will deal liberally with all who may wish them. His house takes a great interest in the circulation of the HERALD OF HEALTH, and ours as well as all other good publications. They will receive all trans-Atlantic communications, and forward them to us.

ON account of larger orders than usual, the editions of some of our smaller books are exhausted, and when we come to re-print them, we find some of the plates were burned, while in the possession of former printers, and we have been compelled to have new ones made. We were all ready to issue editions of several, but the riots caused a cessation of nearly all publishing, so we were again behindhand a week.

Those of our friends who have not received their orders in due time will understand the reason.

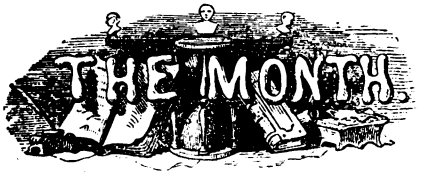
PUBLISHERS.

THE ANATOMICAL BOOTS AND SHOES.—The series of articles we are publishing in the HERALD OF HEALTH is deserving the careful attention of our readers. Since we commenced the articles as forthcoming, we have tested the boots and shoes made by Mr. Watkins, experimentally, and can now speak by the book. An experience of a few weeks in having our boots and shoes fitted to the size and shape of the feet, instead of having the feet pinched, cramped, twisted, cabinned, cribbed and confined, to suit the fancy of the shoemaker or the edict of the fashion, has demonstrated several advantages, among which may be named, 1, a feeling of easiness, instead of uneasiness all over and all through the lower extremities; 2, a feeling of comfort in walking or standing, hitherto unknown; 3, no inclination to run down or bear unevenly in the boots or shoes themselves; 4, no liability to corns or bunions on the feet or toes.

PREMIUMS.—G. W. P. We have not offered premiums for orders on books, but when ordered by the quantity, we will furnish them at wholesale prices. The January number, which you have, will inform you how many subscriptions to the HERALD you must send in to entitle you to the premium of Webster's Unabridged Dictionary.

WINTER TERM OF THE COLLEGE.—Our readers are referred to the College Department of the HERALD for the new programme of the School. The fees have been increased twenty-five per cent. in accordance with the advance of prices in almost everything else; but the student will hereafter be privileged to attend any number of terms on the payment of $10 for each course of lectures after the first. This plan will enable students to remain longer in the city, and get a more thorough and practical acquaintance with the collateral subjects and sciences. The new arrangements will not affect those who have already purchased scholarships, or made their contracts for them. Several students have already paid for scholarships for next winter's term, and in those cases we shall have the use of the money, and they the benefit of the discount.

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NEW YORK, AUGUST, 1863.

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."

TOPICS OF THE MONTH.

BY THE EDITOR.

THE HARVEST OF DEATH. — This is the season for the "murder of the innocents." The little children are dying at a fearful rate, especially in our cities. Newspapers deprecate unripe fruits, and execrate crude vegetables. But the public neither understands nor concerns itself about the real causes of disease and death among our infantile population. No doubt many diseases are induced by the above exigencies, but so far as imperfect fruits and vegetables are concerned, these are usually merely exciting causes. The fatal predisposition is attributable to foul air, swill milk, constipating food, salted and putrescent meats, and inattention to bathing, while the deaths are chiefly attributable to the drugs which are administered by the doctors.

Irritating condiments and constipating food are the prolific sources of derangements of the bowels. To prevent them we have merely to feed children plentifully on good ripe fruits, plain, unseasoned vegetables, and pure, unfermented and unbolted bread. Salt is a most pernicious article for young children; yet American mothers feed it to their babies as though it was really a nutritious aliment and necessary medicine. Its free use keeps the mucous membrane of the throat, stomach, and bowels in a constant state of irritation, bordering on chronic inflammation, liable at any moment to take on the acute form, and in a fatal paroxyms of cholera, dysentery or diarrhœa, or not unfrequently, causing violent spasms which soon end in death.

Is it not strange that the middle of the harvest season, when a beneficent mother earth gives forth her annual crop of waving grains, luscious fruits, and wholesome vegetables, when fields, and shrubs, and trees, are redolent of accumulated life, and when sun, and air, and water, and earth have completed their wonderful processes of organic transformations, which mingle and compound the elements of the vital tissues with the forms best adapted for the sustenance of living beings—is it not strange, we say, that at this season grim death should gather such a harvest of humanity?

The summer season, instead of being so fatal to children, should be the season of their greatest immunity from disease and death; and it would be if people would exercise a little common sense in relation to the subject. It is very rare for children, who are never allowed constipating food or injurious seasonings, to have any dangerous affections of the bowels, even though they do indulge freely in unripe fruits and vegetables. It is only those whose blood is foul and gross, whose secretions are depraved, and who are full of morbid humors, whose secretions are obstructed, and whose mucous sufaces are constantly irritated or inflamed, all the consequences of unphysiological habits, who are liable to fatal fluxes and convulsions when the exciting causes are appplied.

But, when the children do get sick, let the circumstances be what they may, the worst thing that can possibly be done for them is to dose them with deadly drugs. They need purification, not poisoning. Pure food, fresh air, and tepid bathing, under the direction of any mother or nurse who possesses common sense and dare exercise it, is worth more for sick children than all the drug-doctors on the earth.

SURGEON GENERAL HAMMOND AND "THE PROFESSION."—We have put the prophecy on record that the medical profession would not receive with favor, the order of Surgeon General Hammond, prohibiting the use of calomel and antimony in the armies of the United States. The principle established is not only reformatory but revolutionary. And the precedent is a most dangerous one. If there are good reasons for not allowing educated physicians to deal out calomel and antimony to sick soldiers, there may be reasons equally cogent why physicians should not be allowed to prescribe their deadly drugs in private practice. The rejection of calomel and antimony from

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the army supply tables may be followed by their exclusion from the apothecary shop. And why not? If they are so dangerous in camps and hospitals, how can they be exactly safe in the family circle? If they destroy soldiers, why may they not kill civilians?

But the evil (to "the profession"), is not going to stop here. Let calomel and antimony be once ruled out of the materia medica on the ground alleged by Dr. Hammond—that they do more harm than good—and the enquiry is started at once, "are there not other drugs in common use, more or less deadly, which had better be dispensed with?" If calomel and antimony are to be regarded as the chief emissaries of drug-medical mischief, are there not certain associate poisons (little imps, comparatively), deserving also of a similar execution—arsenic, strychnine, alcohol, quinine, &c., for examples? And if these should, on investigation, be shown to be more injurious than useful, then bleeding, blistering, salts, turpentine, cod liver oil, &c., may come up for judgment and condemnation, and so on to the end of the chapter. Let the position assumed by the Surgeon General be sustained, and the whole system of drug medication has received its death blow.

And now, what is "the profession" going to to do about it? It cannot fail to see that the order of Dr. Hammond is "the beginning of the end," unless it can be at once set aside, over ruled, or in some way squelched. Accordingly we notice that the National Medical Association, which assembled in Chicago the first week in June, has taken the alarm. One of the first acts was a motion by one of its members to "disapprove" of the order of Surgeon Hammond. The subject was finally disposed of—DODGED—by referring it to a committee with instructions to ascertain the facts and report. And there, we predict, the matter will end, so far as the public action of the National Association is concerned. The "facts," as represented by Dr. Hammond, are not disputed. He alleges that calomel and antimony are more killative than curative. The National Association does not pretend to dispute this. That it appoints a committee to ascertain the facts!

Since the order of Dr. Hammond was promulgated, several state medical societies have held their annual conventions. The Delaware and Pennsylvania Societies, so far as their proceedings have been published, did not allude to the subject at all. But the Ohio doctors seem determined to do something, or rather having something done to Dr. Hammond. The "Tribune" says:

"Surgeon General Hammond has just received a report from the Regular Medical Profession of Cincinnati, Ohio. The report is disrespectful, and strongly condemnatory of the Surgeon General's course in prohibiting the use of calomel and striking it from the medical supply table. The meeting recommends the removal of Dr. Hammond from his position as Surgeon General, and claims that such a result 'would meet the approbation of the profession, be of advantage to our soldiers, and a credit to the Government.' Such circulars, in the face of the opinions of the first surgeons in the country who sustain Dr. Hammond in this calomel order, will do more injury to the persons sending them than to Dr. Hammond."

Well, the Ohio doctors, in undertaking to have Surgeon General Hammond removed, have put him on his defence. And the more he is obliged to defend his official action, the more he will be obliged to damage "the profession," and its calomel and antimony.

The "Tribune," of a later date, says:

"Surgeon General Hammond has shown to the President a photograph of a soldier in the hospital whose nose, left cheek, and upper jaw had been eaten away by gangrene, produced by dosing with calomel and other destructive mercurials, which the Surgeon General has recently ordered from the supply tables."

Here is one "fact" which we commend to the committee of the National Medical Association. If more of the same sort are wanted, the committee can find any quantity by making enquiries in the right quarter. But what are ulcerated noses, carious cheeks, gangrenous jaws, and ruined teeth, and ravaged constitutions, and miserable cripples, and deformed, noseless, cheekless, jawless, toothless, tongueless invalids, when reckoned in the scale against the "approbation of the profession?" Dr. Hammond must be removed, the soldiers must be killed, so that the profession and its calomel and antimony can be glorified and its perquisites magnified.

The Allopathic medical journals "blow hot and cold in the same breath," respecting the order. They give it a cold approval, or a faint disapproval, or a non-committal notice, as seemeth best for the craft in the estimation of the editors and proprietors. But some of the medical societies are quite rabid on the subject, and, no doubt, would have Surgeon General

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Hammond transported at once beyond the lines, into the regions of Mr. Jefferson Davis, if they had ability equal to the will power. As a specimen of the buzzing the order has occasioned in the profession throughout the country, we give the proceedings in full of the Fairfield County (Ohio) Medical Society, which we copy from a paper published in that county :

"A meeting of the Medical Profession of Fairfield county was held at the City Hall on the 13th instant, to consider the late Order No. 6, of the Surgeon General of the U. S. Army.

Dr. George W. Boerstler was called to the Chair, and Dr. M. Effinger appointed Secretary.

A committee consisting of Drs. O. E. Davis, S. H. Porter, and M. Dawson, presented the following report and resolutions, which were unanimously adopted:

Whereas, Surgeon General Hammond of the U. S. Army, did, in the plenitude of his power and wisdom, issue to his subordinates in rank (many of whom are his superiors in knowledge), Order No. 6, striking from the 'supp'y table for medicines,' for our army, 'calomel and tartar emetic,' two medical agents approved by the enlightened sense and sound experience of the medical profession of the world for centuries, as two indispensable agents for the cure of very many maladies to which the human system is subject. Clothed with a little brief authority, elevated over men who gathered a ripe experience in the proper use of medicine for forty years' service as surgeons in the army, in every locality from the At antic to the Pacific oceans —in the frozen regions of the North and the swamps of torrid Florida. Not only against the experience of such men, but also that of the veterans in science and service of the civilized world, this Surgeon General sets up his dictum to banish medical agents which have the approval of ages. Against such dictatorial conduct we protest, and present for the consideration of this meeting some of the reasons which impel us to denounce and condemn Order No. 6. It is at variance with the experience of enlightened medical science and practice for centuries.

2. It is false in its statements, and a libel upon the Medical Directors and Surgeons of the Army of the United States.

3. It withholds from them two of the most important agents for successfully combatting many diseases pervading our camps and hospitals, and therefore must greatly increase the deaths of our brave soldiers.

4. It is a stigma upon the regular medical profession of every civilized nation. It emanated from the brain of one who had *preconceived* notions of the effects of calomel and antimony, and therefore issued his Brutum Fulmen against their use, placing his ephemeral experience against that of ages.

5. It proves the author ignorant of the 'supply tab'e for medicines,' issued by the Surgeon Genera's of the armies of England, France, and Russia in the Crimean war.

6. It proves alike his ignorance of the medical supplies for the French and Austrian armies in Italy, and thereby forces the conviction on our minds that by his mere *dictum* he designs to produce a revolution in medicine, adding to his fame of Surgeon General that of *Great Medical Reformer*.

7. It panders to the tastes of those sects of medical charlatans who by their loud professions denounce the use of calomel and antimony, and dishonestly use them in their practice. In thus prostituting his profession at the shrine of Empiricism he has not only proven himself unworthy of the high position he now accidently occupies, but also unfit for the society of medical gentlemen; therefore,

Resolved, That we use all laudable efforts to have him displaced in disgrace from his present position; and that his speedy removal would be of advantage to our soldiers, and creditable to our Government.

Resolved, That these proceedings be published.

G. W. BOERSTLER, M. D., *Chairman*,
M. EFFINGER, M. D., *Secretary*."

If the dear public can believe that the Fairfield doctors were only actuated by a sincere regard for the health of the people, their faith is large enough to swallow a whole gross of "Plantation Bitters," and their credulity sufficiently capacious to believe all the quack advertisements of all the newspapers in the country.

A TRIP TO THE WAR.—Not exactly, however. We did not get quite there. Thursday, July 1, anticipating that there would be several days of "bloody work" between the armies of Lee and Meade in the Cumberland Valley, we went to Harrisburg, Pa., with the intention of spending two or three days among the sick and wounded and taking notes. But on that day the order of General Couch was peremptory against passes to any one not of the army, and so we returned, after forwarding the following document to headquarters at Washington :

Dr. Trall to Dr. Hammond.

"Harrisburg, Pa., July 1, 1863.

To Surgeon General Hammond: It is, doubtless, well known to you, that many medical practitioners of high standing, and many military surgeons of large experience, have testified that "water dressings" are far superior to medicated washes, lotions, liniments, alcoholic spirits, vineger, &c., in the management of surgical cases, and are, indeed, all the appliances required in any case of wound, injury, local inflammation. Trace the history of medical science back through half a dozen centuries, and you will find ample records of this truth. There are now, in this country and in Europe, surgeons of extensive practice, and who have the best possible opportunities to come to a right conclusion, who prefer "water dressings" to any or all other applications for the treatment of

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injuries, wounds, and local inflammations. I am credibly informed that one of the surgeons to the Broadway (New York) Hospital, uses no other.

The principal danger arising from wounds and mechanical injuries, arises from inflammation, or rather from the inflammation taking the disorganizing or destructive, instead of the "healthy" or reparative form. If this tendency can be prevented the injured or inflamed part recovers, the wound "heals kindly." The essential point in the treatment, therefore, is to regulate the inflammation. Here it is important to notice, in order to have our theory and practice in harmony, that inflammation itself is a remedial process. It is necessary. It is not "healthy," but health-restoring. It should never be "subdued" nor "suppressed," but always regulated and directed. This is done by equalizing the circulation, and this by balancing the temperature. Substantially, the proper treatment for inflammation (and the same is true of fever, for fever and inflammation are identical in their common nature), consists in producing and maintaining as nearly as possible, the normal temperature of the part.

Nothing can accomplish this so surely, so safely, so promptly, so pleasantly, as pure water of a temperature suited to the case. It may be hot, warm, tepid, cool, or cold, according to circumstances. But water of a *proper* temperature is adapted to all possible cases and conditions. The materia medicas give us a long list of antiphlogistics, among which are nitre, salts, antimony, sugar of lead, sal ammoniac, digitalis, veratrine, &c., remedies which are said to "subdue" or "reduce" inflammation; yet a Professor of the New York College of Physicians and Surgeons, said recently to the medical class, 'Cold water is the *best* antiphlogistic.'

If we can credit the concurrent evidences of rumors, street gossip, newspapers, and telegrams, we are on the eve of a great and desperate battle. Perhaps, as I write, the decisive conflict of this terrible war is raging at or near, where, a day or two since, the roar of cannon was distinctly heard in the capital of Pennsylvania. And my object in addressing you this communication, is, if possible, to be instrumental in saving the lives of some of our good and brave fellow citizens, and in rescuing others from the horrors of permanent depravity and disability and unnecessary mutilation.

I have had nearly twenty years' experience in the treatment of wounds, injuries, ulcers, and inflammations, embracing every variety of the phlegmonous and erysipelatous forms, malignant and non-malignant, simple and specific, common and infectious, and also all varieties of croupal, diptheritic, gouty, and rheumatic inflammations. And all of my experience and observation go to corroborate the testimony of the eminent authorities to whom I have alluded.

With your consent and authority (and without these I am powerless to do anything), I offer to go to the battle-field, with nurses of my own choosing, and all at my own expense, and take medical direction of those sick and wounded soldiers who prefer the Hygienic treatment. The regular surgeons may take charge of their cases, so far as *operations* are concerned; but I will have the entire control of the medication and the regimen. Let the surgeons perform whatever operations they please, and then leave the inflammation, the fever, and the general health to me.

The success of surgical operations depends greatly and often entirely on hygienic treatment. If this is well managed, many wounds will heal, and many operations will be successful, which otherwise would terminate in disorganization and death. Some of the most celebrated operating surgeons in New York (whose names I will furnish you if you desire it), have expressed their astonishment and admiration at the facility and rapidity with which patients under our care recovered.

I am willing and desirous that the result of my treatment be subjected to the greatest scrutiny. The regular surgeons in charge, or any person specially appointed for the purpose, may watch the cases while under my treatment as closely as they please, and if any unfavorable symptom arises which I cannot control without drugs or medicines of any kind, they may take the cases off my hands. All I will ask is that, so long as the patients do well, my treatment shall not be interfered with. This suggestion will, I trust, relieve my proposition of all appearance of 'pretentious empiricism,' or dangerous experimentalism.

I am ready to go, at a day's notice, with a corps of assistants, all of whose salaries and expenses I will provide for without costing Government a single penny, to any place where my system can be fairly tested.

The noble stand you have taken in behalf of humanity and progress, in prohibiting the use of calomel and antimony, when you must have known that it would ensure you the hostility and persecution of a large proportion of a powerful and interested medical profession, has emboldened and encouraged me to ask you to take one more step in the right direction. The plan I propose would soon lead to results vastly more beneficial than the rejection of calomel and antimony from the supply table, important as that measure was.

Should you deign to answer this communication, please address me at New York.

R. T. TRALL, M. D."

Dr. Hammond to Dr. Trall.

On Monday following we received the following document:

"SURGEON GENERAL'S OFFICE,
Washington, D. C., July 7th, 1863.

Dr.: The Surgeon General directs me to acknowledge the receipt of your communication of the 13th inst., and to say that, at present, it is not deemed advisable to adopt your suggestion. By order of the Surgeon General.

Very respectfully,
Your obedient servant,
E. S. DUNST,
Assistant Surgeon U. S. Army.

R. T. TRALL, M. D.,
New York City."

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VERONICA QUINQUEFOLIA.—Some weeks ago an article appeared in the New York "Tribune," over the signature of William R. Prince, of Flushing, L. I., and under the caption of "Nature's Remedies for Scrofulous Disease," in which the plant commonly known as Indian physic was extolled as a specific for leprous, scrofulous, mercurial, and all other diseases arising from or connected with impurity of the blood. It was also said to be a sovereign remedy for the piles, to have the marvelous property of arresting the small pox in twelve hours, and to do many other things wonderful to relate and marvelous to believe. We seldom notice these foolish and extravagant expressions of superstition, ignorance, and charlatanism, which fill so large a space in nearly all the newspapers of Christendom, knowing, as we do, that so long as the present doctrines of the medical profession prevail, the people will be continually running after nostrums of some kind, instead of seeking health in the avoidance of the causes of disease. The remedy for both scrofula and quackery, and medical humbug of every name and nature, must be found in educating the people into a few common sense problems in physiology. Until this is done, we expect the people will pay millions of dollars annually for poisons under the specious delusion that they have some strange and mysterious power to "purify the blood."

We have received several communications in relation to the above article, one of which is as follows, and will serve as a sample of the whole:

"Dahlonega, Iowa, May 30th, 1863.

Dr. R. T. TRALL: *Dear Sir:* I enclose you an article from the New York Weekly *Tribune*, of May 16th, from the pen of one William R. Prince, of Flushing, L. I., in which he speaks of a plant which he says is an infallible remedy for all impurities of the blood, especially in scrofulous diseases. In the same paper of an earlier date, Solon Robinson, the agricultural editor, wrote an article, which you may have seen, speaking of a plant which he said was a sovereign remedy for dysentery or diarrhea in the worst form. Now you know the *Tribune* has a large circulation and a vast influence, and with a large class of its readers anything from the pen of either of the well-known writers, Solon Robinson or Horace Greeley, is taken as 'law and gospel,' and I thought the calling your attention to it, you might deem it of sufficient importance to merit a few remarks upon the aforesaid remedies through the HERALD OF HEALTH, which would oblige a subscriber and perhaps interest the public.—Yours truly,

H. H. B."

We have no doubt that Solon Robinson is an excellent "agricultural editor," and that Horace Greeley is a very intelligent and able political writer. But why the opinion of either of them should be regarded as "law and gospel" on medical subjects, to a knowledge which they make no pretensions more than do the "generality of mankind in general," so far as we are informed, we do not quite understand. But we do not perceive that Mr. Greeley in any manner endorses the article; he merely prints it as reading matter in his paper. The "Tribune" also published, in its advertising department, a whole column of commendations of "Hostetter's Celebrated Stomach Bitters," with a long list of certificates of its wonderful preventative as well as curative virtues; but who supposes that Horace Greeley, or even Solon Robinson, believes the stuff to be anything but a quack humbug? If newspaper editors are supposed to endorse and believe all that the dealers in quack nostrums advertize, or all that ignorant and superstitious persons write, in their columns, they must be presumed to have a faith, and a conscience, and a judgment as indiscriminating and passive as a pole in the ground.

P. S.—Since the above was written the animus of the article of Mr. Prince has become obvious. A few days after the article appeared, came the advertisement of Mr. Prince to sell the thing as a quack nostrum. It is a common thing to adventurers in a quack speculation, to write up a demand for some article in some one or more respectable newspapers, by prating AD CAPTANDUM VULGUS of its wonderful virtues, and then when the public mind is sufficiently excited to put the thing in market and rush it through. Princely fortunes have sometimes been the reward of these "enterprising fellow citizens." The following is the conclusion of Mr. Prince's generous effort to benefit the cause of suffering humanity:

"Terms for the requisite quantities and prescriptions, for the different diseases. Scrofularia, or Veronica Quinquefolia, in packages of three ounces, $3; of six ounces, $5; of nine ounces, $7 50; and twelve ounces, $10. Caltha or Pilewort, $5 25. Sarracenia for Small Pox, $3 25. Register your money letters for safety.

WILLIAM R. PRINCE.

Flushing, L. I., June 15, 1863."

THE DELAWARE DOCTORS ON THE IRREGULARS.—The Delaware State Medical Society seems to be one of the most fossilized, not to

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say, foolish, bodies of learned men extant. At its late meeting in Wilmington, it enacted a series of "whereases" and "resolveds," intended to extinguish quickly and exterminate speedily, all the doctors within the sphere of its august and mighty influence, except those of their own old fogy stripe. We copy from the Delaware "Republican of June 29th:

"*Whereas*, According to the reports of the Censors of this Society, there are several persons practising medicine in this State, contrary to a statue law, without licenses or permits from the Board of Medical Examiners; and,

Whereas, According to the same reports, there are several physicians, members of this Society, who have been practising Medicine in consultation with those persons having no licenses or permits; and,

Whereas, In the judgment of the Society, those physicians and members thus practising are guilty of unprofessional conduct, and thereby subject themselves to the penalty imposed by the constitution of this Society; and,

Whereas, This Society is anxious that such a state of affairs, and such a practice should cease, and believe that the professional character and reputation of its members, as well as the good of the community require that some efforts, more sufficient than any that have yet been put into execution, should be made by the Society to control and terminate such a practice; therefore,

Resolved, That if any member of this Society, a physician in standing in the profession, shall hereafter consult or practice Medicine or Surgery with any person not having a license or permit from the Board of Medical Examiners of this State, or with a physician not in standing in the profession, he shall be deemed guilty of unprofessional conduct, shall immediately forfeit the privilege of a consultation with any member of this Society, and shall, if a member of the same, be expelled therefrom, according to a constitutional provision in such cases made and provided."

We would most respectfully hint to the authors of the above, that reforms are not to be arrested by whereases, nor resolutions to be turned backward by resolves.

Lee or Meade might as well undertake to settle the great controversy of the war, by "biting his thumb" at his antagonist, as the Great State Medical Society of little Delaware to think of blocking the wheels of progress by a few words of "sound and fury signifying nothing." The people will pay no more attention to their silly fulminations than they do to the boy's Fourth of July fire cracker. A writer in the same paper tells the doctors a little plain truth in a paragraph which we extract:

"The attention of the people has been called to the subject of health. They begin to see that there is a better way when sick of regaining health, than by taking poison that would make a well man sick, and in accordance with their common sense views on this subject, the most intelligent portion of the community dare to think for themselves, and to employ as physicians, whoever they deem most worthy. And if it cannot be denied that with reference to health and disease, the ignorance of the people has hitherto constituted the learning of the doctors, may we not indulge the hope that the growing intelligence of the people on these subjects, will soon exhibit the ignorance of the physicians whose empyricism has so long and so seriously cursed the country with its numerous evils, and thereby exhibit them in their proper light? Please go it gentlemen; in all your public exhibitions you are aiding in a good work; the people will soon understand and appreciate the motives by which you are actuated in your efforts to preserve and to monopolize the power of poisoning according to law. Be careful, however, to avoid all public discussions of your pretended *principles*. Keep still on the subject of *Medical Science*. Never condescend to give a reason why you are continually *experimenting on your patients*. Give them their choice either to 'go it blind' or to die without drugs, for it is only by shrouding the so-called *science of your school* in mystery and superstition, that you can expect to continue the unsuccessful practice in which you have been so long and so profitably employed."

NATIONAL DRESS REFORM CONVENTION.—Dr. T. A. Bland, who was present, has favored us with an account of the doings of the Dress Meeting held at Rochester, June 24th, but we have only room for a very brief abstract: Seven States were represented by more than one hundred ladies wearing the American costume. The Convention was held in Corinthian Hall, during the day and evening, and the audience filled the room to its utmost capacity. Able addresses were delivered by Dr. James C. Jackson, Harriet N. Austin, M. D., Dr. Lydia Sayer Hasbrouck, Mrs. Lydia H. Strobridge, M. D., and Prof. Porter and others. Prof. Porter went into an elaborate history of fashions and other subjects connected with dress reform, dwelling with great emphasis on the servile condition of our women in relation to fashion. The address of Mrs. Strobridge was a most eloquent and touching appeal in favor of woman's right to dress in such a manner as to maintain or recover health.

A piece of timber sawed thin is a *board;* but an individual who pays three dollars a week for mackerel and "water bewitched" is a *boarder.*

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Soldier's Department.

GLORIOUS VICTORY OVER CALOMEL. — *Dr. Trall: Dear Sir:* Please accept my hearty thanks for your kindness and promptness in sending me the February, March, April, and May numbers of your most excellent and valuable medical Journal. I have read every number carefully, not only for my own benefit but for the good of others; and have loaned them to the boys to read, exacting from them the promise that they would certainly return them unsoiled, as I want to preserve them to be bound into a book.

Everybody expresses himself highly pleased, and not a few say when they get home again they will subscribe for the HERALD OF HEALTH for their families, especially for their children to read and study. The doctrines in the HERALD are for the most part new to the men of this regiment, but they soon see the point, and you may rest assured I lose no opportunity to assist them to see that there is a way to remain well when well, and a way to get well when ill, without swallowing poisonous and nauseating drugs. I tell them to study themselves more closely, think what agrees with them and what does not, and consider the cause of their complaints and try to remove them without doing their systems damage by introducing into them something that is neither food nor drink but a vile foreigner. All things in this world of ours are governed by laws, immutable and just, and hence disease does not come by chance, but is the result of wrong doing, of trampling under our stubborn feet wise but inexorable laws.

The world does move though, and the people are opening their eyes and are beginning to see and understand the new things that are coming to pass. Surgeons in our Western army are beginning—yes a good many began a year ago—to give but very little medicine, not half as much as they did when they first entered the service. They look more to the food, personal cleanliness, comfortable clothing, and hygienic matters generally, than formerly. If men will only reason, will only profit by experience and observation, this war will prove a great blessing to our people by the unheard of advances in the science of medicine. I heard a surgeon say a few days ago, "In another year I will learn to practice without using any medicine at all," so little of his stock of medicines had been used. And now our Surgeon-General has issued the best order that has been promulgated from Washington City since the war began. No more calomel and antimony are to be poured down the throats of our brave soldiers. Thousands will bless Surgeon Hammond for thus saving them from the terrible fate of slow poisoning. What hundreds of our army surgeons will now do, that their Sampsons are taken from them, remains to be seen. This step taken by the head of our medical department is a noble and decisive one, and a few week's experience will prove so clearly its wisdom and goodness that it will never be repented of. Yes, the day is dawning, we are progressing, and let us all be joyful. The right and true will triumph despite all opposition. Please find inclosed one dollar, my subscription for the HERALD this year.

I will wait as patiently as I can for the June number. Cordially yours,

J. LITTLE.

Camp Mills, Pilot Knob, Mo.,
24th Mo. Vols.

DRUG-KILLED AND BATTLE-KILLED.—*Dr. R. T. Trall: Dear Sir:* Two or three numbers of the HERALD OF HEALTH have accidently fallen into my hands of late, in the perusal of which I have been very much interested, particularly the articles treating the "drugging system," as practiced in our armies to such an extent, and as I believe, great damage. I have not unfrequently reported the sick list to the doctors during our nine months encampment at this place, and have become more than ever disgusted with the treatment our poor soldiers, who have risked their lives for the preservation of their country, have to undergo to get "excused from duty." On several occasions I have heard the physicians remark to those patients who had attended regularly for a length of time without experiencing relief from their afflictions, but rather growing worse, and, in several instances, effecting a discharge from the service, that they had about gone through with the whole routine of remedies, and that it would be well to stop awhile to see if they would not get better; thus showing that even they had not faith in their own system of experiments, which it really is. In fact I believe our regiment has lost three times the number of men by death from *drugging* that it has in battle, and we have seen fighting too, as you probably well know.

Last October, I had a very severe attack of typhoid fever, caused I believe by change of climate, water and diet; and to avoid a treatment which I have abhorred for ten years, I choose not to report to the doctors, but was conveyed to a private room, where a brother waited upon me through fifteen days raging

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fever, when with our combined skill in the Hygienic treatment, and the poor conveniences for carrying it into effect, we checked the disease. I had not eaten a spoonful of victuals during the while, and when I was again able to walk to the commissary scales, I found I had lost just forty pounds weight. In two weeks from the turn of the fever, after being thus reduced, I reported for duty and have not lost a day since. During my illness an M. D., of my acquaintance, called upon me several times, prescribing of course his poison. I have lately understood that he claims the honor of raising me from the death bed. The only medicine I took was a drop of acid occasionally in my frequent draughts of the "pure sparkling water," which afforded a pleasant taste to the parched tongue and lips.

I regard such reading matter, as is contained in your Journal, quite as indispensable even in the army as is military tactics. So far as my welfare is concerned, I shall endeavor to have it both while here and after my return home, if it should be my good fortune to live to see the end of this national war.

I have full faith that, through your purifying treatment of the many ills that flesh is heir to, this nation will be cleansed of many impurities, and at no very distant day, will arrive at that stage of advancement when discord and civil strife will be known only in the history of the past.

Having already occupied your precious time and attention too long, I conclude my remarks, enclosing a one dollar greenback for a year's subscription to the HERALD, commencing with the next issue, which you will please direct to Miss Parnee E. Harroun, Brandon, Fon-du-lac County, Wisconsin. I am, in the cause of humanity, ever yours, &c.,

W. PENN SPEAKMAN.

1st Sergeant, 83rd Regiment, Ill. Inft.,
Fort Donelson, Tenn.

HOW THE SOLDIERS ARE DRUGGED TO DEATH. —Baton Rouge, La. *R. T. Trall, M. D.: Dear Sir:* I thought it might be of interest to you to consider the treatment of one of our men who came to the hospital April 1st, and after patiently suffering for fifty-six days died recently. His disorder, which at last was changed to chronic diarrhea, was at first a common diarrhea with debility caused by the common exposures of the soldier.

April 1st—Quinia three grains, whisky two ounces.
2d, 3d—Bismuth five grains, quinia five grains, three times a day.
4th, 5th, 6th—Quinia three grains, bismuth five grains, three times a day.
7th—Quinia twenty-four grains, bismuth one scruple, opium six grains; mix ft. chts. No. 6, thirteen times a day.
8th—Continue medicine, omit opium.
9th—Continue medicine.
10th, 11th—Acids aromatic, fifteen drops, three times a day.
12th, 13th—Tincture muriate of iron, twenty drops, three times a day.
14th—Quinia one grain, columbo one-half grain mix, three times a day, milk punch three times a day.
15th—Continue medicine. Blister two and one-half by five inches over liver and stomach.
16th, 17th—Whisky one ounce, milk punch, three times a day.
18th, 19th, 20th—Ferri citras five grains, milk punch, three times a day.
21st—Ferri citras five grains, three times a day.
22d—Continue medicine, omit punch.
23d—Claret wine two ounces, three times a day.
24th—Quinia six grains, tannin twelve grains, opium five grains; mix ft. cht. No. 6, 1, three times a day.
25th—Omit powders. Claret.
26th—Quinia one grain, opium one-half grain, three times a day.
27th—Sherry wine one ounce, gentian twenty drops, three times a day. Plumbi acitas two grains, opium one grain, at night.
28th—Same. Claret drink.
29th—Quinia ten grains, bismuth twelve grains, morphine one-half grain, mix. Ft., cht., No. 3, 1, three times a day.
30th—Same. Claret drink.
May 1st—Contine medicine. Claret drink.
2d, 3d—Claret drink.
4th—Tannin ten grains, tincture opii one-half ounce; mix enema; twice a day mustard plaster over sanam.
5th—Omit injections; continue claret.
6th—Continue claret a little more freely.
7th—Enema, tincture oppii one-half ounce, tannin ten grains, mix. Continue claret.
8th—Claret.
9th, 10th, 11th, 12th, 13th—Cherry brandy.
14th—Plumbi acitas ten grains, tincture opii one-half ounce. Enema P. R. N.
15th, 16th—Brandy one-half ounce, three times a day; tincture muriate of iron ten drops, turpentine ten drops, after each meal.
17th—Gum Arabic solution one-half ounce, turpentine ten drops, every three hours, laudanum twenty drops, sulph. linci. eight grains, enema three times a day. Continue brandy.
18th—Continue medicine. Enema P. R. N.
19th, 20th—Same as April 18th. Wine two ounces, instead of brandy.
21st—Gum Arabic one-half ounce, turpentine ten drops every three hours, laudanum thirty, sulph. linci, eight grains, enema at night.
22d—Brandy one-half ounce every two hours, turpentine ten drops, gum Arabic solution every three hours.
23d—Wine once every three hours. Omit turpentine. Enema, argentum nitras one grain, laudanum thirty, aqua one ounce.
24th, 25th—Wine one ounce every three hours, quinia one grain three times a day.

These medicines often caused a burning sensation in the stomach, and injections soreness and griping. Instead of the diarrhea being checked his vacuations at last became very frequent and involuntary. The corpse is on the way to the grave.

Yours, with respect,

DAVID E. N. CARLETON.

KEEPING SOLDIERS ALIVE. — A correspondent of the *Evening Post*, in allusion to the advantages of employing the "contrabands," says:

"Much tedious toil and unhealthy labor would have been saved to our soldiers in the slow approaches to Fort Pulaski, if the insane prejudice and folly against the blacks had

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not interfered with their use. Our poor fellows worked for many weeks, night after night, in the marshes and quicksands, dragging heavy guns and mortars, carrying shot and shell, planks and munitions of war. They worked there up to their knees in quicksand and water, breathing in malaria at every breath, and kept alive by doses of whisky and quinine."

All history (to which the history of our armies are no exception) attests the fact that more persons are killed outright, than are kept alive by quinine and whisky. The mortality and inefficiency of our armies, throughout the country, has been in proportion to the rations of whisky and quinine with which they have been dosed and drugged.

Common sense would say that, if a person gets malaria into his system, the remedy consisted in getting it out. But the medical science of the nineteenth century says, "feed him with quinine and whisky." Common sense would instruct the person who had been so unfortunate as to inhale or imbibe malarious poison, to keep the skin open and the bowels free, so that the infection could pass out again. But the medical bureau says, "whisky and quinine." Common sense would think that the only means to avoid the injurious effects of malaria, is in expelling it from the system. But the medical directors say, whisky and quinine.

A Soldier's Legacy.—Private J. C., of 1st D. C. Infantry, writes us from Camp Slough, Va.: I am at last a thorough believer in the Hygienic system which you so ably teach. I have served in the U. S. A. thirteen years, previous to my present term in the Volunteers, which commenced October 6, 1861. Twice in the years '40 and '41 I was considered past cure of chills and intermittent fever in Florida, and bloody flux or dysentery. I took a vast quantity of quinine until I became so deaf I could not hear ordinary conversation. Finally, I resolved to take no more medicine, live or die, and the last dose which was prescribed for me—twenty grains of calomel—I took into my mouth, went through the motions of swallowing as well as I could, and when the opportunity occured I spit it out unnoticed. The next day the doctor said the medicine had worked very well, which was no doubt true, as it "worked" in the ground if any where. I recovered health very slowly, and am left with a legacy of drug diseases, among which are dropsical swellings, mercurial rheumatism, neuralgia, stiffness of the limbs, soreness of the muscles, boils and eruptions, &c.

Voices of the People.

Speaking out in Meeting.—In our "Voice" department the voice of an out-spoken clergyman, Rev. John Lowrey, of Saratoga Springs, deserves a place. We extract the following paragraph from an article over his signature in the *American Wesleyan*. If all the clergymen of our country would define their positions in relation to the drug system as Mr. Lowrey has well and truthfully done, drug doctors would be among the things that were:

"Is it not the most reasonable thing in the world to poison persons because they are sick, or administer medicine that would make a well person sick?

Most of the young whose deaths have been recorded lately, are said to die of diptheria, but, if the truth were known, it is not so much the diptheria, but the poisonous medicines administered that so often result in death. There may be cases where a person may be in such a diseased condition when they are afflicted with this malady that there is no hope for them, and their earthly existence terminates in a few hours. But the young and healthy do not die with diptheria alone, but with the medicines and treatment they receive. With proper care they generally recover in a very short time without a particle of medicine of any kind. These remarks apply to other diseases, and if correct, show the unreasonableness and absurdity of the whole system of drug medication.

There is a time coming, predicted by the Prophet, when 'a child shall die a hundred years old,' such will be the advanced period of human life, that a person dying at a hundred years, will only be considered a 'child.' Before that happy time arrives the people must be educated to understand the laws of their own being and practice them. It is the duty of the pulpit and the press to aid in this great reformation that the Gospel of Health may be preached to all the inhabitants of earth, that God may be glorified in the *bodies* and souls of men."

The Herald Semi-Monthly.—A. P., writes from Selby, C. W.: *R. T. Trall, M. D.: Dear Sir:* I expect soon to send you the names of a few subscribers to the Herald. For myself, every number I receive augments my esteem and admiration for it and its noble and magnanimous editor. I could not think of doing without it now, and you may, consequently, consider me a life subscriber. It would be a

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fine thing if it could be issued semi-monthly instead of monthly, which I think must be extremely desirable by the most (perhaps all) of your subscribers. I presume they would cheerfully double or treble the amount of their subscriptions, in consideration of having its welcome and valuable visitations doubled. But when I take into consideration the dimensions of your present labors, it looks likes an injustice to you to ask you to increase them. If our gratification in this respect must be purchased at the expense of your health, we dismiss the idea cheerfully, because we need you among the living as long as you can possibly stay. We hope you may live a hundred years longer at the very least. Enclosed please find one dollar for which send me your photograph.

FROM THE GREEN WOODS OF INDIANA.—*Dr. Trall:* Enclosed please find one dollar for the HERALD OF HEALTH, and I am only sorry that I cannot send you one hundred dollars for so many copies. I have been so damaged and imposed upon by drugs and drug doctors that I feel a sort of hatred to both. Unfortunately we have no other kind of physicians in Crawford Co.; and I have been drugged half to death by two of them, the particulars of which I hope to send to you at some future day. I have been in the army more than six months where there was a good chance to see and feel the baleful effects of the drug system. I had the jaundice and the doctors prescribed blue pill and quinine which I refused to swallow. I have reason to believe that the biliary obstruction was caused by the miserable diet, viz.: pork, grease, coffee, fried hominy, greasy beans, very greasy soup, fried rice, and sometimes fried sour bread! How could we be well?

S. V.

DOCTORS AND COFFINS.—M. E. C., writes from Chester, N. H.: Enclosed is one dollar for the HERALD, one year. The people here are "slain" by the score by the drug doctors. They often send twenty and thirty miles for a doctor, after the village M. D. has done his best. I had an invitation to open an office and run him out. I wish I could be the means of saving so many lives, as might be done by so doing. A mother was telling me about her son, who is a cripple for life; it made me shudder to hear her tell of his sufferings. He was troubled with abscesses, which were caused by the suppression of an eruption in consequence of poison, probably that of the ivy. His parents, as the mother said, "tried everything" (but the right way, as she might have added). For ten weeks at one time some one had to stand over him and not leave the bedside for a moment. His cries were heart-rending. For years this woman has had some one sick at her house, and is not the only one thus afflicted. Sometimes the village carpenter can hardly make coffins as fast as needed. I hope it will not always be so.

RESULT OF SUPPORTING THE DOCTORS.—C. H. M., writes from Atlanta, Iowa: I am well pleased with the HERALD. Through the "Hydropathic Encyclopædia" you have been my physician for six years, and you have had good success. Our family has enjoyed good health, contrary to the wishes of some of our acquaintances, who would be glad to have the system you advocate fail. We have three physicians in this village of about three hundred inhabitants. The people support them well, and get in return, aches, pains, decayed teeth, and shattered constitutions.

A GOOD WORD FROM ENGLAND.—J. A., Esq., writes from Birmingham, England: The leaven of new ideas about health, and all that appertains thereto, is doing good work here. The intelligent classes are alive to the value of the Hygienic system of medication.

CREEPING-PLANTS OF CEYLON.—At Topari, the creeping-plants are as beautiful as they are various. They cover the stems of the loftiest trees, shoot across the top branches, extending from branch to branch and from tree to tree, over a continuous extent of wood; bordering the forest-paths, roofing with verdure and bloom the entire thicket, completely shutting out the intense light and heat of the blazing sun—producing a profuse, varied, and rich mass of the most luxurious green tints, the intense light shining through their transparent leaves; while their graceful tendrils hang in wreaths, festooning nature's arbors—drooping across in garlands of gorgeous blossoms, red, yellow, purple, blue, and white; some of them small and tiny, others as large as a peony rose, closing you in with a partition of quivering leaves, through which the parrot and humming-bird are constantly fluttering: also the graceful ribbon-bird, which is white, with a tuft on the head, and two long feathers growing out of its tail, closely resembling the bird of paradise. Some of those creeping-plants are of huge dimensions, and are called jungle-rope, being as thick and as closely twisted as a cable, which it closely resembles.

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To Correspondents.

SALT RHEUM.—E. E., Spring Green, Wis.: "*Dr. R. T. Trall:* Last fall when husking corn the sharp husks cut the skin of my hand in several places, and instead of getting well the sores spread into an eruption that covered the backs of my hands through the winter, which was commonly called salt rheum. When warm weather came the eruption disappeared, but the skin of my hands are thick and itchy, and every little scratch or pimple remains a long time festering and sore. What shall I do to cure them? I have not taken anything inwardly nor applied anything outwardly, except occasionally a wet cloth covered over with a dry one on going to bed. For further particulars I will state that I never was troubled with it before; am forty-six years of age; reside on a farm, and have been endeavoring to approximate, as regards diet, as near as my circumstances will admit, to the rules taught in the HERALD for some time. I never used tobacco; have not used spirituous liquors for many years; coffee is an entire stranger. I take tea occaisonally, weak and sweetened; use beef quite freely in the winter, and milk and butter in the summer; do not use one-fourth the pork that we were in the habit of years ago. Fruits we can only get occasionally as they are so high."

No one should expect perfect health because he approximates the conditions of health. He must live them fully to realize the best bodily condition. Like a majority of health-reformers, as they call themselves, you have discontinued some bad habits, and held on to others. The free use of beef in winter, and free use of milk and butter in summer, are very bad for such a humor as troubles you. They keep you bilious, and the biliousness prolongs the humor. We regard milk as especially objectionable in all such and similar cases. Although you do not use one-fourth the quantity of pork you formerly did, even the quantity you do use may keep your blood gross, your secretions foul, and your humor troublesome forever. Why eat the filthy stuff at all? You seem to know that it is wrong to do so, yet you do it, and then appeal to us for advice! This is absurd. Why not do as well as you know how, and, then, if you fail to recover health, seek advice of the doctor. Heaven (and doctors too) helps those who help themselves.

LEAD CURE FOR CALOMEL.—H. H. G., Roseville: "I have seen some strips of sheet lead one-quarter to one-half inch wide and one-sixteenth of an inch thick, that were taken off the wrists and ankles of a woman who had been so injured by taking calomel, that her tongue turned black and was so swollen as to extend out of her mouth. Said strips of lead after remaining upon her wrists, ankles, and about her waist a few days would become so filled with the calomel as to fall off, when others were put on until the woman was restored to health. A good honest old Dutchman cured her, and he told me that he learned how to do it in Ohio, where others were cured thus, who were diseased by calomel. The lead strips would break in any part on being bent, and their color was changed by the mercury in them.

I wish to ask if the system will be injured by using lead in this way? If no essential injury will occur from the lead, should not such facts be published to the world, that many may be relieved from great sufferings, who will not take the time and trouble to cleanse the system of mercury, in its various forms, by the proper application of water?"

The sheet lead does neither good nor harm. The true explanation is this: Under favorable circumstances the system expels mercurial drugs, as well as other impurities and poisons, through the surface, and thus rids itself of their presence. If sheet lead is applied to any part of the skin the salts, or rather oxides of mercury, will corrode it and it will decompose and crumble off. The lead does not draw the mercury out; indeed it is an obstacle, though a very slight one, to its being eliminated.

CATARRH.—L. S., Philadelphia: "I would like to have your opinion with regard to the treatment of a person who has been suffering for some years. The disease commenced as a cold or a catarrh in the head, the discharge being profuse and of an unpleasant odor. After continuing thus for several months, it was found that small pirus of bone were discharged, and that taste and smell were gone. After taking the Electric vapor baths, small pimples broke out on the outside of the nose, and at the present time all one side is affected. The patient is a large, fleshy woman, and has been a high liver. The septum of the nose seems to be entirely gone. The throat is also somewhat affected."

The patient should use mostly solid food—coarse bread, fruits and vegetables, be rather moderate in quantity, and avoid all grease and seasonings. If the temperature is sufficient she should have the wet-sheet pack daily; if not, the tepid half-bath. Sitz and foot-baths should be employed daily. Walking foot-baths would be excellent on a warm day. Do not wear the wet head-cap, as the object is to determine irritation from the head, not toward it.

SPRAINED ARM.—V. A. V., Portsmouth, N. H.: "*Dr Trall:* Will you please tell me what I can do for a sprained arm, caused by lifting a tub of butter five weeks since?"

Foment the arm two or three times a day for ten or fifteen minutes; then wash or shower with cold water for a minute or two, followed by dry friction.

ALCOHOL AND DRUGS.—S. C. A., Sandusky, O. We do not pretend to reconcile the inconsistency of those "ultra" and "radical" Hydropathists, who profess never to prescribe drug medicines, and frequently prescribe alcoholic stimulants. It is, in our opinion, irreconcilable. And our opinion is further, that no such "Water-Cure doctor," however great his reputation or lofty his pretentions, does not understand the *first principles* of the healing art. We have never in a single instance prescribed one drop of any form of ardent spirits, wine, beer, nor cider. We should as soon think of prescribing calomel as alcohol; and, in our judgment, alcohol in every shape is just as much a drug medicine as is calomel or antimony.

PAIN IN THE RIGHT SIDE, &c.—S. V. W., Grantsburg, Ind. The symptoms you mention indicate chronic inflammation of the liver. Wear the wet-girdle, take one or two hip-baths daily, and the wet-pack once or twice a week. Avoid flesh food, milk, butter, cheese and fine flour.

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DEAFNESS AND SCROFULA.—F. B. R., Woodstock, Vt. No doubt the scrofulous condition of the system is the essential cause of the deafness of your oldest child, and of the glandular swellings in the youngest. This is indicated by the consumptive tendency of the family, as well as by the morbid conditions of the children. Abandon the beef, mutton and milk regimen at once, and restrict them to a plain fruit and farinaceous diet. They should use no butter, and but very little sugar. The tepid bath should be employed daily, and they should have plenty of air and sunshine.

CHRONIC RHEUMATISM.—J. C. W., North Madison, Ind. The case you describe of eight years' duration, and in which the patient has been badly drugged and is left "a perfect cripple," is altogether too desperate for home treatment, where there are no facilities for proper treatment, and no one to direct it. We cure such cases at the establishments, but a prescription for self treatment would be a mere farce. It would only discredit our system without curing the patient.

FISTULAS.—C. M. A., Skaneatales, N. Y. We cannot cure these painful ulcers without resorting to surgical appliances, and for this purpose the patient must be with us. The usual time required is from four to twelve weeks.

HARMONY IN AGE.—All men whose cultivation keeps pace with their years, grow "better looking" as they grow older. They need not regret the roses of spring, for they are exchanged for the richer fruits of autumn, which represent all the worthy labor that has been expended in the years of manhood while they grew and ripened. As a man lives on, all parts harmonize more perfectly to produce unity and wholeness. Not a gray hair can be missed without disturbing the concord, not a wrinkle obliterated without destroying some part of the beauty of age. I have seen some old people "got up" in a manner to make them look actually frightful, while, I doubt not, they supposed themselves in a condition to challenge admiration. It is quite amusing to see old fellows of fifty or thereabouts, rejuvenated, as they believe, with wigs on their heads and hair dye on their whiskers, and playing the agreeable at balls and parties, and in horse cars, to girls whose mother had resisted the charms of their youth. They think it is all right, but the girls laugh at them and call them old fools.

Man can be perfected only by a harmonious development of all his faculties.

College Department.

NEW ANNOUNCEMENT.—The regular course of lectures will commence on the second Monday of November in each year, and continue twenty weeks, exclusive of one week's vacation from Christmas to New Year.

To ensure a thorough education at the smallest possible expense, the Trustees of the College have adopted the following modification of conditions and charges: The fees for matriculation and for the whole course of lectures (which must be invariably paid in advance, or the payment thereof secured), will hereafter be $100; graduation fee, $30. These fees are required to be paid but once, and they entitle the student to attend any number of terms, on payment of a matriculation fee of $10 for each term after the first.

Candidates for the Degree of Medicine are required to be twenty-one years of age; to have studied the Medical Sciences not less than three years, including attendance on the Medical Lectures; to have attended Lectures in this College two full terms, unless they have attended a full course of lectures in some other medical college, authorized to confer the degree of M. D., or have had prior experience and practice equivalent, in the judgment of the Curators, Faculty and Trustees, to one course of lectures; to be of unexceptionable moral character; to be wholly free from the vices of liquor-drinking, tobacco-using, and profanity; to write a thesis on some medical subject which shall be approved by the Faculty, and present the same, with the graduation fee to the President of the Faculty, at least two weeks before the close of the term; to pass a satisfactory examination before the Board of Curators. If the candidate fail to pass the examination, the graduation fee will not be returned, but he may present himself for examination at the close of any subsequent lecture term, and, on passing, receive his diploma without additional charge.

Both ladies and gentlemen are admitted to the Lectures, and to all the privileges of the School, and entitled to receive the degree of M. D. on precisely equal terms.

Good board can be had in the Hygienic Institute, and other places in the city, at $4 to $5 per week; or students can hire rooms in the neighborhood and board themselves, thereby saving a part of this expense.

BOOKS OF REFERENCE.

Chemistry.—Youmans, Brand and Taylor, Draper, Fownes.

Electro-Magnetism.—De la Rive, Bird, Faraday.

Anatomy.—Gray, Wilson, Horner.

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Physiology.—Dalton, Draper, Carpenter.
Pathology.—Gross, Rokitansky, Williams.
Hygiene.—Trall, Graham, Alcott, Smith.
Medical Institutes.—Paine, Williams.
Materia Medica and Therapeutics. — Pereira, Dunglison.
Theory and Practice. — Trall, Bennett, Watson, Wood.
Surgery.—Erichsen, Velpeau, Hill, Cooper.
Obstetrics.—Bedford, Cazeaux, Meigs.
Diseases of Women.—Scanzoni, Simpson, Bedford, Trall.
Gymnastics.—Trall, Lewis.
Elocution.—Bronson, Russell, Rush.
Dictionary.—Dunglison, Cleveland, Gardener.

PROGRAMME OF EXERCISES.

There will usually be four lectures daily of one hour each, except on Saturdays, when the students will visit the hospitals and dispensaries of the city, where they can see almost every phase of diseased and deformed humanity, and witness a great variety of surgical operations.

A *clinique* will be held in the College Hall every Friday at half-past eleven, A. M., when patients will be examined and prescribed for before the class.

There will be a Lyceum Debate, with essays, criticisms, &c., one or two evenings of each week. And one or two evenings will be devoted to music, dancing, and other wholesome exercises and recreation. For further information address, R. T. TRALL, M. D.,
No. 15 Laight St., N. Y.

HYGIENIC PHYSICIANS.—The demand for physicians of our school is greater now than at any former time. The spread of our principles over the country, and the sad experience of thousands of our unfortunate soldiers, who have been either ruined or killed outright by drug medication, are doing very much to revolutionize medical practice. Thousands of our graduates, if we had so many, could readily find remunerative employment. In order to do all we can to help on the medical revolution of the world, we are preparing greater facilities than ever for giving our students a thorough education.

We expect a larger class next winter than we have yet had, and we shall endeavor to do them full justice.

THE POOR MAN'S MITE.—L. A. W., writes from Oil City, Pennsylvania: I must thank you for the great efforts you are making for the physical salvation of the world, and congratulate you on the high stand and great advance you have attained in that way which is to make the world healthier and wiser. I am a poor man, labor for what I have, but if I live and prosper you may count on my "mite" to help to endow your College.

THE "FOURTH" AT THE HYGIENIC INSTITUTE.

THE "Fourth," the "glorious old Fourth," passed over the good city of "Gotham," bringing along the usual accompaniments of popping of crackers, booming of guns, roaring of cannons, whizzing of rockets, waving of flags, beating of drums, readings of the Declaration, making of speeches, eating of dinners, noise, bustle, and confusion.

The day was spent by "our folks" in a variety of ways. The numerous excursion parties out of town, to Hoboken, Fort Lee, Coney Island, Sandy Hook, Newark, Tarrytown, Newburgh, and Harlem High Bridge; the churches, museums, picture galleries, concerts, &c., were spent by each as he felt inclined.

The majority, however, spent the day very quietly at home. After a nice dinner the paralytic and feeble ones were carried to the parlor, the lame ones were there and the well ones—well they got there *somehow*—and we had a little impromptu celebration of our own. Dr. Trall being absent, Dr. Bland, of Indiana, very *blandly* presided over the meeting. Quite a variety of toasts and sentiments, patriotic and reformatory, were improvised on very short notice, and read by Dr. Heald, of Wilmington, Del. Speeches were made by Dr. Bland, Dr. Heald, Martin, the "Wherryman," Dr. Jones, Mr. Van Vleet, of the *Washington Republican*, Dr. Miller, Mr. Kelly and others. Mrs. Annie Chambers Ketchum, of Nashville, Tenn., presided at the piano and favored the audience with fine instrumental and vocal music. She also recited a very beautiful, original poem entitled "The Idiot Boy."

Two or three hours were thus spent very pleasantly and the party adjourned, some to their rooms and some to the fire works (which last, were magnificent; as seen from the house top the whole heavens seemed ablaze with falling stars), while others sought the reading room to learn the latest news. Looking back on our celebration now, the only thing that we have to regret is that we did not know then the glorious truth that "VICKSBURG IS OURS."

REPORTER.

There is a class of people who ask you why you *don't* come to their house, but never say *do*. They are nearly related to the gentleman who has always got "a note to make up," whenever you wish to effect a small loan from him.

"Old age is coming upon me rapidly," as the urchin said when he was stealing apples from an old man's garden, and saw the owner coming cowhide in hand.

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Kindergarten Department,

FOR THE JUVENILES.

MY DEAR LITTLE NIECES AND NEPHEWS:—I am sitting, this bright July morning, in a lovely little park not far from my home. There was a delightful shower yesterday and everything is as fresh and bright as though it were the month of roses. The sunshine and shadows are having a merry game of hide and seek upon the grass, and the fountain, bordered by grand old trees, is throwing up great jets of silvery spray, in which a brilliant rainbow is gleaming. The little gold fish are darting hither and thither beneath the falling drops, and all things seem whispering "this world is very beautiful." The din of the city, its rumbling of wagons, and carts, and cars, and omnibuses, comes borne to my ear in quite a subdued sort of way, sounding much like the murmur of falling waters, and I have only to close my eyes on the human tide ebbing and flowing past, to imagine myself out in the grand old woods beside a murmuring waterfall, which goes sending up its sweet anthem on high, "forever and forever."

I wish you were all here beside me, children, that I might talk to you, instead of letting all the best thoughts escape me in this slow process of transferring them to paper, and then I think as that may not be, it would be very nice if we all understood phonography.

Last month I wrote something concerning your physical habits; this time I have a few words to say upon your moral habits. Home is the place where character is for the most part formed. Home should be the dearest, sweetest, most attractive spot on earth, where all kind and loving affections should centre; where all the better qualities of our natures should be called forth and educated. But alas! I am sorry to say, too many homes are the reverse of this; too many children are happier almost anywhere else than at home, and regard home merely as a place to eat, sleep, and work in, while for amusement, instruction, or real enjoyments, they are too apt to seek elsewhere. Not because parents do not love their children enough, but being absorbed in the cares of the body they forget the wants of the soul. They are too apt to think that when they have provided food and clothing for their children and sent them to school they have done their whole duty, forgetting that some provision is needed for amusement as well as for instruction; forgetting that the generous emotions of their children need encouraging, guiding, and directing, equally as much as the selfish ones need repressing.

I spent a week in Wilmington in the early part of June attending the *National Health Convention*, and while there I visited a home that came so near my ideas of a model one in many respects that I must tell you about it.

There were three children in the family, the eldest a bright-eyed little girl of about nine years. They were all very healthy looking; had never taken any medicine in their lives, and lived comparatively Hygienically. Their parents evidently did not deem it beneath their dignity to make companions of their children. They were brought into the parlor and introduced to to the company, and simply, naturally, and charmingly did their part toward entertaining the guests and making them feel at home.

It was beautiful to see the perfect confidence and trust, the familiarity existing between parents and children. They evidently regarded their parents as their best friends and companions, and felt that they could understand and appreciate them, that they studied their wishes, wants and needs.

The house and grounds had been arranged with direct reference to the children, to allow them the greatest liberty compatible with their parents' comfort. In cities room is usually limited, there are no large door-yards for children to play in, such as people in the country have, but in building his home their father had left a little yard all round it for the children, and had filled it with beautiful plants and flowers. Then he had fitted up a nice little room for them to play in, one which they could have entirely to themselves, and also a veranda as large as the room, from both sides of which they had a beautiful view. They can thus play, shout, run, jump, and make all the noise, have all the fun they choose without disturbing any one or being in any one's way.

One little incident which came to my knowledge concerning this little girl, I thought very beautiful. She felt as all children feel when they read or hear about the poor sick, suffering soldiers as if she wanted to help them, to do something for them. And so she went to work and invited all her young friends in and made a little fair, and on Christmas day sold twenty-five dollars' worth of things. With the money she bought various articles for the soldiers, and as she went among them distributing clothing, fruits and little delicacies, such as only the sick can appreciate, O how many prayers for her

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welfare went up from those brave suffering ones, whom her thoughtfulness had made glad. Her mother encouraged and assisted her, and guided and directed her efforts. One day she heard a poor soldier, who was sick with rheumatism, say if he had a pair of red flannel shirts, he thought they would cure his rheumatism. She could not rest easily till she had got the cloth and helped make them herself, and the look of gratitude which the poor soldier gave when he received them was worth all the selfish pleasures of a lifetime.

Every pleasant Saturday when there is no school, she goes around to all her friends and takes up a "*mite*" collection. That is, each one gives not less than one cent nor more than five. She has a little book in which she sets down opposite every person's name just how much they gave each time, so that she knows just how much she has received, and whenever she buys anything, just how much she pays out; and thus is not only cultivating her benevolence, but, at the same time, is learning arithmetic, book-keeping, and disciplining her intellectual powers. She has taken in a great many dollars in this way, and devoted it all to the soldiers. Her parents are practically educating her better nature and these are a few of the results.

Children, do you not think this was a very noble thing for a little girl not yet nine years old to do? And do you not all feel as if you would like to "go and do likewise." I do not expect you to do as much as she did, because few of you can have the help and assistance she had. But you can all do something; even the smallest thing may be the means of doing great good. And all around you, every day of your lives are scattered opportunities for doing good in one way or another. You are all rich, you can all give the wealth of kind and loving words and gentle deeds. Is your little brother or sister peevish and fretful? Be patient and gentle with him. Does a little playmate get angry with you and strike you, or call you names? Remember a "soft answer turneth away wrath, but grievious words stir up anger." Is there a poor little boy or girl in school? Take him aside some day and divide your dinner with him, and see if you are not happy for it all day long. Is there one among your playmates whom the rest delight to tease and make sport of? Never join in with them, speak always kindly of and to him.

Is your mother very busy? Run and mind the baby, bring in wood, do *something* to help her. Show her in actions that you love her and want to do all you can for her. Is she tired and weary, so that every little noise annoys her while you feel so brimfull of fun and mischief you can hardly contain yourself? just sit down quietly till she is rested, or else run out of doors where you will not disturb her. Depend upon it, children, the surest way of being happy oneself is to make others so. Try it, wont you? And the very next time you feel real cross and naughty, and out of sorts with yourself and everybody else, just put on a pleasant face and run and do something for somebody; try real hard to make some one happy and see if your ill nature is not all gone before you know it. It is far more "blessed to give than to receive;" it is far easier to scatter sunshine around us than shadows, if we only try. That you all *will* try, very earnestly, is the fervent wish of, AUNTIE.

GRANDPA'S FIGHT.

"What can be the trouble now? Something, I'm sure, or those little feet would never walk so slowly," said grandpa, as Mary came into the kitchen, where he sat by the fire, one cold morning in December last.

"Tears too," he said, putting his hand to her face, as she laid her head on his shoulder. "Grandpa's eyes can't see his pet's tears, but he can feel them."

"Grandpa shouldn't feel my tears, then he wouldn't know I have any. But I can't help their coming," she said, as they burst out afresh. "Dickey's dead, and that ugly Tom Jones killed him, I'm sure."

"Why sure?" said grandpa.

"Because the other day, he said he would, when Dick killed one of his doves. I told him I was sorry, and wanted to pay him for it, but he wouldn't let me. If I was a big boy, instead of a little girl, I'd kill his Carlo, or do something to him. I'd pay him somehow;" and her usually pleasant face looked almost fierce.

"So would I," said grandpa. "And let me tell you what a fight I had once to pay a boy."

"You know I was in a good many battles, when I was a young man," he continued," and lost both eyes and got a wooden leg by the means; but I believe I never had quite so hard a fight, as when I resolved to pay Jim Ellis for tearing my kite to pieces, when I was twelve years old.

"Now I had two professed friends near me at that time, one named Conscience and the other Revenge; and as soon as I found out what Jim had done, they began advising me.

"'Knock him over,' said Revenge.

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"'Do unto others as ye would they should do unto you,' said Conscience.

"'That rule will do very well for Jim, but not for you,' said Revenge. 'I'd pay the hateful fellow some way. He deserves a good whipping.'

"'Love your enemies, and if they hunger feed them, and if they thirst give them drink; that will pay him,' whispered Conscience.

"'Yes, that will pay him well,' I said. 'I'll do as Conscience tells me;' and then I tried to drive Revenge away.

"But the bad fellow wouldn't go, and kept telling me I was a fool and a coward, not to be revenged on him, and tried very hard to force me to do as he wished.

"But my good friend Conscience stood by and helped me fight him off. And a desperate fight it was. He was determined to conquer me, and I equally resolved to conquer him. But it wasn't fair play. He was a big fellow, and more than a match for Conscience and me together.

"At last another friend, named Prayer, came to help me. The instant Revenge saw him, he began to tremble, and after a few feeble blows, ran away out of sight; and had it not been for the scratches and bruises he had given me, I should have forgotten there ever was such a fellow, I was so happy in being free from him.

"Wait a minute, that isn't all," he said, as Mary began to speak. "Just the instant Revenge let go of me, I went to my desk in the school-room, and taking out a top that Jim Ellis was very fond of playing with, and I knew he had long wished to own one like it, so I wrote on a slip of paper, 'Will Jim Ellis please accept this as a birthday gift from his friend Charley?' Jim never tore my kites after that, nor was anything but a true friend."

"I guess Revenge has run away from me," said Mary, her face looking quite like herself again. "Maybe he doesn't like to hear such stories about himself."

"You won't have Carlo killed?" said grandpa.

"I guess not; and I think, grandpa, I can spare Tom one of my fuschias, after all; he wants one so much, and is so fond of flowers. I guess I'll give it to him at Christmas.

"Right, my little girl, and remember if ever the ugly fellow, Revenge, troubles you again, Prayer will certainly help you to conquer him."

LITTLE KINDNESS.—"Mother," said a little girl, "I gave a poor beggar child a drink of water and a slice of bread, and it made me so glad I shall never forget it." Now children can do a great many things worth a "thank you." Kind offices are everywhere and at all times needed; for there are at all times sick ones, poor ones, besides dear ones, to make happy by kindness; and it goes further toward making home happy than almost anything else. Kind offices are within everybody's reach, like air and sunshine, and if anybody feels fretful, and wants a medicine to cure it, we would say, do a "thank you's" worth of kind offices every hour you live, and you will be cured. It is a wonderful sweetener of life.

THOUGHTS FOR QUIET MOMENTS.—How often we have disquieted ourselves with the apprehension of evils which, after all, may never have befallen us! How often we have indulged in vain hopes and ambitious speculations, which if they have apparently been realized, have peradventure brought with them none of the happiness that we had anticipated as their result! It is likewise a wholesome practice to trace back whatever good we may enjoy to something that, at the time, might appear a great trial to us, and yet actually, in the consequences connected with it, may have been indirectly, under the Divine Providence, the cause of the very good on which we are felicitating ourselves.

We are all ready enough to complain of our disappointments, but we never take note of the disappointments on the other side of the question. If we were as free to acknowledge unexpected good as to murmur at an unexpected evil (if we may speak of any of the dispensations of Divine Providence by such an epithet), we should maintain a more equal temperature of mind. The whole 175 volumes of the "Universal History" would not instruct us so much on this subject as the history of thoughts, feelings, and projects of the humblest individual, impartially related by himself, for a single twelvemonth. All misfortunes appear more formidable at a distance than when we actually come to grapple with them; "for nothing is so dreadful as it seems." The clouds that are the precursors of a storm do not appear so black to us when they hang immediately over our heads as when we see them rising up at the edge of the horizon. It is better to know the worst than to dread the worst.—*The Curate and the Rector.*

A little girl, showing her cousin, of about four years, a star, said, "That star you see up there is bigger than this world." "No it ain't," said he. "Yes, it is." "Then why don't it keep the rain off?"

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Dining-Room Department.

FRUITS.

BY MRS. MATTIE M. JONES.

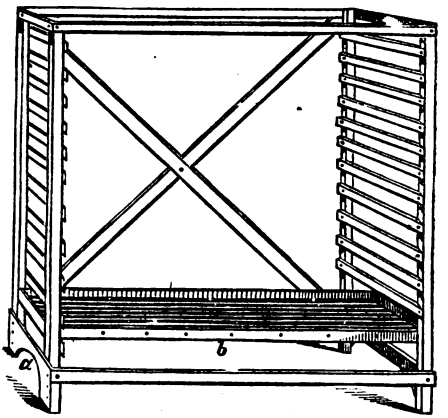
Of the necessity of fruit, perhaps, enough has already been said. I would now call attention to the importance of using it as far as possible in its natural state. *Ripe, uncooked* fruits, such as apples, pears, peaches, plums, grapes, strawberries, raspberries, &c., are incomparably superior in point of wholesomeness to the same fruits when cooked, and should in their season be upon the table at every meal. Many persons may object to this, especially during the summer months, saying that fruit is the cause of summer and bowel complaints, &c. That unripe fruit at any time, and even the best of ripe fruit eaten between meals, especially if meat forms a part of their daily food, often does induce these disorders I admit, but that only proves the truth of the old adage, "The greatest blessings become the greatest curses if wrongly applied." The same is true of fruit as of every thing else. It should never, under any circumstances, be eaten between meals. And if those who regard a mixed diet as necessary, would, during the summer months, substitute good ripe fruit for meat, and eat as a part of and only with their regular meals, they would find a vast diminution in the summer complaints, fevers, &c., with which they are now so often affected.

As far as practicable a supply of long keeping fruits should be secured for the winter and early spring, but at present it is hardly possible to preserve a sufficient quantity for the whole year without some artificial means of preservation.

In order to save various kinds of fruits and ensure variety, next to *canning* the best method is that of drying, and for all the larger fruits, such as apples, &c., the latter is much the cheaper and more practicable method.

The essential requisites in drying fruits are: First, that it should dry quickly, so as to preserve as far as possible its natural flavor. Second, that it should dry thoroughly in order to keep well; and third, that it should be kept free from dust and flies.

The *racks* in common use are unwieldy, unhandy things, requiring two to lift them, besides taking up a great deal of room. Scaffolds are very inconvenient, and stringing, much labor. The most easily made, perfect and convenient arrangement which I have ever seen, my husband invented and made while in the country last summer.



The accompanying engraving represents it; (*b*) is a rack four feet long and about one and one-half feet wide, made of common wall lath nailed together one-tenth to one-fourth of an inch apart, according to the size of the fruit to be dried. A lath or strip of board one inch wide is nailed round the edge to prevent the fruit falling off. The expense is but a mere trifle, and any person who can drive nails can make it. If laths are not to be had, strips of boards will do as well. We have thus a surface of six square feet. Light, easy to handle, and the air can circulate and dry it much faster and prevent moulding in damp weather, as it often does on a wet board. Make as many such as are needed; we had about twenty. In the morning when it is clear, put them out in the sunshine. If a shower comes up, or before the dew falls, bring them in, one person, even a child of ten years, can handle one easily.

Now for a place to keep them in the house conveniently, and so that the fruit will continue to dry nights and stormy days. To effect this we constructed a frame represented in the engraving. Posts two inches square with strips about one inch square nailed across, far enough apart to admit a rack between them, and braced as represented in the cut. A frame to hold twenty can be made for a dollar or two, and not weigh over twenty pounds. This we set near the kitchen stove against the wall out of the way and occuping the space of a good sized bureau, having over one hundred square feet surface of drying racks, holding four or five bushels of apples or other fruit. The number of racks and size of frame or frames, can be increased or diminished to suit circumstances. We found this plan saved at least half the labor we formerly had to perform. The fruit dried in much less time. By keeping a little fire through the evening, and on wet days the necessary fire for cooking, &c., kept up the drying process and we never lost a pound either by rotting or moulding.

Our experience in the use of dried fruit is that the quicker it is dried the better it retains its flavor. Keeping off flies, wasps, &c., for cleanliness is of great importance. A few yards of musquito bars is sufficient to cover a large surface and prevent drying very little.

We present the above that others may, if they chose, adopt the same if they have no better.

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RECIPES FOR COOKING FRUITS.

To many of our readers the accompanying recipes will be unnecessary, but to many others they will be of much use.

The following comprise the principal methods adopted at the Hygienic Institute. Many of them are taken from Dr. Trall's "Cook-Book."

BAKED APPLES.—The best baking apples are moderately tart, or very juicy sweet ones. The former, of ordinary size, will bake in about thirty minutes; the latter in about forty-five minutes. Select, for baking, apples of nearly equal size; wipe them dry and clean; put a very little water in the bottom of the baking vessel, and place them in a hot oven.

STEWED GREEN APPLES.—Apples for stewing should be well flavored and juicy. Sweet apples, when stewed, turn more or less dark colored, and hence do not appear as well as tart ones at the table, though some persons prefer them. Pare, core, and quarter; put a little water to them, and boil moderately till soft, and add sufficient sugar to suit taste—more or less, according to the acidity of the fruit. Some cooks flavor them with lemon; others with a small portion of peaches or other fruit. Good apples, however, are good enough in and of themselves.

BOILED APPLES.—Select round, mellow apples of uniform size; pare them; boil in as little water as possible, till soft; put them in a vegetable dish; and slowly pour over them a syrup, made by dissolving half a pound of sugar in a pint of boiling water.

STEWED PIPPINS.—A rich apple sauce is made as follows: Peel, core, and quarter half a dozen ribstone pippins; put them into a pan with six ounces of brown sugar, the juice of a lemon, its thin rind cut into strips, and very little water; stew over a very slow fire till quite tender.

PEARS.—Pears may be baked, boiled, or stewed in the same manner as apples. Some varieties of small, early, and sweet pears are very delicious, boiled whole without paring, and sweetened with syrup. The large pears are usually selected for baking.

BOILED PEACHES.—They should be pared—except when the skins are very smooth, clean, and tender—but not stoned; boiled moderately till sufficiently cooked, and then sweetened.

STEWED DRIED PEACHES.—Most of the dried peaches in our markets are sour and unpleasant. But when we can find them of good quality, they are very excellent stewed and sweetened, precisely like dried apples.

UNCOOKED PEACHES.—When we have peaches as good and ripe as all peaches ought to be, the best way to prepare them is this: Peel them; cut the fruit off the stones in quarters, or smaller pieces; fill the dish; stir in a little sugar, and sprinkle a little more over the top.

APRICOTS.—Ripe apricots may be prepared in the same way as peaches, but they are best with no preparation at all.

CHERRIES. — Stewing is the only proper method for cooking this fruit. Remove the stalks from the cherries; pick them over carefully, rejecting all unsound ones; put them into a pan, with a very little water, and sugar in the proportion of about three ounces to a pound of cherries; simmer them slowly over the fire, shaking the pan round occasionally till done. If a richer article is wanted, take the cherries out with a colander spoon, and keep them in a basin till cold; reduce the sweetened water to the consistency of syrup, and put it over the cherries.

QUINCES.—It has been said that quinces commend themselves more to the sense of smell than taste; hence are better to "adorn" other preparations than to be prepared themselves. When stewed till quite tender, and sweetened, they are, however, very pleasant, yet rather expensive sauce. In the form of marmalade, it is a better seasoning for bread, cakes, or puddings, than butter.

QUINCE MARMALADE.—Pare, core, and quarter the quinces; boil them gently, uncovered, in water, till they begin to soften; then strain them through a hair sieve, and beat, in a mortar or wooden bowl, to a pulp; add to each pound of fruit three quarters of a pound of sugar; boil till it becomes stiff, and pour into small molds or sweetmeat pots.

STEWED CRANBERRIES.—Wash and pick the berries; stew them in just as little water as will prevent their burning, till they become soft; then add half a pound of sugar to a pound of the fruit, and simmer a few minutes.

BLACKBERRIES.—When very ripe and sweet, a little sugar dusted over them is a sufficient preparation for the table. If sour, or not quite ripe, they should be stewed till soft, and moderately sweetened. The same rules apply to all berried fruits for which recipes are not given.

WHORTLEBERRIES.—Many prefer these uncooked and unseasoned. If stewed, however, they require but very little sweetening.

RASPBERRIES.—Red raspberries are never fit to be eaten till ripe, and then they require neither sugar nor cooking. Black raspberries, when quite ripe, are also best in a "state of nature." If not entirely ripe, they may be stewed a few minutes, and sweetened with a very little sugar or molasses.

CURRANTS. — Green currants, when half or two-thirds grown, are more mild flavored and pleasant than when fully ripe; nor do I find them often disagreeing with ordinary dyspeptics. They require stewing but a short time, and moderately sweetening. The best currants, when quite ripe, may be eaten uncooked, with a sprinkling of sugar.

PLUMS.—These must be managed according to their character and flavor. Many varieties are too sour to be eaten without stewing, and the addition of considerable sugar. Some kinds, however, are sweet and luscious enough to require neither.

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GRAPES.—Good, ripe, well-cultivated Delawares, Isabellas, and Catawbas are incomparably superior in dietetic character, without "the interference of art." What a blessing it would be to the human race if all the vineyards in the world were made to supply wholesome food for children, instead of pernicious poison for adults!

PINEAPPLE.—The only way of preparing this fruit, which, like some others, has more flavor than taste, is that of paring, slicing, and sprinkling with sugar.

TOMATOES.—Scald the tomatoes by pouring boiling water on them; peel off the skins; then stew them for an hour, and add a little slightly toasted bread. This is an excellent sauce for Hygienic tables; and the fruit may be improved in flavor by stewing half an hour, or even an hour longer.

BOILED APPLES. — Select rich, fair, sweet apples of uniform size—the Tallman Sweeting is the best for this purpose. Leave the skins upon them, merely removing the blossom ends with a sharp pointed knife. Wash them thoroughly, place them in a porcelain kettle and sprinkle over them a small quantity of sugar. Then add boiling water barely sufficient to cover them and cook slowly till tender.

PRUNES. — Prunes should be thoroughly washed, then scalded in just water enough to cover them, for an hour or two before cooking. Add sugar sufficient to sweeten them and stew slowly till tender.

CIDER APPLE SAUCE.—Take five quarts sweet apples quartered and cored, pour over them boiling water sufficient to cover them and cook slowly. When about one-third done add one pint sweet boiled cider or apple syrup, and cook them till they will pierce easily with a fork.

NOTE. — These proportions make a much better sauce than where *more* boiled cider is used. We wish this dish might be brought into more general use. If properly cooked it is excellent. Every one in the country knows how boiled cider is made, but every one in the city is not supposed to, from the fact that it is a commodity rarely met with in the city markets. It is made by taking new, sweet cider fresh from the press, and boiling it down till it is about the consistency of common molasses. It is more wholesome than sugar, and added to apples in this way it is much more palatable.

STRAWBERRIES.—Cooking deteriorates strawberries more than any other kind of fruit. If cooked at all they should be simply sweetened and stewed.

STEWED DRIED APPLES.—Select rich, mellow, flavored fruits, which are clear from dark spots or mould. Wash and pick the pieces, boil in just water enough to cover them over a slow fire, till partially softened; then add sugar or molasses and continue the boiling till done.

DRIED GRAPES. — Dried grapes and dried apples, in the proportion of one-third of the former to two-thirds of the latter, make excellent sauce for the spring months.

Any kind of dried fruit, cherries, raspberries, peaches, quinces, &c., may be cooked with dried apples, and form quite a pleasing variety.

WHORTLEBERRY CRACKER SAUCE. — Stew whortleberries till quite soft, making them a little sweeter and more juicy than usual. As soon as they are done cover the bottom of a porcelain kettle or strong stone jar with a layer of Dr. Trall's crackers, and cover them completely with the sauce, then add another layer of crackers, then more sauce, and so on till you have as much as you wish. Let them soak over night, and you have a very fine dish for breakfast. It should be as juicy as common sauce when ready for the table, therefore it is necessary to add much more water, than usual to the berries when cooking.

Apple sauce prepared in this way is esteemed very nice by many.

BE YOUR OWN RIGHT-HAND MAN.—People who have been bolstered up and levered all their lives, are seldom good for anything in a crisis. When misfortune comes, they look around for somebody to cling or lean upon. If the prop is not there, down they go. Once down, they are as helpless as capsized turtles, or unhorsed men in armor, and cannot find their feet again without assistance. Such silken fellows no more resemble self-made men, who have fought their way to position, making difficulties their stepping-stones, and deriving determination from defeat, than vines resemble oaks, or spluttering rushlights the stars of heaven. Efforts persisted in to achievements train a man to self-reliance, and when he has proved to the world that he can trust himself, the world will trust him. We say, therefore, that it is unwise to deprive young men of the advantages which result from their energetic action by "boosting" them over obstacles which they ought to surmount alone.

Major N——, upon being asked if he was seriously injured at the bursting of a boiler on a steamboat, replied that he was not, as he had been blowed up so many times by his wife that a mere steamer explosion had no effect upon him whatever.

A shrewd old clergyman of the English Church assigned as a reason for not subscribing in aid of the "Society for Converting the Jews" —"Gentlemen," said he, "Jesus Christ himself failed to convert that stubborn people by his preaching and miracles; and where he failed, it is too much to expect that you will succeed."

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Miscellaneous.

HUMAN ANGELS.

Hand in hand with angels,
Through the world we go;
Brighter eyes are on us
Than we blind ones know!
Tenderer voices cheer us
Than we deaf will own—
Never, walking heavenward,
Can we walk alone.

Hand in hand with angels,
In the busy street,
By the winter hearth-fires,
Everywhere, we meet—
Though unfledged and songless—
Birds of Paradise;
Heaven looks at us daily,
Out of human eyes.

Hand in hand with angels,
Walking every day;
How the chain may lengthen,
None of us can say;
Yet we know it reaches
From earth's lowliest ones
To the lofty seraph
Standing in the sun.

Hand in hand with angels;
Blessed so to be!
Helped are all the helpers—
Giving light, they see;
He who aids another,
Blesses more than one—
Sinking earth, he grapples
To the Great White Throne.

A physician took a young student to see a patient who was confined to his bed. "Sir," said the physician to the sick man, "you have been imprudent, you have eaten oysters."

The patient admitted that he had. Returning home the student asked the doctor how he discovered that the man had eaten oysters?

"Why," replied the doctor, "I saw the shells under the bed."

A few days after, the student was sent to visit the same patient. He soon returned, however, saying that he had been kicked out of the house, for telling the patient he had been imprudent; he had eaten horseflesh.

"*Horseflesh*, you young fool! what do you mean?" cried the doctor.

"Because, sir, I saw a saddle and a pair of stirrups under the bed."

There is nothing purer than honesty—nothing sweeter than charity—nothing warmer than love—nothing richer than wisdom—nothing brighter than virtue—and nothing more steadfast than faith. These united in one mind, form the purest, sweetest, warmest, brightest, and most steadfast happiness.

The dove, recollect, did not return to Noah with her olive branch, till the second time of her going forth; why, then, should you despond at the failure of a first attempt?

Personal Notices.

THE Rochester *Democrat* of June 25th, in speaking of the Reform Dress Convention, says of one of our graduates of the last term: "To our mind the most pleasing and effective speaker of the day was Mrs. L. A. Strobridge, M. D. She carried captive the sympathy and respect of the entire audience from the outset. There was a feminine modesty of expression with every thought, coupled with abundant energy and force of language, while its delivery was characterized by perfect sincerity, which could not fail of the desired effect."

Mrs. S. is one well calculated to do good in any sphere of reform in which she may labor. Her great desire is to be right; and she has the power to live up to her convictions. We expect to hear many good things of her in the future.

MAGGIE.—Hundreds of ladies who have been patients at our house will recognize that name, and associate with it the half-baths, douches, foot baths and sprays, packs and dripping sheets, the rubbings and percussions received at her hands, and hundreds of little delicacies served to them in their rooms by Maggie, while they were inmates of the Institution. Well, ladies, we are obliged to record the fact that Maggie is *no more*, (one of the fixtures of No. 15 Laight street). A gentleman, named Ellis, from San Francisco, California, a strict vegetarian and a firm friend of hygienic medication, seemed to appreciate those good qualities which had endeared her to so many, and without our knowledge or consent, made propositions for a permanent engagement; and it is whispered "Maggie is married." Congratulations many, and truthful wishes for her future happiness from all her old friends, and the feeling of assurance on the part of all who knew the parties, that they would be realized, made really quite a novel and pleasant episode in our quiet, though eventful life at No. 15. They sailed for their home on Monday, July 13th. If any of her old friends wish her address, it is Mrs. A. Ellis, San Francisco, Cal.

After the facts recorded above there is a moral to be learned from it, viz.: Hygienic vegetarian young ladies who wish to avoid offers for permanent engagements similar to the above, must be careful how they make known their principles at the Hygienic Institute.

OBITUARY.—We regret to have to say that Mr. Albert Jamison, a native of New Brunswick, who was for some time a patient in our Institution last winter and spring, and on fully recovering his health, got work as a ship carpenter at Greenpoint, and while engaged on a vessel about the 3d of last June, some of the rigging gave way, and he was precipitated some 30 feet, and taken up in an unconscious state. He was conveyed to the Bellevue Hospital, and placed in charge of a physician. He survived but a few hours. His father, also a carpenter, employed in Connecticut, was immediately telegraphed for, and came and attended to his interment.

Mr. Jameson was a quiet, steady, honest, industrious young man, of good character, and about 28 years of age. He had become much interested in our system, and had done much in the way of writing letters to his friends at home to spread its principles and get subscribers for the HERALD; by means of which, together with his gentlemanly bearing, he had won our warm esteem. The loss of such a son must be severely felt by his bereaved parents.

The above notice should have appeared in the July number, but was accidentally overlooked.

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Advertisements.

Advertisements of an appropriate character, will be inserted for TWENTY-FIVE CENTS A LINE EACH INSERTION. They must be received at this office two weeks before the day of publication. No advertisement received for less than one dollar.

Mattson's Elastic Syringe.

NEW FORM—NEW PATENT.



This new and Superior Syringe was patented November 19, 1861, and is now manufactured by the Mattson Syringe Company in the city of New York.

It is suited to males, females, and infants. It is made of the best white rubber and metal, with patent-screw bulb fastenings, which PREVENT LEAKAGE; this leakage, which takes place about the neck of the bulb, is a serious defect in all other syringes.

It is the most convenient Syringe in use, either for males or females, because its peculiar form adapts it to the hand in every possible position.

It is the latest and best improvement of the inventor, through whose enterprise the ELASTIC PUMP and other IMPROVED SYRINGES were first introduced into the United States.

Previous to its present improved form it received FOUR SILVER MEDALS, which were awarded by committees of distinguished medical men appointed by Institutes in some of our principal cities. This is the first Syringe that ever received the HIGH COMPLEMENT of a SILVER MEDAL

The new "Family Guide," contained in the box with each Syringe, embodies much useful information, and will save physicians the trouble of giving minute directions to their patients respecting the use of injections.

CONVENIENCE IN USE and FREEDOM FROM LEAKAGE give this Syringe an undoubted preference over all others. The Mattson Syringe Company also manufacture the cheaper forms of the Elastic Syringe. Prices, post-paid by mail, $2 50 and $3. Orders addressed to R. T. Trall, & Co., HERALD OF HEALTH office, will be promptly attended to.



THE

ESSEX SYRINGE

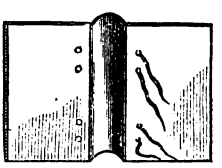
As a Syringe designed to throw a constant stream, the Essex has no equal. The French have devised a great variety of apparatus to accomplish this, but the expense is so great as to place it almost entirely out of the reach of the common masses. Seeing this, Mr. Essex, with all a Yankee's inventive genius and practical perseverance, set to work and produced an excellent article, all complete, warranted in every particular, and sent by mail, post paid, for $3.50. The same Syringe without the air chamber, for $3. We will sell none but first class instruments, such as we can warrant in every particular.—We know by practical experience the difficulties arising from the use of a second rate instrument, and will, therefore, sell none but the best, even though the profits of inferior ones are much larger. To supply the great demand for them, we have made arrangements with Mr. Essex to furnish them at the following prices:

Continuous Stream, by mail, - - -	$3 50
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Broken Stream, by mail, - - - -	3 00
Broken Stream, by express, - - - -	2 50

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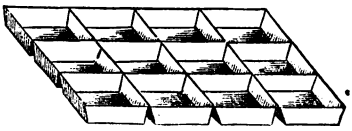
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Almost every subscriber wants to preserve them for binding, or what is better (if they can) preserve them and have them nicely bound at the end of the year, without further expense or trouble.

Dr JONES has supplied this want completely in the cover represented here. It will require scarcely two minutes to secure the copy of the journal or pamphlet intended to be preserved. All the subscriber has to do is to make four small holes through the margin of the book corresponding with those represented in the cover, slip the laces through, and tie them on the outside. The backs of the covers being flexible, are calculated to accommodate a single copy as well as a dozen. As fast as they are received they can be entered and pressed together till the end of a year, as nice as a book, when they may be removed and bound, and the covers again used to preserve another volume, or they may be kept in the same cover.

Sent by mail for 50 cents by R. T. TRALL & Co., 15 Laight st., N.Y.



BREAD-MAKING.

It has been a great study with us for years to get an article of bread at once wholesome, palatable, easy to masticate, and easily made. The different recipes have been given through the Hydropathic Cook-Book, Water-Cure for the Million, Water-Cure Journal, &c., and again in the March number of the Herald of Health. The bread there described as "Gems" is by far the best of any yet made to meet all the above requisitions. We copy the recipe: "Stir together Graham flour and cold water to about the consistency of ordinary cup-cake batter. Bake in a hot oven in small tin patty pans, two inches square and three-fourths of an inch deep."

"Many persons have failed of success in making this bread from neglecting one very essential requisite—the size of the pans in which it is baked. If they are larger than the dimensions given, the bread will be heavy. If smaller, they will be dry and hard. But made this size, and filled evenly full, if the batter is of the right consistency, and the oven hot, they will rise one half, and be almost as light and porous as sponge cake."

We used separate pans for some time, but found them very inconvenient. We have them now formed and wired together as represented in the cut above, and find them a very great improvement.

To supply the continued demand for them by almost every person who eats the bread, we have had heavy iron moulds cast to form them, and can supply them at the rate of $1 per dozen squares. Address,

R. T. TRALL & Co.

CORK SHAVINGS

We are prepared to furnish a new material for Beds—Cork Shavings—at thirty cents per pound. Twenty-five pounds will make a full-sized double bed. It is equal to hair in comfort, and only about one-third of its price, while in the matter of health and cleanliness, it is all that can be desired. It is also more durable than any other material in use, and is withal so elastic in itself as to render the modern "spring bottoms" entirely unnecessary. Some persons are using the shavings for pillows in preference to cotton, hair, or feathers. Sacking for the shavings about 50 cents per bed. Send orders to

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HYDROPATHIC ENCYCLOPÆDIA,

By R. T. TRALL, M.D. Price by mail $3.50.

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PREMIUM Six-Current Electro-Magnetic Machine is performing wonders in the healing art, and it meets with the highest favor among the medical faculty, and is adopted as the best electrical apparatus for the treatment of all cases, where Electricity is indicated as the remedy.

CAUTION AND ADDITIONAL FACT No. 1.—A pretender and competitor in business has endeavored, by publishing untruths, to make the profession and the public believe that the currents in our machine are all the same as in the torpedo machine, and thus advertised his ignorance or bad faith. The three currents are the result of the varied combinations of the distinct helices, so as to give not only the farradic (induced sensatorial) influence separately, but also combined with the galvanic influence through all the coils of fine wire, and gives locally either a superficially and concentrated, or a deeper and diffused physiological effect.

CAUTION AND ADDITIONAL FACT No. 2.—These combinations were patented Sept. 18, 1860, and the principle patented applies to any number of helices, and these currents cannot be made by another party WITHOUT INFRINGING OUR PATENT.

CAUTION AND ADDITIONAL FACT No. 3.—Dr. L., who in his manual on Electricity, had stated that the machine of S. B. S. [the pretender] had a patented direct current, has discovered his error in this respect, and other similar errors, which he found unjust to us, and he has honorably disposed of the remaining edition, of about 800 copies, for old paper, rather than allow them to appear in the market, by which injustice would be done to us. Therefore, the pretender, S. B. S., need not further rely on Dr. L., whom he calls the second Golding Bird. Let him find some one to support him who has so little capacity that he cannot be convinced of his error, or is so unjust as to be unwilling to make honorable amends.

CAUTION AND ADDITIONAL FACT No. 4.—The pretender who claims to be selling a patented direct-current machine, positively *gave his oath* that it was not like any other when he applied for a patent; and when it was rejected as not patentable, then he suddenly discovered that it was made on the principle of the one patented in 1850, which machine in fact was of no value, and now not sold to any extent, as the market would not receive them.

CAUTION AND ADDITIONAL FACT No. 5.—The pretenner who put into the market what he called a "fifty-drop battery" (two small batteries connected) made it in imitation of one which we had constructed, and which he had examined in the hands of a physician in Bond street.

CAUTION AND ADDITIONAL FACT No. 6.—The cuts representing a case of spinal curvature, which the pretender has published, were patterned from ours, which fact we are able to prove by the engraver who made them to his order—and ours are genuine. Lossing & Barritt, engravers, sent the artist to the patient at our request.

CAUTION AND ADDITIONAL FACT No. 7.—The pretender dare not sell his machines labeled with a direct statement that they are patented, or if he does, will give to the party so purchasing a new machine of the same kind and an additional reward of $10 for the helix alone so labeled.

CAUTION AND ADDITIONAL FACT No. 8.—We make our machines of the best material without regard to expense. It will be found that the helix of our $14 machines will weigh one-third more than that of the so called to and fro current machine.

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—R. T. TRALL, M. D.

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Large size (six currents) superior arragement for controling the vibrations, double battery, complete for physicians..... 18

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Several young men to labor on the farm at Hillside Manual Labor School, Amherst, N. H. Part of each day may be spent in study, and private instruction given, if desired. (july-1t) E. B. HARTSHORN.

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THE

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R. T. TRALL, M. D.,

EDITOR AND PROPRIETOR.

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VOL. XXXVI.] [OLD SERIES.

THE

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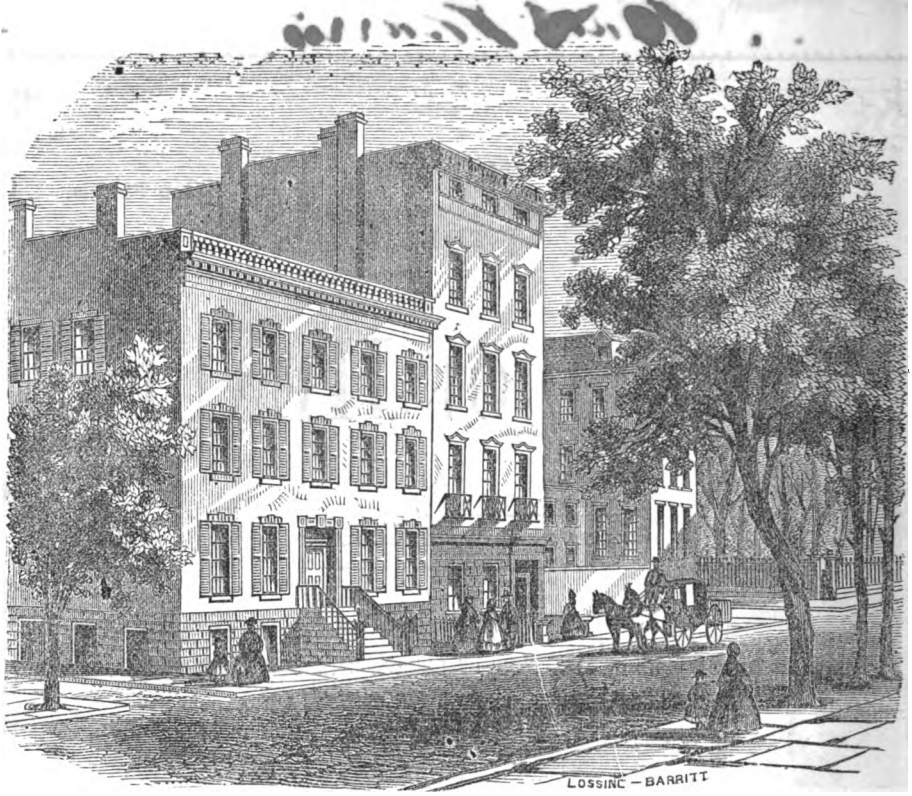
R. T. TRALL, M.D.,
EDITOR AND PROPRIETOR.

VOL. 2, NO. 3. SEPTEMBER, 1863. NEW SERIES.

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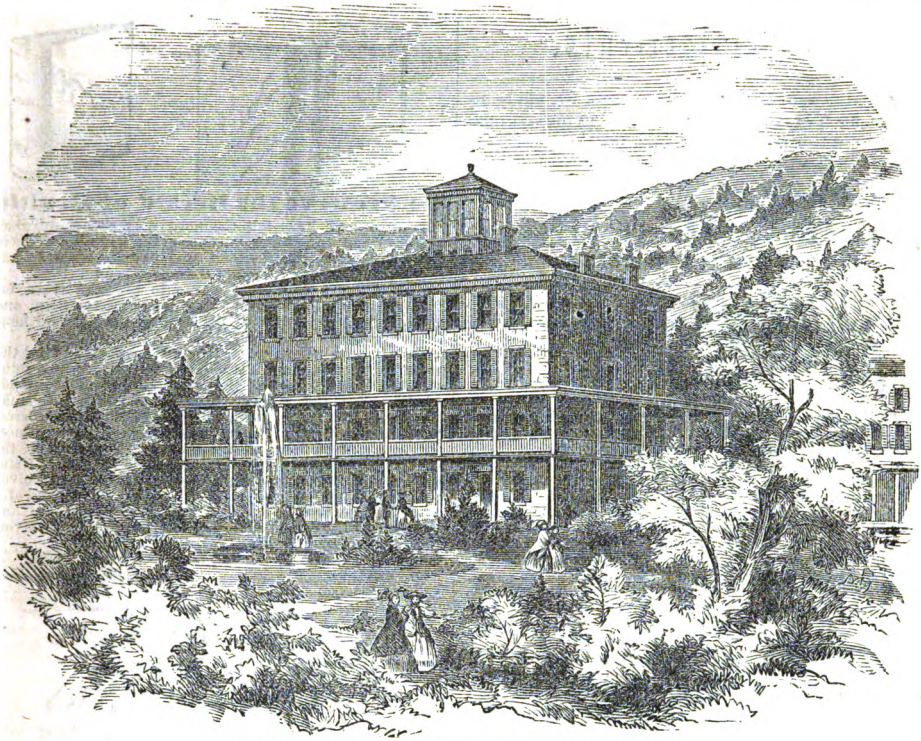
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It is the latest and best improvement of the inventor, through whose enterprise the ELASTIC PUMP and other IMPROVED SYRINGES were first introduced into the United States.

Previous to its present improved form it received FOUR SILVER MEDALS, which were awarded by committees of distinguished medical men appointed by Institutes in some of our principal cities. This is the first Syringe that ever received the HIGH COMPLEMENT of a SILVER MEDAL

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CONVENIENCE IN USE and FREEDOM FROM LEAKAGE give this Syringe an undoubted preference over all others. The Mattson Syringe Company also manufacture the cheaper forms of the Elastic Syringe. Prices, post-paid by mail, $2 50 and $3. Orders addressed to R. T. Trall, & Co., HERALD OF HEALTH office, will be promptly attended to.



THE

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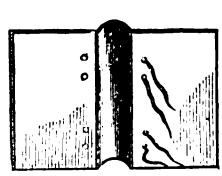
As a Syringe designed to throw a constant stream, the Essex has no equal. The French have devised a great variety of apparatus to accomplish this, but the expense is so great as to place it almost entirely out of the reach of the common masses. Seeing this, Mr. Essex, with all a Yankee's inventive genius and practical perseverance, set to work and produced an excellent article, all complete, warranted in every particular, and sent by mail, post paid, for $3.50. The same Syringe without the air chamber, for $3. We will sell none but first class instruments, such as we can warrant in every particular.—We know by practical experience the difficulties arising from the use of a second rate instrument, and will, therefore, sell none but the best, even though the profits of inferior ones are much larger. To supply the great demand for them, we have made arrangements with Mr. Essex to furnish them at the following prices:

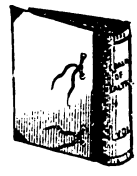
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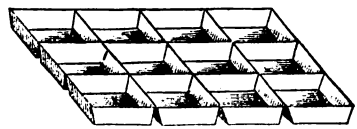
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"Many persons have failed of success in making this bread from neglecting one very essential requisite—the size of the pans in which it is baked. If they are larger than the dimensions given, the bread will be heavy. If smaller, they will be dry and hard. But made this size, and filled evenly full, if the batter is of the right consistency, and the oven hot, they will rise one half, and be almost as light and porous as sponge cake."

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THE

HERALD OF HEALTH.

VOL. 2.—No. 3.] NEW YORK, SEPTEMBER, 1863. [NEW SERIES.

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General Articles.

RAMBLING REMINISCENCES.—No. 25.

BY THE EDITOR.

THE PHYSIOLOGY OF PATHOLOGY.

THE life of death, the health of sickness, the good of evil, the truth of falsehood, the godliness of Satan, &c., would seem to most of the thinking readers of the HERALD OF HEALTH (and who can read the HERALD and not think?) to be nonsensical phrases. Yet the world is full of just such talk. A few days ago, after the late riot in this city, an article appeared in that almost hypercritical newspaper, the *Tribune*, under the caption of "The Physiology of the late Riot." The *pathology* of the riot would have been a better expression. A riot is a disease of the body politic, and disease is as far from being physiological as the Kingdom of Heaven is from the other place. Rev. Mr. King, the eloquent Unitarian clergyman, once gave an admirable lecture on "The Laws of Disorder." Well, if everything in the Universe takes place in accordance with inexorable law, why is not disorder as *lawful* as order? Order is Heaven's *first* law, and disorder may be her second law. We think the world has never had a true conception of the meaning of these terms; the rationale has never been very well explained.

Medical men talk of disease being *unnatural*. They mean unnormal or abnormal. Sickness is just as *natural* as health. It implies the misuse or abuse of things—disobedience to physiological law. But sickness is always abnormal. Whatever is necessary and inevitable is natural. If the causes of disease are applied, disease will exist as naturally as effect follows cause. The social or political disorder, commotion, or disturbance, we term riot, rebellion, or war, is certainly not the normal state of society, but it is natural, because inevitable, whenever and wherever the producing causes exist. So long as people confound these opposite ideas, normal with natural, physiology with pathology, &c., we fear that the doctors of medicine, or of law, or politics, will have but poor success in the management of the ills that flesh is heir to, either in its individual or its social relations.

A PECULIAR ATMOSPHERE.

During the night of Tuesday, July 11, 1863, the city of New York was pervaded by such an atmosphere as was probably never known before, and will perhaps never be experienced again. Many persons have noticed the fact, but none that we know of has attempted an explanation; and as the subject is instructive we will undertake to give the rationale. It is another illustration of *pathological physiology*.

We have long been familiar with the stenches of gutters, stables, slaughter-pens, low tenement houses, &c., in certain parts of densely-populated cities, and of the general miasm—the tobacco-smoke—which is common to all parts

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of all cities. But, never, until the night in question, did we ever experience an accumulation of malarious influence so intense, concentrated, and suffocative. At one o'clock, A. M., on Wednesday evening, we were called to visit a patient at the Institute. For two days the mob had been burning, pillaging, and murdering in various parts of the city. The frequent alarms and constant ringing of the fire-bells kept a large portion of the citizens out of bed and in the streets. The liquor shops and tobacco shops were open and thronged with customers all night long. Tens of thousands of our people in all stations of life, are accustomed to smoke cigars; and when disturbed or excited they smoke the more. Thousands of military and police were on duty all night, and a large proportion of them smoked cigars almost constantly. Tens of thousands of rowdies, rioters, idlers, and vagabonds smoked incessantly on this occasion. And tens of thousands of citizens in the streets, or in their houses, from which all sleep had been banished, were adding to the general fumigation. There was very little breeze, the air was damp, and the whole atmosphere of the town was so redolent of tobacco-miasm that thousands, not addicted to its use, were nauseated and suffocated without suspecting the cause of their strange feelings. In visiting our patient at the Institute, we took a circuitous route around Bleeker, Broadway, and Canal streets, in order to avoid the crowd, where unearthly sounds and frequent pistol-firing told too plainly that the mob was "clearing out the Negroes;" and we returned home by another route equally circuitous; but everywhere we noticed—saw, felt, smelt, and almost heard—the same nauseous, sickening, oppressive condition of the atmosphere. The next day several patients at the Institute complained of an unwonted feeling of nausea, disquiet, and sleeplessness, which they were unable to account for, but which was clearly traceable to the fact that one hundred thousand persons had been for more than twenty-four hours puffing narcotic poison into the atmosphere, while there was breeze enough to carry but little of it away.

Those who are wise, and who care for health, personal cleanliness, common decency, and the welfare of the human race, will find no difficulty in making the practical application of these facts. They cannot fail to understand that, if this extraordinary tobacco atmosphere produced such a sickening influence everywhere throughout the city, the ordinary tobacco atmosphere is deleterious in the exact ratio to the amount of tobacco consumed.

THE REBEL RAID AND HYGEIAN HOME.

During the late invasion of Pennsylvania, when the pickets of the audacious Lee were reported to have been seen within four miles of Harrisburg, fears began to be seriously entertained that the capital of the Keystone would be captured by the rebels, and that their next movement would be along the Lebanon Valley toward Philadelphia, as far at least as Reading, where were a beautiful and wealthy city to be plundered, and extensive manufactories of railroad and military material to be destroyed. In this event the dashing Stuart would naturally pass along the turnpike in front and in full view of an attractive building on the mountain side, and quite possibly select it as temporary headquarters for himself and staff. And it became a serious question with us, whether to fight or run—give battle or skeddadle. Valor prevailed over discretion; hiding places were selected in the recesses of the rocks, in which money, gold watches, and other valuables could be deposited; the douches were manned (mentally), and the home of Hygeia was in a state of (imaginary) defence. But there were those among us who doubted whether an exclusive Hydropathic treatment, whether "water alone," and *cold* water at that, would be sufficient to repel an attack from the veteran warriors who had defeated McClellan, Pope, Burnside, and Hooker, and who were about to try conclusions with the untried Meade. There was no disguising the fact that many thought something more ought to be done in the way of preparation. At length this difficulty was solved in a proposition of one of the guests to present them *the bill of fare!* The "rebs" might stand water, cold, hot, or tepid; they might carry us by assault through douches, showers, sprays, and plunges, but the diet—bran-bread, hard crackers, unsalted green peas, cucumbers without pepper, cabbage unvinegared, flesh-meat with the part of flesh omitted, split-peas unbuttered, hominy without hog, soup without bones or onions; stews *a la mode* without beef or brandy, mushes without milk or molasses, &c., &c., this, it was unanimously conceded, they could not and would not stand. Fighting men do not, as a general rule (albeit there are some of our sort of folks in the army, and they are said to fight well, to eschew drugs and to have very little sickness), live in this way; and a mere glance at such invalid fodder, (does it make invalids or cure them?) might frighten the sunny Southerners more than a blast from the bugle of Stoneman, Grierson, or Kilpatrick. Happy thought! Hygeian

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Home breathed deeper and freer. From that moment all was hope, confidence, and—but we we had no occasion to try it.

THE SURRENDER OF READING.

Though Reading is fifty-four miles from Harrisburg, and eight miles further from Harrisburg than Hygeian Home, the first reports of the rebels being about to cross the Susquehanna, so alarmed the people of that thriving and patriotic city, that they made immediate and vigorous preparations to—surrender. The merchants sent off their goods to New York, the farmers hid away their horses, mechanics closed their shops, business of all kinds was at a stand still, the citizens kept their window-blinds closed, and for more than a week the people seemed to imagine themselves prisoners of war, and their city in a state of capitulation. Several days after Lee had commenced his retreat, and when the battle was raging more than one hundred miles distant, a large proportion of the people of the valiant city had only opened their doors, the blinds still remaining firmly closed, evidently to guard against a surprise. Well, the New York boys went on and drove the enemy from Harrisburg; the Army of Meade chased him across the Potomac; and when the news came that Lee's forces were certainly the other side of the Blue Ridge, business was resumed in Reading.

A BLOOMER ARRESTED AS A SPY.

The excitment in Reading, on learning that the all-devouring rebels were approaching Harrisburg one hundred thousand strong, if not stronger, was great; but it diminished to small proportions when compared with the commotion that moved the affrighted masses, on the appearance of a lady in the streets dressed in the "American Costume." Who could it be? What could it mean? And why did the "What is it?" appear at that particular conjuncture of our state and national affairs? Boys followed her in the street; crowds gathered around her; she was hooted at, called indecent names, asked insulting questions, and finally arrested by some extemporized Provost Marshal as a spy. She was a remarkably intellectual looking lady, very neatly and tastily dressed according to the fashion she had chosen, and which she had worn for a dozen years, all of which made her, in the estimation of the boys, little and big, young and old, a very suspicious character. And when we add to these qualifications, a dark complexion with piercing black eyes, all pointing to a Southern origin, or, at least, to "secesh" proclivities, it can hardly be wondered at that "the people" came to the conclusion that, as they did not know who else or what else she or he could be, she or he must be one of the spies of Jeff. Davis. On being "presented at court" she explained that she was only a humble and peaceable inmate of Hygeian Home a few miles distant, where a variety of "Bloomers" could be seen any hour of the day, and that she came to Reading with no design or motive except to do a little shopping, pay the good people of the place a little money, and return again with all convenient dispatch to "Cushion Mountain." Whether the explanation was satisfactory or not, there was no evidence of her complicity with Rebeldom sufficiently legal to detain her, and she was permitted to depart. An escort of one or two hundred boys attended her to her carriage. Whether they were volunteers, or specially detailed for that service by the magistrate, we are not officially informed.

THE TWO SYSTEMS.

BY J. G. WEBSTER, M. D.

DEAR READER: In my last article I illustrated the relation of vitality to external objects in a general way, and showed by what means it is so related. In this, I purpose speaking of its relation to food. There is a great difference between a human being who has just entered upon "the pursuit of happiness" in this external sphere of action, and one who has attained full maturity of body and mind; the average weight of the former being, for males, about six and a quarter pounds, and for females a little less; while the average weight of the latter is estimated at one hundred and thirty-six pounds for males, and one hundred and twenty for females—the weight of the female being increased twenty fold, and that of the male nearly twenty-two. Our bodies waste away rapidly by the continued action which constitutes life. It has long ago been calculated that their entire structure disappears and is renewed once in seven years, but in the case of healthy children and persons who live an active life, there can be but little doubt that the matter which constitutes our bodies, entirely disappears and is replaced by new substance in a much less time than this, three or four years, and in some cases even less, being quite sufficient for this regeneration. In this process of decay and reconstruction, and increase of size, there are three things to be considered: Vital action, the material acted on, which we call *food*, and the result, or product of the action, which we call *tissue*. I have illustrated the nature of vitality in previous articles. When we submit the various tissues of which

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an organized being is composed to a careful examination, we find that their qualities of durability and usefulness depend, in a great measure, upon the kind and quality of the food from which they are manufactured. The better the quality of food, other things being the same, the better and more perfect the tissue. The same law which governs the construction of other material objects is applicable to the creation of a human body.

One of the most familiar illustrations of the law that organization depends, for its ever-varying qualities and conditions, in a great measure, much greater than we are commonly willing to allow, is the alteration perceived in the qualities of the milk of all mammals, on making a change in the character of the food on which the animal yielding the milk subsists. It is unnecessary to give illustrations or proofs of this fact; examples of the truth of it are patent to all. There is one very striking illustration, however, which I will mention; that is, what is called the "milk sickness," which is caused by a poison supposed to be taken by the animal in its food at certain seasons of the year, and only to be found in certain localities. It is observed that animals that are suckling their young, or yielding milk daily, are not themselves affected by the poison to any appreciable extent, but the young animal, or human, making use of this milk, receives the full force of the poison, and is affected very similarly to those animals that being subjected to the poisonous food, or influence, yet not having such an outlet for it as is afforded by lactation. In the one case the poisonous property enters into the milk, and only affects the tissues of those animals, or persons, the construction of whose tissues depend more or less on the milk; in the other case, the influence is imparted directly to the tissues and animals so affected frequently die.

You have, no doubt, observed that animals living on different classes of food manifest very different characteristics. Carnivorous animals exhibit great strength on a sudden impulse, which gives way to a comparatively long period of repose and stupidity. In their mental qualities they are treacherous and destructive in the extreme.

Those which derive their subsistence directly from vegetables and grains, are not so strong as those living directly on flesh, but are still very strong and far more durable; they are enabled to exert a far greater amount of strength, in the course of a month or year than the others; they are also noted for far superior, and more nearly resembling, as far as they go, the human, qualities of mind. While those animals which subsist on nuts and fruits are noted for great sprightliness, activity, durability, longevity, superior mental qualities, and a general wide-awake-ativeness. A similar relation between food and organism is always invariably found to exist in the different races, nations, and tribes of the human family, and in the individuals of the same tribe or nation; hence the question,

WHAT IS FOOD?

becomes highly important to all who would have *sana mens in corpore sano*—a sound mind in a healthy body. This would seem, at first thought, a very simple question, such a one as a child might easily answer, by saying "food is what I eat to sustain my life and make me grow." But men who have reputation for far more knowledge and wisdom than you or I will, perhaps, ever get credit for, have answered this question with much doubt and qualification, and often very erroneously. Philosophers have written long and learned treatises on food without even once hinting at its true nature or use; and if we are to judge of people's knowledge on this subject by their practices and conditions, we shall be obliged to conclude that there are extremely few persons in the world who have correct notions in this respect.

All external things are related to a vital organism in one or two ways; they can be transformed by it into its own substance and tissues, or they cannot be so transformed. All substances which can be transformed by an organized being into a part of its tissue and substance, then, is, in the true and most comprehensive sense, a *food* for that being; and any and every substance or thing which cannot be so used is a *poison*. To be able to discriminate between these classes of objects, and to properly use the one and reject the other, is a matter of the very greatest importance in practical life. If our instincts were unperverted, and our appetite undepraved, they would be a sufficient guide to the selection of our food and rejection of poisons, as is the case in all animals, except a few whose instincts have been partially perverted by man. We have no reason to doubt that man's instincts are originally as good, if not, indeed, far better, than those of the lower animals. The brute creation are satisfied with their simple food—the ox will labor, and take his breakfast, dinner, and supper from the same pasture every summer of his useful life, be it long or short, and in the winter make his meals of the hay from the same meadow, and live in the perfect enjoyment of all his powers, and

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take delight in his existence. But man who believes—

> "*Variety's* the spice of life,
> That gives it all its flavor,"

ever since our novelty-loving mother Eve inflicted the "curse" upon our race in tempting Adam to eat the "unforbidden fruit," has still been experimenting on everything within his reach, to see what he might eat and drink, what new luxury he might indulge in without dying immediately of poison. And if he has discovered how by compounding and so changing the character of any vegetable, animal, or mineral substance as to render that palatable and eatable, which was before thought to be useless or noxious, he has taken to himself the credit for having achieved a wonder equal to the creation of a new order of things. Man's attention has been very little occupied in ascertaining what his proper food is and its best method of preparation; but how to make the greatest number of things eatable, and the invention of things to disguise poisons and deceive his original instincts, has absorbed a vast amount of his time and talent. Almost every species of animal and plant, and many minerals and salts, have been thought good for food, or in some way beneficial as condiments or seasonings. The same philosophy which is generally applied to the selection of food by some philosophers, would include every species of creature in the category of aliments. Man has generally assumed the dominion over the fowls of the air, the beasts of the earth, the fishes of the sea, and all manner of creeping things—the Bible, even, he says, concedes as much; and believing them all made for his use, and not being able to discover any other use for many creatures, he concludes he must *eat* them; and if he cannot contrive some way to "get them down," he imagines his genius to be at fault, and thinks some one more highly gifted than himself will some day succeed in doing what now baffles his skill.

Among such a vast variety of food, as a bountiful providence has placed before us, it might easily be supposed, as is found in practice to be the case, that some kinds yield nutriment to the vital organism with far less wear and tear of its machinery than others. A vast amount of experience of nations and individuals has proven, beyond a reasonable doubt, that fruits and cereal grains, yield the greatest amount and best quality of nutriment with a given expenditure of vital energy. And no person who has once given this kind of diet a fair trial, has ever had cause to regret his experiment. The adage "what is one's food, is another's poison," is not true, except in the very limited sense that some kinds of food agree better with some constitutions than they do with others, mainly owing, no doubt, to slight hereditary differences, at least for a time until they become accustomed to them. I do not mean to go into a discussion at present on the subject of diet. There are good works published on that subject and I refer you to them for arguments.

In the absence of a normal instinct, every individual will do well to profit by the experience of those who have best succeeded in prolonging an active and happy existence to a great age. We cannot for a moment doubt that it is not only our selfish interest but a great moral duty to live as long as we can live happily and usefully. In order to do this, one of the first things to be attended to by every individual who is capable of providing for himself, is to select and use the best quality of food within his reach. That food is the best which yields the best and purest nutriment with the least labor of digestion and assimilation. The greatest and most practical argument against a diet of flesh, is the *impurity* of such food. In the first place it is seventy-five per cent. water and blood, and in the second place from five to eight per cent. is effete matter, wasted tissue, which was in the process of elimination at the time of the animal's death, leaving only seventeen to twenty per cent. of real food, and this so intimately mixed and blended with the waste matter as to require the expenditure of considerable vital energy to support them, and, in fact, much of this waste matter goes into the circulation of the consumer, and gives rise to a feverishness which is often mistaken for strength, and sometimes disease. A diet selected from well ripened grains and fruits, may be as pure as it is possible for a diet to be; and if prepared in the best manner will be most easily transformed into the most useful and durable tissue. All changes in diet, however, you should be aware, even from a bad one to a better, are attended for a short time with unpleasant sensations in most persons; so that if you purpose making a change for the better, you will not allow your first few days' or weeks' experience to discourage you in your reformation.

You will readily infer from what I have said, that before we can expect to build up and maintain healthy and vigorous bodies, we must be constantly supplied with pure, easily digested, and nutritious food. And all who would preserve health or recover from disease, must make this matter a leading, religious duty. "Defile not your bodies; for they are the temple of the living God."

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WHY THE SHOE PINCHES;

A CONTRIBUTION TO APPLIED ANATOMY.

BY HERMANN MEYER, M.D.,
PROFESSOR OF ANATOMY IN THE UNIVERSITY OF ZURICH.

Translated from the German
By John Stirling Craig, L.R.C.P.E., L.R.C.S.E.

HOW A PROPER SOLE MAY BE DESIGNED FOR EITHER FOOT.

After what has been stated concerning the structure of the foot, and the evils arising from an improperly-shaped sole, the principles on which a proper one ought to be constructed may be arrived at without difficulty.

The main point to be attended to is, that the great toe shall have its normal position, so that those functions which are proper to it may be called into play in walking, It must, therefore, as has already been pointed out, lie in such a position as that its axis, when carried backward, shall pass though the centre of the heel. In a straight line, therefore, in which the centre of the heel and the axis of the great toe are included, we have the primary line necessary to designing the entire sole, and a proper sole may now be formed in the following manner :

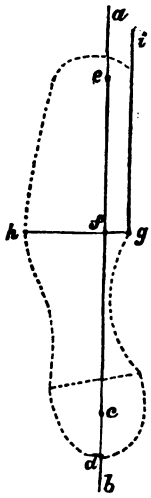


FIG. 21.
Design for the construction of a proper sole. Explanation in text.

The length of the foot from the back of the heel to the point of the great toe is laid down in a straight line, A B. The half of the breadth of the heel, C D, should then be marked off on this line, and the centre of the heel is thus ascertained. The length from the point of the great toe to the point where the hollow of the foot commences, that is to say, to the posterior margin of the ball of the great toe (E F), about two-fifths of the whole length of the foot, is now to be measured and marked off in its proper place on the primary straight line, and thus the broadest part of the foot is found. At this place a line should be drawn cutting the longitudinal straight line at right angles, and on this transverse line the greatest breadth of the foot is to be marked, so that so much of the foot lies on one side of the long line as corresponds to half the breadth of the great toe (F G), the rest of the whole breadth of foot falling on the other side (F H). The longitudinal line is now carried a little farther forward, and then parallel to it the inner margin (G I) of the anterior sole is to be drawn, and for this purpose we begin at the inner termination of the transverse line which indicates the greatest breadth of the foot.

All the points essential to the construction of a proper sole have thus been obtained, namely, the inner margin of the anterior sole, the posterior boundary of the heel, and the greatest projection of the little toe. Around these points a sole may readily be constructed, as may be seen from the annexed drawing (Fig. 21), in which the outlines of the sole are filled up with dotted lines. To a shoemaker of good taste it will not be at all difficult to infuse into the design a certain amount of elegance. By way of example I submit the adjoining Figure (22), the outline of a sole designed from the points just indicated by Mr. Weber, a shoemaker in Zurich; and in order to show the difference between a sole of this kind and one of the usual construction, I add the outline of one of the latter description (Fig. 23), which was cut out by the same ARTISTE for the same foot, the deviations of the proper sole being distinguished by dotted lines.

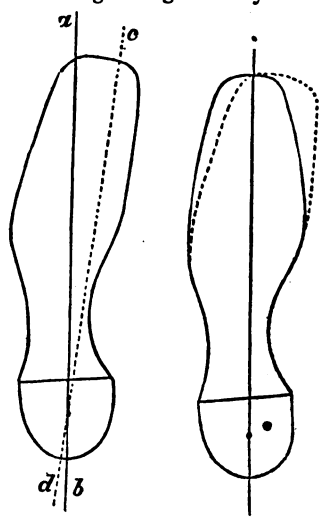


FIG. 22.

FIG. 23.

Figure 22.—The proper sole for a shoe, indicating the line in which the great toe lies,—*c d*. The line marked *a b* is that round which the shoe is constructed in the usual method. (Compare Figures 5, 6, and 7.)

Figure 23.—The proper sole (Fig. 22) laid, for the sake of comparison, on the symmetrical sole of the ordinary shape. (Fig. 7.)

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In designing a sole, a drawing of the sole of the foot may be very useful to a shoemaker who knows and is willing to apply the true principles of his art, as he will thereby be saved the trouble of making numerous individual measurements.

To recapitulate what we have already said: A sole is of the proper construction when a line (see Fig. 22, C D), drawn at half the breadth of the great toe distant from, and parallel to, the inner margin of that toe, shall, when carried backward, pass through the centre of the heel. In the usual form of a sole this line passes out of the inner margin of the heel (see Fig. 7). If, then, the preservation of the primary straight line is, as has been already shown, the principal point in the formation of a proper sole, it follows, that if it be thought desirable to have pointed shoes, the pointing must be effected from the outer side, as indicated in the annexed Figure (24).

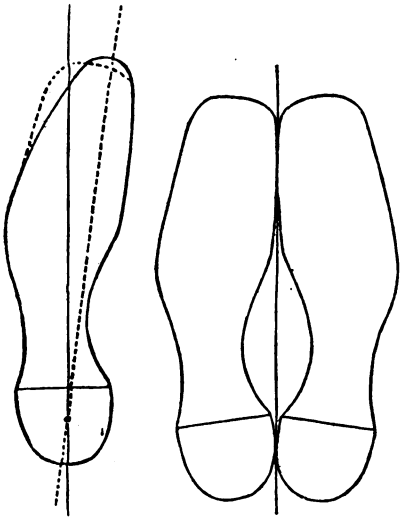


Fig. 24. Fig. 25.

Figure 24.—The proper sole pointed at the toes.

Figure 25.—Right and left soles of the proper construction placed side by side.

In a pair of shoes made on these principles, placed side by side with the heels in contact, the inner margins of the front part of the foot are also brought close together (Fig. 25).

How soles are to be constructed for feet in which the great toe has already been pressed obliquely outward.

We have just seen how the sole should be constructed for feet not very decidedly distorted by the ordinary form of sole, that is, in those cases in which in the naked foot the great toe still readily assumes its proper direction. The question now arises, How is this to be done for feet in which, when naked, the toe retains a false direction?

The answer is simple: The sole ought to be cut exactly as if the great toe were in its proper position. The grounds for this are clear. For, if the sole be made to suit the foot, the ordinary shape is simply reproduced, since the deformity has arisen precisely through the foot accommodating itself to the shape of the shoe. The continuation of the injurious effects would thus be insured, and they might perhaps even be increased. If, on the other hand, the sole be made of the proper shape, it becomes possible for the great toe to assume its normal position, and thus restore the foot to its true form. When the projection at the root of the great toe is already considerable, the breadth of the shoe might even be somewhat lessened at this point, in order that a gentle pressure on this region might support the great toe in its change to the right direction.

Whether, and how far, this expedient might be advisable in very well-marked distortions and swellings ought, in every individual case, to be decided by an experienced surgeon.

I must now explain more particularly how the sole is to be constructed in such a case of permanent obliquity of the great toe, because a certain point must here be carefully attended to.

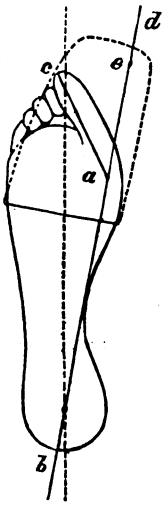


Fig. 26.

Method of constructing the proper kind of soles in cases where the great toe has been pressed obliquely out of its true position. Description in text.

That is to say, the length of the foot is not to be taken in one measurement, for if so taken, the sole will be inevitably too short, but it must be taken in two parts, the first being the length from the heel to the joint at the root of the great toe, and the second the length from this joint to the point of the great toe. These two measurements must then be added to each other and laid down in a straight line, and the result will be the primary longitudinal

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line of the foot, which is employed in the further modelling of the sole exactly as directed in the previous section. Suppose, for example, that the sole of the foot for which a shoe is to be made has the form of the adjoining Figure (26), the length B A is to be measured first and then that of A C; the latter should then be carried out in continuation (A D) of the line B A which will now extend to E, and B E will then represent the true length of the foot in question.

ARE HIGH HEELS OF ANY USE?

It is usual in all shoes of even moderate strength to make the heel a little higher by means of what is called a heel-piece.

These heel-pieces are generally of some little use, especially in dirty weather, and we cannot wholly deny their right to existence. But, at the same time, they ought to be as low as possible, and heels an inch thick, as is at present very commonly the case, have very serious disadvantages indeed.

The weight of the body is by this means thrown in a disproportionate ratio on the toes, the joints of which are consequently overstrained. Moreover, with a high heel the sole is so oblique in its direction that the foot must constantly be gliding forward and forcibly pressing the toes into the point of the shoe. The toes therefore, even when the shoe is sufficiently long, are subjected to the same injuries and disfigurations as if it were too snort, and the effects are doubly hurtful, when the form of the sole is also incorrect.

High heels, especially if they are very small, are peculiarly liable to wear obliquely, and so the shoe gets trodden on one side; they must therefore be peculiarly favorable to the origin of flat-foot.

High and small heels are therefore quite unsuitable. The heel-piece ought to be as low and broad as possible.

THE UPPER LEATHER—BOOTS OR SHOES?

With regard to the upper leather, there is on the whole little to be said, since its shape is in a great measure determined by that of the sole, so that with a properly constructed sole the upper leather must also be essentially correct. It need only be observed, that the material should be as pliant as possible, and that it is well adapted to its purpose, when sufficient width is allowed over the toes to enable them to move freely in walking and without constant pressure being exerted on the first joints.

[Especial care must therefore be taken to have the upper leather so wide at the inner margin of the foot as to admit of the great toe resuming its natural position, which is now made possible by the shape of the sole.*]

We now come to another important question, namely, where and how is the fastening of the shoe, or boot, to be effected?

Very light, low shoes, such as dancing shoes and slippers, the upper leathers of which are alone sufficient to keep them firmly on the foot, do no harm by the mode of their fastenings, but it is insufficient, and a more efficient contrivance is required for the ordinary boot or shoe.

The boot is fastened by firmly encircling the foot at the instep. The whole foot is so wedged in between upper leather and sole, that, as is well known, the pulling off of a boot very frequently necessitates the use of a bootjack.

It is impossible that the the foot can be thus tightly clasped without producing a contant pressure on the instep. What, then, are the consequences of this?

We have already seen that the foot forms an arch, the efficiency of which in a special manner depends on the tensity of its ligaments being maintained. If, then, an unnatural and flattening pressure be constantly exercised on this arch, the binding ligaments get slackened and the arch falls down; a broken-down arch, as we have already seen, causes flat-foot. The pressure of the upper leather on the instep must therefore, and particularly in the case of narrow boots, favor the origin of this deformity. The same cause must further interfere with locomotion, for at every step the increased arching of the instep, which takes place the moment that the foot is set to the ground, is resisted by the upper leather, and an injurious influence is thus exercised on the action of some of the muscles used in walking, and which run from the anterior aspect of the lower leg to the back of the foot.

A boot is thus by the nature of its fastenings rendered a very unsuitable covering for the foot. When we consider, then, how very

* This sentence is not in the original, and is here inserted by desire of the author.

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generally boots are worn, and worn, as a rule, with very high, small heels, and badly-shaped soles, we need feel no surprise that flat-foot, bent-up toes, "chilblains," grown-in nails, corns, bunions, etc., are so common.

Notwithstanding this fault on the part of boots, we must bear in mind that this kind of covering is almost indispensable for wading through water and walking in snow. Only let care be always taken that boots made for such purpose be not too closely fitting over the instep.

Shoes or half-boots, in which the fastening is effected by means of laces, are better than boots, inasmuch as a lace can never be pulled so tight as the upper leather may be, for it often takes the whole strength and weight of a man's body to enable him to squeeze his foot into a boot.

The best kind of fastening, however, is that which is carried somewhat above the ankles, especially if it be possessed of a certain amount of elasticity. The fastenings of half boots, by means of pieces of elastic let into them, are therefore very suitable, when not too tight. With such a fastening the arch of the foot is in no way impeded in its action, and the movements of walking are thus effected in the easiest and most unconstrained manner possible.

[It must, however, by no means be inferred, that the upper leather should not fit the foot with accuracy. It is absolutely necessary indeed that it should do so for the protection of the toes in going down hill. And what has just been said must only be considered as a warning against the TOO tight, and consequently hurtful, closing so common in boots.*]

ANSWERS TO OBJECTIONS.

Various objections will doubtless be made to the kind of sole proposed in these pages, and the curved form will be especially found fault with, for it will be said that one cannot be elegantly CHAUSSE in such shoes.

Objections of this kind have been already suggested.

To such remarks I have to reply, that the objector must first define his notion of the word elegant.

One set of people consider elegant and fashionable as equivalents. I need only remind these, that FASHION has already had many changes, and that she brings about new ones every day. It is perfectly possible, then, that she may one day take up the proposed form, and from that moment it will become elegant. A shape may come into fashion—and be thought elegant too—provided only a considerable number of persons approve of and adopt it.

Others say such a shoe cannot be elegant, because the feet appear to be too much turned inward. This idea is a pure hallucination: the proposed form of shoe admits of the foot having its own proper shape, while in reality the ordinary form frequently renders the actual turning in of the foot quite necessary for the relief of pain experienced at the root of the great toe.

Others again, taking their stand on a sense of the beautiful, declare the curved sole anything but beautiful, and therefore inelegant. I would only ask such people if they consider a naturally-formed foot less beautiful than a crippled one, and if they consider a shoe that always sits well less agreeable to look at than one trodden to one side.

Another set object to it as being too conspicuous. To these I can only say, that anything will cease to be conspicuous when it comes into general use. The proposed form, however, is not after all so very remarkable in appearance, several persons having already adopted it without attracting undue attention. On the other hand, a crippled foot IS conspicuous, and very unpleasantly conspicuous too.

But even if the proposed form of shoe be somewhat peculiar, as a set-off it has the advantage of always sitting well, of affording the greatest possible comfort in walking, of keeping the foot in good shape and condition, and even of giving a chance of recovery to an already injured foot. And in deciding for or against it, these advantages must, among other things, be taken into account.

GENIUS AND RELIGION.—We do not speak lightly when we say that all works of intellect which have not in some measure been quickened by religion are doomed to perish or to lose their power; and that genius is preparing for itself a sepulchre when it disjoins itself from the Universal Mind. Religion, justly viewed, surpasses all other principles in giving a free and manifold action to the mind.

* This paragraph is also added in this translation at the request of the author.

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INTEGRAL CULTURE.

BY L. H. BIGAREL.

LIFE is a school, and experiences are its legitimate teachings; and to be able to turn to good account that which we thus learn, is desirable. To act wisely, then, is the object and aim of our existence; and this is best attained through a process of training which we call *education*. To best educate men and women is to place them in such natural relations in life as will call out all their powers of body, mind, and soul.

Everywhere we see dwarfed specimens of humanity, in consequence of the narrow limits to which human activities are restricted. Some individuals seem to confine themselves almost exclusively to the use of the bodily powers, from natal predispositions and surroundings; in others we see a predominance of the intellectual or reasoning powers, which enable individuals to comprehend at a glance abstruse, mathematical, and mechanical problems, and penetrate, as it were, with eagle eyes, the very heavens; but alas! in very many cases the lamentable truth impresses itself upon us of their lack of *practical* wisdom. So also of those gifted with the highest spiritual attainments, whose sympathies draw them seemingly to the sphere of the angel-life of benevolent activity and spiritual ministration, which, though desirable in their place, by an unnatural and unsymmetrical growth, fail to accomplish the beneficent results which would otherwise follow. The defect in such education consists in not too much physical, intellectual or spiritual development, but in the neglect of the culture of all the faculties conjointly. Physical development is a primary necessity. Without it man is illy adapted to this earth-life. Men and women must have perfect bodies, else the soul will have a poor tenement through which to develop and manifest its highest powers, in this mundane life. The individual who is physically weak, is correspondingly so in other respects, growing out of the intimate relationship existing between the spirit and its physical organism. To think well, and be in a condition to be susceptible to the higher influences, one's brain must be supplied with pure blood, else our mental activities and sweet soul-communion with the angel-life will be very unsatisfactory, indeed. A bad stomach bodes no happiness to the possessor; life is a durance, and all its joys are in the prospective distance. The spirit is entombed in unhealthy prison walls, and longs to be separated from the gloom of its earthy bondage. How paramount, then, is the question of health in relation to the highest and best interests of humanity! How essential that we neglect none of its conditions!

We must learn to grow more symmetrical. To this end we must develop every power of our being—bring every faculty into proper exercise. The first requisite, as already stated, in the process of integral education, is a healthy, well-developed BODY, as a basis for the higher and nobler portions of the human edifice; after it, then, a cultivation of the powers of the SOUL and INTELLECT.

Such education would preclude much of existing extremism met with so universally; and while humanity would manifest less of peculiar characteristics, more harmony, happiness, and real wisdom would prevail. Physical contention between man and his brother, in the form of desolating civil wars, would cease, because the life-currents, which now flow in the direction of destructiveness and combativeness, would be diverted to higher and nobler uses in giving new zest to constructiveness, as manifested in the uprearing of beautiful edifices, and monuments of art, and industry, building of railroads, telegraphs, steamboats, and balloons, and the smoothing down of the rude and uncouth features of the earth. Such new life would impart new vigor to our intellectual and moral faculties, and pave the way for a fuller expression of benovelent impulses, poetical feeling, expressed in measured ryhmes and music, as well as a greater expansion of soul-power, as indicated in the perfect man and woman in the rounded, symmetrical brain. To this end all human activities should be directed. All the higher human impulses tend toward perfection. All humanity long for it, yearn for it, and pine for it. Ignorance or undevelopment is our bane, and its blighting effects are apparent on every hand. Education is enlightenment and redemption, and integral culture a natural and healthy activity of the powers of the body, mind, and soul, whereby the wisest and happiest results are produced. To promote this culture is to subserve the highest interests of humanity.

SMILES.—A smile is a little thing in itself, but its effects are often great upon individuals. Smiles are the silent language of a happy heart, revealing through the medium of the ever-expressive countenance glimpses of the good will, love and affection that dwell within. There is often a world of happiness embodied in a smile, to the recipient of the simple gift; and many a poor heart is now bleeding for the want of those it once received, and the return of which would cause it to swell with joy.

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A CHAPTER OF EXPERIENCE.

DR. TRALL: I now address you in accordance with your desire (published in the HERALD OF HEALTH), to have the experience of persons in Hydropathy, &c.

By reading Dr. Alcott's works, I was lead, in 1831, to give up the use of tea and coffee, and, gradually, to relinquish various articles of injurious food while attending the Teachers' Seminary at Andover, Mass., most of the time for four years. In 1835, I found my first wife in Mass., teaching school. She had been a dyspeptic for years, and, by medicine, became very feeble with little appetite, drinking strong tea added to great consumptive symptoms, inherited from her mother, who died young, as did several of her mother's sisters. My wife was deprived by death of both parents in infancy. I persuaded her to relinquish tea and coffee and live on plain food. She attended Ipswich Female Seminary in 1835–36 under Mrs. Grant and Lyon. Heard there lectures by Dr. Mussey, and was induced by him, with seven others, to engage a lady to cook for them, one year, using no tea or coffee, meat, lard, or butter, and but little cream for pies, &c. During that year the said ladies greatly improved their health. While I was teaching a seminary in Ann Arbor, Mich. I visited Ipswich in Sept., 1856, was married and took Mrs. G. to Ann Arbor. I continued teaching for most eight years in Mich., part of the time at Grass Lake and Ypsilanti, and had Mrs. G.'s aid in school about two years, having from 50 to 100 pupils, many of them young ladies and gentlemen preparing to teach. We continued to live upon fruits and vegetables wholly, with no meat or shortening, except milk or cream, for eight years; sometimes having fifteen in family, farmers' sons and daughters, mostly grown, including several healthy children.

In that new and bilious country very few persons, young or old, then escaped the fever and ague, and at times, there were so many sick, that they suffered much for want of well persons to care for them. My family were bathed daily, and had no fever and ague, so common about us. We induced many of our pupils to adopt the like mode of living and bathing. Our boarders soon preferred our plain diet to the pork and food saturated with hog's fat, eaten so freely at the West as to be one great cause of ague and fevers, as the intelligent Allopathic physicians acknowledged.

Two young men left school to attend to harvesting one hot summer. They were laughed at for using no meat, tea, and coffee, &c., and were told that they would soon give up work. But they continued to work hard while several opposers were compelled to stop work on account of the heat.

Three young men, sons of a Dr. K., some one hundred miles West, about sixty years of age, attended school over a year. On my reading Dr. Mussey's "Essay on Tobacco" in school, they desired to take it home during vacation to their father. He, on reading it, said, "Sons, if you all return to school and use no tea and coffee for six months, I will use no tobacco." They agreed to it, and the doctor, by chewing chips, rags, &c., overcame the habit and became more healthy and fleshy. We then occupied a part of the same boarding-house and took dinners with said sons, all drinking cold water only. But the farmer's wife, a feeble, nervous woman, insisted that it would kill her to use cold drinks, in reply to our arguments. Some months after occupying our own house, she informed us, that she had gradually become accustomed to drinking cold water only and felt so much better, that she thought it a great sin to use tea and coffee. Many pupils of both sexes boarded themselves and lived very abstemious, thus retaining their health and making better progress in study.

Several schools, at different times, were established, supported by those opposing what they termed ultraism, but they were short-lived. The two village newspapers frequently had scurrulous items in regard to our living upon sawdust, starlight, moonshine, &c. A small contemptible sheet was established on purpose to ridicule everything that did not please certain wicked, corrupt persons, including, as subjects of ridicule, associations of scholars and others for mutual benefit and aid to objects of benevolence. But all such efforts only tended to spread physiological and other important truths the more, and lead many to embrace them.

With small vital powers and nervous temperament, my great desire to teach all students who came to my school, led me to over-tax my mental powers and neglect exercise, so as to affect my nerves. Duty to a diseased mother seemed to call me back to Maine, and after laboring on the farm six months, I taught in Craftsbury Academy, Vt., eighteen months, when my nerves again warned me to desist teaching. I spent the next two years, nearly equally divided, in teaching and laboring in three villages in Maine, ever inculcating, by precept and example, aided by Drs. Alcott's, Trall's, and other books, the great physiological laws that should govern our being.

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I then traveled for two years in Maine and British Provinces, lecturing on the natural sciences. I moved to Wisconsin in 1850, spent about two and one-half years in farming, teaching and lecturing, then came and opened a new farm in this Garden State of the West. I have lectured from three to six months of each of the last twelve years, traveled over 1,200 miles in this and three adjoining States, usually in every lecture, impressing some of the most important physiological facts upon the attention of the audience in cities, villages and rural districts, as I exhibited, with other views, by Phantasmago a Lantern, Sewell's Fire Stomachs, showing the effects of alcohol, tobacco, tea, coffee, &c.

In 1843, an old Scotch physician, of seven years' study in Edinburg, left about one-third of a teaspoonfull of calomel for a small child to take. I seized it, greatly excited at the fool, and decided that we must study and rely upon ourselves in sickness, but in ignorance continued to use a little calomel dealt out on the point of a penknife in a few cases. Three physicians were called in Maine to see an infant that had many convulsions, cutting teeth, &c. It was killed by medicine, as one doctor said afterward, that he gave the child medicine that would *kill* a well man. But we were still too ignorant to rely on water alone in all cases. While traveling in Illinois I stopped with a woman, who said that she had been sent for twenty to thirty miles and cured persons by the water system, who were given up to die by Allopaths. I read her books and talked much. I soon after lost my voice and appetite and had a very high fever, 100 miles from home. I was satisfied that an Allopath would keep me sick for months, I, therefore, went to a farm-house and enveloped myself in a cold wet sheet seven different times for one or two hours, and each time washed off in cold water before a fire. In three days my voice and appetite returned, and, although quite weak, I went to lecturing again. On returning home, I purchased the "Hydropathic Encyclopædia" and desired Mrs. G. to read and practice by it. She soon found, that the tepid bath, so long used with medicine, needs no aid from poisons, and they were dispensed with entirely. She had great success as a nurse, judging from pulse, tongue, &c. On finding that her feeble system would not react even in very warm sheets, she seldom used them, but relied on sitz and sponge-bath, syringe, diet, air, &c. But I resorted to the cold sheet with great success if affected by cold, fever, &c. Neighbors, seeing that our family of six children were kept healthy with no doctor to pay, by curing the first symptoms of disease with water, fasting, &c., while typhoid fever, bloody flux, ague, measles, diptheria, or mumps, prevailed all around us and killed many, aided by poisonous medicines, began to listen to us, read our books and adopt the practice. A near neighbor became very low with typhoid fever, and attributes his life being saved, in a great degree, to Mrs. G.'s faithful nursing. The daughter was taken sick and restored by Mrs. G. The mother was attacked and neglected herself for a week, saying that she could never live through an Allopath's medicine, with her feeble constitution. After much persuasion, Mrs. G. was induced to leave her family cares and take the whole charge of her in that dangerous state. In sixteen days she was restored after a very high fever, and the Allopath who attended the father said, that it took five weeks to cure the said fever. The next neighbor, with six children, uses our books now in all cases and has no doctor. When the bloody flux took away so many children that confidence in the physicians was lost. Mrs. G. visited two not expected to live, and they were restored. To an old man, after a relapse, and two physicians thought his case very doubtful, we read our book, advised what to do, and restored him.

Our two physicians and a previous one, give consent to most of our views and use very little medicine in their own families, but say that the people do not know how to use water and will have medicine. Most persons are so ignorant that they are not willing to pay a doctor for advice merely, but only for medicine. A doctor in Bangor, Maine, was sent for five miles by a farmer; he told him he only had a cold, and needed to diet a few days and would be well, and returned giving no medicine. Another doctor was sent for, post haste. He went, gave a few magnesia pills, and took his five dollars for it. Meeting the first doctor in the street, asked him why he did not give that farmer some medicine. First doctor: Because he did not need any. Second doctor: I knew that he did not need it, but I gave him some baby's pills and took five dollars for it, and if you do not pursue a like practice you will get no patients. I find in my travels, that doctors resort more to the use of water with less medicine to satisfy the enquiring minds on every side, who begin to see more clearly the dreadful effects of poisonous medicines on our soldiers and others. I saw a mother recently, entirely blind, and the whole system greatly diseased, from using calomel, in the eyes, and many blisters, &c. She

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heard my lecture, and enquird for the best water-cure in Illinois, where she could get help. I often speak of the doctor in Connecticut, who practiced with bread pills to satisfy the mind for twelve years, with great success, while using other simple remedies for the body.

I have three sons in the war. One writes: "While half of the regiment are sick, I am well; live mostly on bread and milk, and bathe often." Another writes: "Many of us had the camp diarrhea and I borrowed a syringe a few times at hospital, and, by bathing and dieting, soon was cured, while many are killed by poisons in hospital. Father, send me a syringe and I can cure more than all the doctors." I paid four dollars for two syringes and sent them to the son, and the other was in a city where he could obtain one. A third son, went out before he was seventeen years old; been in many battles and is now at Vicksburg; writes that the syringe is of great service, and that he keeps good health while many are sick around him. I saw a soldier, now laboring on a farm, who has a ball in the leg, near the body. He said, that the surgeon was urgent to cut off the limb, but he would not allow it, and he remarked that the surgeons seem to delight to take off many limbs for practice and pay, when there was no necessity. A father states that he spent several days in St. Louis Hospital, where his son lay wounded, and that they used nothing on their wounds there but cold water. I urge upon persons to send for the "Water-Cure for the Million" and the HERALD OF HEALTH, but most persons wait until sick, and pay to be poisoned by Allopaths. If you can find any items in this long communication, that may be of benefit to suffering humanity, use it as you think best and I shall be paid for my trouble.

Yours, with esteem,

H. H. GRIFFIN.

ROSEVILLE, Warren Co., Ill.,
July 4, 1863.

NOT UNHEALTHY.—It is a great mistake to imagine that the pursuit of learning is injurious to health. We see that studious men live as long as persons of any other profession. History will confirm the truth of this observation. In fact, the regular, calm, and uniform life of a student conduces to health, and removes many inconveniences and dangers, which might otherwise assail it, provided that the superfluous heart of the constitution be assuaged by moderate exercise, and the habit of the body be not overcharged with a quantity of aliment incompatable with a sedentary life.

REPORT OF CASES.

BY MRS. O. C. A. WOOD, M. D.

CASE 1.—The babe was taken sick; it was not yet a year old, and it was a lovely little creature, as well as an only child. The doctor was called. Dr. Drug it was; and he pronounced the disease the "old fashioned canker rash," and proceeded to treat it accordingly. I saw the father a few days after, and on enquiring after his little one, he said it was doing well; thought he (the doctor), was a careful man; he gave very simple medicines (parents should know it does not take anything very powerful to kill a baby), and swabed its throat out. With what? I enquired. How did the throat look after using it? He did not know what it was, but it made the surface look dark. Nitrate of silver, I said. You should be very cautious of using that. 'Tis a dangerous thing. I could not forbear the caution, however, unheeded it might be, for I did not want the poor little thing to be poisoned to death. A week or less later and the mother, with a sad countenance, stepped in as she was in town to tell me "her baby was dead." Possible? Yes. It had got all over the canker rash, and was taken with croup. But the doctor said it was not the regular croup. By this we may understand readily enough, that it was not croup caused by taking cold, but the consequence of the treatment of its first disease. Would that this might be a warning to every parent in the land, to abjure all poisons in the treatment of children at least.

CASE 2.—An anxious mother was watching over some four or five sick little ones, which seemed to demand her almost constant care, when the doctor came in and saw her weary look advised her to take rest, giving her a large dose of morphine at the same time to secure the needed rest. The drug was taken, and that mother did soon rest in an eternal sleep—a sleep that knows no waking, for in two days she was a corpse; and the poor little sick children were left motherless. It is a sad thought, but it is true. Shall we call this an act of Providence? or was it an act of the Drug doctor, whose inexcusable ignorance dealt the deadly blow to his hapless victim, robbing a whole family of one of their dearest and most needed treasures. Yet these are only two cases among the many thousands that have fallen victims to the terrible system of drug-medication.

Friends! who among us will not labor earnestly, unweariedly, and perseveringly to put

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down this rebellion against the laws of nature —this greatest of all curses to the world against mankind?

CASE 3.—*Gastritis.*—I was called to visit an unmarried lady, who had acute inflammation of the stomach and duodenum, accompanied with violent crampings, excruciating pain, and severe vomiting. The countenance was pale and anxious, and lips purple. She had been a dyspeptic for a long time, I know not how long, which gave her an uncontrollable appetite always; but on this occasion she had partaken with unusual freedom of the good things of this life. For three successive nights, preceding the day I was called to see her, she had experienced such distressing pains as to prevent all sleep; but each morning she found herself so much easier that she was able to rise and "feast" again. One of the family told me she had eaten profusely of rich pastry and dried beef, &c., of the latter a plateful at a meal had been devoured by her alone. Who can wonder that the poor stomach rebelled against such heavy taxation? I ordered hot fomentations to the abdomen and a warm foot-bath. In ten minutes it was evident that a change for the better had commenced. As soon as she was sufficiently relived to admit of it, I ordered an enema of tepid water; and with this simple treatment alone and nothing more, except an injunction to curb the appetite, in three days, though the weather was unfavorable, she was able to ride twelve miles into the country. A sister of hers had had the same complaint two years before, and had been treated by a Homœpath, and she said she lay three weeks before she was able to move her limbs in bed. Behold the contrast, reader, and work for the better way!

CASE 4.—*Croup.*—I was called about midnight to see a child who had the Croup; found it breathing very hard, feet cold, pulse hurried. I put a warm compress on the chest, cloths wet with iced-water on the throat, and warm applications to the feet. In a few minutes the breathing was easier, and in less than half an hour the child was asleep. It had no return of the Croupal symptoms, and in the morning was as well as ever—"And he was made well from that very hour."

BY N. W. SARGENT, M. D.

CASE 1.—*Rheumatism.*—This disease has been quite prevalent here, among both young and old, and I have lately had several cases to treat. I will report the result for the benefit of the readers of the HERALD OF HEALTH.

The first case occurred in a young man about seventeen years of age. He had general fever, with pains and swellings of most of the joints of the body, especially of the lower limbs. I was called immediately, so that the patient had the benefit of *no drugs*. I made four visits, and in less than a week he was well and about his business.

The treatment consisted of warm wet-sheet packs daily; wet cloths to the inflamed joints; enemas of tepid water; a full tepid bath twice a day, and a very abstemious diet.

CASE 2.—The next case was that of a girl seven years of age. She had been unwell for a week or two, but still able to be about, when she was taken with severe rheumatic pains in the lower limbs, back and side; the action of the heart was very irregular, and she was so sore that she could not be moved without screaming with pain. Her treatment was similar to that of the preceding case. In nine days she was able to play with her playmates as usual.

I am now treating a case of a woman who has the same disease. She has been under drug treatment four weeks. From four to six weeks is the usual time that it takes our Allopathic brethren to cure—or kill.

SPARTA, Wis., July 6, 1863.

THINK FOR YOURSELVES.—It is always best to think first, for ourselves on any subject, and then have recourse to others for the correction or improvement of our own sentiments. Thus we may reach truth which we should never have observed had we caught a particular mode of thinking from an author. No principle should be received from education or habit merely. Let me observe before perusing the opinions of others. We check original thought by first learning how and what to think from others. The strength of others should be called to assist our weakness, not to prevent the exertion of our powers. By means of this dependence upon books, error as well as truth descends in hereditary succession.

THE TWO TOGETHER. — Affectionate intercourse with the young is a considerable help against the too rapid invasions of old age. A gentleman of my acquaintance is accustomed to repeat the saying of a distinguished man, "If you would avoid growing old associate with the young," assigning as a reason that the old are so apt to increase their own and each other's infirmities by talking them over; while the cheerfulness of the young will do something to enliven the falling spirits of our declining years. There is sense and wisdom in the rule thus suggested.

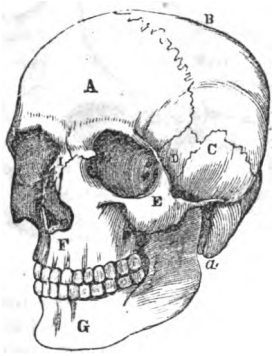
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THE HOUSE I LIVE IN.

CHAPTER VII.

THE CUPOLA.

The cranium.—Bones of the face and jaws.—The teeth. Growth of the teeth.—Structure of the teeth.—Uses of the teeth.—Bones of the ear.—Bone of the throat.



We come now to the cupola, by which I mean the skull, which is placed on the top of the great post. I have already told you that seven of the twenty-four pieces which form that post are situated above the second story of the building, and unite the skull to the trunk. You will observe the open chamber at the upper part, and you may also see the places for doors and windows.

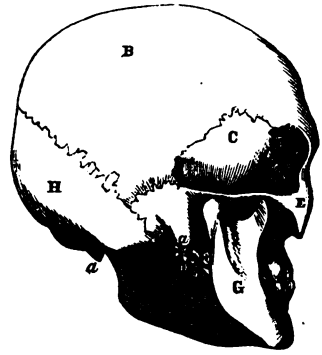
I must stop here long enough to say that—unlike what is seen in ordinary dwellings—the doors and windows of the house I live in are in the cupola: there is not one door in either the first or second story. The windows, and some of the doors, are placed in front—the rest of the doors at the sides. The doors and windows themselves, as you know, properly belong to the covering: they will therefore be described under that head.

I have called the mouth and ears and nostrils doors, to keep up the metaphor which pervades the work; but the eyes may, with the greatest propriety, be regarded as windows. All sound, smell and taste come to us through these passages, and the machinery or organs near and within them: why then may they not properly be considered as doors?

The Cranium.—At the beginning of this chapter, I showed you a picture of the bones of the whole head. Now if the bones of the face and neck were taken quite away, and nothing left but the hollow brain case, (cranium,) the appearance would be very different.

This brain-case is composed of eight bones, most of which are closely united by a rough edge, like that of a saw, the notches of which shut into each other as exactly as saw teeth would, and form what may be called seams. These seams are by anatomists called sutures, and are nine or ten in number.

One of the most important bones of the skull, or brain-pan, is that which stretches across the whole forehead, and is called the os frontis, or frontal bone. Another, across the back side of the head, and shaped thus, H, is called the os occipitis. Its sharp top reaches to the crown of the head. Another bone shaped a little like a clam-shell, lies around each ear. It is



the os temporis. There are, of course, two of these. On the upper part of the head, surrounded by those already described, are the two parietal bones, B. Surrounded by them all, in the bottom of the skull, is a large bone, the os sphenoides, and a small one, the os ethmoides.

Now this whole space, as I shall hereafter show you more fully, is filled up with brain. In an adult, the brain weighs from two and a half to three and a quarter pounds. In a few instances, it has been found somewhat larger.

Bones of the Face and Jaws.—There are six bones on each side, to form the face. They are grouped together under the common name of the upper jaw. All of these bone, like those of the skull, have names assigned to them, and, like them, are united by what are called sutures.

The lower jaw is one strong bone, which has been imagined to resemble a horse-shoe, in its shape—but the resemblance is not very exact. Both the upper and lower jaws serve for the attachment of powerful muscles, which are more or less concerned in the work of mastication, or chewing.

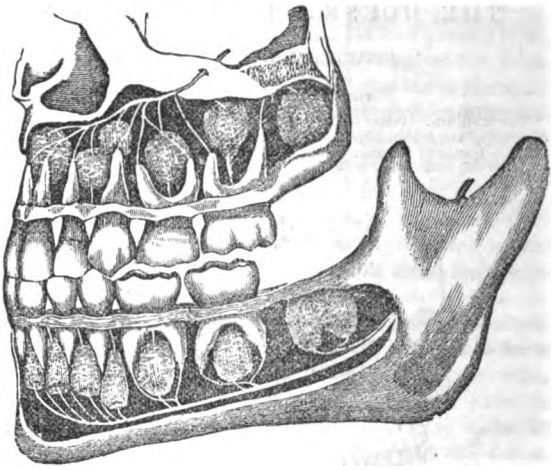
The Teeth.—Around one of the larger doors of the cupola is a most remarkable arrangement, which deserves a particular description. There is a slight resemblance, here, to one kind of wheel, with its component parts or cogs.

There are, however, no wheels here. There is, indeed, something like a mill, and it performs an operation not unlike grinding; but the motion by which this grinding is performed is much like that of a pestle and mortar. One of the segments of a wheel, with its cogs, stands still during the operation, while the other moves up and down upon it, and breaks in pieces the substances which come between.

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It also slides a little to the right and left, upon the other, and thus renders the grinding process complete.

When the number of teeth is complete, in an adult, and none have been lost or drawn out, each jaw contains sixteen; and both, of course, thirty-two. Children have but twenty teeth at first, or ten in each jaw. These twenty are sometimes called the milk teeth, because they appear while the child's principal food is milk. These they shed, between the ages of seven and fourteen years, and thirty-two new ones grow in their place.



There is a period in every child's life—say at about the age of six years—when, if it have not yet begun to shed its first set of teeth, there are forty-eight in both jaws—twenty in sight, and twenty-eight beneath them, lying deep in the jaws, at the roots of the former.

When you look at the jaw-bone of man, or any other animal, however, you do not see the roots or fangs of the teeth. They are encased or buried deep in the jaw. Those in front have only one root each; the grinders, or double teeth, have two, and sometimes more.

There are four kinds of teeth in each jaw, viz., four incisors, front teeth; two canine teeth, called also eye teeth; four bicuspids, small grinders; and six molars, large grinders. Of these half are of course on each side.

The fore teeth and eye teeth have but one root each. The small grinders do not often have more than one, but they are usually indented lengthwise, so as to have the appearance of two. Two large grinders of the lower jaw have two roots, and those of the upper have three—two before, and one behind, or on the inside.

Who does not admire a good set of teeth? With some people, they are one of the principal marks of beauty. But they are useful, as well as handsome, as long as they remain sound. The teeth of some persons remain sound and beautiful all their days. Would you like to have yours do the same? Let us then attend to the following particular account of them; and perhaps when we know their nature and structure better, we may better know how to take care of them.

The teeth are not set into the jaw-bone itself, although they appear to be so; but into a bony appendage which is called the alveolar process, which forms the true sockets of the teeth. These sockets, in old age, and when the teeth are no longer contained within them, become absorbed, and are carried away into the mass of circulating fluids, by a process yet to be mentioned. Hence arises that flatness of the lower jaw, and apparent shrinking of the face, which we observe in elderly persons.

Like the rest of the bones, the teeth consist principally of earthy substance—I mean lime. But at first, we can hardly be said to have bones in us, of any kind. Some have begun to be a little solid, others have not. Where the bones afterwards are, we find a piece or lump of something which is nearly transparent, and more like jelly than bone. This in time ossifies, that is, becomes bone, and thus forms bone.

GROWTH OF THE TEETH.—The teeth, as well as the other bones, are at first mere pieces of jelly. They do not appear at birth, for they are in the jaw-bone. And what may seem strange to you, the lumps of jelly-like substance which make both sets of teeth, (those which are shed early, and also those which came afterwards in their place,) are there at the same time; the former near the edge of the jaw-bone, and the latter a little deeper within it.

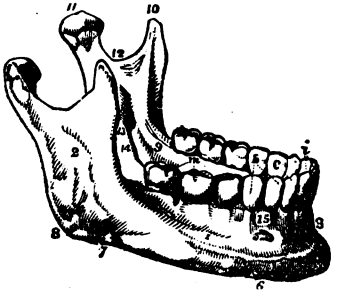
When the soft pieces of jelly which form the teeth become bone, the process is as follows:—First, a hard speck commences in the centre of a tooth, which is deposited by the blood-vessels which nourish it; and this gradually grows larger, till all the jelly is absorbed and gone, and its place occupied by bone.

The teeth, however, consist of something else besides solid bone. If they did not, they would very soon wear out. Do you think a piece of common bone put in the place of a tooth, would last us to chew with half a century or more? By no means, you will say. I will therefore now tell you of their structure.

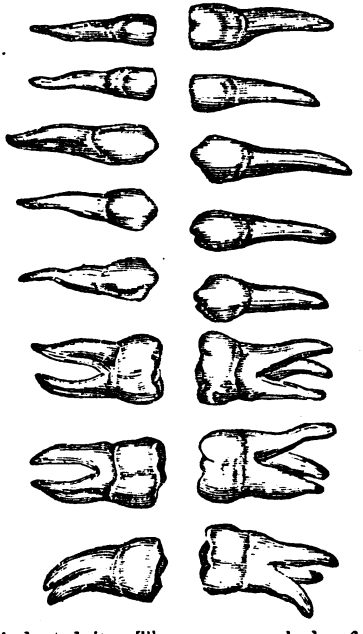
STRUCTURE OF THE TEETH.—Each tooth consists of three parts—the crown, the neck, and the fang. The fang or root is the part which is set firmly in the jaw-bone, as if it were driven in like a nail. The neck is close to the edge of the jaw, where the skin or membrane which covers the jaw-bone joins to the tooth, and adheres to it. It is this membrane which the dentist separates from the tooth with his lancet, when he is about to extract it.

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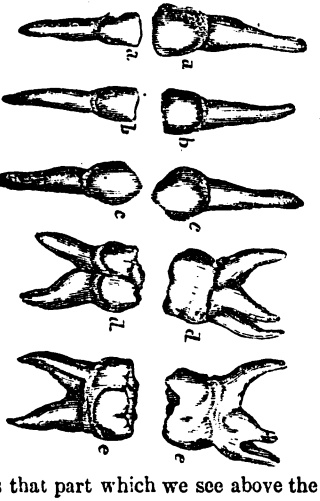
The tooth is a little smaller here, like a neck,



or as if a cord had been tied tightly around,



and indented it. The crown or body of the



tooth is that part which we see above the gum.

Every tooth has blood, and feeling in it; but of this I cannot tell you the particulars now. You will find more about it in another chapter.

Now to prevent the teeth from wearing out, as a piece of common bone would, this crown is coated all over with something much harder than any bone in the human body. It is called enamel.

USES OF THE TEETH.—Hard as it is, however, enamel will wear out in time. It will wear out much sooner, if we pick the teeth, as many do, with pins and needles. These things are too hard, even for the hard enamel, and are apt to crumble it off. So is the wretched practice of cracking nuts with the teeth, or indeed the biting of any substance harder than the crust of good dry bread. If used to bite nothing harder than that, and if not injured in any other way—for there are a thousand ways of injuring the teeth—they may perhaps last all our lives. But if the enamel once gets broken away, so that air and other substances come to the softer bone under it, the tooth soon becomes hollow, or decays. Like any other part of this wonderful frame which God has given us, the teeth will, however, last the longer for being moderately used.

Those kinds of food and drink which injure the stomach, injure also the teeth, and cause the enamel to become soft, and break away. Why this is so, is a question which it would take too long to answer here; but you may believe the fact. In another place, I shall probably say more on this subject.

One thing more, however. The teeth must be kept perfectly clean. After eating anything always rinse them well. And if you rub them with a soft brush several times a day, it will do some good in t e way of preserving them, and prove a means of saving you from the racking torments of the toothache.

BONES OF THE EAR.—Hardly any part of the wonderful machinery of the human body is more difficult to understand, than the structure and the uses of the organ whose bony part I am about to describe. About three quarters of an inch or an inch within each o the two side doors of the cupola—the ears—is a film or membrane drawn tightly across the passage, like a drum head. This is called the membrane of the tympanum—tympanum being the Latin word for drum; and a cavity behind the membrane is called the tympanum.

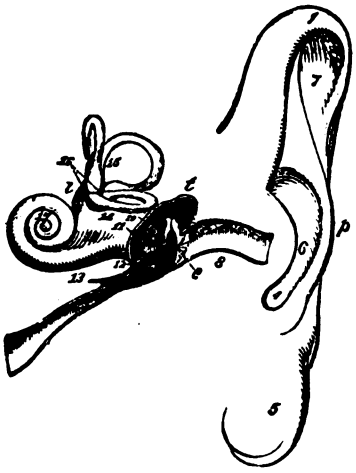
In this latter cavity are four small bones, which are undoubtedly, in some way or other, concerned with the sense of hearing. Sounds reach the brain through the passage of the ear; and if there were no ear, we should hear no sound. He who made the ear for sound doubtless made all parts of it, and there is reason to believe every part of it is useful.

The bone is called the malleus, because it has been supposed to resemble a mallet or hammer; but it looks as much like a crooked club, with a branch sticking out from it, as

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like either. It is close to the membrane of the tympanum, and touches it.

The incus, or anvil, is the next. I think it looks as much like one of the smaller double teeth as like an anvil.

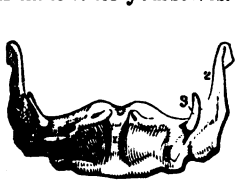


A little farther in is the little ring. It is very small, and seems to connect the incus with the stirrup. Anatomists, however, do not call it a ring. They call it by the hard name of os orbiculare. Os means bone, and orbiculare means ring-shaped.

The stapes, or stirrup, you cannot help knowing by its shape. It is the fartherest within the head.

This little chain of bones is stretched along in the passage from the outside toward the inside of the head, beginning at the tympanum, and ending at a small opening at a considerable distance within the head.

BONE OF THE THROAT.—It is proper to mention, in this place, that there is a curious little bone inside of the neck, near the root of the tongue, called the hyoides, or os hyoides. This little member has been supposed to resemble the Greek letter v, but it appears to resemble our own letter U nearly as much. You will examine it for yourselves.



This bone has something to do with keeping in their proper places the parts of the body which are concerned in speaking, chewing, swallowing, &c.

CHAPTER VIII.

THE HINGES.

The Hip Joint.—Shoulder Joint.—Elbow Joint.—Ligaments.—Capsules.—Wear of the Joints.—Synovia.—Abuses of the Joints.

The house I live in differs in some respects, as you have already seen, from many other buildings. I will mention one more important point, in which there is a striking difference.

An ordinary building of wood, brick, or stone, is intended to stand firmly, and for some time. No part, excepting perhaps the doors and windows, is made for motion. The ends of the parts are usually fitted together by square edged joints, with the greatest exactness. Then to complete the whole, and make the frame as firm as possible, girders, studs, braces, &c., are added.

There are, indeed, a few parts of the house I occupy, which are not intended to move much; but in general the reverse is the case. Even the girders, braces and studs are designed to regulate and direct motion, but not to prevent it wholly. And the joints, instead of being framed together by means of square tenons and deep mortices, and kept as dry as possible, are rounded and made smooth, and moistened by a sort of oil, to fit them for motion, rather than to hinder it.

There are indeed a few joints—if joints they ought to be called—which are firm and unyielding. I refer to the teeth. These, as we have seen, are set into the jaw-bones, as firmly as tenons are into mortices, and more so. They seem to stand more like nails or spikes, when they are driven into planks or timbers. The bones of the head, too, are joined firmly together in adults, as you have already been told.

Some of the joints of the human frame are real hinges. To this class belong the knee joints, the joints of the toes and fingers, and those of the elbow. The lower jaw may also be called a hinge joint. The ankle joints, the joints of the wrists, and indeed many others, sometimes move like hinges, but they perform other and very different motions besides.

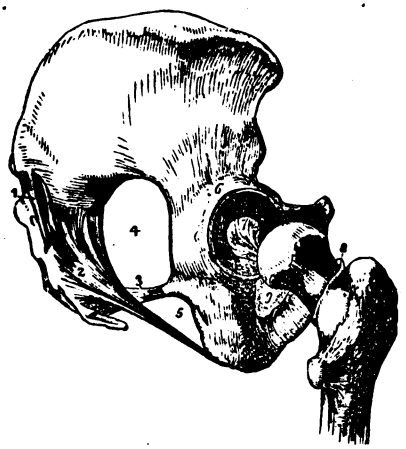
HIP JOINT.—But the most curious joints in the human frame are what are called the ball and socket joints. The more important of these are, the shoulder and hip.

But though the shoulder joint is pretty easily dislocated, it is not so easily to be put in its place again, when it once gets out, as you may imagine. It sometimes requires all the skill of a wise surgeon, and all the strength of one or two strong men.

The number of hinge joints and other joints in the frame of the house I live in is very great. It must be nearly if not quite a hundred and fifty. I do not think there are many frames that have more hinges in them than the human.

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You see the wisdom of the great Creator fully displayed in this structure and connection of the bones. What if the joint of the



knee would move in every direction, like that of the shoulder? Do you not see that when we walked, the legs would have dangled about strangely, instead of moving backward and forward in one direction only? And is it not plain that we could never have stood firmly on the ground? In like manner, how very inconvenient it would have been to have our fingers joints move one way as well as another! How confined and cramped, moreover, would have been the motions of the arm, if the shoulder had been like the knee, and had only permitted the arm to swing backward and forward, without our being able to carry it outward from the body!

The builders of machines have sometimes made joints in their machinery very much like the shoulder joint; but it is doubtful whether they could ever have contrived them, if they had not first looked at the bones of man, or some other animal; for other animals have these various sorts of joints, as well as man.

LIGAMENTS. — But how are joints held in their places? For when we take up a bone which has lain, perhaps for years, bleaching in the sun and rain, we only see the ends smooth, and some of them hinge-like; and if we take up two such bones, and put them together, they will not stay in that condition a moment, unless they are fastened by strings or wires, or something of the kind. How, then, are they kept together in the living person? This is what I am now about to tell you.

They are held together by short and strong straps, called ligaments. Some of them, however, are quite long, and being at a considerable distance, say an inch or two, from the very end of one bone, and then, after passing over the joint, are fastened into the next. The strap or ligament does not adhere or stick to the joint, as it passes loosely over it, but is only fastened strongly, where it rises, and where it is inserted, as if it were there glued to the bone. The inside, where, in crossing, it lies against or rests gently on the joint, is very smooth; and is kept moist as well as smooth; so that the joint, in moving, may not grate or wear out.

These ligaments are white and shining, but not always very thick. They are very strong. Some of them are as narrow as a piece of tape. Others, as at the side of the knee or the shoulder, are very wide. Some cross each other as at the knee. There are others still, that go all round the joint, and completely shut it up. It is as if the ends of the joints were put into the two open ends of a short cylinder, or rather of a short bag or purse, and the open ends were then gathered round, and fastened tightly to the two bones. Do you not see that, in this way, the joint would be completely shut up, as in a sack?

CAPSULES.—These bags or sacks are called capsules, and their coverings, that is the materials of which they are formed, capsular ligaments. They are very numerous in the human body. Their use is to keep the joint from being easily slipped out or dislocated. They are also intended for another purpose, scarcely less important — a purpose which shows, in a striking manner, the wisdom of the Creator in contriving the human frame.

The wagoner or stage driver has a mixture of tar, or perhaps tar and oil, some of which he often puts upon the axle of his carriage, where the wheel turns upon it. If this were not done, the axletree would soon become very dry, and the wheel would wear it. If the carriage were driven very fast, it might happen that it would take fire; for rubbing dry wood together, as you know, will produce fire. More than one stage coach has been set on fire, in this way, within a few years.

(To be Continued in our next.)

BEAUTIFUL EXTRACT.—When the summer of our youth is slowly wasting into the nightfall of age, and the shadows of the past grow deeper, as if life were on its close, it is pleasant to look back through the vista of time upon the sorrows and felicities of years. If we have a home to shelter us, and friends have been gathered by our firesides, then the rough places of wayfaring will have been worn and smoothed away in the twilight of life, while the sunny spots we have passed through will grow brighter and more beautiful. Happy, indeed, are those whose intercourse with the world has not changed the tone of their holier feelings, or broken those musical chords of the heart, whose vibrations are so melodious, so touching to the evening of age.

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Publisher's Department.

OUR BUSINESS ADDRESS.

All subscriptions and communications, and all orders for our Books and other Publications, Syringes, Hand-Mills, Bath or Surgical Apparatus, &c., should be addressed as follows: "R. T. TRALL & CO., No. 15 Laight street, New York." This will ensure prompt attention at all time by our business associate.—EDITOR.

OUR AGENT IN LONDON.—WM. TWEEDIE, No. 337 Strand, London, has all our publications for sale, and will deal liberally with all who may wish them. His house takes a great interest in the circulation of the HERALD OF HEALTH, and ours as well as all other good publications They will receive all trans-Atlantic communications, and forward them to us.

Please Take Particular Notice.

Will those who write us business letters please read the seven lines which head this column? Also, please read "A Word about Letters," on page 216 of the May number of this Journal. Many persons send business letters addressed to individual members of the firm. The writer of this, now hundreds of miles from New York, has had letters containing money and orders, forwarded to him while traveling, mailed and re-mailed from one office to another, sent by some friend who knew he usually had charge of this department. Others write to R. T. TRALL, M. D., instead of R. T. TRALL & Co. Now, Dr. TRALL may be in New York, Wernersville, Washington, Chicago, or Canada, before he sees the letter. His letters may be forwarded to him immediately, or may await his return; but at all events the order must remain unattended to until he receives his letter, opens it, and passes it over to the business firm. Now, to save time and trouble, we ask our friends in all parts of the world to send all orders and business communications to R. T. TRALL & Co., directing only those of a strictly professional character to R. T. TRALL, M.D. They will then pass directly into the hands of whichever business partner may be on duty at home, or, in the absence of all of them, into the hands of our clerks, who will open the letters and attend to the orders. The writers will not be kept waiting, and we shall be saved time and trouble.

Many persons write to Dr. TRALL, or some other individual member of the firm, supposing, that by so doing, they will ensure prompt attention. This is a mistake. Dr. TRALL opens the letter, and reads it over far enough to see that it is on business, and not a professional communication, and belongs, therefore, to the publishers and their clerks, and he passes it over to the firm without even making a note of it. Frequently we have received letters of inquiry concerning a previous letter before the first had reached our hands. We repeat, direct all business letters to **R. T. TRALL & Co.**, and we will insure prompt attention and quick returns.

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Lost and Spoiled Numbers.

Every day we receive letters to the following purport:—"The July number of the HERALD OF HEALTH I have lost, by lending to my neighbors. Please send me another copy, as I wish to preserve the volume complete."

"My January number has been so roughly handled in going the rounds of the neighborhood, that it is not fit to bind Please send me another copy."

To all such correspondents we have to say, please send us ten cents, and it will give us great pleasure to send you the article. It would cost us $50 a year to *give away* the desired numbers, while it would only cost our friends ten cents to *buy* them.

A Familiar Word to our Friends.

We receive many letters from our patrons bespeaking a high appreciation of the HERALD OF HEALTH. The July number has been mentioned as being the best we have ever issued. We are exceedingly obliged for all such words of cheer; and although while engaged in the dissemination of our principles we never court approbation and popularity, except such as is based on a correct appreciation of the grand truths we seek to promulgate, yet to know that we secure the sympathy and co-operation of thousands of noble men and women, far and near, strengthens us to renewed efforts for the alleviation of human suffering and the correction of the results of ignorance and prejudice.

It is the aim of the publishers of the HERALD OF HEALTH not only to continue present efforts in behalf of Hygienic principles, but to avail themselves of every new opportunity that may present itself, from time to time, to reach the masses. We feel that the work before us is indeed vast in its proportions; that it has but relatively commenced, and that to uproot the ingrained errors resulting from the false teachings of ages, will require great moral courage and persistent effort on the part of the friends of reform everywhere. We may, therefore, ask all who feel imbued with a spirit and purpose to co-operate with us in enlightening the ignorant, elevating the debased, and strengthening the weak and wavering, to aid us in extending its circulation in their respective localities, and thus increase the sphere of its usefulness; to contribute something of practical interest in the way of personal experience and observation, or suggest some topic for discussion, not thought of by us. "Many are wiser than one." Give us facts in a brief and practical form, and we will use them for the universal good. This will give a local interest to the HERALD in your vicinity. Please write always to the point, and expunge every superfluous word. Were people generally to collect such facts and experiences as usually come within the range of their observation, and prepare them for publication, doubtless much valuable knowledge would be contributed to the public fund, that is now entirely lost.

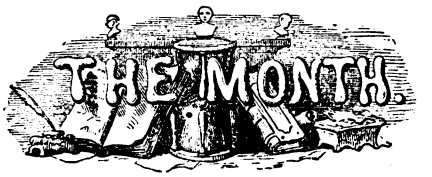
Why the Shoe Pinches.

The present number completes this interesting and practical serial. The matter is being put into book form, and will be ready for delivery about the 10th of September.

Every household in the land should have a copy of this little book. The clearness with which the author elaborates his subject renders the principles inculcated in the work readily understood even by a child. The deep interest with which it has been read by the patrons of the HERALD, as it has appeared from month to month, evinces the high appreciation with which Mr. MEYER'S production is received. Aside from every pecuniary consideration, we should be exceedingly gratified to see the work scattered broadcast over the entire land, for we should then feel a consciousness of contributing to a dissemination of natural, scientific principles, in opposition to the senseless dictum of fashion and a silly aristocracy. It is a work not for the professional man alone, but for all. Any person who has been cramped and crippled, and is desirous of relief, or wishes to save his children and friends from like discomfort and deformity, will see, by consulting this work, the cause of his difficulties, and be enabled to instruct his shoemaker how to remedy it. The work is profusely illustrated by wood cuts which we have had expressly engraved for this American edition. It is thoroughly practical, as the editor, publishers, and patrons of the HERALD OF HEALTH can testify after several months' experience in wearing the improved shoe, with entire satisfaction.

Price 25 cents per copy; a liberal discount to those who purchase by the quantity. Address R. T. TRALL & Co., 15 Laight street, New York.

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NEW YORK, SEPTEMBER, 1863.

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."

TOPICS OF THE MONTH.

BY THE EDITOR.

SURGEON GENERAL HAMMOND ON HYGIENE.—J. B. Lippencott & Co. of Philadelphia, have published a "Treatise on Hygiene, with especial reference to Military Science," from the pen of Surgeon General Hammond. The work is able and interesting, and so far as it treats of the examination of recruits, the details of the construction of hospitals, &c., there is much to approve, little to criticise and nothing to condemn. And we are glad to know that the distinguished author, in the management of invalid soldiers, places Hygienic medication in the foreground, and sends the drug shop far to the rear, thus reversing the regular order of "the profession."

He is "sure that the curative influence of Hygienic measures have been too much neglected, and that drugs, the traditional doctrines of which have been positively disproved by physiological and chemical researches, as well as by the soundest deductions from pathology, are too frequently administered through a strict adherence to routine, which hinders the developement of medical science and cramps the powers of those who labor for its advancement."

We suspect the profession will take more offence at this declaration than it did at the exclusion of calomel and tartar emetic from the supply tables. This is aimed at the profession as a whole; that was directed only to the army Surgeons. When Dr. Hammond declared that certain articles of the materia medica did more harm than good, it was not an attack on the so-called medical science of the day; nor was it a reproach to drug medication as a system. It only aimed to correct a specific abuse.

But now Dr. Hammond, whether so intended or not, directs a "rifled Parrott" at the whole drug system as regularly practiced.—He charges that medical men are prescribing drug medicines according to a way they have got, which way is disproved by chemical and physiological science, false to the facts of pathology, and opposed to true progress in the Healing Art. This is just what—neither more nor less than—we have been alleging against the popular medical system for twenty years. But the profession finds the peace and the safety of its false and murderous system in letting us alone. Can it treat Dr. Hammond in the same way? The profession can well stand on its dignity, and refuse a discussion with us; but the position of the Surgeon General will compel them to define their position—approve, disapprove, prevaricate, dodge, quibble, pervert, mystify, as the case may be—and this will provoke discussion, and discussion will lead to investigation, and the result will be, a still greater prominence of Hygienic measures in the treatment of disease, and a still growing "small by degrees and beautifully less," of drug-shop poisons.

We regret, however, that Dr. Hammond holds fast to the absurd and oft-exploded chemico-physiological vagary, that, "alcohol is food." If the Surgeon General entertains this opinion, we need not wonder at the immense supplies of alcoholic liquors which are sent to our armies, nor to the double or treble rations of whisky which are fed to the soldiers.

Dr. Hammond is a man of observation, not reflection. He reasons from facts, not principles. His order excluding calomel and tartar emetic from the hands of the army surgeons, was based on experience, not on a recognition of the relations of those drugs to the vital organism. Had Dr. Hammond reasoned deductively, had he comprehended the first law of vitality—which is the true basis of all medical science—he would have excluded from the army all forms and preparations of mercury and antimony, as well as calomel and tartar emetic. Because he did not do this, his order will do comparatively little good, and already the Allopathic journals are congratulating themselves that the despotic edict of "The Great Medical Reformer," as the Surgeon General has been derisively styled by the "Medical Profession of Fairfield county, Ohio," will not amount to

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much, for the reason that some half dozen preparations of mercury—corrosive sublimate, red precipitate, sulphate, nitrate, acetate, iodide, &c., &c.,—are allowed, so that a "gentleman officer and fellow-soldier" can be abundantly mercurialized, the Surgeon General to the contrary notwithstanding.

Dr. Hammond comes to the conclusion that alcohol is food from certain experiments which he has performed upon himself. A few words will suffice to show wherein he is deluded. Dr. Hammond took four drachms of alcohol at each meal, diluted with water, at the same time taking the usual quantity of food. After continuing this experimentation for five days, he found the general health disturbed, and a decided increase in weight. But, instead of reasoning common-sensically that, if the health is impaired while the bulk increases, it is because some disturbing cause has prevented the waste matters of the system from being duly eliminated, he concludes — redutio ad absurdum—alcohol is food! As well might Dr. Hammond swallow a pound of anti-bilious pills, and just before they "operate," find his weight increased sixteen ounces, and then proclaim to the world that he has ascertained by a carefully conducted "experiment" that pills are food. As well might Dr. Hammond take an opium pill of one grain, after each meal, for five successive days, so as to prevent any movement of the bowels, and then, finding his weight increased five pounds, d clare that opium is food. Three grains of opium, in this "experiment" would be equivalent to one pound of ordinary food. If such an experiment should be recorded in a common newspaper, instead of a scientific book or a medical journal, it would go the rounds as the best joke of the season; and ten thousand of non-professional readers would at once detect the astonishing blunder which had mistaken accumulated fecal matter in the bowels for increased nutrition!

But Dr. Hammond himself furnishes the data to confound his own reasoning, and make his conclusion ridiculous. He states that in these experiments, the amount of carbonic acid and aqueous vapor excreted from the lungs underwent diminu ion, as did also the quantity of urea excreted. Here is one of the plainest problems in the world. Dr. Hammond would reason: Alcohol is taken into the system, the health is disturbed, the effete matters are retained, the weight is increased, ergo, alcohol is food. Common sense would reason: The presence of alcohol occasions an effort on the part of the vital powers to eject it from the system, thereby destroying for the time the balance of action between the assimilating and the depurating functions, in consequence of which the waste matters of the body accumulate and augment its bulk and weight; ergo, alcohol is poison.

HYGEIO-THERAPY IN ENGLAND. — We are glad to learn that the good seed, which was sown in transatlantic land, is beginning to bear its legitimate fruit. There is in England a class of patient, persevering, honest inquirers after truth, in whose hands great primary principles, when once fully understood, will never be suffered to become a dead profession, but will be taught, exemplified and worked into a living faith. We extract the following paragraph from a late English paper:—

"Mr. J. Chapman, of Liverpool, delivered the sixth lecture of his course on physiology in the Friends' meeting house on Friday, May 22d. The whole course has been something new in this place, and more especially the present. After explaining the connecting link between mind or spirit and matter, the lecturer proceeded to give his ideas of the relation of organic and inorganic matter, and said he believed that the medical profession is and always has been wrong in supposing that dead matter acts properly upon the living in the form of drug medicines. This idea was just analogous to the one of the cart dragging the horse, instead of the horse dragging the cart. He asserted that Dr. Trall had proved this in his writings, discussions, lectures, &c., to which he directed all persons who might wish to study the subject further. He then said that disease was not a thing from without, as was commonly supposed, but an action from within, to expel the accumulated poisons or impurities which are the cause of the disease, and not the disease itself. And that upon exactly the same principle are the drugs acted upon which are prescribed by the doctor; that the drugs are entirely passive, while the vital powers are making the effort to expel them, so that the doctor by administering his medicines is adding to the cause of disease, with the vain hope of curing it, and to endeavor to check or quell the disease was to subdue the very effort that nature was making to rid herself of the already accumulated impurities. Diseases have been heretofore represented as so many enemies to mankind, but this proves the contrary. The lecturer was listened to with attention throughout. That his efforts will cause inquiry and investigation there can be no doubt. His assertions were bold and surprising; and his reasoning was so logical and forcible, that even the most thoughtless and inconsiderate could not fail to be interested, if not convinced."

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When the medical profession realize the truth of these "bold and surprising" assertions, it will recoil with horror from the murderous practice of poisoning people because they are sick; and when the people understand "the relations between organic and inorganic matter," they will no more think of curing diseases by taking poisons into their stomachs, than they will think of charming away unpleasant reflections by taking a rattlesnake to their bosoms.

THE HEATED TERM.—The last days of July and the first few days of August were terribly hot and sweltering During the week ending August 1, the deaths in the city numbered 722. More than 300 died of what are properly regarded as bowel complaints, (including convulsions); 189 died of cholera infantum, and about 100 died of congestion of the brain, commonly termed "effects of the heat," "Sun-stroke," &c. Remarks like the following have been made in our hearing more than once: "It seems to be the stoutest and most robust who are struck down with the heat." "The most vigorous and healthy persons seem to more liable to a fatal attack of sun-stroke." How little do the majority of the people know what health means, or in what vigor consists. Most people mistake muscularity for vitality; they regard mere muscular strength as evidence of sound vital conditions; and ability to walk, lift, work, &c., as conducive of good health. A person may have great muscular strength, and extremely foul blood; he may be able to work, and at the same time be dangerously obstructed in some vital organ. In these cases he is liable at any moment, on the application of some exciting cause or disturbing influence, as excessive labor, unusual heat or cold, indigestible aliment, mental excitement or anxiety, etc., to a sudden and fatal fever, inflammation, or flux. The real and predisposing cause is constipation, induced mainly, by improper dietetic habits. No doubt the stifled atmosphere of ten thousand filthy garrets and cellars was the immediate cause of the deaths of one or two thousand children, during the months of July and August, but, without the condition of constipation pre-existing, a great majority would have survived. We may safely attest, that, of the 722 deaths we have recorded as occuring in this city in a single week, when the city was remarkably free from epidemic or endemic influences, more than one half of the mortality may be attributed directly to constipated bowels, and of the remainder at least one half are indirectly attributable to the same cause. As we have often had occasion to say, that word, constipation, implies more sickness and death, more bodily impurity and human misery, than any other word in our language.

P. S. Since the above was written, we have received the Inspector's Report for the week ending Aug. 8, 1863. It shows a large increase in the mortality of the preceding week, the deaths reaching the frightful figure of 970; the deaths during the corresponding week of last year were 492. Eighty-eight deaths occurred during the last week of sun-stroke, and forty-six of "effects of the heat." Our newspapers are cautioning the people against exposures to the sun, partaking of ice-water, etc., but not a syllable is uttered against the real causes of this terrible mortality, stiffling cellars and garrets, salted meats, hot fermented bread, candies, liquor, tobacco, etc, etc. No doubt much of the infantile mortality is attributable to the swill milk which deluges the city; but so long as the authorities are reckless and the people indifferent; so long as chemists of Columbia College can be found to testify that distillery milk is better for the babies than the pure Orange County article, so long as members of the New York Academy of Medicine certify that the alcoholic element is really an advantage to the milk, and so long as the Liebigs, Pereiras, and Hammonds, teach that "alcohol is food," what is the use talking?

We learn from our exchanges that the heated term has been of unprecedented severity and duration in New Haven, Albany, Saratoga, Montreal, and various other Northern places.

THE TOBACCO CROP.—In the official report of the condition of the United States, lately issued by the Department of Agriculture, it is stated that while there is a diminution of the grain crops in some parts of the country, the "tobacco crop has increased rapidly in extent of cultivation, and is seventy-five per cent. over that of last year in the loyal States." If this be the fact, it is a most deplorable one. For three or four centuries, good men, philanthropists, and statesmen have lamented the extension of the most filthy, ruinous and disgusting habit of to-

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bacco-using over the civilized world; and for a dozen years past the rapidly increasing use of tobacco among the young men and children of this country has occasioned the lamentation of the Christian and the patriot. But nothing has been done to check the evil. Indeed it has been fostered and encouraged by the examples of the influential class, by the Agricultural journals, and by Legislative and Municipal sanction. What is to be the end of this th ng? Who, with eyes not obscured with tobacco smoke, can see anything but individul debasement and national ruin in the future prospect? Who, with brains not stupefied with the nasty quid held constantly in one corner of the mouth, can fail to see universal perdition as the final result? Who, with ideas not narcotised with tobacco dust inhaled into the nostrils, can help foreseeing that, when all the people become tobacco-users the road to ruin will be a short one? And what is to hinder all the people of this land, men, women and children, from becoming tobacco slaves and sots, if the present fashions are to go on for a few generations more? But who that are enslaved to this pernicious vice, cares for the future generations? You might as well talk of the "beauty of holiness" to an "insane idiot" as to speak in behalf of the welfare of generations yet unborn, to a person who carries a cigar in his mouth.

We are of opinion that those who cultivate the accursed tobacco, because the crop is more profitable than the grain crop, will have a fearful account to settle with Eternal Justice. But who, that can make money now, cares for justice hereafter?

We clip the following from the EVENING POST :—

Cultivation of Tobacco in Connecticut.—The valley of the Connecticut river will this season be appropriated almost exclusively to the culture of tobacco. In 1860 over six millions of pounds of tobacco were raised in the state, and this year the amount will probably be doubled, which, with the prices also doubled, will render profitable returns to the producers. Connecticut is the tenth state in the Union in the amount of tobacco raised.

Has the anasthetic properties of the weed stupefied the conscience, or has the glitter of the almighty dollar blinded the eyes of the descendants of the Puritans, so that they neither feel nor see any wrong in devoting their land and their labor to the demoralization of their kindred and the degradation of the human race?

ANASTHETICS IN CHILDBIRTH.—The Boston MEDICAL AND SURGICAL JOURNAL, of August 6, 1863, copies from the Dublin QUARTERLY JOURNAL OF MEDICAL SCIENCE, a long article, from the pen of Robert Johns, A. B., M. B., T. C. D., chairman of the Midwifery Court, and examiner in diseases of women and children, Royal College of Surgeons in Ireland, etc., on the injurious effects of chloroform and ergot in labor He shows by a conclusive array of facts, derived from several thousand of cases, and the statements of a multitude of authors, that these drugs are always dangerous, and frequently fatal. The following extract from Mr. Johns' paper, has a fearful significance, in view of the very general employment of chloroform :—

From experience, repeated observation, and the published, as also the otherwise expressed opinions of those who agree, as well as of those who disagree with me upon the subject, I am firmly convinced that chloroform, when inhaled during labor, very fruitfully predisposes to hæmorrhage, puerperal inflammation, chest affections, and to other diseases detrimental to health and life, which it aggravates if given during their presence. It also lays the foundation of diseases to arise at a more distant period, and thus increases the mortality in chi dbed and subsequent thereto. I have known puerperal inflammation frequently to have followed its inhalation, and too often with a fatal result; in fact, some years since, when it was more fashionable, and was given with a more lavish hand, a great mortality obtained amongst the patients of some few men who administered it—so much so that a popular outcry was raised against its employment. In the majority of those cases puerperal fever was the cause of death, which when thus raised, being, as I firmly believe, always infectious or otherwise communicable, became epidemicized, after which even those who wisely refused the drug, "charmed it never so sweetly," were thus inadvertently, and, in some instances, hopelessly poisoned.

In support of these positions, I shall first refer to the several published Reports of the Dublin Lying-in Hospital. We find, on reference thereto, during the masterships of Drs. Collins and Johnson, when chloroform was not inhaled, that the mortality was much less than during that of Dr. Shekleton, when this "pernicious drug was used"—as thus :—In the first report are recorded 16,414 deliveries and 164 deaths, or 1 in 100; in the second, 6,634 deliveries and 65 deaths, or 1 in 102; whereas in the third, 13,748 deliveries are given, and 163 deaths, or 1 in 84!! But of these last 13,406 cases were not chloroformed, of which only 133 died, or 1 in 100, and of the remaining 342, who took the drug, 30 died, or 1 in 11!!! If, again, we examine the reported cases of chloroform administration by Simpson and Denham, we shall find that of 245 cases mentioned by the former, 5 died, or 1 in 49; and of 56 by the latter, 5 died, or 1 in 11!! And, by adding all these recorded cases together, we have a mor-

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tality on the whole of 1 in 16!!! By again consulting those reports, we perceive that in Dr. Collin's mastership there occurred 97 cases of post partum inflammation, or 1 in 169; in Dr. Johnson's, 62 cases, or 1 in 107; but in Dr. Shekleton's, 150 cases, or 1 in 91. Of those 150 cases 20 followed upon chloroform inhalation, or 1 in 17!!! and in the remaining 130 cases, in which it was not employed, the average mortality was only 1 in 103. In Denham's report we find 4 cases, or 1 in 14; which, with all the recorded cases, strikes an average of 1 in 16 1-2!!

We also find that, during Dr. Collin's mastership, puerperal convulsions proved fatal in the proportion of 1 in 6; whereas in that of Dr. Shekleton, when under chloroform, it amounted to 1 in 3!! and in Denham's cases to 2 in 3!!! or, on the whole, to 1 in 2 5-8!!!

It appears that during Dr. Shekleton's tenure of office, post partum hæmorrhage occurred but once in every 257 cases when chloroform was not used; yet after its inhalation this complication was present in 1 of every 49 cases. In Dr. Denham's report it was present in 1 of every 19 cases; making, on the whole, an average occurrence of 1 in every 39 4-5 cases."

HENRY WARD BEECHER ON SEA-SICKNESS.—The eloquent pastor of Plymouth, did not succeed so well as we did in getting over the Atlantic, without nausea and vomiting. He says of his recent trip:

"I would not barter one square foot of land for the fee-simple of the whole Atlantic Ocean! I had rather be Napoleon on Helena than Nelson on this Conquerer! Blessed be the land, and thrice blessed, and the reverse on the sea! Amen.

"And yet, why should a man be sea-sick? It is inexcusable. The antidotes are hundreds, and the remedies thousands. They may be coupled in pairs and opposites, for they are at point-blank contradiction with each other.

"'Be sure you don't meddle with spirituous liquors.' 'Take a little good brandy and water every day.' 'Nothing settles the stomach like a glass of champagne.' 'Bottled cider will be found an excellent article.' But, in fact, if a man is sea-sick, woe be to him if he meddle with any of these; and if he is not sick, why should he tamper with remedies? It is all a mere matter of fore-ordination. Those who are predestined to it will escape by no medicine and no diet, and those who are not will go on with impunity under almost all degrees of imprudence."

We believe considerable in "fore-ordination," in the matter of sea-sickness, yet we believe something too in physiological accountability. One article of our creed is that, if a person is obedient to all the laws of the vital organism, he will not be sick, neither on the land, nor on the sea; and another article of our creed is that, if he does not so obey, it is fore-ordained that he shall be sick. We have tested our creed in the very spot, (and under much rougher auspices), where Mr. Beecher suffered and—perhaps, vomited. We crossed the ocean last year during a violent equinoctial that lasted nearly a week, and we did not suffer the first sensation of nausea. Our obedience consisted in a light stomach, and a free circulation. If Mr. Beecher, or any other mortal, "tempts the Lord his God," by venturing on an ocean voyage with a congested liver, constipated bowels, or a clogged surface, we believe it was "predestined from before the foundation of the world," that he should have a "time of it."

DIPTHERIA.—An exchange paper says:

"Diptheria is raging at a fearful rate in Western Illinois, and baffles the skill of the most celebrated physicians. In the town of Moline, over one hundred children have died from its effects. Parents, in a panic, have shut their children into the house to keep them clear of it, but it was observed that those who were housed were victims soonest, while those that "roughed it" out of doors invariably escaped.

We have read, within the last four years, several hundreds of paragraphs similar to the above, so far as the prevalence of the disease and the "most celebrated physicians" are concerned. As we have traced the history of the disease in Europe, in Canada, and in the United States, its fatality has evinced a wonderfully near relation to the "celebrity" of the physician. The more famous the doctor, that is, the higher his professional attainments in the lore of his school, the more he drugs and doses heroically, and the more the patients die. Physicians who are less eminent are more careful of their potencies, as a general rule, and hence the patient has a better chance to get well.

VENTILATING CELLARS.—An unventilated cellar is a reservoir for the seeds of pestilence and death. Diptheria and typhoid fever are not unfrequently the result of miasms accumulated in close underground apartments, where vegetable and animal matters are allowed to decay and decompose. Organic matters of any kind should never be kept in any room or place unless free and ample circulation of air is secured. The WORKING FARMER gives the following plan for ventilating cellars, which we commend to the consideration of our readers:

"A stove on the first floor may have a branch from its smoke pipe passing down through the floor, so as to receive the top air of the cellar.

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This pipe should be slightly enlarged at its lower end, and it should be supplied with a valve; when the fire is being lighted this valve may be shut and afterwards opened, so as to leave sufficient draft for the stove. Thousands of cubic feet of damp air and foul gases will pass through the chimney from the cellar daily, and thus render it both clean and dry at all times. Every philosophical mind will see the truth of this statement, and at the same time must admit that where such an arrangement does not exist, that to a degree, at least, these foul gases must leak through the cracks in the floor, to the detriment of the health of the inmates, before it passes through the fire into the chimney. Every chimney should be connected in some way with the cellar, so as to be used as a ventilator when required."

FRUIT CURE.—Since Professor Lee published in the New York MEDICAL TIMES a notice of the "grape cure," as practiced in some of the vine-growing countries of the Old World, an enterprising individual in this city seems to have conceived an ingenious plan for plucking the feathers of that great good-natured goose, the dear public. We give his advertisement in full, as we find it in the newspapers:

FRUIT CURE.

A NEW DISCOVERY—UNFERMENTED FRUIT WINE.

It has long been observed that fruits, when ripe, have healing power, and most physicians order them where the patient is able to retain any food on the stomach.

By a proper combination of the fruit juice, preserved unfermented, we have a power able to reach any disease in the human system, and force and expel humors from the body.

Scrofula, Erysipelas, Canker, Salt Rheum, Pleurisy, Small Pox, and all contagious diseases of Fevers, Sore Throat, Bronchitis, Lung and Liver complaints, Piles, Worms, Tumors, Cancers, and all Uterine Diseases, Male and Female Weaknesses, Indigestion, Headache, Catarrh, Asthma, Rheumatism, Weakness of the Bones, and Inflammation can be cured by this agency.

The wine is exceedingly pleasant to the taste, and the stomach, in its weakest state, will not reject it.

Table Wine.—This drink is prepared from the fruits and berries that grow in this latitude, and will not intoxicate.

It has power to digest the food, stimulate the blood, and give vigor to the system.

Manufactured and for sale, wholesale and retail, by Fort, Bowdoin & Co., 28 Fourth avenue, opposite Cooper Institute, New York.

A more economical plan than the above, is the method we have practiced for some twenty years, and which has never disappointed reasonable expectations. It is, eat the fruit, instead of drinking it. It is a little more troublesome, but is not, on the whole, an unpleasant process, and moreover, it pays. It should be masticated between the teeth rather slowly, swallowed deliberately, taken only at regular meal times, and as a part of each meal. In very warm weather the more juicy fruits may be used—berries, tomatoes, water melons, &c., and in other seasons the more solid and nutritious—apples, pears, bananas, pumpkins, squashes, etc., etc. Managed in this way, we have found them to be excellent for all the ills that flesh is heir to, and as preventive of many ills that flesh might otherwise become heir to. We cannot in conscience recommend them as possessing the marvelous "power to digest the food," which Messrs. Fort, Bowdoin &Co. ascribe to their "new discovery," but they will allow the stomach to digest them, which we regard as altogether the best arrangement.

LECTURERS ABROAD.—Mrs. M. A. D. JONES, M. D., has been lecturing with excellent success in Pennsylvania. Her audiences and classes in Pottsville, Minersville, Tamagna, Munnch, Chink, and Reading, were large and intelligent, and she has been strongly urged to repeat her course in each of these places, as well as to go to various other places. In each place she obtained a large list of subscribers for the HERALD OF HEALTH, and prescribed to several patients.

Dr. H. T. BROWN, of Ionia, Michigan, is preparing to take the field again, as a lecturer of Health Reform generally, and on Dress Reform particularly. Dr. BROWN is the inventor of some very valuable improvements in dress, one of which, his skirt supporter, was exhibited at the National Health Association, in Wilmington, Delaware, in June last, and was highly approved.

Dr. T. A. BLAND recently visited our New York Hygienic Institute, and our Hygeian Home, at Wernersville, Pennsylvania, at each of which places he entertained the inmates with medical lectures and phrenological demonstrations. He intends to take the field as soon as the heated term is over, and the draft is concluded, so that the people can attend to subjects other than caloric and war.

ELLEN H. GOODELL, M. D. after a brief recreation among her friends in Amherst, Massachusetts, is about to take the field again. An interesting article from her pen reminiscential of her late lecturing tour, will appear in our next issue.

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Soldier's Department.

CURSES AND BLESSINGS.—A correspondent of the *Tribune*, writing from Beaufort, S. C., July 22, 1863, in allusion to the wounded at the assault upon Fort Wagner, says:

"I left the battlefield last Monday to visit the hospitals in this city and at Hilton Head where nearly all the wounded have been brought.

The large old mansions are nearly all full, and for the wounded and dying no better accommodations, so far as the main buildings are concerned, could be found. But in other respects, I regret to say, the medical department were not prepared for so large a demand upon their time and skill. Soldiers are still lying in their cots who have not yet had their wounds dressed or the bullets extracted from their bodies. By far the most efficient persons I have seen about the hospitals are, with perhaps two or three exceptions, a few ladies who are indefatigable in their exertions, and who are more successful in relieving distress than many of the distinguished graduates from French academies, who seem to have nothing else to do than to wear a major's uniform, and criticise each other's skill, or rather want of it.

It is an outrage that in a department where so much time has been at the disposal of these medical officials, everything necessary for the comfort of at least 1,000 wounded should not have been immediately on hand. I have spent the morning in a hospital where there are 75 men who have not yet had their wounds attended to. One surgeon is in attendance, and a faithful one, too; but what can he do with so large a number?

Said a soldier to me, whose wound had not yet been touched, but whose sufferings had been alleviated by a lady, 'Had we half a dozen Mrs. Gen. Landers and Miss Henrys here, we might send the whole medical fraternity home on the Arago.' This was, of course, altogether too strong, for there are some who have done and are still doing their duty. My attention has been called to these outrages for several weeks, but I have refrained from speaking of them through fear of injuring faithful men who have discharged honestly every duty they have been called upon to perform.

We now have a new Medical Director in this department, and it is to be hoped that his attention will be immediately called to these abuses by the proper authorities, and adequate remedies instantly applied. No one can walk through the wards of any of these hospitals without hearing the surgeons cursed and the women blessed. Something beside the knife in the hand of cold science is required to bring the dying soldier to life again. The mind is to be ministered unto, not through the doctrinal pratings of dogmatic chaplains, but through the cheerful face, the kind smile, the encouraging words of good women."

CHRISTIANITY AND BRANDY.—Much has been said and written in commendation of the labors of the Christian commission — their personal sacrifices and untiring efforts in behalf of our sick and wounded soldiers. The nation should, indeed, feel gratified for many of their deeds of humanity, although some of their philanthropic efforts are sadly misdirected. A few days after the battles near Gettysburg, we visited the scenes of carnage. Many of the stables and barns in the vicinity of the fighting, were filled with wounded soldiers. At one of them, where there was much suffering from wounds that had not been dressed for several days, we spent some time in alleviating their sufferings. While thus engaged some members of the Christian commission arrived, and began to exhort them to put their trust in the Lord, and at the same time gave each of them a glass of brandy. One poor fellow, whose wound was greatly inflamed, refused to drink, and appealed to us to sustain him in his decision. This brought the men, with the gospel in their mouths and the devil in their hands, in contact with us. We argued the wickedness of coupling the consoling influences of religion, with the brain exciting and soul destroying effects of alcoholic drinks. Their only defense was the tissue-screen that is held up at every point of attack between the pulpit and the gallows. "Our physicians recommend it." We replied, "That they also prescribed calomel and tartar emetic in the army, until those poisons had slain thousands, when at last the Surgeon General issued an order prohibiting their use by the army surgeons, and if the members of the Christian commission would investigate the subjects of health and disease, with the same intelligent zeal as they have the subject of theology, they would not be found administering brandy to the wounded soldiers." They honestly confessed their ignorance of the subject, and wisely concluded to cork their bottles, as their mission was not that of the destroying angel. We parted with the earnest hope that antagonisms, as great as paradise and pandemonium, should no longer be blended in their acts of mercy.

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You, who are moved by a kindly spirit to do acts of benevolence, should be cautious, so that you are not instrumental in doing much more injury than good to the suffering; for whether you give liquors in the name of Christ or his adversary, the effects on the human system are unchanged; whether you give it to kill or cure, the result is the same. The accidental or intentional bullet will as surely kill, if directed to the same vital organ. B. S.

A SECEDING STUDENT.—W. A. H. of the 13th Iowa Volunteers, writes:

Dr. Trall: Dear Sir:—Having noticed in your Journal of Health, an article requesting soldiers to communicate to you facts on medical treatment in the army, I transmit to you a few incidents which have come under my observation. When our regiment left home we were kindly furnished by the Government with what were called "first class physicians." After we arrived at camp M—— I was taken sick. I according to army regulations reported to the Surgeon; he gave me a powder which acted as a violent emetic and cathartic; but I recovered from the dose after a few days of severe suffering. After we arrived at the city of S——, I had an attack of diarrhea; I was still able to attend to my duties when I applied to Dr. B. for a slight astringent; I received a powder, I think, composed of quinine, jalap and rhubarb. Violent purging with vomiting, pain in the epigastrium and dizziness ensued; complete prostration for a week. By the kind attention of a nurse of the Hydropathic school, great care and avoiding all further medicine, I was again restored to duty in three weeks. In a few months I discovered that I was taking the measles. I was able to walk about camp, and felt the attack to be slight. I informed Dr. M. of my condition. He gave me the same powder as before, and the effect was the same; in less than an hour I was unable to leave my tent without assistance. With a number of others I was laid on the soft boards of an army wagon, and hauled a mile over a rough road to the hospital. I was placed by the side of an old comrade who had the measles also. He was lively, and appeared better than myself. By permission of Dr. C. he got a bottle of brandy which he freely used. At noon the nurse brought him his dinner, consisting, I think, of boiled beef, beef-soup, hominy and bread, and entreated him to eat hearty; he did so, and died suddenly an hour afterward. The attending surgeon was called, who said he had died from Hypocardia, or disease of the heart. I knew his disease, observed its manifestations, saw him treated, and saw him die; and I concluded he died of the *treatment for measles!* After recovering, I was assigned the duties of nurse. I was informed by the surgeon that he wished me to take charge in the morning of room No. 25, where a boy who had just arrived was quite low. Next morning, on entering the room, I found him dead. I inquired of the doctor the cause of his sudden death; he replied that he did not think the boy's disease was fatal, but a council of surgeons had agreed to give him a large dose of calomel; he had predicted the result which followed. Previous to this I was acting in the capacity of nurse in the city of S—— where Dr. B. (nursed). I myself had charge of three wards containing about forty patients; thirty-eight had the measles, and two pneumonia; one of the latter was quite low. I was ordered to give the patient who was low eight drops of *veratrum veride*, and the other six drops, at 1 A.M. I obeyed orders. The result was, the patient who received the eight drops came near the gate of death in about ten minutes after taking the medicine. His whole frame writhed in convulsions; he gasped for breath, and declared he was suffering the torments of death tenfold. I called on Dr B., who gave him one antidote after another until the paroxyms ceased. The patient who received six drops complained of severe pain in the epigastric region and headache; purged and vomited freely, and said he was poisoned; but he recovered. When the affair was related to Dr. M. he was very wrathy, and said the patient had received more of the poison than he had prescribed; so next night Dr. B. administered the medicine himself. The effect this time was a little worse than in the first experiment, and for a while we despaired of his life. No thanks to Dr. M. that the man was not murdered. All the reward we received for our labors was being ordered to our companies next morning. In a few days the regiment moved South. The surgeon and all the nurses left the hospital, and 100 sick soldiers were left to take care of themselves. They were without rations, and those escaping death had a tale of suffering, the equal of which is scarcely to be found in the histories of the inquisitions. We have seen well regulated hospitals where the suffering were well cared for, and kind surgeons who attended to their duties and elicited the praise of those around them; but that such are exceptions to the general rule, many a suffering and maltreated soldier can testify.

We have of late had as violent attacks of sick-

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ness as those above related, and have recovered in a few days under Hydropathic treatment, and we have found that drugs almost invariably, instead of curing, have only aggravated the disease, and sometimes transferred it to other parts of the body, creating new and worse diseases. Soldiers have frequently been reported fit for duty by surgeons, when they should have been waited on in the hospital, and if they fell fainting on the road, after marching a few hundred yards—as I have often seen—they were rewarded for their grit and noble efforts with poisonous drugs and stimulants.

After such an experience as this for twenty months, should you be surprised if a student of medicine should secede, and hereafter acknowledge no Doctor but Nature? Think I will.

P. S. In the 10th Iowa regiment, while at Jefferson city, Mo., during the winter of 1861-62, 293 of the regiment had the measles. 186 were treated in the regimental hospital, and out of the 196 only 4 died. In the fort hospital 97 were treated, and 16 died. In the regimental hospital little medicine was used, little and light nourishment given, cold water applied to the head, and cleanliness and ventilation observed. In the fort hospital they were drugged, furnished beef and ginger tea and stimulants. In the 11th Iowa, 40 died of measles during the winter. See official report. W. A. H.

Camp in the rear of Vicksburg,
June 19, 1863.

A Million of Women Wanted.—The following brief editorial which we find in the columns of the New York *Express*, contains much food for reflection:

"The enormous draft, which war is making upon man-life, and the wide spread conscription which men must now undergo, three or four hundred thousand, now, on the first call, show to us all, in America, that here, as in Europe, on the Continent, where conscriptions exist,—*women must go into the fields*, and do *men's work*—must plough, must hoe, must reap, must cut, must dig, must spade, must shovel, etc. All Europe, save England, where no conscription exists, is full of this sort of spectacles, and the United States now must do as England does—work women as men or slaves.

We must also make up our minds, for a great revolution in the employments of society,—if these conscriptions are to go on. Whatever man does in-doors that women can do, women must do. Men must go into the field, women must be clerks, book-keepers, shop-keepers, &c., as in France, and women must be printers, type makers, bookbinders, paper makers, light machinists, &c., &c. A million of women are now wanted to do the work a million of men have been doing, lost now, or to be lost, in the war."

College Department.

The Winter Term.—A large number of scholarships are already engaged, very many of them already paid for, so that we are morally certain of having a larger class than has ever before congregated at the headquarters of Hygeio-Therapy. We should be glad to hear from all others who contemplate attending the winter term, which commences the second Monday in November, at as early a day as practicable. Should the war happily terminate by that time, many who are now in the army would swell the number of our students. Our readers of the August number have noticed the new arrangements, as to charges, under which the College will be hereafter conducted; and in answer to numerous correspondents, we give notice in this place, that we cannot hereafter undertake to find employment for students. But we are anxious to help all who are disposed to help themselves, in preparing for active service in the great field of Health Reform, and fighting the battles of truth against the falsities of the drug medical system. We will therefore deal liberally with those who have the willing hands and the requisite hearts and brains, but who have not the money in hand. Money is plenty in this market, and can be had on good security, on easy terms. And of those who desire to attend this winter, we will take their notes on interest with responsible endorsers, or mortgages on real estate, and wait one, two, or three years, thus giving the student a chance to complete his education, graduate, go into business, and earn the money before they will have to pay it. There are many persons in the United States who would like to aid some gentleman or lady of their acquaintance, to a Hygienic Medical education, but who can not well loan the money. But by becoming security they will enable us to get it in this market, and the student to repay it without troubling them. In several cases we have, in years past, taken endorsed notes and bonds and mortgages, and in no case have we been obliged to call on the endorser or preclose the mortgage, but in all cases we have been able to wait until it was convenient for the student or graduate to liquidate the debt.

New York Medical College for Women.—We have before us the "Prospectus and announcement for 1863-4," of this school, which makes the seventh chartered medical school of the city of New York, and the tenth in the

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State of New York. The people of the Empire State are now blessed with six Allopathic medical colleges, one Hygeio-Therapeutic, one Homœpathic, one Botanico-Physio-Medico-Eclectic, and one Woman's. We are glad that our fair sisters have obtained from the Legislature the boon they asked. If they want an exclusively feminine charter, they have a right to it. And so of the men doctors; if they prefer an exclusive masculine medical school, it is their privilege to have it. We go for right, irrespective of sex. But we seriously doubt the policy of either. If there are any subjects or sciences on the earth in which the sexes should be associated in the prosecution of their studies, they are the sciences of Life and the Healing Art. And that both sexes will ere long receive their medical education in the same, instead of separate schools, is clear to our mind as is the law of progress. That this "good time is coming," we are so sure that we can have patience to "wait a little longer."

A MEDICAL EDUCATION.—The Rev. Mr. S. H., after spending a few weeks at a "Water-Cure," writes: "I think a little of turning my attention to the *Water-Cure* profession, but am not yet decided. I have *faith* in the system. Anything of interest will be received gratefully by me."

You have evidently fallen into a misconception of the Hygienic system, as hundreds of others do, who attend Water-Cures for a short time, and observe the simplicity of many of the Water-Cure processes. A superficial observation does not suffice to impress the uninitiated that any scientific acquirements are necessary to enable one to understand and practice this system. To you, and such other persons as may think of turning their attention to the practice of this system, I have a few words to say, which I trust will be kindly and thoughtfully, if not "gratefully," received.

Let me beg of you to believe, until you *know* the contrary, that you need something more than "faith in the system," and a limited knowledge of diet and bathing, to enable you to become a successful physician. Do not suppose that because you have read some simple, easy, and popular book on hydropathy; have been a patient a few weeks or months at a Water Cure, and, perhaps, treated successfully a case or two of measles or croup, or attended a woman in childbirth, without meeting any serious difficulty, that by attending college four or five months you would be a fit subject for an M. D.'s diploma, and should then, as a matter of course, go into a flourishing practice. If you let such a supposition rule your conduct, as many have done, the first great impression that experience will make on your mind will be that you *know nothing;* and *faith* without *knowledge* is mere vanity, as applied to practical life, as many who have once entertained a similar idea have already been impressed.

But if you are ambitious to do good; if you have learned to labor and wait patiently for results; if, desiring a good name, you are willing to deserve the honors which are but seldom permanently awarded to those who have not *earned* them, make up your mind to devote yourself assiduously for at least three years to the study of the structure, uses, and action of the organs constituting a human body, as taught in anatomy and physiology; the elemental constitution, properties, and relations of living and dead matter, as taught in chemistry and materia medica. Study attentively the multitudinous forms of diseases, injuries, and malformations that "flesh is heir to;" their causes, conditions, and treatment; for, until you have accomplished this, you can never feel easy under the title of "Doctor."

You may, indeed, get a diploma with attainments "beautifully less" than these, as some others have done; or, as has been more commonly the case, you can dub yourself as a *doctor* and turn your attention to any species of quackery; and you may, if you have financial talent, succeed, as some have done, in "making money," but when you come to sum up the value of your services to mankind in general, and your patrons in particular, you cannot find it otherwise than extremely *little*.

The best way to begin a medical education is to go to college and attend a full course of lectures. You thus get your subjects mapped out and measured. Then study them faithfully for a couple of years and attend another course of lectures. Or, if you can do so, attend the lectures each winter during the time. You would then not only wear your "honors" with some feeling of a pleasurable dignity, but would have a confidence in your ability and skill that the "mushroom-made doctor" can never know.

Young men who begin with a good English education and pursue the course I have recommended, may, sooner or later, become an honor to the profession and a blessing to our country and race. If they pursue a moral and manly course they can scarcely avoid living a most happy and useful life, and attaining a comfortable competence and all the honor and influence that a reasonable mind could desire. J. G. W.

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Dining-Room Department.

VEGETABLES.

BY MRS. MATTIE M. JONES.

BOILED POTATOES.—Wash the potatoes without cutting them; put them in boiling water, with not more of water than is sufficient to cover them; boil moderately until they are softened so that a fork will readily penetrate them; pour off the water and let them stand till dry. Young potatoes of medium size will cook in about twenty-five minutes; old potatoes require double that time. When peeled they will cook in about half the time.

All who would have potatoes well cooked must observe the following particulars: Always take them out of the water the moment they are done. Ascertain when they are done, by pricking with a fork, and not leave them to crack open. When cooked in any way, they become heavy and "watery" by cooking them after they are once softened through. They should be selected of an equal size, or the smallest should be taken up as fast as cooked. Potatoes should never be boiled *very* hard, as it is apt to break them; nor should the water stop boiling, as it will tend to make them "watery." Old potatoes are improved by soaking in cold water several hours or over night, before cooking. They should never remain covered after having been roasted or boiled, to keep them hot.

MASHED POTATOES.—Pare and wash the potatoes; drop them into water which is boiling very hard; let them boil moderately till done. As soon as they will pierce easily with a fork, pour off the water, place them over the fire again for a couple of minutes till perfectly dry, then mash them till they are entirely free from lumps. If any seasoning is desired, a little rich milk or sweet cream is all that is sufficient.

BROWNED MASHED POTATOES.—Prepare the same as mashed potatoes above; turn them immediately into a deep platter or dripping pan, smooth them evenly over the top, and place them in a hot oven till well browned. This is a favorite dish with many persons.

POTATO BALLS.—Take mashed potatoes, either cold or hot, and form them into small round cakes of three-fourths of an inch in thickness. Place them in a hot oven, and let them remain till well browned upon both sides.

STEWED POTATOES.—Cut cold boiled potatoes into thin slices, cover them with cold milk or diluted sweet cream, and stew slowly till thoroughly warmed through.

CHOPPED POTATOES.—Place cold boiled potatoes in a wooden bowl; chop them with a chopping knife till very fine; turn them into a deep platter; add milk till they are nearly covered, and bake in a moderately hot oven half an hour; stir them occasionally at first, then let a nice brown crust form upon them.

BROWNED POTATOES.—Cut cold boiled potatoes into slices one-third of an inch in thickness; lay them on a platter in a hot oven till both sides are moderately browned.

BROWNED POTATOES.—Boil potatoes of a nearly uniform size till about two-thirds done; pour off the water; remove the skins; place them in a hot oven, and bake till done. When baked potatoes are wanted in haste, this is a very quick and excellent method.

BREAKFAST POTATOES.—Pare and wash the potatoes. Cut them in pieces one-third of an inch in thickness; boil in as little water as possible, so that it will nearly all be evaporated in cooling. When done, add a small quantity of sweet cream or milk thickened with a little flour.

SWEET POTATOES.—These may be baked with their skins on, or peeled and boiled, and then browned a little in the oven, or simply boiled with or without the skins. They are excellent sliced and browned the next day after having been boiled, or even laid in the oven and browned.

MASHED PARSNEPS.—Wash them thoroughly, and remove the skins by scraping. Split them in halves or quarters, and boil till tender. When done, mash them the same as potatoes.

BROWNED PARSNEPS.—Cold parsnips may be cut in pieces one-half inch in thickness and browned in the oven the same as potatoes. They are nice for breakfast.

STEWED PARSNEPS.—Wash, scrape, and cut the parsneps into thin slices. Stir them in just water enough to prevent their burning. When nearly cooked, add a little boiling milk, and thicken with a small quantity of flour wet with cold milk. Let them simmer fifteen minutes.

CARROTS.—Carrots may be boiled, stewed, or browned in the same manner as parsnips. When stewed they are a favorite dish with many persons.

BOILED TURNIPS.—When turnips are sweet and tender, they are best if boiled whole till soft, and then sent immediately to the table. If they are allowed to boil too long they be-

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come bitterish. An hour is the medium time. They are less watery and better flavored when boiled with their skins on, and pared afterward.

MASHED TURNIPS.—This is the best method of preparing watery turnips and a good way of cooking all cookable kinds. Pare, wash, and cut them in slices; put them in just enough boiling water to cover them; let them boil till soft; pour them into a seive or colander and press out the water; mash them with fresh milk or sweet cream until entirely free from lumps; then put them into a saucepan over the fire, and stir them about three minutes.

BOILED CABBAGE.—Take off the outer leaves; cut the head in halves or quarters, and boil quickly in a large quantity of water till done; then drain and press out the water, and chop fine. Cabbage requires boiling from half an hour to an hour.

STEWED CABBAGE.—Slice the cabbage very fine, pour over it boiling water, nearly sufficient to cover it. Let it cook quickly till tender. Add boiling milk and thicken with flour wet with cold milk. Let it simmer fifteen minutes. This is excellent.

CAULIFLOWER.—Cut off the green leaves; plunge the heads in boiling water and let them cook from twenty minutes to half an hour.

Split the heads open and lay them in halves in vegetable dishes, and cover with a sauce made with boiling milk, thickened with flour wet with cold milk, and boiled till well cooked.

GREENS.—Spinach, beet tops, cabbage-sprouts, mustard leaves, turnip leaves, cowslips, dandelions, and deerweed are all excellent for greens. They all require to be carefully washed and cleaned. Spinach should be washed in several waters. All the cooking requisite is boiling till tender and draining on a colander.

Lemon juice is the only admissible seasoning.

BOILED BEET ROOT.—Wash the roots carefully; avoid scraping, cutting or breaking the roots, as the juice would escape and the flavor be injured; put them into a pan of boiling water; let them boil one or two hours according to size; then put them in cold water and rub off the skin with the hand, and cut them in neat slices of uniform size. Good beets are sweet enough intrinsically and need no extraneous seasoning.

NOTE.—Beet root must not be probed with a fork, as are potatoes. When done the thickest part will yield to the pressure of the fingers.

BAKED BEETS.—Wash the roots clean, and bake whole till quite tender; put them in cold water; rub off the skin; if large, cut them in round slices, but if small, slice them lengthwise. If any seasoning is insisted on, lemon juice is the most appropriate. When baked slowly and carefully, beet root is very rich, wholesome, and nutritious. It usually requires baking four or five hours.

STEWED BEETS.—Take baked or boiled beet root, pare and cut it into thin slices; simmer in milk or diluted sweet cream fifteen minutes, and thicken the gravy with a little wheaten flour.

STRING BEANS.—When very young, the pods need only to be clipped, cut finely, and boiled till tender. When older, cut or break off the ends, strip off the strings that line their edges; cut or break each pod into three or four pieces, and boil. When made tender, a little cream or milk may be simmered with them a few minutes.

ASPARAGUS.—Put the stalks in cold water; cut off all that is very tough; tie them in bundles; put them over the fire and let them boil fifteen to twenty-five minutes, or until tender without being soft. No one has a right to desire a better vegetable than this with no other preparation than boiling.

It should be cooked soon after being picked, or kept cool and moist in a cellar till wanted.

STEWED ASPARAGUS. — Cut the tender parts of the stalks into pieces of half an inch in length. Wash them; put them in enough boiling water to cook them without burning, and when nearly done add a small quantity of sweet cream or milk thickened with flour.

STEWED CUCUMBERS.—Pare and cut them into quarters, taking out the seeds; boil like asparagus; serve up with toasted bread and sweet cream.

VEGETABLE MARROW.—Peel the marrows; cut them in halves; scrape out the seeds; then boil about twenty minutes, or until soft; drain them in a sieve; wash them; add a little milk or cream, and simmer a few minutes.

SALSIFY (OYSTER PLANT).—Scrape the vegetable; cut it in strips; parboil it; then chop it up with milk and a little sweet cream, and simmer gently till cooked very tender.

BROCCOLI.—Peel the stalks, and boil them fifteen minutes; tie the shoots into bunches; add a little milk or cream and stew gently for ten minutes.

ERRATA.—In the August number in the recipe for cooking prunes, instead of "*scalded* in just water enough to cover them," read "*soaked*."

Get your enemies to read your works in order to mend them; for your friend is so much like yourself, that he will judge very much as you do.

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Kindergarten Department,

FOR THE JUVENILES.

EATING BETWEEN MEALS.

DEAR AUNTIE: I am afraid our good friends will not like to spare much room in the HERALD OF HEALTH for the writings of little folks, but I would like, if I could, through its columns, to tender you my thanks, for all you have written for us in that paper, and especially for what you said in the July number about eating between meals. I know it is a very bad habit, and I wish I could induce all my little friends to leave it off; for I love to do good, and I hope I shall be able to do a great deal when I get older; but I think I can do a little now by setting good examples. I used to eat between meals, and I used to be sick every once in a while, till I read what you said about it, and I thought I would try it, and I have not been sick a day since, and my head does not ache as much as it used to, nor near as hard, and my stomach does not ache at all now, though they used to trouble me a great deal. And now, I mean to persevere in my regularity in eating as long as I live. And when my friends offer me anything to eat between meals, I shall always refuse, and tell them it is a bad habit. It will not be hard now to refuse such offers; for I do not want anything now only at meal times; though I did use to think about it often at first, but my determination to overcome the habit helped me very much. I hope you will write a good deal in every paper about what we ought to do to keep healthy; for I like to read it very much. Good bye, Auntie. From your little Niece,

ANNA.

TWO WAYS OF GETTING OUT OF BED.

"Come, my child, get up," said a mother, peeping into the room of her little daughter; "the robins are already at breakfast, and ours will be ready soon."

"Yes, mother, in a minute," said Sophy, pettishly. Mother dressed, and was going down stairs, when she again said, "Come, Sophy, jump up, little one."

"In a minute," answered Sophy, who soon began to kick the quilt from over her. Her older sister came in. "How you behave, Sophy," said Mary, "you will surely be late for breakfast. Shall I help you?"

"I can dress myself," cried the little girl, tumbling out of bed. She began to wash, but she washed dolly, not herself. She began to put on her boots, but played puss in boots instead, to the great disgust of pussy, who tried hard to get out of her clutches.

"Sophy," said Mary, "you will be late." At last the breakfast bell rang in good earnest. "What will father say?" asked Mary; for father wanted all his little flock around the table in season.

"Don't care," muttered Sophy, hurrying a bit at the same time. But who does not know that Hurry is not helpful? and Hurry soon overturned a tumbler of water on Sophy's clean stockings. "Oh!" she cried, angrily. In getting another pair from the drawer, the little girl jammed her fingers, and there was another "Oh!" and a bitter one, too. Then her hair had to be brushed; but Henry had hid the brush under her night gown; and where was it? Mary had gone down, for Sophy was in no mood to let her sister stay and help her, so she had to help herself. Helping one's self is a fine thing for a little girl; but Hurry this morning made Sophy lose her temper as well as her brush, and her comb, and pocket-handkerchief; so that when she finally appeared at the breakfast table, she lost her father's smile also. Putting his arm around her to receive her morning kiss:

"Has my daughter got out of bed the wrong side this morning?" he asked gravely. Then Sophy could not help crying; and it made her lose her appetite and her breakfast, for the sweetest bread and butter never tastes good to anybody who gets up the wrong side. Poor Sophy! And I am afraid lessons and school felt the cloudy effect of it all day. Does not all day usually have to suffer for it, little girls?

There is a right side to get out of bed; is there not? Oh, yes. Prudy got up so this morning. How did Prudy get up? The robins that built their nests on the elm tree over her window waked her; or perhaps it was the sunbeam kissing her face. Prudy waked from a sweet sleep, and opened her eyes wide.

"Oh," she said, aloud, "I am in my own little bed, ain't I?" as if it was quite queer to be there. Perhaps she had been dreaming, "Far, far away." Then she looked out of the window, and saw the sky glowing with the beautiful morning light, and she thought, maybe it is God's face smiling on her. That made her happy. She crept out of bed, and stepped softly into her mother's chamber. Her papa was out of his place in bed and she climbed into it. It was very sweet to lie down by mother and baby.

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"Prudy," said mother, "baby was sick and wakeful all night; do not disturb him now. Run back to your chamber and dress yourself." Oh, how Prudy wanted to stay, and she would stay so still, I am sure; but she did not ask or tease to stay. She kissed her mother, and gently and quickly crept back again.

Just as if Prudy wanted to nestle somewhere, she tiptoed into Tom and Harry's chamber and appeared like a small white angel by their bedside.

"Do, Prudy, be off," cried Tom, "and not come disturbing us." Henry, on the contrary, seizing poor Prudy's nose, gave it a grip quite too tight for comfort.

"Oh!" cried Prudy, "please do not;" and with eyes full of tears she ran back to her chamber.

Prudy did not get exhausted by these early morning efforts, but set about carefully to dress. She washed herself, and spread the wet towel carefully on the rack. She brushed her hair, and put the brush back in its own little drawer. Her boots went on hard, but she tried and tried, and neatly tied the strings herself. Then she kneeled down, and thanked God for his kind care of her all night, and prayed him never to let her be cross, or unkind, or proud, or vain, but to forgive her sins, and fill her heart full of his love, and make her just like Jesus when he was a little child on earth. After that she took a little book under her arm, and went down stairs to find her papa. Papa met her and kissed her, and called her his "dear, dear daughter."

THE ECHO.

A little boy knew nothing about an echo; but one day he cried out, as he jumped about in the grass, "Ho! H-o-p!" and immediately from a little wall close at hand he heard, "Ho! H-o-p!" Astonished, he called out, "Who are *you?*" The voice at once answered "Who are *you?*" "You're a stupid little fool!" cried the boy, beginning to be angry. "Stupid little fool!" came back from the wall.

The boy grew enraged, and in his passion shouted all manner of abusive names; the wall gave them all faithfully back again. Then the child searched all over for the mocking boy, that he might take vengeance on him; but no creature could he find but a harmless pussy hunting sparrows.

Indignant and suprised, the child ran home and complained bitterly how a wicked boy, hidden somewhere behind the old wall, had been calling him hard names.

"There!" said his mother, "you have betrayed yourself? You heard only your own word reflected from the wall, as you have seen your own face sometimes reflected from a glass. If you had given kind tones and friendly words, kind tones and friendly words would have returned to you again. And so it always is; the conduct of others is but the echo of our own. If we treat others kindly and considerately, they will treat us kindly and considerately in return; but if we are rough and rude to them, we must expect nothing more ourselves."

A MOTHER'S LOVE.

How much has been said of it! How much we admire it at a distance; how little appreciate it near at hand! The following from Macaulay, the celebrated historian and brilliant essayist, will find a response in many hearts. Let all mothers strive to be such that their children can render a like tribute to their memory when they are gone:

"Children, look in those eyes, listen to that dear voice, notice the feeling of a single touch that is bestowed on you by that gentle hand! Make much of it while yet you have the most precious of all good gifts—a loving mother. Read the unfathomable love of those eyes; the kind anxiety of that tone and look, however slight your pain. In after life you may have friends, fond, dear, kind friends, but never will you have again the inexpressible love and gentleness lavished upon you which none but a mother bestows. Often do I sigh in my struggles with a hard, uncaring world, for the sweet, deep security I felt, when of an evening, nestling to her bosom, I listened to some quiet tale suited to my age, read in her tender and untiring voice. Never can I forget her sweet glances cast upon me when I appeared to sleep; never her kiss of peace at night! Years have passed away since we laid her beside my father in the old church-yard; yet still her voice whispers from the grave, and her eye watches over me as I visit spots long since hallowed to the memory of my mother."

A boy makes a huge snow ball to show his skill and perseverance, and as something to wonder at, not that he can swallow it as ice, or warm his hands at it; and a man accumulates a pile of wealth for pretty much the same reason.

The power of fortune is confessed only by the miserable; for the happy impute all their success to prudence and merit.

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Voices of the People.

INTERESTING CASES.—"*Dr. Trall: Dear Sir:* I am not going to write a page for the public eye, but wish to say a word of encouragement to you. One year has just expired since I entered Laight Street Institute, to all appearance a confirmed invalid. Having been a sufferer for years, I was then just rallying from a protracted illness, in which I had the best of treatment with so little benefit that I lost all confidence in drugs, at least in my own case, and had but little in Water-Cure. I was under treatment more than three months before I saw any marked improvement, yet I clung to it as my only hope, feeling if that failed I must die. Since that period my general health has been gradually improving; those dreadful headaches and stomach troubles are rather subsiding, and I see no reason why, by continuing the present mode of living, I may not regain much of my former health and strength. When I commenced on your system I resolved to give it a thorough trial for one year; and now in comparing it with my former years of suffering, I am not at all disposed to return to my former habits of living. I had been losing flesh for several months previous to coming to the Institute. In September last I weighed a hundred and eight pounds, now I weigh a hundred and thirty pounds. So much in favor of vegetarian diet, taken, too, on the two meal system, which I thought at first so very hard. Now, I could not be induced to take my third meal, as I find I sleep so much better in consequence of it. I still continue the treatment and find it much more agreeable than dosing with drugs. Yes, Doctor, I have lived a whole year without taking a dose of medicine; I am both proud and happy to say it, for I had not lived without it before for more than twelve years. The little niece to whom I alluded in my last letter to you, as being sick with diptheria, died soon after. My father died a few days after that of paralysis, thus I was prevented from coming to the Institute as I had anticipated. I hope to be able to come in a couple of months; if not I shall write for advice. You have now under your care a Miss Ellis, from this place, whose case I hope will have special attention; for your cause is awakening an interest with many here. My best wishes for you and the noble cause in which you are engaged. Affectionately yours, LIZZIE H. ROGERS, Norwich, Conn."

We are happy to be able to assure Mrs. Rogers that Miss Ellis is rapidly improving. Though her case was consumption, it was in the incipient stage, and she has been faithful to the prescription, and the rules and regulations of the Establishment, and in a few weeks we expect to see her entirely recovered.

ROLLING ON.—Dr. McCall writes from Oskaloosa, Iowa: "The great ball of Health Reform keeps rolling hereabouts. Calomel and antimony have had their knell sounded, and soon, it is to be hoped, the balance of the *materia drugica* will experience a similar fate. I hope this will be accomplished before another hundred thousand of our brave soldiers are killed by the drug doctors. Two months ago I had a man from the glorious Iowa Thirty-third (which regiment petitioned for a Hygienic physician, but did not get one), who had suffered from camp diarrhea for four months. He took the usual routine and was drugged into consumption, at least his discharge pronounced him a consumptive. He reached home about the 1st of May, laboring under severe diarrhea. In about ten days he became constipated, and in a day or two inflammation of the bowels set in. When the patient was supposed to be dying I was sent for. By means of fomentations, enemas, and warm sitz-baths, the paroxyms of pain and cramping gradually subsided; in four days he went home very much relieved, and by following directions in bathing and diet, he recovered health and strength without any recurrence of diarrhea. His lungs also healed, and remain sound to this day. This case is another evidence that these bowel and pulmonary diseases can be cured nine times out of ten with proper treatment, for this man was discharged from the army as a hopeless case. The scarlet fever has prevailed extensively in this vicinity since February, and the drug doctors have lost a great many cases. One of our physicians remarked to me not long since, that he had only lost *three cases that day!* I have had my share of cases and have lost none, with the exception of a case to which I was not called until it had arrived at the dying stage. I send you a few more subscribers for the HERALD, and wish I could send you a hundred times as many. The HERALD is now what it should be, and what it should have been years ago."

HEALTH REFORM IN LONDON.—Geo. Dombush, Esq., writes from Malvern Road, Dalston, London: "I receive regularly the HERALD OF HEALTH, and am thoroughly delighted with it. The July number excels all its predecessors, though all are first rate. I am pleased to hear that there is a prospect of your coming to London this autumn; if you do so, I hope you will let your friends in England know in time, so that they may make the most of it, in furtherance of the cause of Health Reform and Hygienic medication. And if, during your stay in London, you feel disposed to stop at my cottage, so much of the time as you like, I and my family will endeavor to make you comfortable. Please to put down my name as a contributor of $25, toward the fund for endowing the Hygeio-Therapeutic College. Hoping to have the pleasure of seeing you ere many months have passed, and praying that the dreadful war which is now raging in your country may soon cease, I remain, &c."

We are sorry to have to inform friend Dombush that the multiplicity of our engagements will prevent us from making the contemplated trip to Europe this season. But we have already commenced making such business arrangements as will enable us, in all human probability, to spend several months in Europe another year—probably the months of August, September, and October. Many thanks for the liberal donation for the College.

SOLITARY AND ALONE.—S. F. writes from Ramham Center, C. W.: "*Dear Dr. Trall:* I have waited rather long in sending for the con-

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tinuance of your HERALD OF HEALTH, in order to get up a club or part of one; but as the people here are not only determined to persue their course of "pills and powders," and are prejudiced to your system and practice, I am alone in sending my name, but am determined to continue in well doing, as I now have my eyes and understanding open to the truth, as taught and practiced in your Journal; and nothing could induce me to forsake this. I have had the fatal disease, dyspepsia, preying upon me, but thanks to you and your system I think I can safely say I am saved. Though not entirely well, I begin to feel like I did when a girl and in health. May you go on diffusing light, and knowledge, and life into the world."

THE TRUE THEORY.—Mrs. Helen McAndrews, who has practiced our system successfully for six or seven years in Ypsilanti, Mich., despite, the most violent and sometimes most *vile* opposition of a dozen doctors of druggery, writes: "I have had a hard-working time since I left the Laight Street School. I must have a little rest now, and I will improve the occasion to write out a few cases for the HERALD. My professional duties have been incessant and arduous. Every succeeding year has convinced me, more thoroughly if possible, of the truth of your doctrines. I am now more convinced than ever before that you have the true theory of the Healing Art. I am thankful that your teachings have enabled me to be useful to so many. I trust to do still more for the cause of true medical science, and for suffering humanity in the years to come."

HYGEIO-THERAPY IN CALIFORNIA.—S. Heald writes from Napa City: "You can set me down on your list as a vegetarian and hydropathist of seven years' standing. Have used neither tea nor coffee for nearly ten years; have used neither meat nor medicine for over seven years; have used neither butter nor milk for about four years; have used but very little salt for nearly two years. I commenced seven years ago a confirmed dyspeptic, but my health has gradually improved until I am in excellent health. Money would be no inducement for me to return to the old meat diet."

PLAYED OUT.—G. S., of Twenty-fourth Mo. Vols., writes from Paducah, Ky.: "Every number of the HERALD OF HEALTH contains something interesting and good which I wish to preserve. The system of drug medication is fast being played out among the soldiers. This war, I am confident, will result in the total destruction of two of America's greatest curses —slavery and drug medication. Experience is a great school, and men in the army are learning that they get well as soon, and often much sooner, when they do not swallow the surgeon's drugs."

ALMOST FINISHED.—N. H. R. writes from Fitchburg, Mass.: "Enclosed is $1 for which please send to F. A. Britton, Charlestown, Mass., the HERALD OF HEALTH. M. B. is a young man returned from the army with chronic diarrhea, since which time half a dozen old school M. D.'s have nearly finished him—poor fellow!"

Miscellaneous.

THE BEST WAY.

IT is pleasanter teaching people how to keep their health, than helping restore it, when it is lost. Were people pecuniarily wise they would pay their physicians for the continuance of health, instead of waiting till sick, and then paying for medical advice with the addition of drugs and pains.

Would people try this better way, they would see its excellence. But one does as everybody else does. Somebody must set the fashion.

Some weeks since a lady begged me to come to her house and talk with her. I had "taken a fancy" to her, and I was pleased to go. She wished to learn how one can be healthy all the time, thus avoiding aches, pains, and all the diseases which torture life.

We talked an hour or two, when, as I took leave, she handed me a bank bill saying, "I shall not allow you to give me your time." She is privileged to have her will; and she had it, at the same time appointing another meeting for a talk of the same kind. "I shall practice what you have taught me, for I am an earnest seeker," she said. It cheers one to meet occasionally a spirit like this—lovable, teachable, earnest, and generous. When wives and mothers, with a steadfast purpose, follow this lady's example, in this matter, their families will become healthy. HULDAH ALLEN.

THE "SPOTTED FEVER" AGAIN.—One of our exchanges says:

"A very remarkable disease seems to have made its appearance in Illinois. In some portion of Schuyler county quite a number of people have recently died of it. The victims are attacked with pains in some part of the body, generally in the hand or arm, and in two or three days they are dead. One young lady died in two days, her only pain being in her fingers. A man and his wife also died within a day or two of each other. It is called by some the "spotted fever."

The readers of the HERALD OF HEALTH, will recollect that we have explained the nature and treatment of this "very remarkable disease." It is a form of putrid typhus fever, and should be treated as such.

DENTISTRY — A NEW FEATURE.—We have made arrangements with Dr. H. P. Burdick, who is one of the best practical dentists of the country, to give a course of lectures on *Mechanical and Surgical Dentistry*, to the medical class during the winter term. These lectures will not involve the student in any additional expense, while they will impart valuable information concerning the diseases of the teeth, and the various operations which are proper to be performed, which every physician will find it an advantage to be familiar with.

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ALCOHOLIC MEDICATION.

BY THE EDITOR.

THE New York *Medical Times* of July 11, 1863, says:

"The alarming extent to which alcoholic stimulants are being resorted to as a beverage by the public should attract the serious consideration of physicians. The vice is beginning to find its way into all classes of the community, and the opinion is fast becoming prevalent that, used in moderation, stimulants are not only harmless, but actually beneficial in promoting health and strength. The various quacks who trump their 'bitters' into the market are beginning to understand this, and have already reaped a golden harvest from a very extensive sale of their nostrums. In the army also liquors are very extensively used for other than remedial purposes, and among them Bourbon whisky seems to be the favorite. A very interesting question in connection with the prescribing of stimulants, came up for consideration in the discussion upon Dr. Flint's paper before the Academy of Medicine, and the points which were there alluded to deserve attention of every practitioner in the habit of indiscriminately prescribing alcohol. Physicians can do much toward educating the people against the habit which they have fallen into, and at no time have their services in this respect urgently called for. Setting aside the deleterious influences of the continued use of pure liquors, a great amount of harm must necessarily be caused by the use of an inferior article, of which we have reason to suppose there is an abundance in the market, on account of the increasing demand."

It is well known to all who have investigated this subject that physicians are the best patrons of the rumsellers — that the drug-shop is the parent of the dram-shop; and the only hope of the temperance cause is in reforming the false doctrines of the medical profession, which lead to the employment of alcohol as a medicine; for, "alarming" as is the increase of intoxicating drinks in our land, the corresponding increase of alcoholic medication has preceded it. On turning to the discussion in the Academy of Medicine, above referred to, we find very little to encourage the friends of temperance. Of the ten medical gentlemen who expressed their sentiments, eight were strongly in favor of alcoholic stimulants in cases of consumption, while only two dissented. Well, if alcohol is remedial in feeble, exhausted, bloodless, cachectine conditions of the system, the rumsellers are right, and the teetotalers are wrong. If alcohol really possesses such marvelous restorative properties, let the feeble have it, whether the feebleness be caused by excessive toil, or by sickness. One of the ways in which alcohol cures constipation may be inferred from the following items which are reported in the *Times* as a part of the discussion:

"Dr. Blakeman related the case of a young lady who, in consequence of the prescription of a physician, was led into habits of intemperance to such an extent that in the course of eight months she was accustomed to take two and one-half pints of brandy daily. She died a drunkard.

Dr. Post related a similar case of a young man, with strong hereditary predisposition to consumption, who, upon the advice of a physician to stimulate freely, also became a drunkard, and eventually died of delirium tremens."

Surely it would be unreasonable to expect the same young lady to die of both delirium tremens *and* consumption! And if delirium tremens takes a young lady out of the world, how can she possibly die of consumption? Ergo: the way to prevent consumption is to produce delirium tremens; and the way to cure consumption is to kill with alcohol.

A CASE OF SCARLET FEVER.

ON June 23d we received a telegram from J. T. T., of N. B., calling for a physician of our school to attend his little daughter six years old, sick with scarlet fever.

One of our corps started the same evening, and arrived there the next morning a 9, A. M.

Found the patient to be a sweet, little girl, very intelligent, nervous temperament, and scrofulous diathesis. Her pulse was very frequent, and she was restless. She was then under Homeopathic treatment, and was eating more or less daily.

Treatment.—Forbade her eating anything till fever had entirely subsided. Being too fretful to take packs, had her sponged all over six times a day. Was restless during the night.

25th. To-day gave her two full tepid baths and several spongings, and an injection.

26th. Continued the same treatment.

During all this time gave her all the ice to eat she wanted, and kept cold cloths to neck and head and when necessary warm bottles to feet.

She had a little running at the nose and ears.

The Homeopathic Dr. called daily during our visit, but his medicines were thrown out of the window and did no injury. He said, however, that she was doing very finely.

We left on the evening of the 26th, having carefully instructed and encouraged the parents to keep on in the good work.

Now, at the last accounts, July 20th, she is running about as lively as a cricket, and in a short time the running at the nose and ears will disappear, and both child and parents will have received a lesson that will last them through life.

HYGIENIC INSTITUTE,
No. 15 Laight St., N. Y.

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To Correspondents.

THE MODUS OPERANDI PUZZLE.—*Dr. Trall;* Dear Sir: — I am much pleased with your Journal, but many of its views are new to me, especially the *modus operandi* of medicines. The theory is certainly very beautiful; but it does seem to me there are some cases in which it will not hold good. For instance: If a person has acidity of stomach, and takes a little soda, his stomach is immediately relieved. Now, is not this because there is a chemical action between the soda and the acid of the stomach? And although medicines—that is dead matter—may not act upon the living organism, still may they not act upon other dead matter in the system, which is the cause of the disease? You will very much oblige a subscriber by noticing this in the next number of the Journal.

Raliegh, Ill. Yours respectfully, W. THORNBERY.

The objection is a very natural one, but it entirely mistakes the principle involved. Dead matter may act on dead matter, in the chemical sense, in the stomach or out of it. But this is a very different thing from medicine or dead matter acting on the living system. Soda may combine with and neutralize an acid in the stomach, but instead of removing the cause of disease, it supplies another cause. It does indeed change the manifestation of disease; it *cures* the acidity for a moment, but leaves the elements of the acid and the soda in the system in the shape of a salt, which is itself a poison, and hence a cause of disease. Thousands of stomachs and bowels have been ruined by the soda, magnesia, chalk and lime which have been administered to cure acidity, and which did cure it a thousand times; but it would never stay cured. The proper way to mange all morbid matters is to remove them *from* the system, not neutralize them *within* it. This is Allopathy; that is Hygeio-Therapy. One is drug-poisoning; the other is purification.

AGUE—NIGHT AIR.—J. P. H., Philadelphia: "Give, if you please, in the September number of the Journal the treatment for fever and ague. Do you regard the night air and sleeping with the windows up, as injurious?"

Night air is no more injurious than day air, and is quite as necessary. No person could live through the night, if he did not breathe, and he could not breathe unless he had air. Open windows, so far from being injurious, are eminently wholesome. We cannot give the treatment of ague and fever without writing a treatise. You will find it explained in one of our standard works—the Hydropathic Encyclopædia. If you will give us the description of an individual case, we will tell you what to do; but we cannot give the particular treatment of any disease without knowing its precise symptoms. We do not prescribe to names of diseases, but to conditions. Our books will give you the rules of practice which may be applied to all forms of ague and fevers.

CHRONIC LARYNGITIS. W. H., Port Robinson, C. W.: This affection of the throat, succeeding diptheria, is often very obstinate, especially where there is a predisposition to consumption, or a confirmed dyspeptic condition. To overcome it, the diet must be very strict and rigidly abstemious. Apply wet cloths around the throat during the night; wet the throat several times with cold water every day, and use derivative, sitz and foot baths twice a day.

GOUT IN THE STOMACH.—E. B. S., Quebec: Drugs in the stomach would be a better expression. What is called gout in the stomach is usually the effects of drug poisons which have been administered to a gouty person. The poor patient has indigestion because his digestive powers have been ruined by the remedies which have been prescribed to cure the gout.

CONSUMPTION.—E. F. H., Albion, Iowa:—We would advise you not to undertake the case. The patient is probably incurable, and you will almost surely (and so will our System) get the credit of killing him. We have known many consumptives who were fatally diseased who were able to walk one or two miles, and even to do a moderate day's work. It is often a difficult point, and requires much professional experience to determine precisely when consumption has progressed to an incurable stage. Some are curable when they are so feeble they can sit up but a little, while others, who can keep on their feet all the day, are incurable. "Night sweats" and "considerable expectoration" are bad symptoms.

NERVOUS PROSTRATION.—S. V. W., Greenwood, Indiana: Your dyspeptic symptoms and extreme nervous debility are no doubt attributable to the same exposures, hardships and bad diet of a soldier's life. Take a tepid sponge bath each morning, a tepid hip-bath each afternoon, and confine yourself to a dietary of fruits and vegetables. As you have a morbid appetite, you must guard against over-eating.

ALBUMINURIA.—F. L., San Francisco, Cal.: We have never failed to cure this disease, and we have had several desperate cases. It is regarded as rarely curable by the standard allopathic authors. A rigidly strict dietary, tepid baths, abundant friction to the skin, and all the means which tend to determine the circulation to the surface, must be resorted to. In some cases, hip baths and the wet girdle are useful, but the skin is the principal depurating organ to attend to.

CONSUMPTION.—R. S. S., Middlebury, Vt.: We cannot give you the least encouragement. When the patient is so reduced as to be obliged to keep the bed most of the time, the case is well nigh hopeless.

ULCERATION OF THE CORNEA.—B. P. T., Cooperstown, N. J.; We have no difficulty in curing ordinary cases in a month or two. In some few cases we resort to caustic or other surgical appliances, but in most cases they are unnecessary.

MONGREL PRACTICE.—S. W., Detroit, Mich.: We do not treat any case in connection with any physician of any other school, except so far as surgical operations are concerned; nor do we allow in any case, any drug-doctor, or any other doctor, to prescribe for, or visit professionally any patients in either of our institutions or under our charge. Whenever such an attempt is made, he or we must skedaddle on "double quick."

TEXT-BOOKS.—A. K. L., Clinton, N. J.: A complete set of text-books for the Hygeio-Therapeutic College will cost from $20 to $25.

HOW TO LIVE.

BY H. BONAR.

He liveth long who liveth well;
All other life is short and vain;
He liveth longest who can tell
Of living most for heavenly gain.

He liveth long who liveth well;
All else is being flung away;
He liveth longest who can tell
Of true things truly done each day.

Waste not thy being; back to him
Who freely gave it, freely give;
Else is that being but a dream;
'Tis but to *be*, and not to *live*.

Be what thou seemest; live thy creed;
Hold up to earth the torch divine;
Be what thou prayest to be made;
Let the great Master's steps be thine.

Fill up each hour with what will last;
Buy up the moments as they go;
The life above, when this is past,
Is the ripe fruit of life below.

Sow truth, if thou the truth would'st reap;
Who sows the false shall reap the vain;
Erect and sound thy conscience keep;
From hollow words and deeds refrain.

Sow love, and taste its fruitage pure;
Sow peace, and reap its harvest bright;
Sow sunbeams on the rock and moor,
And find a harvest-home of light.

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Literary Notices.

A POEM, by Charles A. Sumner, delivered at San Francisco, Cal., on the occasion of I. O. O. F. anniversary and dedicatory ceremonies, May 6, 1863. The Odd Fellows of the R. W. Grand Lodge enjoyed a rich feast in the delivery of this Poem, which has been published since by their request, in a neat pamphlet of 14 pages. We quote a specimen of the fine passages and noble sentiments with which the Poem abounds:

A Faith Divine may raise the mind serene,
Above the trials of this earthly scene;
A heavenly hope may bring the soul repose,
Amid the sternest of our mortal woes,
And build a patience that will bravely bear
The ills of time, the promptings of despair.

Yet learn we not from that same gracious Book,
Within whose pages saints devoutly look,
To find this glorious Faith and Hope revealed,
The corner-stone of Promise has been sealed
With this inscription,—With the race began
THE UNIVERSAL BROTHERHOOD OF MAN.

BAUNSCHEIDTISMUS is the unintelligible title of a work we have just received with the "compliments of the author." It purports to be an exposition or advertisement of a "new curing method," discovered by one, C. Baunscheidt, in Germany, the inventor of an instrument for irritating the skin (called Lebenswecker) and improved by a Dr. J. Fermanich, of Buffalo, New York, who has the instrument for sale. In our June issue we gave a notice, accompanied with a cut, of this discovery and instrument, under the head of Dermatobiotikon, and taken from the Boston *Medical and Surgical Journal*. The book is as trashy a conglomeration of nonsense and absurdity as can well be conceived; yet it is precisely adapted to the end in view—the sale of the instrument. It seems to be a promiscuous jumble of technical phrases, unintelligible expressions, bad logic, false grammar, and arrant foolery, the product probably of a defective medical education, excessive self-conceit, a speculative disposition, strong coffee, and rank cigars.

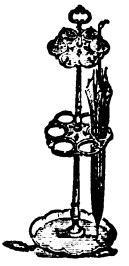
Personal Notices.

A few weeks since we were favored with an entertainment in the College Hall. Our old friend, Le Grand B. Cushman, who seems younger, fresher, and more genial than ever, and Wm. E. Hayward, the accomplished vocalist, formerly a student, and now an associate of Ossian E. Dodge, complimented us with a variety of their best pieces of music, both vocal and instrumental, interspersed with readings, recitations, etc. The Hall was well filled, and all enjoyed it with a zest. The vote of thanks at the close attested the appreciation of the audience, and our friends were assured of the good will of our house.

Mr. Hayward has few equals in his particular sphere, and Mr. Cushman certainly possesses the requisite qualites to entertain and amuse.

RIPE OLD AGE.—At a golden wedding in Springfield, Illinois, some time since, there were present fifteen persons whose ages in the aggregate amounted to eleven hundred and eight years two months and seventeen days—averaging seventy-three years, ten months and seventeen days each.

Something New, Useful, and Hygienic.



"Yes," we fancy we hear the reader say, "it is new and useful, but where does the hygienic part come in?"

Why, kind reader, there is nothing more conducive to uniform good health than an even, calm, contented and happy state of mind. What is there that will more surely ruffle the mildest and most exemplary gentleman than the annoyance of some one taking his umbrella on a rainy day, while he was chatting with a friend in the parlor, or taking his dinner at his hotel or boarding-house? What can be more perplexing and better calculated to stir up the worst feelings! Business arrangements or a friend must be attended to; the rain falls in torrents, with no prospect of cessation; where is the man, who, under such circumstances, can feel perfectly calm? But the engagement must be attended to. He rushes out, gets wet, a spell of sickness perhaps ensues, and all from the want of one of FOOTE'S UMBRELLA STANDS, which compels every person to buy his own umbrella, and secures to each one his own, for when he puts his umbrella into the stand, and closes the lock, which is done by a simple spring, he receives a key which will secure him against the loss of his wet day friend. When he unlocks the stand, the key slips out of sight, and is ready for a future requisition. Every hotel, boarding-house, store, bank, or business office, and, indeed, every place where men do congregate, should be supplied with the above article. They may be had of the manufacturers, WHEELER & WILSON, No. 505 Broadway, as announced in a lengthy advertisement in our June issue. The stand holds from one to twenty-eight umbrellas.

Cork Shavings.

The following paragraph, from the *Working Farmer*, of this city, speaks in high commendation of this excellent and healthful bedding material. The large and constantly increasing demand for the article indicates that it is destined very soon to supersede cotton, hair and feathers:

"Cork Shavings have recently been introduced by R. T. TRALL & Co., publishers of the HERALD OF HEALTH, and proprietors of the Hygienic Institute at No. 15 Laight st., New York, as a substitute for hair in the manufacture of mattrasses, etc. We speak from personal experience when we state that these shavings make a delicious bed, which, from the fact that it can be shaken up every morning, like feathers, is fresh every night, and does not grow hard by use, like a hair mattrass. Twenty-five pounds make a bed, and they are sold by R. T. TRALL & Co., at 30 cents per pound. We recently ordered that quantity, sewed them into a tick, like feathers, and must pronounce a bed made from this material a unique and luxurious affair."

Hand Mills.

We have for sale an excellent article of Hand-Mills for cracking wheat, corn for hominy and samp, grinding Graham flour, rusk, parched corn, etc. Price $2.25.

We are often written to for circulars descriptive of Mills, how to use, etc. In reply to all such we would say we have no such circular. The mill weighs but 12 pounds, is put up like a common coffee mill, and is worked in precisely the same manner. It is adjustable for fine flour or coarse, and durable. We have seen a small one that had been in use for 15 years, and it gave no signs of failure. We have sold hundreds, and never have heard a complaint.

Address R. T. TRALL & Co., New York.

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Business Department.

To our Canada Subscribers.

Owing to recent changes in the United States Postal laws, increasing the rates on the HERALD from six cents per quarter in advance to 12 cents, our patrons will please note this fact in making remittances, and govern themselves accordingly. If not paid quarterly in advance, double the above rates are charged.

OUR OWN BOOKS.

Thus far in the publication of the HERALD OF HEALTH we have said little in regard to our books, and simply have published a list of them in the advertising columns. Now that we have so many new subscribers, and receive so many letters of inquiry concerning our publications, the publishers (whose business it is to answer all these inquiries) beg the privilege of doing so at this time. Dr. Trall's

Hydropathic Encyclopædia,

A book of nearly one thousand pages of fine print and 300 illustrations, a glossary, table of contents, and a complete index. In a word, it is a complete system of Hydropathy and Hygiene. It is an indispensable work for every family who wish to practice the Hygienic system. Many families, with no other knowledge than that obtained from the Encyclopædia, *Water-Cure Journal*, (now the HERALD OF HEALTH,) and a few of our small works, have been enabled to discharge their family physicians, save their doctors' bills, and have learned to treat themselves, when sick; and best of all, have learned to keep well. Price by mail $3 50.

The Hydropathic Cook-Book

Is a work of several hundred pages, amply illustrated, written in Dr. Trall's familiar and comprehensive style, and gives a complete analysis of what should, and what should not be used as food. It shows how to cook all Hygienic food, and how to prepare some of the less objectionable dishes in common use (which many families still persist in) so as to be comparatively wholesome. With an experience of a score of years, as a Hygienic practitioner, he presents all the improvements known relative to Hygienic cookery up to a late date. Price $1.

Uterine Diseases and Displacements

Is a most valuable work, and fully illustrated. It is a book of comparatively limited sale, and costs much more in proportion than the other books. No student, or person afflicted with diseases of the nature therein described, should do without the work. Were its teachings generally understood, of precious lives would be saved, and untold sufferings avoided. Price $3: with colored plates $5.

Diptheria.

The mortality of this disease, and the dread it inspired throughout the land, together with the difference of opinion among medical men of other schools concerning the malady, and the very general success of Hygienic physicians, led to the publication of this work. Dr. Trall received hundreds of letters on the subject of its nature and causes, and their prevention and cure. To answer these letters and present the subject comprehensively, he published this work of 275 pages. The work has met with a large sale, and has given general satisfaction. Price by mail $1 25.

Home Treatment for Sexual Abuses

Is a small, but very valuable work. With the work entitled "Nervous Debility," it should be in the hands of every young man in the land, as soon as he is capable of understanding it. The consequences of the prevailing ignorance on this subject are most fearful among the young. Parents should heed these admonitions, and save their children. Price by mail 34 cents; Nervous Debility, 12 cts.

The Complete Family Gymnasium

Is, as its name indicates, a complete work for the family. Physical culture is becoming popular. This work is well illustrated, and should find its way into every library. Price by mail $1 35.

Water-Cure for the Million

Is one of the best campaign documents yet published at so low a price. The processes of the water-cure are explained in brief, and popular errors exposed. Hygienic and Drug Medication are contrasted, and rules given for bathing, dieting, exercising, &c.; also recipes for cooking, and directions for home treatment. Thirty-two pages are devoted to the brief illustration of 100 cases successfully treated on the Hygienic System, the names and places being given. Price 25 cents.

Diseases of the Throat and Lungs

A small work, for 15 cents, which though necessarily brief, contains more valuable matter than many other books of several hundred pages on the subject.

Health and Diseases of Women

Is an excellent lecture, which should be read by every woman. Price by mail 12 cents.

Drug Medicines,

Also a lecture, is an excellent document to scatter among the people, illustrating the fallacy of Drug Medication. Price 12 cents.

The Principles of Hygeio-Therapy

And College Catalogue, contains, exclusive of College matter, Dr. Trall's Challenge to Dr. Reese, an article on Female Physicians and various other topics, with a very comprehensive lecture by Dr. Trall of twenty pages on the Essential Nature of Disease, the Modus Operandi of Medicines, the Relation of Remedies to Diseases, the Relation of Remedies to the Healthy Organism, the Doctrine of Vitality and the Law of Cure. Price 10 cents.

The True Healing Art,

An address delivered by Dr. Trall in Washington, before an assembly composed of the leading men of the country, is the best lecture yet published on our system. The interest with which it was received at the national Capital may be inferred from the fact that the audience—made up in great part of persons whose heads were filled with war, politics and fat contracts—sat for over two hours as quiet listeners. The first edition is exhausted, and a second one has just been issued. Price 25 cents.

The True Temperance Platform,

Now in press, is to the Temperance question what the "True Healing Art" is to Hygienic Medication. It embraces Dr. Trall's London lecture before the World's Temperance Convention, and the Discussion growing out of it with Dr. Hurd, of New Brunswick, the leader of the Sons of Temperance in British North America. It is the most searching and revolutionary Temperance document ever published. Price 50 cents.

Why the Shoe Pinches.

(For a notice of this work see page 100 of this Journal.)

Dr. Trall has several other very important works on hand which will be published as soon as practicable. The Hand-Book for the Sick Room, Physiology for Schools, and Sexual Physiology Complete will not be long delayed.

Our Anatomical and Physiological Plates, and Physiological and Pathological Charts are ready for delivery.—Price of the Plates $12; Charts, $10. They can only be sent by express or as freight. For full descriptions see the March number of this Journal.

Besides the books we publish, we have for sale, at wholesale and retail, the works of Graham, Alcott, and Fowler & Wells. We have also made arrangements to supply any work in the market at publishers' prices. See advertisement in the August number of this Journal.

We shall be pleased to fill promptly any order with which our friends may favor us for any of the works enumerated above, whether published by ourselves or others.

Corrections.

Several typographical errors occurred in our August number, in consequence of editorial out-of-town-ativeness.—We notice some of the more important. In the article on Surgeon-General Hammond and the Profession, for "*their* deadly drugs," read, "*these*;" for "similar *execution*," read "*execration*;" for "*That* it appoints a committee," read "*But*;" for "rather *having* something done," read "*have*." In the article on Veronica Quinquefolia, for "*pole* in the ground," read "*hole*." But worse than all is the blunder of the typo in a commendatory notice of the HERALD, copied from one of the best of our exchanges, *The Patriot and Gazette*, published at Fulton, New York. The editor is made to say: "Dr. Trall's opinions are worthy of universal *education*." Horrible! Are our opinions *all* wrong, that we should be universally educated? Now, we happen to have a personal acquaintance with the editor of that paper, and we know him to be a thorough temperance reformer, and to be the presiding officer—G. W. T.—of one of the temperance orders of the Empire State. We agree, therefore, on one point, hence he could not mean that all of our opinions are wrong. Indeed, we have ample evidence that our worthy brother thinks our opinions, as a general rule, are correct. For *education* read *attention*.

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Granite State Health Institute,

HILL, NEW HAMPSHIRE.

The undersigned, at this date guests at the Granite State Health Institute, Hill, N. H., take pleasure in commending this establishment to the attention of invalids throughout the country.

Those seeking a quiet resort in a romantic region, where they may find a combination of circumstances favorable to the recruiting of wasted energies or lost health, will not be disappointed here.

The location of this institution is favorable. It is situated in a quiet little village in the valley of the Pemigiwasset river, surrounded by hills. There is no stage traveling for the invalid to endure at the end of a long journey. The cars bring him within a few rods of the door.

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Mrs. E. M. Vail has charge of the female department, for which her qualifications admirably fit her, and fills for the present the office of female physician in the establishment with acceptance. She will continue in this department in the absence of Miss E. H. Goodell, who is preparing for a lecturing tour, and will be absent for some time to come.

Miss Goodell meets with much success as a lecturer, and will visit places to which she may be invited with assurance of a reasonable compensation. She may be addressed through this Institution by such as may desire her services.

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The vegetarian theory is adopted at this Institute as the true theory of human dietetics; yet meat is allowed two or three times a week for such as are not prepared to break off suddenly from the use of animal food, and this course is commended as being the wisest for many, especially for those somewhat advanced in life and long accustomed to stimulating food.

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The opportunities for riding in the country by stages, cars, and omnibusses, and by water, in row, sail, ferry, and steam boats, and the facilities for taking excursions and short sea voyages, at a few cents' expense, are such as to afford not only very much pleasure, profit, and amusement, but to aid their recovery to health.

Our Bath Arrangements are amply provided with all the appliances for giving every variety of Baths usually found in Water-Cures, and in addition we have the Electro, Thermal, and Vapor Baths, which we find highly beneficial in many cases. The Croton Water is *perfectly soft*, and by filtering is rendered *perfectly pure*, while an abundance of ice and steam enable us to supply it at any temperature desired.

Our "Movement" Room.—This department is attended to by an experienced manipulator. Many cases are cured in much less time, by means of "localized movements" judiciously applied, while many cases of subparalysis, contracted sinews, deformities, distortions, malformations, and extreme muscular torpidity and relaxation, are incurable without.

After several years, we have come to consider Movement-Cure as an excellent help in Hygienic Treatment, and in many cases, almost indispensable.

The New Gymnastics.—A new feature of our Educational and Therapeutic Programme is, the introduction of the *Light Gymnastics*, which not only facilitates the restoration of our patients, but also tends to the development, vigor, and gracefulness of motion of all who practice them.

An hour cannot be spent more profitably than in the practice of these beautiful and systematically arranged exercises. They are as interesting as the dance, without being subject to the criticisms which are often justly applied to it. Patients and guests who are able to participate can learn in a few weeks or months, if not to be proficients in the art, enough to aid them in the practice for life, and introduce it among their friends.

We have competent assistants in the *Female and Surgical Departments*, and for out-door practice in city and country. We are prepared to treat successfully, Cancers, Polypous Tumors, Fistulas, Hip-joint diseases, and to perform the most important surgical operations, so as to ensure the utmost safety and success.

Persons visiting the city for business or pleasure, will be accommodated with board and pleasant rooms.

N. B.—All letters requiring professional advice or opinions, should be addressed to R. T. Trall, M.D.; and all communications asking for general information, terms, &c., to R. T. Trall, & Co.

☞ **For further particulars of cases how to practice Hygienically, send for "Water-Cure for the Million," price 25 cts.**

Advertisements.

Advertisements of an appropriate character, will be inserted for TWENTY-FIVE CENTS A LINE EACH INSERTION. They must be received at this office two weeks before the day of publication. No advertisement received for less than one dollar.

Mattson's Elastic Syringe.

NEW FORM—NEW PATENT.



This new and Superior Syringe was patented November 19, 1861, and is now manufactured by the Mattson Syringe Company in the city of New York.

It is suited to males, females, and infants. It is made of the best white rubber and metal, with patent-screw bulb fastenings, which PREVENT LEAKAGE; this leakage, which takes place about the neck of the bulb, is a serious defect in all other syringes.

It is the most convenient Syringe in use, either for males or females, because its peculiar form adapts it to the hand in every possible position.

It is the latest and best improvement of the inventor, through whose enterprise the ELASTIC PUMP and other IMPROVED SYRINGES were first introduced into the United States.

Previous to its present improved form it received FOUR SILVER MEDALS, which were awarded by committees of distinguished medical men appointed by Institutes in some of our principal cities. This is the first Syringe that ever received the HIGH COMPLEMENT of a SILVER MEDAL

The new "Family Guide," contained in the box with each Syringe, embodies much useful information, and will save physicians the trouble of giving minute directions to their patients respecting the use of injections.

CONVENIENCE IN USE and FREEDOM FROM LEAKAGE give this Syringe an undoubted preference over all others. The Mattson Syringe Company also manufacture the cheaper forms of the Elastic Syringe. Prices, post-paid by mail, $2 50 Orders addressed to R. T. Trall, & Co., HERALD OF HEALTH office, will be promptly attended to.

THE

ESSEX SYRINGE



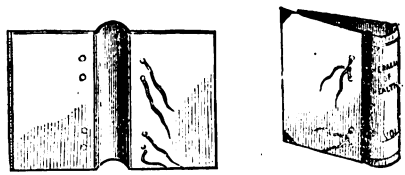
As a Syringe designed to throw a constant stream, the Essex has no equal. The French have devised a great variety of apparatus to accomplish this, but the expense is so great as to place it almost entirely out of the reach of the common masses. Seeing this, Mr. Essex, with all a Yankee's inventive genius and practical perseverance, set to work and produced an excellent article, all complete, warranted in every particular, and sent by mail, post paid, for $3.50. The same Syringe without the air chamber, for $3. We will sell none but first class instruments, such as we can warrant in every particular.—We know by practical experience the difficulties arising from the use of a second rate instrument, and will, therefore, sell none but the best, even though the profits of inferior ones are much larger. To supply the great demand for them, we have made arrangements with Mr. Essex to furnish them at the following prices:

Continuous Stream, by mail, - - -	$3 50
Continuous Stream, by express, - - -	3 00
Broken Stream, by mail, - - -	3 00
Broken Stream, by express, - - - -	2 50

Address, R. T. TRALL & Co.

GYMNASTIC APPARATUS.—WE can furnish the apparatus for the New or Parlor Gymnastics at manufacturer's prices; that is, a set of two rings, two dumb-bells, two clubs, and one wand, for $1.50.

Address, R. T. TRALL & CO.



To Preserve the Herald of Health.

For years we have felt the need of a cheap, durable, practical, convenient pamphlet preserver, and since we have been publishing the HERALD OF HEALTH, this need has presented itself more forcibly than ever before.

Almost every subscriber wants to preserve them for binding, or what is better (if they can) preserve them and have them nicely bound at the end of the year, without further expense or trouble.

Dr JONES has supplied this want completely in the cover represented here. It will require scarcely two minutes to secure the copy of the journal or pamphlet intended to be preserved. All the subscriber has to do is to make four small holes through the margin of the book corresponding with those represented in the cover, slip the laces through, and tie them on the outside. The backs of the covers being flexible, are calculated to accommodate a single copy as well as a dozen. As fast as they are received they can be entered and pressed together till the end of a year, as nice as a book, when they may be removed and bound, and the covers again used to preserve another volume, or they may be kept in the same cover.

Sent by mail for 50 cents by R. T. TRALL & Co., 15 Laight st., N.Y.



BREAD-MAKING.

It has been a great study with us for years to get an article of bread at once wholesome, palatable, easy to masticate, and easily made. The different recipes have been given through the Hydropathic Cook-Book, Water-Cure for the Million, Water-Cure Journal, &c., and again in the March number of the Herald of Health. The bread there described as "Gems" is by far the best of any yet made to meet all the above requisitions. We copy the recipe: "Stir together Graham flour and cold water to about the consistency of ordinary cup-cake batter. Bake in a hot oven in small tin patty pans, two inches square and three-fourths of an inch deep."

"Many persons have failed of success in making this bread from neglecting one very essential requisite — the size of the pans in which it is baked. If they are larger than the dimensions given, the bread will be heavy. If smaller, they will be dry and hard. But made this size, and filled evenly full, if the batter is of the right consistency, and the oven hot, they will rise one half, and be almost as light and porous as sponge cake."

We used separate pans for some time, but found them very inconvenient. We have them now formed and wired together as represented in the cut above, and find them a very great improvement.

To supply the continued demand for them by almost every person who eats the bread, we have had heavy iron moulds cast to form them, and can supply them at the rate of $1 per dozen squares. Address,

R. T. TRALL & Co.

CORK SHAVINGS

We are prepared to furnish a new material for Beds—Cork Shavings—at thirty cents per pound. Twenty-five pounds will make a full-sized double bed. It is equal to hair in comfort, and only about one-third of its price, while in the matter of health and cleanliness, it is all that can be desired. It is also more durable than any other material in use, and is withal so elastic in itself as to render the modern "spring bottoms" entirely unnecessary. Some persons are using the shavings for pillows in preference to cotton, hair, or feathers. Sacking for the shavings about 50 cents per bed. Send orders to

R. T. TRALL & CO.

HYDROPATHIC ENCYCLOPÆDIA,

By R. T. TRALL, M.D. Price by mail $3.50.

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BOOKS.

We have such arrangements now in the HERALD OF HEALTH Publishing Department of our business that we can furnish our friends any work on Hydropathy, Movement-Cure, and other departments of Health Reform, and on Science, Religion, Politics, or on any other subject, at publishers' prices. The full list of Fowler & Wells' works constantly on hand.

In ordering, so far as you know, please state plainly the title of the work in full, the name of the author and publisher, and about what price you expect to pay. By attention to these matters, which to you may seem trivial, you will save us much trouble and yourself delay. There are several works of similar titles by different authors, and different editions of the same work by the same author, published at widely different prices. In case all the particulars are not known, describe as nearly as possible, and we will do our best to meet your wants, and merit your confidence in this as in every other part of our business.

Below we append a list of the principal works published and for sale, with the price of each annexed. All orders should be accompanied with the cash, or, where the amount is large, a draft on some good Eastern bank, and directed to R. T. TRALL & Co., 15 Laight st., N. Y.

Hydropathic Encyclopædia,

A book of nearly one thousand pages of fine print and 300 illustrations, a glossary, table of contents, and a complete index. In a word, it is a complete system of Hydropathy and Hygiene. It is an indispensable work for every family who wish to practice the Hygienic system. Many families, with no other knowledge than that obtained from the Encyclopædia, *Water-Cure Journal*, (now the HERALD OF HEALTH,) and a few of our small works, have been enabled to discharge their family physicians, save their doctors' bills, and have learned to treat themselves, when sick; and best of all, have learned to keep well. Price by mail $3 50.

Diptheria.

The mortality of this disease, and the dread it inspired throughout the land, together with the difference of opinion among medical men of other schools concerning the malady, and the very general success of Hygienic physicians, led to the publication of this work. Dr. Trall received hundreds of letters on the subject of its nature and causes, and their prevention and cure. To answer these letters and present the subject comprehensively, he published this work of 275 pages. The work has met with a large sale, and has given general satisfaction. Price by mail $1 25.

The Principles of Hygeio-Therapy

And College Catalogue, contains, exclusive of College matter, Dr. Trall's Challenge to Dr. Reese, an article on Female Physicians and various other topics, with a very comprehensive lecture by Dr. Trall of twenty pages on the Essential Nature of Disease, the Modus Operandi of Medicines, the Relation of Remedies to Diseases, the Relation of Remedies to the Healthy Organism, the Doctrine of Vitality and the Law of Cure. Price 10 cents.

The Hydropathic Cook-Book

Is a work of several hundred pages, amply illustrated, written in Dr. Trall's familiar and comprehensive style, and gives a complete analysis of what should, and what should not be used as food. It shows how to cook all Hygienic food, and how to prepare some of the less objectionable dishes in common use (which many families still persist in) so as to be comparatively wholesome. With an experience of a score of years, as a Hygienic practitioner, he presents all the improvements known relative to Hygienic cookery up to a late date. Price $1.

Uterine Diseases and Displacements

Is a most valuable work, and fully illustrated. It is a book of comparatively limited sale, and costs much more in proportion than the other books. No student, or person afflicted with diseases of the nature therein described, should do without the work. Were its teachings generally understood, of precious lives would be saved, and untold sufferings avoided. Price $3: with colored plates $5.

The Complete Family Gymnasium

Is, as its name indicates, a complete work for the family. Physical culture is becoming popular. This work is well illustrated, and should find its way into every library. Price by mail $1 35.

Drug Medicines,

Also a lecture, is an excellent document to scatter among the people, illustrating the fallacy of Drug Medication. Price 12 cents.

Fruits and Farinacea

The Proper Food for Man, by Smith, edited with notes by Dr. Trall, is the title of probably the best work ever published on the diet question. It goes most thoroughly and searchingly into the subject from every possible standpoint. The scripture argument in favor of vegetarianism is brought out in full, and corroborated by ancient history and illustrations from ancient moralists, poets and philosophers. The anatomical and physiological reasons for and against this kind of diet are carefully investigated and elucidated with a fairness and impartiality which is as yet unequaled by any other writer. As the subject of diet is still an unsettled one in the minds of most persons, a thorough, yet plain work like this, is very valuable as well as interesting. Price $1.40.

The True Healing Art,

An address delivered by Dr. Trall in Washington, before an assembly composed of the leading men of the country, is the best lecture yet published on our system. The interest with which it was received at the national Capital may be inferred from the fact that the audience—made up in great part of persons whose heads were filled with war, politics and fat contracts—sat for over two hours as quiet listeners. The first edition is exhausted, and a second one has just been issued. Price 25 cents.

Why the Shoe Pinches.

The above is the title of a most useful little work by a profound German philosopher. No one who is rich enough to own a pair of boots or shoes can afford to do without this little book. The great sufferings that many persons endure, and which scarcely any entirely escape, can be easily and totally obviated by adopting the principles here so clearly explained. Any shoemaker who can read plain English, can make your boots or shoes after these directions. The principles are all most clearly and fully explained. Price 25 cents. Usual discount to the trade.

The Complete Gymnasium,

By Dr. Trall, is the title of one of the best and latest works on Gymnastics and physical education. Persons who are ambitious of a sound mind in a healthy and well-developed body, cannot fail to be benefitted and enlightened by a perusal of this book. It is well illustrated, and sent by mail for $1.40.

The True Temperance Platform,

Now in press, is to the Temperance question what the "True Healing Art" is to Hygienic Medication. It embraces Dr. Trall's London lecture before the World's Temperance Convention, and the Discussion growing out of it with Dr. Hurd, of New Brunswick, the leader of the Sons of Temperance in British North America. It is the most searching and revolutionary Temperance document ever published. Price 50 cents.

Home Treatment for Sexual Abuses

Is a small, but very valuable work. With the work entitled "Nervous Debility," it should be in the hands of every young man in the land, as soon as he is capable of understanding it. The consequences of the prevailing ignorance on this subject are most fearful among the young. Parents should heed these admonitions, and save their children. Price by mail 34 cents; Nervous Debility, 12 cts.

Water-Cure for the Million

Is one of the best campaign documents yet published at so low a price. The processes of the water-cure are explained in brief, and popular errors exposed. Hygienic and Drug Medication are contrasted, and rules given for bathing, dieting, exercising, &c.; also recipes for cooking, and directions for home treatment. Thirty-two pages are devoted to the brief illustration of 100 cases successfully treated on the Hygienic System, the names and places being given. Price 25 cents.

Physical Perfection.

An interesting work of 244 pages, on the Science of Human Life, Health and Longevity, profusely illustrated. The author presents the subject of Physical Culture in its various bearings on human well-being, and seeks to impress the idea that a good physical development is a primary necessity for the foundation of a substantial character. The positions of the writer are ably sustained by history and the everyday experience of mankind. Price one dollar and twenty-five cents.

Diseases of the Throat and Lungs

A small work, for 15 cents, which though necessarily brief, contains more valuable matter than many other books of several hundred pages on the subject.

Health and Diseases of Women

Is an excellent lecture, which should be read by every woman. Price by mail 12 cents.

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THE

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General Articles.

RAMBLING REMINISCENCES.—No. 26.

BY THE EDITOR.

"PLANTATION BITTERS."

"S. T.—1860—X" are the cabalistic characters which advertise to an admiring, and astonished, and love-to-be-humbugged world—one of the most successful impositions of the day. One can hardly open a newspaper without seeing "Drake's Plantation Bitters" displayed in conspicuous capitals. Wherever we travel we are obliged to notice, on every smooth-faced rock a solitary brand by the way side, the inevitable "S. T.—1860—X, Drake's Plantation Bitters." Now all quack nostrum-venders perfectly understand, that the sale of their stuff is exactly proportioned to the extent of their advertising, and that the benefit of advertising depends entirely on the extent to which it catches the public eye. Nobody pretends to believe a tenth part of what is asserted with regard to the wonderful virtues of their specifics; but nine-tenths of the people believe, that on the principle that where there is much smoke there must be some fire, the more a given medicine is advertised, and puffed, and displayed, and sworn to, the more virtue there must be in it. Hence, all that an enterprizing empiric has to do in order to realize a fortune, is to advertise in a way to ensure attention. Thus, if Drake, Townsend, Brandreth, Moffatt, Holloway, Hostetter, Wolfe, or any other vender of sweetened alcohol, dietetic gin, or patent perpendicular purging potencies, can expend five hundred thousand dollars a year in advertising, and can thereby sell six hundred thousand dollars' worth of his cure-all, the cost of which will not exceed fifty thousand dollars, he will realize a clear fifty thousand dollars' profit, and, in a few years, become a millionaire, and move in the "first circles" of society.

So far as we can judge from evidences of advertising, Drake is just now distancing all of his competitors in this line of traffic. What the "S. T.—1860—X," which heralds his nostrum to the dear public may mean, nobody seems to know, and probably nobody cares. The less people understand of the nature or qualities of drug-remedies, the more they run after them the world over. It is enough for the proprietor of the plantation bitters to advertise in the silliest manner possible, and he will be sure to catch the greater number of customers. With the masses of the people, "the greater the absurdity the more implicit the faith." If they knew precisely what made the charm of plantation bitters, they would not patronize the cunning Mr. Drake at all. They would purchase the raw materials and make their own bitters at a saving of several hundred per cent. The liquor could be had at the first grog-shop, and the seasonings at any grocery or drug-shop, and the article compounded at one-tenth the expense.

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We must, however, do Mr. Drake the justice to say, that in lauding his bitters as the panacea for all the ills that flesh is heir to, he is but responding to a demand on the part of the public. The demand for alcoholic stimulus is increasing rapidly. Alcoholic medication is everywhere extending under the auspices of the medical profession. It is even being extensively introduced by regular physicians as a *preventive* of disease. Wolfe, Reed, Charles, Messenger, Suit, and others are flooding the land with favorite brands of gin, and superior "old Bourbon" whisky, to say nothing of lager-beer breweries which are rising among us like mushrooms of a night. But there is one objection to the general, the almost universal, use of these forms of grog-medicine. There is a *prejudice* with many people against "spirituous and malt liquors, wine and cider," *except as a medicine*. The temperance people and the teetotal abstainers have created, to some extent, a public sentiment against resorting to alcoholic liquors, under the names of rum, brandy, gin, whisky, &c., except in cases of extreme indisposition—real sickness. The dealers in alcoholic drinks wish to sell them not only as medicine to cure sickness, and prophylactics to prevent sickness, but also as an *elixir vitæ* to renovate weak constitutions, invigorate strong ones, impart vitality, prolong longevity, &c., &c. In short it is the interest of all dealers in intoxicating medicines to have all sorts of people purchase them for all possible purposes, and resort to them on all conceivable occasions.

But we have religious and temperance newspapers (and now and then a temperance physician), which have conscientious scruples about advertising grog-remedies for all diseases under the names of gin, whisky, &c.; and it is very desirable to have these mediums of communication with the public on the part of the grog-venders. Indeed one such journal or physician is worth half a dozen of those who make no pretentions to moral and religious convictions, or to physiological principles. And herein Drake has made a hit. He does not advertise "cordial gin," nor "Scheidam Schnapps," nor "Bourbon," but "*bitters*," and lo! the temperance papers advertise it, the temperance doctors recommend it, and temperance people swallow it.

A clergyman writes from Vermont:

"DR. TRALL: I see the papers, even those that claim to be true to temperance, as the New York *Independent*, for example, are giving large place in their advertising columns to Dr. Drake's 'Plantation Bitters.' Will you please tell your readers, at a distance, the true character of the bitters. Are they simply a 'patent medicine' to drug the sick? Or are they a substitute for rum, whisky, &c., to catch those who do not like to be esteemed 'drinkers?'

"TEMPERANCE."

INCOMPATIBILITIES.

There can be no more incompatible things on the earth than fashionable hotels and health institutions. The Health Reform and the Hygienic System have no greater obstacles in their pathway, no greater enemies to contend with, than Hydro-drugopathic physicians who believe a good deal in "cold water," and considerable in drugs; nor than those who style themselves "Water-Cure doctors," and hold forth hotel-fare with bathing accompaniments; nor than those who keep boarding-houses at the fashionable watering-places, and recommend their patients to drink the impure waters of their "medicinal springs." One of two things is certain. Such physicians either do not understand the Hygienic System, or Judas-like, they are willing to sell it for thirty pieces of silver, more or less.

Boarders who wish to live as the world lives—who live to eat instead of eating to live—and patients who desire to recover health are always in the way of each other. Boarders want what they are accustomed to, and what they call for, and claim that they have a right to whatever they are willing to pay for. A landlord, a restaurationist, is a caterer to the public taste, a panderer, to a great extent, to morbid appetences. It is not his business to reform bad habits, to insist on health conditions, to restrain perverted instincts, to dictate what his guest shall eat and drink. But this is the business of the Hygienic physician, or he makes the Healing Art a miserable trade instead of a noble profession. Nearly all the Water-Cures in the country which started on the hotel plan, have either run out or run into hotels exclusively. The majority of them are now fashionable resorts, mere watering-places. No physician who placed a hotel bill of fare before his patients, was ever known to be a teacher nor examplar of the laws of life and health. To do this would ruin his business. Many years ago we predicted that the real practice of the Hygienic System would, in a very few years, be entirely in the hands of the graduates of the Hygeio-Therapeutic College, while the mongrels would go over to the drug system altogether. That prediction has already been very nearly realized, so far as this country is concerned. True, there are a few establishments still in existence, which advertise as Water-Cures, but are *run* as hotels, and which do a large and paying

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business; but their number is steadily decreasing; and when their proprietors retire from business or from the world, there will be an end of the imposition, and health institutions—"Hygeian Homes"—pure and unadulterated, will take their places, or rather the patients. To this end we hope, pray, and work.

Our readers who are interested in the true principles of our system, and who can look beyond mere self-relative advantages to the reformation of society and the renovation of the race, will not fail to notice, in the article from the pen of Prof. Lines, of Brattleboro, Vt., the true solution of the problem why our cause has made such slow progress in many places. It has been crucified in the house of its friends.

BOARDERS AND PATIENTS AT HYGEIAN HOME.

This place was opened as a resort for invalids only. We did not advertise for boarders. We were unwilling to take them, except on the condition that they would conform to such rules and regulations as we deemed essential to the best progress of our patients. We selected it as the most suitable place we could find where those who were seeking to recover lost health, could find quiet and freedom, and be removed from the temptations and follies of luxury and fashion. There are thousands of invalids who have strong desires to get well, but feeble will-power to resist the adverse influences around them. With many of them it is essential that they are "not led into temptation." Some of them can no more resist the flesh-pots, the seasonings, the stimulants, the tea, coffee, alcohol, tobacco, &c., to which they have been accustomed, when within sight or smell, than the poor drunkard, with shattered nerves and maddened propensities, and just on the verge of delirium tremens, can resist the "one glass more," when he sees the many-colored demon which has ruined him, "giving his color" in the bottles which fill the window of the groggery. Both are alike insane in their organic instincts, and each equally requires constraint, direction, and control. A few of the class of pleasure-seeking invalids, who had rather eat what their souls lust after and wander forever in the wilderness of disease and misery, than to partake of the heavenly manna of a pure diet and enter into the promised land of health and happiness, have annoyed us with their presence and patronage at Hygeian Home during the past season. Of course they were dissatisfied. They went around among the farmers and got meals of fried hog-meat, and the usual fixings; they patronized the hotel at Wernersville frequently, and occasionally the larger hotels at Reading had the benefit of their custom. None of these persons remained long with us. Either they became convinced that Hygeian Home was a humbug, or we became disgusted with their society, and so we agreed to disagree to the entire satisfaction of all parties. We do not mention these matters as of much importance intrinsically, but as illustrating the principle we desire to keep in view, and as corroborating the experience of Dr. Lines. After we had got rid of the boarders above alluded to—and, by the way, such boarders are always making mischief wherever they go—we had a pleasant and harmonious house, and, on the occasion of one of our parlor meetings, we called attention to the fact that, from the day that Hygeian Home was opened, May 1st, every patient, without exception, who had rigidly observed the rules of the establishment and strictly followed the prescriptions of the physicians in charge—Drs. Glass and Fairchild—had made good progress in the recovery of health, while all who had refused to conform to the dietary of the establishment had, without exception, received little or no benefit.

Such facts mean something, and we record them for the benefit of whom it may concern. We have had several desperate cases to manage, among them bad cases of diptheria and typhoid fever, with several cases of bed-ridden females—all of whom have recovered. Thus far Hygeian Home has lost no patients, although deaths in the vicinity have been frequent under the auspices of the drug-doctors.

LORETTO SPRINGS, PA.

A few weeks since, having occasion to visit a patient in the vicinity, we extended our journey, on invitation of the proprietor, to this celebrated watering-place, on the Alleghany Mountains, something like 150 miles from Harrisburg, and about 100 miles this side of Pittsburg. Some ten years ago a charter was obtained for a "Water-Cure and Hydropathic Medical College," and a company incorporated by the Legislature of Pennsylvania. But for certain reasons, one of which was, the inability to obtain competent physicians, the place was diverted from its original purpose to that of a summer hotel. It is now patronized by the fashionables of Pittsburg, Philadelphia, and Cincinnati. The buildings are capable of accommodating nearly two hundred persons, and with the land — 200 acres — have cost some $35,000. The proprietor, Mr. Gibbons, wishing to retire from the business, is anxious to sell the property at a sacrifice—a fact we mention for the benefit of any person or company who wishes to start a health institution on a large scale.

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The experience of Mr. Gibbons corroborates that of all others, with regard to the difficulties and impropriety of *mixing up* fashionable boarders and unfashionable patients. At first he undertook to receive and treat invalids as well as to entertain boarders. But he soon found it a very disagreeable business. They were always in each other's way. Neither was good company for the other. The ways, habits, notions, diet, &c., of the invalids were riduculous and repulsive to the boarders; the very appearance of the patients was annoying; while, on the other hand, the dressing, flirting, eating, drinking, smoking, frivolity, and mannerism of the fashionables, deprived the invalids of that sense of home, freedom, and companionableness, which are so important among the therapeutic appliances of a "cure." Mr. Gibbons now became tired of the attempt to harmonize such antagonistic elements, and has since carried on the "Hydropathic College and Cure," with the part of Hydropathy omitted. In the circular of the place we read of mineral springs of rare and wonderful virtues; but this seems to be all in the ordinary way of business. There are seven or eight springs on the premises, all of which, with one or two exceptions are soft sandstone water; and the one or two springs which are slightly mineralized do not seem to be used in any way, except as a basis for advertising. Hence they do no damage.

CRESSON MOUNTAIN.

Four miles from Loretto Springs, on the Pennsylvania Central Railroad, is a place called Cresson, whereat is an extensive summer hotel known as the Cresson Mountain House. The country roundabout is rough, wild, mountainous, and cold—yes, cold, even in the height of the heated term. What the thermometer may indicate in the winter season makes one shiver to imagine. We lodged at the Cresson on the night of one of the days of the "heated term." We left Harrisburg at half past one, P. M., when and where it was dry, dusty, hot, sultry, scorching. In New York and Philadelphia the heat was reported as terrible; many were dying of sun stroke, and cholera infantum was sweeping the infantile population to the grave-yards in droves. We reached Altoona soon after seven P. M. It was then comfortably cool. As we proceeded Cressonward the weather grew cooler each moment; and on arriving at the depot the air had a keen, sparkling, frosty quality. The transition was like leaping from the torrid zone to the top of an iceberg. Our room-mate assured us that there was frost the evening before, and that he *enjoyed* a sleepless night for want of sufficient bed-clothes. The Mountain House is about forty rods from the depot, and, for the mere business of keeping cool, is, no doubt, one of the finest places in the country. If we could have satisfied ourselves that keeping cool was the chief end of man, we should probably have remained at $2 a day so long as our money lasted.

SMOKING IN THE CARS.

The desire which many persons have to carry a burning cigar or a lighted pipe in their mouths, though a puzzle to many, admits of a philosophical explanation. Tobacco, as everybody knows, is an exceedingly filthy weed. Its stench is perfectly horrid to all whose instincts are pure. No one can endure its abominable odor without a sense of nausea, suffocation, and disgust, whose blood and secretions are not grossly depraved. But many persons, because of unwholesome habits, have such a condition of foulness that they are offensive to themselves. They cannot endure their own breath. Hence they resort to the pungent odors of the deadly narcotic for relief. And they find it. By paralyzing their sensations they escape the consciousness of their own filthiness. By creating a worse miasm in the atmosphere around than that which emanates from their own bodies, they smother the bad taste and smell of themselves. But in doing this they are not only poisoning the whole atmosphere which others must breathe, but they render themselves personally more offensive to others. When enveloped in the smudge of burning tobacco, or when stupefied with its anesthetic effects, they do not, of course, smell bad to themselves. We are often nauseated by the breath of a tobacco smoker, who happens to occupy the seat with us in the stage or car; while we are compelled to know that every breath of air expired from his lungs, and every particle of perspiration which emanates from his skin is redolent of disease and death. We are of opinion that persons who, instead of cleansing themselves of filthiness, will smoke down the sensation thereof, ought to go off somewhere by themselves, and not be offensive to others. But it almost always happens with smokers that they do the most smoking in the presence of others. The moment they get on a ferryboat, or in a crowd, and often in the stage or car, they seem to feel an irrepressible propensity to smoke; and although "no smoking allowed" is often displayed in large capitals before their faces, they regard the admonition as little as they do the principles of common decency. The young man who is addicted to smoking is seldom seen in the streets with a lady on his arm without a cigar in his

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mouth. We commend any gentlemen, young or old, for desiring to seem sweet and clean in the presence of a lady. The contingency might arise in which it would be perfectly proper for him to whisper in her ear, or even to impress a kiss on her lips. And if his tobacco-breath would be less offensive, less sickening, less nasty, than his natural breath, we cannot blame him so much. But he ought to be informed that, a better way is to sweeten himself by bathing the skin frequently and eating plain, unconstipating food, so that the waste matters of the body will not be retained, and so befoul him as to make it necessary to smother one stench with another.

We fear that "no smoking allowed" is becoming a dead letter with some of our railroad conductors. It is a common thing for gentlemen to pass through the cars with lighted cigars in their mouths. They do not sit down to smoke; but if some person once in five minutes passes through a passenger car filled with ladies and gentlemen, and gives one puff as he goes along, it is enough to keep the room continually bestenched. On a late trip from Cresson to Harrisburg, several gentlemen amused us and the ladies present by smoking cigars, and no conductor or other person having authority made any objection. And the next day, between Harrisburg and Baltimore, several persons were smoking nearly the whole distance. At one time we noticed not less than six "nice young men," all smoking at the same time, and one of them kept a black, dirty pipe in his mouth almost continually. This was not in the "smoking car," but in one of the ordinary passenger cars. We hope the Pennsylvania Central and the Baltimore and Harrisburg roads will instruct their conductors in this matter. To sit for five or six hours in a tobacco atmosphere, superadded to the unavoidable heat, and dust, and cinders, is to us not healthful; nor is it what we bargain for when we take a ticket.

ALCOHOL—TOBACCO—PORK—DRUGS.

Physiologists might differ as to which of the things above-named is the greatest curse to the human race. That all of them together constitute the essential curse of more than one-half of the diseases and miseries of the civilized world, we have no manner of doubt. And if we were to give each the pre-eminence in mischief to which it seeems to us entitled, we should simply reverse the order in which we have named them. Our temperance friends who regard alcoholic beverages as almost the "sum of all villainies" in the physiological sense, may be not a little shocked when they see that we regard alcohol as the least of four evils. But we have arrived at this conclusion from a long and critical investigation of the subject. And we have long since rejected them all from our *materia medica* and *materia alimentari*. But there are "Water-Cures," as they are called, in the country, where all of these abominations are not only tolerated, but, with the exception of tobacco, are provided and prescribed. We have recently been written to by patients who are under hydropathic treatment, and whose physicians not only give medicine occasionally, but supply their tables with pork, ham, sausage, and a variety of dishes fried in hog's lard. Pork and drugs are as naturally associated as are liquor and tobacco; and we regard the temperance man who abstains from alcohol and takes to tobacco, as very much such a reformer, or deformer, as we do a professed hydropath who abandons drug medicines and prescribes a pork dietary. "Cease to do evil," not change from one evil to another, is the fundamental principle of health reform.

VALUE OF AMUSEMENT.—The world must be amused. It is entirely false reasoning to suppose that any human being can devote himself exclusively to labor of any description. It will not do. Rest will not give him adequate relief. He must be amused. He must enjoy himself. He must laugh, sing, dance, and be merry. He must chat with his friends, exercise his mind in exciting gentle emotions, and his body in agreeable demonstrations of activity. The constitution of the human system demands this. It exacts variety of influences and motion. It will not remain in health if it cannot obtain that variety. Too much merriment affects it as injuriously as too much sadness; too much relaxation is as pernicious as none at all. But, to the industrious toiler, the sunshine of the heart is just as indispensable as the material sunshine is to the flower; both soon pine away and die if deprived of it.

DAILY DUTIES.—My morning haunts are where they should be, at home; at home, not sleeping, or concocting the surfeits of an irregular feast, but up and stirring; in winter, often ere the sound of any bell awake men to labor or to devotion; in summer, as oft with the bird that first rises, or not much tardier to read good authors, or cause them to be read, till the attention be weary, or memory have its full freight; then with useful and generous labors preserving the body's health and hardiness, to render lightsome, clear, and not lumpish obedience to the mind, to the cause of religion and our country's liberty.—*Milton.*

AIM at perfection in everything, though in most things it is unattainable; however, they who aim at it, and persevere, will come much nearer to it than those whose laziness and despondency make them give it up as unattainable.

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NATURE TRIUMPHANT.

How often do we hear of the doctors being thwarted, their medicines passed into the sink or thrown out of the window.

We, as Hygienic physicians, have a great work to do, to educate the people to trust in nature, and let drugs and drug doctors alone. In traveling about the country I find hundreds who have lost faith in drugs, but they have not yet learned the true principles of Hygienic living.

I learned recently of a case of diptheria which prevailed in a certain neighborhood. A child of E. P. was taken, and a friend of our system gave the parents a copy of Dr. Trall's work on diptheria, and tried to induce them to adopt the treatment therein recommended. The father, who had lost all faith in drugs, said that if he could not get a Hygienic physician to attend to the child, he would be very glad to do so; but as he did not understand Hydropathic appliances, he should not dare to risk treating the patient himself. A drug doctor was called, and the child died. In a few weeks a younger child—a sweet little girl of seven years of age—was attacked, quite as severely. The drug doctor was again called and the medicines dealt out, but, as good fortune would have it, none of it reached the patient's stomach. She would not swallow a particle. Fair words, threats, attempts to frighten her, and bribes were of no avail. The mother, as may well be supposed, was nearly distracted. "Oh! to see the dear child so sick, and they not able to do anything for her." The father said he would not force her to take the medicines. "Then," said the almost frenzied mother, "do get out of the way, and not hinder the rest of us from saving the dear child's life."

The friend who had visited them in the first case had called again, and when he found that the child would not take any medicine, he assured them that so long as she did not she was comparatively safe. The disease "run its course." The patient took no medicine. She is now well.

People need "line upon line, and precept upon precept." Even those who are comparatively well informed, need encouraging to persevere. The old prejudices, the habits of early years, the disposition to "do something" constantly, the fear of what their neighbors may say, and the want of confidence in themselves, all go to turn them from their own convictions of right. F. R. J.

Loch Sheldrake, N. Y.

ITEMS FROM ILLINOIS.

BY H. B.

Readers: Are there not some of you in the West foot-loose, who would be willing to try and live without the use of domestic animals?

I know of 40 or 80 acres of beautifully situated prairie and wood land, within a mile or so of the clear gravelly shore of the Mississippi river, and not more than three miles from a flourishing city, that can be had at some twenty dollars per acre.

Now, I should dearly like to be one of fifty or one hundred persons, to purchase and pay all down for this land, and go on and cultivate and improve it by our own manual labor. Who will join me? Who has at least fifty dollars to embark in such an enterprise?

I should like also to be able to erect a Health Institution in the vicinity, where the main object would be to prevent rather than to try and cure disease. I like reconstruction much better than repairing. But if there are not any ready for such a movement, there may be those who would like to procure themselves isolated little homes in this vicinity, who are inclined to try and live without brutes, drug-doctors, &c.—If so, I should be glad to have them for neighbors. * * * * * *

Theoretically I am rather a gospel man in some respects. Think I have no desire to lay up treasures here; for I find it's an up-hill business. Don't believe in laying up for the future, only from one crop time till another, like the ant and bee. Don't believe in being in debt to anybody or anything. * * *

But I will not complain of my lot, though often distracted and weary of the labors of life. But I cannot help feeling sad occasionally because I do so much that is not necessary—so much just to please the eye. * * *

Did you ever look upon the world as a perfected place, something that is right and goes right of itself?

Wander with me over the wild wide prairies, and to the tops of the towering mountains. Lay down away out upon the trackless prairie, or beneath the spreading arms of the giant forests. Recline upon the mossy bank of the roaring river, or the purling brook. See, hear, and feel the pulsations of the mighty heart of nature. * * * * * *

Many friends are writing me because of these "Items," and question somewhat, the propriety and practicability of being able to live out the life I roughly try to sketch. Well, once for all, good friends, let me say I am not going to pro-

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selyte. I would not make you different from what you are, but I will "own up" that I am in search of "congenial spirits," and I do not expect to find them out of congenial bodies. *

I have no perfected plan for the reconstruction of society in all its details, so that the "resultant amalgam" will insure perfect harmony; but I do think we must abandon the use, or rather perhaps the domesticating, of brutes. If we must use flesh meat, hunt and fish. If we must have oil to cook with fine flour, express it from nuts and grains. And by the way, I am not sure, but oils from these sources is healthful, for where is there a more playful and active animal than the squirrel, and a part of whose food seems to be only nuts. I know we are not squirrels, neither are we wolves or hyenas, whose food is, I suppose, entirely flesh. * * * * *

Some tell me that human beings are now living just as natural a life as any other animal; and that it is foolish and wrong to attempt to change it.

I know it is very difficult to successfully controvert the position that "whatever is, is right," but at the same time there is seeming wrong, injustice, and inharmony, but on the whole perhaps there is'nt; it may be only an idea after all. * * * * * *

I expect if we should eat our food uncooked, and eat and drink nothing warmer than our blood, after a few generations we should have pearly white and sound teeth. We have but little use for teeth now—only to look at; but somehow false teeth have a shocking look to me; it's an awful mingling of the dead and the living, in idea at least, of part man and part machine. I find nature is quite an economist. She attaches no superfluities to man. Every organ, muscle, and bone is for use; and if not used, they should decay, or waste away. *

What wonders combined human labor with mental power might perform! but this power will not be developed in a community depending upon brutes. It is much more common and convenient to harness up a team now, and go to the forest for wood, lumber, rocks, &c., than it is to attempt to do this same labor by human power; but when we reflect and make a careful estimate, we shall find that in the aggregate we have more than expended this same amount of power in the rearing of these brutes in providing for them when young, breaking, harness, wagons, roads, fences, barns, &c.

THE efforts of a strong man, aided by the counsels of a sensible woman, rarely or never fail to succeed.

HEALTH AND HAPPINESS.

BY J. B. F. WALKER, M. D.

No man can hope to enjoy perfect happiness while in this life, nevertheless it is his duty, right, and privilege to attain as near unto it as possible. Many persons who now suffer untold misery, to whom life is a burden and who often wish that death might put an end to their unhappiness, have only themselves to blame in the matter; have no cause of just complaint against Nature or any of her righteous laws. Though man is a free moral agent, yet if he does certain things, certain results are sure to follow. If he drinks alcoholic liquors, drunkenness with its long list of sins and crimes will be the result; if he commits murder, he must submit to the law of the land and be placed where he can do no more harm; if he drinks tea, or coffee, or uses tobacco, he must expect, and will be sure to suffer the consequences; if he, from his bad habit of living, brings on the rheumatism, the consumption, or the dyspepsia, then the untold horrors of these complaints will torture his life out of him, and he will die the death of all sinners.

There is a penalty sure to follow the violation of all law. The necessity of the case demands this. It would be no law if it could be broken with impunity; this would encourage men in all crimes. The Good Being, in his all-wise Providence, has set up bounds and limits for man beyond which, with safety and happiness to himself, he may not, *must* not go. All who have been brought from darkness to light, who acknowledge the absolute and supreme sovereignty of God—and all Christians profess to acknowledge this, though, I fear, there are a great many who do not understand it in the fullness of its meaning—admit the righteous justness of all these laws. And these laws concern the everyday *minutiæ* of life, even to the smallest particulars. Here, it seems to me, many people are in error, and consequently stumble, or I should not find so many of them suffering the penalty of violated law. They do not stop to consider that every act, thought, and deed of our lives is governed by some direct and specific law—that nothing is left to chance. Even the very hairs of our head are numbered, and not a sparrow falls unnoticed to the ground! Do we want, or can we think of anything more minute than that? Ought we not to feel like praising God, and putting the most implicit faith and confidence in Him for His great watchfulness over us? And should we ever forget that we are living under the law;

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that physiological law, moral law, and civil law have their direct influence on us? From whence does all this righteous and just law emanate but from God, who is the great law-giver? Do not think that He has limited these laws to the ten commandments alone; do not be content with making clean the outside of the cup and of the platter, like the Pharisees, while within you are full of extortion and *excess*.

The importance of good health, as a Christian and religious *duty*, cannot be too strongly urged upon those who take upon them the vows of Christianity; and all men, whether Christian or heathen, in or out of the church, would they enjoy long and happy lives, should pay the utmost regard to physiological law. I do not and cannot regard sickness as a sanctifier, sent on purpose by God to make men better, though perhaps it is well for some to regard it as such if it has the effect to turn them from their evil ways, making up within them a latent conscience that shall recognize and obey the laws of God. For the most part men make themselves sick; they alone are responsible for all the unhappiness and misery that comes upon them. I am free to assert and ready to maintain the position that man has *no right to be sick;* that in just so far as he is either sick or unhappy, either himself or his parents before him have been sinners. Dyspepsia is a sin; gout is a sin; nervousness is a sin; rheumatism is a sin—the whole catalogue of ills to which flesh is heir are sins, and nothing but sins, a name and excuse for them. If a man is so intent on money-making that he loses his health, and becomes a burden either to himself or his family, he commits a grave and fatal error, he sins and suffers therefor. If a clergyman preaches from three to five times on the Sabbath, and spends the week days in deep thought, earnest study, and sedentary habits in his library, until his health fails him and he is obliged to resort to a little stimulus in the shape of poisonous tea, coffee, tobacco, or wine, to keep his nerves quiet, and give him strength, and ward off the headache, he, too, sins in the sight of high heaven, and the sooner he sells all his possessions and commences to *follow Christ*, the sooner will he receive pardon and mercy. Now, this is not all *fine* talk or the erratic ravings of an enthusiastic fanatic; men having eyes to see and ears to hear, who are not blind and deaf to all truths outside of the decalogue, will admit the conclusion to be drawn from the premises laid down.

What then, in view of these mighty considerations, ought men to do? The answer is plain and simple—learn the laws of life and obey them. There is no excuse; they are written so plain that the wayfaring man, though a fool, need not err therein. Most men are ignorant of the laws which govern their own being; many know them, but will not obey; a few are striving to walk the straight and narrow path which leads to health and happiness here, and life eternal hereafter.

We have ministers to teach us the moral laws and our obligations to them; lawyers to expound the civil laws, and doctors to dose out drugs with the vain hope of curing people who are constantly doing those things which will surely make them sick and unhappy. But we have no one to teach the people physiological and hygienical law, so the masses of the people slumber on, sicken, suffer, and die. The HERALD OF HEALTH and the *Western Health Journal* are the only papers in America—or the world, so far as I know—which are devoted to this subject of teaching the people how to live. And these, instead of having a limited circulation, should be taken by the head of every family in the land.

It is but a few years since the State of Massachusetts permitted physiology to be taught in her common schools, and now there are thousands of schools in the land whose inmates never heard of a physiology! Can we wonder that beings so fearfully and wonderfully made are unhappy and full of disease? Can we wonder that church bells are tolling the funeral knells of children in the morning of life?

WHAT WE OWE TO DECORUM. — "I will do just as I please," says many a headstrong young man, "for whose business is it, if I choose to take the consequences?" Not so fast, good sir. If you knew more of human nature you would be aware that you cannot outrage even the smallest conventionalities of life, which are known under the common name of decorum, without injuring your reputation, estranging your friends, and preventing strangers, who might be useful to you from making your acquaintance. But this is not all. You have no right to disregard decorum, for the consequences reach others than yourself. Your example is always doing harm when it is not doing good. Your conduct affects the standing of your family and associates, as well as yourself. Going through life is like treading among a labyrinth of spring-guns. If you follow the beaten track you are yourself safe; but if you diverge to the right or left, your indiscretion is sure to injure yourself, and may harm others also. A wise man never outrages decorum, recklessly violates prejudices, or thoughtlessly acts regardless of the opinion of the world.

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A WORD TO SINGERS.

BY HULDAH ALLEN, M. D.

Bassini, in a late work, teaches that whatever improves the health improves the voice. True; the vocal organs, with all other parts of the body, are benefited by all that promotes the health. But Bassini insists that singers need only food to perfect the voice. He encourages the use of sugar, starch, and alcohol for the same purpose. (Respiratory food!)

Oil is necessary for singers; but no more necessary for them than for others; so of sugar and starch. But these proximate principles of food are not beneficial when taken separately from the other elements of the food. Neither singers nor others need use them, except as they are associated by nature with the other constituents of our food. Nature apportions them —the oil, the sugar, the starch (alcohol she never uses), placing in the food as she constructs it the quantity of each that we need. Nature has not left it for empiricism to determine the amount of oil, starch, sugar, etc. (or salt), which can improve man's voice, or any other of his powers. She supplies them in giving the food.

In this, as in all else, God's work is perfect. In reference to food, "man has" *not* "improved upon nature" *—great names to the contrary, notwithstanding. The influence of great names has ruined many. Respecting food, as to the number and quantity of its constituents, let none add or take away; for to the degree in which he thus modifies, he perils his health. About wine and other alcoholic drinks, it seems that persons of common reason, unless infatuated by authority, would see the absurdity of expecting to derive from these poisons, either benefit to the health generally or to the voice specially. Singers! avoid them; they are both perilous to sound morals and sound health. As you value health and enduring excellence of voice, do not heed Bassini's advice in reference to wine, oil, &c. Take food as nature builds it up; eat the *best kind* of food cooked simply, at just such intervals and in such quantity as your system needs, and masticate it thoroughly. Then—nothing else of food.

Bassini is master of tones. Of Hygiene he needs to learn, in the only school where it is taught—the Hygeio-Therapeutic. Understanding this, he would not imperil the health of his pupils, while teaching them the divine art of singing.

* This quotation is not from Bassini; it is from a teacher of Physiology, Dalton.—H. A.

WATER-CURE IN BRATTLEBORO.

Dr. Trall: *Dear Sir:* According to promise I will now give you a little of my experience and impressions in and of Brattleboro, and of the present state of the practice of the Healing Art in this the most beautiful of all the New England villages. I arrived at the end of the first week of May, and assumed the position of physician to this institution, the oldest, and for a long time, the most famous of the large Water-Cures in this country, it having been opened in 1845, and under the able management of Dr. Wesselhœft, it maintained for years, up to the time of his death, its position in the front rank of health institutions. Although I was aware that the management had been very much deteriorated, under a succession of half-converted and incompetent physicians, I was not prepared for the perfect ignorance of the true principles of health and the Healing Art, which I found in the village itself. I expected something from a village of 4,000 or 5,000 of the most cultivated and refined people, who owed a great share of this cultivation and refinement, as well as the growth and advancement of the village, and most of its celebrity, to the crowds of intellectual people who had flocked to this Water-Cure from the large cities for so many years, to be relieved of their burdens of chronic diseases, laid upon them, in many cases, by their doctors. The people of Brattleboro had seen many hundred of such entirely cured by the Hygienic treatment. I, therefore, expected to find a large portion of the most intelligent villagers converted to the true faith, and possessed of the knowledge that it was the only true practice in acute as well as chronic diseases. I was simple enough to expect, as soon as it was known, that there was a well recommended Water-Cure or Hygienic physician in this house again, that I should get a fair share of the village practice, particularly among the best families, as at my home in Brooklyn. But you may imagine my surprise, after weeks spent here, when I found that I did not get a single call to visit the sick, except in a few cases among the poor Irish and German people. But on reading over the files of the *Green Mountain Spring*, and getting the history of the course pursued by the different Water-Cure physicians here, the mystery was solved.

The *Green Mountain Spring*, published monthly by Dr. Wesselhœft, was, I believe, the first Water-Cure Journal in the country. In it I find many articles, original and selected, of great merit on the use of water, &c., in the

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treatment of disease; but nowhere is the true theory of disease explained. Medicines, both Allopathic and Homœpathic, are praised, and water itself is used as a *medicine*. So the *Spring*, instead of being a sun to give light to the region roundabout, was a new Will-o'-the-Wisp to lead the people deeper into the mire; and I no longer wondered that the false practitioners and teachers should be supported as doctors, and false gods worshipped here in the very shadow of what should have been the temple of truth. Yet Dr. Wesselhœft was an honest worker, and so far as his light permitted, used very little or no medicine himself, and performed miracles for his day. As for his successors they, for the most part, had neither his genius nor zeal, and prided themselves on their German education, their knowledge of surgery, or the ologies. Drinking wine and lager beer, and smoking tobacco themselves, they, of course, had little faith and less works, in the cause of Hygienic medication. Thus the decline of the Water-Cure is to me fully accounted for, notwithstanding its unsurpassed natural advantages. Neither am I suprised that there is no call for a Water-Cure physician in the village.

During the months of May and June, I had very little business in the institution; but about the 1st of July we rapidly filled up with patients, but owing to the house having lately become a summer hotel, as well as a Water-Cure, most of the best rooms were already occupied by boarders from the cities, before the influx of patients began, and now the house is so crowded that I have been unable to get rooms for all the patients who have applied for treatment, and have, in fact, been forced to turn a number away for want of room. The great influx both of boarders and patients has been unparalleled of late years. I have, however, the promise of the proprietor, Mr. Francis, that the same difficulty shall not occur next year, but that at least one-half of the building shall be reserved for the exclusive use of patients, and that boarders shall be turned away if the rooms are wanted for patients. The season so far has been very pleasant and successful. The boarders who have been so greatly in my way, have, in some degree, compensated for it by proving to be a remarkablly quiet and intelligent class. It is greatly to be desired, however, that this fine old institution may soon be entirely and wholly restored to its orginal and legitimate use as a first-class Health Institution.

Very respectfully yours,

August 12, 1863. O. T. LINES, M. D.

AN ERROR IN SCIENCE EXPLODED.

UNDER this head the *Tribune* thus notices a bold but successful experiment by Dr. Kidder, a graduate of the New York Hygeio-Therapeutic College, and the inventor of the "best electrical machine for medical purposes" extant:

"At the Montreal meeting of the American Association for the Advancement of Science, in 1857, an evening was devoted to the splendid electrical phenomena which can be produced by the use of a powerful battery with the Ruhmkorff coil made by a Mr. E. S. Ritchie of Boston. It was stated that this coil was, as it really is, a triumph of American genius, that nothing could be procured in Europe which would compare with it, and that the shock produced was amply sufficient to kill 50 men. This latter statement, based on the known physiological effects of a shock from a current of much less power, has never been questioned among purely scientific men, that we know of, and the man who should propose to test it personally would be looked upon very much as would a man who should propose to test the effect upon himself of prussic acid or a flash of lightning.

But Dr. Jerome Kidder of this city has dared to do it. He took this shock the other day in the laboratory of the Cooper Institute, and he is alive and well notwithstanding. The battery consisted of six of the large Bunsen cups, and the coil, of Ritchie's make, contained sixteen miles of wire. Professor Van der Weyde prepared the apparatus, and vouches for the experiment.

Dr. Kidder was led to doubt this dictum of science by his experiments in endeavoring to secure the best electrical machine for medical purposes. To the quack, electricity is electricity as an egg is an egg, and a crank machine which furnishes but one kind, without variation of tension or power, is all sufficient, if it only hurts the patient enough to make him think he is getting his money's worth. But the scientific physician (and electricity is beginning to be used in this country by physicians, though not to so great an extent as in Europe, where it is even introduced into the hospitals) demands an apparatus from which he can secure galvanism, or Faradic currents—so called from Faraday, who discovered the induced currents—separately or in combination, of any reqired power, and of any required tension, or capacity of penetration. Galvanism is required, for instance, in mercurial diseases, where minerals are to be thrown out of the body, while the Faradic current is required for action upon the sentient or motor nerves in paralysis, rheumatism, and neuralgia. All these Dr. Kidder has succeeded in obtaining by the use, now patented, of different helices, singly or in combination with each other or with the galvanic current. Finding that the longer the wire used the greater the tension, and consequently the greater the ease with which the current is conducted through the body, he argued that the enormous length of the wire in the Ruhmkorff coil must render the current so highly conductible that, in spite of its great power, it would not lacerate the tissues of the body."

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THE TWO SYSTEMS.

BY J. G. WEBSTER, M. D.

DEAR READER: In my last article I told you that the vital instincts divide all external substances into two classes; one of these are capable of being converted by the vital powers into a part of its own organism and are called foods; the other are of such a composition or nature as to be entirely incapable of entering into the formation of the tissues of a living body, and are called

POISONS.

These constitute a very interesting class of objects; and it is highly important that we understand their nature and their relations to our systems before courting their acquaintance so closely, to invite them to take up their abode in our condescendingly accommodating stomachs. No part of the animal creation, except man, seems to have the least difficulty in recognizing its food, and avoiding everything else. They all seem to be perfectly satisfied with their proper nourishment, and are, apparently, never tempted in the least to indulge in masticating anything that may prove inimical to their well being. Lack of variety, nor scarcity, nor famine, even, is sufficient to induce them to try digesting substances which their vital powers cannot assimilate. Perhaps you will say that the disease of milk sickness, to which I alluded in my last, must, of course, be induced by the poisonous *something* eaten by the animals that are afflicted with such disease; and that cattle in the West sometimes eat buckeyes to such an extent as to die, apparently, of poison. I would say that I consider the artificial habits which the domestic animals have been obliged by man to adopt, are sufficient to account for these deviations from the course dictated by true and sufficient instinct. Who ever heard of a deer being "buckeyed," or a buffalo having "milk-sick," or a wild horse being caught in a fit of colic? We have departed so widely from strictly physiological habits; our instincts have become so perverted; and our tastes so depraved by the refinements of civilization, and the habit of relying on the dictates of others, instead of consulting our own experience, that we cannot afford to rely on the unaided promptings of our appetites to suggest our proper food, or our proper poisons. We need the assistance of all the science and skill we are master of to enable our degenerated instincts to perform their duties. And, at best, their office is frequently but very poorly performed.

Anything that may be taken into the animal economy, which does not answer some useful purpose in its growth or maintenance, cannot be otherwise than injurious; even though it be some simple, harmless thing which has no property that could be detrimental to the living tissues, it is in the way and becomes an obstruction and a nuisance in the system. Its absence would be far more beneficial than its presence. But if the foreign body be some powerful acid, alkali, or any active, simple element, that has a strong affinity for some of the constituent elements of the body, or for any other foreign matter with which it may come in contact within the vital domain, it may disorganize the tissues of the body, or enter into the formation of some compound that will be extremely dangerous to retain within the system.

The living organism is a generator of poison. Its never ending transformation of food into tissues which fulfills its life mission, is cast off as debris, and replaced by a fresh supply from new assimilations — this very transformation and waste is the source of a great deal of poison. When nutrition and waste go on rapidly, the effete matter is much increased in quantity, and if the millions of absorbents are more or less debilitated from overwork, as they frequently are in such circumstances, they do not carry it out of the system as fast as it is thrown off, and, consequently, it accumulates in the small vessels, distends and weakens them. The skin becomes obstructed, the bowels torpid and constipated, the liver congested, the lungs and kidneys overtaxed, the breath foul, the urine high colored: all indicating that the whole body is loaded and clogged up with poisonous matter. This kind of poison is termed by some writers, and very appropriately, too, *poisons ingenerated.*

Of the poisons which are introduced into the system, there are three classes, viz., *mineral, vegetable,* and *animal.* Dunglison gives the following, among many others, of these various kinds of poisons, and his classification is probably the best extant: Acids, alkalies and their salts, earths and metals and their compounds, volatile oils and alcohol, as belonging to the mineral or inorganic class. In the class of vegetable poisons the number of species is quite large. I select but a few examples of those in most common use: Jalap, castor bean, mushrooms, deadly nightshade, hemlock, lobelia, tobacco, camphor, bloodroot, nux vomica. The class of animal poisons is quite extensive; they are mostly venoms, viruses, and infections; the flesh of many fishes and insects, crawfish, &c.; Spanish and potato flies. Among the venoms are those of numerous serpents and insects, as the rattlesnake and copperhead, the hornet and tarantula.

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is that of enmity in all cases and under all circumstances. The presence in the system of ingenerated poisons is an obstruction and a nuisance, preventing the proper manifestation of some one or all of the vital functions. Whenever an organ becomes seriously congested, some one or several of the other organs assist it more or less in the performance of its function, thus doing vicarious duty. If the skin becomes obstructed, the lungs and bowels do extra work: you have cough, and expectoration, and foul breath, or, perhaps, diarrhea, as in cases of "colds," &c. When the liver becomes obstructed the skin and kidneys eliminate a part of the bile, as may be seen in the high color of the urine, and the yellowness of the skin. Not only does the presence of effete matter, within the vital domain, occasion obstruction, but its putrescent nature is communicated to the otherwise healthy fluids, and in this way both increases the amount of putrescent matter rapidly and robs the tissues of their proper nutriment. In this way the organic quality of the system becomes very much deteriorated.

The poisons introduced into the vital organism in the form of acids, alkalies, earths, minerals, vegetable and animal matters, are all incompatible with the normal conditions of the living tissues. The acids excoriate the mucous membranes with which they come in contact, and occasion an intense burning and smarting wherever they touch. Many of the alkalies have analogous effects. The earths and metals cannot be digested and assimilated, and most of them meet with much resistance from the various organs with which they come in contact; and so of most of the vegetable and animal poisons. The salivary glands throw out saliva in abundance to prevent their injurious contact with the mucous membranes of the mouth; if they are swallowed, the stomach acts spasmodically and ejects them, or they may be passed into the bowels, when another fluid is exuded from the intestinal canal to hasten their passage through it. Some of them may be taken into the circulation, as alcohol, when they are turned out through the skin, lungs, and kidneys, and can be easily detected in the excretions of these organs. These poisons are all injurious to the vital organism, but in very different degrees. A few grains of corrosive sublimate, or prussic acid, may occasion the death of an adult; or one may use—literally *eat*—several ounces daily of tobacco, and be unable to perceive any great injury for several years.

BAUNSCHEIDTISMUS.

BY THE EDITOR.

Among the recent arrivals in our sanctum is a book, and an accompanying letter. As the letter is of much more consequence to us than the book, we shall proceed to pay our respects to the letter first, and to the book afterward. The letter is in these words (We copy *verbatim, et literatim, et punctuatim, et spellatim.*):

"Buffalo July 20th 1863

Dr. R. T. Trall. New York

Dear Sir We are in receipt, by two days mail of your "Hearald of Health"—from an unknown sourse,—Presumeing to come from the Editor and Proprietor, we loose no time in acknowledgeing its receipt, and to thank you, for the gratutious advertisement you have given the "*Dermatabiotikon*" You have laid us under under lasting obligations, in your review of the Boston Medical Journal and the Instrument; We send you accompanying this a medical work, treating principaly upon dermic irritation, and the use of and mode of applying the Instrument, you have so severerly criticized, You, no doubt will find in thiss Book matter, for still more severe criticim, than you have given the Inst, And we hope you will give the subject your attention at an early day, and rake the subject down fore and aft, You will find things more strange, new and wonderfull, than you yet have, about the Instrument, If you do as well on this as you have on the Inst, we shall be induced to give you a paying advertisement, and subscribe for your Journal—

Our inclination is to send you an Instrument allso, But fearing your prejudice is too much in the asendant just now, we forego the pleasure until you get better posted on the merits of this mode of treatment;

We could send you recomendatory letters from some of the most able, prominent and successful, hydropathic practitioners in the country, which, would no doubt, lead you to question their sanity;—We know the Inst, has real merit, and you can not please us better than to blow it, hearts content, But it would please us equaly well to have you make a fair and impartial trial, with it, and then state through your joural what you think of it—And if you consent to do this we will send you one of each size—

If you require reference, before useing it Enquire of Dr. Foster at Clifton Springs Water Cure, or of the Water Cures at Saratoga Springs, Hoping that you will not let you prejudices get the better of your judgement, or debarr you from trying any appliance with which you can releive suffering humanity notwithstanding it may not be found in your your liquid lexicons We remain yours truly

J. Firmenich & Co"

The fact that professed Water-Cure doctors employ or recommend the "Dermic Irritator" does not make us think better of the instrument, but worse of the doctors. We do not question their sanity, but we dispute their science. A man or a doctor may be a perfect ignoramus on

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worse subjects without being insane; and a perfectly sane man may be egregiously mistaken, or dreadfully imposed upon, or horribly humbugged. We have never heard that the geniuses who preside over the medical departments of the watering-places alluded to, ever pretended to or were suspected of scientific attainments. They might be highly successful in pleasing customers and making money, and know as little, and care as little for true medical science as Baunscheidt himself, or as his Buffalo Sancho Panza, Dr. J. Firmenich. And again a man (or a doctor, even a hydropathic doctor, and especially a hydro-drugopathic doctor) may recommend or sell a thing because, there being a demand for the article, it is pecuniarily advantageous to do so, and yet entertain a profound conviction that the thing is a contemptible humbug, and feel an unmitigated disgust for the foolishness of the bipedal bodies who run after it. Haggling and mangling the skin, and then poisoning the system through the surface, may be a less damaging process than the ordinary method of sending the poison into the blood through the channels of the digestive organs; but it is only the least of two evils. Two wrongs do not make a right. An evil is not to be regarded as a positive good because it is not so bad as something worse. The "Lebenswecker" bears the same relation to Drugopathy that Homœpathy does to Allopathy. And if the people would adopt Firmenich's improvement on Baunscheidt's Lebenswecker, and go in for the Dermatobiotikon, to the entire exclusion of the drug-shop internally administered, no doubt the rate of mortality would be very considerably diminished; for it is a very easy and pleasant matter to swallow a deadly dose of apothecary stuff, when pharmaceutically disguised with alcohol and sugar, while acupuncturing the skin with chirurgical needles would soon set the miserable invalids to thinking for themselves, and then they would throw both physic and Baunscheidtismus to the dogs.

And now of the book. We extract a few of its gems to indicate to the reader its general character and particular quality:

"The chief seat of every disease, clearly and unquestionably, lies on and between the shoulders." Page 97.

"The principal consequence of my healing method always appears between two and four which arises from the ebb and flow of the atmosphere." Page 97.

"As the farmer ploughs the surface of the earth to produce the growth of corn, I plough the epidermis, the surface of the body, with the Lebenswecker, that is, I bring out of the body that which is injurious to it." Page 96.

"Things appearing supernatural are composed of single natural ones. We may, therefore, say that gout is composed of single natural fluxes, like the chain rule in arithmetic, and is solved in the same simple manner." Page 91.

"I advise all suffering from the gout or rheumatism to apply my remedies in the spring and autumn when they are sound." Page 100.

"The asthmatic disorders consist of spasmodic stoppings or obstructions in the cavities of the lungs, which are filled with the slime receding into the normal cavities." Page 103.

"As soon as my invention has driven rheumatic diseases out of the world, then will the numberless painful complaints be reduced to their minimum, because a body entirely free from rheumatism is not so liable to contagion." Page 116.

"It is also necessary to give this caution to the doctors of Baunscheidtism, that, immediately after using the Lebenswecker, it should be immediately jerked into a piece of fat bacon." Page 130.

"He who, in good health, applies the Lebenswecker, will keep all the organs of the body in a sound state, and will never have occasion to fear the stone." Page 188.

"We are fully convinced that the Lebenswecker will rescue the person after the bite of a mad dog." Page 160.

If these random quotations do not satisfy the intelligent reader of the nonsensical character of the work, he has only to read the work itself to be more than satisfied.

THE BELOVED WIFE.—Only let a women be sure that she is precious to her husband—not useful, not valuable, not convenient, simply, but lovely and beloved; let her be the recipient of his polite and hearty attentions; let her feel that her care and love are noticed, appreciated, and returned; let her opinion be asked, her approval sought, and her judgment respected in matters of which she is cognizant; in short, let her only be loved, honored, and cherished, in fulfilment of the marriage vow, and she will be to her husband, and her children, and society, a well-spring of pleasure. She will bear pain, and toil, and anxiety; for her husband's love is to her as a tower and fortress. Shielded and sheltered therein, adversity will have lost its sting. She may suffer, but sympathy may dull the edge of her sorrow. A house with love in it—and by love I mean love expressed in words, and looks, and deeds, for I have not one spark of faith in the love that never crops out—is to a house without love, as a person to a machine; the one is life, the other mechanism.

CHRISTIAN CHARITY.—Let the love of your brethren be as a fire within you, consuming that selfishness that is so contrary to it, and so natural to men; let it set your thoughts at work to study how to do others good; let your love be an active love, intense within you, and extending itself in doing good to the souls and bodies of your brethren, as they need and you are able.

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THE HOUSE I LIVE IN.

CHAPTER VII.—CONTINUED.

WEAR OF THE JOINTS.—Now what prevents the joints of the human body from wearing out rapidly, in the same manner, when we walk much, or run swiftly?

The Father of the universe is the preserver as well as the creator of this "wondrous frame." Were there not something done to keep these joints oiled, if I may so call it, they would not last long. Take the knee, for example, and think what a vast deal of friction or rubbing together of the end of the thigh bones and of the leg bones, there must be!

A traveler probably swings each leg, in walking, about 1,200 times in a mile. If he should travel 40 miles a day—and many travel more than this—it would be 48,000 times a day. If he should continue to walk only 40 miles a day, all the year except Sundays, he would, at the same rate, swing each knee 15,024,000.

If he should perform the latter feat every year, from the time he was 20 years old till he was 70, or a period of half a century, the number of movements would be 751,200,000.

"A continual dropping," it is said, and it means dropping of water, "will wear away a rock;" and the saying, though old, is true. And this continued rubbing of the bones of the knee together, if they were allowed to get dry, would wear them so much in a single day, that we should hear a grating noise at every step, long before night. And, in a very few days, the bones would be completely worn out, and unfit for use. I question if they would last even a whole day. Iron or steel, or even the hardest thing you can think of in the world, would wear out in a very short time. What, then, can be the reason why the knees and other joints do not wear out? There is no place to put in tar or oil to prevent it.

SYNOVIA.—I have said that many of the joints are completely shut up, as if by a sack. Now the Author of the frame has so contrived it, that a substance called synovia, which answers all the purposes of oil, or tar, continually oozes out on the inside of the ligaments at the joints, and keeps the ligaments themselves, and the joints, soft and moist. Can anything be more curious? Can anything prove, more clearly, a great Designer, or, as I might say, a great Master Builder?

One thing may be advantageously remembered. The synovia or liquor which thus oozes out to lubricate the joints, will be of just the right quality and quantity if we are in the most perfect health. If we are unwell, there may be too little or too much, or it may be too thick or too thin. When we use food or drink that is too heating or irritating, it seems to dry the blood; and, after a while, the synovia will become less in quantity, or of poorer quality. Persons who use much spirits or opium, or eat improper or heating food, are, very apt, in the end, to have a grating in their knees and other joints, when they move.

Such persons often go to the "doctor" to inquire what the matter is; but they might as well take care of themselves. Prevention—where we can prevent any evil—is always better than cure. Those who live on a moderate quantity of plain food, and drink pure water, and work at something steadily, but moderately, rarely have any trouble of this sort.

It has been said that the ligaments hold the joints together. They do; but the tendons or straps, which go off from the ends of the muscles, and are fastened into the bones around their joints, help greatly to hold them together. There are some very ingenious contrivances to keep the joints firm and yet movable, which I cannot describe now.

ABUSES OF THE JOINTS.—That the great Creator made the joints to be used, is proved from their curious structure, and from the substance prepared to moisten them; but that they were not made to be used too violently is also proved by the fact that if thus used, they become diseased. Sometimes the liquor called synovia dries away; in these cases, we hear the grating sound already mentioned; at others, the joints become painful, or perhaps swell. It is but seldom, however, that they become diseased from mere walking, if we walk ever so much, unless we are intemperate or otherwise irregular in our habits.

One of the worst abuses of the joints is wrestling. I have seen a great many famous wrestlers, who, when they became old, had stiff, or lame, or swelled knees or hips. They

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were tortured almost to death with these complaints. Sometimes it ends the complaint in gout, sometimes in rheumatism.

No doubt people have both the gout and the rheumatism from other causes besides wrestling, such as catching cold, excess in eating and drinking, the use of spirits, tobacco, &c., &c. But it often happens that wrestling, when it does not produce all the mischief, unites with other causes to produce it; and it sometimes does the whole. In fact, no person can use his joints with very great violence, either in wrestling or in hard labor, without suffering from it, especially when he becomes old, if he lives to see old age, which, in such cases, is not very common.

CHAPTER VIII.

REVIEW.

Number of Bones.—Skeleton.—Anatomy.—Physiology.—Uses of Bones.

NUMBER OF BONES.—Let us here sum up or review what we have learned. This is always important in the pursuit of any study. Some teachers review every week, and some oftener still. Your parents or teachers, while you are studying this work, will, I hope, require you to review at the end of every chapter.

The cranium, or part of the head which holds the brain, consists of eight different bones. There are fourteen bones of the face, not counting the teeth. Then there are four very small bones in each ear, and one at the root of the tongue. Thus the whole head, above the neck, contains twenty-seven bones. The neck has seven; but as these form the upper part of the spine, they are usually reckoned with those of the body.

The spine, or back-bone, contains twenty-four pieces, called vertebræ; and between these and the lower extremities are five bones more. There are twenty-four ribs, that is, twelve on each side, and a breast bone, or sternum, down the middle of the breast. Thus the whole of what we commonly call the body, contains fifty-four bones.

The whole upper extremity, including the hand, arm, clavicle, or collar bone, and scapula, or shoulder blade, consists of thirty-two pieces, or sixty-four on both sides. Each lower extremity includes thirty bones; and thus both together make sixty, besides the small sesamoid bones.

Now, if we add together these several sums, we shall find the amount two hundred and five. A complete human skeleton, then, would contain no less than two hundred and five bones! Who would suppose so, from the mere view of an individual, while in the act of standing! But when we come to see him walking, or in motion otherwise, we begin to find he has a great many joints in him, and of course a great many bones. At every part of the body where the bones meet, there is more or less of motion, (excepting at the junction of the several portions forming the head, face, teeth, and hips,) and these may all be moved in nearly the same instant. Thus there are, in the human frame, about one hundred and eighty joints.

We may indeed add to this number the small sesamoid bones, found in the thumbs and great toes of older persons, and somewhat resembling the knee-pan in shape, but very diminutive in size. Of these there are often two in each large joint of the great toe, and as many in the large joint of each thumb. Adding these, then, to the two hundred and five, we should have for the whole number of bones in the human frame, two hundred and thirteen.

Some make the number about two hundred and sixty; but do this, they reckon fourteen sesamoid bones, and thirty-two teeth. It should be remembered that the number of sesamoid bones varies greatly in different persons, although nearly all adults have some of them. They are hardly ever larger than half a pea. Some individuals have them in other parts of the body, besides those already mentioned.

We may remember also that some persons have two small fragments of bone in the skull, separate from the rest, called ossa wormiana. They are irregular in shape, and seldom larger than a good sized bean.

It should also be observed, that there is a small fragment of something which is bony in its appearance, usually found in the very middle of the soft part of the brain. What the use of it is, nobody knows, except the Creator.

Besides all this, the breast bone, the ossa innominata, and many other bones of the body, are in several pieces, while we are young; and some of them are not very strongly united, even when we are old.

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Some few individuals may be found, who have a still greater number of bones; but these are properly diseased persons. A bony or chalky substance is often found in the flesh of those who have the gout. Some of the gristly parts of the body—I mean the cartilages and ligaments—occasionally change into bone; and so do small portions of the great arteries, or tubes which carry the blood. In some diseases, too, the bones become soft and bend, or separate into several pieces. Here and there we find a person with six fingers on each hand, or six toes on each foot, and sometimes with both; but these supernumerary fingers and toes do not always have bones in them.

SKELETONS.—When the bones of a human being or any other animal are put together, and fastened to each other by pieces of wire, the whole is called a skeleton.

There is another kind of skeleton, but it is not so common. It is made by stripping off all the soft parts of the body, excepting the ligaments; these are suffered to remain. The whole is then very thoroughly dried. This saves the trouble of having wires.

ANATOMY.—The study of the nature and structure of the bones, and nothing but the bones, is called osteology; that of the muscles, and nothing else, myology, &c. But as most people who study these go farther, and learn also the shape and structure of the heart, the lungs, the brain, the blood-vessels, and, in fact, all parts of the body, some more general name would seem necessary for what they do. So we say of those who study all parts of the human body just as it appears the moment the soul leaves it—bones, muscles, tendons, brain, nerves, heart, blood-vessels, lungs, skin, &c., that they are studying Anatomy.

PHYSIOLOGY.—Physiology is something more than all this. It is the study of the living animal; how the heart, the brain, the eye, the ear, the muscles, the bones, and every other part act—and their uses; and an interesting study it is, too. David, the king, probably believed so when, after thinking about the curious structure of his own body, he exclaimed—"I am fearfully and wonderfully made."

King David, however, had probably never seen a complete human skeleton; for in those days, it was generally thought very wrong to use the dead body of a human being for any such purpose. Sometimes, however, they used parts of domestic animals—dogs, oxen, etc.—which were of some little service. But of late years, many people think it quite right to examine and dissect (separate) human bodies after death, if by so doing they can learn how to cure or prevent the diseases of the living; not often, to be sure; and only the bodies of criminals, such as have no friends, relatives, etc.

In making this little book, it is my object to teach you something of both Anatomy and Physiology. What I have taught you thus far has been chiefly Anatomy.

The remaining chapters will embrace much more of Physiology. It is a subject which it will be a little more difficult for you to understand than Anatomy; but it will also be much more pleasant, when once understood. There are many wonderful things to be told about the human body.

USES OF BONES.—Before I close this chapter you must just allow me to say, that bones are often used in the arts. Ivory is nothing but bone—the teeth of the elephant. The bones of man, so far as I know, have not been often used in the arts. They have usually been either burned up, as in some of the eastern countries, or left to decay in the grave, as in our own.

The shells of many of the testaceous and crustaceous animals are of very great value. Such are the tortoise shell, the pearl, etc. Of tortoise-shell combs, and pearl buttons, you must all, I suppose, have heard; and most of you have seen them.

The handles of many kinds of knives and forks, as well as a great number of little articles which are used every day, are made of bone. Ivory is the tooth of the elephant; and whalebone is from the jaws of that enormous sea animal, the whale. From the horns of animals are made combs, lanterns, whip-handles, etc.

The bones and shells of animals serve not only as a support to their softer parts, but also as a defence. What would become of the tender frame of the poor tortoise, lobster, crab, and oyster, if they were not covered over, as with a shield, by a hard buckler of shell? The soft parts of the human body,

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especially what we call the vital organs, are, in many instances, well defended by the solid frame on the outside of them, in the same manner. Such are the brain, the spinal marrow, the lungs, the heart and the liver.

Now one principal part of the shells of animals is lime; so that there is not so much difference between the bones of man and the shell of the tortoise or the lobster, as you may have supposed, though the color is somewhat different. A very large proportion of the lobster shell is lime; in the tortoise shell, the proportion is small. Horn has but a very little lime in it. Bones, as I have already observed, contain a very large proportion of this substance.

CHAPTER IX.

COVERING OF THE HOUSE.

The Periosteum.—The Muscles.—The Tendons.—Structure of the Muscles.—Action of the Muscles.—Illustrations.—About Fat.—Reflections.

THE covering of the house I live in differs more from that of other buildings—that is, possesses more peculiarities—than any other part of it; though every part of it is admirable. It differs from ordinary buildings in containing no sharp corners or square edges; for everything, even the smallest part, is more or less rounded. It is as if the divine Architect had regarded roundness as a beauty, and squareness a deformity, in the animal and vegetable world; while, on the contrary, square sides, square edges, and sharp corners appear, in human architecture, to be peculiarly beautiful. Not only are single buildings erected with regard to squareness of form, but whole towns and cities.

THE PERIOSTEUM.—How different is the structure of the house I live in! Every bone in the frame, as if to prevent the possibility of having any rough sides or corners, is neatly covered with a very thin membraneous substance, which is called the periosteum. Peri means around, and osteum means the bone or bones.

The teeth, where they stand out of the gums, are covered with enamel. A thin membrane like the periosteum, would do no good, as it would soon wear out in eating. The ends of the bones also, where they rub against each other—I mean the joints—are covered with a white, elastic substance, which is not exactly like the periosteum.

There is a plain reason for this periosteum being provided. The frames of our commom buildings are made to stand firmly; they are not intended for motion; while the frame, and almost every part of the human body, is made to move. But where there is motion it is desirable that the parts should be rounded as much as possible; and every possible pains taken to prevent friction or wearing.

After every bone is covered over with this thin substance—the periosteum—we have next the muscles and the tendons. It is the muscles generally, which give roundness and beauty to the human body and limbs. A large number of them are situated on the bones, especially the long bones; but a few are extended between them. The bones are generally smallest in the middle, and increase in size toward the extremities, at the joints; but the muscles are usually the reverse of this. They are largest toward the middle of the bones, and grow smaller toward their extremities.

We have a striking example of what I have just stated, in the case of the arms. The bones of the arm are so large at the joints, and so small in the middle, as to make the limb appear almost ugly. But when we come to see it dressed up with muscles, and covered with the skin, it is very well proportioned. The elbow, in most persons, is scarcely larger than the arm is, both above and below it; and this is caused, as I have said before, by the muscles. They are larger where the bones are smaller, and grow smaller till they come near the joints, where they run into tendons.

But before I go farther, I must tell you what muscles and tendons are.

THE MUSCLES.—The muscles are the lean part of the flesh. They are, as you have probably observed, of a reddish color. The red color is caused by the blood in them; for it is not only true that blood, in small veins and arteries, runs through them in every direction, but it also tinges their whole substance. We know this is so, because when the muscles have been soaked and boiled for some time, their redness disappears. Even when boiled for the table, the muscular parts of animals are of a paler red than when they were first separated from the mass of flesh to which they belonged.

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THE TENDONS.—Some of the muscles are fastened at once to the bones, and grow, as it were, into them. In this case, the covering of the bones, or periosteum, seems like a kind of glue, intended to cement the muscle and bone together. But, in general, the muscles are not themselves fastened to the bone, but terminate toward each end by one or more tendons. These tendons are white, flattened substances, like belts or straps, and are very tough and unyielding. When boiled with the muscle to which they are attached, they are sometimes called whit-leather; and it is almost as difficult to break them to pieces with our teeth, as if they were of real leather. The muscles, then, usually terminate in tendons, and it is the latter which grow to the bone; though the muscles sometimes adhere to the bone directly at one end, without the help of tendons.

STRUCTURE OF MUSCLES.—The substance of the muscle is thready or fibrous. You have probably observed that a piece of lean meat, when boiled, has this thready, fibrous appearance; but there is one thing about the muscles, which does not so readily appear after boiling as it does before. A piece of meat, to be boiled, is usually cut off in such a manner that it takes parts of several different muscles; and the whole, in this way, seems like a solid or nearly solid mass; whereas it could be parted out, with a very little care, each muscle by itself—though not so easily after cooking. Such is the case with a piece of flesh taken from the leg of the ox; and such would be the case with a piece taken from the human leg or arm. These separate muscles are connected to each other by means of what is called the cellular substance—a fine, woolly sort of membrane, which I shall have occasion to describe hereafter. Each thread or fibre of each muscle is also connected with each other fibre which lies next to it, by the same sort of cellular or woolly membrane.

Thus, as you see, a mass of lean flesh, such as we boil, and such as we see on cutting into the limbs or other parts of an animal, consists of smaller bundles of flesh, connected together by the cellular membrane, but not so tightly as to hinder each bundle or muscle from moving or sliding about a little among the rest.

(*To be Continued in our next.*)

PHYSICAL CULTURE.

BY L. H. BIGAREL.

INTRODUCTORY.

IN continuation of the line of thought in an article in the September number of this Journal, I present some views touching physical development which it may be both interesting and profitable to contemplate, as exerting a very marked influence on the well-being of the human race. Much has been published in the WATER-CURE JOURNAL, and latterly in the HERALD OF HEALTH, on the subject of physical education; and the interest with which those articles were read indicates how well prepared are the patrons of this Journal to receive anything intended to elevate, enoble, and improve our race. The subject of light gymnastics, which was so fully presented in the first numbers of this Journal for the present year,* is now attracting considerable attention. The many beneficial results growing out of them, especially among that class of persons whose occupations are sedentary, are apparent to all; and the efforts which have been and are being made to draw public attention to them cannot fail to produce the most beneficial results.

I do not believe that this subject can be fully presented without reference to the higher attributes of man; for when we consider human character and destiny, the physical powers are all found to be subservient to higher aims of being. Our highest life consists not in a mere *animal* existence, but a conjunction of it with the *spiritual element*. Man is inter-related to the world above and the world below; he is susceptible of the highest spiritual emotions as well as the animal impulses. A contemplation of man in a purely physical point of view should never preclude his higher activities. Who does not understand the powerful influence which the mind exercises over the body; how that intense mental excitement will completely prostrate the bodily powers? And yet this is equally true of our mental and physical conditions every day of our lives. All the externally imperceptible mental and spiritual emotions exert a marked influence upon the body at all times; and these higher activities become so important in the use of all the bodily powers, that a natural or harmonic education of any part of the *whole* man cannot be exclusive, without resulting in consequences disastrous to the welfare, present and prospective, of every human being.

* The New Gymnastics, by Dr. TRALL.

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I believe breadth of ideas depends very much upon a well-developed body. Narrow chests and defective lungs, to me, indicate narrow and weak brains. This physiological conclusion is irresistible. That the mind may act vigorously, the brain must be constantly supplied with pure blood; and good blood requires healthy lungs: and healthy lungs give a good chest expansion. If the vital apparatus becomes weakened through a neglect of the use of the body, the ability of the mind to think vigorously and comprehensively is diminished. Man is thus primarily physiological. A constant use of the bodily powers are called for in the varied avocations of life to contribute to his first wants — food, raiment, and shelter. All the passions, which, when properly used, contribute so much to human happiness, depend directly on bodily conditions.

Much attention has heretofore been devoted to the improvement of animals and vegetables which have proved useful or agreeable to us, to the almost entire neglect of our own nobler race. By experience we have learned that we can so order the propagation and development of animals and vegetables as to completely modify their shapes, sizes, colors, and other qualities at pleasure. That man, as an organized being, is subject to the same laws which govern other organized beings, must be admitted by all, and that on the nature of the germ from which he has sprung, and the character of the external influences and culture brought to bear upon him, as well as the quality and quantity of the nutriment his body receives, depend the future physical growth. Among the leaders of human progress in science who have announced these truths for twenty years past, we may mention Combe, Caldwell, Cabanis, Broussais, Delange, Spurzheim, the Fowlers, Trall, Shew, and Alcott. These scientific principles have not yet become a part of the living faith of the world, and progress in this direction will be gradual.

We find man, at present, weak, diseased, if not absolutely ugly, at least far below our ideal standards of beauty, both in form and in face. Can he become vigorous, symmetrical, and graceful; and, if so, how? Having asked these questions, let us set ourselves earnestly about the solution of the problems they involve.

The human form is plastic. Until age has hardened its parts, it is but an image of soft clay, which we may mould at will; and we shall explain and illustrate the means and methods by which we may most effectually and salutarily act upon it—show how the languid frame may be re-invigorated; give strength to the weak limb; substitute grace of motion for awkwardness; remodel the ill-formed body and homely features into symmetry and beauty, and postpone indefinitely the infirmities of age.

"We all want to be physically perfect, because we want that our presence should awaken attention, deference, perhaps admiration; and because born inevitably to love, we would be capable of awakening love in others. The admiration we bestow on a perfect form, when by chance we meet one, is a feeling that all know at some time in their life. It is a feeling akin to worship—one in which the head has no part nor prerogative. We reverence instinctively the largeness of grace, and of the perfection of motion, life, and capability of which we perceive that our nature is susceptible."

"The desire for beauty, or at least completeness and comeliness of form, is felt wherever a human heart palpitates. Beauty or strength, casketed in a rounded, complete, and admirable *physique*, free from excess or deficiency of proportions, stands among the highest ambitions of the woman or the man."

We thus perceive the high claims which the subject matter has upon us in its varied bearings on human weal; and in entering upon the discussion it invites, introduce these remarks as some kind of an explanation of the ground work upon which we propose to base future articles. If the simple announcement of our subject do not predispose the reader to a favorable hearing, we can hardly hope to secure it by urging any extraneous reasons. Who does not desire to be healthy, strong, graceful, and beautiful? and who, desiring these qualities, can need other inducements to give his attention to any one who shall honestly and earnestly essay, in however imperfect a manner, to instruct him in reference to the means of obtaining them?

Prudish people, whose squeamishness may utterly condemn the popular treatment of some of the most vital questions, and in whose presence the human form must never be mentioned, except in conventional language, are yet numerous. However much they may ignore the physical, the fact that we possess material bodies with specific functions which subserve special uses, are facts which constitute a standing rebuke to the shallowness and deterioration of such persons. It is to be regretted that their migratory powers are so limited, as otherwise we should anticipate their early departure etherialward. Their sensitiveness to their *vulgar* material surroundings, no doubt, is unfortunate, but a necessity which they may as well content themselves with for the present.

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Literary Notices.

BEYOND THE LINES; or a Yankee Prisoner Loose in Dixie. By Captain J. J. GEER, with an introduction by Rev. Alexander Clark. Captain Geer was one of those noble and patriotic souls who, in obedience to the call of duty, left home and friends, for the hazards and hardships of the tented field. The following extract from the preface will give the reader an idea of the character of the book he has written:

"It is my purpose to narrate, in the succeeding pages, simply how, after being captured at the battle of Shiloh or Pittsburg Landing, I was, on the most frivolous charges, tried for my life before several prominent rebel generals, among whom were Bragg and Beauregard; how I was subsequently chained with negro chains and cast into military prisons and common jails; how, escaping from these, and in company with Lieut. A. P. Collins, I made my way to the swamps; how we lived in those malarious marshes, for three weeks; how we were hunted with bloodhounds; how we were assisted by the slaves in our flight; and, lastly, how being recaptured, we spent weary months in confinement, and were finally released on exchange from our direful confinement."

Few works, even of fiction, exhibit more thrilling adventure, manly fortitude, heroic endurence, and firm reliance on an over-ruling Providence. It will rank beside that of Lieut. Pettinger as one of the most thrilling narratives which this "cruel war" has caused to be written.

THE SOCIAL CONDITION AND EDUCATION OF the People of England. Messrs. Harper & Brother of this city have published a valuable work with the above title, written by Joseph Kay, Esq., of Trinity College, Cambridge. The author gives a terrible picture of the condition of the great masses of the people of England and Wales. In his language:

"The aristocracy is richer and more powerful than that of any other country in the world, and the poor are more depressed, more pauperized, more numerous in comparison to other classes, more irreligious and very much worse educated than the poor of any other European nation, except Russia, Turkey, South Italy, Portugal, and Spain."

We hope those who read this book will seriously study the problem of a remedy for so much unnecessary wretchedness. Surely, those who produce the wealth of a great and powerful nation, are entitled to something beside poverty and degradation.

THE LAUNDRY MANUAL is the title of a very much needed work, published by a practical launder, with whom we are personally acquainted; and from our knowledge of the man's honesty and practical ability, we can recommend the work to all who may wish to learn the great secret never before published, viz: How to give to Linen Ladies' Collars, &c., the beautiful and lasting polish imparted to them by manufacturers and in large laundries. The process is very simple and easily understood. Every house-keeper or lady who would have her linen ironed in the best manner, should have a copy of the book. This one process is richly worth the price; but the Manual gives much other information for the saving of TIME, LABOR, CLOTHES, and MONEY. It is not only an interesting and instructive treatise on the best methods of washing, bleaching, starching, ironing and polishing, but it also contains many valuable recipes for removing stains, taking out mildew, making soap, etc. No preparation is recommended but such as experience has proved to be of sterling worth; and in giving this notice to the public, we feel conscious that we are recommending a work we have long needed for reference in our own institution. Price, twenty-five cents. The author has made arrangements to supply those who may read this notice and wish the work, through our house.

Publisher's Department.

OUR BUSINESS ADDRESS.

All subscriptions and communications, and all orders for our Books and other Publications, Syringes, Hand-Mills, Bath or Surgical Apparatus, &c., should be addressed as follows: "R. T. TRALL & CO., No. 15 Laight street, New York." This will ensure prompt attention at all time by our business associate.—EDITOR.

OUR AGENT IN LONDON.—WM. TWEEDIE, No. 337 Strand, London, has all our publications for sale, and will deal liberally with all who may wish them. His house takes a great interest in the circulation of the HERALD OF HEALTH, and ours as well as all other good publications They will receive all trans-Atlantic communications, and forward them to us.

To our Canada Subscribers.

Owing to recent changes in the United States postal laws, increasing the rates on the HERALD from six cents per annum, payable quarterly in advance, to twelve cents, our patrons in the British North American Provinces will please note this fact in making remittances and govern themselves accordingly. If not paid quarterly in advance, double the above rates are charged.

To Correspondents.

Many writing us letters strictly of a personal character, ask us to reply through the HERALD. This we cannot do in justice to our many readers, except when the answer may be of general use. Therefore, those who wish an answer will please at least enclose stamps to prepay letters; and if professional advice is required, $5, which we have always to pay to the professional head of the firm.

C. P., Chicago, Ill: Yes, we have the covers for the HERALD OF HEALTH constantly on hand. They give good satisfaction. Very few who have seen them, and wish to preserve this Journal, feel that they can afford to do without them. The gem tins cannot be sent by mail. You can get them made at most tin shops, but the labor on them is so great that most smiths prefer sending to us.

A. R. S.: We have all back numbers of the HERALD OF HEALTH electrotyped, and can, therefore, supply them indefinitely. If you cannot get up a full club yourself, get a friend or two in adjoining villages to divide the premium.

L. R. P.: Yes, we use Dr. JONES' improved bath tub in our institution, and think very highly of it; but it is of much less importance here, where we can have full hot, vapor, and other baths in good bath-rooms, than in private residences, where the tub can be used for a variety of purposes, without danger of spilling water upon carpets. The price of the material of which they are made has been so high for several months that the apparatus has not been advertised, but arrangements are being made by which the expense can be greatly reduced, and not detract from its value. A cut with description will be published soon.

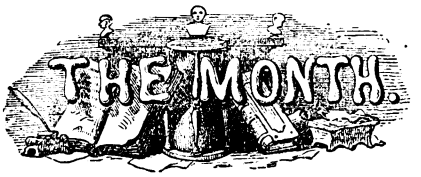
In Earnest.

Several students have already sent us each a draft for $100, for the Winter Term of our School. This looks like being in earnest. We shall expect to see all of these in the next medical class, without any possibility of failure, for where one's treasure is, there will HE be apt to be also. If any others are in doubt whether they will come or not, we can imagine no better way to solve the difficulty than to send on the money.

Hygeia on the Prairies.

We are glad to learn that Dr. NEVINS' Hygienic Institute, at Secor, Illinois, is doing a prosperous business. It is the largest establishment in the Western States, and an excellent home for the wounded and invalid soldiers of prairie land to recover from the effects of war wounds, severe exposures, bad diet, and worse drugs. See advertisement in the appropiate department.

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NEW YORK, OCTOBER, 1863.

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."

TOPICS OF THE MONTH.

BY THE EDITOR.

DYING MADE EASY.—The abstraction of the vital current—"in the blood is the life"—by the processes called phlebotomy, arteriotomy, and venesection, and the depression of the sensibility from the administration of narcotic medicines, are among the leading measures to which physicians of the school we oppose resort, when they wish to alleviate pain or cure disease, and to which we would resort if our object was to hurry the patient to kingdom come, or to have him die easily. More persons have been bled to death by physicians' lancets during the last century, than have been killed by the bullets and bayonets of the Confederate and Union armies during the present civil war. And we are of opinion that, during the war, more soldiers have been destroyed by narcotic medicines than have been killed in battle. We have a long list of narcotics in the MATERIA DRUGICA, from strychnine, prussic acid, belladonna, and stramonium, to veratrum, gelsemium, aconite, henbane, morphine—enough to exterminate the race, or to do all that can be done or need be done in the way of curing or killing, or curing by killing. But we learn from our medical exchanges that another is to be added to the list. We quote:

"A NEW NARCOTIC.—At the last meeting of the Royal Society of Tasmania, a quantity of 'pitcherry,' a narcotic plant brought by Mr. King, the explorer, from the interior of Australia, where it is used by the natives to produce intoxication, was presented by Mr. W. Johnston. In appearance it resembles the stem and leaves of a small plant partly rubbed into a coarse powder. Mr. Johnston remarked that on one occasion Mr. King swallowed a small pinch of the powder, and describes its effects as being almost identical with those produced by a large quantity of spirits. No very definite description of the plant could be obtained. A sample of the powder has been given to Dr. Mueller, but it is too much broken up for him even to hazard a guess as to the nature of the plant whence it is derived."

The fact that the plant possesses properties and will occasion effects similar to those of alcohol or tobacco, are prima facia evidence that it may be an important addition to, and ought to be at once incorporated in, all the pharmacopoeias of all the drug medical schools of all the world. A commission of learned M. D.'s ought to be sent to Australia by express to investigate the matter and secure a supply for all the enlightened nations of the earth, lest the barbarous Australians should be so engrossed in the business of making themselves drunk with the plant, as to neglect its cultivation!

WHO WILL HEED THE LESSON.—We clip the following from the dramatic column of one of our city papers:

"The death of Mlle. Ida Pellet has caused great mourning all over Berlin; she was much beloved, as an actress of great promise, and would have taken rank with a Jauanschek, Rachel, and Ristori, in a very short time. She died very young (21 years), yet she performed very difficult parts with eminent skill, showing great study and a large comprehension of her *role*. Actresses may take an example. It has often been said of an actress quite young: 'Oh she cannot yet understand her part, she is too young, has had no experience,' &c. We say true genius manifests itself at once. Laborious study may accomplish much in time, but true genius flashes at once over the dramatic horizon. Ida Pallet is an example."

During the last year thousands have died as Ida Pellet has died—in youth and beauty—in the prime of early manhood and womanhood. But the world has not concerned itself to know WHY they died; and the surviving friends have profited nothing by the sad lesson of premature and unneccessary mortality. The patient is sick, perhaps slightly indisposed; no one suspects danger. But to be on the safe side the family physician is called. He does not regard the case as in the least dangerous but to take time by the forelock—to subdue or check the malady before it acquires an unmanagable stage, he gives a LITTLE medicine. The little dose produces a new phase of symptoms, for which other medicines are prescribed; and as every drug induces symptoms peculiar to itself—a drug disease—the physician soon finds his pa-

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tient laboring under a complication of maladies, requiring still other and probably still more potent drugs. In a few days the patient dies. But who suspects the real cause of the death?

The doctor was skillful; he dealt out the medicines liberally; he was kind and attentive; he did all that could be done; and no one suspects that he killed the patient. And yet the patient died in the prime of life, and of some trivial ailment.

No, no, there is a terrible delusion here. People do not thus die. Had there been no drug doctors in the world, Cavour, Prince Albert, Buckle, Douglas, Mitchell, Sumner, Hawes, Hoffman, Hinckley, Willie Lincoln, and Ida Pellet, instead of being among the distinguished dead, might have been among the honored living. Not one person in one hundred who are attacked with some casual disease, in the prime of life and in the full flush of health, would become tenants of the grave if the drug doctors would let them alone. It is not disease but poison which kills them, and the day is coming when the world will see it.

Inscrutable Providences.—A correspondent of the Associated Press, in allusion to the sudden and unexpected death of the rebel General Pemberton, writes:

"And so passes away another of the eminent leaders of the rebel army, and another name is added to the list, on which stands those of Generals Albert Sidney Johnston, Garnett, Bee, Zollicoffer, Gladden, Ben McCulloch, Winder, Garland, Branch, Bartow, McIntosh, Grayson, St. George Cooke, Twiggs, Rains, Stonewall Jackson, Earl Van Dorn, Villapigue, Holmes, Tilghman, and others. There is something very striking and impressive in the reflection that he who for so many weeks braved the perils of war, pestilence and famine, the perils of battle, murder, and sudden death, should go from out all that din and danger to die, in an obscure village, of some casual ailment. But so it is, in the inscrutable ways of Divine Providence;

'An earthquake may be bid to spare
The man that's strangled by a hair!'"

We are of opinion that, so long as physicians teach and people believe that diseases are to be cured by the administration of poisons, just so long will persons be liable to die of "some casual ailment," and the ways of Providence will seem very "inscrutable."

A Costume for Women Artists.—In the "Home Journal," N. P. Willis discourses on the fashions of woman's apparel in a manner that would hardly be tolerated in one who had a less felicitous manner of presenting the subject. At the conclusion of an article on Mr. Bossiter's establishment of a "Sisterhood of Artists" Mr. Willis says:

"But (suppose we venture upon a query to Mrs. Botta and Miss Stebbins, two friends of our own, who, as sculptresses, are *masters* in Art?) is it not time that some *becoming uniform* were adopted for this Sisterhood of Artists, all over the world? Nothing, surely, could be more awkwardly attired for its work, than the be-tabernacled beauty of the female form, standing in crinoline, either at the clay-pedestal or the easel. Then petticoats, to be pleasantly suggestive, must be scrupulously clean; and hoops, not to be ludicrous, must be managed with a perseverance of handling which does not leave artistic liberty to the hands. How much more convenient (and how vastly more becoming, say we!) would be some semi-masculine attire, which would be so easily invented. A closely-buttoned jacket might sit so gracefully to the figure, and a well-fitting boot and pantaloon might give much piquancy and propriety to the little thus left at liberty. The hat, for such a costume, is already invented. The ladies, with the prevalent worship of 'the God of War,' (Be-*he*-moth,) are as masculine as they dare be, in their head-gear—not at all to the damage of the female ideal, we deliberately and admiringly say. But, with their present advent as an Order of Artists, a costume might be adopted, which, like the cross on the Crusader's armor, should be sacred wherever seen; and the sex, thus formally disenfranchised from the penalties of compulsory petticoat, would walk the world (when it pleased!) like its two legged master, hand and hip untrammelled, face unveiled and trouser sovereign and single. What work of Art will give us 'studies' of such costume? What society of sensible women will meet and discuss, modify, and adopt it?'

In relation to the above the "Evening Post" remarks:

"Mr. Willis can talk about matters with this jaunty ease that, we fear, we daily editors would find no absolution for were we to indulge in such freedom. 'One man may steal a sheep, while another,' &c. 'The proverb is something musty!'"

Why cannot any editor of any newspaper or magazine advocate any style of dress for woman, which is consistent with reason, beauty, utility, health, and common sense, as the prevalent style is not? Can any body tell?

The Pathological Anatomy and Treatment of Sun-Stroke.—Under this head a writer in the New York "Medical Times," in reference to the unusual number of deaths of sun-stroke during the late heated term, calls

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loudly on the profession to tell the profession what to do about it. He says:

"The occurrence of so many cases of 'sun-stroke' among us renders it important that the profession, as a whole, should *agree* as to the best mode of treating it. Occuring, as it does, suddenly, it behoves every one to be prepared to meet it by prompt medication. In order to do this intelligently we should first make up our minds as to the actual lessons which exist—in other words, What is the pathological anatomy of the disease? As one intensely interested in the subject I have consulted numerous authorities for a satisfactory explanation of the problem, and am free to confess that I am as much in the dark as ever. Have not some of our savans, our pathologists, studied up this subject sufficiently to give an answer to my query? The treatment for this accident is very variable, and generally consists in modifying the effects of the shock by administering stimulants, and applying cold to the head. I know some have bled patients with sun-stroke, and have also given emetics, but I am only too glad that I have not to be burdened with their consciences. I have learned that ice applied freely to all parts of the body has been attended with a good result, and, in want of a better remedy, I think I should try it in the first case that may unfortunately fall into my hands. The question of the treatment, and of the pathological anatomy, should be settled, I think, at once, and for that reason I would solicit information from some of your many talented contributors."

We would respectfully suggest that, when the profession can AGREE as to the nature and best remedy of treating any disease, we shall have more hope of their being able to agree as to the nature and proper treatment of sun stroke. The profession ought to settle its pathology, we are told. And so they ought to settle the pathology of nine hundred and ninty-nine other diseases which make up their nosologies. But, first, they ought to tell what disease itself is. When they answer this primary question, they will easily apply the answer so as to explain the particular pathology of each individual disease. The Hygeio-Therapeutic pathology and treatment of sun-stroke is simply this: There is a disproportionate accumulation of blood in the brain with consequent suppression of all the eliminating functions, and especially that of the respiratory system by which carbonic acid is expelled; and to overcome this condition cold applications should be made to the head, warm to the feet, and the surface of the body sponged with tepid or cool water, according to its temperature, followed by gentle but active and persevering friction. Avoid bleeding as you fear death. Do not give stimulants as you desire the patient to live.

DIPTHERIA AND ALCOHOL.—We can seldom open a medical journal that we do not see evidence that alcohol medication is on the increase. If we do not eventually become a nation of drunkards it will be no fault of the medical profession. That alcohol is victuals, drink, and medicine is taught by the highest authorites, and who can blame the unlearned people for believing and acting accordingly? But now, the profession seems to mark a new era in its history of "progressing backward." The "Medical Times" of August 15, 1863, publishes an article on diptheria, from the pen of Prof. E. N. Chapman, M. D., of the Long Island College Hospital, in which alcohol is recommended, not only as a remedy for diptheria, but as a preventive also. He says:

"Of the remedies that have been employed in diptheria, two only have proved themselves in our hands worthy of confidence, with the exception, in the chronic stage, in favor of the salts of iron. These two remedies—alcohol or cinchona in one of its forms—are administered in such doses and at such intervals as to secure one effect—the fullest stimulation of the nervous and vascular systems. From clinical observations and therapeutical deductions we arrive at the practical conclusion, that alcohol is not only a stimulant to the system at large, but also to the blood itself, quickening its vital elaborations, and increasing its vital status; through which a direct barrier is thrown in the way of disease, and by the alcohol in the blood, being directly opposite, they neutralize each other; and thus the stimulant assumes in our eyes the position of a true remedy, a trustworthy antidote. Hence its medicinal power, being not only remedial but prophylactic, will prevent the extention of diptheria in the other members of the family, as well as cure the one affected. This conclusion is a necessary sequence; if the pathology of diptheria and the modus operandi of alcohol have been correctly appreciated."

This would be grand medical science and magnificent healing art if there was not an "if" in the case. Alcohol, the Professor informs us, is the remedy PAR EXCELLENS, both to cure diptheria and prevent diptheria, IF he has correctly appreciated the pathology of the disease and the modus operandi of the remedy. But, suppose he hasn't? It would require but few words to show that he has made an egregious blunder. Dr. Chapman asserts, and on this assumption bases his therapeutic and prophylactic use of alcohol, that alcohol "quickens the vital elaborations and increases the vital status" of the blood. Now the exact contrary is true. The contact of alcohol is inimical to every thing that has life. It is directly and always destructive of organic tissue, animal or vegetable;

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it injures the vital elaborations, and diminishes the vital status of the blood, at all times and under all circumstances. We are prepared to meet Dr. Chapman on this issue, and we hereby challenge him to a discussion of this subject in these columns, or in the columns of the "Medical Times," or in both as he pleases. If he is right the teetotalers ought to hide their diminished heads at once, and all the world ought to commence liquor-drinking to prevent diptheria. Dr. Chapman ought to put a new anti-teetotal song into the mouths of the people, beginning with:

"Let those now drink who never drank before,
And those who used to drink now drink the more."

ICE IN DIPTHERIA.—We copy the following account of the successful treatment of diptheria with ice from "Galiganis' Messenger." We have advocated the employment of ice and iced-water gargles ever since the disease appeared in this country in 1858; and in our work on diptheria, we have collated the testimony of various physicians of different schools who agree as to the salutary effects of the remedy. But as testimony is usually appreciated the further it originates from home, we give our readers the benefit of the testimony of trans-Atlantic authorities:

"A NOTE FOR THE DOCTORS — DIPTHERIA REMEDIED. — This affection, which comprises those known under the name of bad sore throat, angina, croup, and the French *angine couenneuse*, has hitherto been considered one of the most difficult to cure. We some time back gave an account of Dr. Trideau's method, which consists in administering borax under the form of a syrup; but we now find in the *Revue Therapeutique* a paper by Dr. A. De Grand Boulogne, Vice Consul at Havana, in which he mentions ice as an infallible specific. As this, from its extreme simplicity, would, if effective, be far superior to any yet tried, we cannot refrain from quoting the cases mentioned by the author, who had published this remedy as far back as February, 1860, and consequently complains (not without reason, if its efficacy is such as he describes it) of the inexcusable negligence of practitioners in not taking notice of it, thereby allowing many valuable lives to be lost. The following cases came under his observation after that date: In March and April, 1861, the disease in question broke out under an epidemic form, and chiefly attacked adults with such virulence that in one week three young women died in one house. One of Dr. De Grand's patients, afflicted with blephacite, was seized with it, and as he could not immediately attend, owing to the severity of the case, another physician was called in, who ordered emetics and albuminous gargles, which produced no effect. At length Dr. De Grand came, and found the tonsils greatly swollen, and a false membrane covering them. He immediately administered small pieces of ice, and by the following morning the tumefaction of the tonsils had diminished by half, and the false membrane had nearly disappeared. That very evening she was enabled to take food. Profiting by this example, a few days after her brother was seized with sore throat, presenting the same preliminary symptons as those of his sister; but he, without waiting for the doctor, at once took some ice, and was rid of his sore throat in a few hours. Some days later, Dr. De Grand was summoned to a young lady who had been laboring under the disease for some forty-eight hours; all remedies had failed, and the parents, relations, and friends of the family were plunged in the deepest sorrow. When Dr. De Grand ordered ice, a general cry of astonishment was uttered by all present. Ice for a sore throat! Impossible! It was sheer murder! Dr. De Grand maintained his ground, and after much expostulation, during which much time was lost, he obtained his end. Before twenty-four hours were over the patient was in full convalescence. Being at Vera Cruz on a mission, he was requested to see a young man who was attacked with malignant sore throat, and had been treated without effect by cauterizations, with hydrochloric acid, and astringent gargles. Here again he had to battle with the prejudices of the family, but was at length allowed to administer ice. The young man recovered in the course of the following day. Dr. De Grand has now been using this remedy for the last twelve years, without having met with a single failure. This is what he says, but even if only half of what he says were true, the method should be tried by others. Cold gargles have been employed with success by Dr. Blanc, of Strasburg: why not ice?"

IMMENSE STRAWBERRY CROP.—If any one is inclined to be skeptical as to the profitableness of raising strawberries, we commend him to the following statement which we find in the "Rochester (N. Y.) Democrat:"

"A single fact which has come to our knowledge relating to the strawberry crop of the past season will doubtless astonish many of our readers. A prominent fruit-grower of Western New York, from a single patch of sixteen acres, sent to market thirteen hundred bushels of strawberries of the Wilson Seedling and Triomphe de Gand varieties. The entire crop was sold at an average price of one shilling per quart, realizing the snug sum of five thousand two hundred dollars, as the product of sixteen acres of ground. We doubt whether any other sixteen acres in Western New York have yielded the like sum as the result of a single crop. This may be taken as an instance of the profitableness of thoroughly scientific fruit-growing."

NEW FASHION FOR WOMAN.—We do not mean for woman's dress, but for woman her-

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self. In the matter of apparel the majority of women seem to worship the fickle goddess, Fashion, as devotedly as the Hindoo widow immolates herself on the funeral pile of her late husband. Woman—we mean the fashionable woman—is content to wear her clothing of any size or shape, have it made of any material or length, display it in any manner, endure it or enjoy it as the case may be, freeze or swelter with it as the fashion is. She is willing to have her bonnet in front of her face, behind her head, above her head, anywhere, anyhow, no matter how uncomfortable, or useless, or inconvenient, or ridiculous, if it answers to the magic word, fashion. And it is very much so with her person. She is willing to be thick or thin, rosy or pale, wasp-waisted or embonpoint, and, perhaps, tall or short, if thereby she can be in the fashion. And this being so, and unalterably so—for when she will, she will—we rejoice for her sake, and for the generation not yet risen, that for once fashion has pointed in the right direction. A Paris correspondent of an American paper informs us that stout, robust females are becoming the fashion in that fashion-making city. To use his more expressive language: "Embonpoint is quite the style, and stove-pipe waists are considered perfectly frightful."

The reader, especially if a man, will be anxious to learn what has caused such a sudden revolution in the fashion. He will wonder if it has all been brought about by anatomical investigations, or lectures on physiology, or researches into social science, or political economy, or enquiries into ethnology, or studies in the theory of population, or speculations in esthetics, or researches in esoteric anthropology, or by means of meditations on the sublime, the beautiful, and the true; but we must, greatly to the disgust of the fair sex, inform him that none of these things had anything to do with it. It is all a matter of fancy; and the fancy occured in this wise. We quote here the language of the correspondent aforesaid: "This is all because the Empress Eugenie, as she advances in age, is showing a tendency to fullness."

The Empress is becoming cachectic, plethoric, adipose, dropsical perhaps; because she can't help it, and the dear creatures all over the fashionable world have mistaken her morbid condition for the latest fashion! Well, if they will cultivate muscular christianity a little more, and become stout and robust by exercise, a bad example may for once produce a good result.

Intemperance in our Armies.—A Connecticut officer serving in the Army of the Potomac, writes to the "Springfield Republican" the following account of the already alarming and still increasing evil of intemperance in the Federal camps:

"There is one great advantage which the Confederate army has over us, and I do not know but it is sufficient of itself to account for our frequent ill success in contending with 'our erring brethern.' Whisky is sixty dollars a pint in Richmond, while in our camps it can be had of our commissaries at ninety cents a gallon. Accordingly there are five hundred and thirty-three (and a fraction) chances of any given soldier or officer in our ranks being found drunk when his turn of duty comes, to one for a rebel officer or soldier. And I am sorry to say that there seems to be no want of disposition to avail ourselves of these odds in our favor. The rebels will drink all the whisky they can get, no doubt, but the month's pay of a general wouldn't more than enable him to treat his staff once round, and the month's pay of a private would scarcely purchase him a smell at an empty rum bottle."

Contraband and Petticoats.—Well, if alcohol is so precious a remedial agent, we do not wonder at the following paragraph which we clip from the "Express:"

"The most ingenious contrivance of the war for smuggling liquor to soldiers, is a thin vessel made to fit the middle portion of the body, and composed of four sections, each of which is capable of holding a gallon and a quarter. This extensive and unseemly bustle gave a certain Mrs. Yett, bound for Alexandria, such huge proportions as to attract the attention of the guard. A search was instituted, resulting in the discovery of the above described piece of mechanism, each section of which was filled to its utmost capacity with 'rot-gut' whisky. The *delivery* was borne with fortitude, and the party is doing 'as well as can be expected.' In addition to the above, Mrs. Yett had on her person fifteen bottles filled with the same *chemical*."

Old-Fashioned.—A gentleman states that, when a boy he was one day in the office of his grandfather, who held a position under the Federal Government, and wishing to write he was about taking a sheet of letter-paper from the desk. "What are you about here?" said the old gentleman. "Getting a sheet of paper," said he. "Put it back, sir, put it back," exclaimed the strictly honest official; "that paper belongs to the Government of the United States."

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Soldier's Department.

WOMEN NURSES IN THE ARMY. — The great value and importance of woman nurses in the armies, has not only been proved by the history of Florence Nightingale in the Crimean campaign, but has been illustrated in many departments of our army and in numerous hospitals. But, true to its selfishness and prejudices, and consistent with its petrified old-fogyism, the Medical Bureau opposes the employment of women nurses; and the government, under the influence of the medical profession, treat them with disgraceful illiberality and injustice. A correspondent of the *Tribune* writes:

"My attention has been called to an advertisment in your issue of August 3, of the 'Ladies National Army Relief Association,' designed to establish a corps of female nurses for regimental and corps hospitals in the field—asking for contributions in order to pay such nurses until recognized and paid by Government. In these days of trial and suffering to many of our brave soldiers, the sympathies of the loyal and good in all the land are ever alive to any effort promising to afford them cheer or comfort; and astonishing sums have been poured into the treasuries of larger and smaller associations founded for the relief of 'sick and wounded soldiers.' But of all the means for doing this, that of giving them good women nurses of suitable age and experience—this one has *not* received the share of public attention which its importance demands. It is well known that Miss D. I. Dix, whose means and services for twenty-one years previous to the war had been given to the relief of suffering humanity, has held from the President and Secretary of War since April, 1861, the appointment of 'Superintendent of Women Nurses, to select and assign women nurses to general or permanent military hospitals, they *not* to be employed in such hospitals without her sanction and approval, except in cases of urgent need.' Still the knowledge of her arduous labors in this work, and the very great difficulties under which she has labored to give this saving comfort to the sick soldier, is possessed and appreciated by but few of those who are engaged in doing very much in other ways for them. Woman's nursing in the army is an innovation, and was unknown in the United States service until the breaking out of the Rebellion. By the army regulations women were 'allowed only as washerwomen or matrons when in garrison, but not when in the field;' and no compensation is allowed them now by Congress for services other than as washerwomen in any but the General Hospitals, such to be appointed by Miss Dix. For her nurses Congress has regulated the compensation at 'forty cents a day and a ration' of the value of twenty cents, 'with transportation to and from service' only, while male contract nurses receive medical attendance and clothing, &c., with $20 dollars a month. The ladies of the L. N. A. R. Association endeavored last winter to get a bill before Congress, without success, 'for a recognition and compensation of their nurses.' And that they shall obtain this from a future one is not likely, from the fact that woman's service finds small favor in the Medical Department of the army, not all even of the General Hospitals receiving them as nurses, especially Protestant women, though there are some noble exceptions to this prejudice among our army surgeons. The largest proportion of women tolerated in the General Hospitals, taking the country through, are nuns, or 'sisters'—not, of course, because our good Northern women, who have sent their sons and dear ones to fight the battles of the country, middle-aged women, who reared and nursed them at home before the war, are not now willing and anxious, at great sacrifices, even without pay, often, to devote themselves to hospital work, as hundreds of applications, backed by testimonials and influence, the best in their States, now in the hands of Miss Dix, will prove, but because the common expression of the Medical Department of the army is, 'If we must have women, give us the sisters;' and these women are entirely good in their way, but cannot fill the places of the wives, and mothers, and sisters to the eyes and heart of the dying man, both from their dress and the manner of their religious order; and certainly they ought not to exclude all other women from working in any hospital where they are, as is now the case, because the greatest comfort to a dying man, whether officer or private, if he cannot have his own dear ones for sight of whom his heart yearns with unutterable longings, is to have some one who sympathizes with him in his home feelings.

"Those whose duties have given them a knowledge of hospital life, during frequent visits to the patients to dispense the 'supplies' sent by friends at home, are often given painfully to know how great a comfort it is to the poor fellows even to see a matronly woman who 'looks just like my mother.' One such, soon to die, said to a visitor a few days ago, 'Do stay longer, it is so good to see a woman; I know I can't get well, and I have got a wife and six children at home.' Where is the man who, when ill, would not choose woman's care? But a soldier must not make personal comfort a point under *any* circumstances; it is contrary to military life; and, to the lasting praise of our braves be it said, they do not. They bear up nobly."

HEAVY ARTILLERY.—D. T. D., of the Eighth N. Y. V., heavy artillery, writes from Fort Federal Hill, Baltimore: "Water-Cure and Hygiene are the things for the army, and our soldiers are fast finding it out. I have been in the army nearly a year, and have been many times troubled to get proper diet; but whenever I have had it my health has been first rate, while my brother soldiers *would* take medicine and die—many of them possessing better constitutions than I do, and should have out-lived me many years. Some years ago my system was in a very dyspeptic and *almost* hopeless con-

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dition. But in 1852 I commenced 'Water-Cure and Diet," and I can testify that they have literally made a new man of me. I was then very weak, but am now comparatively strong; then everything seemed dark and dreary, now all looks bright and clear. Life then was almost a burden; now it is a pleasure. It seems to me that anything that will work such wonderful changes, is of priceless value. A great part of the world are wretchedly deceived. They think that the reason of their unhappiness is, because of the circumstances around them. But I believe I have found that the trouble is in our bodies and minds. Get whisky, tobacco, and drugs out of the land, and ourselves in harmony with the laws of nature, and we would have a millenium on this earth. I have been absent from duty only two days since I enlisted, and then I had the mumps, went on duty in the rain and caught cold, and had to report to the Surgeon. He ordered me medicine; I refused to take it, and was sent to the guard house! Hoping soon to get the HERALDS for which I enclose a remittance, and to have an intellectual feast in their perusal, I remain, yours truly, for the good cause."

WATER *vs.* SURGEONS. — A correspondent of the *Philadelphia Dollar Newspaper*, writing from the battlefield near Gettytburg, under date of July 5th, says, among other valuable and practical things:

"On first entering the hospital, I asked right out 'If there were any Philadelphia boys here.' I was often answered, 'I am from Pennsylvania,' then would follow the names of the counties or towns they were from—all seemed disappointed that I was not from all their places—for all wanted sympathy and assistance. I procured what water I could, poured it on their wounds, and I marvelled that no corps was established whose business it would be to pour water on the wounds of our soldiers. I am confident that if any number of *thoughtful* men or women had heard and saw what I did, and they had been asked to say what they thought was most needed by our wounded soldiers, that not one of them would say Surgeons and amputation instruments, *but kind-hearted people with buckets of water!* You may scratch this out if you please, Messrs. Editors, but I say hundreds less Surgeons, and thousands of more buckets of water, will prevent unspeakable suffering, and save many valuable lives. No man whose brain is not muddled by the routine of custom can possibly believe that these dressed up pieces of pomposity or their practice are suited for such conditions as those with which I am surrounded. I say water, water, water for the wounded—or, if I am wrong, then every wounded man asks everybody for that which he does not require. I do not wish to be understood as saying that there are not cases where skilful Surgeons are necessary, for that would be the grossest folly. I only insist that water is the first and most important thing that all of the wounded that could speak at all, asked for, and that affords them the speediest relief. Yet, there is no organization whose duty it should be to quench the thirst of our wounded braves or cool their burning wounds. There are hundreds of people, men and ladies in this place, who would gladly have rushed to the assistance of the wounded, as doubtless there are in all other places where wounded men are, but who are excluded by the medical fraternity, because of their ignorance of the Healing Art."

YELLOW AND TYPHOID FEVERS. — At New Orleans numerous cases of yellow fever exist at quarantine, and at Vicksburg, the most malignant type of typhoid fever is said to prevail among the soldiers, nine-tenths of the cases proving fatal. If we get the consent of Surgeon-General Hammond and the endorsement of the Government, we will send a physician of our school there, whose practice will diminish the mortality to almost nothing. Of course such a proceeding would not be regular, nor conservative, nor would it comport with the dignity of the profession; but it would save the lives of the soldiers and that is something. We merely give the hint to the powers that be, expecting that the Surgeon-General "will not, at present, deem it advisable to adopt the suggestion."

VEGETARIANISM IN THE ARMY. — J. H. M. writes from Camp Curtin, Harrisburg, Pa.: "I have just used the last crackers I brought from your Hygienic Institute, making them my entire bread, and discarding meat, grease, and everything cooked in grease. I have felt an increased serenity of mind and ability to speak in public since I have been here, and have been in perfect health ever since I left your establishment; and I attribute my improvement in a great measure to my farinaceous and abstemious diet."

BAD WATER AND WORSE WHISKY.—An artillery officer writes to the Boston *Traveler* that "the water on Morris Island is so bad that whisky is served out to the troops three times a day." Now, as whisky is a very thirst-provoking beverage, we cannot see how the "remedy" can do anything but make a bad matter worse. Is this practice the recommendation of the Sanitary Commission, or the prescription of the Medical Bureau?

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College Department.

SOLDIERS BECOMING PHYSICIANS.—We hear of a large number of "gentlemen, officers, and fellow soldiers" who are intending to become Hygeio-Therapeutic physicians, as soon as practicable "after this cruel war is over." No experience could have possibly afforded them a better preparatory education. One year in the army, to one who reads the HERALD OF HEALTH, or is posted in the principles of the Hygienic system, is better than ten years devoted to Latin technicalities, and the unmeaning and senseless jargon of the popular medical schools and books. Many of our soldiers have had most excellent opportunities to see the murderous results of the drug system; and we have yet to hear of the first who, having seen much of the drug practice in the army, does not execrate it just in the ratio that he has witnessed its effects, and who, if he has been placed in charge of some hospital where he has seen much of it, does not hate the whole drug system with a perfect hatred. The prospect now is that many who contemplate a Hygeio-Therapeutic education will be discharged from the army in time to attend the ensuing Winter Term, and if so, we shall be certain to have a very large class.

PREPARATION FOR COLLEGE.—Persons who contemplate becoming students at our College, frequently write to us for information in regard to the preliminary education they require before entering on a course of medical study, and the books they will need to have in order to enable them to get along passably well.

In regard to education, we would say that the more you have the better—one cannot know too much, provided that his acquirements are of such a character as to be useful in his profession or business. But as to the minimum of literary attainments which ensure pleasure and success in the pursuit of his studies, he should have a good common English education (including grammar, composition, and elocution), and good common sense notions in regard to common sense things. Fowler's Education Complete, Hereditary Descent, Wells' Science of Common Things, and Natural Philosophy, should be familiar to him. A smattering of Latin and Greek is of service in enabling one to comprehend more clearly and quickly the meaning of scientific terms. But we would not advise most persons to spend time in studying the dead languages, as the dictionaries in our own language give nearly all that is valuable on this subject.

In regard to the cost of the fewest number of books which will afford full information on the subjects necessary to be learned, it would be about thus: Youmans' Chemistry, $1.25; Gray's Anatomy, $7.00; Dalton's Physiology, $4.25; Bedford's Obstetrics, $4.50; Erichsen's Surgery, $4.25; Trall's Encyclopædia, $3.00; Bennett's Practice of Medicine, $5.00; Dunglison's Medical Dictionary, $4.25. Ladies would do well to get Scanzoni's book on Diseases of Woman, $4.00 They will not need to get Erichsen's Surgery. Most of these books can be had by students buying them all at once at twenty or twenty-five per cent. discount, making the whole cost about $28.

NEW ARRANGEMENTS.—For the benefit of some who may not see our August issue, we will restate some of the new arrangements which have been made for the College. The lecture fees will hereafter be $100. Matriculation and graduation fees $30. The payment of these fees will entitle the student to attend any number of terms on the payment of $10 for each term after the first. We shall not hereafter undertake to provide employment for students, but will give credit on any reasonable security, one, two, or three years, to those who have not money. Text books will cost about $30. Board in the Hygienic Institute will cost $5 per week. It can be obtained at cheaper rates in other places in the city; and students who prefer can hire rooms in the neighborhood and board themselves, and thus economize considerably in this item of expense.

STARTING UP.—The indications of our correspondence from all parts of the country are, that students are beginning to "start up" in good earnest and in goodly numbers to qualify themselves for teaching the gospel of health, and practicing the true Healing Art. There is no probability, however, that the supply of physicians of our school will be equal to the demand for many years to come. And we are of opinion that, within one year from the time this war is ended, there will be a demand for ten times as many graduates of our school as there will be in existence.

SCHOLARSHIPS.—Students who have been obtaining subscribers to the HERALD OF HEALTH, with the view of obtaining the scholarship premium, but who have not obtained the requisite number, may pay the balance, and be allowed the premium *pro rata* on the names they have sent us.

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Dining-Room Department.

WHOLE GRAINS AND SEEDS.

BY MRS. MATTIE M. JONES.

BOILED WHEAT.—Select fair, plump wheat; pick it over carefully and wash it perfectly clean. Let it soak in cold water twenty-four hours. Boil it in the same water (adding more if necessary) till perfectly soft. It will require several hours to cook it. It may be eaten with milk, or cream, or sugar, or without any of these, as preferred.

BOILED RICE.—Be careful and select for this purpose the large, plump kernel called *head rice;* boil it in pure, soft water and in a covered vessel about twenty minutes, stirring it gently occasionally; then set it off from the fire, and in a place just warm enough to simmer; let it remain an hour and a half *without stirring;* the grains may then be taken out full and unbroken.

NOTE.—The *best* method of cooking rice is to cover it well with water and set it in a moderate oven stirring it occasionally. When nearly done and the water mostly absorbed, milk or sweet cream may be added if desired, making a very rich dish. Or the water may be omitted and it may be cooked entirely in milk, using the same proportions of milk and rice as for a pudding, but omitting the sugar.

Another excellent method of cooking rice is by steaming it. A double boiler, commonly called a "Farina Boiler," is best for this purpose, but if none can be had a tightly covered tin pan, set over a kettle of boiling water, will answer.

RICE AND APPLE.—When the rice is about one-third cooked add a small quantity of tart apples sliced. When done stir thoroughly together. If cooked in steam, this is a very nice dish.

RICE AND RAISINS.—An excellent dessert is made by adding one cup of raisins to three cups of rice and cooking in the ordinary manner, either in water or in equal parts of water and milk; or, if cooked by steam, it is delicious if cooked entirely in milk. To be eaten with sweetened cream or a sauce made by thickening boiling milk with corn starch and adding sugar to suit the taste.

BARLEY.—The common white or pearl barley is excellent, if cooked in the same manner as boiled wheat. Milk may be added when nearly done, if desired. It does not require cooking so long as the wheat.

PARCHED CORN.—Procure a wire apparatus called a "*corn popper.*" They can be bought at almost any hardware store for a mere trifle. The common "Tucket" corn is best for popping. Have the corn thoroughly dry. Place a large spoonful in the "popper," and pass it back and forth very quickly across the top of a *red hot* stove till done. Two minutes will suffice to produce a quart of great white kernels, as delicious as ever were eaten.

BOILED CHESTNUTS. — Boiled chestnuts, if made a part of our regular meals, are not only very delicious but perfectly wholesome. They should be first picked over very carefully and washed, then boiled from an hour to an hour and a half.

DRIED BEANS.—Pick the beans over carefully, wash them perfectly clean, cover them about three inches deep with cold water, and let them soak all night. Early in the morning place them over the fire, leaving upon them all the water that may remain unabsorbed and adding enough more to cook them in. Let them *simmer* slowly all the forenoon, but do not allow them to *boil.* When done, if any seasoning is desired a little sweet cream is sufficient. To bake them, take them from the fire about an hour before they are done, place them immediately in a deep pan, and bake one hour in a very hot oven.

NOTE.—Those who will try this method will be surprised to find how much superior it is to the ordinary way of cooking them.

DRIED PEAS — Are cooked precisely the same as beans.

BOILED GREEN PEAS.—Washing green peas seems to extract much of their sweetness. If care be taken in shelling them they will not need washing.

Immediately after shelling them put in boiling water sufficient to cover them, and boil from twenty to thirty minutes. When the pods are fresh and green, if they are washed and boiled in as little water as will cover them for fifteen or twenty minutes, and the juice added to the peas, it will improve the flavor. Sweet milk or cream is the only admissible seasoning.

BOILED GREEN BEANS.—The common garden, kidney, and Lima beans are all excellent dishes prepared by simply boiling till soft without destroying the shape of the seed. A little milk or cream may be stirred in, when they are cooked sufficiently, if any seasoning is desired. They usually require boiling an hour and a half.

BOILED GREEN CORN.—The only corn fit for boiling green is the sweet or evergreen corn. It should be simply husked, the silk removed

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and the ears plunged into boiling water and boiled from one-half to three-quarters of an hour.

STEWED CORN.—Cut the corn from the cob, boil it in just water enough to prevent burning. When done, add a little rich milk or sweet cream and a trifle of sugar.

SUCCOTASH.—The best materials for succotash are sweet corn and Lima beans. Cut the corn from the cobs, and when the beans have been cooking about three quarters of an hour add it to them, letting it cook about three-quarters of an hour longer. This is a dish "fit for a king." If any one desires a richer article, a little sweet cream may be added.

CANNED GRAINS AND SEEDS.—Green corn cut from the cob, green peas, green beans, &c., may be canned very easily, by simply cooking them in just water enough to cover them, and putting up in bottles or cans, sealing them in the same manner as fruit cans are sealed. There is scarcely a bottle of any kind but may be used for this purpose; and if the last method of sealing fruit cans, given in the July number of the HERALD OF HEALTH, be employed, the materials can be always at hand, and a full supply of green corn, green peas, green beans, &c., sufficient for the entire winter and spring months, may be secured with very little trouble or expense.

I think a little harder cement than that given preferable; say in the proportion of one-half pound rosin and one-half pound beeswax to two ounces of tallow. The labor of putting them up by that method is but trifling, and when one has put up a few cans they will soon regard it as no trouble at all.

Green peas, beans, &c., may be dried very easily by first dropping them into *boiling* water and letting them boil for two or three minutes, then draining them and placing them where they will dry quickly. They are very nice when preserved in this way, though not so good as when canned.

If people living in the country, who have the fresh materials for these things, so profusely scattered around them, could but realize how delicious a dish of green peas or succotash tastes in January or March, I think they would take more pains than they now do to have their tables supplied with them.

If properly put up, no one can detect the difference in taste between the canned article and that freshly gathered from the garden. Besides, it is always ready for use, as after a can is opened, all that is necessary is simply to heat its contents through, and it is ready for the table.

Kindergarten Department,

FOR THE JUVENILES.

A REPLY TO "ANNA,"

With some Thoughts for all of my dear little Nieces and Nephews.

I cannot tell you, my dear little Anna, how surprised and pleased I was on receiving your very welcome letter, published in the HERALD of September.

It was very unexpected, and the knowledge that any words of mine have been instrumental in inducing even *one* among my little friends to discontinue so injurious a habit, will make glad my heart for a long time to come. I thank you very much for it, and I hope you will write again.

You say you hope "Auntie" will write something every month that will teach you how to keep well. Well, I shall try to do so, and if all my little Nieces and Nephews will but *try* as earnestly as you have done, to profit by my instructions, we shall be mutually benefitted, and writing will be a very pleasant task.

Now, you have broken the bad habit of eating between meals. I hope, if you have not already, you will all at once form the good one of always coming to the table with a pleasant, sunny face.

Nothing is more conducive to good digestion than cheerfulness. I know a good many little children who are apt to come to the dining-room with a cloud upon their brows; or, if they are feeling pleasant when they come, a cloud soon gathers, if they cannot have just what they want and when they want it. Nothing can be more unlovely than such a spirit or exercise a more depressing influence upon the health.

Lay it down as a fixed rule, then, always to have a pleasant, sunny face when you come to the table, and be sure you keep it so. If you cannot have what you wish, or if your parents think some things you would like not proper for you, do as they think best, and accept what they give you cheerfully.

One very great temptation of children in the country, at this season of the year, is unripe or green fruits. As you have formed the habit of eating only at meal times, you will escape this almost entirely. No child would ever think of eating a green apple or plum if he brought it to the table. Unripe fruit contains acids which are very injurious. If the fruit be allowed to hang upon the tree till ripe, these acids become

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changed by growth and the chemical action of the sun's rays to wholesome juices. Lay this down as another rule, then, never at any time to eat unripe fruit.

Most children, and, in fact, nearly all grown people, eat too fast, and by eating too fast they eat more than they otherwise would, and thus are apt to eat too much. I think Dr. Lewis' rule a very good one, viz.: To take upon your plates before beginning a meal all you think you ought to eat, and stop when you get it eaten.

Every one should chew their food slowly and thoroughly, till each particle is completely masticated. Our teeth were given us for use, but one might almost think that they were merely intended for ornament, and that people have teeth in their stomachs by they way they bolt their food. Half an hour is as little time in which a full meal should ever be eaten in, and yet I have seen people eat a meal in ten minutes, what they should have been at least three-quarters of an hour in eating.

Children, will you not all of you try this plan: Take upon your plates at first all you intend eating, and chew every mouthful till it is as fine as fine can be, and my word for it you will feel as much better as you do for not eating between meals. I know it will seem very hard at first to do this, especially when you come in from play *so* hungry, feeling as if you could almost eat your way through a stone wall; but if you will only be determined and persevering it will soon cease to be an effort, and you will soon be amply repaid in the clearer heads, lighter hearts, and the greater happiness you will experience.

Another thing, do not exercise violently immediately after eating. When food is taken into the stomach, an extra supply of blood is determined to its muscular coats to aid in the work of digestion. But if soon after a meal you perform any violent exercise, the blood is called off to the different muscles of the arms and limbs, and the digestion, therefore, is but imperfectly performed.

This will seem like another very difficult task. For an active, merry little boy or girl at school to resist the temptation of playing "hie spy," "blind man's buff," &c., just because it is soon after dinner, especially when there is but an hour's "nooning," will, to some little people I am acquainted with, seem like a great trial. But, my dear little friends, there are many gentle, quiet plays which are just as pleasant, and which will do you no harm, and if you will keep these more active sports till recess, you will be able to study much better in the afternoon than you now do. If you feel *very* much like running, it would be better to omit your dinner entirely, than to eat it and exercise so soon afterward.

These may seem like *little* things, but it is the "little foxes that spoil the vines"—it is just such little things, a good many of them together, that people our graveyards with so many tiny mounds, and that cause such weakened constitutions among those who survive.

If we "mind the *little* things" the great ones will take care of themselves. I have a great many "little things" to talk to you about, but this must suffice for the present.

With all kind wishes for your happiness, I remain your own dear AUNTIE.

"VERY PROUD TO NIGHT."

IT was a very cold night in winter. The wind blew, and the snow was whirled furiously about, seeking to hide itself beneath the cloaks and hoods and in the very hair of those who were out. A very distinguished lecturer was to speak, and notwithstanding the storm, the villagers ventured forth to hear him. William Annesly, buttoned up to the chin in his thick overcoat, accompanied his mother. It was difficult to walk through the new-fallen snow against the piercing wind, and William said to his mother:

"Couldn't you walk more easily if you took my arm?"

"Perhaps I could," his mother replied, as she put her arm through his, and drew up as close as possible to him. Together they breasted the storm—the mother and the boy, who had once been carried on her arm, but who had grown up so tall that she could lean on his. They had not walked far before he said to her:

"I am very proud to-night, mother."

"Proud that you can take care of me?" she said, with a heart gushing with tenderness.

"This is the first time you have leaned upon me," said the happy boy.

There will be few hours in that child's life of more exalted pleasure than he enjoyed that evening, even if he should live to old age, and should in his manhood lovingly provide for her who watched over him in helpless infancy. It was a noble pride, that made his mother love him, if it was possible, more than ever, and made her pray for him with new earnestness, thankful for his devoted love, and hopeful for the future. There is no more beautiful sight than affectionate, devoted, obedient children.

THE DISOBEDIENT KITTEN.

"Now," said an old puss to one of her children, as she washed her face and paws, "I charge you, Kitty, not to go into the next gentleman's yard, for great dog Jowler lies there; he has horrid teeth, and a terrible snarl, and he is always on the look out for stray cats. Re-

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member and keep at home; we have a snug garden, a sweet haymow, kind friends, capital tit-bits, and work enough—rats and mice in plenty. So, do not stroll off with bad company, visiting places where you have no business to be, and disgracing your bringing up; for you know better, Kitty, you do."

But Kitty had a saucy look; she boxed her mother's ears, in play to be sure, hoisted her tail, and away she frisked after a dead leaf. Kit did not look at all like minding, and after her mother had gone to bed on the haymow, she kept up her moonlight rambles, going about nobody knows where, and cutting up all sorts of capers, like a silly little Kit as she was. One night when she and some of her thoughtless companions were scudding across Jowler's yard, he, much disturbed by their noise at an hour when he thought all honest folks ought to be abed and asleep, started up and made after them in a violent rage; and poor Kitty, in her fright, got entangled in some briar bushes, and so fell into Jowler's power. He seized her by the neck with his terrible mouth, shook the breath out of her body, and tossed her over the fence.

"Oh, oh!" cried Mary and Willy, when they found their little favorite stiff and cold the next morning; "Oh," cried their mother, pussy's mistress, "you little puss! she bid fair to be an excellent mouser." "Oh dear," mewed the old cat, "Oh dear, such are the fruits of disobedience. How many a wilful chid comes to an untimely end."

HELP YOUR MOTHER.

WE have seen from two to six great hearty boys sitting by the kitchen stove, toasting their feet, and cracking nuts or jokes, while their mother, a slender woman, has gone to the wood-pile for wood, to the well for water, or to the meat-house to cut frozen steak for dinner. This is not as it should be. There is much work about a house too hard for women. Heavy lifting, hard extra steps, which should be done by those more able. Boys, don't let your mother do it all, especially if she is a feeble woman. Dull, prosy house work is irksome enough, at best. It is a long work, too, it being impossible to tell when it is quite done, and then on the morrow the whole is to be gone over with again. There is more of it than one is apt to think. We wish some busy, all-day house-worker, the arrangement of whose house is about as inconvenient as it can be—a no common state of things—would count her steps for one day, and let us have the results in miles; let it be noted how many times from the stove to the wood-pile, to the pump, up and down the stairs, and especially how many times from the stove to the buttery.

ANNIE'S SAVING-BOX.

"THERE is one of my glove-buttons gone," said sister Kate, as she was preparing to go out. "How provoking it is! A glove looks so untidy unfastened."

"Just wait a minute, sister," said Annie, "I believe I have some glove-buttons in my box," and opening the lid, she took out a little tin mustard box, and pouring the contents in her apron, soon found the required article. Her handy little needle and silk quickly sewed it on, and she was well repaid by a kiss from her sister, and a hearty one.

"Thank you, Annie dear; your little cabinet of curiosities is a perfect gold mine. You can always find the right thing there," and she tripped down the steps, now quite satisfied that all was right.

"How long have you had that box, cousin Annie?" asked Ned, who was spending a week at the house.

"Ever since she can remember, I guess," said her mother, laughing. "She always was a careful little thing, from the time she could toddle about the floor. It would be a curiosity to keep an account, some day, of the calls she has."

"I think I will do it," said Ned. "Where can I find a paper and pencil?"

Annie opened her little box again, and took out the half of an old envelope she had saved, cutting off the torn side; and a little piece of pencil some one had swept out of door.

"You can set down three things, to begin with," she said, laughing—"a glove-button, piece of paper, and pencil."

Just then little Martha came running in, the string of her bonnet, and she in "such a hurry."

"Run to Annie," said mother, who was busy making mince-pies.

Up went the box-lid, and this time a little bag, containing all sorts of odds and ends of old strings and ribbons, was overhauled. The right thing was sure to be there, and taking a threaded needle from a cushion, it was sewed on in a minute's time, and Mattie was dancing off to her play.

"Number four," said Ned, just as father came in and asked Annie if she could find him "a good strong tow string." Another little bag was produced which contained just what was wanted, and with a "thank you, daughter;" he went his way.

"Just take your work and don't stir from that corner to-day," said Ned, "you'll be wanted. You might set up a store. Well, Tommy, what can we do for you?"

Tommy did not deign to glance at his cousin, but went straight to Annie.

"I have lost my mitten, sister, and I can't make a snow man without it. Can't I have another?"

"Now I guess you are at a stand, Annie," said Ned; "your resources will fail for once."

Annie smiled and said to Tommy, "If sister will give you another mitten, will you go out and look hard for the lost one?"

The little fellow promised, and was bid to go and warm his feet by the fire a little while. Annie took out a paper pattern and a bit of thick cloth, which was quickly cut into a mitten shape and sewed up, all in fifteen minutes' time.

Ned looked on, dumb with admiration, and secretly resolved to learn a lesson.

Who else would like to set up such a saving's-box? It is very easy and very delightful, and what is more, will be very useful, not only to yourself, but to those around you. It will help, too, to form a good habit, which will be of life-long advantage to you.

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LOVE WORDS.

A little head with its golden hair,
A little face so sweet and fair,
A little hand with its dimpled grace;
It wanders lovingly over my face,
And a sweet voice whispers, soft and low,
"I love you, sister, I love you so."

It is dreary outside—the wind and rain
Sweep sobbing by, like a funeral train;
But there's light within—my heart beats high;
I heed not the wild wind's wailing cry,
As I list to the murmur, soft and low,
"I love you, sister, I love you so."

Ah, what is fame but an empty show,
Luring us on through fields of snow!
Ah, what is wealth, but a glittering chain,
Linking our hearts to the wind and rain,
If we hear not murmured, soft and low,
The sweet, fond words, "I love you so."

"I love you, sister!"—ah, murmur it o'er,
They're the echoed words of another shore,
Where the streets are gold and the robes are white,
Where there comes no storm with its bitter blight,
Where many hearts we have missed below
Are murmuring still, "We love you so."

THE POWER OF ONE GOOD BOY.

"When I took the school," said a gentleman, speaking of a certain school he once taught, "I soon saw there was one good boy in it. I saw it in his face. I saw it by many evident marks. If I stepped out and came suddenly back, that boy was always studying, just as if I had been there; while a general buzz, and the roguish looks of the rest, showed that there was a spirit of mischief in them. I learned that he was a religious boy, and a member of a Society. Come what would he would be for the right. There were two other boys who wanted to behave well, but were sometimes led astray. These two began to look up to Alfred, and I saw they were much strengthened by his example. Alfred was as lovely in disposition as he was firm in principle. These three boys began now to create a sort of public opinion on the side of good order and the master. One boy, and then another, gradually sided with them. The foolish pranks of idle and wicked boys began to lose their popularity. They did not win the laugh which they used to do. A general obedience and attention to study prevailed. At last the public opinion of the school was fairly changed; from being a school of ill-name, it became one of the best-behaved schools anywhere about; and it was that boy Alfred who had the largest share in making the change. Only four or five boys held out, and these were finally expelled." "Yes," said the teacher, "it is in the power of one right-minded, right-hearted boy to do that." He kept to his principles like a man; and they kept to him, and made a good and upright boy, and in the end a godly and honest man of him.

Character is like money; when you have a great deal, you may risk some; for, if you lose it folks will still believe you have a plenty to spare.

With every child we love we see deeper into life, as with every added lens we pierce farther into the sky.

Voices of the People.

Enough of Druggery.—G. B. H. writes from Ottawa, C. W.: "Dr. Trall: *Dear Sir*:—Enclosed I send you another list of subscribers for your interesting and invaluable Herald of Health. I have almost made up my mind to attend the next term of your College. I am pretty well convinced that you have the only true method of curing disease. I have had a long trial with the Allopathic doctors. I have been nine years under their treatment, without receiving the least benefit, but on the contrary, a great deal of injury. I have consulted eleven of the cleverest of them that I could find, and I was led at last, by the blessing of God, to see the better way. I was at your institution last summer, and in four weeks' time, I am happy to say, I received very great benefit. It has cost me fully one thousand dollars for drug-treatment."

Good Results.—A. T. writes from Dumbarton, N. B.: "The Herald is producing some good results in this place. There are many among us who do not like drugs and drug doctors, but when they are sick they will employ them because they know not what to do. They feel that something must be done, and send for the doctors who practice a system which they do not believe in, take the medicine and die. I am fully convinced that the Hygienic system is the true one, and shall do all in my power to extend a knowledge of its principles, and promote the circulation of your books and Journal."

Esteemed by the Soldiers.—M. J. R. writes from Circleville, O.: "As a health Journal the Herald cannot be surpassed. After this war is over, it will certainly have a more extensive circulation, than any periodical of the kind in the world, and it richly deserves it. It is highly esteemed by the soldiers. They invariably express themselves as greatly benefitted by the perusal of its well-filled pages; and all say that if they could remain long enough in one place they should certainly subscribe for it. I have promised several to furnish them copies from time to time as I have opportunity."

A Good Time Coming.—R. K. writes from Wilton Junction, Iowa: "I want to do all I can in circulating your works and extending a knowledge of your system. I feel a witness within myself that you are right, and that the system you teach is the truth, and nothing but the truth. May God's blessing rest upon you is my earnest prayer. Your address in Washington is worth more than all the drug books in the world; and some day in the future the world will so recognize it. If all the families in the United States would attentively read your works, thousands of lives would be saved every year."

A Short Sermon.—A clergyman writes from Vermont: "I am glad you are exposing the awful wickedness of the army druggists. O that the people could see the truth to be saved from the delusions of the old school. But the 'world moves.'"

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Miscellaneous.

LECTURING REMINESCENCES.

DEAR DR. TRALL: I am preparing to start out on another lecturing tour, and think I need some charts to illustrate my lectures to ladies. I find that they are much more interested in lectures if they can *see*, as well as hear what we are talking about.

At times I almost shrink from going before the public to contend with error; but when I hear of the good that has already resulted from my efforts, and listen to words of cheer and encouragement, and a "God bless you," that comes from many a heart, then I am ready to gird on the armor, and go forth again to battle for the right.

One remarkable feature of encouragement which I had is that I usually lectured in churches, and clergymen dispensed with their social meetings on sabbath evenings to attend my lecture. I have never spent seven months more pleasantly, than while engaged in heralding the gospel of health to drug-cursed communities. In but few places were there any health reformers, but always plenty of enquirers. I have visited several towns in New Hampshire, and spent three months in Lamoiville and Orange counties, Vermont.

I met with excellent success, especially in view of the fact, that health reform had scarcely been heard of in many places, and the idea of curing sick people without "something to take," or raising a patient without "stimulants" was to many simply absurd.

Opposition met me everywhere; but when I heard the voices of the sick and afflicted, calling on me to lead them in the way of physical life, and realized the importance of my work, and when scores of friends (though strangers) surrounded me in every place, then all obstacles sank into insignificance. Opposition always makes the advocates of truth courageous. All the joy that wealth can give, cannot compare with the happiness experienced by those who are heralds of God's eternal truth. Our glorious cause is progressing. Hundreds leave off taking drugs, because they have ascertained that they are better without them. Returned soldiers bear ample testimony against them; and physicians are not quite so slow to follow on in the rapid march of events.

As I have time I will give you a few incidents of travel, and you can use them as you see fit. In most places where I lectured diptheria, was quite prevalent. I treated one case with good success, with nothing but hot and cold water, and an abundance of fresh air. The Vermont doctors were confining their patients in close rooms, dosing them with deadly drugs, and stuffing them with food—all they could possibly eat, so as to retain the strength. As a consequence many of them died, others "recovered" to be sufferers with chronic diseases for months, if not invalids for life.

A case came under my own observation. He was a private in one of our New Haven regiments of soldiers; came home from camp with the dreadful disease upon him. His mother treated his case successfully without drugs. He returned, took cold, and was worse than before. He dared not trust to nature, and a doctor was called, who dosed him *secundem artem*. If he could have had common sense treatment he might have lived. But he was denied all life-giving agencies, and the destructive missiles were poured down his throat. When he began to cough the physician said he was going into quick consumption — just what he had been fearing, (do the drugs *fear* such results?) and just as several others had gone in that vicinity. They called a council; they "counciled;" made a little change in the medicine, and called it a doubtful case. The patient grew worse and another disciple of Esculapius was called, who looked grave and wise and said "congestion of the lungs was taking place." (I thought congestion had been the condition of his lungs for a week at least.) The morning I left town he was gasping for breath, with doors and windows open, asking them to wrap him in a wet sheet and give him ice to eat. Air, water, and ice! Just the things, properly applied, that would have saved him, denied until his dying hour. And thus his young soul went out. Another family made sad—another tenant for the tomb. But 'tis all right; people must be chastised until they are willing to pursue the better way. It sometimes seems that "having eyes they see not, and having ears they hear not the words that are spoken," but in the face of council rush into the whirlpool of destruction.

The first place I visited in Vermont was Waitsfield, a small town about ten miles southwest from Montpelier. There, nestled in a quiet valley near the Green Mountains, I was made welcome by an earnest band of health reformers. I am indebted to Messrs. Isaac Elliot and Leander Brigham for the hospitality of their homes during my stay. In all my travels I have not found tables supplied with more wholesome food. Here I could "eat what

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was set before me, asking no questions for conscience' sake."

And here let me say that, if you ever go that way, don't fail to visit them, where you will be sure to get a nice vegetarian dinner. The wives of these gentlemen are dress reformers, and several other ladies wear the short dress for domestic purposes.

An Allopathic doctor, who attended some of my lectures here, was badly wounded in his feelings. He said, I made them all hypocrites, but if I had stuck to my own system and let others alone, all would have been well. But this was an impossibility; for if I believe that drug medication is one of the greatest curses of the age, how can I help saying it? I was sorry he felt so bad, for I did not personally attack physicians; but I *did* attack their horrid system of practice.

Physicians seldom say anything to *me* but send their missiles through others. But the more they say, the more the people come out to hear for themselves; and when they find that some of their patients are getting ready to go to our Institute, then they tell them "it is the best thing they can do."

A Homœpathic physician told me he did not find it necessary to give medicine in more than one case in ten; but the people must see that he was *doing something*, and he gave a *little* medicine. Allopathic physicians will be sure to have some of their family or friends present, but seldom make their appearance personally. One who did listen said every word was true, but the people demand medicine. Another remarked that there were some things said which he did not understand, (the people understood them,) but thought I was pretty well posted and understood my business. Another declared that about two-thirds of what I said was true! Now, Dr. Trall, if he was then willing to admit that *two-thirds* of my story was true, how long will it be before he will have to admit the other third? Can you tell? Says Prof. Alexander H. Stevens, "the older physicians grow the more skeptical they become of the virtues of medicine, and the more they are disposed to trust the powers of nature." Now, I found one whose *experience* has proved the contrary.

He was to all appearances well educated in his profession, and took particular pains to impress me with the all-important fact that he had had a vast experience, and had spent several years in Paris studying *remedies* for diseases, and had spent more time and means for that than for all the rest of his education. He talked so rapidly that I could hardly have a chance to reply to his arguments. He was very sorry that we rejected all medicine; thought that by using a little we would do more good, and meet a larger number of cases. I replied that I had not seen the necessity, but when I did should use it; and that when he had seen scores of the worst cases, who had been in the hands of a dozen doctors, and laid on the shelf for years, restored to health in a few months without a particle of medicine, then he would have no more faith in drugs than I have. He admitted that much medicine was bad, but he used the new remedies; he claims to have made great discoveries in the preparations of iron, &c., and says the old ones are not fit to use: his "new remedies" have gone entirely beyond his expectations, especially those which he uses in the treatment of lung diseases; he hopes in a few years to have so improved upon his present "remedies" as to save more of those cases than he now possibly can. Now, said I, in ten years you will have no faith in medicine at all. He ascertained that I was intending to visit his place, and said if I was *worthy* he would aid me in getting an audience. He did not care how much I said against the calomel and bleeding system, but gave me to understand that I must not tread on his toes, as he had scores of wealthy and influential friends and patients in towns about there. I told him I could see that he wanted me to handle my subject with gloves on, which I could not do. I saw him no more, but some of his *friends* are at our Institute. So much for the doctors.

Now, I will tell you what clergymen say. They always treat me politely, and, as a general thing, take a deep interest in our cause, even if the idea of woman presenting the subject is obnoxious to them. I called upon a very celebrated, orthodox clergyman to obtain his church for a sabbath evening lecture, as it was the largest and his people the most influential. I always call upon such ones first, because the way the minister goes, the people go. He was friendly to our cause, and had no objections to female physicians; but he believed with St. Paul that "if a woman wanted to know anything she must ask her husband at home." (Alas for me, I had no husband to ask!) Said I, you don't believe with H. W. Beecher, that woman has a right to act in any capacity she has a talent for. He made no reply to that, but said he supposed he was rather old fogy in his notions. I don't care, said I, how old fogy any one is if he is willing to listen to the truth, no matter by whom it is presented.

In vain I presented my arguments, urged my

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claims, and the importance of my labors, and their peculiar adaptation to women. But, oh dear! I was a *woman*, and women ought not to speak in public. His opposition did not deter me, and I had respectable audiences. In the next place, the orthodox minister aided me with his counsel, and dispensed with his meeting.

Another said, I will gladly admit you into my church, and if you can teach the people how to live without so much patent medicine and drugging, you will do a memorable thing. Another would aid me in every possible way and attend to my business arrangements. Another was well aware that ministers neglected physical salvation, and he was glad to have some one present the subject before the people. Another, "I am glad you have come; have been wishing we could have such lectures here, for we need them very much." This last was said at Stanstead, Canada, where I found the most enthusiastic audiences.

In Johnson, Vermont, I had a crowded house, and the last evening a number could not get seats.

I have had the pleasure of confirming some believers, reclaiming backsliders, and converting others to our faith and practice.

I claim nothing for myself. If God has given me the mind and the will to labor in his cause, I am willing to do it and go wherever Providence directs. I write you this because I know it does your soul good to know that something is being accomplished by your pupils. Yours, with the greatest respect,

ELLEN H. GOODELL, M. D.

GRANITE STATE HEALTH INSTITUTE, Hill, N. H., Aug. 7, 1863.

PILLAR FUCHSIAS.—The true beauty of the Fuchsias is not seen when it is looked down upon. The finest display we ever saw was where the plant was trained to the rafters of a rather low green-house. The flowers, hanging where it was necessary to look up at them, made a most magnificent show. Something of this effect can be obtained by training the Fuchsia, cutting back the branches to the height of six or eight feet. Two or three of different colors trained in this way and planted out against a pillar for support, produce a grand effect. They should be put in a rather sheltered and shaded situation.

NATURE, foreseeing that her children would be tampering with minerals, hid them in the earth, and covered them with herbs and plants, as fitter for their use.

HE that accuses all mankind of corruption, ought to remember that he is sure to convict only one.

CLEANLINESS—CITY INSPECTOR BOOLE.

BY THE EDITOR.

FOR many years the filthy condition of the streets and cess-pools of this city, and the unwholesome quality of many kinds of meats, fish, milk, vegetables, and fruits, which were sold wherever customers could be found, and peddled with impunity through all the streets, have been a constant theme of newspaper discussion. But no official, until the advent of Boole, has ever taken hold of the matter with an apparent determination to redeem the Metropolitan City of the Western Hemisphere of its superlative pre-eminence of uncleanliness. But now, for once, we have a City Inspector who seems to trace clearly the connection between bad air, foul food, gutter miasms, and concentrated excrement, and vice, crime, and general demoralization. Recognizing the truth that "cleanliness is next to godliness," and that a people must be clean before they can be virtuous; that they must be decent before they can be wholesome, and that virtue, decency, and health, are all intimately connected with the external surroundings of a people, our new Inspector has taken hold of the herculean task before him with a zeal and energy which promise to render New York what its situation entitles it to be, the most wholesome and the most pleasant city in the world. Immortal honor to Boole, if in the prosecution of his glorious mission, no sinister motive, no partizan policy, no political chicanery, no bribes, no threats, shall cause him to swerve from the great duty before him. The man who will restore New York City to cleanliness, who will rid it of all of its disease-producing nuisances—and this can be done with less money and less labor than have heretofore been squandered by politicians in contriving how *not to do it*—will be one of the greatest benefactors of this or any other age; the example and precedent will have a world wide influence. In attention to sanitary conditions, New York is far behind London, while its more favorable locality makes it *cleanable* at comparatively little cost.

We notice, among other reformatory measures which Inspector Boole has instituted, an attempt to have the two hundred slaughter-houses removed from the densly-populated parts of the city. We regard the measure as one of very great importance; and as one of our firm—Dr. F. R. Jones—holds an appointment from the city as Meat Inspector, we have been enabled through his observation to collect many facts and statistics which are well worthy the special

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attention, not only of the City Inspector, but of the people themselves.

Dr. Jones has satisfied himself—and his testimony can be corroborated by others to any extent desired—that there is an immense amount of diseased meat sold in the City of New York. Butchers may be no more dishonest than other people, but, like others, they may be careless; and when persons are disposed to be either dishonest or careless, it is generally much easier to be so on the profitable side. But it is often very difficult, sometimes impossible, even for butchers, without more accurate tests than they are accustomed to apply, to detect diseased meat. During the "swill-milk investigation," a few years since, Washington Market butchers testified that the scrofulous flesh of the distillery-fed cows brought the highest market prices; and the London *Lancet* has testified that epicures often say of such diseased meat, "it is the very sweetest." Until putrefaction is very far advanced, no one, unless he is a confirmed vegetarian—as Dr. Jones is, or belongs to the frugivora, as does the celebrated Wherryman U. D. Martin—can tell by the senses of sight, smell, taste, or touch, or all together, that it is in a diseased or decaying state. But, then, it should be known that, when badly tainted, and even when decomposition has so far advanced as to render it absolutely poisonous, the butchers have a method of *deodorizing* it with antiseptics and other drugs, so as to deceive the customer into purchasing not only rotten but also drug-poisoned meat. We frequently hear of individuals, and sometimes of whole families, being taken violently sick—in some cases dying suddenly—the cause being decayed or poisoned meat, so seasoned, deodorized, antisepticated, and drugged as to be unobjectionable to the senses of smell and taste. Any one who has a keen eye for *diagnosticating* the diseased viscera of animals, will find among the specimens of livers, kidneys, and lungs which are so plentifully displayed at the butchers' stalls, an immense amount of measles and tubercles, the germs and causes of worms and consumption, not only in the animals whose carcasses are for sale, but also in those who eat the flesh and viscera of these animals.

There are many circumstances which tend to injure the quality of the flesh-food which is sold in our markets. Improper feeding at home, over-heating the animals by long journeys on foot, and in the case of sheep, lambs, and calves, jolting them over the rough pavements with their feet tied, and their heads not unfrequently hanging over the sides of the butcher's cart, and in the case of poultry, confining them in dark places and stuffing them on stimulating admixtures or gross food, all of which tend to make the body feverish, the blood inflammatory, the secretions foul, and to prevent the due elimination of the effete matters, and thus rendering the whole carcass and all of its parts, organs, and structures, putrescent and unwholesome.

We call the attention of Inspector Boole also to the venders of fish, oysters, and clams. The street peddlers of these articles are often entirely irresponsible persons, who manage to buy or hire an old, crippled horse, and a rickety wagon, and buy up the damaged or refuse stock of the *respectable* dealer, which they sell at a slight reduction to the poor, and to others, who are not aware of the abominable fraud of which they are the victims.

Nor must we omit a word for the rich distillers who deluge the city with swill-milk. Notwithstanding this horrid stuff has been endorsed by a committee of the Common Council, and declared to be wholesome by a chemist of Columbia College, and pronounced better than pure milk by a member of the New York Academy of Medicine, all intelligent and honest persons know that it is a prolific source of disease and death among our infantile population.

Other articles of diet and of drink are deserving of notice, and to which we shall call the attention of Inspector Boole, so soon as he has finished the reforms in the direction we have already indicated. But we have laid out work enough for one job. Let him accomplish this, and the future generations will have reason to bless his name.

Diving.—By means of the submarine armor, the diver is enabled to remain under water from three to four hours without inconvenience; and in one instance remained over five hours. Air is supplied to the diver through a flexible tube by a force-pump. He communicates with the surface by pulling a cord, and is also provided with a slate for writing, which is drawn up, upon signal, by those above. When the surface is comparatively still, there is sufficient light to enable one to read common news-print without difficulty. In descending, if lowered quickly, a painful sensation and dizziness is experienced by the diver during the first thirty feet; if lowered slowly, however, the lungs gradually become accustomed to the pressure of the air, and little inconvenience is occasioned. The weight required to sink the diver does not need to be increased in proportion to the depth, after a certain distance, as the pressure of the water above assists to counteract the buoyant tendency of that below.

Those best can bear reproof who merit praise.

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EXTRACTS AND COMMENTS.

BY REV. J. STEBBINS.

EXTRACTS.

1. "When you rise in the morning throw open the window and take several respirations of pure air, to renew the vigor of the lungs, enervated by the night's inanity."—*Dr. Guillmete.*

2. "FOOD.—Let the patient's judgment and experience govern his action; he must be the best judge of what digests easy and well; for, truly, 'What is one man's meat is another's poison.'"—*W. R. Eversen, M. D., Member of the Ohio Medical Society, &c., &c., &c.*

3. "Defective theology is as bran-bread or Grahamism. Mere husks and vegetables will not insure vigor, and but few will live without meat."—*A Rev. D. D., with tobacco and disease attached.*

4. "I can no more be persuaded that the Government can constitutionally take no strong measures in time of rebellion, because it can be shown that the same could not be lawfully taken in time of peace, than I can be persuaded that a particular drug is not good medicine for a sick man, because it can be shown not to be good for a well man."—*President Lincoln to the Albany Committee.*

COMMENTS.

1. Very good practice, but suppose, Dr. G., you advise people to keep the window open all night, and thus guard the lungs against bad air.

2. Most respectfully, sir, your titles entitle me to ask which of the schools, you have honored by your attendance, was taught that "what is one man's meat is another man's poison?" and your presumption upon ignorance and credulity reminds me of a vampire seeking for blood and money, by the agency of anything that will sell well.

3. Bran bread and theology! Grahamism illustration for a learned D. D.! Well, what next? It would be wonderful if our religious journals should admit a manly exposition of what Graham taught—of the art of making good bread, by the side of sneering allusions to men and things despised because unpopular; but it can scarcely come to pass while pork eaters and tobacco smokers do the chewing and puffing for them.

By the side of a glowing account of a conference held in ———, and right under the "feast of reason and flow of soul," to say Brother W. smoked awfully, Mr. P. and others bespattered the carpet with the pure weed juice, and all the ministers but one ate a lunch at bed time, after eating a hearty Sunday supper and talking religiously all the evening—all but one, and he was ridiculed till glad to retire and try to sleep with the pie and cake that would not lie still in the stomach of the sound-minded brother, who values his body too much to put it upon regular meals of poor food; to say this, fie, the idea is preposterous! It would spoil all the votes of thanks for good cheer and hospitable entertainment, discourage people from gathering at such meetings to serve the Lord, and break up one-half of the sociables for the support of the church, if persisted in.

4. Our honored and honest President most truly and plainly puts the question of medicine to the peace-makers (now supposed to be mob instigators), as illustrative of governmental principle.

He puts it just as the mass of the people see it. He represents the people in this, as in slavery, most faithfully, and will bring his great mind and noble heart to bear, just as the people indicate here, as elsewhere.

A drug may kill a well man to take, but it may cure a sick one! This is the corner stone of the medical edifice. The doctors have laid it. The people have built upon it, and the rulers live in it. And though a sick rat might refuse arsenic with becoming sense, because it killed well rats, men and women can do no such thing. From the White House to the log cabin it is settled and acted upon, as sound philosophy, that any and every drug, fatal to health and life, may restore the one and save the other, if given by regular physicians; so fixed, that the turning point of argument in a grave state paper, touching the vitality of our material life, is made to turn upon it, and that, too, to the discomfiture, if not the satisfaction of the Albany Committee. It is proved beyond a shadow of doubt that Vallandigham's arrest was right and constitutional, because some things unconstitutional in peace are just as surely right in rebellion, as that drugs are good in sickness that are good for nothing in health. Now, Dr. Trall, and all of the contrary part, I conjure you to consider well the tendency of your teachings, and, if on mature reflection you cannot, like Gallileo (and many others) renounce your heresies, have due regard to the welfare of the country. By no means convince the Albany Committee that strychnine will injure sick folks as well as those not sick, lest they should assail the Government and overthrow our liberties with the science of medicine. In such an event (which I don't think possible), you would have a most fearful reckoning to make.

In conclusion, let me express the hope that you will find in the contemplation of this matter,

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relief from that Gettysburg affar from which you were excluded. You can hardly expect permission to heal the sick out of the prescribed form. It would be just as wrong as it was for Fremont and Hunter to free slaves. They could not do that, you know, because it was the province of the Executive. So it is his province to reform the medical department. You nor any of the Hygienists have any more right to interfere with the general plan, by saving a few soldiers' lives and preventing much suffering, than had General Fremont to interfere in the war arrangement, by making available the slaves of Missouri to put down the rebels there and save many precious lives.

True, it is right in the abstract to let the oppressed go free, and treat the sick at all times, by all men, but we have established a different order of things and made it lawful to enslave some men and drug others. We have established a government to maintain this order of things and elected men to execute it. They and they only will have the power. If Surgeon-General Hammond has transcended his bounds, he will be cashiered as was Fremont, and the howlings of medical societies will turn to hallelujahs, but after that may come another proclamation, in due time, to save the next generation from calomel and cream of tartar.

THE GOSPEL OF HEALTH.

DR. TRALL: *Dear Sir*:—Through the goodness of God and Hygiene, hard labor and poverty, I am once more in health to risk the attempt of a fall campaign in behalf of suffering humanity. I am not sufficiently acquainted to ask an appointment as a lecturer, but, if you please, I will tell your readers who I am, what has been my life-aim, and what I intend to do.

1. I am an humble minister of Christ, who sent out men to teach the gospel to the poor, heal the broken-hearted and the sick. I am past middle age, very poor, but very thankful that *poverty* has made me resort to hard labor. When thus worn down with professional toil, my shattered health has been recruited, and I have lived when well supported clergymen have died from inaction and exhaustion.

2. My life-aim, since I had one, has been to undo the heavy burden from others that fell upon my boyhood with destructive force, devoting my soul to hopeless despair, and my body to speedy death. From both I was mercifully saved, and, as the mind was the greater, I have devoted myself mainly to that, while giving much attention to the *body*. Drugged, and bled, and blistered, and sentenced to a premature grave, I crouched and crawled through youth a stranger to youthful emotions. With early manhood, medicine humbuggery was exposed to my *gaze*. Robbed of this supposed prop, I struggled on with doubt, and hope, and fear, till *finally* I made the heaven of Hydropathy, as first practiced, and have faithfully followed its lead, setting at naught all drugs and deleterious articles of food so far as possible, and aiming to live Hygienically, save indeed the unavoidable conformity to customs of society in order to be an acceptable teacher of *theology*. Always on new ground, I have escaped the bane of popularity that ruins so many.

Abating nothing of my zeal for sects; withholding nothing from the church of my choice, I now intend to give more earnest heed to the *Master's* example and teaching as to healing the sick. In short, I shall travel, preach the gospel of *health* more, and creeds less, according to my ability, wherever a door is opened.

Having prolonged life and promoted health beyond the expectation of myself and others, by a partial attention to the laws of health; having treated many chronic and acute diseases successfully; having, as living witnesses of the efficacy of the system I advocate, four children, born of an invalid mother, herself the child of consumption, raising the healthiest and strongest children to be found in the community, where they live; having seen my brothers and sisters fall into premature graves, at the hands of the doctors; having seen multitudes sinking under a false system of living and worse medication; having seen the murder of innocents, and heard the groans of unsuspecting parents, enough to rend the rocks; and, knowing a better way, I believe it my duty to labor more constantly to remove the burden of woe, that curses more lives than war and pestilence. Henceforth, then, while preaching as before, as opportunity offers, I shall specially strive to save all I can from early death, or long suffering, from bad living, by teaching how to get well, if sick, and how to keep well. Particularly I shall endeavor to retain some of the blossoms of infancy upon the parent-stems that are so rudely snatched away.

With good will to all, I shall, nevertheless, insist upon correct habits of eating, drinking, sleeping, laboring, and resting, nor do I intend, for the sake of hospitality; of society or church, to partake of anything that I know to be injurious, nor offer it to others.

J. STEBBINS.

HIGHLAND, Clayton Co., Iowa.

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To Correspondents.

Rattlesnakes and Snakeweed.—I. O. C., Walshville, Illinois: Dr. R. T. Trall: Dear Sir:—(1.) Not long since I saw a dog which belonged to an old hunter, bit by a rattlesnake, and in less than an hour he could not walk. His master took something he called snakeweed, boiled it in milk, and gave it to him. In two or three hours the dog was as well to all appearances as ever. The man said he had tried the same remedy with the same effect on himself and others. If it was not the medicine that effected the cure, what was it? (2.) How would you treat a person poisoned with ivy vine? (3.) Do you think a man that works hard needs three meals a day? (4.) How many hours of sleep does a hard working man need?

1. Dog stories, and snake stories, and fish stories, and travelers' tales, and old hunters' narratives, are to be taken with many grains of allowance, with regard to the facts, and with still greater caution so far as the explanation is concerned. We cannot very well dispute what our correspondent supposes he has seen with his own eyes; nevertheless, we do not believe a word in the anti-rattlesnake virtues of snakeweed, or of any other weed. The dog may have been bit without being poisoned at all, or so slightly that in a few hours the "*vis medicatrix naturæ*" effected a cure. If I. O. C. will propose to the old hunter to allow a freshly-caught and venomous reptile to bite him, and trust only to his snakeweed and milk antidote, we will wager a thousand HERALDS against a rattlesnake's rattles that the old hunter will wisely decline the experiment.

2. By the application of flour and cold wet cloths, as we would treat a scalded or burned person.

3. No. A man can labor more on two meals than on three, other circumstances being equal.

4. As many as he can sleep soundly between dark and daylight.

Nervous Debility.—W. J. B., Muscatine, Iowa: Three pounds of crackers and ten or twelve apples a day are altogether too much for a dyspeptic stomach. As there is little probability of your being able to control your "ravenous appetite" at home, you had better go to a good Hygienic institution. We cannot prescribe the weight or measure of your food, without having you with us. The quantity of food required depends on size, temperament, exercise, and the condition of the various functions, especially respiration and the excretions. It is certain, however, that you eat more than three times as much as you should.

Grahamism.—J. C., Yellow Springs, O. "R.T. Trall, M.D.: I have recently been told by one who ought to know, that Mr. Graham, the vegetarian, in his latter days, was obliged to resort to flesh-eating. Now, as I have lived sixteen years without eating flesh, or using tea, coffee, tobacco, or whisky, it was rather a puzzle to me. This was told me as evidence that the human system must have flesh to keep it up, and that the vegetarian system could not succeed. Do you know as to the truth of the statement?"

The story has been told and reiterated a thousand times, but we happen to know that there is no truth in it whatever. It is one of the anti-vegetarian lies of the age in which we live.

Allopathic Authorities.—J. S., Iowa. "Have you any compilation of Allopathic authorities against the use of medicines? I want to make a strong petition to the Iowa Legislature, praying that physicians be prohibited from administering poisons to sick persons."

You will find a good list of authorities in our little works, "Water-Cure for the Million," and "The True Healing Art."

Dyspepsia.—M. E. C. "Do you consider a case of dyspepsia of twenty years' standing curable?"—the patient a merchant, and of good constitution originally."

The curability of dyspepsia, like that of nearly all other diseases, depends on the condition of the patient, not on the time he has been an invalid. We have cured many inveterate cases of more than twenty years' standing.

Dandruff.—A. T., Dunbarton, N. B. The patient must discontinue the use of pork, all salted meats, salt, milk, butter, cheese, and fine flour, adopt a plain fruit and farinaceous diet, bathe the whole surface once a day with tepid water, and "shampoo" the head occasionally.

Business Department.

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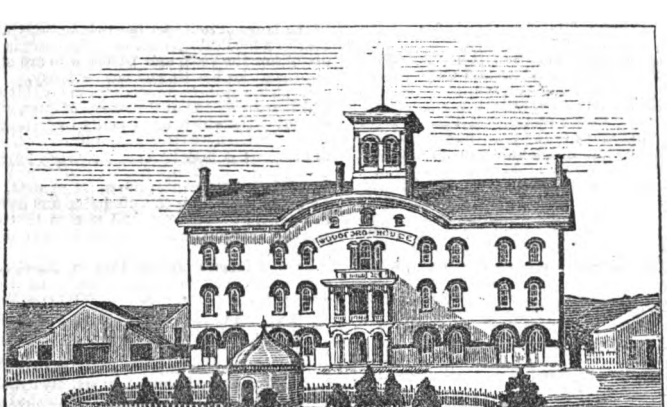
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GRANITE STATE HEALTH INSTITUTE,
HILL, NEW HAMPSHIRE.

In the last number of the HERALD OF HEALTH the reader will find what our patients say of us and our establishment. We believe it is the universal sentiment of those who come here that we have an excellent location, a good establishment, pleasant surroundings, and that we devote ourselves earnestly and solely to the great purpose of physical regeneration, in the restoration and in the preservation of the future health of those who come under our care.

We have now been engaged a long time in this business, were schooled in early life to a practical acquaintance with the sufferings and trials and discouragements of the invalid, spent hundreds of dollars annually for many successive years in trying one kind of druggery after another, and, finally, after giving up to die, recovered our health by a process so simple that we could not help seeing what a great fool we had been, and feeling greatly dissatisfied with that state of medical knowledge which teaches men to poison themselves because they are sick, in the vain hope of making themselves better by so great an outrage against common sense, against nature, against the laws of God, written in us and on us, and in the constitution of all things around us.

Believing, therefore, that we are qualified to treat the sick, and feeling more especially persuaded by the great success we have in curing them, we feel that we have a right to speak to the invalid such words as will induce him to come to us, and place himself under our direction. We wish to assure him that he will not only have good medical direction, but that he will have sympathy and care, such as is calculated to make him feel as little as possible the loss of home while he has the advantages of a medical treatment calculated to restore him to health.

Our institution is as home-like as we can possibly make it, and a great many patients have expressed their surprise that so much of the home element can be preserved, where so many strangers are congregated together. So much is this the case that many, on leaving us, have seemed to do so with as much regret as though they were leaving a beloved home circle.

Now, as to our experience and success in curing the sick, both have been great. We have been astonished during the past years to see what hopeless looking cases may be restored to perfect health. Hundreds of persons who have come to us during the past ten years, who seemed completely ruined in their physical condition, and entirely hopeless as regards cure, many of whom had been *years* seeking health, and not a few of them had been given up by all their physicians, are now performing the most active and efficient service in the several departments of business, or in the professions.

There is a power in Hygienic medication which seems astonishing, yet which ought not to seem astonishing when we remember that it is Nature and God working for us, both of whom always work for us when we are wise enough to let them, or, I might rather say, both of whom work successfully for us when we are wise enough to place ourselves in the conditions required by the law of our being.

But, besides saying to invalids in general that we have been very successful in curing all forms of chronic and acute disease, we think it right to specify more particularly:

To ladies we say, that their peculiar forms of disease have constituted a large share of our practice for the past dozen years. Uterine weakenesses, displacements, and all kindred affections have been every year, and are now being, largely treated by us. We seldom even fail in these cases though we had many of the hardest kind, and some that required many months of patient endurance and continued perseverence. Our land is full of suffering women, with pains and weaknesses in the back, the pelvis, the abdomen, the kidneys, between the shoulders, and in the head, who are dyspeptic, nervous, and often sleepless, who have lost the wonted vigor, vivacity, efficiency, and happiness, whom a few months of the right kind of treatment never fails to restore to perfect health.

To gentlemen we say, that we have treated hundreds of cases peculiar to the male organization, and during the last year more than ever before; and that our success in curing spermatorrhœa, gonorrhœa, and all the usual diseases of the sexual organism, has been such as to give great satisfaction both to the patient and ourselves. We could give numerous references of this kind, of the most satisfactory character, if permitted to publish names and residences. But few persons are willing to be thus publicly referred to. We have the liberty to give some, however, if desired.

During the past summer we have been full to overflowing, have been obliged to secure about all the spare house-room in our village to accommodate our patients. During the fall and winter months we do not expect to be quite so full, and shall be able to accommodate all who apply; and we would assure the patient that, as a general thing, the more rapid progress in getting well is made during the cool and cold weather. It may be a little more agreeable to the fancy of some persons to take *baths* in warm weather, but, as a medical system, the *Hygienic* is adapted to all seasons of the year, and people who are sick should take treatment for health and not for fancy.

Hygienic medication includes many things besides baths which are only one of the means of cure, and many things besides baths which are equally important and essential. The sick man needs treatment; he needs treatment adapted to his case; it may be mental, moral, physical, social—he needs to have all his powers disciplined and developed. It is life that he wants; life in its greatest, best, and highest perfection. It is this discipline and development of all the powers of the man and woman that our Institution aims at, and this that is making it so favorite a resort for the sick.

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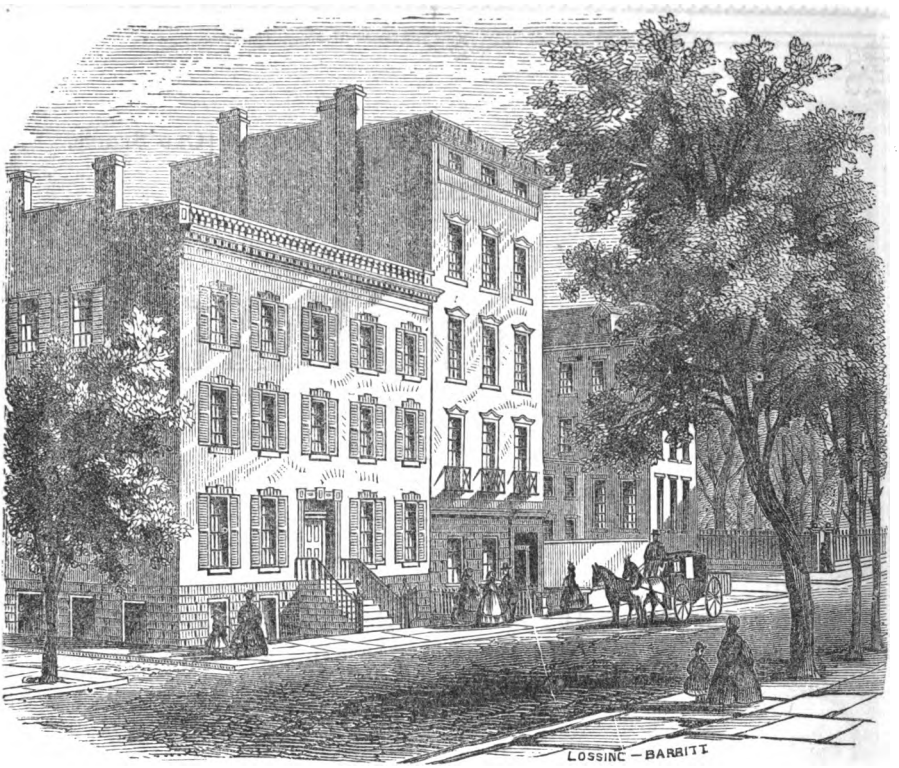
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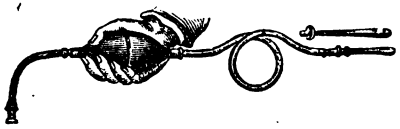
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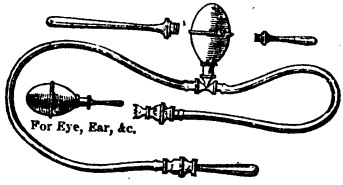
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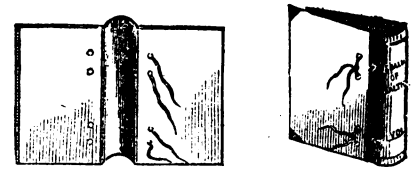
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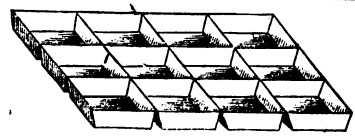
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And College Catalogue, contains, exclusive of College matter, Dr. Trall's Challenge to Dr. Reese, an article on Female Physicians and various other topics, with a very comprehensive lecture by Dr. Trall of twenty pages on the Essential Nature of Disease, the Modus Operandi of Medicines, the Relation of Remedies to Diseases, the Relation of Remedies to the Healthy Organism, the Doctrine of Vitality and the Law of Cure. Price 10 cents.

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The Complete Family Gymnasium

Is, as its name indicates, a complete work for the family. Physical culture is becoming popular. This work is well illustrated, and should find its way into every library. Price by mail $1 35.

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General Articles.

RAMBLING REMINISCENCES.—No. 27.

BY THE EDITOR.

JOHN D. CAMPBELL.

On one of our late trips to Hygeian Home, we had the pleasant company of S. R. Wells, of the house of Fowler & Wells, who, with his amiable lady, was on an excursion to Cushion Mountain, Harrisburg, Washington, and other places. Most of our readers are familiar with these names; hundreds if not thousands of them have had their heads examined by them on their lecturing excursions, or at 308 Broadway; but few of them know as well as we do how eminently practical and utilitarian are every thing they seem to feel, think, say, or do. Long accustomed to observe and study character in all its aspects; to notice development in all its phases; to regard the minutest circumstances in any manner affecting mind or body; to investigate the causes and rationale of the multitudinous phenomena of human life, and to criticise every person and almost every thing they meet, have become an established habit with them, if not a ruling passion. To them human nature never comes amiss. Be the character good, bad, or indifferent, the well-trained eye detects it in the physiognomy and notices it in the physiology, while the ready fingers feel it all out in the phrenology. And then comes the application—not the rod of chastisement, but the rule of correction. The individual is instructed how to make the good qualities better, the bad ones good, and the indifferent ones very different.

But we are digressing from the story we set out to tell. We usually travel so loaded with letters, books, periodicals, and newspapers, that we have little opportunity or disposition to talk or to be companionable. Our fellow traveler—S. R. W.—also had his pockets and his carpet bag well stored with reading matter; and among his documents was *Appleton's Railway Guide* for October, containing the portrait, biography, and phrenological character of the late John D. Campbell, with an account of his sudden and untimely death; and as the subject is one of great interest to others, as well as the immediate friends and relatives of the deceased, we present our readers with the likeness (for which we are indebted to Fowler & Wells) of Mr. Campbell, and an abbreviated statement of his life and death.

John D. Campbell was born in Woodbury, N. J., April 8, 1821, and died in Boston, August 1, 1863. At the age of sixteen he entered the Military Academy at West Point as a cadet. In 1841, he joined his brother, Henry R. Campbell, as assistant engineer in constructing railroads. In 1847, he accompanied his brother to New England, where he was engaged in constructing the line of railroad extending from Concord, N. H., to Montreal in Canada. In

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JOHN D. CAMPBELL,

Late Superintendent of the Michigan Southern & Northern Indiana Railway, and Mayor of Adrian, Michigan.

1854, he was appointed General Superintendent of the Michigan Southern & Northern Indiana Railroad. When he undertook the management of the road its stock was very much depressed, selling at only four to six cents on the dollar. But his energy, zeal, and extraordinary business tact, enabled the road, at the time of his death, five years after he assumed the management, to pay dividends.

Mr. Campbell was a resident of Adrian, Michigan, and the estimation in which he was held, may be inferred from the following, which appeared in the Adrian *Daily Watchtower* of August 4th:

"The *Daily Watchtower* had scarcely been published Saturday noon, with the announcement of the dangerous sickness of John D. Campbell, in Boston, when news was received that he died at three o' clock in the morning, and his remains would be started for Adrian that day. The news, as it spread from mouth to mouth through the city with telegraphic speed, was everywhere received as intelligence of an appalling calamity, and a profound gloom followed the announcement. All business seemed paralyzed, and people, shocked by the unexpected sad message, wondered if it could be possible that he, who had recently left the city, apparently in robust health was, really stricken down by the hand of death. When it was confirmed, the city at once assumed the garb of mourning; flags on all the railroad shops, and from nearly all the staffs in town, were displayed at half mast, and business places everywhere were draped in mourning."

When a great and good man dies in the prime and vigor of life, the people are appalled, shocked, startled; they marvel at the "mysterious Providence," or the still more mysterious fate; but who asks the question, *Why* did this person die? Who raises the thought that the death was wholly avoidable and unnecessary?

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Who doubts the propriety of the "taking off?" The incidents which preceded the death of Mr. Campbell are thus stated: "Mr. Campbell left Adrian, July 23d, on an excursion of pleasure and recreation, accompanied by his wife and sister, Mrs. Charles Bidwell, and Mr. and Mrs. W. H. Waldby. They went through Canada to Toronto and Kingston by railroad, and thence by steamer down the St. Lawrence to Montreal; thence they visited the White Mountains; then went to Portland and Boston. During the journey he was in unusually lively spirits, remarking of himself that he felt like a boy just liberated from school. He was apparently in the most robust health, and ate quite a hearty supper at the Revere House, where the party took rooms, intending to remain a day or two and then proceed to New York. Soon after retiring, he was attacked with severe pain in the abdomen which he regarded as colic, and hot fomentations were applied without relief. The next morning Dr. Rupanno, one of the best physicians in Boston, was called. This was on Thursday. The doctor regarded the case as nothing more than a severe paroxysm of colic, and assured Mr. Campbell that he would be able to go to New York the next day—Friday. During Thursday and Thursday night no alarm was felt. Friday morning he was much worse, and Mr. Waldby went out for the doctor again. During the day, Dr. Clark was called in as counsel, and at noon the doctors informed Mr. Campbell of the dangerous character of his sickness. The disease was now recognized as inflammation of the bowels. He died at twenty minutes past three o'clock on Saturday morning."

There are several things suggestive of thought in the above brief and sad recital: 1. Mr. Campbell was in the prime of life, in robust health, and in excellent spirits, until Wednesday night. 2. A "best physician" was called on Thursday, who pronounced his case colic. Friday noon Drs. Rupanno and Clark recognised the case as inflammation of the bowels. 3. Before daylight, the next day, the patient was dead.

Of what did Mr. Campbell die? Is it not a little strange that in this case, and in nearly all similar cases, very little or nothing is said of the medical treatment—of the drugs and doses the patient is made to swallow? A single grain of either one of several drugs we could name, is sufficient to destroy the life of a strong, vigorous man, as rapidly as Mr. Campbell was finished off. We have long been in the habit of regarding "the best physicians" as the surest killers. We have no more doubt that Mr. Campbell was dosed out of the world than we have that there are eminent physicians in Boston. Our reasons are the following: 1. It is not easy for a robust man to die of a single hearty supper. 2. The diagnosis between colic and inflammation of the bowels is so plain and obvious that the merest tryo in medicine who has read the symptoms of each, need not be mistaken. 3. Dr. Rupanno diagnosticated colic on Thursday. 4. Friday noon Drs. Rupanno and Clark pronounced the disease inflammation of the bowels. 5. The conclusion is irresistible that the patient had colic resulting from obstruction caused by the hearty supper; medicine was given for the colic, and the medicine which did *not* relieve the colic induced the inflammation which killed the patient—

> God gave his creature light and air,
> And waters open to the skies;
> Man locks him to a stifling lair,
> And wonders why his brother dies.

INTELLECTUAL DEVELOPMENT.

One of the most exciting subjects which we heard discussed, by the British Scientific Association, at Cambridge, England, in October, 1862, was the relation of man to the gorilla, and the relation of the aye-aye to both, involving, necessarily, the origin and distribution of germs, the question of spontaneous generation, and the final and culminating problem, Is man a developed monkey, or the monkey a degenerated man? All these questions involve historical and theological as well as philosophical problems, and are, hence, equally the field of investigation for the historian, the theologian, and the philosopher. The discussion to which we listened, and in which M. D.'s, D. D.'s, and F. R. S.'s took part, proved at least one thing: It proved that the time has come when all philosophical problems in all departments of human knowledge should be studied from the scientific stand-point. Hitherto, almost every subject connected with the great problem—the problem of problems—the Progress of the Human Race, has been treated mainly from the literary and historical stand-points. And we hail with peculiar pleasure the work of Professor Draper of this city (on "The Intellectual Development of Europe," in which the author endeavors to explain the rise and fall of nations on scientific principles), as a star of great promise in the horizon of Universal Philosophy—as a step in the right direction.

Every attempt to trace the progress and mutations of the material, moral or intellectual world, is but seeking an explanation of the Laws of Nature. And no philosophy can have any

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demonstratable basis, no science nor fixed principles, and no art nor infallible rules, only as they are predicated on the laws of nature themselves. But we regard the work of Professor Draper as defective in one essential particular. He does not begin at the beginning. In his work on physiology he denies the existence of a vital principle, and undertakes to explain all the phenomena of organic life by the laws of chemical affinity; and although he occupies the position of Professor of Physiology and Chemistry in the New York University Medical School, he does not, most unfortunately, tell us what the sciences of physiology and chemistry are, as distinguished from each other. And further, all of his teachings on physiology and chemistry proceed on the primary fallacy —the error of all the schools and all the text-books—that, in the relations between living and dead matter, *the dead acts on the living.*

When Professor Draper understands that there is no chemistry in living structures; that chemistry relates solely to the actions—combinations and separations—of the particles or atoms of *inorganic* matter, he will see that the laws of vitality, as contradistinguished from chemistry, will alone enable him to explain the problems of life, and to give us the true rationale of the unfolding or development of the human intellect in all ages. Then he will erase from his book "the age of decrepitude," and substitute "the age of perfection." We cannot subscribe to the doctrine that nations, like individuals, *normally* grow, mature, decay, and die, although we must confess that the world's history thus far seems to be almost altogether in favor of the theory. Nor can we believe that *war* among the nations is a *normal* process; nor can we admit that disease in society is the normal rule, or *evil* the normal condition; yet, if we appeal to universal history, the appearances are very much against us. The perfection of individual development is merely a preparation for another or higher sphere of existence—a disembodied state; but as nations are not, as nations, immortal, it seems to us to be the order of nature and providence that, when national development is perfected, it should be permanent. We cannot predicate an earthly millenium on any other *scientific basis.*

CONSTRUCTIVE DESTRUCTION.

Perhaps a better heading for the rambling cogitations we are about to record would be "destructive construction." We allude to one of the strangest muddles that ever possessed the minds of reasoning men, and which has come to constitute a new problem in the scientific world—we mean *constructive chemistry.* If we rightly understand the relations of chemical and vital forces, they are mutually antagonistical. Vital action relates solely to organic, and chemical action to inorganic matter. Vital structures *transform* other elements into themselves, while chemical elements merely combine and separate. Chemical elements are compounded into third substances, as when aqua-fortis and potash combine and form nitre, or as when sulphuric acid and soda combine and form Glauber's salts; and are again decomposed so as to reproduce the original elements. Nothing like this happens in the domain of organic life. The food of which the structures are made, does not *combine* with the tissues and organs; nor can it be separated from them. On the contrary, the bread, apples, potatoes, &c., which we eat are *transformed* into blood, muscle, nerve, bone, &c., and used; these are force-material, and are reduced to ashes, and the ashes—the *debris* of the disintegrated tissues and organs—is expelled in the form of excrement—urine, feces, sweat, bile, and carbonic acid gas. There is no chemistry in those processes. There is no such thing as reproducing the food, bread, apples, potatoes, &c., by the chemical process of analysis or decomposition.

These reflections are suggested by the new edition of Professor Youman's CLASS-BOOK OF CHEMISTRY, just published by D. Appleton & Co. We cordially commend the work. It has been a text-book in our Hygeio-Therapeutic College since the first edition was issued, ten years ago. It is one of the best, if not the very best, elementary treatises on chemistry in our language. No work conveys the information which every educated person ought to possess in a more clear and comprehensive manner. But in revising his work so as to prevent the "modifying influences of late discoveries and advancing ideas," the author has adopted the speculations of the chemico-physiologists who imagine they have made or can make, organic substances by chemical processes. Herein we are skeptical. Says a contemporary:

"An account is also given of the researches of Berthelot, a French chemist, who has had the audacity to start an opposition to Nature by commencing the manufacture of organic bodies, an operation in which, strangely enough, he seems to be succeeding. It has hitherto been considered that all the chemist could do with organic products was, in various ways, to destroy them, or, in a limited manner, to transform one into the other. To make them by direct synthesis of their elements has been long and positively pronounced impossible. The advancing maneuvers of several chemists have

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recently shown that this old position was not regarded as by any means impregnable, but it has at length been stormed and taken by the intrepid Frenchman. Not only has he rivaled Nature, but he seems actually to have beaten her on her own ground; for while she can only begin with compounds to make organic substances, the chemist goes further back, and commences with the elements themselves. These he combines first into simple, and then into complex groups, rising step by step to the production of organic acids, alcohols, sugars, and fatty compounds. There is, however, no expectation of his completing a plant or animal in this generation, and he therefore can hardly be expected to accept orders for conscripts during the present war. In the same connection are given certain highly interesting researches of Prof. Graham on the crystalloid and colloid conditions of matter."

These statements are interesting and plausible, but still we disbelieve. How many learned men have puzzled their brains into semi-insanity in attempts to construct a self-moving machine, not knowing that the principle of "perpetual motion" did not exist in nature, and, therefore, could never be worked out in art! We have seen very ingenious combinations of machinery, on which the enthusiastic inventor had worked for a dozen years, and when we expressed the opinion that he must inevitably fail for the reason that the principle he was endeavoring to embody in wheels, levers, balls, cogs, planes, and screws, had no existence; instead of being grateful for the information, he was offended at our non-credulity.

At Cambridge, England, in October, 1862, we heard a lecture by Professor Odling, delivered on purpose to explain, illustrate, and prove that chemistry was constructive as well as destructive; that organic substances had been and could be produced chemically. We saw the experiments, and we thought they proved just the contrary, although a large portion of the audience seemed to accept the testimony as a demonstration of the truth of the proposition. We went to the lecture prepared to witness a failure. We came away with the impression that the lecture, though eloquent and brilliant, and the experiments interesting, indeed, splendid, was a total failure, so far as proving that chemistry is any thing but destructive in relation to organic matter. When the chemist will produce the smallest particle of blood, bone, muscle or nerve, we will believe that he *may* construct heart, lungs, liver, kidney, brain, skin, stomach, bowels, &c., &c.; and when he has manufactured these, we shall be prepared to see him go a step further and *create* vegetables and animals. Of course, when he has so perfected his laboratory as to turn out fellow-beings—men, women, and children to order, he will have them all earthly angels!

CRINOLINE AND OBESITY.

We hardly know which most to admire, a woman so rigged out circumroundaboutly as to render locomotion difficult—presenting, as she seems to glide slowly along the sidewalk, without feet, having the appearance of a huge pile of dry goods with a woman inside—and ingress and egress to and from omnibuses, stages, cars, &c., a tedious and painful operation; or a man who carries one or two hundred pounds of superfluous stuffing inside of his skin. One makes herself and others uncomfortable with excess of cotton; the other renders himself and others miserable with excess of adipose. We incline to the opinion that the woman's way is the more wholesome of the two. So far as mere looks are concerned there is not much to choose. Both are the victims of fashion. If a woman undertakes to dress comfortably, usefully, healthfully, she must dress unfashionably, and then she must be cried down as "no better than she should be." If a man undertakes to eat plain, wholesome food, and eschew the greases, condiments, flesh-pots, and stimulants, which obstruct his depurating organs and swell him out with accumulated effete matter, he is apt to be called a fanatic, a visionary, or an enthusiast. But there is, after all, a solid comfort in doing right and being right, let the world of fashion say what it will.

We were "riding on a rail" a few days since, and in one of the passenger cars were the subjects, attributes or objects, which suggested the reflections we are now committing to paper. One was a woman with the usual bandbox and baggage accompaniments, so extensively crinolined that, passing a fellow traveler in the aisle between the seats was an amusing phenomena, to say the least, while getting in and out of the seat, required a twisting, turning, manipulation, and doubling of hoops, that would have afforded an admirer of the "American costume" a text for a long lecture. The other was a man of monstrous abdominal proportions, and his movements in the crowd were attended with very similar difficulties to those of the lady in dry goods. It was natural for us, accustomed as we are to study human nature in all of its pathological phases, to speculate on the question, whether a crinolined woman or a fattened man is the greater nuisance to themselves and their fellow travelers?

BRITISH MEDICAL SCIENCE ON TOBACCO.

One year ago to-day (the day of this writing, October 3d), we listened to a discussion, in the

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Physiological Section of the British Association for the Advancement of Science, on the effects of tobacco-smoking, in which discussion every *medical* gentlemen F. R. S. took sides in favor of smoking, contending that it was useful, hygienic, physiological, remedial, &c., &c. Not a voice was raised in condemnation of the practice. Since then we have not noticed anything in the British Medical Journals on the subject until quite recently. Dr. W. B. Richardson, in the London *Lancet*, gives a lengthy exposition of his views and conclusions, the cream (or smoke) of which are expressed in the following paragraphs:

"Smoking produces disturbances in the blood, of the stomach, of the heart, of the organs of sense, of the brain, of the nervous filaments and sympathetic or organic nerves, of the mucous membrane of the mouth, and of the bronchial surface of the lungs.

"But as a luxury tending to this condition, it is probably one of the least hurtful of luxuries. It is on this ground, in fact, that tobacco holds so firm a position; that of nearly every luxury it is the least injurious. It is innocuous as compared with alcohol; it does infinitely less harm than sugar (?); it is in no sense worse than tea; and, by the side of high living, altogether it contrasts most favorably. It is most antidotal to gluttony."

We are acquainted with persons in this country—medical men, too—who are both excessive smokers and incorrigible gluttons, as their ponderous dimensions of adipose abdomens attest; so that, however well the rule works in Britain it fails in America. But the idea that tobacco diseases the blood, the heart, the digestive organs, the brain, indeed the whole system, and is yet "one of the least hurtful of luxuries," is so self-evidently absurd that any reply would be in itself ridiculous. The Dublin *Medical Press*, after replying to Dr. Richardson's absurd vagaries, gives a chapter of wholesome advice which we commend to the attention of whom it may concern:

"The smoker will say, 'but the pipe is a luxury, and repays us for the inconvenience and expense;' to which we reply, 'it is a luxury, because you have made it one, and a necessity of your own creation. If you had not made the pipe your master, you would not have felt the necessity of the luxury. The man who never smoked feels no loss, because he knows not the appetite.' In the second place, public decorum and politeness are not compatible with the use of tobacco, and it is on this ground that the habit was attacked by the *Times*. Perhaps a smoker amongst smokers commits no breach of manners, for the callous olfactory senses of his company experience no discomfort; still he should remember that a large section of the public, and more especially those to whom politeness is particularly due, the aged and the fair sex, regard the smell of tobacco as no better than that of assafœtida, and he should consider that to lungs unaccustomed to the fumes of the fragrant leaf, smoke is as distressing as sulphurous vapors. If young men remembered this, if they refrained from annoying and inconveniencing their neighbors, for the purpose of satisfying their own morbid appetite, people might say, 'let them poison themselves so long as we are none the worse.' But it is a patent fact, which calls for the loudest public complaint, that they do *not* refrain, but rather force their vitiated taste upon the public on every occasion. A lady or an old gentleman cannot enter a railway carriage, or any place of open air, public resort, without having their senses offended and their clothes bescented with the odor of stale tobacco; nor is it considered worthy of a gentleman in this fast age to enter a ball-room or theatre redolent of the filthy perfume which is inseparable from his after-dinner pipe. No one has the right to outrage good manners to satisfy his morbid taste, and smokers should not abuse the good humor of the public by obtruding their bad taste where it is out of place; but if we are to admit that the question of injury to health is still an open one, we must admit that the opponents of the pipe have a *prima facia* case of the most conclusive description in favor of their view. It is altogether impossible and contrary to every analogy that persons can imbibe even the minutest doses of a virulent poison, such as nicotine, without suffering injury. If the smokers have no more forcible argument than the pleasure of smoking to adduce, they must be content to be enrolled with the opium-eaters, who are ready to adduce the same argument. The relative difference between the smoker and opium-eater is the quantity of poison imbibed, and we find it very difficult to believe that a habit which necessitates such a system can be regarded otherwise than as a degrading vice, and worthy of public condemnation."

ELOQUENCE.—Eloquence cannot be acquired in schools—for they cannot teach it; nor can it be imparted by any system of instruction whatever. The professed elocutionist may indeed impart the graces of manner and the artificial accomplishments of speech, but he cannot inspire the soul with that impassioned fervor which impresses and sways the mulitude, and without which all is vain—the mere show of a holiday—an empty gaud. For the masses of men that compose the audience of an orator bow to no energy not greater than their own; and when that of a speaker is less than theirs, he not only fails to excite in their minds any deep emotion, but he sinks himself to the level of a mere exhibitor of practiced attitudes and premeditated graces. But eloquence is the gift of nature, and is beyond the reach of art. "It must exist in the man." The orator, like the poet, must be born such; and no means whatever can engraft on a barren nature the capacity. But, like all the other gifts of nature, that of eloquence may be improved by art; and the natural capacity, where that exists, may be fostered and cultivated, but it cannot be implanted.

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OBSERVATIONS IN THE RIGHT DIRECTION.

Dr. Austin Flint, Professor of Principles and Practice of Medicine in Bellevue Hospital Medical College, and of Long Island College Hospital, one of the Visiting Physicians of Bellevue Hospital, also author of a large work on Disease of the Heart and Lungs, and many other popular contributions to medical science, has recently written an article for the *American Journal of Medical Science*, which he calls a Contribution toward the Natural History of Articular Rheumatism, consisting of a report of thirteen cases treated solely by palliative measures. The doctor steps out of the well worn and familiar paths of his school, lays aside their charts and compass, and taking nature for his polestar and reason for his compasses, ventures out upon, to him, an unexplored field of observation; and as he has kept an accurate account of his soundings, and a correct note of his observation, we venture to copy some of the results of his discoveries for the benefit of the readers of the Herald of Health, inasmuch as we think they were observations made in the right direction. The results of these observations are just what all Hygienic physicians would expect to see; and had the doctor made himself familiar with the Hygienic system of treating disease, he would have known that the same field had been explored by others, and a more correct method of treating rheumatism and all other diseases fully demonstrated. Let us hope, however, that the doctor will continue his observations, not only upon articular rheumatism but upon all other classes of disease. If he does, we will venture to say that he will be certain to become a Hygienic physician, and his contributions will do much toward establishing a correct system of medical practice. I quote the doctor's language correctly, but add a few italics where I think them needed, leaving out nothing that would essentially alter the meaning. He says: "The natural history of a disease comprises every thing relating to that disease, when its course is not interrupted nor altered by any *extrinsic agencies*." He then asks the following questions: "Under favorable Hygienic circumstances, what are the symptomatic events which a particular disease manifests? What are the laws of development of disease and its progress and the phenomena which belongs to it? What is its tendency with respect to its ending in death or recovery? What is its average duration in fatal and non-fatal cases? What appreciable changes in the solids and fluids of the body are peculiar to it? What are its sequels?" The answers to these questions embrace the facts which make up the natural history of the disease, and these facts are to be obtained by observing cases in which there have been no disturbing influences, *including medical influences*. Cases treated by means of measures designed to arrest, abridge, diminish the intensity of the disease, or change its character, cannot supply the data for determining accurately its natural history. The facts furnished by such observations, consist in part of the phenomena of the disease and partly of the effects of treatment, the *therapeutical agencies* employed, in proportion to their *number* and *potency*, have *affected* its phenomena, laws, &c., or given rise to *events* which have nothing to do with the *disease*.

He says further: "The importance of knowing the natural history of diseases, has not been and is not always duly estimated. If we are unacquainted with the natural history of any particular disease, we cannot tell, in individual cases, whether the course of the disease be regular or excentric; we are liable to doubt and error in diagnosis and prognosis; in short, we are not prepared to judge of the present condition of the patient or to anticipate coming events. *Still more*, the importance of this knowledge is shown in its bearings on the acquirement of information respecting *medicine*. The evidence of the curative effects of remedies is obtained by a comparison of cases in which they have been employed, with cases in which they have been let alone. Hence, medical experience, so far as regards the treatment of disease, can *never* be complete or reliable without knowing its natural history."

If all physicians would act upon these simple suggestions and be as honest in their conclusions as Dr. Flint, medical science would soon be revolutionized. His contributions to the natural history of articular rheumatism, are the results of close observation of thirteen cases, treated in the fall of 1862, in Bellevue Hospital, while he was on duty as visiting physician, in which no therapeutical measures were employed with a view to any curative influences. The circumstances which led him to pursue this plan of clinical observation, he states to be these: "Various methods of treating articular rheumatism have been in vogue within the period of my own professional experience. Bleeding, local and general, together with other so called antiphlogistic measures, mercury carried to ptyalism, colchicum given in doses to produce free purging and vomiting, the

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nitrate of potash an ounce or more daily, opium in full doses, the sulphate quinia given largely, have been successfully in vogue during the last twenty-five years; the treatment at the present moment generally adopted, being the administration of salts of potassa or soda, in sufficient quantity to render the urine alkaline. The latter method is generally known as the alkaline treatment. In 1854 I was led to analyze the cases of articular rheumatism of which I had kept records. I had notes at that time of twenty-four cases only. These I analyzed with reference to the ages of the patients, the seasons when the cases occurred, the previous health, modes of attack, the parts affected, in combination and succession, the occurrence of heart complications, concomitant disorders of the nervous, pulmonary, digestive, and urinary systems, the duration of the disease, and the treatment. As regards the treatment of these cases, in two, bleeding was practiced; in eight, mercury entered into the treatment; in eleven, opium was used; in three, the sulphate of quinia in full doses; in two, the iodide of potassium, and in one case, lemon juice in large quantities was tried."

The results of these analyses are all summed up in these few words: "So far as these observations go they lead to a distrust of the efficacy of the several remedies employed, rather than tend to increase confidence in our ability to control, by means of them, the progress of disease. Some remedies appear to possess more or less palliative power. This is true of colchicum, bleeding, and opium; but, as respects the duration of the disease, it was in some cases short and in others protracted under different remedies. This being so, it is perhaps more philosophical to attribute these differences to variations in the tendencies of the disease, in different cases, rather than to the agency of the *remedies* used. It is to be observed that under the use of several remedies, supposed to possess more or less *remedial* efficacy in this disease, the complication most to be apprehended, viz., heart affection, became developed. This was true of colchicum, the nitrate of potash, calomel, and opium."

"During the last eight years I have been accustomed to rely on the alkaline treatment which has generally been adopted since 1854. The impression left upon my mind is that, as regards the severity of the disease, its duration, and the liability to heart complications, the alkaline treatment, in my hands, has given results not materially different from those afforded by the methods of treatment previously in vogue." Such observations led the doctor to "resolve to treat with palliative measures only, such cases of articular rheumatism as came into his wards in Bellevue Hospital, in the fall of 1862, so long as circumstances might lead him to conclude that, by continuing this *plan*, no injustice was done to the patients, whose relief was, of course, paramount to any other object." He says: "The cases thus treated progressed so satisfactory that I found *no* grounds for discontinuance of the plan. The last case which came under my observation was the only one in which any serious complication occurred."

"The reported cases were treated throughout with only palliative measures. But to secure the moral effect of a remedy given, especially for the disease, the patients were placed on the use of a placebo which consisted, in nearly all cases, of the tincture of quassa very largely diluted. The favorable progress of the cases was such as to secure for the placebo the entire confidence of the patients."

These thirteen cases are all analyzed with reference to the following points pertaining to their natural history: "The duration of the disease and of convalescence; the number of joints affected; the affections of the joints of greater intensity, and the occurrence of heart and other complications. The average duration of the disease in these cases, was a small fraction under twenty-six days. The time in the hospital varied from twelve to fifty days, the mean being a fraction over thirty. These results go to show a considerable diversity as regards the intrinsic tendency of the disease to end after a certain period. They show, however, that the disease does end from *self* limitation after a duration varying in different cases. They go to show, also, that the mean duration, without curative treatment, cannot greatly exceed the average length of the disease, when active means are employed with a view of controlling it."

The average duration of these thirteen cases was somewhat longer than in the twenty-four cases previously reported, in which active measures were used to control them, and he "thinks it is fair to suspect that, in some of these cases, the disease was abridged by the remedies," and then adds, "but it may, with equal fairness, be suspected that in a certain proportion, and perhaps a large proportion of the cases, whatever be the treatment pursued, this disease obeys its own laws as respects continuance."

In regard to the number of joints affected, in the report of his cases he gives an accurate account of the number and severity in each case.

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In some of the cases only one knee and one wrist, in others almost all the large joints in the body were affected. He adds: "An examination of the foregoing recapitulation will, I think, satisfy the reader who has much practical acquaintance with articular rheumatism, that these cases will compare favorably with cases as they ordinarily occur in practice, when treated by the different methods which have been in vogue." As regards the intensity of the affections of the joints he says: "My impression is, that the average intensity of the affection was *not* greater than a practical acquaintance with the disease would lead us to expect in the same number of cases treated with active remedies."

He next proceeds to an examination of these cases with reference to heart and other complications, which he regards as the most important subjects belonging to the study and treatment of articular rheumatism. "This disease involves immediate danger to life only when pericarditis or some other grave complication becomes developed; hence, these are events most to be dreaded." So far as regards treatment, measures on which reliance might be placed to prevent the occurrence of pericarditis and endocarditis (or inflammation of the outer and inner membranes of the heart), are much more to be desired than measures to abridge the duration of the disease, to limit the number of joints affected, to diminish the intensity of the arthritic inflammation, or to relieve the sufferings of the patient.

In regard to the development of these complications, in these thirteen cases, he says: "I did not consider that there were adequate grounds for the diagnosis of endocarditis, save in one case in which pericarditis also existed (case 13), in which pneumonia occurred shortly after the development of pericarditis." In concluding his observations he adds: "The gist of the question is, whether the introduction of the alkaline remedies, or any other method of treatment, will render the patient secure against, or less liable to these complications. I certainly have no desire to come to the conclusion that these complications are not preventable, but it is certain that the different methods of treatment heretofore in vogue have failed to prevent their occurrence."

The conclusion arrived at by these experiments, are that articular rheumatism is not shortened in its duration, is not prevented from spreading to other parts than those first affected, its intensity is not diminished, and that heart and other complications are not prevented by the use of the remedies heretofore employed, and now in use by the practitioners of his school. If they are not useful, must they not be positively injurious? Are they not all deadly poisons which, when taken into the system, must be got out again at the expense of a certain amount of vitality, or else remain in the system poisoning the tissues and obstructing the circulation, thus causing diseases much worse than the one they were given to remove? Rheumatism is supposed to be caused by the presence or accumulation of lactic or lithic acids in the system; and it seems to me the most rational method of removing them is to promote the natural action of the excretory organs, those organs whose functions are to remove the waste and poisonous matter from the system, viz., the skin, bowels, kidneys, &c. Their natural action can best be promoted by Hygienic agencies. Had these been scientifically applied in the cases above referred to, no doubt the time of their recovery and discharge would have been materially shortened. Dr. Flint's observations and experiments certainly point in the right direction, and let us hope for the good of suffering humanity and the advancement of a true medical science, that he will continue his observations of the natural history of every disease he has to treat, and contribute the results of his observations and experiments for the especial benefit of the members of his own profession.

E. P. Miller, M. D.

Analysis of Soils.—To analyse a soil with sufficient accuracy to render the analysis of any value, requires a chemical education, and considerable apparatus, just as a physician needs an education; and the great difficulty, after a proper analysis is made, is this—that so many influences, the effect of which the chemist cannot estimate, arise, in farm cultivation, to increase or diminish the fertility of the soil. Thus, when its mechanical texture is just right, when the presence of moisture is regulated by good natural or artificial drainage, and when proper attention turns the whole productive power of the soil to the crop upon it, instead of giving a large area to weeds, a very small per centage of those ingredients most sought for by the plant, will go much farther than an equal or considerably larger per centage of the same elements under contrary conditions. There may be some points that the chemist can prove by analysis, such as the cases of poisonous materials, if added in large quantities; but as a general rule, analysis of the soil is now discarded almost wholly as a practical guide in farming.

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EATING AND SLEEPING.

BY W. T. VAIL, M. D.

THERE is an old adage, and a good one, borrowed, we believe, from the writings of St. Paul, "that if any would not work neither should he eat." Were this very rational commandment of the great disciple generally enforced in these latter days, we apprehend it would make the greatest stir among lazy bones the world ever saw, and create one of the greatest revolutions known to modern society.

The above maxim may, we suppose, be considered both a principle in morals and a law of the animal economy; but there is another principle more imperatively a law of the animal economy than this, whatever it may be considered in morals, and which deserves to be written in letters of gold and posted in every household, study, counting-room, and office, as one of the every-day-guiding maxims for all human life. It is this, *that if any do not sleep neither should he eat;* or, in other words, paraphrasing the maxim, there should be an exact ratio between the eating and sleeping of every individual, in order to preserve a proper equilibrium and healthful balance of the physical organism.

The point we make we do not remember to have seen descanted upon nor elucidated by any writer upon physiology or Hygiene, in this Journal, nor any other, yet so thoroughly persuaded are we of its importance that we do not hesitate to say, that upon examination it will be found a key to the origin of one of the largest class of most distressing and obstinate disorders.

No human constitution can stand an unremitted exercise of the brain and nervous system, day and night, for any length of time, or any considerable approach to such an exercise, without breaking down and running into monstrous disorder. No human constitution is capable of performing the functions of digestion and nutrition in a healthful and life-sustaining manner, unless its energies are regularly and perfectly renovated by rest and sleep. Nothing so impairs the digestive and nutritive functions, nor diminishes their power more certainly and rapidly than a loss of sleep; and nothing more surely hinders the return of perfect sleep and rest than full or over feeding, under circumstances of nervous excitement or mental exhaustion.

The most difficult cases to treat successfully, that ever came under our care at the "Granite State," are those patients who, for years, have been racking their brains incessantly with cares or business, have been eating heartily to sustain the draft upon their systems, and have been lying awake nights, thinking. Such a course runs the unhappy individual into the most confirmed and disastrous state of nervous dyspepsia, a dyspepsia that leads directly to monomania or insanity.

Let the business man, let the student, let the professional man, let every man, who finds his accustomed period of sleep, say of six hours or of five hours daily, reduced to half this measure or less, beware how he eats. Reduce the food at once in proportion to the reduced sleep, if you would save serious disorder of the organism and secure a rapid return to health; that is, to the accustomed quiet and sleep.

What shall be done, then, some one may ask me, in case we do not sleep at all? Shall we, in that case, cease to eat altogether? Where there is a complete loss of sleep for any reason, let me answer there is no remedy so good as entire fasting. Sleeping before eating is the grand rule, which might be called the golden rule for the guidance of the whole human family.

But the business man rushes headlong, too often, toward a yawning gulf of destruction. He over works himself to day, his appetite is, in consequence, stimulated; he eats largely, and to-night he loses half his accustomed sleep, and the other half is but poor and disturbed. To-morrow, forgetting all things else, he plunges again into the labyrinths of business. There are herculean difficulties to be grappled with and overcome in his pursuit after wealth, or in the successful management of his affairs. Again, he eats largely to supply the great demand made upon his system, and, most likely, swallows his food rapidly. Again, his sleep is broken and disturbed, no better than the night before, most likely worse.

Now, what is to be done? Why, what is generally done is to go over with the same old thing again—over-work and again over-eat; but sleep! Can a poor, over-worked brain and over-taxed digestive organism sleep? There is commotion in the house. The various members of the family are agitated and calling out one to the other: Can there be any sleep? The brain calls out to the stomach to know what it is doing down there, to know what's the reason it don't keep quiet. The stomach answers back to know what's the reason, after being required, unassisted, to do work enough for two or three members of the house all day, it should not have a chance to finish up by night, and get the house to rights, even though it be a little

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late. The heart flutters away, because the stomach and the brain, in their agitation, have forgotten to lend their accustomed aid. So the good man of the house wakes in the morning—no he don't wake—but he gets up, utterly confounded and half crazy.

But a good cup of strong coffee with beefsteak "sets him up" again after a little, and again he engages in the anxious strife of worldy pursuits. Now, how long will a poor, frail, human machine made up of flesh and blood, of bone and muscle, stand such irrational and absurd treatment?

Can a poor, crazy, insane body, long remain inhabited by a sane and healthy mind? Does any one want a recipe for mental insanity? He can have it in anything that will make the body crazy most rapidly and most thoroughly.

So the student pours over his books by day and by night. He has lately come from the field or the workshop. His appetite is good. He eats heartily. But before long he does not sleep as he used to. The horrors of dyspepsia follow. He studies still. He is ambitious to excel. He knows that the path to influence, to honor, to wealth, lies straight through a thorough education. He has set his heart upon excellence and distinction. He means to be no common man. Poor, deluded mortal! There is a grave in the pathway he is traveling open to receive him. Is there no one to tell him? Are none of his friends acquainted with the road? Why can he not be induced to change his course a little?

The road he is treading is a long one, and he must sleep by the way and have his regular rest, or he never will have strength to attain the golden summit to which he aspires. Thousands lie buried all along that road. They perished mostly for want of rest. Thousands more are lying crippled and wrecked all along the passage. They over-worked and over-ate; sleep came not to their eyes nor slumber to their eyelids, and they sank by the way. Our friend will fall into the same pit and thousands more will follow him.

The picture is capable of infinite variation and expansion. But a faint outline of it can be drawn in a single article. The man who sleeps largely can eat largely. The man who sleeps little must eat less. *Poor* sleepers, alas! what trials do they not endure? what sufferings are they not destined to bear? And what an army of these poor miserable unfortunates there are in the world, who are anxiously seeking for some pill or powder, some nervine or narcotic, that will give them the long desired and most coveted of all things, "a good night's rest?" I have a recipe for all such poor mortals worth a thousand dollars, which I offer in this number of the HERALD free, and which may be the means of saving many a valuable life and of bringing health and joy to many a sad and forlorn countenance. It is: *Sleep first and eat afterward. Make the amount of the latter correspond with the amount of the former.*

THE TWO SYSTEMS.

BY J. G. WEBSTER, M. D.

DEAR READER: If we look abroad over the face of the earth, we find that about three-fourths of its surface is covered with a fluid we call water, filling, in many places to an unknown depth, the vast caverns of the deep. It bubbles and sparkles in the welling fountain; it foams and rages on the ragged shore; in fairy streams it ripples down the mountain side; it heaves and lashes in the ocean's roar; it is calm and placid in the transparent lakelet and gentle brook, where the Indian maiden goes to glass herself; it rolls in ceaseless, turbid torrents in the mighty river. It descends from heaven in the gentle dews to quench the thirst of the early flowers of spring-time; at times it falls in the dreadful hailstorm and batters in the windows of our dwellings, or lays the golden harvest in the dust. Under the influence of cold it expands and bursts the stoutest vessel left, by carelessness, exposed in winter; under the influence of heat it puts forth a tremendous power and hurries the heavily freighted train hundreds of miles away with a madness and a fury that knows no rest; or it rises in the mists of autumn, timid as a bashful lover, and hies itself away to greet the morning sun. It falls in timely showers and converts seed-time into harvest; the plants of the earth drink it up as their life-blood, rejoice in their vigor and are multiplied abundantly; but continued drouth is certain, and most horrible death to all living things. It shouts a song of triumph and of power from the lungs of the iron horse; it murmurs a song of love in the meandering brook as it glides along to seek its ocean-home; it sings a sweet song of slumber as it falls in gentle patter on the roof over the sleeper's head.

An element, to use a common term, so widely diffused, forming so large a portion of the bulk of the earth, and possessing such varied properties as does water may well challenge our careful attention. Next to the air we breathe it is of the greatest importance to all living beings, and the question

WHAT IS WATER?

forces itself, as it were, upon the attention of the enquiring mind. The ancients supposed it to be a single element, and they recognized it as one of the four elements, according to their knowledge of matter Modern chemists have discovered that it is composed of two elments, oxygen and hydrogen, the atoms of each being equal in number; the weight is one of hydrogen

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to eight of oxygen, but the measure is one of oxygen to two of hydrogen. This is the composition of pure water. Oxygen and hydrogen, when separate, are light, gaseous substances, oxygen is rather heavier, and hydrogen is much lighter than pure air, and both are very nearly the color of pure air. When these two substances unite, atom for atom, we have a fluid which is altogether unlike both its constituents that can be readily separated by various means. The element oxygen forms, by weight, eight-ninths of all pure water; forms, also, a large proportion, over one-half, of all the solid material of the globe. It forms over one-third of the weight of the solid masses of rocks; it composes over two-thirds of the entire weight of the bodies of men and animals; and a large proportion of all organized beings. Water is never found absolutely pure in a state of nature, but always more or less mixed with a variety of soluble substances, such as carbonate and phosphate of lime, sulphureted hydrogen, and various minerals and salts. Rain water is mixed as it falls through the air with a small proportion of carbonate of ammonia, and other gases that may be in the air at the time and place of the shower. This is the purest form of natural water. Spring water and well water are always more or less impregnated with minerals, salts, or gases. In limestone countries, carbonate of lime forms a considerable portion of the water, as is seen by the crust of this substance, which is precipitated on the inside of vessels used for boiling the water. In other places there is so much sulphureted hydrogen mingled with the water as to give it the odor of rotten eggs. In some places there is so much carbonic acid in the water as to make it sparkle in the glass, in others such a mixture of various salts and minerals as to have rendered them famous as possessing medicinal virtues. The water of the ocean contains a large proportion of salt, and a small quantity of other substances.

Waters are distinguished as *hard* or *soft*. Those which contain earthy matter being hard, while those which are pure, or nearly so, are soft. Hard water, although of the same appearance as soft, may be distinguished from it in various ways. If soap is mixed with soft water, it makes beautiful suds; if mixed with hard, it unites with the earthy matter and settles to the bottom. If the fingers are rubbed together in soft water, they glide over each other with very little friction; but if this experiment be tried in hard water, the friction is almost painful.

Pure water is without smell, taste, or color, and is transparent. Common water can be rendered perfectly pure by distillation, but can be purified sufficiently for ordinary purposes by passing it through a good filter. Filters have been so much improved within the last few years, that a very good one may be had for a few dollars. I saw an excellent one in operation in the Great Exhibition at London last summer. The water of the Thames, which is as dirty as common gutter water, passing in at the top came out at the bottom as bright and clear as the sparkling dew-drop. This filter was manufactured by a house in the Strand. Very good and useful filters are manufactured in this city (New York). There are numerous springs and wells in various parts of this country which yield water in a high state of purity, especially in sandstone districts. Since this substance is so abundant and widely diffused in the earth, and those regions which are blessed with copious and timely showers are prolific of animal and vegetable life; and those, on the contrary, where a continued drouth exists, seldom or never disturbed by the life-giving showers of heaven, are barren of all animation, it becomes a matter of the utmost importance that we investigate

THE RELATION OF THE VITAL ORGANISM TO WATER.

Water is the most abundant substance with which we meet in the composition of all animals and plants; it composes three-fourths of their weight, when in a state of health. A man of average weight, say one hundred and thirty-three pounds, consists of one hundred pounds of water and thirty-three pounds of solid matter; and over one-half of the solid is oxygen, and is set free as a gas by the process of decomposition, leaving but a small quantity of of earthy matter; so it is not so great an exaggeration of the truth as it would at first seem to answer the question, "What is man," by saying, "he is composed of a pail of water and a handful of ashes." Water not only forms a great part of the bodies of animals, but it also forms, as one would readily infer from their composition, a large portion of the foods on which they subsist. Flesh meat and potatoes are seventy-five per cent. water; bread is from thirty to forty per cent. water; wheat and maize, flour and meal, are from ten to twenty per cent. water. The juicy fruits and watery vegetables are from three-fourths to nine-tenths water; grapes, melons, pineapples and other fruits of this class are, in fact, little else but water. It constitutes nine-tenths of the milk of woman, and nearly of the same consistence

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with this is cow's milk, when not diluted with chalk-water. Our blood, when in a healthy condition, is about of the same consistence in regard to water, as is the milk from which it is, or should be, altogether formed in our early infancy.

The properties of water are such as to permit its ready diffusion through the most solid organic bodies; it is the best and most universal solvent and diluent in nature. It is the only vehicle prepared by nature for carrying the constantly needed supplies of food to the tissues of plants and animals; it permeates with ease the smallest capillary vessels of an organized body, carrying along its freight of tissue food, which consists in man and animals of minute red globules. It not only carries food to every minute fibre of the living tissues, but it gathers up the debris and waste consequent on action, pouring it into the returning circulation, hurries it out of the system through all the natural outlets, through the millions of pores in the skin, through the air cells in the lungs, to be cast out in the breath, through the kidneys into the bladder, and through the intestinal canal into the rectum. It will be readily inferred that any foreign matter that may be mixed with water as it exists in the blood, thickens this fluid and so obstructs its passage through the capillary vessels; so that its value to the system as a vehicle for the constant supply of its food, will depend altogether on its *purity* and temperature. Nothing else can possibly answer its purpose so well. It is more grateful to the thirsty palate than any other substance known. It has a wonderful relation to heat; it stores away more heat within its atoms, and retains it longer than any other known substance. The same amount of heat required to raise the temperature of one pound of water to the boiling point, will boil thirty pounds of quicksilver. This property makes water the best regulator of the temperature of animal bodies with which we are, or are ever likely to be, acquainted.

When the supply of water in the living organism is greater than is demanded, it distends and weakens the vessels, and causes the emunctories, the skin, the kidneys, lungs, &c., to be over-worked in its elimination, and the red corpuscles in the blood being diffused through a greater amount of fluid, nutrition is retarded. Should the supply be less than the demand, the blood thickens and the tissues contract in dimensions, circulation is obstructed, reparation and waste are interfered with, every action and movement in the organism incurs friction which results in heat and pain—more or less universal inflammation—which we call thirst. Hundreds of men and women have exhausted their genius in the invention of

ARTIFICIAL DRINKS.

These fluids are all improvements in the wrong direction; in every solitary case they are a perversion of pure water. It is not possible in the very nature of things—in the organization of our bodies and in its relations to external objects—to improve on pure water, neither as a circulating fluid conveying nourishment to the tissues of our bodies, nor as a quencher of thirst. All artificial beverages contain some kind of solid matter mingled with pure water. This matter is always more or less irritating and obstructing to the circulatory vessels. But most of these drinks contain more or less poison, as tannin, cafein, alcohol, &c., which occasion more or less damage to the tissues with which they come in contact, causing more or less inflammation and morbid thirst. Pure water circulates through the most delicate tissues, without the least perceptible friction or irritation, without the least perceptible disturbance to the senses, except by its temperature, as it may be warmer or cooler than the tissues; and when applied to an abraded surface, it falls on it as harmlessly and blandly as falls the snow-flake on the river.

Tea, coffee, whisky, wine, ale, and porter have long oppressed, perverted, and destroyed the habitation of the human soul; but, "like every other dog"—drug, I mean—"they will have their day and die." I cannot believe it possible that human instinct, taste, and intellect can be so generally and permanently perverted as to allow these drinks to usurp the office of water.

Tea and coffee, sooner or later, seriously injure the digestive apparatus and shatter the nerves; whisky and wine harden the brain, fill the mind with horrors, and haunt the dreams with hideous spectres; ale and porter induce an accumulation of solids in the fluids and visit their devotees with the excruciating agonies of gout. But there is no one with instincts so perverted, with taste so vitiated, with intellect so obtuse, that does not instinctively rush to water to allay the heat of thirst, or subdue the burning of fever; and as the delicious draught enters his mouth and goes bounding through his system on a mission of love every fibre of his frame thrills with joy, and although his sinful lips refuse their utterance, there is not a human heart, however deeply depraved, but most fervently sends to heaven a thank God for water!

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PHYSICAL CULTURE.

BY L. H. BIGAREL.

THE physical history of the race reveals to us a picture of misdirected human energy which it is unpleasant to contemplate. War and bloodshed, with their consequent desolation and devastation, are delineated on every page, indicating the rule, in men, of the worst passions. How lamentable that the energies of mankind, thus directed to the production of human woe and misery, could not have been directed to developing the resources of the earth! And looking back through the dim vista of past ages, upon the myriads of peoples who have inhabited our globe, how unfortunate that human activities have not been prompted by higher ambitions! Here is a vast field for the student of human science, which invites him to the consideration of those grand problems, upon the solution of which depends the present and prospective happiness and prosperity of our race. It is not the purpose of this article to enter upon the discussion of this phase of the subject, but simply to confine our considerations to the external physical *status* of man as presented in his past and present history.

In the civil convulsions and turmoils of the earth, we perceive the supremacy of the physical forces in man. See those mighty, surging masses of humanity in hostile array, marching to meet their foe! With unfaltering step, they advance, 'mid the iron hail, resolved to conquer or die! The earth *trembles* 'neath the tread of the countless hosts, and resounds the booming cannon, the discharge of musketry, and the clashing of a thousand sabers! To the *animal* man such a spectacle is sublime beyond description.

That our education may be effectual in reaching all the grades of humanity, we must be able to appreciate all these characteristics, and realize somewhat of the emotions such persons, under the influence of purely animal passions, experience; and in order that we may thus be able to make our philosophy comprehensive, we must ourselves have enough of the *animal* to partake of his life, for all philosophy is but a prehension of all the forces within ourselves. The mind can perceive only what lies within itself, and all its elaborations are but mirrored back.

Before we can reach the masses, we must labor with them on the common plane. Our efforts must not be directed to *repressing* existing activities, but to *directing* those powers into a legitimate sphere of exercise. All human faculties, when not misdirected by ignorance, are subservient to human happiness. Man needs science to enable him to make all his powers available in producing all the essential conditions of a higher life, that he may become more noble and God-like; and he is acquiring science every day in the varied means of enlightenment and progress which are accumulating each century of the world's career.

The combative propensities, to which we have referred as figuring so largely in the world's history, are not to be *repressed*. The æsthetic Quaker ignores the physical. Who does not know that those elements of character which *stir* men up are not abounding among them? Quakers are out of their sphere in this world. They are composed of a class of persons of strong æsthetic tendencies and deficient combativeness.* The race cannot have too much physical vigor, for all of those powers are brought into constant requisition. The physical forces, when uninspired by the moral and spiritual powers, manifest themselves in their lowest forms. When the moral question is under consideration, I shall endeavor to show that our *moral* nature is not to be SUBSTITUTED for the *physical*, but SUPERADDED. Humanity needs all of its forces, and more as fast as they can get them. However much we deplore the consequences of war, I would prefer a strong fighting race to a weak, æsthetic one. While the one will rise to ultimate civilization, enlightenment, and beneficence, the latter will die out and become extinct. Give us a strong, vigorous, stalwart, broad-shouldered and full-chested race, and you have a basis for true greatness. The Russian people are an example in point. Originally a barbarous and physical race, and, consequently, rude and despotic, they are now advancing to a liberal constitutional government, with strong progressive tendencies; yet, withal, they are not physically deteriorating. Other examples might be cited. Such a spectacle is admirable, and I derive infinite satisfaction from its contemplation. The career of a nation (and a nationality is but the aggregation of individuals), may be considered in a more limited degree, numerically speaking. Both have a correspondence, and what is true of the one, is, also, in a great measure, applicable to the other. The life of the nationality is dependent on the vigor of the individual; and to rear a strong nation, its individual con-

* In thus alluding to this sect, it is not intended to make any reflections upon them, for I believe there are no classes of persons to be found who excel them in personal worth.

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stituents must possess the essential attributes which make up the perfect physical man.

It appears to me these general views have so important a bearing on general well-being, that I have deemed their consideration prior to those of a more personal character; and I am sure there is obviously little disposition to dilate unduly upon them.

The present stage of the subject brings us now to the consideration of

THE PHYSICAL FORCES AND THEIR USES.

As before observed, all human faculties are subservient to human happiness, if unabused. It is the object of all true culture to enable the individual to rightly use every God-like power with which he is endowed.

As man possesses an animal organization in common with the animal races below him, his primary characteristics are purely physical, having solely for their object the preservation and perpetuation of the race. His higher attributes, which are not properly under present consideration, form the principal distinction between him and the brute. We are led to consider him, first in a rude condition; afterward, in a higher stage of advancement.

The primary uses of the physical powers are obviously to be enumerated as follows:

1. *Food.*—The body must be nourished, otherwise it would necessarily soon perish. All the parts of the physical mechanism—the arms, hands, legs, feet, etc.—co-operate to accomplish this object. The science of producing the materials from the soil required to nourish the human body, is termed *agriculture*, which forms the occupation of the greater portion of the people of the earth.

2. *Clothing.*—The next want after the body has been supplied with food, is external apparel, to protect us from cold and inclement weather. (In the tropical countries, garments are, in a great measure, dispensed with.) The materials of which these garments are made are derived from the soil and also from animals, and their production in a raw state is usually included in the business of farming. The convertion of the raw fiber into materials of wear constitutes a branch of the art of mechanics.

3. *Shelter.*—We must also have shelter from the storm and cold, otherwise our health and lives would be endangered. The materials used for this purpose grow on the soil, and their manufacture also belongs to mechanics.

The other wants which follow, though not primary, are essential to a civilized condition of society, but are not to be enumerated here.

The first need of our nature—food—calls into activity all the physical forces. All the avocations are based on this and other primary necessities. The farm, the workshop, and other departments of human industry, all bring into exercise specific faculties, which require physical vigor to execute them, and consequently a material development of the physical man, not to mention the intellectual powers brought into activity. When diverted from these, their legitimate sphere of activity—the result is their abuse, as witnessed in war. The combative propensities enable men to overcome obstacles, and infuse vigor and stamina into character. Were it not for these physical characteristics, the earth would be a wilderness, and man would live in a savage condition, for all the accompaniments of enlightened civilization, which has been produced by physical strength and activity, would be lacking.

There can be no permanent improvement until all our first wants are supplied; and the activity of the higher faculties can only be predicated upon a compliance with these primary demands of our nature. Feed, clothe, and house the body, and after that come all the accomplishments which can be obtained through physical science. By enabling the masses to attain a competence in life, we thus place it within their power to avail themselves of information which otherwise would be useless, from a want of time and means. Where all the vital powers are taxed to the uttermost to gain a subsistence, it is obvious little energy can remain for improvement. There are various considerations connected with this aspect of the subject under discussion, which I would like to present, embracing the social economies, as involved in individual habits and avocations, which I shall try to present at some future time.

A MAN to be eloquent, must be in earnest in what he says. His soul must be in his accents, and it must speak, not in words alone, but with all its voice. It must be read in the eye, be seen in the whole man, and be written in each feature. For in deep and earnest feeling alone lies the only magic that can touch the heart. Nothing else can compass it. The intellect may strive to move it, but its chords will refuse to vibrate until feeling speaks, and then it responds to its breath. "Weep first, then, if thou wouldst have *me* weep!"—but let them be real tears; for no mere stimulated appearances of feeling will do—we instinctively probe the cheat. So the hypocrite is recognized the instant he begins to pray; for though he may make long prayers and shout aloud, he cannot counterfeit that holy fervor of the tones of the heart which makes even the simplest prayers, when heartfelt, eloquent.

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THE HOUSE I LIVE IN.

CHAPTER IX.—Continued.

COVERING OF THE HOUSE.

Structure of the Muscles.—Action of the Muscles.—Illustrations.—About Fat.—Reflections.

Structure of Muscles.—Now each muscle, in like manner, consists of a multitude of fibres, also connected together by cellular membrane. Each fibre is made up of a great many smaller fibres, so small as not to be seen by the naked eye, called fibrillæ.

The number of muscles in the human body is very great. Anatomists do not agree about the number, because there are many which some reckon as only one muscle, while others call them two, (for they really have a double appearance,) and because a few are so small that some do not count them at all. They are usually, though not always, arranged in pairs; that is, there is one on the right side of the body exactly like one on the left side, opposite it; and so on. We cannot reckon the whole number at less than four hundred and fifty, and some make it five hundred and twenty, or even more.

I have said that these muscles—many of them—end in tendons, or thin whitish straps. Sometimes they terminate in two tendons. The biceps muscle, (so called from bi, two, and caput, a head,) lies on the front part of the arm, having its upper end attached to the top of the scapula, or shoulder blade, by two tendons, and the lower end by one tendon only to the upper part of that bone of the fore arm which is called the radius.

Action of Muscles.—In front of St. Peter's Church, at Rome, stands an obelisk of red Egyptian granite, 124 feet high. It was brought from Egypt to Rome, by order of the Roman Emperor Caligula, where it lay partly buried in the earth, on the spot where it was laid down, till about 250 years ago, when Pope Sixtus V., by the help of forty-one strong pieces of machinery, eight hundred men, and one hundred and sixty horses, in eight days succeeded in getting it out of the ground; but it took four months more to remove it fifty or sixty rods farther, to its present situation.

When they had at length reached the spot, the grand difficulty was to raise it. They erected a pedestal or foot piece, shaped like four lions, for it to rest on; and by means of powerful machines and many strong ropes and tackles, they placed the bottom of it on the pedestal. Then they began with their machinery, to raise it. But when it was nearly up, so that it would almost stand, the ropes, it is said, had stretched so much more than the master workman expected, that it would go no further.

What was to be done? Fontana, the master workman, had forbid all talking, and they now stood holding upon the tackles so silently that you might have heard a whisper. Suddenly an English sailor cried out—"Wet the ropes." This was no sooner said than done; when, to the surprise and joy of everybody, the ropes shrunk just enough to raise the obelisk to its place, where it has now stood nearly 250 years; and where it may perhaps continue to stand many thousand years, unless an earthquake should shake it down.

You will probably begin to wonder what this story has to do with anatomy and physiology. I will tell you. The muscles are the parts by means of which we move our heads, our arms, our legs, &c. In fact, we could not so much as move a finger, or any part of our bodies, without them.

But they move these parts by contracting. They contract by shrinking lengthwise and swelling sidewise; they swell most in the middle. Being fastened to the bones at each end, they must, if they contract, draw one of the bones to which they are strongly attached toward the other. If the muscles between the shoulders and elbow contract, as they will whenever we wish to move the arm, they must either draw the shoulder toward the elbow, or the arm below the elbow toward the shoulder. You can judge for yourselves which would be most likely to happen.

The muscles will not contract nor shrink a great deal, it is true; but they will do so much more, in proportion to their length, than wetted ropes can.

Illustrations.—Perhaps you do not yet understand how a muscle, by contracting or shortening, pulls up the arm. I will endeavor to make it more plain:

I now sit at my table—my right arm lying upon it. For the sake of explanation, I will

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consider it as helpless as a stick. Now, if I wish to get my hand to my head, how is it to be done? If a piece of dry rope, fastened by one end at the shoulder, and by the other to my hand, were moistened, it would shrink, and raise my hand a little way from the table, but not very far.

But suppose the lower end of the rope was fastened round the middle of my arm, and then made to shrink; would it not raise the hand higher than before—I mean, if the elbow remained where it was? It certainly would. Still it would not bring the hand up to the head, nor half way to it. But suppose, once more, that the lower end of the rope was fastened still nearer the elbow. The nearer it is, the farther it draws up the hand, when it shrinks.

Now the end, or the tendon of the muscle which shrinks, to draw the hand up toward the head, is fastened to the arm below the elbow; and so close to it that, in shrinking only an inch or so, it draws the hand up to the head. If you lay the other hand on your arm, between the shoulder and the elbow, you can feel the muscle contract, and at the same time see it swell out.

If the tendon of the lower end of this muscle were fastened lower down, that is, farther from the elbow, it would start out so far, when we raise our arm, as to make a very singular and awkward appearance, unless a band were put round it at the elbow, which would be very inconvenient. As it now is, the tendon starts out a little way, as you may know by placing your hand on it, or under the knee, while you are bending the limb. As the matter is contrived by the great Architect, it renders the arm very useful, gives it a good shape, and ought to raise our thoughts in gratitude to infinite Wisdom.

One illustration more: Suppose I am sitting at church, with my pew door open, and wish to close it without disturbing anybody. Shall I take hold of it near the hinge, so that a little moving of my hand and arm will answer the purpose, or shall I take hold farther off? Again, suppose a rope were to do the work—would not one which should be tied to the door close to the hinge, and then made to shrink, say an inch, draw it together much more than if it were tied at the distance of a foot from the hinge? It is true that in shutting a door, by taking hold close to the hinge, we must pull harder than if we took hold farther off—and so it is with muscles, like those which bend the arm.

From the course of these remarks, I fear it will be thought that there is only one muscle concerned in bending the arm. The truth is, that in performing almost any motion of the body, or the parts of the body, a great number of the muscles are employed. In moving the hand alone, we use nearly forty; and in using the whole arm, not much less, I presume, than one hundred.

The curious reader may be anxious to know how the bent arm, or other limb, goes back again to its original position. Surely, he will say, the shrinking of the same muscles which bent it will not straighten it out again. No; there are other muscles on the back side of the arm, to draw it back when we wish; and so it is all over the body.

If you look on a skeleton, you see how the bones at the joints project, and also how ragged the spine and many of the flat bones appear. Now the several hundred muscles of our frame fill up all these spaces, cover the ragged bones, and produce that smooth surface which we see on a healthy human body.

About Fat.—But I must not leave the impression that the muscles and tendons perform all the "filling up" of the human frame, for it is not so. They are covered again by the skin, which is to be described in the next chapter. Nor is this quite all. There is in most persons a small quantity of fat, intermixed with the muscles; and in some persons a great deal of it. This fat is found in the soft, white, cellular substance which is placed everywhere between the muscles, and the little bundles of which each is made up. You will now be able to understand and remember the meaning of the word cellular, for it signifies made up of little cells, something like honeycomb; and the fat is deposited in these cells. Only a small quantity of fat is necessary to health; and when it is found in unusually large quantities, in man and in other animals, it shows that they are diseased.

Reflections.—That we see that the great purposes which the muscles and tendons subserve are, the filling up and beautifying of the frame, and the motions of its parts and of the

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whole. We should be more helpless than the brutes are, if we had no muscles. Indeed, as we could not move a finger without them, we should be more miserable than any other animal; for all animals have muscles—even those which, like some shell-fish, hardly know enough to change their place.

But with the hundreds of muscles which we now possess, how multiplied are our motions! For you should recollect that not only the movements of the head, arms, hands, fingers, back, legs, toes, &c., are performed by these means, but also the movements of the very chest itself in breathing, unless, as is the case with some unwise or ignorant mothers, we confine the chest by tight clothing. More than all this, the curious process of chewing and swallowing our food, and of speaking, singing, crying, and laughing, are chiefly done —not without the aid of the teeth, it is true— by means of the muscles.

The muscles have other uses still, besides those of beauty and motion; but the reader is not prepared to understand what they are, till he knows more about the blood and the circulation. In describing the circulation of the blood, I shall be likely to make the matter plainer, by far—and with fewer words—than I could possibly do it in this chapter.

CHAPTER X.

THE COVERING.—BOARDS AND SHINGLES.

The Skin.—Coloring of the Skin.—Change of Color.—The Cuticle.—Oil Glands.—Pores of the Skin.—Cleanliness.—Hair and Nails.

THE SKIN.—I have already told you what cellular membrane is. Now the first layer of the covering of the house I live in—for there are three of these layers—consists of this membrane, in pretty large quantity, and as it were pressed firmly together. It has a closely interwoven fibrous appearance, all the fibres crossing each other in every direction, like the felt of a hat; and it is strong and elastic. It is called the cutis vera, or real skin.

This membrane, or real skin, is principally composed of an almost endless number of small blood vessels, running along and crossing each other nearly in every direction, together with nerves equally numerous, intermingled with them. The nerves, however, seem to be enlarged on the surface of this membrane, and to form little rows, or eminences, or pimples. These are seen plainest on the tongue, and on the balls of the fingers; but they exist, in small size, all over us. You cannot prick the skin with the finest needle in the world, without hitting at least one nerve and one blood vessel. For there would be pain in doing so; and this always shows that a nerve is wounded. A very little blood will also flow, which shows that you have hit a blood vessel.

This is that which, in the case of the ox, deer, and other animals, makes leather. In tanning, currying, and dressing skins, the cellular layer just now described, and the paint, are all scraped off, and nothing remains but the true or real skin—the layer now under consideration.

I do not mean to say here, however, that leather consists of nothing but this skin, for tannin, as the chemists call it, which is extracted from the bark of the oak or other trees, combines with the raw hide, to make most kinds of leather; but I mean that no animal substance goes to form the leather, except this single membrane.

COLORING OF THE SKIN.—We come now to the color of the human body. For so far as I have already described the skin, the color is exactly alike in all people, black, red, or white. Here, spread over the true skin—the part which forms the leather—on a thin, gauze-like membrane, called in books rete mucosum, and under the outside membrane not yet described, is a soft pulpy or jelly-like substance, containing the color. In the African, this pulpy substance is black; in the native American or Indian, it is red, or copper color; in the Asiatic, it is yellow; and in the European, white. In mixed breeds—mulattoes, etc.—it is, of course, of the various colors which those mixtures exhibit.

I have sometimes been surprised to find how ignorant most people are on this subject of color. Some have never thought of it at all; others suppose that the whole mass of our bodies is darker or lighter, according to the indication of our faces; others suppose the color is in the blood; and others still that it is in the true skin, or the part which forms the leather. But we see that none of these are right—that the skin itself, properly so called, is alike in the whole human race; that is, it would form leather of the same color in all; and that the color might be removed, though not without

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much pain, leaving one individual as white and as dark as another.

What good this color does is, I believe, unknown; or why all mankind could not just as well have been left wholly without it, and all have been left really flesh-colored. In some parts of the skin, in the European race, there seems to be but very little of it. It is only on the cheek, and perhaps the lips, that the color seems to differ much from that of the real skin itself.

There have been many conjectures about the uses of this coloring matter, but there is very little true knowledge abroad concerning it. We know, indeed, that a dark skin, as it allows the heat of the body to escape more rapidly than a light one, renders a person cooler in hot weather, in hot climates; but it would be difficult to believe that this is the principal reason for its existence.

Change of Color.—There is one curious fact which deserves to be mentioned in this place. It is that the coloring matter, in some persons, has been known to change. There have been several negroes, and, I believe, one or two Indians, in whom spots of a chalky white have appeared on their limbs, which enlarged and spread until the whole body became white.

It is not at all strange for other buildings to fade; but for the human habitation to lose its color, imbedded as the paint is under a hard, tough membrane, seems rather unaccountable. But it is the result, no doubt, of disease.

The Cuticle.—I observed that the skin, as it is called, of the human body, consists of three layers. I have described two of them, and the mention of the membrane which covers this paint or pigment reminds me that it is time to describe the third.

This membrane—the cuticle—which answers to the clapboards, shingles, or tiles of a wooden building, is constructed almost exactly like the latter. Or perhaps it would be equally correct to say, that it is formed like the scales of fishes. For anatomists who have viewed it with glasses which magnify greatly, say that, thin as it appears to the naked eye, such is its real structure.

The cuticle is the part which rises when the skin is blistered. If you examine it when it is thus raised, however, you will be a little disappointed in regard to its structure; for it is then so soaked with the water of the blister, and so much thickened, that it does not appear at all natural. In its healthy state, it is scarcely a fiftieth part as thick as the covering of a blister; besides which, it is transparent, or nearly so. If it were not, you could not see the coloring matter under it so plainly.

The cuticle is not equally as thick throughout its whole extent; for even in young children and infants, the palms of the hands and soles of the feet are tougher than elsewhere; and going barefooted many years together renders the feet almost as tough as leather.

You will get the best idea of the cuticle which the naked eye can give you, by examining it when you have accidentally grazed off small portions of it. These grazed places soon heal, however, if we are temperate and correct in all our habits; though I have known an old man, who was intemperate, to have a sore and lame leg almost a year, in consequence of a slight wound that would have healed in a week, had he been temperate.

The most surprising fact in regard to the cuticle is, its power of being reproduced, or of growing again. If grazed off, or if it peels off, after a blister or swelling, a new cuticle appears with so much rapidity that one would be tempted to think it was already formed under the old one, as the new teeth are under the old ones, which they push out. But it is not so. The new cuticle never grows till the old one is either separated or dead.

The coloring matter, if destroyed, grows or appears again, almost as soon as the cuticle does; but the real skin, which I described just now, if once destroyed, never grows again. This is the reason why scars are produced on us. The loss of the cuticle, or the coloring matter, never causes scars; but that of the real skin always does. It is true, its place is sometimes filled up with a substance which strongly resembles skin, and which answers the purpose; but it never becomes real skin.

(To be continued in our next.)

Death we can face; but, knowing as many of us do what is human life, which of us could, if consciously summoned, face the hour of birth?

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Publisher's Department.

OUR BUSINESS ADDRESS.

All subscriptions and communications, and all orders for our Books and other Publications, Syringes, Hand-Mills, Bath or Surgical Apparatus, &c., should be addressed as follows: "R. T. TRALL & CO., No. 15 Laight street, New York." This will ensure prompt attention at all time by our business associate.—EDITOR.

OUR AGENT IN LONDON.—WM. TWEEDIE, No. 337 Strand, London, has all our publications for sale, and will deal liberally with all who may wish them. His house takes a great interest in the circulation of the HERALD OF HEALTH, and ours as well as all other good publications They will receive all trans-Atlantic communications, and forward them to us.

Herald of Health Books.

As we stereotype every number of the HERALD, we shall, at the end of each year, bind them into a volume. Many of our subscribers who have lent, lost, and mutilated some of the numbers, have signified a desire to have a bound volume at the end of the year, and some of them would like elegant and substantial styles. With the ordinary binding, the books will be $2.00 per volume; but subscribers may send us $2, $2.50, $3, or $5, and the work shall correspond with the money in material and ornamentation. A $5 volume would not be a bad holiday present to a friend—"a word to the wise," etc.

Changing Addresses.

"*Dear Sir:*—You will please mail my HERALD OF HEALTH to Calidonia, Haverton county, Min.
Very respectfully, G. W. TAYLOR, M. D."

"*Gentlemen:*—Be so good as to direct my HERALD OF HEALTH to Dr. Wm. O'Meagher, United States Hospital, Fort Schuyler. N. Y."

The above are specimens of letters which we frequently receive, requesting us to change the direction of the HERALD OF HEALTH from some unknown place to the one specified. Now, this might all be easy enough, if we could remember the first address to which Drs. Taylor or O'Meagher's order was sent, but as we cannot do this, nor search through half a score of books to find their names, not to mention the liability of confounding their names with half a dozen others precisely the same, all we can do is to lay it aside until they write us again, trusting the next writing will inform us where the Journal was formerly sent. Meanwhile, we must continue to send to the first address.

It may be well to mention that names are only entered on our books under the name of the place given; and in order to find the name, we must first know the post office address under which it was entered.

Our friends who wish to have the direction of the HERALD changed hereafter, will please note this carefully, and thereby avoid unnecessary delay and trouble to us and them, besides the loss of the HERALD, for in such cases we can not be responsible for it, and those who want them, must send us twelve cents extra for each number.

New Edition of Diptheria Ready.

A new edition of this popular and valuable work is now ready for delivery. All orders can now be promptly filled.

See page 187 for change of terms of the HERALD OF HEALTH for 1864.

Literary Notices.

Daring and Suffering, by Lieut. WM. PITTINGER, has been published by J. W. Daughaday, Philadelphia. This gigantic war in which we are engaged is certainly the most extensive and formidable civil commotion which the world has ever known; and when the publisher of Lieut. Pittinger, announces it as "the most thrilling episode of the war's work," he does not exaggerate. We predict for this work a more extensive circulation than that of any other work which this war has yet produced. No one, to look carelessly at the modest face of the author, to observe his child-like simplicity of manners, his unaffected deportment and apparent indifference, would suspect that within that easy, natural, pretentiousless, yet graceful exterior, abided a mind of deep thought, a spirit of dauntless courage, and a purpose as inflexible as adamant. And when he was our patient at Hygeian Home, and accepted an invitation to relate some of his adventures, sufferings, and observations to a parlor audience, we were not prepared for so powerful, so eloquent a discourse. He had spoken but a few minutes before he held the hearts of all present, as it were, in his hands, while his narratives often caused the unbidden tear to start.

Lieut. Pittinger, as some of our readers will recollect, was one of the adventurous party of twenty-two sent by the late Gen. Mitchell on a secret railroad expedition far into the interior of Rebeldom, but by accidents which no one could foresee or prevent, all were captured, eight were brutally executed, and fourteen, after a series of trials, hardships, privations, and adventures, which afford the material of the book, succeeded in reaching the Union lines. The value of the work is enhanced by a spirited introduction by our friend, Rev. A. Clark, editor of the *School Visitor*, who is ever ready with hand, or voice, or pen, to help forward every good word and work. The book contains 288 pages; price, prepaid, $1.

A History of the Intellectual Development of Europe, by Prof. JOHN W. DRAPER, M. D., of this city, has been published by the Harpers. It is an elaborate work of more than six hundred pages, and is an attempt, and, on the whole, a successful one, to treat the subject from the scientific stand-point. Although the learned author has not gone back to the primary premise — the relations of living and dead matter — of the philosophy developed in his work, he has written a progressive book, and taken one important step in the right direction. The general plan and scope of his book may be understood from an extract from the first chapter:

"Our obvious course is first to study the progress of that member of the European family, the oldest in point of advancement, and to endeavor to ascertain the characteristics of its mental unfolding. We may reasonably expect that the younger members of the family, more or less distinctly will appear as illustrations of the same mode of advancement that we shall thus find for Greece, and that the whole continent, which is the sum of these different parts, will in its secular progress, comport itself in a like way. Proceeding from these times ('pre-historic'), we shall in detail examine the intellectual or philosophical movement first exhibited in Greece, endeavoring to ascertain its character at successive epochs, and thereby to judge of its complete nature. Fortunately for our purpose, the information is here sufficient, both in amount and distinctness. The intellectual progress of Europe being of a nature answering to that observed in the case of Greece, and this in its turn being like that of an individual, we may conveniently separate it into arbitrary periods, sufficiently distinct from one another, though imperfectly merging into each other. To these successive periods I shall give the titles; 1. The Age of Credulity; 2. The Age of Inquiry; 3. The Age of Faith; 4. The Age of Reason; 5. The Age of Decrepitude; and shall use these designations in the division of my subject in its several characters."

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NEW YORK, NOVEMBER, 1863.

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."

TOPICS OF THE MONTH.

BY THE EDITOR.

SWEET CIDER.—The temperance organizations of our country have long been troubled with the vexed question, whether sweet cider—the recently expressed juice of the apple—is proper as a beverage, or its use a violation of the pledge. It must seem very strange to one who is not the slave of morbid appetite, that such a question could ever be entertained for a moment. To be a temperance man, with the exception of sweet cider, is like being a vegetarian excepting chicken and oysters, or a Hydropathic physician excepting wine and lager-beer. But why does any one, having the cause of suffering humanity in view, come to hold on to sweet cider, even if its use is not technically a violalation of the total abstinence pledge? It is the mere gratification of appetite that induces the temperance advocate to renounce the demon, alcohol, yet hold on to one of its imps. It is this which induces the vegetarian to abjure the flesh-pots in general, while he retains some flesh-pot in particular. And this causes the Hygienic physician to declare for a physiological dietary, while he puts salt, vinegar, and pepper into his victuals.

We suspect, however, that the difficulty is in the want of a correct understanding of the subject. The temperance cause is to-day crushed and paralized all over the world, because its friends do not understand it—do not place it before the people on the right basis. If they would recognize the obvious truth that there is no beverage in nature for anything that has life, except pure water; that God has made no other, and that no other drink for living beings can be found in the illimitable universe, they would soon settle the sweet cider question. All of the juices of fruits are liable to fermentation the moment they are separated from the solid matter of the fruit, and fermentation generates alcohol, and the quantity of the alcoholic element increases while the fermentation proceeds. And it is the alcohol, and nothing else, which gives the liquor that peculiar flavor and pungency of which the lovers of sweet cider are so fond. This fact alone ought to settle the question—as, we are happy to know, it has been decided by a majority of the temperance societies—against the use of the article. But suppose the juice of the apple can be kept at so low a temperature that fermentation will not take place—will not commence. Or suppose the cider is swallowed so soon after it is expressed that no appreciable alcoholic taint exists. What then? What is the advantage? The apple is intended for food and not drink. It was made to be eaten; and if one can succeed in expressing the juice and getting it into his stomach before it ferments, he has gained nothing and lost something. He has gained no beverage, for there is no beverage under the sun except water, and he has lost the food of the apple. He may, indeed, eat the pomace of the fruit; but he will find it a very different article of food from the unground apple. Nature has provided the best machinery in the world, both for grinding the fruit and expressing the juice. The teeth, jaws, tongue, and surrounding muscles constitute the proper "cider-mill." In this machine the fruit is insalivated as it is masticated; and this saliva prevents fermentation from taking place, and enables the whole material of the fruit, solid and fluid, to be used in the organic economy.

ALCOHOLIC MEDICATION AGAIN.—We are indebted to that devoted and eloquent advocate of temperance, Hon. James Black, of Lancaster, Pa., for a copy of his late tract on the "Cider Question," accompanied with the following letter which, though evidently not intended for publication, we shall take the liberty to give to our readers.

"LANCASTER, Pa., 5th Sept., 1863.

"R. T. TRALL, M. D.: *My dear Sir:* Accidently I found and borrowed the HERALD OF HEALTH for January and March, 1863, and per-

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used with deep interest your articles on temperance and the temperance reform. I have been an advocate of temperance for seven years, and having, of recent years, become acquainted with the essays of Drs. Carpenter, Miller, Thompson, Forbes, and others of Great Britain; and Mussey, Youmans, Reese, and yourself of America, I clearly perceived the truths you utter to Mr. Delevan, that alcoholic prescriptions are not only useless but wrong in principle and effect, and that, if right and proper, then the doctrine of alcoholic poisons and of total abstinence therefrom, was too difficult to be maintained to reach and move the popular mind. I first read your short tract seven years since with pleasure and profit; but your Alcoholic Controversy, or Review of the Westminster, I have always perused with very great satisfaction, and have bought all the copies Fowler & Wells had left from the fire, and all I came across in bookstores and distributed to friends and enquirers. The Temperance Reform, as a movement challenging the mind and the hearts of the nation, hangs upon the scientific truth that alcohol is a *poison;* and upon the true bible interpretation *that God nowhere approves*, but everywhere and always *disapproves* of the use of alcoholics; or, in other words, that the law of revelation and of nature are in perfect agreement on this question. If not, then our principle and practice of total abstinence has no sufficient foundation. I thank you for the above-named articles, and what I most particularly desire to urge, is that you will not become discouraged because the opponents will not accept your challenge, but write and speak on fearlessly, for your words do not fall unheeded and are not lost. What, however, has impelled me to take the liberty of writing you, is to ask you to write a scientific investigation of the action of alcohol on the human system, and challenge criticism. Can you tell me whether Prof. ———, of Amherst College, I think, or some one of the colleges down East, published his reply to the Westminster Review in a pamphlet or book form? I have seen allusions to this writing, but have never met with it. Do, dear Doctor, give your talents and ripe experience to the preparation of a fine work on this question, and thus you will aid the cause of truth after your days are numbered. I am collecting all temperance publications of all kinds I can get hold of, old or new, and shall be much obliged for anything you may have. I would like to call and see you when next in New York, and shall be pleased to hear from you.

Very respectfully yours,

JAMES BLACK."

Mr. Black is one of the very few among the distinguished advocates of temperance who sees that the temperance cause has a scientific basis. And until this basis is understood and practically recognized, the temperance cause can never succeed—the moral, economical, social, and bible arguments will all be lost.

Our special and self-constituted mission to the International Temperance Convention, held at London in September, 1862, was to obtain for the cause a recognition of its scientific basis. But as this involved a controversy with medical men, and a refutation of many of the fundamental dogmas and doctrines of their books and schools, we did not succeed, so far as the convention was concerned. But we did accomplish what we expected to. The views we presented have been adopted by individuals, and are now propagated in the British dominions by writers and lecturers. Soon after our return we announced as in press a work embodying the substance of our addresses in London, with a full exposition of the scientific questions involved in the administration of alcohol as a medicine. Soon after this, Dr. J. C. Hurd, of Fredericton, N. B., undertook to refute the positions we had advanced in London, and this led to a discussion between us through the columns of the "Philanthropist." This discussion enabled us to present the arguments in a new light, while it afforded the reader an opportunity to see what could be said by a capable medical scholar on the other side. We, therefore, concluded to publish the addressess and discussion together; but our numerous and engrossing professional duties have caused a delay of several months in the issue of the work. It is now, however, nearly all in type, and if those friends who have been sending us their remittances for the last six months, will let patience have its perfect work, they shall have the book by the time or soon after—no accident preventing—this notice is in their hands. The work will cover the whole ground of alcoholic medication, the modus operandi of medicines, and the fundamental problems of all medical systems. It will contain nearly two hundred pages, and will be sold for fifty cents in paper covers, and seventy-five cents bound in cloth, extra or fancy binding, one dollar.

PRINCE ON SCROFULARIA. — We fear our distinguished friend Mr. Prince, of Flushing, is aspiring to become the prince of humbugs. We fear that he has come to envy the palatial mansions of Moffatt, Brandreth, Townsend, Swaine, Holloway, and the rising fortunes of the lesser lights of quackery—Hostetter, Radway, Winchester, Drake—never forgetting the redoubtable disciple of Baunscheidt's Lebenswecker and dealer in Dermatobiotikon —Firmenich, of Buffalo. Mr. Prince may be

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honestly deluded. There are two kinds of humbugs in the world, the honest and the dishonest. One man will humbug the community because he loves to, another because he don't know any better. If we divide society into two classes, knaves and fools, we shall find that nearly every person, who is a knave on one subject, is a fool on some other. Cases of total depravity or total imbecility are not numerous; they are the exceptions, and not the rule.

Two men may have dealings together, and each be knave and fool to the other, and each enjoy the transaction, realizing the adage:

——"The pleasure is as great
In being cheated as to cheat."

If there is any class of men on earth whose humbuggery ought to be looked upon with leniency it is the dealers in patent medicines, secret nostrums, and infallible cure-alls. Says a learned author—Dr. Adam Smith—"The cause of quackery out of the profession, is the real quackery in the profession." When the people are sick they will have medicine. This is a fixed fact, and we must take human nature as it is, not as it ought to be. At least nineteen out of twenty will drug and dose continually while they are sick. There may be one in twenty who knows better. But as the people will have medicine, and as the empirical nostrums of the day are quite as curative and much less injurious, as a general rule, than the more potent poisons of the regular profession, there is certainly an advantage in patronizing the quacks. "The greatest good of the greatest number" seems to be served, subserved, and conserved best by the irregular drug trade.

Says Prof. Alonzo Clark, M. D., of the New York College of Physicians and Surgeons: "All of our medicines are poisons, and, as a consequence, every dose diminishes the vitality of the patient."

Says Prof. John W. Draper, M. D., of the New York University Medical School: "Vitality once lost can never be regained."

Says Dr. Bostick, author of the History of Medicine: "Every dose of medicine is a blind experiment on the vitality of the patient."

And says the venerable Prof. Joseph M. Smith, M. D., of New York: "Drugs do NOT cure disease; disease is cured by the VIS MEDICATRIX NATURAE!"

Mr. Prince, of Flushing, who deals in fruits, and flowers, and shrubs, and trees, [pity the shoemaker will not stick to his last!] will surely not be offended with us for mentioning his name, since he has become a medical author, in connection with this array of successful adventurers in the medicine line, and eminent teachers in the regular schools. But all these remarks are preliminary to the main question which we now approach.

Prince announced himself, not long since, as the proprietor, preparer, and seller of a wonderful medicine which he had ascertained to be a sure cure for scrofula and all other complaints of the blood, glands, secretions, excretions, stomach, bowels, brain, skin, liver, lungs, kidneys, heart, spleen, pancreas, supra-renal capsules, semi-lunar ganglions, bones, nerves, arteries, veins, lacteals, absorbents, conglomerate glands, sagittal and lambdoidal sutures, articulations, joints, vertebrae, tendons, cartilages, synovial capsules, ligaments, membranes, striated and non-striated fibres, cavities, sinuses, projections, protuberances, hair, nails, head, body, extremities, and all other parts, organs, and structures, of invalid human beings, which, in deep consideration of the loud calls of humbug-loving humanity, he is willing to sell at the astonishingly low figure of a few dollars a bottle.

We called attention to this medicine several months since, but as we are in the habit of advising our readers to avoid all medicines, regular and irregular, we could not conscientiously make an exception in favor of the "scrofularia" of Mr. Prince. Mr. Prince, on reading the HERALD, was vexed, puzzled, utterly discomboborated. He could not comprehend our position. He thought we had made a mistake. He supposed we had been misinformed. He imagined that we labored under a misapprehension. He thought that if we could only understand the matter we would do the fair thing. And so he called on us to explain. We listened complacently while he unbudgeted himself. He declared that scrofularia was all it professed to be. He assured us it was a sure cure, and no mistake. He was even so generous as to offer to give us a bottle so that we might try it on our patients. He would do anything, say anything, swear to anything to satisfy us of its marvelous merits, if we would only speak a good word for it in the HERALD.

But we were incorrigible. We asked him

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for the rationale of his cure; to tell us how it acted, &c. We promised to patronize, applaud, and extol him; to buy, sell, and prescribe his medicine, to write it up in the HERALD; to extend it over the earth; to advertise it, if he would only give us a reason for so doing. He offered certificates of cure. We would not give a rye straw for a newspaper full of them. He proposed to bring us his fellow-creatures who had been cured. We declined listening to their gabble. But we were a reasonable, or at least, a reasoning mortal, and, therefore, we wanted a reason. He undertook to expatiate on these themes, but like all drug doctors, be they quacks or regulars, he no sooner essayed to philosophize than he found himself inextricably entangled in multitudinous problems of unintelligible technicalities, so bewildered, indeed, with pathologico-pharmacologico-therapeutical disquisitions, that he soon became altogether dumbfounded and refused to say another word. Improving the opportunity that his silence afforded, we explained to him the absurdity of the dogma that "nature had provided remedies for diseases." He appeared quite penitent for a moment; promised to get our books and look into the subject, and sell no more scofularia, if he became convinced that our system was the right one. We hope soon to hear that he has become a wiser and a better, if not a richer, man. We hope conviction will be followed by conversion.

NATURAL DEATH.—A correspondent writes:

"DR. TRALL: *Dear Sir*:—It would be interesting and, I think, profitable to your readers to have your criticism on the work of H. Bostwick, M. D., published in 1850, entitled, 'An Inquiry into the Cause of Natural Death from Old Age.' His argument is that the cereals contain too much calcareous matter to be healthful food, causing ossification and premature decay; he produces chemical analyses and illustrative facts to prove his positions; and he says that flesh, fish, fowl, and fruits, with some kinds of vegetables, contain much less earthy matter, and are, therefore, better adapted to health and longevity. These positions he seemingly proves by science and facts. Will you, please examine the subject, if you have not, and give the world your views?"

If persons are willing to accept assumptions for principles, and assertions for facts, anything may be seemingly proved or disproved. When the above work first appeared we reviewed its contents and exposed its fallacies. The reasoning of the book is so self-evidently absurd, and the scientific data so palpably perverted and misapplied, that it seems to us a serious refutation of its positions would be a waste of words. For example: Dr. Bostwick adduces the history of a man who lived to be one hundred and twenty-five years of age. This man had long been addicted to the use of tobacco. These are the facts, and on these facts Dr. B. asserts that the tobacco agreed with his constitution; and then from his own false assertions deduces the conclusion that the tobacco preserved his life to a very great age. When an author can argue in such a style, none of his reasonings are worthy of a moment's notice. The real question is, Did the use of tobacco prolong or shorten the man's life? Whether the poison enabled the man to live twenty or thirty years longer than he otherwise could have done, or whether it brought him to his grave twenty or thirty years sooner than he otherwise would have died, are the legitimate questions in issue; and these are only to be decided by a reference to the laws of vitality, which explain the relations between poisons and living structures. And then every school boy knows, or ought to know, that it is not in the nature of things possible that the use of any poison can do aught except abridge the period of life.

The cereals—wheat, corn, rye, oats, &c.—do contain a larger percentage of earthy matter, used in forming the bony tissues; but if the person does not eat too much, what is not wanted in replenishing the organic structures will be expelled as effete material. It is excess of alimentation, and obstruction of the outlets, consequent on constipation and other morbid conditions which cause calcareous and other effete matters to accumulate in the system. No persons are more over-loaded with calcareous particles, inducing gravel, stone, gout, and rheumatism, than those who indulge largely in the very things which Dr. B. recommends as containing the least earthy matter, to wit, flesh, fish, fowl, and tobacco.

HYDROPATHIC MANSLAUGHTER.—Mr. John Van Buskirk, whose wife was the victim of mal-practice, and whose case is the subject of our story, sends us the following statement, with a request for publication and comment. As the case presents several points of very

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great importance, and as the errors committed in the treatment are too frequently committed by those who undertake the management of Hydropathic appliances, without knowing anything about the principle which should regulate their administration, we comply with the request:

"TIPTON, Indiana, Sept. 1st, 1863.

"DR. TRALL: *Dear Sir:* Permit me to describe a case of peculiar importance: My wife was twenty-two years of age, of good constitution, and lived about as people generally do in Indiana. She had dyspepsia formerly, but had never taken any drugs, except a few doses of quinine. She was in the eighth month of her first gestation; had morning sickness from the first, vomiting a thick mucous, sometimes accompanied with bile; in the last two months she had a constant and sometimes very severe pain in the right side. The following is an account of her sickness and treatment:

First day. Complained of giddiness only; no treatment.

2d. Giddiness, burning in the throat and stomach, thirst, vomiting mucous and bile. Treatment: Warm hip-baths, hot foot baths, cold compress, and hot fomentations on the stomach, pouring cold water on the head, and emetics of warm water

3d. Giddiness, severe burning in the throat and stomach, thirst, vomiting of mucous, bile, and blood, frequent pulse, tongue coated yellow, red at the edges, constipation. Treatment: The same, with the addition of enemas of warm water, and an infusion of parched corn taken into the stomach.

4th. Symptoms more aggravated; burning in the throat and stomach very severe. Vomiting changed to a liquid resembling indigo water. Treatment: The same, substituting an infusion of peppermint for that of parched corn.

5th. Giddiness not so great, pulse more full and strong, burning, thirst, constipation, about the same, vomiting changed to a coffee-ground looking liquid, very offensive to the smell. Treatment: Wet-sheet pack, cold compress and hot fomentations on the stomach, and enemas of warm water.

6th. Giddiness nearly gone, pulse full but tolerably frequent, heat more generally diffused —in short there were many symptoms of good reaction. Burning not so constant, vomiting changed to the water that she drank (at all times she had been allowed all the water she wanted), sometimes accompanied with bile. Treatment: Wet-sheet pack, cold compress, whisky and peppermint (the last two, a prescription from an Allopath—the one that was afterward called in).

7th. Good reaction, pulse full, skin hot, burning and thirst not so severe, vomiting nothing but water. Just at this critical moment her aunt came in and, seeing her flushed cheeks, exclaimed: 'You look like you had been sick a month. I am afraid you've got the fever, and if you don't call the doctor in, you will die. He'll be coming along here soon, and you had better not lose your chance.'

As might be expected, she was scared into a consent. She and I were both opposed to drugging, but I preferred to let her choose her own treatment. The doctor was called in and gave cathartic pills and quinine. But the pills and quinine were thrown up again, just as everything else had been.

8th. Reaction still good. Indeed all the symptoms, except constipation, were good. Treatment: Hydrargyrum cumcreta, morphine, and gum arabic combined. A part of this remained. No water allowed.

9th. Brain involved, stupor, vomiting changed back to a coffee-ground looking liquid. Burning and thirst worse. Other symptoms about the same. No treatment.

10th. Symptoms about the same. Treatment: I gave her, without any orders from the doctor, a dose of castor oil, with a few drops of turpentine. Enough of this remained to cause the bowels to expel about half a gallon of excrements resembling tar. The doctor came and gave her cream of tartar and muriatic acid. That night we thought she was dying, but she revived again.

11th. Symptoms worse. Treatment: Blister on the stomach, that brought on preamature labor. She went through with that, apparently as easy as if she had not been sick.

12th. Symptoms worse. Treatment: Stimulants.

13th. Symptoms worse. Treatment: Spiced syrup of rhubarb.

14th. Symptoms more favorable, except that her tongue, gums, and lips had changed to a glazed redness. Treatment: The same.

15th. Vomiting a yellow fluid very offensive to the smell. Death.

There was no pain on pressure of the stomach, and, so far as I know, no directly exciting cause of her sickness. She was a very hearty eater; indeed, she could hardly satisfy her appetite.

I would be pleased to have you answer in the HERALD OF HEALTH the following questions:

1. What name would you give her disease, and how would you treat it?

2. Could her disease have been prevented, if so, how?

3. Would the treatment I gave her up to the seventh day, have cured her, if persevered in?

4. Judging from the way the doctor treated her, would he have cured her, if he had been called in at the first?

"JEHU VAN BUSKIRK."

We will reply to the questions of Mr. Van Buskirk first, and comment on the treatment afterward:

1. The essential cause of the disease was constipation. The disease itself was an effort of the vital powers to overcome this condition. All the treatment required was a tepid enema, occasional sips of warm water, fasting for a day or two, and quiet of body and mind.

2. The cause of the disease could have been prevented by living hygienically, and the disease itself could have been cured as above, if the rest or quiet had been duly persevered in.

3. The treatment you gave her up to the

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seventh day, if persevered in, would not probably have killed her in a long time, but it would have prolonged and aggravated her sickness indefinitely.

4. Judging from the manner in which the drug doctor dosed, we are of the opinion that, if he had been called in the outset, the patient, instead of living fifteen days, would have died within a week.

And now for a few practical remarks:

1. In advanced pregnancy, no harsh nor violent processes of any kind should be resorted to in any case. The emetic and pouring cold water on the head, on the first day, were wrong.

2. The repetition of the emetic on the second day was wrong. The vomiting of blood, instead of indicating an emetic, contra-indicated it. Frequent sips of iced-water, or small bits of ice, would have been useful.

3. The emetic on the fourth day was wrong again.

4. The packing on the fourth day was not the best treatment. A warm bath would have answered better. But we do not regard this error as very serious, yet we take the occasion to indicate an important principle. As a general rule, in all acute diseases, and in all acute paroxyms (this was Mrs. V. B.'s case) of chronic diseases, the wet-sheet pack is applicable to the early stages, but not to the latter.

5. "Whisky and peppermint!" Now the work of death has begun in earnest. The prognosis is no longer doubtful. Whisky, peppermint, and the wet-sheet in the same prescription. Can anything be more murderously foolish? When the cholera prevailed in London a few years ago, the hospital physicians, in despair, after having gone the rounds of the drug materia, resorted to the wet-sheet, but gave the patients calomel and brandy at the same time. The patients thus treated, of course, died, and the doctors reported that the wet-sheet had proved a failure!

6. On the seventh and eighth day, in spite of the maltreatment thus far (for humanity is tough), she was in a condition to recover, if she could have a thorough and persevering course of let-a-lone-ativeness. But, sad to relate, though both husband and wife were opposed to drugging, husband allowed (generous man!) a meddlesome aunt to scare her into having a drug doctor! The drug doctor gave her cathartic pills and quinine, and on the next day calomel and morphine, the result of which was apparent on the following day.

7. "Brain involved; stupor." These significant words are the record of the symptoms on the ninth day. The careful reader will mark that the calomel and morphine were administered on the previous day. But it seems that the rapidly sinking condition of the patient had the effect to convert Mr. Van Buskirk to the drug system; for, he says, that on the tenth day, he gave her castor oil and turpentine! He does not say the doctor ordered it, but "I gave it." The tar-like excrements are common after calomel and other irritant drugs have been given.

8. The patient was still worse on the eleventh day, but the abomination of a blister must be added so as to make a sure job for the undertaker. No wonder miscarriage took place.

9. On the twelfth day she was rapidly failing, and, then, as if to put the result beyond all possibility of doubt, her little remaining vitality must be stimulated away. The poor patient still struggled hard for her life, and if she had been let alone, even on the twelfth day, when the regular work of stimulation commenced, it is possible she might have recovered. But no. So long as there is life, there are poisons to swallow; and so another chapter of blind, blundering drug-water cure business, ends in—DEATH!

MEDICO-THEOLOGY.—Dr. A. P. Dutcher, in an article on "The Possibility of the Absorption of Tuberculous Matter," in the "Philadelphia Medical and Surgical Reporter," concludes with the following, somewhat frightful, paragraph:

"The disorder of man's moral nature is such, that he finds gratification in vicious indulgences. This proclivity in man's mental constitution is frequently a great obstacle in our way of benefiting the afflicted of our race. They are not always willing to relinquish their vicious habits. We prescribe for their maladies, but all in vain. They eke out a wretched existence in this world, die in their sins, and go to perdition in the next."

It strikes us the last clause of the last sentence is carrying the argument beyond the legitimate domain of medical research into the regions of theology.

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NEW EDITION OF DIPTHERIA.—The first edition of this work was exhausted some time since, so that for a time we were unable to fill orders. A new edition is now ready, and as we hear of the ravages of this disease in various parts of the country, the friends of the suffering will do well to circulate this work among them. A writer in the *Huron Signal*, published at Goderich, Canada West, says of the work—and his remarks will apply as well to all latitudes and longitudes as to Canada, we have ample evidence that this work has already been the means of saving thousands of lives:

"Dr. R. T. Trall, 15 Laight Street, New York, has just published a most complete treatise on Diptheria. By remitting one dollar and a quarter, this book will be sent by mail to any address in the Province. I recommend your correspondent to procure a copy. The information it contains will enable him to do much good in his neighborhood, while the disease continues. The directions are so plain and comprehensible that any person of ordinary intelligence may apply them practically and effectually to the relief of suffering humanity. This disease has manifested itself with considerable virulence in Huron and Bruce during the last few winters, and every family should be in possession of a copy of this work."

PIE PLANT WINE.—We learn that many farmers in Sullivan, Broome, Ulster, and other counties in this State, are cultivating the pie plant for the purpose of manufacturing wine of it. And we are grieved to hear that professed temperance men are recommending it, on the ground that its use will prevent those who are inclined to strong drink from resorting to a stronger article of grog. Such doctrines and such practices have ever been the bane of the temperance cause. So long as the advocates for temperance occupy their thoughts with substitutes for alcoholic poison—and in this case they only substitute a weaker for a stronger intoxicating drink—they will never accomplish much for the reform. One might as well propose cheating as a remedy for stealing, or recommend little lies as a cure for big ones. Strange that, after a "war of four thousand years" and half a century of special effort, the temperance advocates cannot understand the simple principle of letting the devil alone, if they do not wish to be harmed by him. Many of them seem to imagine that they can swallow his imps with impunity, if they only repudiate him. It is a distinction, however, without a difference.

ONE DOLLAR AND A HALF.—The price of the HERALD OF HEALTH will be, after the end of the present volume, one dollar and fifty cents a year. This will allow a larger margin for compensation to agents, while it will enlarge our premium list, and enable us to introduce a variety of illustrated subjects which involve considerable expense. We have published the HERALD thus far at a pecuniary loss, but, in anticipation of an early ending of the war, and consequent decline in the prices of cotton, paper, and labor, we determined to go through the year, and the war, too, if possible, at the old established figure. This we have nearly accomplished. But the prospect now is that high prices will rule in all departments of industry, and especially in all materials which are employed in the publishing trade, so that we shall be obliged very soon to fall in with "the spirit of the age." Our new club rates and premiums will be given in the December issue.

A TRIP TO THE WEST INDIES.—DR. FRANK R. JONES, of our firm, whose health has declined from too close and unremitting attention to business, has concluded to spend the winter season in the West Indies, for the double purpose of recreation and exploration. He will investigate the advantages and facilities of Porto Rico, Santa Cruz, and Santo Domingo, and perhaps, other places, as homes for invalids from our Northern States, during the winter months, and also for such agricultural emigrants from this country as propose to cultivate the earth, Hygienically, and adopt the vegetarian system of diet. The author of that sterling work, "Life in the Tropics," whose success in Santo Domingo, has quite astonished his friends in this country as well as the natives, has awakened a lively interest on this subject, which may lead to important enterprises from Yankee land. Dr. JONES will correspond regularly with the HERALD OF HEALTH, during his absence; and will receive valuable assistance from our friend, ex-minister JOSEPH W. FABENS, Esq., who with his family, formed an agreeable part of our household for nearly two years. He is now on a trip to Santo Domingo, and is well acquainted with the Island. His lecture before the Geographical Society of New York city, and also delivered in our College hall, was replete with interest and showed an extensive knowledge of the Island, its people, products, resources, &c.

Our U. S. Consul at Porto Rico, JOHN J. HYDE, who is also one of our former patrons and esteemed friends, will also do all in his power to give him information and place him in communication with those who may be able to contribute facts concerning those countries which will be of interest to our readers, and they may expect a series of articles of rare novelty and great interest, to commence with the first number of our next volume.

The American West India Company, of which Mr. FABENS is one of the managers, has just established a line of first class iron steamers, to run monthly between New York and Bermuda, St. Thomas, St. Johns, Mayaguer, Porto Rico, and St. Domingo city, which will afford health and pleasure seekers, excellent accommodations. These steamers will also carry the United States Mail.

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Soldier's Department.

WOMEN IN THE ARMY.—A correspondent of the *Tribune* gives an interesting account of the valuable though generally unappreciated services of women in armies. The students of our medical class of 1861–'62, will recognize the lady in Bloomer costume—Dr. Walker—as one of their classmates:

"Newspaper letters from the army have lately mentioned a Miss Jones, who was sent to Washington by the Provost-Marshal, under suspicion of being a spy. All wars, and this among others, have exhibited a few women as kindled with military enthusiasm, delighting in drill and tactics, utterly reckless of life, and anxious to be of service to their respective countries. With this class we may number the above young lady, who is but nineteen years of age, possessing a tall, robust frame, and somewhat masculine, though comely features. She is a native of Cambridge, Massachusetts, without parents, possessed of independent means, and entered the army nominally as a vivandiere to one of the New York regiments. Once in the field, she boarded at neighboring farm-houses, and applied herself to military studies, with a hope of one day obtaining a commission. Failing in that object, she desired to be useful as a scout or spy. She met only refusal, and on persistence, rudeness. She determined to prove her value, and sought to reach the front of the army by an irregular pass. From thence she trusted to enter the enemy's lines, and triumphantly return with information which would render her value unquestionable. The result was incaceration in a prison. One is reminded of the inventor of the steam engine, whom Richilieu inclosed in a cage for his importunacy in urging his ideas. She must not be employed, because she is a woman, notwithstanding that the ready-witted Southerners have availed themselves of Belle Boyd, and others of her sex, with great effect in the same duty, and notwithstanding that in Europe both armies and governments find women among their most valuable aids in circumventing enemies.

This conduct is of a piece with the stupidity that opposed the use of colored soldiers. Liberty is tendered to Miss Jones to return home, on a parole that she will not seek to return to the army. She will not accept it, but lingers in prison, with the hope of one day being understood and employed.

Beyond the women who have entered the ranks of the army as private soldiers in various sections of the Union, and stood unquailing in battle, I would mention another, who refuses to unsex herself, and demands recognition, without the deception of male attire. Since the commencement of the war, a slight, girlish figure, costumed in a Bloomer dress of blue cloth, has been constantly seen in the various hospitals of the Capital, performing with great skill surgical operations, prescribing for the sick, or soothing them with smiling words. During battles, she has visited the Army of the Potomac, and, attaching herself chiefly to the Second Corps, has won there an acknowledged reputation for professional superiority.

Though stinted in pecuniary means, her services through this long period have been entirely gratuitous. She has applied to both Surgeon-Generals Finlay and Hammond for a commission as Assisstant Surgeon. Her competence was tested and approved, yet as the Army Regulations did not authorize the employment of women as Surgeons, her petition was denied. Ungenerous construction! Do the Army Regulations anywhere forbid it? A Senator from New York, with an elightenment which did him honor, urged her appointment to the Secretary of War, but without success.

Hoping in other modes to serve her country, she has been anxious for employment as a spy. She proposed last winter a well-digested plan of entering and returning from the enemy's lines to Burnside. As it involved danger, though applauding her ingenuity, he would not expose her to risk. During the command of Hooker she applied to Gen. Patrick, the Provost-Marshal, but was repulsed. From him she turned to the brilliant Hancock, and the cautious Couch. The latter approved her design, and the former, kindled by the nobleness which found a response in his own breast, also acquiesced. Her plan was to be carried out in case a renewed conflict, at one time expected, should take place after the battle of Chancellorsville. During the fight at Gettysburg, she was absent from the army, and could return only at the close. She, too, lives and hopes. Her name is Dr. Walker. Couch has departed elsewhere, Hancock lies wounded, and Gen. Meade gives her no encouragement, though to him she has but very slightly unfolded her designs.

Alas! What 'ism' is more absurd than Conservatism? If a woman is proved competent for a duty, and anxious to perform it, why restrain her?"

CALOMEL AND TARTAR EMETIC.—The medical profession continues to be unpleasantly exercised with regard to the late order of Surgeon-General Hammond, prohibiting these deadly agents from the supply table of the army; and, notwithstanding the profession is about equally divided as to the right or wrong of the order, all manner of evil intimations and insinuations are aimed at his reputation through the columns of the medical journals, while medical societies take open ground in favor of his removal. We have read several articles in the medical journals in favor of the use of calomel and tartar emetic, and a few against their employment, showing that doctors do sometimes disagree, even in the matter of calomel and tartar emetic.

The Philadelphia *Medical and Surgical Reporter* for September 12, 1862, contains two pictures on this subject from different correspondents which we place in juxtaposition:

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First Picture.

"In the abstract, I think, the Surgeon-General is right. Neither calomel nor tartar emetic is admissible in any of the diseases of the soldier. Even inflammatory diseases, of an acute character, in the army, have a tendency, always, to assume a low type, and the nature of all army diseases is asthenic. As for giving calomel in 'fashionable' doses, as an alterative, in those pathological nonentities, comprised under the name of 'biliousness,' to put an imaginary spur into the liver, the practice is bad enough in civil life, but it becomes utterly unreasonable in military practice. With all the clamor raised against the Surgeon-General's order, it has as yet not been shown by those who cry out against it that there is any special class of diseases, nor any particular disease, in which calomel or tartar emetic is indicated; it cannot be replaced by other remedies less dangerous in their general effects; while on the other side, it is boldly claimed that the general physiological condition of the soldier, and the pathological tendency of army disease always and imperatively contradicts the use of these articles."

Second Picture.

"I have read your forcible critiques on the Surgeon-General. Opinions vary much in the army on the calomel question. For my own part, despite the order, I get plenty of calomel, and use it without hesitancy."

Here are two distinguished and intelligent physicians, one deciding that these dangerous drugs should never be administered to sick soldiers, and the other claiming to deal out calomel without hesitancy. This would be a very pretty quarrel as it stands if it only concerned the disputants. But while they are so flippantly debating the question, the lives of the soldiers are at stake, and if these medicines are useful the soldiers ought to have them, and if they are injurious, the soldiers ought not to be forced to take them. While it is a matter of opinion with the disagreeing doctors, it is a matter of life and death with the soldiers. Is there not some method by which the profession can settle this question? Surely three hundred years of experience ought to supply data sufficient to determine the simple fact whether calomel and tartar emetic are good or bad for sick soldiers. Or must the profession continue its manslaughterous experimentation for a few centuries longer?

Dispensing with Amputations.—A correspondent calls out our attention to certain improvements in modern surgery by means of which many diseases of bones, and fractures, for which amputation has hitherto been performed, which are now remedied without, and asks for more light on the subject. It is very true that surgery, as an art, is making rapid strides to perfection, while medicine, as a science, is "progressing backward." Some of the achievements of modern surgery are as wonderful as the results are beneficent. And conspicuous among these is the discovery that, the bony structures of the body will be reproduced to almost any extent, wherever the *periosteum*—the fibrous membrane that covers their exterior surfaces—is preserved. M. Flourens and M. Maisonneuve have performed some very remarkable and successful operations in illustration of this principle; and some of the surgeons of the New York Hospitals have availed themselves of this principle with equally gratifying results. In the case of a young engineer whose leg was so seriously injured that the most eminent surgeons of Paris had decided that amputation of the limb was not only necessary but urgent, M. Maisonneuve, instead of amputating the thigh, made a large longitudinal opening down the leg, cut out the *tibia* (the large bone of the leg), preserving the periosteum, and the result was, a perfect restoration of the injured limb. The same surgeon, in a case of mortification of the right side of the lower jaw, removed almost the entire bone, with the condyle of the joint, leaving the teeth suspended in their gums, and floating loose like the beads of a rosary. The bone was reproduced, the wound healed, and the restoration so perfect, that one can hardly recognize on which side the operation was performed. The principle involved in these cases would, no doubt, save hundreds, probably thousands, of our wounded and mangled soldiers from the terrible necessity of amputation; hence, this subject is commended to the careful consideration of our army surgeons.

Typhoid Fever in New Haven, Conn.—The *Evening Post* says:

"Typhoid fever is quite prevalent in the returned Twenty-third Connecticut Regiment. There were five interments on Saturday from the Military Hospital in New Haven. The disease was generated in the marshy lands above New Orleans, and appears to be aggravated by change to a northern climate."

How nonsensical such language sounds to those who understand the rationale of disease, and the nature of typhoid fever! Such persons would say the *causes* were generated in the marshy lands above New Orleans, and a removal to a northern climate favored the process of purification, which process constitute the essence of the disease called typhoid fever. If the authorities will consent, we will send a physician of the Hygienic School to New Haven, whose practice will diminish the mortality from five per day to none at all.

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NOBLE WORDS.—*A Soldier's Speech.*—Gen. Corrington, in an address to an Indiana regiment, gave the following excellent advice:

"First—avoid profane speech. He who is the God of battles, and holds the issues of life, should be revered, if you would have His blessing. The man who honors His name is a true soldier; he fears not to die, because he is prepared for the issues of death. Temperance is the next virtue. The best stimulus to the soldier is his coffee. Liquors are temporary and bring relaxation, and they also involve bad habits. Water should be used frequently, but in small draughts—too much water at a time involves perspiration and weakens the body. Drink it often, but always in moderation. Be chaste and truthful. Be as good citizens in the service as out of it. Bathing is important. Keep clean. If your feet are sore after a march, bathe them in soft water, and you will be fresh in the morning. In closing, let me say that nothing pains me so much as to see a soldier who forgets his duty as a citizen and a Christian. Be so pure that your wives and sweethearts will honor you, at every step of your progress as a soldier. If we meet again, it will be my pleasure and duty to serve the country with you; if not, be true to the flag, and your country will honor you. To yourself, all I have to say, after two days' drill, is, I am satisfied. Take that as a soldier's good-by."

DIPTHERIA AMONG ARMY HORSES.—A new disease seems to have lately broken out among the horses in some of the army camps. J. H. Thompson, Surgeon of the Thirty-ninth New York Volunteers, stationed at Williamsburg, Va., thus describes its symptoms and effects:

"Four horses died in one battery within a few hours of each other. They appeared well in the morning, refused a portion of their oats at mid-day, and in the evening could not swallow anything; rapid exhaustion followed, and in a few hours they died. On opening the animals, the mouth, larynx, and trachea were found covered with diptheritic membranes somewhat thicher and more tenacious, but in other respects resembling that found in the human subject in cases of diptheria. If this is diptheria in the horse, and I know of nothing else it is likely to be, is it with them a new disease? Or is it only new to me, because I am ignorant of its previous existence? Certainly none of the persons having charge of the Government horses around here know anything of the disease."

We respectfully commend to the attention of our army veterinary surgeons the article in our last issue, on the treatment of diptheria with ice.

SNUFF-DIPPING IN THE SOUTH.—B. F. Taylor, Esq., whom we recognize as having been our patient several years ago, writes from Rosecrans' army:

"The men are with the Rebel armies, and the women are starving. All through this valley, the miserable inhabitants have no prospect of food for the coming winter but the bounty of the Government. These people are free to talk and to 'allow' that the 'Yanks' are not the terrible Huns they had fancied them, if anything so light-footed as fancy can be predicated upon anything so lifeless as those poor creatures. They all indulge, when they can, in the practice of which so many disgusting pictures have been made—the practice called 'dipping.' Take a little stem of Althea, chew it into a bit of a broom at one end, dip it in snuff, sweep your mouth out with it, and leave the handle sticking out of one corner, like a broom in a mop-pail, and remember all the while that it is a woman's mouth, and you have as much of the fashion as I propose to describe. Just here, and now, tobacco, and not cotton, is king. Negroes will sing, dance, and cry for it, and the siftings of a soldier's pocket are eagerly scraped up by the natives, and the little brooms speedily 'raise a dust' in it."

SURGEON-GENERAL HAMMOND.—The calomel and tartar emetic doctors are straining every nerve, and fabricating every imaginable falsehood, for the purposes of getting this able and most efficient officer removed. We hope the President has too much good sense to listen to the growling of these sore-headed bigots. It is evident to the people, and every *liberal* physician, that General Hammond is one of the most able surgeons of the age. Being free from sectarian bigotry, and informed upon every principle of medicine and surgery, he adopts such sanitary measures as are most effectual in preserving the lives and health of our army and navy. Unfortunately for the General, however, some of these measures come in conflict with the stereotyped notions of portions of the profession. For this he is denounced, misrepresented, and, if possible, is to be removed. Let us see whether the President is to be influenced by these medical demagogues.—*Eclectic Medical Journal.*

TYPHOID AND NEGROES.—The Nashville *Union* has the following significant paragraph:

"The typhoid fever is very malignant at Vicksburg. If that city were garrisoned by negro soldiers, as it ought to be, thousands of valuable lives would be saved. Are not those who oppose the employment of acclimated negro soldiers in the South, in order to save the the feelings of traitors, the *deliberate murderers of our white soldiers?*"

It has been repeatedly stated in medical journals that negroes in the West Indies and in other places, are much less liable to yellow and typhoid fevers, other circumstances being equal, than the whites, and that these diseases are much less fatal with them when they do occur.

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College Department.

Medical Schools.—There are in the United States (including the Federal and Confederate Sections) about forty medical colleges of the *regular* or Allopathic faith, and about one-fourth as many of the *irregular* order, Homœopathic, Eclectic, and Physio-Medical. All of these schools and systems agree in all of their essential or fundamental premises. They are all based on the primary proposition that poisons are the natural remedies for diseases. They are all branches or sub-systems of the drug medical system. They differ in many non-essential particulars; in many secondary problems; in their statements of that nonsensical vagary which they call the "law of cure;" in the kinds of drugs which they employ; in the size of doses, &c., but so far as any philosophy or first principles are concerned "they are all a band of brothers." They all assume that disease is a something in opposition to the life force; that life is a forced state; that external objects act upon the living system; that medicines act on various parts, organs, and structures in virtue of their inherent, elective, or selective affinities for those parts, organs, and structures; and their rationale of treatment, however expressed, mystified, or concealed in language, or however confused with "technical gibberish," is resolvable into the single postulate so well announced in Professor Paine's "Institutes of Medicine"—"we cure one disease by producing another."

Opposed to each and all of the drug schools, and and to all of their theory as well as practice, is the Hygienic school, of which there is only one in the wide world—The New York Hygeio-Therapeutic College. It is based on the fundamental proposition that, in the relations between dead and living matter, the living matter only is active, while the dead matter is passive; hence, all of its essential problems are exactly the reverse of those of all of the drug medical systems. It teaches that disease is not an entity but an action; that disease and the "*vis medicatrix naturæ*" are not antagonistical forces, but one and the same thing; that remedies do not act on the body, but the contrary; that poisons are in no proper sense remedial agents; that the "law of cure" consists not in poisoning a living organism, because it is sick, but in supplying it with what it can use under the circumstances.

These systems are radically opposed to each other; and there can be no alliance or compromise. If one is right the other is wrong. But while the Hygienic School is graduating M. D.'s at the rate of less than twenty annually, the drug schools are turning out doctors at the rate of thousands. The prospect, therefore, that the drug system will have it pretty much all its own way for a long time to come, may be disheartening to the friends of health reform. But the signs of the times indicate that the people are now, more earnestly than ever before, studying the principles of the new system, and that soon a revolution in public opinion will be achieved, when the drug system will be abandoned and contemned as "the greatest curse of the civilized world."

Close of the Summer Term.—The following resolutions were adopted at a meeting of the medical class, held at the close of the Summer Term, Mrs. T. G. Humphrey, of Wisconsin, being called to the chair, and T. M. Johnson, of Missouri, acting as Secretary:

Resolved, That Dr. Trall in sustaining the Hygeio-Therapeutic College, is educating a class of physicians who are destined to do more to reform the false habits and improve the health of the American people and of the world, than are all the drug-giving doctors in existence.

Resolved, That our thanks are due to him for his able lectures on the nature, causes, and treatment of diseases.

Resolved, That Prof. J. G. Webster, M. D., whose versatility of talent and profound learning render him an ornament to the profession he has espoused, has, by his amiable deportment and untiring zeal in imparting to us a knowledge of the subjects pertaining to his chair, won our lasting gratitude and esteem.

Resolved, That our observation and experience during the late term of the College, has demonstrated again the advantages of associating the sexes in the prosecution of medical studies, as well as in all other departments of education.

Resolved, That the Drugopathic doctors who ignore woman's right to practice the healing art, have in this College an opponent that may well cause them uneasiness.

Resolved, That our Secretary be instructed to present a copy of these resolutions to each Professor, and to the Herald of Health for publication.

Summer Terms.—We shall not probably have any more Summer Terms, certainly not next year. We shall visit England and, perhaps, France, next season.

Galen.—Galen, one of the most distinguished of the ancient physicians, lived one hundred and forty years, and composed between seven hundred and eight hundred essays on medical and philosophical subjects; and he was always, after the age of twenty-eight, extremely sparing in the quantity of his food.

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Voices of the People.

THE HEALTH GOSPEL. — Elder T. W. S., writes from Greeley, Iowa: "*Dear Dr. Trall:* I have just been reading a number of your Journal, the HERALD OF HEALTH. I am a firm believer in the system you so ably advocate; in fact, I believe in anything that is calculated to make the human family happier, healthier, and holier. I intend to preach another gospel than is now commonly taught; not another gospel than Paul taught; for I do not want to come under the condemnation, but the glad tidings of a nobler life. How can a Christian 'present his body a living sacrifice, holy, acceptable unto God,' &c., who eats unwholesome food, and eats to excess; who drinks rum, tea, coffee, &c.; chews tobacco, and smokes, and indulges in other equally filthy and degrading habits? The command is to cleanse ourselves from all filthiness of the flesh and spirit, or mind. To be pure in life as well as in heart. Now I do not believe that a Christian can live that holy and devoted life required of him, unless he crucifies the old man with all his affections and lusts. And as the use of pork and other unwholesome and exciting food, and stimulating and poisonous drinks, as well as riotous living generally, tend only to increase and deprave the animal feelings; and as depraved propensities and the spiritual emotions are antagonistic, he must live under the controlling influences of one or the other, and it is impossible to be governed equally and beneficially by both at the same time. So viewing the matter I feel that it is a part of my duty to oppose these things; for I believe that all of our efforts to christianize the world are rendered fruitless by the professed church following after the ways and follies of the world; and as long as Christians live in the same manner that those do who have no higher objects than self-gratification, than to live to eat, and drink, and make a display, we can look for nothing else from the world than a 'hale fellow, well met,' and an enduring friendship which is declared to be 'enmity with God.' So I intend to preach, henceforth, a gospel of right living in connection with the gospel of Christ. And in order to have an assistant of value in the matter, I try to spare a dollar out of my scanty means for the HERALD OF HEALTH."

A MONOMANIAC.—E. P. G. writes from Cedar Rapids, Io.: "R. T. TRALL, M. D.: *Dear Sir:* I address you because you are an old acquaintance and one with whose principles and labors I have sympathized for many years, and who will still gladly contribute, 'according to your ability,' to correct the errors of a drug-poisoned people. I have acquired the reputation of a monomaniac and one-ideaist, because I have tried to live as nearly as possible to nature's laws; and because my sympathies for the suffering and bereaved among my neighbors has prompted me to try to enlighten them as to the Gospel of God, in the promise of life to those who would obey the laws of their own organism. Recently, in conversation with a neighbor (a man thirty-three years old, raising a family, intelligent in the popular sense, and a Christian, though not weaned from pork), he asserted, as is common with that class of men, that 'poisons were good as medicines; that, in fact, they were necessary to health, as we eat poisons in all our food; good bread always contained poison. It was a constituent principle of all good wheat, and it was arsenic.' I demurred; did not believe him. He said all respectable chemists attested the fact. I was ignorant (not to say obstinate) and still demurred. We agreed, finally, for mutual edification, to appropriate a few stamps and try, whether, by writing, we could call up such authorities as would settle the question of arsenic growing in wheat, to our accepting or rejecting of the idea. Now, Doctor, if you are aware of the fact, as he stated it, please drop me a line to advise me of it, and I will believe you. Otherwise, can you not inform me where and how I can obtain the necessary scientific testimony to set the question at rest, in the minds of the people desiring truth, as to eating poisons?"

There is no scientific authority in the world to prove that arsenic, or any other poison, is a constituent of grain or any other kind of food. When found in wheat, if it ever is, arsenic is an accidental ingredient. Food and poisons never co-exist in the normal state.

DIPTHERIA AND BRANDY. — Are the drug doctors actually drunk that they are now prescribing alcoholic liquor as though it was the panacea for all the maladies that flesh is heir to? J. M. writes from Mirawich, N. B.: "I enclose one dollar for your work on Diptheria, as that disease is raging in this vicinity to a fearful extent. I have no doubt that your book will be the means of saving many lives. I believe the drug doctors here are killing more than they cure. They dose their patients with brandy till they become quite stupefied, and in that state they keep them for days. They say it will make *the nervous fluids flow more freely!* I am of the opinion that if they should dose a well person in this way, it would be the death of him. I have no manner of doubt they kill many who would recover, if nature was left to take its own course. An M. D., of this place, fell a victim to the disease, or to the treatment, recently. I wish we had a physician of your school in this vicinity. Please give us your opinion of the treatment of diptheria with brandy."

We regard such treatment as simply murderous. The idea that brandy will make the nervous fluids flow more freely, is ridiculous nonsense. Such technical gabble may do to deceive the rabble, but to persons who understand the merest rudiments of physiology, it is simply silly.

EQUAL RIGHTS.—Hon. James H. Lynch, of New York, writes us: "I have perused the HERALD OF HEALTH carefully and critically, and, although I do not concede all the points it claims for medical reform, I do claim and advocate that your system should have an equal share of legislative favor, and stand or fall in

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fair competition with all other systems of medical treatment. I intend that it shall be on equal footing in the hospitals, camps, dispensaries, and asylums, and, if it is erroneous, an enlightened public opinion will discern and statistics will demonstrate it. Your article on the Preservation of Fruit, in the July number, is the best I have ever seen. I showed it to several of my neighbors who desired to copy it, but I told them that by sending you a dollar they could have the article and the HERALD for a year."

THE PRAYER OF THE RIGHTEOUS.—A Baptist clergyman writes from the interior of Kentucky: "I rejoice in the pure system of truth which you teach in the HERALD OF HEALTH. I would sooner pay twice its price than have it banished from my family circle. I hope you will never concede an inch to the foes of your system, who stands in opposition to the light of nature's highest revelation. I have just been on my knees praying for God's blessing on you, and for the success of the principles which you so nobly advocate. It is a gross perversion of God's truth to preach pure souls in impure bodies. The drug doctors are constantly defiling God's image with their poisons, and my full belief is that you have the only true healing art, and the only true plan of physical redemption."

THE REFORM OF REFORMS.—A. C. W., Esq., writes from Coldwater, Mich.: "I had intended to have attended your school the ensuing term and become a teacher and practitioner of your system. But circumstances will prevent, at least for the present. I regard your undertaking as the greatest enterprize of the age, and as having more to do with the future welfare and happiness of mankind than all other reforms. What I am compelled to see in this place and vicinity, while engaged in the practice of my profession, in the suffering and murdering of the people by drug medication, causes more than half of my thoughts to be given to the subject of the great reform which you advocate."

FLOWERS AND GIRLS.—How naturally these are associated in the mind! A. C. A., North Columbia, Cal., in ordering the HERALD, writes: "I send you a few California flower seeds for your wife or girls, if you have any."

We have the wife and the girl, but no girls. Our plurals are boys. However, we shall plant the seeds of the California roses and posies at Hygeian Home, and instruct the girl to present Mr. A. with a beautiful bouquet whenever he calls on us.

"MORN BREAKETH IN THE EAST."—A Baptist clergyman writes from Cromwell, Ky.: "I endorse your system thoroughly, though I am in a region where little is known of it. I have read your HERALD OF HEALTH for a few months, and am fully convinced that you are entirely right; and I now feel as though I could discern the clear sunshine of truth through a wilderness of error. God help you in your noble efforts to teach a misled and drugged-to-death world the better way.

Miscellaneous.

THE NEW RIDING SUIT.

BY MISS ELIZA S. RODGERS.

IT seems that some of our countrywomen, not having the fear of conservative people's wrath before their eyes, have taken to riding on horseback astride and in masculine dress. Only think of that, my dear Mrs. Grundy. The new riding suit consists of "a dark blue cloth dress-coat with plain gilt buttons, dark blue cassimere pantaloons, buff cassimere vest with plain flat gilt buttons, black 'stove pipe' hat, Napoleon cravat, narrow turn down collar, and plain or ruffled shirt bosom." There is no manner of doubt that this is a thoroughly masculine dress from the crown of the hat to the sole of the boots. It is equally certain that it has been appropriated by the ladies as an equestrian costume; and Mrs. Grundy will be grieved to learn that a good many of the offenders are church members, and some of them daughters of orthodox ministers. All fossilated humanity stands aghast at the deed! "What will it lead to? they ask. "Once give woman the right to wear that dress on horseback, and, sure as fate, *they will soon sport it everywhere!*"

I do not intend to attack this prediction. By no means! On the contrary, I express my devout wish that it may be literally verified, and the sooner the better!

It will indeed be a glorious era for women when they can dress rationally, either in masculine or feminine garments, as may best suit any particular occasion. For the parlor, and for indoor wear generally, nothing is more proper than the flowing robe; and I have not the slightest desire to say anything to its disparagement. But there are outdoor occasions—and plenty of them, as every woman well knows—on which a masculine costume, such as the riding suit already described, could be worn to very great advantage. For my own part, I do not hesitate to own that I would be very glad to wear the aforesaid riding suit as a shopping, visiting, and church dress—particularly in windy or inclement weather, or when the walks are muddy. It would be a convenient dress for the cars and stages, and not objectionable for the carriage or promenade. To ladies living in the country, who are compelled to come to the city every few days to do a round of shopping and calling, such a dress would be an inestimable convenience.

There are plenty of women, no doubt, who

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would constantly wear this dress, to the utter exclusion of feminine garments. This might be bad taste, but that is all. In some instances it might be right and justifiable.

Considering the prevalent masculine taste for black, perhaps some would have preferred that the ladies' suit should be of that color. A little reflection, I am sure, will satisfy any one that a black suit would not have given satisfaction. Something less clerical was demanded; hence, the blue, and buff, and plain gilt buttons were adopted—a most happy choice which cannot fail to be ratified with perfect unanimity. This suit, though *comme il faut* for riding, is quite as well adapted to other occasions, such as I have already suggested. In fact, it is suitable everywhere.

Upon the whole, my dear Mrs. Grundy, let the worst come to the worst! There is no use of being frightened! I guess we can stand it!

VERITAS VINCIT.

R. T. TRALL, M. D.: *Dear Sir*:—Again has hygienic medication met and overcome the leagued forces of ignorance and error. Again has calm-browed, clear-eyed truth vanquished ghoul-headed, blear-eyed prejudice. And still the children of the light are treading the darkness underfoot. The discovery of truth is important, but the diffusion of the truths already known and their application to the regeneration of the masses, is a work worthy of Beneficence himself. I make these preliminary observations on behalf of another working clerico-hygeio-therapeutist, whom I am about to introduce to the readers of the HERALD, as a worthy colleague of the one who wrote from Iowa in the June number. The Rev. J. R. Strang, to whom I refer, has been in the county only a few months, in which time he has, without seeking practice, been instrumental in restoring several persons to health, and alleviating the sufferings of others who have more or less strictly conformed to his prescriptions. And, as evidence of his steadily increasing popularity and success in this sphere of his labor, he has more than a dozen patients under hygienic treatment at present; and the large club of subscriptions which I enclose to the HERALD and which, he says, is only an installment of what he will get, was obtained mainly through his exertions. Now, if the people are so eager to employ a man who has never graduated at any school but that of experience, and whose knowledge of Hygeio-Therapy is limited to that, and what he has learned from the Hydropathic Encyclopædia, what amount of practice might I not safely predict for a regularly educated physician? "When such things are done in the green tree, what may we not expect in the dry?" Did time and your space permit, I could relate two or three well authenticated cases of patients which, after being drugged *secundum artem*, were given up by the Allopathic physicians, but which yielded readily under Mr. Strang's treatment. That such results should follow the judicious applications of hygienic remedies is not to be wondered at; but in a locality like this where man and nature are so ineffably self-contained, content with that which is tranquilly, if not complacently, submitting to the surgeless calm of vegetative existence; that such a simple, yet withal thoroughly radical reform in the treatment of disease, should be laid hold of with such avidity was certainly not to be expected. Indeed, in view of what is passing it would not require a violent out-stretching of hope and faith to believe, that, even in the near future, there will be such a great awakening to the application of common sense, alias hygienic agencies, to the prevention and cure of disease as shall render an hygienic institute in this country a necessity.

There is another young man in this place who expects to attend your next winter course, for the purpose of graduating an M. D. of your school. Your HERALD is becoming more popular every month. I know of some whose copies are nearly worn out lending them, so that the circle of their influence is not bounded by the subscribers nor are the owners impoverished by the operation, for whoever reads the HERALD for a year wil experience an unmercenary compensating satisfaction in enlarging the circle of its readers, feeling that "good the more communicated more abundant grows, the author not impaired, but honored more." The HERALD has a great work to do in the field of Health Reform. It is almost alone in the advocacy of a knowledge of the laws of life, lying at the very foundation of regenerated human society. These laws are of universal application to man; they are not confined to caste, creed, or country.

As "the laws of the universe are but the thoughts of God," and the laws of life are part of these, it follows that as it is the aim of the HERALD to disseminate a knowledge of these "thoughts," that it is, therefore, cosmopolitan in its objects and ought to be read by everybody. What an infinite amount of misery and woe would be prevented in the world by a

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knowledge of and obedience to the natural laws! And yet how sad to reflect that comparatively few of earth's millions are even aware of the existence of these laws, in obedience to or transgression of which the creator has inseparably linked the happiness or misery of the race!

So link thy ways to those of God,
So follow firm the heavenly laws,
And stars shall greet thee, warrior-browed,
And storm-sped angels hail thy cause!

Health Reform is, therefore, properly the basis of all other reforms—the ground-work upon which all other permanent superstructures must be built—the centre from which must radiate man's manifold, diversified activities.

Very truly yours,

HILLSBURY, N. B. R. J. MOFFAT.

QUANTITY AND WASTE OF FOOD.

BY DR. DIO LEWIS.

BEFORE you take the first mouthful, place upon your plate all you are to eat, and eat but twice a day! This rule accomplishes all that the practice of weighing our food does, for soon the eye can determine, with all needed accuracy, the quantity, and without the display of a pair of scales. It is better than the rule of Dr. Johnson and others, which I have given, viz.: watching while you are eating, for the first indications of having enough; for, as I have shown, it is almost impossible for a dyspeptic, with his morbid appetite, to watch, or halt when he does discover that the food fails to give the intense gratification of the first moment. This is the great difficulty—to use calm judgment and moral firmness in the midst of the absorbing pleasures of a delicious meal. I am free to confess I have rarely done it, and I think I may, without harsh judgment, say I do not know half a dozen persons who can.

Few spectacles are more painful than the struggles often seen among the poor to keep their table supplied with the "best in the market." Foregoing books, periodicals, a good house, good clothes, the healthful luxury of a summer trip, &c., they devote everything to supplying their table. They are ashamed to be seen eating plain, cheap food; not ashamed to live in a poor house, to wear insufficient clothing, to have no library, to have no pew in church, to have nothing, and be nothing, if only their table is well supplied. I declare it is a low, vulgar ambition—pride on the lowest plane of life.

AIR, food, sleep, and the cheerful emotions, are the best restoratives to exhausted nerves.

TOBACCO.

BY HULDAH ALLEN, M. D.

SPENDING the day with the family of a thinking farmer, he asked me a question concerning the use of tobacco. "Do you realize that tobacco is ruining all the men and the boys?" I replied; and he added, "but you mean physiologically; I mean it is corrupting their morals."

We mean it is debasing the whole man—depriving him of true manliness, and making him, to pure senses and sentiment, a pitiable and disgusting object.

Last winter, somebody stoutly denied that man has deteriorated. Will the large numbers of conscripts rejected by examining surgeons, as unfit for military service, lead people to think of this matter?

A robust farmer, who, descending the slope of life, shares with his active wife the labors of a large farm, has just welcomed a son from college. I saw him a few days after he had brought them his diploma. I had seen him when he was a child, brawny and sound; I saw his old parents, still vigorous. This son should have been a stalwart young man, a pillar of the country. He is only a slight, puny fellow instead. None but a sentimental girl, or an ignorant one, would dare depend on him.

We talked. He told me of their excellent gymnastic apparatus at college; and that he had become strong by practising the exercises. But, that undeveloped chest—could he do much for the country? The surgeon said he was unfit to serve. A rejected conscript, he turned to his literary profession.

The reverse side.—A stout, young man, with broad shoulders, deep chest and muscles which tossed work, finished, from his hands, as it were mere pleasure, was among the conscripts. He wished to stay at home; but he was at a loss how to avert his fate. A few days ago his grandmother, a sprightly little creature of 97 years, spent a day at a neighbor's, and she told how luck had blessed them. She said: "Harry was drafted; but the doctor told him he could not go, for he had heart disease. He had had it, terribly, for a long time; but he never knew anything about it. Wasn't it lucky that it had never troubled him?" asked the merry centenarian, as her eyes danced and her sides shook in spontaneous delight. "Perhaps he would have died of it some day, and never have known he had it, if he had not been drafted!"

When the divinity of man slumbers, the animal riots.

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BABIES AND CROUP.

BY J. B. F. WALKER, M. D.

GAIL HAMILTON says, in her sketch, entitled "Mooving:"

"I never knew a baby yet that did not go and have the croup, or the colic, or the cholera infantum, just when it was imperatively necessary that it should not have them. *But there is no help for it.*"

Very likely the little section of Massachusetts in which Gail Hamilton lives, may be an unhealthy district filled with miasmatic influences, and electrical disturbances, and nonsensical mammas, and ignorant fathers who do not know how to bring up a family of children without the croup, colic, and cholera, and who could not if they did, owing to the abominable nuisances which this untidy world will keep in perpetual fermentation! Very likely, too, the children themselves are scrofulous, feeble, blue-faced, improperly fed, not knowing why they were brought into the world, and only too glad to get out of it. Babies are the most ill-used, abused, agonized class of beings that ever had existence!

But there are babies, if Gail Hamilton does not know them, who never have the croup, colic, or cholera infantum; and there is a help for those who do have the above catalogue of distressing complaints.

"Babies go and have the croup"—as if they could help it, if they would. Such aspersions are enough to startle and shock all common-sense humanity. Instead of anathematizing the little innocents these old maidish quill-drivers had better apotheosize them for all the barbarisms they have to undergo in the way of exposure, improper food, dress, and habits of living generally. Such unadmittable slanders against babies one seldom sees in print. Since I commenced to write this essay, I have been called away in a terrible hurry to see a little boy of six years, who was strangling to death with the croup. The little "latent savage," he ought to have a spanking for daring to have the croup in the dead hour of the night, when it was so "imperatively necessary that he should not have it." His parents had just returned from the opera and got nicely into bed, when lo! Freddy gave a terrible, shrill, detonating cough, and came near losing his wind for life! Of course, the servants were aroused; a tub of hot water was ordered, and poor Fred put into a warm, sweating-bath before he could speak a loud word. Flannels rung out of hot water and placed about the throat and chest, and in less than half an hour he was quite comfortable, and the next morning I saw him out playing in the park with his nurse and pet-lamb.

Now, do you mean to tell me that there was no help for the child's being sick; that he went and had the croup just out of spite? The little boy had the croup because he could not help it; he had been exposed to just the right conditions for bringing on that disease, and, as a matter of course, the disease came upon him when the vital powers were at their lowest ebb, viz., about midnight. It was a wonder he had not died; yet it would be no fault of the child's if it had. Mothers who have children sick with such diseases as the colic, cholera, and croup show far more wisdom in remaining at home, taking care of them, than they would if they helped Gail Hamilton to take up forty carpets, provided her old house contained so many.

There are towns and cities scattered all over these broad United States, where healthy, happy children may be found; where rosy cheeks, laughter-loving eyes, merry hearts, and elastic steps make glad many a household, and where the colic and croup never come. There is a help for all these diseases. Give the mothers a little more common sense; take the medicine bottle and the catnip tea way from the maiden aunt who writes books for a living, and my word for it, children who are children, will not go and have the croup, unless they are obliged to for self-preservation's sake.

CLEVELAND, Ohio, Water-Cure.

OLD PARR, already famous, who died at the age of one hundred and fifty-three, was a farmer of extremely abstemious habits, his diet being solely milk, cheese, coarse bread, small-beer, and whey. At the age of one hundred and twenty he married a second wife, by whom he had a child. But being taken to court by the Earl of Arundel, as a great curiosity, in his one hundred and fifty-second year, he very soon died, as the physician decidedly testified, after dissection, in consequence of a change from a parsimonious to a plentiful diet.

CONCERNING the sweetening required in rhubarb pies, a Pittsfield lady gives the following infallible rule:—"Throw in sugar as long as your conscience will let you; then shut your eyes and throw in one handful more."

WE do not die wholly at our deaths; we have mouldered away gradually long before. Faculty after faculty, attachment after attachment, disappear; and death only consigns the last fragment of what we were to the grave.

PRIDE joined with many virtues chokes them all.

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Dining-Room Department.

GRUELS AND SOUPS.

BY MRS. MATTIE M. JONES.

WHEAT-MEAL GRUEL.—Mix two tablespoonfuls of wheat-meal smoothly with a gill of cold water; stir the mixture into a quart of boiling water; boil about fifteen minutes, taking off whatever scum forms on the top. A little sugar may be added if desired.

INDIAN-MEAL GRUEL.—Stir gradually into a quart of boiling water two tablespoonfuls of Indian-meal; boil it slowly twenty minutes. This is often prepared for the sick, under the name of "water-gruel." In the current cook-books, salt, sugar, and nutmeg are generally added. Nothing of the sort should be used, except sugar.

OATMEAL GRUEL.—Mix a tablespoonful of oatmeal with a little cold water; pour on the mixture a quart of boiling water, stirring it well; let it settle two or three minutes; then pour it into the pan carefully, leaving the coarser part of the meal at the bottom of the vessel; set it on the fire and stir it till it boils; then let it boil about five minutes, and skim.

FARINA GRUEL.—Mix two tablespoonfuls of farina in a gill of water; pour very gradually on the mixture a quart of boiling water, stirring thoroughly, and boil ten minutes.

TAPIOCA GRUEL.—Wash a tablespoonful of tapioca, and soak it in a pint and a half of water twenty minutes; then boil gently, stirring frequently, till the tapioca is sufficiently cooked, and sweeten.

SAGO GRUEL.—Wash two tablespoonfuls of sago, and soak it a few minutes in half a pint of cold water; then boil a pint and a half of water, and, while boiling, stir in the farina; boil slowly till well done, and sweeten with sugar or molasses.

CURRANT GRUEL.—Add two tablespoonfuls of currants to a quart of wheat-meal or oatmeal ground, and, after boiling a few minutes, add a little sugar.

GROAT GRUEL.—Steep clean groats in water for several hours; boil them in pure soft water till quite tender and thick; then add boiling water sufficient to reduce to the consistency of gruel. Currants and sugar may also be added.

ARROW-ROOT GRUEL.—Mix an ounce of arrow-root smoothly with a little cold water; then pour on the mixture a pint of boiling water, stirring it constantly; return it into the pan, and let it boil five minutes. Season with sugar and lemon-juice.

RICE GRUEL.—Boil two ounces of good clean rice in a quart of water until the grains are quite soft; then add two tablespoonfuls of sugar, and boil two or three minutes. Currants make a good addition to this gruel.

TOMATO SOUP.—Scald and peel good ripe tomatoes; stew them one hour, and strain through a coarse sieve; stir in a very little wheaten flour to give it body, and brown sugar in the proportion of a teaspoonful to a quart of soup; then boil five minutes. This is one of the most agreeable and wholesome of the "fancy dishes." Ochre, or gumbo, is a good addition to this and many other kinds of soup.

RICE SOUP.—Boil one gill of rice in a pint of water till soft; then add a pint of milk, a teaspoonful of sugar, and simmer gently five minutes.

SPLIT PEAS SOUP.—Soak the peas all night; then cook them three or four hours, or till perfectly soft. Add a little sweet cream just before they are done.

GREEN PEAS SOUP.—Take three pints of peas, three common sized turnips, one carrot, and the shells of the peas. Boil one quart of the largest of the peas, with the shells or the pods, till quite soft; rub through a fine colander; return the pulp into the pan, add the turnips, a carrot, sliced, and a quart of boiling water; when the vegetables are perfectly soft, add the young or smaller peas, previously boiled.

SPLIT PEAS AND BARLEY SOUP.—Take three pints of split peas, half a pint of pearl barley, half a pound of stale bread, and one turnip, sliced. Wash the peas and barley, and steep them in fresh water at least twelve hours; place them over the fire; add the bread, turnip, and half a tablespoonful of sugar; boil till all are quite soft; rub them through a fine colander, adding gradually a quart of boiling water; return the soup into the pan, and boil ten minutes.

BARLEY SOUP.—Take four ounces of barley, two ounces of bread crumbs, and half an ounce of chopped parsley. Wash the barley, and steep it twelve hours in half a pint of water; boil slowly in a covered tin-pan five hours, and about half an hour before the dish is to be served, add the parsley.

GREEN BEAN SOUP.—Take one quart of garden or kidney beans, one ounce of spinach, and one ounce of parsley. Boil the beans; skin and bruise them in a bowl till quite smooth; put them in a pan with two quarts of vegetable broth; dredge in a little flour; stir it on the fire till it boils, and put it in the spinach and parsley (previously boiled and rubbed through a sieve).

VEGETABLE BROTH.—This may be made with various combinations and proportions of vegetables. For example—four turnips, two carrots, one onion, and a spoonful of lentil flower. Half fill a pan with the vegetables, in pieces; nearly fill up the vessel with water; boil till all the vegetables are tender, and strain.

BARLEY BROTH.—Take four ounces of pearl barley, two turnips, three ounces of Indian-meal, and three ounces of sweet cream. Steep the pearl barley (after washing) twelve hours; set it on the fire in five quarts of fresh water, adding the turnips; boil gently an hour; add the cream; stir in the meal; thin it, if necessary, with more water, and simmer gently twenty minutes.

SPINACH SOUP.—Take two quarts of spinach, half a pound of parsely, two carrots, two tur-

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nips, one root of celery, and two ounces of cream. Stew all the ingredients in a pint of water—a few lemon parings may be thrown in to flavor—till quite soft; rub through a coarse sieve; add a quart of hot water, and boil twenty minutes.

VEGETABLE SOUP.—Take two good sized turnips, one carrot, one parsnep, one sweet potato, two Irish potatoes, one onion, a little parsley chopped fine, and three tablespoonfuls of rice or pearl barley. Slice the vegetables very thin; put them into two quarts boiling water; let them cook three hours, then add the rice, and cook one hour longer.

Kindergarten Department,

FOR THE JUVENILES.

A TALK ABOUT COTTON.

"You never saw your apron in the pod, did you?" said Amos to his sister, taking up the corner of her apron and examining it.

"Aprons don't grow in pods," cried the little girl, laughing a little scornful laugh at the ridiculous idea, as if that was as much as a boy knew about girls' dresses.

"Yes, it did," said Amos.

"No, it didn't," cried Anne; and so a quarrel might have sprung up, for quarrels usually come more from a misunderstanding of words than disagreements.

Uncle James happily entered the room at that moment, and being appealed to, he set the matter right. "The apron did grow in a pod, and it didn't," said Uncle James.

"Anne's apron is made of cotton," Uncle James went on to say; "and cotton is that wonderful plant which clothes the biggest part of the world. A great deal, and some of the best kind is, you know, cultivated in large fields at the South. It grows about a foot and a half high, and bears a bunch of yellow flowers. The flowers go to seed in a three-cornered pod of three cells. The cells contain seeds, hid in a lock of beautiful white down. When ripe, the pods burst open, and out comes the down, which is the cotton first hand, of which Anne's apron is made."

Amos looked at Anne, as much as to say, "Didn't I tell you so?"

"That is God's part of the work," said Uncle James; "creating it. All the cotton-growers in the world could not create cotton. They dig their fields and plant their seed, but receive their crops from His hand. We have, then, the cotton in the pod—the raw material as it is called.

"And now we must put thought in it to bring out its uses. We turn it into muslins, and calicoes, and laces, and that is called manufacturing; and our mothers make these up into dresses, and aprons, and sheets and shirts." It was Anne's turn to look at Amos, and she looked as much as to say, "Mother makes aprons."

"The first thing which puzzled people about cotton was to separate the seeds from the down They used to pick them out with the fingers. That was slow. It took a man a day to clean one pound. At that rate very little could be got to market."

"Set thought to work," said Amos.

"Yes, thought could plan a better way, and it did. A young man, Eli Whitney, just graduated from Yale College, New Haven, went South to seek his fortune. On that journey he fell in company with a lady from Savannah, who was on her way from the North. She took a kind interest in the young man, and invited him to make her house his home. He was very happy to accept the offer, and went.

"One day, as Mrs. Green (for that was the lady's name) was at work at her embroidery, the frame troubled her; it was very clumsy, and she asked Whitney if he could not tinker it. He was glad, at least, to try. He took it to his room, and in a few days invented a new one. On handing it to Mrs. Green she was delighted with the improvement, and showed it to her friends as a wonderful piece of ingenuity. The young folks, too, he delighted every now and then by a new toy; for, Yankee as he was, he well knew what execution a good knife could do.

"One day a party of gentlemen dined at the house, and the conversation turned upon cotton. 'It is no use to think of raising cotton to sell, while it takes so long to clean it,' they said. 'Ah!' said the lady, turning to young Whitney, 'apply to my Yankee friend here; he can do anything. He can invent a machine to pick out the seeds in less than no time.' And what should she do but show them her tambour-frame and the children's toys; yes, and his work-room, too.

"I do not suppose the gentlemen thought any more of it, but the young man did. As it was not in the season of cotton, he hunted the warehouses to find a bunch in the pod. He found one, took it to his room, and set to work thinking. His tools were poor, but he thought and tried experiments, and thought again, until at the end of the winter he produced a machine which pulled the cotton through a set of teeth and left the seeds behind. Mrs. Green pronounced it a success, and she took the first opportunity of inviting a party of gentlemen to come and witness its astonishing powers. Their surprise and interest knew no bounds, when they saw it could pick three hundred pounds in about the same time that a man could pick one."

"What an invention!" they exclaimed.

"This is the famous cotton-gin," continued Uncle James, "which helped to bring cotton into the market, and make it cheap, and the planters rich. Before this, cotton was little more than a garden plant."

"Gin," said Amos, "what is that?"

"Gin is a contraction of engine," replied Uncle James; cotton engine, it means."

"So that is what a little thought did," said Amos; "and other thoughts set to work and put spindles and carding, and shuttles, and wheels, and shafts together into mills, and spun and wove it into cloth."

"Yes," said Uncle James, "God works and we work, and we, working with him, carry on the affairs of the world."

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BOYS WHO THINK, AND BOYS WHO DON'T THINK.

"I DIDN'T think," said a smart-looking boy, one day, as he stood, with downcast eyes, in the presence of a grave-looking gentleman.

"You didn't think, eh! Then I am ruined, because you are a thoughtless boy. You may go, sir," replied the gentleman, in a tone of voice which expressed both sorrow and sternness.

The boy silently left the room. He, too, seemed sad, and a tear glistened in the corner of his eye.

What is the matter? What has he done? I will tell you:

He was an apprentice. His trade was that of a carpenter. It had been a part of his duty to light the fire in the shop half an hour before the men came to work. One cold, windy morning he lighted the fire, as usual; but, in doing so, he left a shaving burning outside the door of the stove. It was only one shaving. He didn't think it would do any harm, because it was a little shaving. But a puff of wind from beneath the door of the shop blew the shaving on to the floor. There it set fire to another shaving; the fire spread unperceived by the boy, until it reached a pile of shavings, and blazed up into the room. Then he started, and tried to put it out. But he was too late. It was beyond his control. He rushed out, shouted "Fire!" and alarmed the people. They came, but could not save the shop. It was burned down, and its owner, not being insured, was ruined.

He was ruined because that boy didn't THINK.

There is a farmer's boy lying on the ground. The sheep and cattle are resting quietly around him, but he is looking at the sky. He is THINKING. He has looked on those heavenly bodies with a curious eye. He has asked himself questions about their nature, distances, motions, and laws; and there he is, THINKING out answers to his questions.

"Well, what good did his thinking do him?" I hear a boy, with a curling lip, inquire.

It made a great and useful man of him, my little sneerer. That boy's name was JAMES FERGUSON. He was a poor man's child; but he was not too poor to think. His father could not afford to send him to school. But James would not let this fact make him a dunce. He became his own teacher. He learned to read by THINKING, while his father taught his elder brother. He examined every curious object he saw, and thought about it until he understood it. Thus he became a boy-philosopher at first, and at last a noted astronomer and philosopher, of whom his country is justly proud.

I wish, my dear children, you would all imitate James Ferguson's example. When you see any new object or power, ask yourselves what is it? who made it? what is its use? why has it such and such powers? to what class of objects or powers does it belong?—and similar questions. So, when you are about to ACT or SPEAK, THINK FIRST. Ask if what you are about to say or do is right. Just acquire the act of thinking thus, and you will avoid much evil.

TOWARD THE LIGHT.

"Learn the lesson that nature teaches you, and strive through darkness to the light."

"Observe yon tree in your neighbor's garden. Look how it grows up crooked and distorted. Some wind scattered the germ from which it sprung in the clefts of the rock; choked up and walled round by crags and buildings, by nature and by man, its life has been one struggle for the light; light which makes to that life the necessity and the principle; you see how it has writhed and twisted, how meeting the barrier at one spot, it has labored and worked, stem and branches, toward the clear sky at last. What has preserved it through each disfavor of birth and circumstances? why are its leaves as green and fair as the vine behind you, which with all its arms can embrace the open sunshine?

My child, because of the very instinct that impelled the struggle; because they *labor for the light they are won to the light.* So with a gallant heart, through every adverse accident of sorrow and of fate; to turn to the sun, to strive for the heaven; *that* it is which gives knowledge to the strong and happiness to the weak."
—*Bulwer's "Zanoni."*

WHAT A FARMER'S BOY SHOULD BE.

SOME one, we do not know who, says a farmer's boy should learn how to do the following things:

To dress himself, black his own shoes, cut his brother's hair, wind a watch, sew on a button, make a bed, and keep all his clothes in perfect order.

To harness a horse, grease a wagon, and drive a team.

To carve and to wait on the dinner-table.

To milk the cows, shear the sheep, and dress a veal or a mutton.

To reckon money, and keep accounts accurately, and according to good book-keeping rules.

To write a neat, appropriate, briefly expressed business letter, in a good hand, to fold and superscribe it properly.

To plow, sow grain and grass seed, drive a mowing-machine, swing a scythe, build a stack and a load of hay.

To put up a package, build a fire, whitewash a wall, mend broken tools, and regulate a clock.

A LADY was repeating to her little girl, six years old, the story of the flood, and how God had said to Noah that he would not again destroy the earth with a deluge of water, and gave the rainbow as a pledge of his engagement. "O, mother!" exclaimed the child, "when God had promised, I should not have wanted any rainbow to make me believe him!"

FRENCH sorrow and sentiment are illustrated at Montmartre cemetery, where a tombstone has been erected with a colossal tear carved on it, and the words underneath, "Judge how we loved him!"

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To Correspondents.

Consumption and Cod-Liver Oil.—O. C. G., Ottumwa, Iowa: "My wife is afflicted with consumption, or something akin to it, and having no faith in drug doctors, I send as above, thinking I may find something to benefit her. Her physician recommends cod-liver oil, and she has been taking some. It undoubtedly makes her much stronger while taking it. How is this? Is there no benefit in it?

"I am quite a believer in the Hygienic system of living and curing, but there are some things that I (being a little weak in the faith, because a somewhat new disciple,) cannot quite understand. For instance: You condemn salt as a poison. Now, stock-raisers have proved by experiment that domestic animals thrive better and gain flesh faster, when allowed a supply of salt. Is it beneficial to stock? If so, why not beneficial to man, also? Can diseases of the lower animals be treated successfully without drugs? By the way, can you not grind us out a Hygienic physician this year? I think one would certainly do well here, after a short time."

If you will come to our College, we will grind a few errors out of your head, and then you will make a good Hygienic physician. In your questions, you have assumed the very things to be proved. We deny that cod-liver oil gives strength, or that salt makes flesh. Salt, cod-liver oil, alcohol, arsenic, antimony, and corrosive sublimate, have all been successfully used to increase the *fat* of animals. But fat is not flesh; and the rule is, that flesh diminishes as the fat increases. A fattening process is a diseasing process. It causes the effete or waste matters, which should have been expelled, to be retained, and thus increases bulk, while the flesh and health are both diseased.

Medicines and Victuals.—J. T. S., Ky.: "1. Are all medicines poisons? 2. If the laws of health were properly observed, would the most of people live to the age of 100 years? 3. Do medicines really cure people—if so, how? 4. How many ounces of food should a common person eat at each of the three meals? 5. Which is the most wholesome, corn bread or wheat bread, both made after your recipes? 6. What is the proper diet to fatten a person? 7. What are the best proportions for well-balanced bodily structures? 8. Is there any virtue in mineral springs?"

1. Yes. 2. Their days would be "long in the land," but whether 100 or 969 years we could not say. It is enough to know that they would live till they died a normal death. 3. Professor Paine, the only modern expounder of medical philosophy, says in his "great work"—the Institutes of Medicine—"we cure one disease by producing another." When medicines cure at all, it is by inducing drug disease. 4. A common person is a very indefinite article. Some common persons need twice as much as other common persons do; but ordinarily all persons eat twice as much as they should. The quantity a given individual requires depends on a variety of conditions and circumstances. 5. There is no appreciable difference. 6. There is no such diet. It is not proper to fatten a man at all. No one ever thought of fattening an animal (except the Turks, who sometimes fatten the ladies of their harems,) only to eat them; and surely you do not propose to fatten your fellow creatures, and then feast on them! 7. Just enough of each. 8. No.

Everyday Bathing.—J. M., Bloomington, Ill.: "Would you advise me, or any other person, who enjoys good health, to bathe in cold water every day?"

"Good health" and "cold water" are very indefinite terms. Whether tepid, cool, or cold bathing, once a day, or once a month, or not at all, would be best in a given case, must be determined by the sum total of the patient's physiological or pathological condition and habits, eating, drinking, exercise, occupation, etc., etc.

Frugiverous.—Mrs. C. M. W., Shelbyville, Ind.: "While our brave soldiers in the field are not forgotten, the soldier who is battling for the good and true should be remembered."

The above document was found inside of a box expressed to us all the way from Indiana. It was accompanied with an assortment of apples, pears, peaches, tomatoes, sweet potatoes, Irish potatoes, grapes, one cabbage, and a small bag of wheat, all in good order, and of choice quality. Thanks. If our Indiana cousins can grow such delectable "fodder," pigs and poultry, beef and mutton, ought to "skedaddle" at once from those "diggings."

Herbs vs. Drugs.—A correspondent writes: "Our son, eleven years of age, has been under the treatment of an Eclectic physician for a year and a half, without benefit. The Eclectic does not use drugs, but herbs."

When a humbugged community understand that herbs *are* drugs, and that Eclecticism is only druggery in another shape—the same child in a different dress—they will be one degree wiser than many people are now.

Warts.—H. H. B., Dahlonega, Io.: These unseemly excrescences can be removed by means of a few touches of lunar caustic or nitric acid. When they extend some distance from the skin with a narrow base, the most convenient remedy is the ligature—a silk thread tied tightly around the base, so as to cut off the circulation, will destroy their vitality, and cause them to decay and drop off in a few days.

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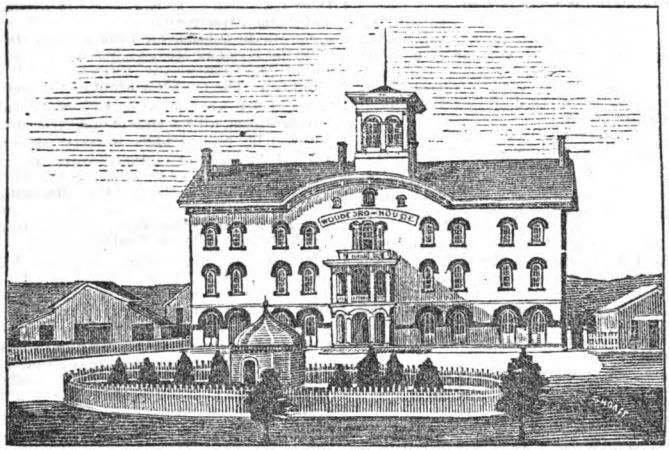
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Proper Remedial Agents are found only in the Domain of Organic Life. They are Light, Air, Temperature, Exercise, Rest, Food, Drink, Bathing, Sleep, Electricity, Magnetism, and Passional Influences.—BOOK OF NATURE, vol. 1., page 1.

If the people can be thoroughly indoctrinated with the principles of Physiology and Hygiene, they will have very little need of physicians; and when they understand the Nature of Disease and the Modus Operandi of Medicines, they will never consent to be poisoned because they are sick.—EDITOR.

R. T. TRALL, M.D.,

EDITOR AND PROPRIETOR.

VOL. 2, NO. 6. DECEMBER, 1863, NEW SERIES.

PUBLISHED MONTHLY.

ONE DOLLAR A YEAR IN ADVANCE.

NEW YORK:

R. T. TRALL & CO., PUBLISHERS,

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THE NEW YORK

HYGIENIC INSTITUTE.

NO. 15 LAIGHT STREET, NEW YORK.

R. T. TRALL, M. D., PRINCIPAL PHYSICIAN.

FRANK R. JONES, M. D., M. P. BROWNING, M. D., *Business Associates.*

Dr. TRALL having resumed the entire medical supervision of the New York Hygienic Institute, and associated with him men and women who are thoroughly competent in each of their several departments, and who work hand in hand with him in the great cause of Health Reform; and having enlarged the capacity and greatly improved the internal arrangements of the Institution, he is enabled to present to his friends and those desirous of placing themselves under Hygienic treatment, inducements superior to those of any former period.

Among the special attractions for the present season will be Dr. TRALL's Lectures before the Medical Class during the Summer Term of the Hygeio-Therapeutic College, where patients can learn how to get well, and to keep themselves and friends well in after life. Patients and guests are admitted to nearly all the lectures without extra charge.

Our Location is pleasant, being but one door from St. John's Park, to which our patients have access at all times, and so near the River and Bay that we get the benefit of fresh air both from the Water and Land.

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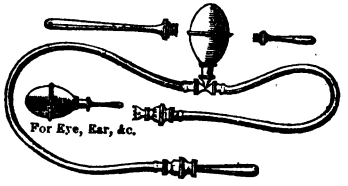
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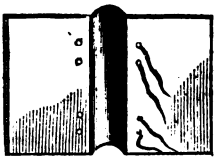


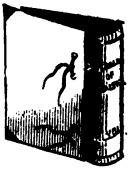
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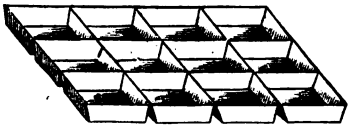
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For years we have felt the need of a cheap, durable, practical, convenient pamphlet preserver, and since we have been publishing the HERALD OF HEALTH, this need has presented itself more forcibly than ever before.

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"Many persons have failed of success in making this bread from neglecting one very essential requisite — the size of the pans in which it is baked. If they are larger than the dimensions given, the bread will be heavy. If smaller, they will be dry and hard. But made this size, and filled evenly full, if the batter is of the right consistency, and the oven hot, they will rise one half, and be almost as light and porous as sponge cake."

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In ordering, so far as you know, please state plainly the title of the work in full, the name of the author and publisher, and about what price you expect to pay. By attention to these matters, which to you may seem trivial, you will save us much trouble and yourself delay. There are several works of similar titles by different authors, and different editions of the same work by the same author, published at widely different prices. In case all the particulars are not known, describe as nearly as possible, and we will do our best to meet your wants, and merit your confidence in this as in every other part of our business.

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Hydropathic Encyclopædia,

A book of nearly one thousand pages of fine print and 300 illustrations, a glossary, table of contents, and a complete index. In a word, it is a complete system of Hydropathy and Hygiene. It is an indispensable work for every family who wish to practice the Hygienic system. Many families, with no other knowledge than that obtained from the Encyclopædia, *Water-Cure Journal*, (now the HERALD OF HEALTH,) and a few of our small works, have been enabled to discharge their family physicians, save their doctors' bills, and have learned to treat themselves, when sick; and best of all, have learned to keep well. Price by mail $3 50.

Diptheria.

The mortality of this disease, and the dread it inspired throughout the land, together with the difference of opinion among medical men of other schools concerning the malady, and the very general success of Hygienic physicians, led to the publication of this work. Dr. Trall received hundreds of letters on the subject of its nature and causes, and their prevention and cure. To answer these letters and present the subject comprehensively, he published this work of 275 pages. The work has met with a large sale, and has given general satisfaction. Price by mail $1 25.

The Principles of Hygeio-Therapy

And College Catalogue, contains, exclusive of College matter, Dr. Trall's Challenge to Dr. Reese, an article on Female Physicians and various other topics, with a very comprehensive lecture by Dr. Trall of twenty pages on the Essential Nature of Disease, the Modus Operandi of Medicines, the Relation of Remedies to Diseases, the Relation of Remedies to the Healthy Organism, the Doctrine of Vitality and the Law of Cure. Price 10 cents.

The Hydropathic Cook-Book

Is a work of several hundred pages, amply illustrated, written in Dr. Trall's familiar and comprehensive style, and gives a complete analysis of what should, and what should not be used as food. It shows how to cook all Hygienic food, and how to prepare some of the less objectionable dishes in common use (which many families still persist in) so as to be comparatively wholesome. With an experience of a score of years, as a Hygienic practitioner, he presents all the improvements known relative to Hygienic cookery up to a late date. Price $1.

Uterine Diseases and Displacements

Is a most valuable work, and fully illustrated. It is a book of comparatively limited sale, and costs much more in proportion than the other books. No student, or person afflicted with diseases of the nature therein described, should do without the work. Were its teachings generally understood, of precious lives would be saved, and untold sufferings avoided. Price $3: with colored plates $5.

The Complete Family Gymnasium

Is, as its name indicates, a complete work for the family. Physical culture is becoming popular. This work is well illustrated, and should find its way into every library. Price by mail $1 35.

Drug Medicines,

Also a lecture, is an excellent document to scatter among the people, illustrating the fallacy of Drug Medication. Price 12 cents.

Fruits and Farinacea

The Proper Food for Man, by Smith, edited with notes by Dr. Trall, is the title of probably the best work ever published on the diet question. It goes most thoroughly and searchingly into the subject from every possible standpoint. The scripture argument in favor of vegetarianism is brought out in full, and corroborated by ancient history and illustrations from ancient moralists, poets and philosophers. The anatomical and physiological reasons for and against this kind of diet are carefully investigated and elucidated with a fairness and impartiality which is as yet unequaled by any other writer. As the subject of diet is still an unsettled one in the minds of most persons, a thorough, yet plain work like this, is very valuable as well as interesting. Price $1.40.

The True Healing Art,

An address delivered by Dr. Trall in Washington, before an assembly composed of the leading men of the country, is the best lecture yet published on our system. The interest with which it was received at the national Capital may be inferred from the fact that the audience—made up in great part of persons whose heads were filled with war, politics and fat contracts—sat for over two hours as quiet listeners. The first edition is exhausted, and a second one has just been issued. Price 25 cents.

Why the Shoe Pinches.

The above is the title of a most useful little work by a profound German philosopher. No one who is rich enough to own a pair of boots or shoes can afford to do without this little book. The great sufferings that many persons endure, and which scarcely any entirely escape, can be easily and totally obviated by adopting the principles here so clearly explained. Any shoemaker who can read plain English, can make your boots or shoes after these directions. The principles are all most clearly and fully explained. Price 25 cents. Usual discount to the trade.

The Complete Gymnasium,

By Dr. Trall, is the title of one of the best and latest works on Gymnastics and physical education. Persons who are ambitious of a sound mind in a healthy and well-developed body, cannot fail to be benefitted and enlightened by a perusal of this book. It is well illustrated, and sent by mail for $1.40.

The True Temperance Platform,

Now in press, is to the Temperance question what the "True Healing Art" is to Hygienic Medication. It embraces Dr. Trall's London lecture before the World's Temperance Convention, and the Discussion growing out of it with Dr. Hurd, of New Brunswick, the leader of the Sons of Temperance in British North America. It is the most searching and revolutionary Temperance document ever published. Price 50 cents.

Home Treatment for Sexual Abuses

Is a small, but very valuable work. With the work entitled "Nervous Debility," it should be in the hands of every young man in the land, as soon as he is capable of understanding it. The consequences of the prevailing ignorance on this subject are most fearful among the young. Parents should heed these admonitions, and save their children. Price by mail 34 cents; Nervous Debility, 12 cts.

Water-Cure for the Million

Is one of the best campaign documents yet published at so low a price. The processes of the water-cure are explained in brief, and popular errors exposed. Hygienic and Drug Medication are contrasted, and rules given for bathing, dieting, exercising, &c.; also recipes for cooking, and directions for home treatment. Thirty-two pages are devoted to the brief illustration of 100 cases successfully treated on the Hygienic System, the names and places being given. Price 25 cents.

Physical Perfection.

An interesting work of 244 pages, on the Science of Human Life, Health and Longevity, profusely illustrated. The author presents the subject of Physical Culture in its various bearings on human well-being, and seeks to impress the idea that a good physical development is a primary necessity for the foundation of a substantial character. The positions of the writer are ably sustained by history and the everyday experience of mankind. Price one dollar and twenty-five cents.

Diseases of the Throat and Lungs

A small work, for 15 cents, which though necessarily brief, contains more valuable matter than many other books of several hundred pages on the subject.

Health and Diseases of Women

Is an excellent lecture, which should be read by every woman. Price by mail 12 cents.

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THE

HERALD OF HEALTH.

VOL. 2.—No. 6.] NEW YORK, DECEMBER, 1863. [NEW SERIES.

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END OF VOLUME THIRTY-SIXTH.

BY THE EDITOR.

THE present number brings us to the end of the second volume and first year of the HERALD OF HEALTH, and concludes the THIRTY-SIXTH VOLUME of this Journal. From some hundreds of subscribers who have been our readers from the commencement, we have received the flattering assurance that the volumes for 1863 have excelled in interest those of any preceding year. The THIRTY-SEVENTH VOLUME of the HERALD OF HEALTH will be presented to our patrons with some new features, possibly some improvements, and certainly with some new conditions. Hereafter, for reasons already explained, the subscription price will be ONE DOLLAR AND FIFTY CENTS A YEAR, and the club price ONE DOLLAR EACH, for ten or more copies. We could easily publish a cheaper Journal, so far as the quantity and quality of the matter are concerned; but we know that our readers comprise a large proportion of the earnest, working, thinking, progressive minds of the world, and we cannot suppose a single one of them would not rather have the price of our Health Messenger increased than its character depreciated. We are determined to make it the HERALD of the world's Health Reform, and the chief organ of a Medical Revolution, and then put the price as low as it can be afforded.

Thus far we have expended on the HERALD OF HEALTH several hundreds of dollars more than we have received of both subscribers and advertisers; but we regard the investment as "bread thrown on the waters;" and, moreover, we have been richly rewarded in the commendations, the good wishes, and the God-speeds we have received from all parts of the world where it has circulated. Nor have we ever heard any disapprobation of the character of its matter or typography. The tendency of all things in the publishing business, as well as in all other vocations, is and will, doubtless continue to be for some time, to higher prices, and our patrons will be practically taxed no more hereafter than they have been heretofore, while our club rates are more favorable and satisfactory to agents.

With the termination of our present war (which we predict will happen some time in the year 1864, unless we sadly misread the signs of the times), a new era will commence in the Health Reform movement. Hundreds of thousands of our people, and half a million of our soldiers now in the field, are ripe for a moral war against the whole drug system. President Lincoln has very discreetly suggested that "one war at a time" is the best policy. We have little expectation of employing our armies against France or England, when peace is restored; and as a million or more of our fellow-citizens will then be well drilled for offensive operations, we propose to *draft* all who are willing to *volunteer* into lecturers, teachers, and workers against the common enemy, to serve until druggery is exterminated from the land.

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General Articles.

RAMBLING REMINISCENCES.—No. 28.

BY THE EDITOR.

HEALTH REFORM IN ENGLAND.

Our rambles in London and its vicinity, last year, made us many valuable acquaintances, from whom we have since received many esteemed communications. Some of these have lain on our table for months, because we had not time nor space to give them the attention they deserve. We give place to the following now, with a promise to do likewise to others at the earliest moment practicable.

"LONDON, April 10, 1863.

DR. R. T. TRALL: DEAR SIR:—For a long time past, I have been desirous to write to you. I have had the pleasure of meeting you at the Crystal Palace. I sincerely regret that at that time I did not know you or your works sufficiently to appreciate your presence, otherwise I should certainly not have allowed the opportunity to escape without seeking a closer personal acquaintance. As I am engaged in mercantile business, which requires my daily attendance in the city, and my constant attention, I have not been able to read much of your works, however much I may have desired to do so; but what I have read convinces me that you have got hold of the right principles. I feel thankful to you for the clear enunciation of principles of which I had an inward perception, but could not bring clearly before my understanding, till I read several of your articles in your Journal and Hydropathic Encyclopædia.

"I have been a strict teetotaler and vegetarian (abstaining from salt, milk, butter, &c.,) for some twenty years; and after this experience I am more than ever convinced of the truth of vegetarianism. The vegetarian movement in England has broken down since the death of our dear and lamented friend, James Simpson. The vegetarian cause prospered under the influence of his teaching. When his health commenced declining and his activity greatly diminished, the movement came to a stand-still. For several years past, there has been, so to say, nothing done publicly in the way of promoting vegetarianism in England. The comparatively small number of vegetarians have lost courage, and exhibit no activity to resume operations in the field of progress. As for myself, I have met with such disappointments, that I have not the courage to venture again. When I commenced vegetarianism twenty years ago, I was in the prime of life, full of mental and bodily energy, and threw myself with my whole soul into the movement. I attended meetings, distributed tracts by hundreds of thousands, wrote and spoke; and the result—where is it? Nowhere. I have seen men, quite as ardent in the dissemination of vegetarian truths as I was, after a practice of several years, return again to the flesh-pots. Several, who stood up as public teachers, advocating on the platform this blessed truth, have, after a time, turned round, and denounced it as fallacious. Such experiences are painful, and enough to discourage almost the most hopeful. But I rejoice to see that your work is prospering.

"I have been endeavoring to find out the principal cause of the failure of the vegetarian movement in England. I shall say nothing of old prejudices and the opposition that beginners of the system met with from their friends, but even some of the most ardent vegetarians have abandoned the cause. Now, how is this? It appears to me that the real cause has been their violating first some law of health, and being unconscious of having done so, until the fact made itself apparent in pain and suffering. Not knowing exactly what remedy to apply, and hoping everything from vegetarianism, they neglected to make use of the proper means until the evil was growing upon them, and their state becoming alarming. Their old flesh-eating notions are then again brought before their minds by entreating friends, and, as a last resort, they are advised to go to the doctor. This is the worst thing they can do. As a matter of course the doctor knows nothing of vegetarianism, and is as full of prejudice against it as the most ignorant class of the people. The first thing the doctor will advise the patient to do, is to take to flesh-eating. If the patient gets well, as sometimes he will, in spite of all the doctors do to the contrary, then the meat-eating and the doctor get all the credit of the cure; but if the patient is carried off to his grave, notwithstanding flesh-eating and the doctor, then the usual answer is, that the patient had gone past recovery, or some other exclamation equally absurd.

"If I pass in review several of my old vegetarian friends who have abandoned the system, I find that the above is one of the reasons that induced them to pursue such a course. They would have continued vegetarians to this day, if it had not been for some ailment which they did not know how to remove, and when they went to the doctor, of course, the usual consequences followed.

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"I understand that there is a probability of your coming over to Europe again this year. No doubt there is a vast field here to work and a rich harvest awaits the laborer. You are already fully occupied in America with the work of removing ignorance and prejudice, and supplying the people with correct information on the most important subject of health. I presume, therefore, that you are wanted in America quite as much as we should want you here. The question is, whether you would not meet here with ten times greater opposition than you do in America, considering the hold which our doctors have on the mind of the English people. But this is a matter for you to consider. For my part, I should be highly delighted to see you here, and render you any assistance in my power.

"I possess your Water-Cure Encyclopædia, and I shall feel obliged if you will send me, at your earliest convenience, your other works, including Principles of Medication and Sexual Physiology, and also some works on dress reform. I am taking the HERALD OF HEALTH, and am endeavoring to get friends to subscribe. It is a periodical that needs no recommendation from strangers—it recommends itself to every one who will take the trouble to look into it. I shall be happy to help in extending its circulation, but do not expect too much from me. I have been an invalid for upwards of ten years in consequence of a sprain in my right leg, which, added to anxiety and mental over-work, has reduced my strength. I now feel the want of rest. This is one of the reasons for my not taking a more active part in progressive movements, however much I may sympathize with their object. I may say here that I consider that I have been saved from a worse lot by strictly adhering to the vegetarian system, and abstaining altogether from taking medicines. Had I yielded to the entreaties of friends and the advice of our doctors, I have no doubt that, at this moment, my body would be lying in the graveyard.

"The principles that you advocate I am convinced are the right ones. You are doing a noble work and well deserving every success. You are setting an example worthy of imitation.

"Would that the awful war which now disfigures your continent soon cease, and that slavery be forever blotted out from your institutions.

"I have read with pleasure in the January number of the HERALD OF HEALTH your article on the temperance cause—the BEST of the kind I know. Your allusion to Prince Albert may be painful in high quarters, but the truth ought to be spoken nevertheless.

"Your little work Water Cure for the Million is an admirable epitome, giving an idea of your principles.

"I should feel obliged if you have any pamphlet or work on spinal curvature and spinal disease generally (from which I am now suffering) by sending it me. GEO. DORNBUSH."

VEGETARIANISM; TEMPERANCE; HEALTH REFORM.

This is an important trio of subjects, and they must stand or fall together. Whosoever undertakes to advance either one or two of them while ignoring either of the others, will assuredly have but slight and temporary success. Such is the record of all history, so far as it applies to this proposition. Mr. Dornbush has certainly come to the right conclusion regarding the causes of the failure or prostration of the vegetarian movement. And the same theory will apply with equal truthfulness to the temperance movement. So long as vegetarians will allow themselves to be dosed to death by the drug doctors, and so long as the advocates of teetotalism will permit their temperance physicians to administer to them alcohol whenever they are indisposed, so long will dram-drinking and flesh-eating fill the land with drunkenness and disease. Both of these reforms are paralyzed by the false doctrines of the medical profession, and the erroneous practices resulting necessarily from those false doctrines. We have long regarded the popular medical system as not only the greatest curse of the civilized world, but, as we have often had occasion to say to classes of medical students, and to popular audiences, as the greatest obstacle in existence to all the reforms among men.

No cause which opposes the prevalent habits of alcoholic and flesh-meat stimulation, can prosper where drug-medication is the prevailing "healing art." So long as the people accept the absurd delusion that those things which produce sickness in well persons, will restore health to sick persons, so long will they mistake the stimulus of alcohol for strength, and the gross and effete matters of animal flesh for superior nutriment.

Very few persons have mind or opportunity to go back of schools and books to first principles, and to seek the rationale of subjects in the nature of things. We have long been convinced that the causes of temperance and vegetarianism could never make much further progress—nor, indeed, long hold the ground they had gained—until their scientific basis was re-

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cognized by their advocates and explained to the people. And for this reason we have been for years endeavoring to attract the attention of those who enjoy position and influence in the ranks of temperance and vegetarian reformers to this vital prerequisite. We rejoice that a few in this country and in Europe are beginning to see this matter in its true light.

Mr. Dornbush speaks despondently of the result of vegetarianism in England, just as the temperance leaders in this country are now deploring the *backward* progress of their cause here. In allusion to the recent annual meeting of the Order of the Sons of Temperance in this city, Rev. T. C. Cuyler said, in an article published in the *Independent*, for October 8, 1863: "In 1850 the Sons of Temperance numbered 245,000 members; now, in 1863, they have declined to 55,000. The drinking usages of society are rushing back upon us with appalling volume and violence."

Can our English vegetarians say anything worse for their cause than this? At this rate of retrogradation the Sons of Temperance will soon be among the things that were. The "old fashioned" temperance people are running out, as are the early stock of vegetarians in this country and in England. And the reason is, because their reform was a "one-ideaism." They did not see its philosophy, nor comprehend its principles, nor understand its basis. They looked to the medical profession instead of nature, for guidance and direction, and they found "blind leaders of the blind."

It may seem very strange to the superficial observer, that the medical profession who claim to be the conservators of the public health—and to whose opinions the people bow down as reverentially, if not as abjectly, as the heathen do to the Car of Juggernaut—should be the opposers of temperance and dietetic reform. But so it is. We must accept the fact as we find it, and act accordingly. The difficulty is not so much with the men of the medical profession, as with their system. They are educated into its falsities, and these falsities become a very part of themselves. And unless some extraordinary combination of circumstances throws them out of the profession, or into a new channel of investigation, they will go on teaching the people the absurd dogmas that have cursed humanity for three thousand years, and continue poisoning them to death because they are sick.

We have known many relapses from teetotalism, and several from vegetarianism. But, in almost every case, the backsliding was to be accredited to the advice and influence of the medical attendant. We have known many invalids who, on a flesh-meat diet, had run down with chronic disease to the point of death; who had steadily declined until their flesh-prescribing physicians gave them up to die, and until their flesh-eating friends became utterly discouraged. And under our directions they have adopted a strict vegetarian diet, abandoning even milk and all of its products—and, in a few months, recovered complete health. But on the occasion of some trivial indisposition these same persons have resorted to the drug doctor, taken his prescription of "brandy and beef;" ate, drank, and—*died!* Such are the fruits of prejudice and bigotry on the part of the medical profession, and of ignorance and perverted appetences on the part of the people.

We hope some friend of our cause will put a copy of our new work, "The True Temperance Platform," into the hands of the physicians who *killed*—we say *killed* because we mean *killed*—Prince Albert with alcohol; and if a copy in the hands of Queen Victoria, should add another pang to her bereaved heart, she would probably rejoice in being thus afflicted when she recognized a great truth whose recognition may, per chance, enable the royal family to avoid similar afflictions in the future. We hope, also, those physicians who assisted Mr. Simpson out of the world with worse stimulants than alcohol, will, by some chance, obtain a copy, and be induced to read it. And, in conclusion, we will say to the "most private ear" of friend Dornbush, that we expect to be in London next summer, and if the friends of temperance, vegetarianism, and health reform will provide a hall, we will be glad of the opportunity to explain more fully the principles herein briefly indicated.

THE GRAPE CURE.

Since we read, in the American *Medical Times*, Prof. Lee's wonderful account of the marvelous cures which were being performed in an obscure mountain district, somewhere on the other side of the Atlantic ocean, our attention has been sharpened to the advantages of grape-culture. We have long been believers, and to some extent, practitioners in the grape-cure business. We have also done something professionally and practically in a variety of kindred cures; as, for example, the apple-cure, the peach-cure, the pear-cure, the plum-cure, the tomato-cure, the strawberry, raspberry, and blackberry-cures, the cranberry-cure, whortleberry-cure, the pumpkin and squash-cures, the sweet-corn and green peas-cures, and recently, at Hygeian Home, we had a small sprinkling of the chestnut-cure. Some of our patients, "between

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treatments," gathered and sold chestnuts enough to pay for all the other cures on our table. They are all excellent cures; and if we have any particular and personal preference, it is for that kind of fruit-cure that we can get the most of. But we still adhere to the good old way of eating the medicine instead of drinking it. However, as our patients sometimes have great appetites with small digestion, we are often obliged to forbid them from following our example in the matter of quantity.

But we are digressing. The grape-cure is universally regarded as one of the pleasantest of all the fruit-cures. And the grapes that grow in the vicinity of Cushion Mountain (this privately to invalids), like the breezes which sing among its tree-tops—making Æolian harps of their twigs and branches—and the waters which gush from its side are the purest and sweetest we ever experienced. The neighbors in the vicinity have each a few vines, but as they regard pork *and* pie—not pork-pie as the English have it, and as one sees in so many shop windows in London—as the staffs of life, and consider grapes as ornamental rather than useful (having never read the luminous and juicy articles of Prof. C. A. Lee, M. D.,) institutions, we were enabled to monopolize the whole crop of the region roundabout at an extremely moderate figure for cash. And yet we had not enough for our establishment. Our patients could have eaten more (whether they would have been cured faster we say not), if we could have got them. Besides we would have purchased on the same terms, a large quantity for the Hygienic Institute, if we could have found them.

And now the conclusion we deduce from the foregoing premises is this: Our people do not raise one bushel of grapes where one hundred are needed. They could sell at a good profit one hundred times as many as are raised in all the States this side of the Rocky Mountains. In California they grow so abundantly and the market is so limited, that we are told the cultivation of grapes does not pay well. But with all the attention which has been given to the subject in the Eastern and Middle States, every pound of grapes sent to our cities and large villages brings a highly remunerative price. Good grapes are now selling in New York and Philadelphia at from fifteen to twenty-five cents a pound. We believe that a fruit farm in the vicinity of Hygeian Home, which would give large prominence to the raising of grapes, would be a very profitable business; and if we can find a capitalist who understands the business to join us, we will commence a model fruit farm another season. We are of opinion that there is no latitude, nor longitude, nor locality on the earth, better adapted to raising the very best quality of grapes than the ranges of the Alleghany Mountains. One month ago we saw a lot of grapes, the best looking and sweetest we have ever tasted, selling at Fulton-Market, New York, at twenty-five cents per pound. They went off much more rapidly at that price than did the luscious fruit from the far-famed Croton Point, which was offered by the same dealer at twenty cents per pound. We have learned on inquiry that these superior grapes were from the vicinity of Pittsburg, Pa. Mr. Briggs, of California, the most extensive fruit-grower on the Pacific coast, has written us on the subject, and is willing to join in an enterprize of this kind. Land which is well adapted to the purpose can be had adjoining, or in the immediate vicinity of, Hygeian Home. Should this article meet the eye of any one who has money to invest, or skill in the culture of the vine, let us hear from him.

"SOME PUMPKINS."

We saw some large squashes and a few large pumpkins at the Fair of the American Institute, in September last. One of them would supply Martin, the Wherryman, who, by the way, eats nothing but apples, with fodder for a journey to California and back again. In Philadelphia, the other day, we saw in a shop window, a squash, said to be from "Down East," which weighed (we mean which was marked to weigh) 205 pounds. When we were in London last year, we enquired at the eating houses in vain for Jonathan's most delicate of all delicacies, pumpkin-pie. We looked Covert Garden all through, but saw nothing to remind one of our favorite pie-material, except some insignificant imitations they called squashes. We wonder some shrewd adventurer of the genus Yankee, does not take over one of our large pomological specimens for exhibition. He might, peradventure, make as great a sensation and fortune as Barnum did in exhibiting that Lilliputian lump of humanity, General Thomas Thumb. And besides, our English cousins, if they cannot raise pumpkins and squashes of the Niagara Falls, and Rocky Mountains, and Mississippi species, ought to cultivate more than they do of something of the *squashy* or pompioniferous nature. Their food is too heavy, too gross, too *beefy;* and, as a consequence, they are stiff, unpliable, inelastic, and, comparatively, *rather dull.* Larger squashes and smaller mutton, more pumpkin and less beef, would improve their constitutions very considerably.

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On a lovely morning in October we were rambling among the farms along the base of Cushion Mountain. On its summit, from which one can survey the whole of the premium "Copperhead" county of the State of Pennsylvania — old Berks — majority 6,500 — we use the terms "Copperheads" and "Niggerheads," because they are the current political phrases; not because we are (as conductors of a HEALTH HERALD) on one side or the other, or both—were the sounds of revelry, and singing, and yelling, and other noises, musical and otherwise. The explanation was, the patients of Hygeian Home were there congregated in general pic-nic. While listening to their "vocal gymnastics," we espied a group of a dozen squashes, as we supposed—the proprietor called them pumpkins. Six of them were of huge dimensions, and six were of small size. All were the product of two vines, and these the result of two seeds. Their combined weight must have been not less than nearly half a ton, while the seeds from which they grew weighed considerably less than half an ounce. Some idea of the proliferousness and profitableness of the "pumpkin-cure" can be inferred from these facts. We sought out the owner and inquired for what purpose this delicious fruit was intended?

"To feed the pigs." Horrid desecration! The filthy scavengers were to have the best crop the farmer had on his farm. We returned home on the "double-quick;" sent a team down with orders to purchase the lot at any price, and in an hour or two the golden cucurbitacea had been rescued from the swine and secured for the inmates of the Home. Instead of being perverted into hog's lard, those magnificent vegetables will now be converted into human muscle.

A COPPERHEAD AFTER ELECTION.

The next morning after the late election in Pennsylvania, we were riding in a Philadelphia car from Chestnut street to the New York depot at Kensington. As we are no politician, except when the country is in danger (as it always is), it may be proper to explain that we did not go to Philadelphia to vote, but to see the Aerated Bread-Making Company, and our happening there on the day of election was a coincidence and not a contrivance. Well, the Bread Company has agreed to make wheat-meal bread on the plan we suggested, and if they succeed, as we think they will, we will have the "perfection of bread" at last, beside saving our cooks an immense amount of "muscular Christianity." Of this more hereafter.

Opposite us in the car sat a demure, chopfallen, half-asleep, individual, looking at (not reading) one of the Philadelphia papers called *The Age*. As a man is known by the company he keeps, and as the *Age* belongs to the Copperhead side of politics, we recognized him, of course, as one of the modern democracy. We never saw a more blank, *expressionless* expression on a man's face. On the previous evening we had occasion to pass the office of the *Age* on Chestnut street, about ten o'clock, and there was an immense crowd *hurrahing the returns*. Woodward majorities were occasionally reported, and Curtin victories probably kept in the background, so that the "enthused" Copperheads were "hollerin'" without knowing how deep they were in the woods. Our *Age* man looked as though he had spouted all night to find himself in the morning—nowhere. He sat like a statue. We could only imagine his mental occupation to be, thinking of nothing! No doubt he was in a dreaming revery over the fading visions of office, power, rank, honor, and spoils. The moral we wish to point is, don't be a politician, and then you won't be disappointed.

A PROCESSION OF LUNATICS.

The *Evening Post* gives the following interesting item in its account of the recent visit of the officers of the Russian fleet to our city institutions:

"When the steamer had arrived opposite the Lunatic Asylum on Randell's Island a novel display was made by the authorities of that place. A procession of lunatics passed in review inside the enclosure of the building, with fifes, drums, and flags The officers were at first unable to comprehend the character of the entertainment, but when the facts were explained, some of them took off their hats and waived their acknowledgments, while others laughed heartily."

To the true physiologist, a nation of invalids running after doctors to poison them because they are sick, and who, the more they are poisoned the worse they become, and who, the worse they become the more they want to be poisoned, can be compared to nothing more aptly than a procession of lunatics. There are no lunatics this side of Pandemonium who act more completely in derogation of reason and common sense. Men may be wise, intelligent, reasonable on all other subjects, and in relation to all matters which concern life and health, act with as little judgment as "insane idiots."

DEATH has consigned many to fame whom longer life would have consigned to infamy.

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THE TWO SYSTEMS.

BY J. G. WEBSTER, M. D.

DEAR READER:—If on a calm, clear day, we turn our gaze heavenward, or, at least, upward in the direction which most of our mothers have taught us that supernal paradise lies, what do we behold? A vast, illimitable expanse of etherial blue. We feel and delight in its ever varying motion; it is never still. It is forever working changes in the relative positions of movable things. It wafts the frail gossamer with the most delicate gentleness, from place to place, on its ever heaving bosom. It plays the most tender of etherial strains on the Æolian harp, and myriads of leaves dance to the music of the gentle breeze. It whistles a cold, cheerless strain, as it plays with the casement in a dreary winter night; but in summer we snuff up the gentle zephyr with gladness and gratitude, as it comes to us laden with the rich perfumes of the blooming flowers. It sends a gentle ripple over lake and river, and the floating leaf rocks to the motion of the water. It comes like a mighty spirit of evil in the fierce tornado, and sweeps the earth in the majesty of its power; it prostrates the ancient trees of the forest, and rends the giant oak as though it were a thing of straw; it roars and rages over the ocean, and lashes to madness the waters of the briny deep; bears its foaming spray in triumph hundreds of miles away; and woe to the sea-girt mariner, if he have not his ship in order, when he is visited by the fury of the blast; woe to the traveler of the sandy desert, when the terrible simoon brings him a ready grave in its darkening clouds; fortunate for him if it blow over, and do not entomb him alive in a mountain of sand. How dreadful is the angry storm, but how pleasant and balmy the southern breeze; how it fans and cools the cheek in the heat of summer; how the fevered invalid pants and grasps for a breath of cool, fresh air. And yet how little most of us concern ourselves about it, unless, in some of its freaks, it brings the chimneys of our dwellings rattling down about our heads, or the matron's clothes forsake the line, and go straddling through the air on wings of wind to find a resting place, she knows not where; or some other catastrophe occur to make us dread its power, or the sweltering heat of summer make us sigh for a stirring wind. Let us examine a little the

CHARACTER AND CONDITION OF ATMOSPHERIC AIR.

Philosophers have ascertained that the structure of air, which enshrouds the earth, is from forty-five to fifty miles in thickness; that its weight is about fifteen pounds to the square inch. If we ascend high mountains, we can perceive a change in the pressure of the atmosphere, and in consequence of a partial relief of this weight and compression, the structures of the body have a tendency to expand. And bleeding at the nose, and an inflamed condition of the eyes, and other symptoms of a kindred character occur. Those who descend into deep mines feel the additional weight of the increased depth of air.

The properties of air are very wonderful, but so common to our observation, that they do not often excite our curiosity. The ancients regarded air as one of the four elements, according to their limited knowledge of elementary matter; they taught that air is a simple body. But modern research has found it to be a mixed body, being essentially composed of four different bodies, two of them, oxygen and nitrogen, being simple elements, and the other two, watery vapor and carbonic acid, being compounds. Oxygen and nitrogen form nearly the whole bulk of the atmosphere, oxygen being in proportion of about one-fifth, and nitrogen about four-fifths. Carbonic acid and vapor are present in but small and variable quantity.

Oxygen is the most essential to the existence of animal life of all the elements known to man. It seems to be the vitalizing essence upon which all animal life depends. It is, as I said before, a colorless, tasteless, transparent, ponderable, highly elastic gas, rather heavier than atmosphere. When animals are deprived of it, they die in a few minutes; if they are made to breathe pure oxygen, they become intensely, but pleasurably, excited; living rapidly a brief but delightful life, and die in ecstacies. If a candle is placed in a jar filled with this gas, it burns rapidly and with great brilliancy. All combustion depends upon it; nothing will burn without; and if the atmosphere were all oxygen, anything set on fire would not cease to burn until it should all be entirely reduced to ashes.

Nitrogen is an essential constituent of perspiratory air as a diluent of oxygen. It is not perceptible to the senses of sight, taste, and smell; it is lighter than common air. If animals are made to breathe it alone, they die in a few minutes, not that nitrogen is poisonous, as some have supposed, but because it does not possess a vivifying property like oxygen. A lighted candle immersed in this gas is immediately extinguished.

Carbonic acid has no color nor smell, but has a sourish taste. It is much heavier than air, and has a tendency to fall to the ground, and form a lower stratum. It is composed of carbon and oxygen, in the proportion of one atom of

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carbon to two of oxygen. The process of burning is simply a uniting of carbon and oxygen; and carbonic acid is always one of the products of decay and decomposition of animal and vegetable matter. It is said to be poisonous to animals—it is negatively so; that is, when it is present in large quantity it excludes the proper proportion of oxygen. Carbonic acid is one of the proper and essential foods of vegetables. It holds nearly the same relation to plants that oxygen does to animals. This gas is exhaled by animals, and inhaled by plants. It is sometimes found in large quantity in old mines, caves, wells, vaults, and cellars. To ascertain its presence, a lighted candle may be introduced; if the gas be present in sufficient quantity to endanger life, the candle will be extinguished.

Watery vapor exists in but small quantity in the air, and varies much at different seasons and in different climates. There is seldom sufficient of it to be visible, except in clouds and dense fogs. It arises by evaporation from the ocean, lakes, and rivers, and other bodies of water. It consists simply of pure water. As the bodies of animals and plants are composed in great part of water, and as dry air absorbs moisture very rapidly, the constant presence of vapor in the atmosphere prevents the injurious effects of absorption. When we are exposed to a dry air the process of evaporation from our bodies goes on rapidly, the skin becomes dry and brown and more or less shriveled; thirst is much greater, calling for drink to replenish our wasting fluids. In climates where, as in Holland, the atmosphere is surcharged with moisture there is a tendency in the body to become gross and phlegmatic.

These four elements constituting the atmosphere are, as I said, mixed together as smoke mixes with the air, or somewhat as sugar and salt mix with water, and are not combined so as to form a single substance, as oxygen and hydrogen unite to form water. One would imagine, at first thought, that these elements would be in danger of being separated, and in this manner unfit the air for breathing; but a closer examination shows us that there is a a constant tendency in all gases, and most fluid bodies, to become diffused and intimately mixed together, as milk, for instance, mixes with water. But although most gases and fluids are readily mixed they may, in most cases, be easily separated by reversing the process; sugar and water are easily separated by evaporation. As the simple elements of matter are indestructible, it follows that there is the same amount of oxygen, nitrogen, carbon, hydrogen, &c., constantly in existence, so that, although they may frequently change places, this does not effect their relative proportions. Although animals, while living, appropriate oxygen, on the termination of their existence, disintegration of their tissues takes place, and the elements of which they were composed are again yielded to the common store of nature. In the same way the carbon which is appropriated by growing plants reverts to the common reservoir, the atmosphere, in the event of their decay or combustion. Carbonic acid is most abundant where the decay of animal and vegetable substances is going on most extensively and rapidly; it is absorbed by a luxuriant vegetation, and diffused by the circulation of the air. Atmospheric vapor is most abundant in summer and warm climates. Neither of these elements can be long in injurious excess, if exposed to a free air circulation. Although in low marshy districts, moisture is slightly in excess, and in newly settled countries where decaying vegetation is abundant, malaria or miasms which are chiefly due to the large amount of carbonic acid thrown off by the decomposing vegetation, yet the constitution of the atmosphere is so wisely arranged, and gaseous diffusion and circulation of the air are so constantly active, that it is impossible for the air to remain long in an unbalanced condition.

Besides these slight preponderances of the essential constituents, there are present in the atmosphere, various kinds of solids and gases, in the form of dust, smoke, noxious, and agreeable odors. These are mostly local, and confined to certain manufactories and chemical laboratories, &c., &c. There are two or three other substances which always, or nearly always, are present in very minute quantity; ozone, which is regarded as an exalted kind of oxygen-nitric acid, which is a compound of oxygen and nitrogen, united in the atmosphere by the passage through it of currents of electricity; ammonia, commonly called hartshorn, which is a production of decomposition of animal substances; and on sea coasts there is generally more or less sea water which, borne by the winds from the crests of lashing waves, is scattered and intimately mixed with the atmosphere. But the air is frequently cleansed of these impurities by the ever ascending vapors, and the descending showers absorbing and bringing them to the earth to subserve the uses of vegetation.

THE RELATION OF THE VITAL ORGANISM TO ATMOSPHERIC AIR

may be partly inferred from the above consideration of its constitution and properties.

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The relation of the animal economy to atmosphere, is effected mainly by means of the lungs in breathing animals. They are very open and spongy in their structures, and capable of a wonderful expansion. Their internal structure is very curious, being made up of some six hundred millions of minute cells or hollow spheres, which are arranged on the ramifications of the bronchi, very much like the arrangement of a bunch of grapes on the termination of the vine. The aggregate capacity of these cells is from three hundred and fifty to four hundred cubic inches in the well formed adult. But the amount of air taken into the lungs at each inspiration, is only about from twenty to twenty-five cubic inches. After an ordinary inspiration a well developed adult may still inhale about one hundred cubic inches; and after an ordinary expiration he may forcibly expire about one hundred and thirty cubic inches, leaving a residual of one hundred and twenty cubic inches, which he cannot force out by the ordinary breathing process. As the process of inspiration and expiration goes on at the rate of from fifteen to twenty times a minute, it will be seen that from four to five hundred cubic inches of air a minute are required, or a cubic foot of fresh air every four or five minutes.

The air cells in the lungs are covered on one side by minute arteries, spread over them somewhat like the spreading of a trained grape vine on a wall, and terminate in veins which are spread out on the other side of the cell in a similar manner, and, like sap, running from the extremities of the branches of a tree towards its trunk and roots, so these minute veins, all terminating in one, empty into the heart. The whole volume of blood in this manner passes through these small capillary vessels in the lungs once every four or five minutes. The delicate membrane of which the walls of the cell consist, is all that separates the blood in lung capillaries from the air in the lung cells; and a part of the oxygen of the air passes through this membrane into the blood, and the carbonic acid and other impurities pass from the blood through this membrane into the air in the cells to be sent out in the out-going breath. This process is called the *aeration* of the blood. It will be seen that the whole of the blood is thus aerated once every four or five minutes, and requires, for this purpose, a cubic foot of fresh air.

Every breath of air taken into the lungs, supposing the air to be pure, loses one-fourth of its oxygen by passing into the blood, and receives as much carbonic acid in lieu of it, besides much moisture loaded with other impurities. The presence of the newly acquired oxygen in the blood makes it red, and gives life and animation to the whole being. The presence of carbon and the want of oxygen make the blood dark, called venous blood, and induces stupor, coma, and, eventually, death. If a person were confined in a tight room, cut off from all access of fresh supplies of air, his death would take place as soon as he should have breathed all the air in his room four times over.

If we are confined to an atmosphere which contains noxious gases, smoke, or other injurious impurities, the lungs are very loth to expand and admit such air; and if we are long confined to such air the lungs become permanently contracted, weakened, and more or less shriveled up, unless we regularly and forcibly expand them by a well devised system of vocal gymnastics, or breathing exercises.

You cannot help exclaiming what a horrid sin it must be, to shut ourselves up in tight rooms, with perhaps, lights, and air-tight stoves, besides our lungs, to consume the air, shutting out the breath of heaven, the indispensable and profusely bestowed source of all life!

Maxims on Money.—The art of living easily, as to money, is to pitch your scale of living one degree below your means. Comfort and enjoyment are more dependent upon easiness in the detail of expenditure than upon any degrees in the scale. Guard against false associations of pleasure with expenditure—the notion that because pleasure can be purchased with money, therefore, money cannot be spent without enenjoyment. What a thing costs a man is no true measure of what it is worth to him; and yet how often is his appreciation governed by no other standard, as if there were a pleasure in expenditure *per se*. Let yourself feel a want before you provide against it. You are more assured that it is real want; and it is worth while to feel it a little, in order to feel relief from it. When you are undecided as to which of the two courses you would like the best, choose the cheapest. This rule will not only save money, but save also a good deal of trifling indecision. Too much leisure leads to expense; because when a man is in want of objects, it occurs to him that they are to be had for money and he invents expenditure in order to pass the time.—*Taylor*.

A writer says, "to dream gloriously, you must *act* gloriously while you are awake."

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PHYSICAL CULTURE.

BY L. H. BIGAREL.

THE BODY AND THE MIND.

THE legitimate uses of the powers of the body having been pointed out, we are led to pursue our inquiries concerning the nature of these forces and their relation to mind.

The physical organism is but an outward, tangible expression of the individuality of the soul—a connecting link between it and the material world,* by which it is brought *en rapport* with external nature. The body is then a medium for the manifestation of mind, through which all its peculiar characteristics become cognizant to the outer senses.

"Physiology teaches us, by a multitude of facts, that every atom of the animal structure is subjected to perpetual change; and that every motion, every action of the body, is the consequence of alteration in the vital condition of one or more of its parts. Not a thought, not an idea, not an affection or feeling of the mind can be exerted without positive change in the brain and in the excretions; for every variation in the state of the whole, or any portion, of the nervous system, is of course accompanied by a corresponding change in those organs and functions which it furnishes with energy." †

The body may be influenced by various forces. Health and enjoyment may be destroyed mechanically, as by a blow; anything which acts chemically may also injure the body, as fire, etc. No arguments are required to show that the life of the body is maintained in spite of a constant tendency to death; that is to say, the resident life is constantly counteracting the common chemical and mechanical influences which are around it. Decomposition and decay commence the moment life leaves the body. The purpose of vitality as regards man, is to bring inert matter into such relations to the mind that the mind may be developed through it, by making physical organization subservient to circumstances and volition. Life is the source of the body's growth, preservation, and reproduction. It exhibits itself in modifying the action of external influences, and by the evolution of new forms. In short, mind is the mightiest power we know, and perhaps, the only power in the universe. The following illustration of an engraver, as given by an English physician, serves to demonstrate the power of the mind over the body, and the pernicious results growing out of the abuse of both:

He sits with his eye and mind intent upon the fine lines of his copper or steel plate; and as he looks more earnestly he holds his breath; and as his attention strengthens in its fixedness, his breathing becomes audible and irregular. Now and then he is forced to sigh to relieve his burdened and excited heart; for the blood is retarded in the lungs and brain, and if they be not soon relieved by some change of object, or action, he becomes faint and dizzy. Being wrought up to the same intensity day after day, he comes at length upon the extreme verge of danger. The right ventricle of the heart becomes oppressed in consequence of imperfect action of the lungs, while the general circulation is quickened, and dilatation of the heart soon follows, with disordered liver and accumulation of black blood in the abdominal viscera, bringing on a long train of morbid sensations, with constant dread of coming death. Moderate, but frequent exercise in the open air, with cheerful society, would not only have prevented this miserable condition, but would also relieve it; but if this duty be neglected, the evil will rapidly increase. The patient's heart palpitates excessively when either the mind or the body is hurried; he is "tremblingly alive," in every limb, and his nervous system completely fails him. Pallid, weak, timid, and tremulous, he is apt to become too sensitive to endure the anxieties of domestic duty; and if he be not sustained by high moral principles, he seeks a respite from his wretchedness in the soothing, yet aggravating, narcotism of opium or tobacco, or in the insidious excitement of some fermented liquor; and thus gradually casts himself out from all happy and natural associations, and ends his days either as a hypocondriac, a madman, or a drunkard.

The evil is aggravated in such cases by the state of the mind and that of the body being equally irritable, they act and react on each other, and the passions of the one, as well as the functions of the other, become so disordered that perfect sleep cannot be obtained, and the persistent exhaustion produces a chronic fever, for which rest, the only remedy, is sought in vain, except in the grave. The failure of the nervous system, and the fearful recourse to narcotics and stimulants for its relief, are often witnessed where the tyranny of mammon exacts too long an attention to the mechanical

* The term "material" is to be understood here in the relative sense. Absolutely, there can be nothing that is not material. We know nothing of that which has neither length, bread, nor thickness.

† "Power of Soul over the Body," by George Moore, M. D., member of the Royal College of Physicians, London.

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and anxious business of art. Its results are visible in a frightful degree among the operatives of our great manufactories, where the eye must be quick, and the hand ever ready for one monotonous action hour after hour, and day after day, with the mechanical precision and rapidity of machinery, even through all that period of life when nature most demands a cheerful diversity of object and action.

RELATION OF THE PHYSICAL AND MENTAL FORCES.

The human organism exhibits a beautiful and wonderful piece of mechanism. At every point to which we direct our investigation we are amazed at beholding the perfect work of the Divine Architect. The relation which exists between the mental and physical organization, as manifested in the common phenomena of every day life, are specially inviting to the comprehensive and philosophical mind, however destitute of interest such studies may be to those who have neither the taste nor capacity to enter into the disquisitions pertaining to this realm of science. One individual is content merely to vegetate, without a single inquiry as to the sublime mysteries comprehended in his very existence. Another, differently organized, mentally, physically, and spiritually, is keenly alive to the sensibilities of an active, conscious existence; is inspired by a noble ambition to attain a correct apprehension of those life principles which enter into the constitution of his very being.

We move the arm, the leg, or the body with ease; but how are we enabled to perform these varied evolutions? This query, though seemingly simple enough at first view, involves the consideration of abstruse scientific problems. It is not enough to know that there is contraction or relaxation of the muscles when we raise or depress the arm or the leg, for that is apparent enough to the ordinary observer; we want to know something of those forces, the effects of which are only apparent to the outer senses. The nerves, we know, are the telegraphic wires, as it were, which connect the brain with every part of the physical domain, and over which all the messages of the brain are telegraphed in any direction with a rapidity almost beyond human conception. Anatomy maps out all these nerves, with their convergence in the brain, (to which more special reference will perhaps be made in a future number of the HERALD,) and indicates the important office they are designed to perform in the animal economy. Impressions are thus communicated from the brain to all points of connection, and the instruments of motion (the muscles) respond to them. On the other hand, the nerves are the sentinels, so to speak, which communicate to the brain the invasion of the vital domain by an enemy; and the mind thus informed of the presence of danger, sets to work to devise means to expel the common foe. This perfect unity of the mental and physical organization is indispensable to the integrity of organic life and the continuation of human existence. While the physical forces are directed to the normal performance of the bodily functions, the brain and nervous system are the guardians of this beautiful and complicated vital mechanism. When understood, all the processes of life are simple, being the natural operation of elemental principles to accomplish certain specific ends. Man possesses an organized body to adapt him to a sphere of physical life. All his bodily functions are designed to build up, purify, and perpetuate the animal organism—all perfect in their action, and promotive of the same common object, though at variance in their modes.

The practical conclusion to which we must arrive in regard to the intimate relationship which exists between the body and the mind, in a natural system of physical culture, is that the intellect must first apprehend the fundamental principles upon which all systematic action is based. The successful gymnast must first understand the elemental principles which govern his evolutions; and, in the next place, the action of the muscles must be under the complete control of volition, which is attained by a process of education. We admire the ease and grace of the acrobat's performances. Why are we thus pleased? Because of the perfect response which the muscles render to the will. The perfection of the bodily development will thus keep pace with mental culture, which is only equivalant to saying, as the spirit is, so is the body, which is the tenement for the life within it.

THE medical profession has assumed—and the whole practice of all the drug-medical schools in the world accept this, whether they call themselves Allopaths, Homœpaths, Eclectics, Physio-Medicalists, Vitalists, Humorists, Analysts, Botanists, Thomsonians, or Reformers, is based on the assumption—that vitality and disease are antagonistic forces. The *vis medicatrix naturæ* (remedial power of nature) and the disease are regarded as distinct and separate entities, at variance with and at war upon each other; and the doctor thinks he must aid and assist "Nature," by giving remedies either to excite and strengthen the vital powers, or to weaken the power of the disease, or do both. A more fatal error cannot be conceived.

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ITEMS FROM ILLINOIS.

BY H. B.

* * I am well aware, my sisters, that it is rather difficult for you to obtain really necessary labor, at all times, and yet keep your hands delicate and soft, and your superfluous skirts in trim.

Now, I could often find employment for females, could or would they do some of the labor almost exclusively performed by men; but I cannot ask them with their present ideas of propriety and style of dress, because it would be thought quite improper; and I know it would be thought very inconvenient; and, yet, most persons will admit that it would tend to health, beauty, and independence. * *

I notice many young ladies carrying their hands breast high, seldom, if ever, allowing them to fall down naturally by their sides. Why do they do it? It don't strike me as being remarkably graceful. Oh, it must be to keep the blood from flowing into them, so as to avoid the vulgarity of "great red hands." *

What singular notions we have of beauty! A well developed human figure was once thought to be the grandest effort of Deity's animated mechanism; but now we seem to take all possible pains to disguise it. * * *

"Too radical," am I? well, don't be alarmed; it is only in theory; my practice still allows me to run at large, for which I ought to be ashamed. * * "You think it economy, and for man's highest good, to use horses and cows." Well, I don't. So, of course, your earthly paradise and mine vary somewhat.

You may think fences, stables, and hog pens are useful, ornamental, and pleasant; but I, most emphatically, don't! You may regard nature as a failure, inherent and constitutionally depraved, and bound to evolve misery and wretchedness eternally. When sick or in trouble, you may send for the doctor, or minister, and find consolation in so doing, while I prefer to grin and bear it alone. * *

Water-Cure! Well, I believe in water-cure, especially when I am thirsty or dirty, but my private opinion is, a man is but a few removes from a fool, who thinks *he* can cure anything while violating the instinctive demands of nature, either by pouring down medicine or deluging himself with water. When will men learn that there is no escape or atonement for those who violate physical law, except through suffering?

* * It is astonishing how much this wonderful organism of ours will bear. Many of us are almost continually afflicted with pain or sickness, decayed teeth and putrid stomachs. Much of this perhaps might be avoided, could we only live the true natural life. "But what is the true natural life? Who can tell us?

A SCHOOL TEACHER'S EXPERIENCE.

DR. TRALL: While I was engaged in the country in teaching the "young idea how to shoot," I had many opportunities of witnessing the "deadly virtues of the healing art;" and being convinced that the principles of the Hygienic System were correct, I was always looking out for "breakers," and did a little, when practicable, to the establishment of a lighthouse or beacon on some promontory to guide the ignorant mariner from shipwreck. But as I was not a licensed pilot at that time, of course, it was generally considered that it would be out of place for any one to trust their ships and cargo to my piloting. There are exceptions to all general rules, and this one had also its exception. Mr. Z., a man of very limited education, but of a naturally shrewd, practical cast of mind, had been noticing the results of the application of medicines to the treatment of disease, both in his own family and those of his neighbors around him; and he came to the conclusion, as every thinking person will, that they were by no means favorable to their longevity. Mr. Z.'s wife, according to his own language, had been killed by the doctors, having died in their hands but a short time previous to this. He had four motherless children, three boys and one girl. Charlie, his second boy and the best child he had, sickened, and, as usual, the doctor was called. He said there was nothing serious; he had only caught a little cold. On his second visit, however, he pronounced it scarlet fever. The gargles and powders were dealt out *ad libitum*, and little Charlie's body became a store house for *materia medica*. In a few days the two young children also sickened, and the father became much alarmed about them. My counsel was called for. I found the father sitting by the side of his little daughter in a very passive mood, and his general appearance would

> "Interpret to the naked eye distress,
> Such as its symptoms can alone express."

He solicited me to inform him what he should do. I replied that if they were my children I would treat them in an entirely different manner; but I did not want to take the responsibility of treating the children, unless he gave

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me unlimited control. He consented to abide by my directions. The "Cold Water-Cure," as they called it, was commenced for the first time in this region, and, of course, every body predicted that it would be the "very death" of the little ones. No sooner had the two children been put in the bath than the "friend of the Esculapian line" came in, and, with a good deal of nervous agitation, asked Mr. Z. what he meant. With that candor and openness which are characteristic of some persons, Mr. Z. replied: "Doctor, I am determined to treat those two children by the Water-Cure process." The doctor looked very serious, and, at the same time, raising his arms to give his words more emphasis, said: "I tell you, Mr. Z., you are sure to kill your children. I have tried the same thing myself, but all my patients were killed by it." This seemed to damper the father's confidence for a little, but he was by no means devoid of a good share of moral courage, and, turning to the doctor, he replied: "I am resolved to carry out what I have commenced. I wish you to pay strict attention, doctor, to Charlie, and whatever you order to be done I will be punctual in having fulfilled." The doctor promised to do so. Here was a fair bargain, and the two systems were to be thoroughly tested. The doctor's patient, to all appearance, had the advantage. Mr. Z. attended faithfully to his children, and treated the two younger without a particle of medicine; when the fever subsided they were able to run about the house as usual, and there were no "relapses" or "collapses;" they had not taken that "something" which generally causes such things to occur.

The reader may expect that the doctor did not like the appearance of things generally; his patient was in a very critical position, and it was whispered around that perhaps Charlie, the flower of the family, would never get better. The doctor did not like to face it, and he concluded not to call any more in that town just at that season, but went it

> "In a zig-zag style
> Making the most of every mile."

Little Charlie lingered about for some time, but that dreadful "monster," the "typhoid," had obtained admittance to his bedroom, and was fluttering above and about him just waiting a favorable opportunity to "attack" him. That opportunity came in a short time, and there was a "regular" fight between vitality, materia medica, and this "monster;" but as vitality seemed to be getting the worst of it, an inveterate enemy of his, called "death," stepped forward and gave vitality the finishing blow, just to put him out of pain, as he said. In yonder country chuchyard

> "Little Charlie's body
> Lies mouldering in the grave."

The good shepherd preached a sermon on the dead. He said the ways of the Lord were inscrutable. If the doctor had been at the funeral he would have said, "Amen!" but he was not invited. Reader, was this not enough to make at least Mr. Z. a convert to Hygienic principles? He became a reader of the HERALD OF HEALTH, I also got him a copy of Dr. Trall's Encyclopædia and other works. His wife and child were sacrified but it was necessary; and so long as people continue to swallow the filthy drugs they have a right to die, and will die.

R. W.

PHILADELPHIA, October 9th, 1863.

THE TWO PICTURES.

FROM a letter in the May number of the HERALD I am prompted to sketch again:

I was called to treat a case of diptheria in a child under two years of age. "Here," says the father, "is my boy; got the diptheria. We can't doctor him our way; we have tried to swab his throat, but we have to hold him by main strength. Now, I have no faith in your kind of treatment, but we don't want him to die without trying to do something, and so we sent for you." I replied that it was rather poor encouragement, but I would try. So we gave him warm baths alternated with wet compresses; one wet-sheet pack; cold applications to the head; ice to the throat. Next morning we moved his bowels with enemas. The membrane separated on the second day. The boy got well.

While attending "the boy" on the first day, a girl, some eight years of age, began to complain of sore throat. I was called to examine (not treat) the case. My opinion was, the girl would have diptheria. The father gave it a dose of hot drops, compounded after Dr. Beach's directions with oil of cayenne pepper. The girl did not complain of her throat again until the effect of this had worn off when it was repeated. Finally, the membrane began to form; an emetic was then given, and more pepper, &c. The membrane was taken off; the girl was pronounced better by the physician. In about three weeks I was called to see the girl, but the vital powers were exhausted. This patient and two older girls treated in the same way, in the same family, died. Let others comment.

N. J. C.

EAST SPRINGHILL, Pa.

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THE GASTRONOMIC PASSION.

BY J. B. F. WALKER, M. D.

YOUNG men and young women, the world smiles upon you now, holding out temptations and pleasures, excesses and excitements, both good and bad, between which you must choose, and either walk the paths of wisdom or foolishness, enjoying long and happy lives or a few short days illy spent and quickly numbered, reaping tares and thistles where you sowed your "wild oats!" For many years I. have watched with deep interest, the habits of our young men and women, and, as a physician, have had the opportunity of seeing the results which are certainly and always sure to flow therefrom. I like young people and love to associate with them, but I must always and earnestly protest against many of their habits of living—against their present modes of eating, drinking, smoking, chewing, dressing, &c.

In nothing do young people commit greater excesses than in the indulgence of their gastronomic passion. Perhaps this should not be a subject of wonderment, for the human being, in its younger days, partakes more of the animal nature than it does of the spiritual and intellectual. As young men and women grow older, becoming better educated and more fully developed, they will see, think, and act differently. If, during this period, young persons do themselves no injustice, no injury which will affect all their future health and happiness, the follies of youth would not prove a matter of so much concern. Man in his infancy—and sometimes that infancy extends over a good share of his three score years and ten—is but an animal, differing from them in the particular that he possesses a spiritual and intellectual nature capable of progression and development. The animal passions usually get the start of the higher and more refined natures, and, like weeds in a garden, they will grow fast, until all the good vegetables are over-topped. Evil is always of faster growth than goodness. I deplore as much as any one the evil times upon which we have fallen; the extravagance and excesses in which so many allow themselves to indulge; the foolish waste of time; the destroying habits which all the time and everywhere are dragging us down to death! Read the reports made to our chambers of commerce and boards of trade, and wonder at the vast amounts of tobacco, whisky, wine, and other such articles which our people consume; notice the vast amounts spent to feed and clothe the *animal* man, and ask yourself the question, Whence do all these things tend? Can you wonder that we are invalids? that young ladies are weak and faded; that young men are dissipated; that we have so many premature deaths?

It is not my desire to indulge in wholesale denunciation, or fault-finding; but I have somewhat of fault to find with parents and guardians, or all those who have the care and management of the young. I would not have them, like Mrs. Pipchin in the story, become "child quellers," keep them on poor fare, make them sit all day in high chairs and study books, as did little Paul Dombey, and then have them die in infancy for the want of pure air, sunshine, exercise, and some body to love; neither would I have them, like little Oliver Twist, set hard at work, picking oakum, and never allowed to "ask for more." Let our children be thoroughly educated and developed in every direction; teach them to put the animal man under their feet, and show them how to strive for that which is higher, purer, more God-like. To this end look after the gastronomic passion, and give them all the good, plain, simple, wholesome, nutritious food they need; but do not let them over eat, do not let them eat too often, or out of hours, and above all, be particular about the kind and quality of food eaten. Always avoid the use of stimulating food and drinks. Impress upon the young mind that alcoholic drinks do no good, are injurious, and that people can and do live without them. Give them the same instruction about tobacco, pork, pepper, butter, and a host of other vile compounds, too vile for human stomachs!

The habit of feeding children on sweet-meats, cakes, and nuts, at all times, is a terribly pernicious one. We need not educate our children to morbid appetites, so that they shall have a desire for such things as are injurious to them. I know of nothing which will grow faster, or larger, than the capacity of a child's stomach—half the stuff we eat does not deserve the name of *food*. Can you point out to me a well regulated family where the children eat but three times a day, of plain and simple food, and never between meals? I know but one or two in my whole circle of acquaintances. If we would have healthy young men and women; upright young men and women—virtuous, noble, intelligent, intellectual, high-minded—we must first have healthy children who are able to control their appetites and passions. A diseased child seldom, if ever, makes a healthy man or woman; lives to see a green old age, going down to the grave, ripe and full of years, like a shock of corn to the storehouse. It is the habit of a child to

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have a morbid desire for food; a continual hankering after something to eat. This evil habit will increase with its years, until, at last, we shall see it either the victim of dyspepsia, gout, rheumatism, or "decline"—sometimes called consumption.

Parents are frequently as ignorant about these things as the children. They do not know how to bring up a family of children, and have no business to have the care of them. There is too much at stake; too much responsibility; too much involved for the welfare of future generations, for any persons to undertake to bring up a family of children without some knowledge on the subject. The important subject of taking care of children is never taught in our female seminaries. Oh! no, of course, not. Children should never be thought of in such a place, for that is a vulgar, unfashionable subject. Seminary-bred young ladies, never expect to be anything but wives. So they are not educated for mothers, and when they come to have children of their own they make terrible work trying to raise them. The same is true of our young men. They are just as ignorant in all that pertains to a family of children. What do these young husbands and wives know of the stomach and the relation which it sustains to the animal organism, and the food which is put into it? What do they know of the influence of the appetites and passions upon future health and happiness?

During the past summer there came to the water-cure of which I was in charge, a father and mother with two children. The father loved his children devotedly, could not bear to be out of their sight. He had lost *four*, and the two remaining were doubly dear to him. He did everything for his children he could do, buying them many things which they had better never had. He showed his love to them by pampering their appetites, and giving them fine clothes, and otherwise indulging them. When every time the mother returns from shopping, when each time the father comes from his office, or arrives from a journey, I see a pocket full of candies distributed among the children, an apple given them to eat just before going to bed, a piece of cake, cheese, or pie, or a handful of pop corn, between meals, to stir up their stomachs to action and disturb the whole natural action of the system, I tremble for the consequences, and wish the parents would learn wisdom before it is too late. The father, to whom I have alluded, was in the habit of doing thus, and during the summer his only daughter was taken suddenly sick with dysentery. For a long time it seemed as though she must die; only by the utmost attention, the most careful nursing, and the beautifully simple hygienic appliances, was she restored to health. Had the manner in which the child was living anything to do with her sickness? Most assuredly it had—it lay at the foundation of all the trouble, was the cause of the disease, and came near being her death.

The father of this same little girl was always troubled with a "bad cold," yet he could not see that it depended for its existence upon his habits of eating and stimulating.

At the present writing I have a little boy-patient, four years of age, sick with a "terrible cold," a sore throat, and some fever. The matter is he has eaten too much, and too highly stimulating food. If a child eats nothing but plain, simple food three times a day, he'll not be troubled with sore throat and fever.

I am acquainted with young ladies all over the country—and the same can be said of young gentlemen—whose livers have given out, who have sick headaches, and look as white as pond-lilies. They have constipation of the bowels, nervousness, general debility, indigestion, all of which owe their origin to their habits of living.

If we were to investigate the causes of infantile humanity, it would be found that their stomachs had, in the first place, been abused or outraged, and that nearly every other direful result flowed therefrom. This is a subject which should command the most earnest and serious attention of all those who are working for the welfare of the race—who are preaching, and praying, and lecturing, and writing for the advancement of civilization, and the hastening of the good time coming. Those children who are so fortunate as to live, grow up to be young men and women, and there is nothing in which they and I differ more decidedly than on the point, What they shall eat, when they should eat it, and how often?

PRATT.—A Mr. Ephraim Pratt of Shutesbury, Mass., who died at the age of one hundred and seventeen years, lived very much upon milk, and that in small quantity; and his son, Michael Pratt, attained to the age of one hundred and three years, by similar means. Indeed, greater longevity has occurred in no instance where the individual was not a pattern of abstemiousness in diet.

LET us work from our highest inspirations, and then we shall never fail.

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WILLIAM McNEILL AGAIN.

BY THE EDITOR.

AFTER a long and anxious silence we have another communication from William McNeill, who now hails from Hamilton, C. W., and attaches M. D., LL. D. to his name. We are glad to know that our opponent (may be) is high in the ranks of learning and position. But we fear he will be so redolent of wordy prefaces and premonitory preliminaries, that we shall never bring him to the point. He writes:

"R. T. TRALL, M. D.: DEAR SIR:—Being somewhat of a stranger here, not having been long in America, my knowledge of you has been very limited until a comparatively recent date. But I have sought further information respecting you, and, consequently, am now better posted in your proceedings than when my previous articles were written. I have ascertained that you have been making onslaughts on drug-medication, and bantering its most eminent professors for a controversial rencounter, oral or written, during these fifteen or twenty years past; and now when you have got what you so long desired—an opponent—you begin to realize your weakness and dare not publish his articles, but make off under the subterfuge of irrelevancy, &c. If you quake at the mere preliminaries how will it be, I wonder, when you get fairly into the battle?

"After quoting a paragraph from my article you deliver yourself of the following: 'Very natural queries these, and would be very proper if preceded or accompanied with any argument to prove the contrary.' Now, sir, if they are neither preceded nor accompanied with sufficient argument to prove the contrary, the argument will be forthcoming in due time; and, as for myself, I have no objections to a little preliminary skirmishing before meeting so formidable an antagonist, and entering upon so grave a discussion as the truthfulness or falsity of drug-medication. You then proceed to instruct me as follows: 'Discussion let us say, Mr. McNeill, does not consist in simply asking an opponent questions.' Discussion let *us* say, Prof. Trall, does not consist in simply publishing a single paragraph of an opponent's article, and then telling your readers the whole article is irrelevant, &c. If you intend to argue this question with me, (and it will be curious, indeed, if you back out after all your *challenges*) publish all my articles, whether they be (in your judgment) relevant or irrelevant, and let the public judge for themselves between us, otherwise I shall have to retire from the field; for I will not permit you to disjoin my articles, publish a paragraph or two of them, and then tell the public they are so and so, &c., &c. Publish every article that has been or that will be written on either side of the controversy by either of us, and have this question settled now, or else hold your peace about drug-medication henceforth and forever. You affirm that your system of the healing art is the true one; I aver that it is not. You say that the drug medication is false, and I declare the reverse. You profess to be able to show that your system is true and that the drug-medical system is false, and I profess to be able to show the contrary, which, without *wishing to appear dogmatical or dictatorial*, I remind you are our positions. You say I called for your positions and you stated them, but that I did not reply nor attempt to reply to a single one of them. No, I didn't. Neither do I intend to, yet a while. It is not time yet. How can I reply to or refute your arguments before you advance them? You are on the affirmative side of the question—at least one branch—and, according to all the rules of logic and the usages of debate, the affirmative is bound to prove its position. It is incumbent on you now to advance your arguments in support of your position, and then it is my business to refute them, which I profess to be able to do, and which I promise you I *will* do if you do not 'skedaddle.' So go ahead. Or if the above arrangement, as regards positions, is dissatisfactory to you, let me hear what you are willing to accept and what does suit you.

"Yours, &c.,
"WM. MCNEILL, M. D., LL. D.

"P. S.—Unless you publish all I have written, and agree to publish all I may write subsequently in this discussion, I have nothing more to say.
"WM. MCN.

"HAMILTON, Canada West,
"July 28th, 1863."

REMARKS.

That little postscript demolishes us as effectually as Gilmore's 300 Parrots did the walls of Sumter. We have heretofore declined to publish Mr. McN.'s irrelevancy, and now he is willing to argue, provided we will agree to publish all he has written or may write. Brave man! But, seriously Mr. McNeill, M.D., L.L.D., you ought to know that, as editor and publisher of a popular journal, we could not and would not fill its columns with what our readers will justly regard as irrelevant verbiage or nonsensical technicalities. And it is our business to judge what is trash. We repeat, that if Mr. McN. will ever write anything to the purpose

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we will publish it. He may be willing to indulge in preliminaries to any extent, but with us it would be an idle and foolish waste of time. All of the propositions between us may be reduced to two. 1. The drug medical system is false. 2. The hygienic medical system is true. He is and must be on the affirmative of the first proposition, and as that is necessarily first in order, it is for him to advance his arguments. In replying to him we shall, of course, bring up the affirmative of the second proposition, and then he can reply.

Mr. McN. may rightfully suspect us of partiality, prejudice, or unfairness in judging of the merits or relevancy of his articles. And to meet this issue we make him a fair offer as follows: We will publish all he will write on the subject, provided any medical journal of his own school in Canada or in the United States will first publish it, with or without our reply. This will make his own friends the arbiters between us, and enable the readers of his journal, as well as the readers of ours, to see what can be said for the drug system and against the hygienic. Can anything more be asked?

THE HOUSE I LIVE IN.

CHAPTER X.—Continued.

THE COVERING.—BOARDS AND SHINGLES.

Oil Glands. — Pores of the Skin. — Cleanliness. — Hair and Nails.

Oil Glands.—All animal frames seem to require frequent lubricating, or oiling; and, in some of the feathered tribes, this is effected by means of the beak. They have a little gland, as it is called, which furnishes them with oil. This oil they press out with their bills, and then apply it to their feathers, which overlap each other like shingles, that they may the better shed the rain.

But most other animals, instead of having the oil in a single bag or gland, have it in numerous little receptacles, almost too small to be seen by the naked eye, and deeply imbedded in the skin. They are very thick in the skin of the sheep, and hence the wool of healthy sheep is always quite oily. They are numerous, too, about the roots of the hair of most animals; and hence it is that the hair—even the human hair—in a state of health, appears more or less oily.

This oil for the hair appears to be furnished by a multitude of little bags or glands lying near its roots, somewhat resembling a bottle in their shape, from the open neck of which oozes the oil. In man, the hair of whose body is generally thin, this oil is in very small quantity, and is not very important to health. There are many of these little glands in other parts of the body, as well as at the roots of the hair. They are found in great abundance wherever there is much exposure to the air, or much friction, as in the nose, ears, groins, arm-pits, &c. They are called sebaceous glands, or follicles.

Those nations—and some such there have been and still are—who put on an additional quantity of oil, are far from being the most healthy. In fact, if the human skin is not often washed, to get rid even of its natural oil, it becomes a source of disease.

Pores of the Skin.—Besides the mouths of these little oil glands, many anatomists have considered the skin—and the cuticle of course—as pierced with little openings called pores, almost innumerable. Some have reckoned them at 1,000,000 to every square inch. Others, however, deny all this. But one thing is very certain, which is, that what we call sweat, or the accumulated perspiration of the body, when it becomes abundant, is constantly escaping through the skin and its cuticle, in the form of a thick mist or fog, as we may see by holding a bright mirror close to it, which will immediately become tarnished. Or if we sit where the sun shines across us, upon a wall, we can see the shadow of the mist which ascends from us, rising like a sheet of thin smoke upon the wall.

Cleanliness.—It is of less consequence to people to know how this moisture escapes, than to know the fact that it does so, and to know also that if this constant perspiration—for that is its name—is checked for any considerable time, mischief in the form of colds, fevers, rheumatisms, and consumptions may ensue. Great mischief may also follow, if this perspiration is checked by neglect of cleanliness.

There are also other offices performed by the skin which are curious, but I will mention no more of them now. The more you understand the structure of this part of the frame, the more you will see how important it is that it should be kept clean by washing, every day

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we live. And yet how many there are, who hardly wash it at all, except perhaps their faces and hands! Such persons are scarcely fit to be entrusted with a habitation so fearfully and wonderfully made. In truth, they are not usually long so entrusted with it as others. The great Architect usually turns them out many years earlier than he would, if they took care of it; and in the case of cholera or malignant fever, sometimes thrusts them out with apparent, though deserved violence.

THE HAIR AND NAILS.—This is the proper place for saying something about the hair and nails; for these, though not the skin, are closely connected with it, and even fitted into it. The hair appears to be the proper covering for the head; but more pains are necessary to comb it and keep it clean than are commonly used; and for this and several other reasons, it is apt to become sickly and diseased, and to fall off.

In some parts of Europe, as among the peasants of Poland and Hungary, who greatly neglect cleanliness, and are addicted to other filthy habits, the hair becomes closely matted together, and a terrible disease ensues, called plica polonica. But in all countries, not only the hair, but the health in general, suffers more or less, if we long neglect the cleanliness of any part of our bodies.

As to the nails, I can only say that they are intended to brace or support the balls of the fingers and toes, so that we can use them the better in examining bodies by the sense of touch and in walking. Hence, one reason why they should not be pared too closely; and hence, too, the reason why, when they are pared too closely, the ends of the fingers often become more or less crooked. But the nails of the toes are apt to be neglected altogether, and grow out long, when if not pared they curve under and grow in again; when this occurs it is very painful to endure, rendering one quite lame, and is, also, very painful and hard to cure. When neglected they sometimes have to be extracted by the surgeon; but generally, it will be sufficient to pare them off carefully and bathe them often. The finger nails do not become so bad as the toe nails from neglect, but they should be carefully, and often cleaned, pared, and have the skin pushed back at the root when it has a tendency to stick to the nails.

CHAPTER XI.

THE COVERING.—THE WINDOWS.

General Remarks.—The Human Eye.—Situation of the Eye.—Muscles of the Eye.—Coats of the Eye.—Optic Nerve.—The Tears.—The Eyelids.—The Eyebrows.—The Eyelashes.—Reflections.

GENERAL REMARKS.—Before glass was invented, the windows of the dwelling houses were small, and made in different ways. In summer, they often consisted of a mere hole in the side of the building. In the eastern houses there were no windows of any kind in front, or towards their neighbors; and in China, this is the custom at the present day.

In winter, these holes or windows were closed up with something which would partially exclude the cold, the rain and the snow. In some countries of Asia, and in ancient Britain, they used oil paper for this purpose. In France, besides oiled paper, they used talc or isinglass, white horn, and thinly shaved leather. In ancient Rome, the rich sometimes used very precious stones. Those in their bathing houses were often of agate or marble. The Chinese used a very fine cloth, covered with a shining varnish; and, afterward, split oyster shells. They had also the art of working out the horns of animals into large and thin plates, which they used in the place of glass for their windows.

The first windows of common glass, that is, sand, potash, &c., melted together and formed into plates, were made in the time of Constantine the Great, in the fourth century after Christ; though it appears from later inquiries, that glass windows were known in Rome long before that time. But it was not till the fifteenth or sixteenth century, that glass was brought into common and general use.

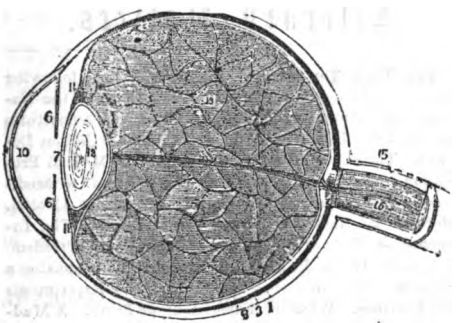
THE HUMAN EYE.—The windows of the human frame are made neither of paper, isinglass, agate, marble, horn, leather, cloth, oyster shells, or common glass. Nor are they confined to the back part of the house, like those of some eastern nations. Nor are they very large or numerous. There are but two of them, and those are rather small in size. They are set in the front part of the house, in the cupola.

Both of them open or shut—rise and fall, have the curtains drawn or removed, and the blinds opened or closed—at the same instant or separately, just as required. Most windows

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are made to be raised only, that is, moved, in one direction; but these move every way, and with the greatest ease and rapidity. It is done by means of pulleys, &c. The curtains may be drawn or removed almost with the swiftness of lightning, and hundreds of times in a minute.

SITUATION OF THE EYE.—The human eye is almost as round as an apple, though not quite; for it projects a little at the fore part. In an adult person, it is not more than an inch in diameter, and lies deep in a cavity in the skull. It is not fixed, like the eyes of some animals, but can be made to roll about, upward, downward and sideways. For this purpose, it does not adhere closely to the bone, but lies on a soft bed of fatty substance, and has many muscles or chords fastened to the sides and back parts of it.



If the eye of a dead person were to be cut in two in the middle, from top to bottom, with the handle of the knife held forward, and the point toward the back side of the head, a side view of one of these halves might be supposed to look like the engraving. A large whitish cord, 15, which you see at the back side of the eye, comes from the brain, and is called the optic nerve.

COATS OF THE EYE.—The eye is a large hollow sack, containing a clear but thick liquid, a large part of which is not unlike the white of an egg. The covering of the eye consists of several coats or layers.

The outside, or sclerotic coat, as it is called, can be seen in the engraving, 2. It is very thick, and a small portion of it at the fore part is wanting. In this vacancy or opening is set the cornea, a piece of membrane which is transparent—that is, can be seen through like glass, 10. It is placed in the sclerotica, as a crystal is set in a watch; or, if we compare the eye to a window, just as a pane of glass is set in the frame; with this difference, however, that a pane of glass is seldom round, while the cornea is as round as a dollar. It also stands out from the eye, like the crystals of most watches; and through it the rays of light enter the eye, to pass to the back part of it. What we call the white of the eye is the sclerotica, or window frame, as far as we can see it, surrounding the cornea.

The tunica sclerotica, or sclerotic coat of the eye, is lined by another thin coat, called the choroides, 3. The internal surface of the choroides is covered all over, except at the back part, where the optic nerve enters, with a thin, sooty kind of black paste, called by anatomists the pigmentum nigrum, which signifies black pigment. You can see this paint represented very fairly in the engraving; and as this is spread over the choroides, and the choroides only lines the sclerotica, and does not extend to the cornea, you can easily see where the latter begins. The use of this black pigment is to absorb or drink up the rays of light, after they have performed the office for which they are intended.

Where the sclerotica and cornea join, a kind of circular membrane or curtain runs inward, 6. When we look at the eye of a living person, this curtain is sometimes light blue; in other persons it is gray, hazel, or black. When this curtain, called the iris, is blue, the person is said too have blue eyes; when black, he is said to have black eyes, &c.

The circular hole, in the middle of the iris, 7, is called the pupil of the eye. It is larger or smaller in proportion as the iris is shrunk more or less; for the iris will shrink or contract, a little like the muscles. The greater the light before the eye, the smaller is the pupil. When we are in the dark, it is very large, as if the iris were shrunk back in order to let as many rays of light pass through the pupil, to the optic nerve, at the back part of the eye, as possible.

(To be continued in our next.)

MILKING MACHINES.—No machine has yet been devised which stands the test of use. Few, if any, of the many articles patented for this purpose, are now offered for sale in this country.

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Publisher's Department.

New Volume of the Herald—New Features.

With the January number we shall add a neat colored paper cover to the HERALD, thus increasing the number of pages from forty-eight to fifty-two pages, inclusive of advertisements. The character of the matter for the ensuing volume will be such as to render it an indispensable requisite to every family in the land interested in Health Reform and Moral and Physical Progress. The ability, experience, and untiring industry of its editor is a sufficient guaranty that these assurances will be fully verified the coming year. It is the ambition of the Publishers not merely to make the HERALD remunerative, pecuniarily, but an educator of the people; to contribute to the elevation of the masses from the slavery of ignorance as well as the disastrous consequences of mal-education, and thus prepare all to fulfil that high destiny allotted to man through obedience to the divine laws of his being.

The Editor's RAMBLING REMINISCENCES, continued in the present number, and which are always interesting, constituting an extended serial of critical observations of men and things, written in his own peculiar and familiar style, will be continued indefinitely.

THE TWO SYSTEMS, by J. G. WEBSTER, M.D., being an able and elaborate exposition of the Hygienic System contrasted with the Drug System, will be continued through the ensuing volume, and will form an interesting and valuable feature in the Journal.

PHYSICAL CULTURE, by L. H. BIGAREL, comprising an interesting and extended serial on a number of topics connected with Physical Education, will be continued through coming volumes, illustrated with numerous engravings.

THE HOUSE I LIVE IN, by Dr. ALCOTT, an elementary work on Physiology, written in a style to suit the juvenile capacity, and which is being re-printed in the HERALD as a serial, well adapted to popular education, will be concluded in about four or five numbers more, after which it will be immediately issued in neat book form. Illustrated.

In addition to the TOPICS OF THE MONTH, SOLDIERS' DEPARTMENT, COLLEGE DEPARTMENT, VOICES FROM THE PEOPLE, JUVENILE DEPARTMENT, and ANSWERS TO CORRESPONDENTS, each of which form an interesting feature of the Journal, a department of HYGIENIC HORTICULTURE, under the supervision of a practical and competent gentleman, will be introduced into the HERALD in the coming volume, and will be especially interesting to the larger portion of our readers residing in the rural districts; it will set forth the Hygienic System in its most practical and available aspect, and demonstrate its many advantages and inducements over the drug and flesh stimulating customs in general vogue.

A Premium for 1864.

JAMES CREEK, Huntingdon co., Pa., August 10, 1863.

R. T. TRALL, M. D.:—DEAR SIR:—I am an attentive reader and warm friend of the HERALD OF HEALTH, and would like to make a suggestion, which, if acted on, would be beneficial to yourself and pleasing to your friends and readers. It is this: That you send out sometime during 1863, as a preface to volume 1 and 2 of the HERALD, a correct likeness of yourself, in form suitable for binding with it. Every present subscriber and thousands of future ones would be much pleased to receive such a favor, even at a cost which would make it profitable to you. Another suggestion would be to have the engravings of the "Hygeian Home" and "Hygienic Institute" upon a neat title-page, or in some other situation, disconnected from the advertisements, to accompany the volume. I am much pleased to find that you have so arranged that the advertisements can be thrown off in binding the HERALD.

Yours very truly, A. B. BRUMBAUGH.

The editor of the HERALD OF HEALTH, having submitted the above proposition to the consideration and disposition of the publishers (it being distinctly understood that personal vanity or modesty has nothing to do with a fair business transaction,) it has been concluded to offer a fine steel engraving and autograph of "R. T. TRALL, M. D.," to each subscriber who sends us during the months of January, February, and March, 1864, $1.50, for one year's subscription to the HERALD. To agents and others who prefer other premiums, or commissions, it will be furnished at twenty-five cents each for ten or more copies; single copies, fifty cents.

New Terms for 1864.

As announced in the preceding number, our terms for the coming year will be one dollar and fifty cents for each single subscription. (See new prospectus on last page of cover.)

Our friends who may have remitted subscriptions for the ensuing volume, without being aware of the change in our terms, will be credited with the amount received, charged at the new rates, and the paper forwarded until the expiration of the time for which the remittance will pay.

Literary Notices.

The True Temperance Platform.—The following topics are discussed in this work: The Curse of the Nations. Reforming and Deforming Influences. Substitutes for Alcohol. Extent of the Liquor Traffic. A Poison Defined. The Remedy and the Difficulty. The Medical Profession. The Primary Error. *Modus Operandi* of Medicines. The Nature of Disease. The Action of Alcohol. *Reductio ad Absurdum*. Diagnosis by Result. The Influence of Medical Men. The All-Important Problem. Where the People Look for Instruction. The Question a Scientific One. Rationale of Fever. The Experiments and Provings. What the Experiments do Prove. A Muddle. The Root of the Difficulty. Alcohol does not Act at all. Prince Albert. Mr. Buckle. Temperance Quack-Doctors. Cases to Illustrate. A National Medical Convention. The Higher Law. Is Alcohol Food? Relation of Chemistry and Physiology. The Fallacy of Liebig Exposed. Distinction between Food and Poison. Alcohol as a Calorifacient. The Muddle Unmuddled. The Popular Theory of Disease False. Disease is Remedial Effort. Grog Rations. Stimulation and Intoxication. Lager Beer and Swill-Milk. A Medico-Legal Point. Sir George Grey on Excess. Discussions in the British Parliament. The Dean of Carlisle on Stimulation. Dr. Muzzey on Alcoholic Medication. The Error and the Remedy. A False Doctrine of Vitality. The Great Fundamental Truth. Revolutionary Sentiments. Testimony of Professors Gregory and Wakley. The Westminster *Review* on Teetotalism. Experiments of Lallemand, Perrin and Dufor. Abrakadabra. Disastrous Consequences of False Doctrines. Fattening Cattle on Calorifacient Diet. Respiratory Food Prescriptions. *Ad Captandum* logic. A Hydropathic Illustration. The Muddle of Alcoholic Logic. Pharmaceutical Employment of Alcohol. Indications and Contra-Indications. Prof. Clark's Experience. Prof. Gilman on Alcoholic Stimulant. Prof. Holmes on Druggery. Prof. Chapman on Alcohol and Diptheria. The Medical Profession and Societies. Conclusion.

In addition to the above is an Appendix, containing the discussion between Drs. TRALL and HURD on the action of alcohol and the *modus operandi* of medicines.

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NEW YORK, DECEMBER, 1863.

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."

TOPICS OF THE MONTH.

BY THE EDITOR.

ANOTHER YEAR.—One year's experience, as sole managers of the HERALD OF HEALTH, has enabled us to see more clearly than we otherwise could have seen, the precise working of all the machinery in operation throughout the civilized world, to redeem the human race from Diseases, Doctors, Drugs, and premature Death. Wherever people are thinking at all on this subject, they are doubting the utility of the drug system; and wherever they are studying the subject in earnest, they are discarding it utterly and forever. We believe that a person cannot be found on the earth, who has fully investigated the principles of the popular medical system, who does not wholly disbelieve them; nor have we ever yet found a person who did not, after understanding the principles of the Hygienic system, fully believe them. In all ages and in all countries, the faith of the people in medicines has been in the exact ratio of their ignorance. And in all parts of this country, and of the civilized world at this day, the more illiterate the people are, the more they confide in drug doctors and drug medicines. It is true that a multitude of persons who are generally intelligent, are extremely ignorant on medical subjects, for the reason that they give them little or no attention. We are acquainted, in this city, with many men of education and position —clergymen, lawyers, judges, legislators, "merchant princes," etc., who, in consequence of protracted illness and the damaging effects of the medicines they had taken from the hands of the "first physicians," have gone to medical libraries to see for themselves what "Medical Science" really consists in, or is based upon. A very little reading has enabled them to understand that the "science" is nothing more nor less than a barbarous jargon of technical gibberish—"the incoherent expressions of incoherent ideas" —while its "healing art," is merely a skillful combination of poisons, so adapted to the symptoms of the disease, and the constitution and condition of the patient, as to keep up a succession of diseases without incurring immediate death. Each of these persons, it is needless to say, can now declare, in the language of the celebrated Dr. Bailie of London, "I have no faith whatever in medicine;" or in the language of the great Magendie of France, "Medicine is a great humbug." And they fully endorse the statement of the remarkable Professor Joseph M. Smith, M. D., of New York, who says, "All of our medicines are poisonous;" and of Prof. Alonzo Clark, M. D., who says, "Every dose diminishes the patient's vitality;" and of Prof. John W. Draper, M. D., who says, "Vitality once lost can never be regained;" and of Prof. Willard Parker, M. D., who says, "As we place more confidence in Nature, and less in the preparations of the apothecaries, mortality diminishes;" and of Prof. Martin Payne, M. D., who says, "We do but cure one disease by producing another."

To rid the earth of this horrible delusion, and awful curse of drug medication, it is only necessary that the people be enlightened; and to this end they must be induced to think for themselves. But before they can be made to think, they must be supplied with the materials for thought. We intend to do our part in preparing these materials; but we must

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depend on others to distribute them. If our friends, during the year 1864, will make a vigorous effort to circulate the HERALD OF HEALTH among the people, we feel assured that a great and glorious work will be done. The public mind is fast ripening for revolution. Who will not do something to have it speedily achieved?

COMPROMISERS AND NON-COMPROMISERS.—We are frequently asked to write letters of information concerning the peculiar qualifications of physicians who keep Hygienic or Water-Cure Establishments, and also to inform the inquirers, whether such and such physicians use drugs or not; and whether such and such establishments give their patients tea, coffee, flesh-meat, etc. We cannot attend to these matters. If our correspondents would know anything beyond what appears on the surface of their advertisements, they have only to address a letter of inquiry to the proper quarter, and not to us. We have our own opinions, and our own rules of practice, and we intend, according to the best of our ability, to teach "the truth, the whole truth, and nothing but the truth," so far as regards the Theory and Practice of Hygienic Medication; but we cannot undertake to sit in judgment on another's convictions or conscience. There are those who adopt the Hygienic system in part, because they do not understand the whole of it; and others probably compromise with the flesh-pots, or with druggers, because it seems to be profitable in a business point of view to do so. Whether "honesty is the best policy," except as a beautiful theory, seems to be a mixed question in the minds of many. Many who can admit the adage in the abstract, find so many immediate advantages in ignoring it practically, that it is with them little else than a dead letter. Within a month we have had half a dozen letters from half a dozen patients at as many "Water-Cures," each complaining that something contrary to the Hygienic system is prescribed to, and enforced upon the patients. One complains that the table is supplied with fried pork and hot fermented bread; another has been urged to drink mineral waters; a third was "obliged" to take cathartic medicine; a fourth, who had been a strict vegetarian was induced to eat beef-steak; a fifth was advised to take wine; and a sixth was assured that a little cayenne was essential for the "cold" condition of his stomach. Some physicians, as we are informed, tell their patients that they cannot bear "treatment" (by which they mean *cold*, and usually *very cold* bathing,) unless they eat meat or drink stimulants to keep up the animal heat. Such physicians have no more idea of the true system of Hygienic Medication, than a petrified mummy has of the "poetry of motion." But if they act according to the light that is in them, they are not to be blamed, even though that light be the stupidest kind of darkness.

The primary error with nearly all of the early practitioners of Hydropathy, consisted in getting their philosophy from the drug system, and adopting water as a substitute for drugs. Of course when water alone does not work to suit their ideas of propriety they very naturally fall back on drugs, flesh-meat, and stimulants.

We adopted the Hygienic system twenty years ago as a whole and complete system. We discarded all of the philosophy of the drug system, and repudiated the whole of its materia medica; and although we have probably examined and prescribed for at least five times, and perhaps ten times as many invalids as any other physician of our school or system, we have never yet had occasion to prescribe a particle of medicine, flesh, or alcohol. Those who are in doubt whether our system can be wholly relied on, may put this statement against the statements of those who cannot get along without a little flesh-meat, or a little liquor, or a little drugging. We do not, we repeat, cen-

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sure any one for prescribing medicine, or eating flesh, or drinking liquor. But we aver that either they do not fully understand the Hygienic system, or they compromise it for advantages.

Last summer, a gentleman residing in Baltimore, sent his two daughters to Hygeian Home. One was just on the verge of fatal consumption; the other not quite so bad, but tending in the same direction. They had been educated in all the accomplishments and fashionable frivolities of the day, but were as ignorant and helpless in the matter of taking care of themselves as they were the day they were born into the world. We had treated hundreds of such cases, and always successfully, when we could have the entire control of their dietary and personal habits, and for twenty years we had in every such case, insisted on a strict vegetarian diet. We took great pains to explain to the young ladies the necessity of loosening their tight dresses, expanding their lungs by appropriate exercises, purifying their blood by simple food; but the poor, pampered, miseducated girls could not understand it. They wanted the things to eat to which they had been accustomed. They wrote home a pitiful story of their privations and sufferings, and their foolish father, instead of ordering them to behave themselves and get well, sent orders for them to leave, and wrote us an abusive letter because we did not provide them with what they called for, expressing at the same time his "sore disappointment" at the vegetarian feature of our prescription! The well-meaning but very ignorant father who took it upon himself to write us quite a lecture as to what sort of victuals, etc., his daughters' cases required, thus institutes himself the judge and jury in a matter of which he had never learned the A B C's.

We had, in books, periodicals, newspapers, and lectures, for twenty years been explaining our system to the world, and practising it precisely as we had all along taught it; yet a man who professes to be a teacher, and whose vocation is that of a school-teacher, expresses his utter astonishment that we should practise what we preach! He cannot understand why we should act as we talk and write. Perhaps, after one or both of his daughters are in their graves, the victims of the false education he is giving them, he will think it worth while to inform himself of the principles of the Hygienic system, before he writes its professors any more lectures on the subject.

A Wonderful Discovery.—We clip the following item from the foreign gossip of one of our city papers:

A Parisian physician, considering typhus fever to be a kind of paralysis or asphyxia of the vital functions, occasioned by the inhalation of lethiferous atmosphere either from a typhoid patient or any other morbid source, admits air freely to the invalid's bedroom, to which plan he attributes many remarkable cures. He says there can be no infection in the open air—fresh air moreover enables a patient to take stimulants which he could not otherwise bear.

A large proportion of our medical ideas as well as our millinery fixings, are imported from Paris. If children were properly educated, or rather, if medical men had not miseducated the world, every a-b-c school-boy and girl would have known that pure air and pure water are the best, and, indeed, the only purifying agents in typhoid fevers. We Hydropaths have been curing typhoid fevers, and all other fevers, for twenty years; and we have always insisted on having an abundance of fresh air supplied to the patient's bedroom. But now the use of fresh air comes to us from Paris as a new invention—as a plan for making remarkable cures! We endorse the remedy to the fullest extent, but we think the lethiferous theory could be much better expressed by substituting the word *impurity* for paralysis and asphyxia. The phrase, "asphyxia of the vital functions," is simply nonsensical. The truth is, the blood is unclean, and the impure particles so obstruct the blood-vessels, that Nature

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makes a special effort to expel them; and this effort is all there is of typhus or typhoid fever.

The last clause needs a little explanation. Fresh air not only makes remarkable cures, but it "enables the patient to take stimulants which otherwise he could not bear." This means that if you give a patient fresh air to breathe, it will take a larger quantity of poison to kill him than it would if he were confined in an impure atmosphere. In other words, two poisons will kill faster than one. Is it not marvelous that learned men will perpetrate such ineffable nonsense? Is it not more marvelous that newspapers will quote it as useful information, and that rational beings will swallow it as medical science?

PHRENOLOGY AND VEGETARIANISM.—A young man called on us the other day, who, several years ago, was our patient. He came to us then, in a most deplorable condition. He was constitutionally frail and scrofulous. Some years before he had chronic inflammation of the eyes and was drugged and cauterized into total blindness. When he came to us he had been blind for months, and his body seemed to be but a miserable wreck. He was thoroughly and carefully treated with tepid rubbing sheets, sitz-baths, hot and cold foot-baths, wet cloths to the eyes, and restricted to an abstemious and strictly vegetarian diet. In a few months he recovered his sight, and his general health has been improving ever since. The young man called on us a few days ago, in company with his mother, who was with him while under treatment, and who has been faithful and devoted in carrying out all of our directions. He is in good condition, well-developed, not yet very robust, though constantly gaining in this respect, and still adhering to a rigid vegetarian diet. But he had been to a phrenologist to have his head examined, and the phrenologist advised him to use animal food to develop muscle, stamina, etc. And as our patients are often advised by the same phrenologist to use animal food, when we think the only chance for them is to let it alone, we must take occasion here to have a little controversy with our phrenological friend, to the end that our respective positions may be more distinctly defined.

It does not follow that because a person is a good phrenologist, he is a good physician, or any physician at all. He may or may not be a good dietetist. Vegetarianism is a subject on which phrenologists as well as doctors disagree. We know Allopathic and Homœpathic physicians who believe in Vegetarianism, and we also know some phrenologists who believe in it. But this does not make it true or false. We will not go into the phrenological sanctum to instruct the students of that science; nor can we allow a phrenologist, even though he be one of the best, to prejudice the minds of our patients against what we regard as essential to their salvation. And to set this matter right we must point out one of the fundamental errors of the philosophy which our phrenologists, with few exceptions, have adopted, probably without due reflection, certainly without due investigation. It consists in regarding *man as an animal*. We think man is not an animal. But if he were an animal it does not follow that he must eat other animals in order to have muscle and strength. The ox, the horse, the elephant, have no lack of stamina or muscle, and they are not naturally flesh-eaters.

It is very common for the phrenologists to recommend animal food when the person has a small base-head and neck, and a large top-head. Their theory is, that animal food will bring forward the animal powers, while vegetable food is more especially adapted to the brain substance. We can find nothing in nature to sustain this notion. Animal food disorders and perverts those powers; it does not develop them. Whatever food is best for any part

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of any being or creature, is best for the whole of that being or creature. Alcoholic liquor or tobacco can be recommended when there is a deficiency of the animal propensities or muscular tissue, with as much propriety as flesh-meat can.

The truth is, man is not an animal at all; and every structure of his system, every bone of his body, and every tooth in his head, teaches that he is by nature *frugivorous*, and it requires no demonstration of science to show that his whole nature will be best developed and sustained by observing the "natural laws" in relation to his food, as well as in relation to air, water, exercise, and whatever concerns him.

Is it not a little singular that no phrenologist has ever thought of changing the natural food of the dog, the hog, the cow, the horse, or the young of those animals, in order to develop or improve some one or all of their organs or structures? If a phrenologist desires to develop a dog to the highest point of perfection *as a dog*, will he recommend a vegetarian diet? If he wishes to improve the character of a horse to the utmost, *as a horse*, will he advise the animal to eat flesh? If the object were to transform a dog into a horse, or *vice versa*, so far as possible, he would, as a matter of course and of common sense, feed the dog on vegetable fodder, and keep the horse on "flesh, fish, and fowl." And if he wanted to assimilate the whole nature of a man, bodily, morally, and intellectually, as much as possible, to the nature of a carnivorous animal on the one hand, or of a graminivorous animal on the other hand, he would naturally and properly feed him on flesh, or on oats and grass. But if the object were to develop man *as a human being*, as a being created in the image of God, and "but a little lower than the angels," he should feed him on the kind of food which God himself expressly appointed at the creation. The whole argument is therefore rendered into the primary question, What is the natural dietetic character of man? And here, Nature, Science, Bible, Reason, Anatomy, Physiology, and all rightly-interpreted Human Experience, are in favor of the Vegetarian theory. If any phrenologist will give us any facts or arguments against the positions we have advanced, or any reasons why a frail and feeble human being requires animal food, we shall be glad to publish them and reply to them.

CURED BY KILLING.—The American *Medical Times* for December 27, 1862, gives the particulars of a case of Neuralgia, which was treated by T. B. Townsend M. D., of New Haven, Conn., with enormous doses of sulphate of morphine. The case is of unusual interest as showing how long a large, strong, robust, vigorous man can survive a stout, determined, persevering, big-dosing drug doctor. The report opens thus:

In the month of August, 1861, the patient presented himself under the following circumstances: He was five feet ten inches in height, weighed two hundred pounds, muscular system in a perfectly normal condition, alimentary canal performing its functions naturally and regularly.

Notwithstanding this plethoric and robust condition of body, he suffered from an intense pain in the region of the left shoulder, extending down the arm, and dating back about four weeks to its commencement.

Since early childhood he has been in the enjoyment of perfect health, and even at the first visit, although I made a careful examination of his case "cap-a-pie," nothing of an abnormal nature could be detected, aside from a natural depression, resulting from the severe pain and disturbed rest. Neuralgia suggested itself, and a subsequent train of symptoms has, without doubt, substantiated the diagnosis.

And the report thus closes:

Near the middle of August, 1862, a permanent enlargement of the abdomen was noticed, which gradually increased until November, 1862, when, after failing with the diuretics, hydragogue cathartics, and other agents usually employed, I drew off sixteen quarts of serum of the usual characteristics found in ascites.

This occasioned great relief and mitigated all the distressing symptoms to such an extent, that he was able to walk out with the aid of an assistant.

His condition November 20, 1862, much emaciation, weight one hundred and forty pounds, return of ascites, occasioning pain from pressure. Appetite good, sleeps poorly, pulse weak, constipation, confined to bed, pain of neu-

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ralgia excessive, but suppressed by the morphine, of which he takes daily from twenty-five to thirty-five grains, seldom less.

December 2, 1862.—I re-performed the operation of paracentesis abdominis, and drew off about eighteen quarts of serum, of the ordinary character.

This I was prompted to do in order to palliate the extreme dyspnœa, although he was in a very depressed condition. The breathing was relieved, but the pain, which was located in the back, continued. He gradually sank, becoming comatose, and death terminated his horrible sufferings on the 4th instant.

For more than a year this man was dosed continually, and to what extent, the following extract from the report itself will show:

The amount of morphine taken during the treatment, extending over sixteen months, is almost fabulous; five thousand grains would not exaggerate it.

From one-eighth to one-fourth of a grain is an ordinary dose. One grain is a dangerous dose for a well man. Five thousand grains administered to an army of five thousand well persons, who had never been accustomed to the article, would be apt to kill one half of them outright, or if given to two thousand five hundred persons in two grain doses, it would assuredly kill nearly all of them except those who happened to vomit the drug out. Need any one wonder that in sixteen months, this robust man became pale, weak, constipated, and dropsical? Is it any marvel that the man died a horrible death? Was not that a case of legalized man-slaughter?

DR. HICKS ON CONSTIPATION.—One of our exchanges gives us a luminous lecture on a very common malady, in the following lingo:

"*Constipation.*" Dr. Hicks, of Ellisburg, N. Y., says: "In speaking of this disease, (if it may be called a disease,) I have more especial reference to that of a chronic character, as found in those who are habitually constipated, dependent upon some cause or causes. This peculiar condition may be caused by an abnormal condition of any or all of the organs that make up the digestive apparatus, such as torpidity of the liver, want of gastric secretion, etc. A more frequent cause, perhaps, is from want of nerve power and muscular inability to expel the fecal matter, the difficulty being confined mostly to the larger bowels; the contractile fibers becoming relaxed, consequently over-extended, and, as a natural result, constipation must follow. The treatment which I have found adapted, in almost all cases, is extract nux vomica, one scruple; aloes, two drachms. Make sixty pills. One taken daily will, in a very short time, in most cases, remove the difficulty; the aloes acting upon the large bowel, and the nux being a powerful nerve tonic. Hence the result.

With all due deference to Dr. Hicks, we think that the whole story could be told more lucidly in this way. This common condition is caused by whatever obstructs the bowels; and the best way in the world to remove it, is by washing out the obstructing material with a little tepid water; while the best way to prevent another "attack" is not to take obstructing things into the system.

MRS. PLUMB'S ACADEMY.—"Muscular Christianity" finds few better representatives than Mrs. *Z.* R. Plumb. Two years ago, while a member of the Medical class of the Hygeio-Therapeutic College, she was exceedingly frail in bodily health. But on giving special attention to the "Movement Cure" for a few months, she developed to a full-chested and rosy-cheeked woman. Since then she has devoted herself with excellent success to teaching the "poetry of motion," as it is in the "Light Gymnastics." Her "Academy of Physical Culture," at No. 59 West Fourteenth St., is having a large patronage, and is doing a good work in teaching the young muscles to grow, and the old ones how to stir.

HYGEIO-THERAPY IN PHILADELPHIA.—Dr. Robert Wilson, a graduate of last winter's class, has located at No. 665 North Thirteenth St., Philadelphia. In a quiet neighborhood, he has a pleasant house capable of accommodating a dozen or more boarding-patients. We called on him the other day, on our way from Hygeian Home, and found him already enjoying a good run of business with a prospect of abundant and permanent success.

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A False Doctrine of Vitality.—Medical men teach a false doctrine of vitality. This is the starting point of all the errors which prevail in relation to the nature of disease, the *modus operandi* of medicine, and the action or effects of alcohol. *Uproot* this false doctrine and our work is done. The temperance cause will then achieve its own triumph. Plant the seeds of scientific truth beside this root, and the tree of Intemperance dies. Teach this generation the true relations of living and dead matter, and the next generation will sing the song of a new redemption. Teach them to prevent disease by avoiding the causes, rather than to attempt to cure it by administering the causes of other diseases; teach them that disease is war, and that war is waste; teach them that *stimulation is disease*, and that every dose diminishes the inherent vitality of the patient; that vitality once lost can never be regained; teach them that every drop of alcohol taken into the living system under any circumstances, wastes a given amount of the unreplenishable fund of life, and that the only means which can ensure health and longevity, are purity of blood and cleanliness of body, and you will lay the true foundation for temperance reform, for health reform, for all reform, and for all enduring progress among men.

Medical men teach that external objects of all kinds—foods, medicines, poisons, etc.,—act on the vital machinery and thereby keep it in motion. And diseases, and causes of disease—morbific agents—are said also to act on the living organism.

The truth is exactly the contrary. It is on this false doctrine that dead objects are said to be active, and the living system, passive, in their relations to each other; that medical men have adopted the absurd dogma that "life is a forced state," and thereon fabricated a theory that all diseases are owing to excessive or defective stimulation, one class requiring the tonic or stimulant, and the other the depletent or antiphlogistic plan of treatment. Both methods have been as pernicious as the theory is false.

The great fundamental truth is, the living system is not acted on at all by dead, inorganic matter—by food, medicines, nor poisons. They are wholly passive, and the living system alone is active. Health expresses the sum or aggregate of the vital actions which nourish and develop the bodily organs and structures; and disease is vital action in the process of expelling poisons or impurities from the system, or in removing obstructions.*

Fever and Stimulation.—What is fever? Simply, as I have said, a process of purification. Fevers are not intrinsically dangerous. Nearly all of the danger results from the erroneous manner in which they are ordinarily medicated. The terrible typhus or typhoid fever, of which so many people are said to be dying continually, is not in itself dangerous. No person can have a fever, unless there are obstructions in his system which ought to be removed; and the fever is the attempt to remove them. So far, therefore, it is dangerous not to have a fever, provided the causes exist. There may be circumstances or complications which will render the remedial struggle unsuccessful; but the disease is a remedial effort nevertheless. And when this principle is recognized by the medical profession, we shall very soon have a great, indeed, a complete revolution in the manner of treating fevers.

No one would allow himself to be stimulated in a fever, or as a restorative process at any time, if he understood the rationale of stimulation. No physician would ever prescribe alcohol as a medicine, if he could explain its *modus operandi*. No person would ever think of taking alcohol into his system during the presence of a fever, if he knew what a fever

* From the "True Temperance Platform," ready in a few days. Price, in paper covers, 50 cents; muslin, 75 cts.

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was. If he knew the true nature of a fever, he would fear to "break it up," as much as he would fear to *break down his constitution.* He would be as unwilling to have his fever "subdued," as he would be unwilling to *incur a worse chronic disease.* And if he understood the manner in which alcohol "supports vitality," or "develops nervous energy," he would regard the alcoholic treatment of fever, like *curing a disease by killing the patient.*

If a fever is a process of purification, certainly it should not be "suppressed," "subdued," "counteracted, "opposed," nor *killed* nor *cured*, in the ordinary sense of these terms. It should be aided, assisted, and regulated. A fever is not a *substance*, but an *action.* It is not an *entity*, but a *disturbance.* It is not an *enemy*, but it is *defensive war.* It is not a *thing* to be *destroyed*, but a *process* to be *directed.*

Medical journals are discussing, to this day, the nature and seat of different fevers. Fevers have no "seat." Medical books tell us that fevers "attack" us; "go through" us; "run their course;" and that some of them are "self-limited," etc.; they "set in," "supervene," etc.; *they come in, run out, travel about, locate, emigrate and immigrate, advance, retreat, capture or capitulate*, as though they were independent existences, imps, spooks, ghosts, or goblins. How absurd! Did it ever occur to our medical philosophers to imagine *where* a fever was when no one had it? *Where* was it before it "attacked" the patient? *Where* did it go after it had *left* the patient? In what form, shape, condition, or place, does a fever exist *outside* of the living organism? What has the profession been doing for three thousand years that it has never thought of these things?

On the theory that fever is a thing, which must of necessity run a certain course, and which, in the language of Dr. Bigelow, of Boston, "derives laws from its own nature," physicians predicate the use of stimulants. And since the doctrine of the self-limitation of disease has come into vogue, the use of alcoholic stimulants has greatly increased.

The tendency of fever is to depress and weaken the patient, and alcohol is given to "support vitality"—to "keep him up," until the disease has run its course. But once admit the principle, and where are you going to stop? There is no stopping-place this side the grave. Persons are weak and depressed in many ways, and from various causes. Why not resort to alcohol? Well, they do and there's just the mischief. The principle is established, that alcohol is a universal panacea.

But we do not stop here. If alcohol will *cure* disease, why will it not *prevent* disease? If it will make sick folks well, why will it not make well folks better? If it will obviate the effects of debility, why not prevent debility? The logic is sound; alcohol is also employed as a preventive of disease.—*Dr. Trall's True Temperance Platform.*

HYGEIO-THERAPY VS. HYDRO-DRUGOPATHY.—The greatest misfortune that can be inflicted on any cause is *false friends.* The greatest curse that has ever attached itself to the system of Hygienic Medication is drug doctors, with the part of druggery *not* omitted. Without intelligence enough to comprehend the system they set themselves up to practice, or lacking the honesty to espouse an unpopular cause any further than it will pay, they ignorantly mislead or wickedly deceive the people. Some of them have not the opportunity to investigate its principles, and others have not the devotion to truth necessary to regulate professional conduct. Some of them are quite deficient in the matter of a scientific education; others are well filled with the dogmas of a system which is false from its Alpha to its Omega. Some of them are so bigoted, or so considerate of the almighty dollar, that they can not believe that others can be conscientious practitioners outside of cash considerations.

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COLDS AND VENTILATION.—Winter is especially the season for *colds*. Most people entertain the idea that colds are a necessary accompaniment of cold weather, but such is not the fact. A great many more *colds* are brought no by exposure to the heated and vitiated air of warm, close rooms, than by exposure to cold, and, perhaps, a still greater number, are induced by exposure to small currents of cold air in rooms that might otherwise be comfortable and healthful.

Persons who are habitually exposed to cold, in the open air all day, or nearly so, are very seldom troubled with *colds;* it is only those whose skin is feeble from a continued and intimate connection with warm, stifling, enervating air, and whose cuticle is almost or entirely unacquainted with water, soap, and towels, who live in daily fear of this unpleasant condition—not to say disease. Apartments which are not ventilated in the best manner, by means of warmed air, or a large open fire-place, should he frequently aired. The best way to do this, and which will occasion the least possible danger of being affected by streams of cold air, is to open, occasionally, a large window, or door, and give the room a full and perfect airing at once. This process should be frequently repeated during the day. This plan is especially adapted to school-rooms and shops, where a great number of persons are present during the day. Sermons, also, spiced in this way would be found to be far more effectnal than many are without it. J. G. W.

THE WORLD'S REDEMPTION.—The redemption of the world from diseases, doctors, and drugs, depends on the recognition of the doctrine that Nature's laws cannot be violated with impunity; that every unphysiological habit will make its injurious mark irreparably and forever; that our life, our strength, our health, will be measured exactly by our observance of organic law.

SYRINGES WITH A "CONTINUOUS STREAM."—Some persons are enquiring of us what the advantages are of a continuous stream, mentioned as a special feature of certain instruments. We have referred the question to Mattson & Co., who reply: We do not manufacture elastic syringes of this description, because they have no advantage, while they are rendered more expensive and less portable. The experiment was tried long ago in France and England, and abandoned as useless. The Tier syringe, introduced, say ten years ago, into the United States from France, was an evidence of this uselessness and failure. That portion of the stream which renders the whole "continuous," is extremely feeble, because it depends upon the feeble force imparted to it by the feeble compression of air in the "air chamber." How this exploded device can obviate any "objectionable, disagreeable, or painful sensations produced by those syringes that inject an intermittent stream," if there are any such "sensations," is a mystery which ought to be solved. The distinguished Dr. Marshall Hall, of London, says, in relation to injecting the bowels, that we should be "as slow as possible and as long as possible," for which he assigns good reasons; and we must not be too ready to question the wisdom of the world-renowned Marshall Hall. If, therefore, we inject slowly, the "continuous stream" would necessarily become "intermittent," and this *intermittent stream* is precisely what is wanted to stimulate the bowels into action, and when the irritability subsides, which will be very soon, no disagreeable sensations will be experienced. This has been amply proved.

We must not confound the continuous stream of the elastic syringe with the powerful continuous stream of the French syringe, adjusted with a piston, which, of course, is sold at a high price.

Mattson & Co. claim to be making, under their new patent, the best syringes in the United States, or the world, for the least money, and the recent award to them of the *First Premium*, by the American Institute Fair, held in New York City, is an evidence that their new improvements are daily appreciated.

THERE never was a reformation among men; there never was a truth announced to the world; there never was a good cause on earth that did not suffer vastly more from the speculators, ignoramuses, time-servers, and charlatans in its own ranks than from the open recognition of its acknowledged foes.

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Soldiers' Department.

FROM THE ARMY OF THE CUMBERLAND.—DR. TRALL: *Dear Sir*:—I am sorry to have to tell you that the June number of the HERALD has not reached me yet, nor has the September number cheered and instructed me. The July and August numbers were received in good season, and read and re-read with pleasure, profit, and thankfulness. I wish the HERALD was published semi-monthly; the time seems so long between the monthly visitations; and then when I am so unfortunate occasionally as not to receive one, the time does drag on terribly, and provokingly slow. I cannot afford to miss reading and studying a single number, especially at this season of the year when disorders of divers kinds are raging among our brave, careless, and misguided soldiers. During the last two months there have been nearly two hundred cases of dysentery and diarrhea in our brigade of about 1,200 men. We have had but few cases of remittent or intermittent fever, though when we first came here last August all expected, from the appearance of things and what the citizens said, that there would be much sickness of all kinds of a malarious origin. The land is a rich and strong clay soil, rather flat and swampy; the timber is dense and large, and vegetation of every kind very rank. Last spring and during the first summer month there was a great deal of rain in this section, but since the first of July the weather has been remarkably dry. The days are generally clear and warm, and the nights cool and foggy, very heavy dews falling. The men have had plenty to do, being on duty for the most part every other day and going on long and fatiguing scouts quite often. It may be owing to this constant excitement and activity that the health of the men here is as good as it is; the experience of all men connected with the army shows that there is less sickness, other things being equal, among troops on the march or having plenty to do. Ample and active exercise is essential to a high degree of physical and mental health; and in military, as well as in civil life, this is unquestionably true.

I have said the prevailing maladies here are dysentery and diarrhea; but why this is so I cannot tell, except it is owing to the water which is scarce and poor—obtained mainly from wells from twelve to thirty feet deep; or to night exposure; or to the kind of food eaten. This is a fine fruit country, and fruit of all sorts abound this year. For a time some supposed the men ate too much green fruits; but the fruit is ripe now and scarce, yet the diseases are as prevalent and inveterate as they were a month ago. The food eaten consists of the ordinary ration issued everywhere to our soldiers, except that fresh beef, potatoes, molasses, and vinegar are not issued in as large quantity as common. Flour is issued to the men and baked into bread in various ways; the cavalry-men and artillery-men have brick ovens and bake three times a week, making very good, light bread; the infantry men have iron skillets and ovens and bake biscuits for each meal, using the hot grease from their fried bacon and water to form the dough. The artillery and cavalry-men generally boil their meat and all their food, whilst the infantry-men fry nearly all their food in the strong salt grease from their meat. The health of those who have nice, cold, light bread and boiled meat and vegetables, is much better, in all respects, than the health of those who eat hot, heavy, greasy biscuits and fried victuals; not half the number of cases of the disorders in question among the former as among the latter. More attention is, also, given to personal cleanliness, and camp cleanliness, among the former than the latter. Trenches and sinks are timely dug, and all slops and offal are deposited and not allowed to lie about on all sides to rot and infect the air. I have taken some trouble to learn the history of quite a number of men laboring under these maladies, and in not a single instance has a man been attacked who is in the habit of bathing once or twice a week, who is temperate in eating and drinking, and who lives mainly on a vegetable and fruit diet properly cooked. Most men, especially soldiers, drink too much water. They could get along just as well without drinking one-fourth the water they do, if they were aware of the evils attending this needless and foolish habit. To this indiscriminate and constant drinking many diseases and annoyances, both on the march and in the camp, are clearly traceable. Flannel should be worn next the skin by soldiers at all times and places, summer and winter, north and south. The reason for this is too clear to need illustration and too self-evident to require argument. Soldiers, not unlike civilians, are seldom as regular in their habits as they should be to insure health; in sleeping, eating, exercise, &c., they are exceedingly careless and irregular.

But I wish to give you an idea of the medical treatment of dysentery and diarrhea by the surgeons in this brigade; and, for aught I know,

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it is the same treatment practiced by the surgeons in every brigade of our army. In the outset a small dose, a teaspoonful of Epsom salts, or castor oil, or one compound cathartic pill, is given every three or four hours for two or three days, and then sugar of lead three grains, opium one grain, and camphor two grains, are given at a single dose, either in powder or pills, every four hours to "soothe," "check," and "bind up" the bowels. Sometimes one grain or two grains of calomel and five grains of Dover's powder are combined and given every four hours for two or three days. Sometimes a large mustard plaster is placed upon the bowels and allowed to remain two or three hours. Occasionally turpentine, and pepper, and ginger, and quinine are administered to fulfil certain indications. Tannin, kino, alum, and chalk are frequently resorted to. At times the men are about in two weeks, often in not less than two months, and sometimes the disorders are so obstinate as to resist all the remedies.

Well, I must close my hastily written letter as duties are demanding my attention. Doctor Trall, I wish you all the success and happiness which a good man engaged in a good cause merits. I wish one million copies of the HERALD were circulated in our great army.

J. LITTLE,
Twenty-fourth Mo. Vols.

Camp at Union City, Tenn.,
October 11, 1863.

MILITARY HYGIENE.—Professor Millard Parker, M. D., says, "Hygiene is of far more value in the treatment of disease than drugs." Dr. S. O. Vanderpool, late Surgeon General of this State, in an address recently delivered before the Albany County Medical Society, complains that our army surgeons are generally very ignorant and inefficient in attending to the hygiene of the camps and hospitals. It is a pity we had not a few Florence Nightingales in our army to teach the graduates of medical schools a little common sense. Dr. V. states that no report has come to him more frequently than the following: A camp is formed in which are rapidly congregated from five hundred to a thousand men. They come in, individually hardy and robust; their bronzed countenances, brawny arms, and stalwart forms mark them as the finest type of physical development. The surgeon, perhaps excited, and it may be bewildered by the novelty of his position and duties, is surprised after a while to find that men who presented themselves only a short time previous as recruits in the full vigor of health, are attacked one after another by some zymotic agency; his little hospital is soon filled, additional accommodations are sought, and he is most assiduous in his care upon the sick. He exercises an enlightened judgment, skilful practice, and yet his sick recover slowly, the mortality is large, and the numbers on the increase. The officers and men loose confidence in him, and the mortality is pointed to as an evidence of incompetency; the surgeon was clearly at fault. It did not occur to him that the close, warm barracks, in which the men are packed closely as bees, in the construction of which but one idea has prevailed, how best to keep *out the air*, was the silent, wary prisoner of the men; that their aggregation in quarters far too limited for the number, without the least provision for ventilation, indeed with every little obstacle to prevent it, the confined exhalations of the men, the want of cleanliness in persons and quarters, the change of diet, the irregular habits at once contracted; all matters which fall under his direct province, and concerning which, if he had been fully conversant, very much of his subsequent troubles would have been averted.

Or follow the men in their first essay at camp-life. From the necessities of the service they camp on a level spot, without natural drainage, in a wet season. The tents are pitched with symmetrical precision, the military arrangements seem all perfected, and yet the men suffer exceedingly, and sickness is rapidly developed in the camp. *Diarrhea*, a word more frequently in the mouth of the soldier than any other, is prevalent. The surgeon, judicious in his mere medical prescriptions exhausts the *ars medicina* in vain. Still is it persistent, still are the numbers increasing. Here again he is at fault, in the simplest rules of hygiene.

Due attention has not been given to the first requisite—the proper drainage of each tent and street; the latrines have been located indifferently, more with an eye to convenience than the absolute necessity of locality, nor has proper attention been paid to throwing on earth day by day; the garbage and refuse of the camp are not systematically carried off and destroyed; more than all, the first essays of men wholly unsophisticated in the principles of cooking, have given to the men food totally unfit and indigestible.

If our surgeons, as a class, have come short in anything, it is in their knowledge and application of the laws of hygiene.

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VENTILATION OF HOSPITALS.—The following method of ventilating hospital-wards, which has been introduced into hospitals in Australia, we commend to whom it may concern:

"The space beneath the floor of the ward has been converted into an isolated fresh-air chamber, supplied abundantly with external air by a large guarded aperture in the wall, and regulated by a pulley door. The pulley chain will be under the charge of the nurse inside the door, and, by graduated hooks, the admission of fresh air can be increased or diminished systematically. Each bed is elevated on a wide box platform about six inches high, and so much wider than the bedstead as to allow a convenient step for a patient's legs to rest upon. The sides and ends of the platform are panelled with fine gauze wire. A spacious opening through the floor within this special air chamber admits the fresh air from the general air chamber, and a current, almost imperceptible from its extensive division, unremittingly flows through the gauze wire into the ward all round the patient's bed. The vitiated air that rises to the top of the room finds an outlet through an Arnott's ventilator into the chimney, the aperture of exit giving eight inches to each bed. The fresh air in this arrangement will always be supplied on the *plenum* principle in the natural ascensional manner."

LEGALIZED MURDER.—W. A., of Auburn, N. Y., who has just returned from the army, where he has spent one year, and has seen enough of the effects of druggery to make him execrate the whole of the system, writes: "I had the fever, and was compelled to take the horrid doses of quinine, and to witness such treatment of sick soldiers as makes my blood almost boil to think of, and I then determined that, if ever I got home again, I would set to work and prepare myself to oppose that system of medication which is killing more of our soldiers than all other causes combined, the rebels included."

W. A. has had a good preparatory education for entering the Hygeio-Therapeutic College. We shall expect to see him in our next medical class.

THE BEAUTY OF A BLUSH.—Goethe was in company with a mother and her daughter, when the latter being reproved for some fault, blushed and burst into tears. He said:

"How beautiful your reproach has made your daughter? The crimson hue, and those silvery tears, become her better than any ornament of gold or pearls. These may be hung on the neck of any woman; but those are never seen disconnected with moral purity. A full blown rose, besprinkled with the purest dew, is not so beautiful as this child, blushing beneath her parent's displeasure, and shedding tears of sorrow at her fault. A blush is a sign which nature hangs out to show where chastity and honor dwell."

College Department.

THE LECTURE SEASON.—We hope those of the graduates of our school who are not overburdened with patients at home, will improve the long winter evenings in talking to the people wherever opportunity presents. There is a demand in nearly all parts of the country for more light on medical subjects in general, and on the Hygienic system in particular. All who are now in this field of labor are reaping a rich reward in golden opinions, and a moderate remuneration pecuniarily. Ellen H. Goodell, M. D., is still actively engaged in agitating the conservative minds of the people of New England. Mrs. M. A. D. Jones, M. D., has recently lectured in Norristown, Pa., and in several of the churches in Philadelphia with excellent success. She is expected to lecture in New York and vicinity during the winter. Miss M. A. Fairchild, M. D., is preparing a set of anatomical and physiological illustrations, to be exhibited by means of a magic lantern, and will lecture occasionally to the people, whenever she can get a few days leave of absence from the patients of Hygeian Home. Dr. Traer, of Iowa City, will keep the ball rolling in the West as usual. We hear indirectly of others who contemplate lecturing more or less during the winter—among whom are Dr. Heald, of Wilmington, Del., and Rev. J. Stevens, of Iowa Falls, Ia.

THE STUFF THAT DRUG DOCTORS ARE MADE OF.—The American *Medical Times* is not very complimentary toward the material out of which the regular schools are manufacturing some thousands of M. D.'s annually. It says:

"The first great defect in our system of medical education is the want of a sifting process in the selection of those who are about to commence the study of medicine. The door is thrown widely open, and every one is admitted to enter. No discrimination is made between the intellectual and the imbecile, the educated and the illiterate, the moral and the immoral. This grand defect must invite to our ranks all the floating mass of incompetent young men who wish to enter a learned profession. They have but to take their seats in the class-rooms of the colleges to be accredited students of medicine. No question is asked as to their natural or acquired qualifications for the study. They may pass through the entire term without being asked a question as to the progress they are making. But it may be said that they are caught at last when they enter the "Green Room." This ordeal however, is too often the merest farce. The student who has studied three years, has attended two full courses of

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lectures, the last of which was at "this college," and has punctually paid all his fees, is caught by no such drag-net as an examination for graduation. He slips through its coarse meshes without a wriggle."

A writer in a subsequent number of the *Times* corroborates the above statement in the following words:

"Law and theology monopolize the talent of our colleges. From extended observation I am prepared to assert that not *one in fifty* of the graduates of our New England Colleges, and who become students of medicine, are men who were the intellectual leaders of their classes."

A Word from the Major.—Major J. A. Brents, who took his degree of M. D., at the close of our winter term, writes from Louisville, Ky.: "I expect to locate here, and shall try to introduce your publications. I have had several tilts with the M. D.'s since I have been here. One claims that cathartics have a chemical action, but obtain their force from the stomach. I find in one of your publications this statement: 'The living system acts on drugs to resist and expel them,' &c. *Query:* How can the living system *resist* that which has no action?" Resistance may be active or passive. In one sense resistance is opposition. If the stomach opposed the presence of a drug by casting it out, it would resist it actively. If the drug remained in the stomach despite the efforts of the organ to vomit it out, the same would resist the stomach passively.

Thorough Students.—Those who propose to practice the Healing Art should be thoroughly competent to discharge the varied duties incident to such a calling. As in every other avocation in life, which one is preparing to pursue, the medical student should fully comprehend all the essential details connected with the practice of his profession. To attain such qualification it requires much patient labor; and he who is unwilling to incur this expenditure of time and energy, had better turn his attention to some other avocation as more suitable and likely to insure greater success. The old saying, "Count the cost before you build," is applicable to those who propose to become medical students. Take into consideration the many weary hours of study requisite to make you familiar with the multitudinous facts of medical science, and ask yourself if you are prepared for the task. It is not merely to learn *facts* for which the student should strive, but to comprehend and become imbued with those sublime, eternal principles which inspire the soul with a true and earnest ambition to advance in a career of usefulness and self-culture. L. H. B.

Dining-Room Department.

MISCELLANEOUS RECIPES.

BY MRS. MATTIE M. JONES.

Gems. — Having experimented considerably with gems since the recipe was given in the March number, I have found that the best method of making them is to stir the Graham flour slowly into the cold water, in the same way as for mush, and not beat or stir it any after the flour is all added. Most new beginners are apt to get the batter too stiff. If so the bread will be quite hard and solid inside. Where none but hard water can be obtained they are much better if one half milk is used.

Steamed Bread.—Make mush as for the table — Graham, hominy, or corn meal mush as preferred. When cool, to one quart add one pint of hot, boiled potatoes mashed through a collander, half a cup of molasses, one tea-cup of boiling milk, and equal parts of Indian meal and Graham or rye flour sufficient to make a rather soft dough. Place it in a deep basin or pan; smooth it evenly over the top; cover it tightly and steam four hours.

Rye and Indian Bread. — Take one part rye-meal and two parts of Indian; pour boiling water over the Indian, and stir it till the whole is sufficiently wet to work in the rye without adding any more water, and then, when about milk warm, work in the rye-meal. Should the dough be too stiff, add as much warm, *but not hot*, water as may be necessary; bake in a round iron dish from three to five hours. This bread when new, or a day or two old, may be sliced and toasted; it is very sweet and wholesome. The crust is apt to fall off; this may be wet in water and put into a stone jar with some moderately tart apples, peeled and sliced, nicely covering the apples with the crust; then add a little water, and cover the dish with a tightly fitting cover; set it on the stove till the apples are cooked, and then take the crust off into plates; sweeten the apples to suit the taste, and spread it over the crust. This is an excellent dish, if care has been taken to prevent burning the crust.

Oatmeal Cake.—Mix fine oatmeal into a stiff dough with milk-warm water; roll it to the thinness almost of a wafer; bake on a griddle or iron plates placed over a slow fire for three or four minutes; then place it on edge before the fire to harden. This will be good for months, if kept in a dry place.

Snow Bread.—Put into a basin or pan fresh Indian-meal and two or three times its bulk of snow; stir thoroughly together and try a little of the mixture on a hot griddle; if too dry add more snow, if too moist add meal. When just right, pour it into a deep pan rounding it up in the middle about two inches thick, and cook from twenty minutes to half an hour in a *hot* oven. This, if properly made, is very light and nice.

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SNOW CAKE.—Mix a little corn-meal and pulverized sugar with the dry flour, and then stir in the snow; bake in a *hot* oven till well browned.

WHORTLEBERRY JOURNEY CAKE.—Take one pint of whortleberries, one small teacupful sugar, one pint corn-meal, one tablespoonful of flour. Wet the whole with *boiling* water, and bake in small, round cakes in a *hot* oven twenty minutes.

POTATO SCONES.—Mash boiled potatoes till quite smooth, and knead with flour to the consistency of a light dough; roll it about half an inch thich; cut the scones in any form desired; prick them with a fork and bake on a griddle.

MILK TOAST.—Scald sweet milk and thicken it with a very little moistened flour or cornstarch. Let it boil well. Split open the gems or diamonds, or whatever bread you choose to use; toast them nicely; then place them in a dish for the table, and cover with the thickened gravy.

CREAM TOAST.—Toast the bread and turn over it, while hot, boiling sweet cream diluted with milk.

WHEAT-MEAL FRUIT BISCUITS.—Mix Graham flour with just enough of scalded figs—previously washed—to make an adherent dough by much kneading; roll or cut into biscuits half an inch thick and two or three inches square; bake in a quick oven.

CUSTARD WITHOUT EGGS.—Take one quart of sweet, new milk, four tablespoonfuls of flour, two tablespoonfuls of sugar. Boil the milk over a brisk fire, and, when boiling, stir in the flour (having been previously mixed with cold milk to prevent lumping). When thoroughly scalded, bake in a crust, or in cups.

RICE CUSTARD.—Boil two ounces of ground rice in a pint and a half of new milk; add four ounces of sugar, an ounce of grated cocoa-nut, four ounces of sweet cream, and bake in a slow oven.

RASPBERRY CUSTARD.—Boil one pint of cream; dissolve half a pound of sugar in three gills of raspberry juice; mix this with boiling cream; stir till the whole is quite thick, and serve in custard glasses.

APPLE CREAM.—Pare and boil good rich, baking apples till soft; rub the pulp through a hair sieve; add the sugar while warm; when cold, stir in a sufficient quantity of sweet cream, and serve cold.

PINEAPPLE ICE CREAM.—Mix three gills of pineapple sirup with one pint of cream; add the juice of a large lemon, and four ounces of sugar; pour into a mould; cover it with white paper; lay a piece of brown paper over to prevent any water getting in, and set it in the ice.

STRAWBERRY CREAM.—Mash the fruit gently; drain it on a sieve, strewing a little sugar on it; when well drained (without being pressed), add sugar and cream to the juice, and, if too thick, a little milk. Whisk it in a bowl, and, as the froth rises, lay it on a sieve; and when no more will rise, put the cream in a dish, and lay the froth upon it.

RASPBERRY ICE CREAM.—Mash one pound of raspberries; strain off the juice; mix it with the cream; add sugar as required; whisk it; then pour into glasses, and freeze.

Note.—The bucket used for freezing should be large enough to allow four or five inches of ice, broken in small pieces and mixed with salt, to be placed below and around the sides of the mold.

CHERRY JAM.—Take four pounds of Kentish cherries, one pound of fine sugar, and half a pint of red currant juice. Stone the fruit, and boil the whole together, rather quickly, till it becomes soft.

APPLE CHEESE.—Take two pounds of apples, pared and sliced; one pound of sugar; the juice and grated rind of a lemon, and a little water. Put them all into a pan; cover, and set it over the fire till the apples are reduced to a pulp, turning the pan occasionally; let it boil twenty minutes, stirring constantly, and pour it into small molds.

BAKED MILK.—Put the milk into a jar; tie white paper over it; let it remain in a moderately warm oven all night, and it will be of the consistency of thin gruel.

STRAWBERRY SHORT-CAKE.—Make a rather stiff batter of rich milk or thin, sweet cream, and Graham flour. Bake in a quick oven. When done, cut open and put the berries, previously sweetened and slightly mashed, on the under-crust, sprinkle a very little sugar over, and add the other crust. No one need desire a more palatable or healthful fruit cake. Raspberries, blackberries, whortleberries, currants, tomatoes, oranges, and all of the juicy fruits, make an excellent dish thus prepared.

SNOW BALLS.—Spread boiled rice over a cloth and lay on the rice, berries, cherries, tomatoes, or oranges. Then tie closely, and boil in water just long enough to cook the fruit. When done, serve with a little sugar, sirup, or sweet cream.

HYGIENIC IMPORTANCE OF LIGHT.—A tadpole confined in darkness would never become a frog; and an infant being deprived of heaven's free light will only grow into a shapeless idiot, instead of a beautiful and responsible being. Hence, in the deep, dark gorges and ravines of Swiss Valais, where the direct sunshine never reaches, the hideous prevalence of idiocy startles the traveler. It is a strange melancholy idiocy; many citizens are incapable of articulate speech; some are deaf, some are blind, some labor under all these privations, and all are misshapen in almost every part of their body. I believe there is in all places a marked difference in the healthiness of houses according to their aspect with regard to the sun, and those are decidedly the healthiest, other things being equal, in which all the rooms are, during some parts of the day, fully exposed to the light.

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Voices of the People.

A CLERGYMAN'S IDEA OF DRUG DOCTORS.—An eminently progressive and philanthropic clergyman writes from the Great West: "Dr. R. T. TRALL: *Dear Sir*:—In my desire to obtain a better education—a technical and professional one—I have been actuated by none other than the purest motives; such for instance as a disgust for all drug medicines, a knowledge of the fact that drug doctors generally have a false or incorrect idea of the cause and cure of diseases; that the physical salvation of thousands of my fellow mortals depends upon a rescue from their power and influence; because the Hygienic system is the only true system—is truth—and I am committed to the advocacy of truth. The physician work not because of its attendant honor (unless honor is the reward of benefit conferred on suffering humanity,) but for the sake of an extended field of usefulness. But, however, I suppose I must relinquish the hope of becoming sufficiently qualified for the degree of M. D. Those on whom fortune has smiled more graciously than on me, may be able to gratify their heartfelt desire, but I must be content to quench my thirst for knowledge, in the use of such works as I may be able, from time to time, to purchase. There are men in abundance, who; if they knew my circumstances and my desires, and were convinced that the cause of humanity and truth would be advanced by my obtaining a collegiate education, would willingly aid me; but how are they to know it? I must for this time yield to the force of circumstances, and step out of the arena of active struggle, but I shall not sleep. I shall, little by little, strengthen myself for the future, put on, little by little, piece by piece, the armor of a Hygienic champion, and, some day, I shall strike a blow at the false system of Drugopathy."

We will give the name and address of the above writer to any person who is disposed to advance him—by gift or loan—the requisite funds. We know him well, and a person of abundant means and a disposition to do "the greatest good to the greatest number," could hardly appropriate one or two hundred dollars more usefully.

THE BASIS OF TEMPERANCE.—We give the following "voice" in full:

"BALTIMORE, Md., Sept. 24, 1863.

Dr. TRALL: *Dear Sir*:—I have just read your review of the 'Westminster Review.' I took it up in course, and read the Westminster man's article first, and, as I progressed, I began seriously to doubt the propriety of giving such a specious and ingenious article the benefit of such a wide circulation as your books usually enjoy. And, though possessed of a sufficient knowledge of chemistry and physiology, to discover a number of his grosser fallacies, I must confess there seemed at times such an array of reason and authority as confounded me, and I could hardly wait to read it through before I wished to see what you could say to this and what to that. I was grieved to see so bad a cause so plausibly defended, and armed with such captivating logic to the reasons of the wretched thousands who are sufficiently impelled by depraved and ungovernable appetite, to surrender everything valuable to them as mortal and immortal beings to the despotism of alcohol. And it is, therefore, with no common feelings of gratitude to you as a defender of the truth and a benefactor of your species, that I acknowledge myself indebted to you, not only for being extricated from the false logic of your opponent myself, but for the lasting good you have done the cause of science and humanity by demonstrating the essentially poison nature of alcohol—poison in all degrees and under all circumstances—and thus completely destroying all its pretensions to being considered as 'respiratory food,' and having found the eternal granite upon which may be reared impregnable arguments for 'total abstinence from all that intoxicates.' I am satisfied, sir, that the only tenable ground in this controversy is that which you have assumed and so ably maintained. Your simple but novel doctrine, that the living organism acts on the poison, and not the poison on the organism, rests upon a rational and scientific basis from which you may expose, not only the fallacy of the position of your ingenious opponent, but a hundred more not less specious, perhaps not less injurious, in the medical systems which you are as resolutely assailing. I am persuaded, too, that you will achieve your success without the aid of a principle as false in science as it is absurd in morals, and one of which your Wesminster opponent has spoken highly and made much practical use, viz., 'That human nature is so constituted that all great movements need large admixtures of error to achieve success.' See page 10. Wishing you success in every battle for the right and the true, I am, dear sir, yours, most obediently,

JOEL SWARTZ,
Pastor, Lutheran Church, Baltimore."

HEALTH FOR WOMEN.—Mrs. A. R. Swartz, writes from Baltimore:

"DR. TRALL: *Dear Sir*:—I know your time is much taken up by letter reading, but I cannot refrain from writing a word to recommend your little work on the Health and Diseases of Women. I have just been reading it, and so valuable is it that I cannot return it to the shelf without feeling an earnest desire that every woman, husband and father, in our land would read it; and will you permit me to say so through the HERALD OF HEALTH? It is within the reach of every person, costing only ten cents, and is doubly worth the expense of getting and the time required for reading; and to those who live up to its teachings, it may be of more value than much gold. I am glad to learn by letter that my friend, Miss L. B. W., expects to attend your College this winter, and you will have a young man from Virginia also. Wishing you a long life and believing your cause will live and grow on earth so long as it stands. I remain in the bonds of Health Reform."

EPIDEMICS attack inhabitants on the shady side of the street and exempt those on the other side, and even in epidemics, such as ague, the morbid influence is often partial in its labors.

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Miscellaneous.

THE MYSTERY.

UNDER this head *The Methodist* discourses not only good philosophy, but sound theology. When the doctrines so eloquently advanced are universally recognized by religious peers, there will be an end of pale, sickly young men fitting for the ministry, and we shall not have so frequently to deplore the invalidism or deaths of beloved pastors in their prime of life and beginning of usefulness:

"We gave last week an editorial on the death of Rev. G. C. Robinson. The article alludes to the 'mystery' of such premature failures of men apparently 'thoroughly furnished' for life itself. We would not detract from the consolation of such views; they are very relieving to the afflicted survivors of circles invaded by the inexorable, irresistible destroyer. In this instance, too, they are properly guarded, being confined to the probable, if not certain, assumption that the intellectual as well as moral qualifications of such a man accompany him to the higher spheres of being, and are there available for his continued career. On this point we have no great hesitancy; we know not indeed how otherwise to understand the ways of Providence. God enacts no farces in his merciful and wise scheme; though he has power, as the potter over the clay, he makes no vessel for honor and then capriciously dashes it to pieces merely to assert his divine sovereignty. But he has laws, and he vindicates them; and vindicates them in mercy in order that they may be reverenced and thereby be effective. The splendid promise of this young man may be fulfilled in a better sphere; but it should have been fulfilled in this world. That we believe was his Creator's will; and the world, and the church, in suffering such a loss, suffers the penalty of some great error, not to say some great sin.

"George C. Robinson once had good health. We do not believe that there was any 'mysterious' reason in the 'counsels of God' why he should be sleeping in the grave to-day rather than standing, a living power, within the altar of the church. We know not why he could not, for nearly half a century, still have borne the standard of a victorious life before the world. We never see the grave close over such splendid hopes without uttering to ourselves, in anguish, 'there has been a grievous wrong somewhere,' and a grievous responsibility attends it.

"If we are rightly informed, this youthful preacher's physical prostration began in college. There is where such disasters usually begin with thousands of such men. Our teachers, preparing them for life, prepare them too often only for the grave. They are taught almost everything but the conservative laws of health; they are incited to over-exertion for the honor of their classes or seminaries; the professor enjoys the honor of sending forth the polished shaft from his professorial bow, but it is shot frail and beautiful against a destructive target, and falls shivered at the mark. Splendid scholarship is the selfish claim of the faculty; splendid scholarship, though it be attended with splendid ruin at last. This is the demand; but the humbler yet absolutely necessary conditions of diet, ventilation, exercise, recreation—who teaches these as they ought to be taught? Who says to the young and generous youth, these are fundamental; genius itself is unavailable without these; moral life itself cannot be sure without these; these are inevitable conditions of God's own economy; the soul that sins here shall die? It is sometimes said in a certain way—but how? It is uttered as a truism, to vanish in the air, and nearly every superior mind that goes forth from the college halls, goes to struggle through life with physical disabilities which a prudent teacher might have averted.

"Our Christian education insults in this respect the heathen wisdom of old Greece. The sound mind in the sound body was the summary rule of classic education. The athletic soul must be girt with the athletic panoply. Not only the pupils but the philosophers of Athens turned daily to the gymnasium and the groves of Academus. The aged Socrates doffed his overclothes and competed with the youthful Alcibiades in feats of physical strength, and Greece saw in the scene not sport merely but *education*. Greece taught wisdom on foot, in motion, in the open air. She formed, and reigns yet in all our intellectual universe. She never could have done so had her scholars been a race of invalids.

"The physical and organic laws of God are as divine and inexorable as—in a sense more inexorable than—his moral laws. The holiest intentions will not be accepted by the Great Lawgiver, in excuse for the violation of these laws. They are in fact, and in a sublime sense, moral laws themselves. There is no physical law which affects the voluntary conduct of men, that does not, to that extent at least, become a moral law. When shall we learn this fact? When shall our teachers, so scrupulous about the ordinary morals of their pupils, come to know that there is self-murder going on in all their classes; that they themselves are tacitly accessory to it, and are yearly sending to sorrow-smitten homes and mourning churches the tottering victims of this relentless, this guilty martyrdom?"

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Kindergarten Department,

FOR THE JUVENILES.

THE BOY WHO CONQUERED.

Some few years ago, a lad who was left without father or mother, of good natural abilities, went to New York, alone and friendless, to get a situation in a store as errand-boy, or otherwise, until he could command a higher position; but this boy had been in bad company, and had got in the habit of calling for his "bitters" occasionally, because he though it looked *manly*. He smoked cheap cigars also.

He had a pretty good education, and on looking over the morning papers, he noticed that a merchant in Pearl street wanted a lad of his age, and he called there and made his business known.

"Walk into the office, my lad," said the merchant. "I'll attend to you soon."

When he had waited on his customer, he took a seat near the lad, and espied a cigar in his hat. This was enough. "My boy," said he, "I want a smart, honest, faithful lad, but I see that you smoke cigars, and in my experience of many years, I have ever found cigar-smoking lads to be connected with various other evil habits, and, if I am not mistaken, your breath is an evidence that you are not an exception. You can leave; you will not suit me."

John (this was his name) held down his head and left the store; and as he walked along the street, a stranger and friendless, the counsel of his poor mother came forcibly to his mind, who, upon her death-bed, called him to her side, and, placing her emaciated hand upon his head, said, "Johnny, my dear boy, I'm going to leave you. You well know what disgrace and misery your father brought on us before his death, and I want you to promise me, before I die, that you will never taste one drop of the accursed poison that killed your father. Promise me this, and be a good boy, Johnny, and I shall die in peace."

The scalding tears trickled down Johnny's cheeks, and he promised ever to remember the dying words of his mother, and never to drink any spirituous liquors; but he soon forgot his promise, and when he received the rebuke from the merchant, he remembered what his mother said, and what he had promised her, and he cried aloud, and people gazed at him as he passed along, and boys railed at him. He went to his lodgings, and, throwing himself upon his bed, gave vent to his feelings in sobs that were heard all over the house.

But John had moral courage. He had energy and determination, and ere an hour had passed he made up his mind never to taste another drop of liquor, nor to smoke another cigar as long as he lived. He went straight back to the merchant. Said he, "Sir, you very properly sent me away this morning for habits that I have been guilty of; but, sir, I have neither father nor mother, and though I have occasionally done what I ought not to do, and have not followed the good advice of my poor mother on her death-bed, nor done as I promised her I would do, yet I have *now* made a solemn vow never to drink another drop of liquor, nor to smoke another cigar; and if you, sir, will only *try* me, it is all I ask."

The merchant was struck with the decision and energy of the boy, and at once employed him. At the expiration of five years, this lad was a *partner* in the business, and is now worth ten thousand dollars. He has faithfully kept his pledge, to which he owes his elevation.

Boys, think of this circumstance, as you enter upon the duties of life, and remember upon what points of character your destiny for good or for evil depends.—*Northern Farmer.*

CASTING OUR SHADOWS.

"If people's tempers could cast shadows, what would they be?" said Augustine, as he lay on the grass and looked at Amy's shadow on the fence.

"Joe Smith's would be a fist doubled up, and Stearns' a bear, for he is always growling, and sister Esther's a streak of sunshine, and cousin Julia's a sweet little dove, and mine"—here Augustine stopped.

According to Augustine, our inner selves are casting their shadows; that is, I suppose, we are throwing off impressions of what we really are all around us; and, in fact, we can no more help doing so, than we can fold up our real shadows and tuck them away in some back drawer.

Suppose we follow out Augustine's idea, and ask, "And mine—what shadow would my temper cast."

It might surprise and possibly frighten us, although it might, in some measure, help us to see ourselves as others see us.

The fact is, our associates know us better than we know ourselves; they see our shadows, which though they may sometimes be longer or shorter than we really are, the outlines are, in the main, all correct; for our shadow is, after all, the image of ourself.

We sometimes hear of people who are "afraid of their shadows," and it seems cowardly and foolish; but if Augustine's idea should come to pass, a great many would have reason to be frightened by the image of their inner selves, so deformed and unsightly it might be, or so disagreeable, that nobody would wish to take a second look.

Now, it is this shadowing out of what we really are, in spite of ourselves, which makes it such a sober and responsible business to be living, and which makes it so immeasurably important that we be living right; for other people are constantly seeing and feeling our influence, whatever it may be.

Every child at school is throwing off a good or bad impression upon her schoolmate next to her. Every child at home is casting off kind and gentle influences in the little circle around him; or, it may be, he is like the image of a fist doubled up, or a claw-scratching, or like a vinegar-cruet, pouring out only the sour. How is this? Let the children look to this point.—*Child's Paper.*

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COUNSELS TO YOUTH.

LET youth ever remember that the journey of life presents few, if any, obstacles in its path which perseverance will not overcome.

No talents, however great, will be of much value to their possessor without careful using; many a youth has failed of being any benefit to himself or others, solely because he made no effort to improve the talents God had given him, and others have ruined themselves by too great efforts, while a third class, possessing talents that might have enabled them to become blessings to others, have turned their course downward, and sunk in everlasting night. Youthful reader, remember that it is in your power to belong to either of these classes, and on yourself rests the happiness or misery consequent upon the decision you make.

The virtues or high standing of parents or wealth may, for a time, gild over the faults and follies of youth, but sooner or later, each must stand on his own merits.

He then, who risks his future well being on anything short of the highest aims and purest principles of morality and truth, is like the man who built his house upon the sand, and will find, when it is too late, that the strong current of the flood of evil will surely take away his frail foundation, and leave him a wrecked and ruined outcast from society, or at least an enemy to himself and his kind.—*Boston Cultivator.*

DON'T GIVE UP.

A FEW days since we heard of a little boy who put on a pair of new skates for the first time, and, as usual in such cases, his feet went faster than his head, and he fell.

His elder brother, who was skating with him, on seeing him fall and hurt himself, advised him to give it up.

"No I shall not give it up," replied the little fellow; "I can learn to skate, and I will learn."

And at it he went again, with an energy and determination that bade defiance to all apparent difficulties, and he did learn to skate.

There, thought we, is the boy who will succeed in the world. In twenty years, if he lives, he will have become a man whose influence will be felt in society.

There, my young friends, is a noble lesson for you. "Don't give up," but rather say, "I can, and I will."

If you have a long lesson to learn "don't give up."

If you have a difficult problem to solve, "don't give up."

If you are requested to write compositions, "don't give up."

If you have anything to do, "don't give up," but let your motto ever be, "I *can*, and I *will*."

OVER-TASKED CHILDREN.

A GREAT trouble, always pressing heavily on many a little mind, is that it is over-tasked with lessons. You will see, here and there, idiotic parents striving to make infant phenomena of their children; and recording with much pride how their children can read and write at an unnaturally early age. Such parents are fools; not necessarily malicious fools, but fools beyond question. The great use to which the first six or seven years of life should be given, is the laying the foundation of a healthful constitution in body and mind; and in the instilling of those first principles of duty and religion which do not need to be taught out of any books. Even if you do not permanently injure the young brain and mind by prematurely over-tasking them; even if you do not permanently blight the bodily health, and break the mind's cheerful spring, you gain nothing. Your child, at fourteen years old, is not a bit further advanced in his education than a child who began his years after him; and the entire result of your stupid driving has been to over-cloud some days which should have been among the happiest of his life. It is a woeful sight to me to see the little forehead corrugated with mental effort, though the effort be to do no more than master the multiplication table. It was a sad story I lately heard of a little boy repeating his Latin lesson over and over again in the delirium of the fever of which he died, and saying piteously that indeed he could not do better. I don't like to see a little face looking unnaturally anxious and earnest about a horrible task of spelling; and even when children pass that stage, and grow up into school-boys who can read Thucydides and write Greek iambics, it is not wise in parents to stimulate a clever boy's anxiety to hold the first place in his class. That anxiety is strong enough already; it needs rather to be repressed. It is bad enough even at college to work on late into the night; but at school it ought not to be suffered for one moment. If a lad takes his place in his class every day in a state of nervous tremor, he may be in the way to get his gold medal, indeed; but he is in the way to shatter his constitution for life.—"*The Commonplace Philosopher,*" *by A. K. H. C.*

THE WARM YOUNG HEART.

"A BEAUTIFUL face, and a form of grace,
Are lovely sights to see;
And gold, and gems, and diadems
More useful still may be;
But beauty and gold, though both be untold,
Are things of a worldly mart.
The wealth that I prize, above ingots or eyes,
Is a heart—a warm young heart."

PERSEVERANCE.—Cling to it brother! The end is not yet. The skies have not opened; the Master has not come to release you. But he will come, in his good time, and will not tarry. Be sure that he finds you at work. And, that he may, keep working until you see him.

GREAT eaters never live long. A voracious appetite is a sign of disease, or of a strong tendency to disease; and not a sign of health as is generally supposed. Ill health as infallibly follows the indulgence of such an appetite, as any other effect its legitimate cause.

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BEDDING ON CHILDREN.

Many a severe cold, and not unfrequently sickness and death, have resulted from sleep without covering; and this happens quite as frequently in summer as in winter, for in the latter season greater care is exercised, and the windows and doors are less likely to be left open in a way to produce a direct draught of air. Restless children will throw off the clothing, notwithstanding the final visit to their beds by the careful mothers or fathers before retiring. This can in part, but not wholly, be prevented by light suppers of simple food, taken early enough to be in part digested before going to bed, which is always advisable. No one, young or old, can sleep well with a poultice of heavy undigested food on either the outside, or *inside* of the stomach. In addition to the above, we have for several years successfully practised fastening the covering upon the bed. For this purpose, simple screws, or small wooden knobs, are fastened into the two side rails on the under side—one near each headpost and one near the foot. Two strong tapes or narrow strips of cloth are tacked across one coverlet a few inches from the head and foot, and loops on the ends are brought over the side rails and thrown over the screw heads, leaving the coverlet loose, but so that it cannot be pushed off. The long strip is preferable to short loops fastened to the edges of the coverlet, which may tear out. This method is effectual, and costs but little trouble. "Ann Eliza," of Cold Spring, L. I., writes on the same subject: "To make a child sleep comfortably, and not push off the bed-clothes, screw a small knob on the side of the trundle bedstead or cradle, on the inside, then sew strong loops or thongs on the underquilt, far enough from each end to draw it snug across under the chin, not too tightly; then put on as much other bedding outside as is necessary, and so long as the loops and knobs do not give way the child cannot get uncovered. If a child has the habit of throwing the head back, and pushing itself out in that way, slip down inside the head-board another peg high enough to go ten or twelve inches above the pillow; or better still, if the trundle-bed is drawn out before a door or window, have a head similar to a cradle-head, to slide down far enough to sit firmly on the bottom of the trundle bedstead, and the child cannot help sleeping warm. If for two children, put a middle loop on the quilt, and a knob in the center at the head. The knobs should be far enough down, so that they cannot strike the head against them, and the loops long accordingly. In very cold weather, the child's bed should be warmed, by laying in the bed pieces of wood or board that have been previously warmed in the stove oven, put in half an hour before the child goes to rest, so that not only the blanket but the bed will be warm; and the little ones will not be shivering a long while, but nestle down and in a few minutes be fast asleep. The two children of the writer sleep, one in the cradle, fastened as above described, and have never known what it was to sleep cold. None but a mother can know what a satisfaction it is to be certain that her child is comfortable in a cold night, and no fear of throwing off the covering, and laying the foundation for disease."

"TO LIVE IS TO LIVE."

Forever the sun is pouring his gold
On a hundred worlds that beg and borrow;
His warmth he squanders on summits cold,
His wealth on the homes of want and sorrow.
To withhold his largess of precious light,
Is to bury himself in eternal night:
To give
Is to live.

The flower shines not for itself at all,
Its joy is the joy it freely diffuses;
Of beauty and balm it is prodigal,
And it lives in the life it sweetly loses.
No choice for the rose but glory or doom—
To exhale or smother, to wither or bloom:
To deny
Is to die.

The seas lend silvery rain to the land,
The land its sapphire streams to the ocean;
The heart sends blood to the brain of command,
The brain to the heart its lightning motion;
And ever and ever we yield our breath—
Till the mirror is dry, and images death;
To live
Is to give.

He is dead whose hand is not opened wide
To help the need of a human brother;
He doubles the life of his life-long ride,
Who gives his fortunate place to another:
And a thousand million lives are his,
Who carries the world in his sympathy:
To deny
Is to die.

Throw gold to the far-dispersing wave,
And your ships sail home with tons of treasure;
Care not for comfort, all hardships brave,
And evening and age shall sup with pleasure;
Fling health to the sunshine, wind and rain,
And roses shall come to the cheek:
To give
Is to live.

What is our life? Is it wealth and strength?
If we, for the Master's sake, will lose it,
We shall find it a hundred fold at length,
While they shall forever lose who refuse it;
And nations who save their union and peace
At the cost of right, their woes shall increase:
They save
A grave.

The Date.—There is no fruit that can be eaten so constantly, or with so much impunity, as the date. It is like bread, and is bread to whole nations of orientals. And what a delicious bread, baked by the sun, and showered in profusion upon the earth, to be gathered and laid up for the future, either dry or in huge corbels, or pressed into a conserve, which, when cut into slices, looks and eats like plum-pudding. Immense quantities of this conserve are exported from Egypt and Arabia into all the neighboring countries, where it is much prized, especially in the harems, where the women and children may almost be said to eat it incessantly.

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To Correspondents.

Decay of the Teeth.—H. H. B., Dahlomega, Iowa: "1. Is want of cleanliness the *only* cause of decaying teeth? 2. Is it true that "a clean tooth never decays?" 3. Is the plan of brushing the teeth after every meal a physiological necessity? 4. In other words, if we lived physiologically or hygienically, violating none of nature's laws in eating an improper quantity or quality of food, would not our teeth always be clean and free from decay, without the use of toothpick or brush? I do not see why man's proper or natural food, "decomposing between teeth," should be more injurious in his case than in that of animals. 5. What is the best method for removing tartar from the teeth? I have an incrustation of it on the inside of my lower incisors, the outside of them and of all the others being clean and white. I cannot reach it with a knife, and a brush has no effect on it. 6. What are the principal causes of tartar?"

1. No. 2. In one sense it is. Whatever impairs digestion and lessens depuration, befouls the whole system, the teeth included. 3. No. 4. Yes. 5. Let a good dentist scrape them. 6. Impurity of blood, and loss of balance between the assimilating and cleansing process.

Hygienic Surgeons for the Army.—E. F. H., Albia, Iowa: "Can you not contrive in some way to secure the appointment of at least one good Hygienic surgeon in the army, and thus demonstrate to the world that there is no necessity of our soldiers dying, except of wounds and injuries?"

To demonstrate a truth to the world does not always secure the world's acceptance of it. "The powers that be" would not permit one of our school to be surgeon; but several of our graduates are now occupying the position of assistant surgeons, and, in some instances, taking entire charge of the sick, thereby saving many valuable lives. They are technically obliged to follow the directions of the principal surgeon, but in some cases they contrive to evade his prescriptions, and in other cases he is good natured and careless, and allows his assistants to do pretty much as they please.

Quantity of Food.—A. C. C., Cape Neddock, Me.: We cannot determine by weight or measure the exact quantity of food which "a man" requires. It depends on his age, size, temperament, exercise, respiratory capacity, etc. All of your questions are fully answered and explained in our published works. We cannot write treatises nor give prescriptions in this department of the HERALD, but merely answer questions and give general information.

Tetters, etc.—J. H. F., Turners Store, Pa.: "I have a breaking out on my hands which has troubled me for two years. What is the cause of this, and what is the remedy for liver complaints and bilious diseases?"

A bilious condition of the blood is the cause of tetters, and a torpid or diseased liver is the cause of a bilious condition of the blood. The remedy consists, generally, of daily ablutions, with occasional "packs," and a plain diet devoid of grease, salt, and all other seasonings.

Cancers.—A. M. M., Westphalia, Vt.: The plaster you mention is employed by several "cancer quacks" in this vicinity. It will generally succeed in disorganising the morbid growth, but the process is so painful that many will not endure it. Our method is slower, but equally sure, while it occasions but trifling pain.

Periodical Headache.—S. E. C., Burlington, N. J.: Use hot and cold foot-baths, and tepid sitz-baths as derivatives; discontinue the wet head cap; it increases the determination to the brain, whereas the true indication of cure is to induce determination *from* the brain.

Business Department.

To Our Patrons.

As this is the last number of the present volume, those of our patrons whose subscriptions expire now, must be aware that in order to secure the continuance of the HERALD, it will be necessary to renew their subscriptions at once, to avoid having their names erased from our books. The HERALD for the present year speaks for itself, and needs no word of commendation at our hands. We shall continue our past efforts to render the Journal worthy of the patronage of every friend of Health Reform and true progress. The increased subscription price, which is rendered necessary on account of the prevailing high prices of the materials used in the publishing business, will, we feel assured, deter none of our friends from the continuance of their patronage, as all must see the propriety of the change. As announced elsewhere, every new subscriber who sends us $1.50 within the next four months will receive a splendid steel portrait of R. T. TRALL. We not only hope for the continuance of all our old subscribers, but the addition to our list of many new ones. Friends, please let us hear from you soon.

The Hygienic Medical College.

The opening exercises of the Winter Term of this Institution (which is under the exclusive control of Dr. TRALL), took place in the Lecture Hall, on Monday evening, 16th ult., having been postponed one week to accommodate several students who could not be present at the day announced. An address was delivered by M. AUGUSTA FAIRCHILD, M. D., of Hygeian Home. On Tuesday evening Dr. TRALL delivered his introductory to the medical class. Subject: "The Problems of Medical Science." On the following evening Miss FAIRCHILD gave an exhibition of anatomical and physiological drawings with the magic lantern. This is a new feature, and will be found both interesting and instructive to popular audiences. The medical class is larger than that of last year, and in mental stamina and preparation for the work of teaching and practising the Gospel of Health, will compare favorably with any other previous class in the Institution. Young men and women of good natural abilities and a thorough acquaintance with the common English branches, who are ambitious to attain a useful and honorable position in society, have unusual inducements to make themselves fully acquainted with the Hygienic System.

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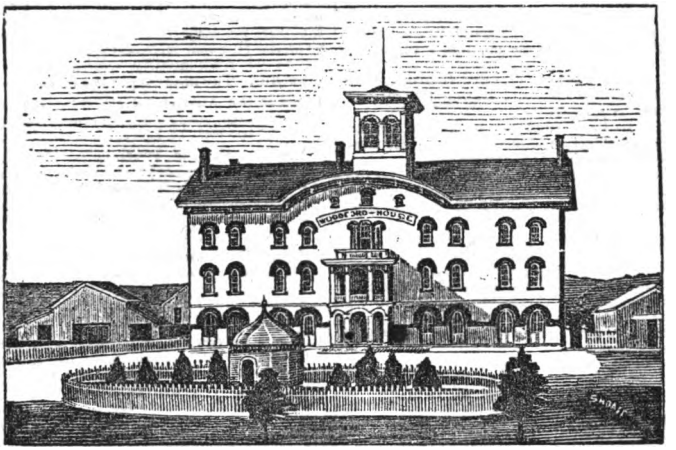
We shall be able by the first of January, 1864, to furnish bound volumes of the HERALD to such of our friends as may wish to preserve this Journal in a neat style of binding for the parlor, reading-room, or library. One of these volumes would form an appropriate present to a friend. The price will vary with the style of binding, as follows: $2.00, $2.50, $3.00, and $5.00. The latter will form an elegant and substantial style.

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