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THE
HERALD OF HEALTH

DEVOTED TO THE CULTURE OF THE

BODY AND MIND.

OUR MOTTO:

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

CONTENTS FOR FEBRUARY, 1878.

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NEW YORK.

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The Scientific American says: "The Herald of Health contains more sensible articles than any other magazine that comes to our summit."

THE HERALD OF HEALTH, FOR 1878,

Besides other rich and varied contents, will contain a series of papers entitled

HYGIENE

FOR

FARMERS & MECHANICS,

Which will be plain and practical, and filled with suggestions for preserving the health of the agriculturist and mechanic. A special feature will be that questions pertinent to the subject will be answered at the close of each article. This will make the series exceedingly interesting.

FIRST PAPER.—General Statement, and the question of Bad Drainage, especially of Sinks, Drains, Laundries, Wash-houses, etc.

SECOND PAPER.—Illy Ventilated Cellars, that communicate only with the dwelling, and give off poisonous gases, which are a source of much disease and loss of time, money, and health.

THIRD PAPER.—The Ventilation of Farm-houses, and the evil effects of Close Bed-rooms, especially in winter, when the farm-house is only partly warmed.

FOURTH PAPER.—Privies, Barnyards, etc., and how they may directly or indirectly be a source of disease, by poisoning the air, or the wells and springs.

FIFTH PAPER.—Warm Garments, and their use after Fatigue on a Summer Day, an omission which causes more colds and rheumatism than all the storms of a century.

SIXTH PAPER.—School Children, and the way they are Chilled, both in the country school-house and in going to and from school in the winter.

SEVENTH PAPER.—Wet Feet, the harm they do, and the remedy—the hygienic boot.

EIGHTH PAPER.—Farm-house Cookery, with hints as to the best foods for health and strength, insufficiency of early fruits and vegetables, breads, etc.

NINTH PAPER.—Gestation and Lactation, and the necessity of securing rest for farmer wives when they need it. A thrifty farmer may easily kill two or three women while he remains comparatively vigorous and lives to a good old age.

TENTH PAPER.—Carrying the Baby as a Cause of Deformity, causing bow legs and crooked spine in many a young girl who is set to tend the younger children.

ELEVENTH PAPER.—The Farmer's Muscular System; its Care and Management, so as to maintain vigor, suppleness and elasticity to all age; The Eyes; Amount of Sleep; Bad Positions at Work, and how to Counteract them; Hours of Work; Diseases and dangers to which Farmers are Exposed; Poor Lights; Drinks for Hot Weather; Changes of Food; The Farmer's Bath-house, etc.

TWELFTH PAPER.—Culture of the Mind, books, libraries, and in general how to make farm life more beautiful and desirable.

The articles will be mainly written by the editor, Dr. M. L. Holbrook, who is familiar with the subject; but he will bring to his aid a large number of persons qualified to render efficient and practical assistance.

This brief synopsis gives only an imperfect view of our intentions, for we hope to make the articles so broad, suggestive, and complete, that farmers, mechanics and their wives will receive a hundred times the good from them that they cost. Questions to be answered, and subscriptions should be sent in at once. All new subscribers will be entitled to four numbers of 1877 free, if they send in their names in time.

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ADDRESS

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THE HERALD OF HEALTH.

FEBRUARY, 1876.

HYGIENE FOR FARMERS AND MECHANICS. (No. 2.)

BY THE EDITOR.

FARMERS' CELLARS.

IF the coming civilization reaches that ideal which we are fond of imagining as among the possibilities of the future, it is probable that we shall not build cellars under our houses. This may be a startling proposition, and many will smile at the credulity of him who makes such an improbable prophecy. Our present civilization denounces cellars, but Dr. Richardson, in his ideal "City of Hygiea" says: "It will be seen from what has already been said, that in our model city there are no underground cellars, kitchens, or passages, which, worse than those ancient British caves that Nottingham still shows, are the antiquarian as the once fastnesses of her savage children, are even now the loathsome residences of many millions of our domestic and industrial classes. There is not permitted to be one room underground. The living part of every house begins on the level of the street."

In former times the worst criminals in European cities were confined in underground prisons, and the results were always a rapid loss of physical vigor. In cities it is always an evidence of poverty and wretchedness of the worst kind to find a family living in a cellar. Within the last generation the laws have been made more severe against living in cellars, and in many cities they are forbidden as abodes of human beings—or if not entirely forbidden, allowed only under certain

circumstances. Liverpool has the largest cellar population of any city, amounting to nearly 50,000, and in some of the streets, where most cellars are inhabited, the mortality is double the average of other places; and not only this, but these cellars are the centers from which contagions spread. The general effect on the moral and physical health of the inhabitants is in all such cases highly injurious. Even under the most favorable circumstances the death-rate of those who live in cellars is 25 per cent. greater than among those who live above ground, and the deterioration of physical strength is as much more. It is not, however, our object to discuss the subject of cellars as dwelling places, but to throw some light on the subject of hygiene as relating to the cellars of our farmers, to show how they may be unsuspected sources of disease. From the nature of the case a cellar cannot be so healthful a place as a room exposed to light, and well ventilated. They are really large or small holes in the ground, covered over with a roof in the form of a house, and with only the smallest of windows and doors, which are closed tightly in winter, and in summer so arranged that whatever ventilation there is, is quite as likely to be from the cellar into the house overhead as any other way. Under such circumstances there can be no ozone formed in our cellars, and as ozone is Nature's great disinfectant, it

follows that they are not naturally disinfected. In the open air, where the wind blows, and the sun shines, and the trees grow, ozone is being constantly formed, and acts as a natural disinfectant to foul air; but in the cellar this is not the case, so what Nature cannot do we ought to provide for by artificial means. These means are perfect cleanliness and ventilation. How this is to be accomplished we shall see further on.

One serious defect in the arrangements of houses with reference to the cellars, is the fact that generally the door opens directly into the house above, or more frequently either into the kitchen or pantry, which is often a living room, or, if not, a place where a great deal of time is spent. In summer, when the doors of the house and cellar are open, whatever foul air is generated is more or less diluted and swept away; but in winter, when the cellar is closed tight, the only escape for foul air is above into the house, and very often into the rooms most occupied by the family. If it be damp, the moist air pervades the entire dwelling; and whatever vegetables are stored in the cellar give off their odors to perfume the rooms above. One may sometimes detect the odor of apples, onions, cabbages, potatoes, turnips, and whatever else belongs to the family stores; and besides the pork barrel is usually kept down cellar, with the soft soap, the soap grease, the molasses, and the vinegar. Some families also keep their milk in the cellar in the coldest of the weather, as they do also when the weather is very hot; milk as it sours has its own odor, and so has what is spilled upon the earthen or brick floor and decomposes.

The effect of such a cellar, ventilated through the living rooms, may not be so much to produce any particular or specific disease, (though a very damp cellar may hasten an attack of consumption where the predisposition exists) as to lower the vitality of all the household, and make them susceptible to any attack, and to lessen the force of resistance in whatever way one is exposed.

The season of the year when cellars

are sure to be most unhealthful is spring, when the old stores of fruit and vegetables begin to decay and send off their pernicious effluvia to the house above. A medical friend has just given us an account of the prevalence of typhoid fever in a house which he traced the cause directly to decayed potatoes down cellar. In this case one or two valuable lives were sacrificed to the ignorance and carelessness of the heads of the family, who ought to have had sufficient knowledge of hygiene and of the laws of health to have attended to their removal. There is little doubt but many cases of ill health have their obscure origin in our cellars. What is the remedy for this state of things? First, and best, build a fireplace in every cellar, and have the flue connect with the main or most used chimney of the house; then the cellar will always be ventilated through the chimney instead of through the house; but in suitable weather always have the windows open, and the spaces closed by wire gauze. Besides this, make and use a convenient way into the cellar from out-of-doors, or at least from the woodshed. Some cellars cannot be made sweet and wholesome without better drainage, so mold everything until they have been made tight, then thoroughly fumigated with burning sulphur; and some need to have the floor of bricks or earth taken out and replaced by fresh bricks or gravel. In regard to the drainage of cellars it may be remarked that in some situations it is cheaply effected by making a well down to some gravel bed or porous stratum. No cellar drain, at whatever distance from the dwelling, or whatever may be the fall, should ever receive the discharge from a water closet or privy, or the poisonous gases engendered will inevitably find their way into the cellar, and all through the dwelling. In such a case the result may be serious disease and death, or it may be ill health and a lowering of vitality to a point that makes life hardly worth the having.

One other point may be worth considering; that is the great need of a

higher standard of cleanliness for cellars. They are out of sight, and so we are not constantly reminded of their condition. Visitors rarely enter them, and so the element of pride, which makes some of us keep the front room, and that part of the house which shows off to advantage, neat and clean, while the least showy part is neglected, does not in any degree affect us. This is like wearing dirty underclothing, covering it with clean fronts and collars. The cellar ought to be kept as clean as any part of the house.

QUESTION.—Do not the senses tell us when foul air escapes into the rooms above the cellar and warn us of danger?

ANSWER.—Not always. Most people have lost the fine sense of smell by blunting it with too much contact with bad air. Besides often the most poisonous gases are odorless. This is the case with one form of sewer gas formed in drains away from the air. It is truly a hidden foe. It strikes without giving a fair warning. Besides many gases which have disagreeable odors are not poisonous in any high degree. They annoy, but do not kill.

QUESTION.—What disinfectants are suitable for cellars?

ANS.—Cleanliness and ventilation are the very best. Next to these are the occasional use of good whitewash. In some cases carbolic acid, or sulphur fumes may be required. In England, hospitals are now disinfected by ozone artificially made, and very successfully. A machine has been invented which costs \$15, and which can be used in any part of the house for manufacturing ozone, now believed to be one of the best of disinfectants. If it works as well as it promises, it will be very useful. Still, after all, it is better to rely on ventilation and cleanliness in all but the worse cases.

QUESTION.—Would it not be well to have a sanitary inspector in every town, to visit houses and give advice as to their sanitary condition?

ANS.—This might be useful sometimes, but what is most needed is not a sanitary inspector, but that every man, woman and child should receive as thorough a training in the first principles of sanitary and hygienic science as in reading, writing and arithmetic. Then they would be their own inspectors, and the work from self-interest would be well done.

A NEEDED REFORM IN THE TREATMENT OF INSANITY.

BY MARY MANN.

Dr. Holbrook—My Dear Sir:

I HAVE been very much interested to-day in an interview with a gentleman from Denver, Colorado, Mr. J. I. Rhymus, who was introduced to me by a friend, who knows my interest in some late movements that have been made to meet the abuses in the treatment of the insane, which are known to prevail in our asylums; even in those which stand highest in the confidence of the community. Perhaps I had better use the word evils than *abuses*, because the latter implies willful wrong, and I am ready to acknowledge that the evils to be deprecated in this matter are largely the fruits of ignorance. In Dr. C. Folsom's late treatise upon the "Diseases of the Mind," improper-

ly so called, for the disturbances of the mind are after all nothing but the diseases of the body, he recognizes the evils I allude to, and thinks them almost inevitable in the present system of collecting numbers of the insane in large establishments, where it is impossible for them to have the personal care of fit superintendents, or the freedom necessary to their restoration. He has visited European institutions, and decidedly gives his verdict in favor of small establishments, whether private or public, and the abolition of all arrangements that even look like restraint and imprisonment. I have in my possession a letter to my husband from Dr. Woodward, the first director of the Worcester Hospital for the In-

sare, (a pupil of Dr. Todd, of Connecticut, whose "Retreat," at Hartford, formed such an era in the world in the treatment of the insane), in which he is speaking of the building of walls around yards. He did not wish for any such walls, because he did not wish the patients to have any association of *imprisonment* with their residence in the Hospital. He said the wide verandas were sufficient for exercise in bad weather, or for invalids who could not walk out; and in fine weather he wished them to walk out freely, attended by sympathetic and intelligent companions, who could protect them if necessary, and prevent them from going astray should the fancy seize them. He also went on to say that the greatest pains should be taken, even in the State Reports, not to mention the patients of insane asylums in connection with the inmates of prisons, in order to save the feelings of the former, and to lead the public to look upon them as an entirely distinct class. One of the greatest mistakes in the treatment of the insane has, it seems to me, been its *disciplinary* character. Instead of sympathetic, sensitive treatment, this unfortunate class have been punished more or less, for their aberration, and the indignities they suffer even now in our best institutions have the effect of degrading them in their own eyes. In the case of a friend of my own, who was temporarily insane, when she one day complained that she was so long denied the privilege of seeing some of her friends, the attending physician said severely, "Mrs. —, if you talk in that way, you will have to be put in a worse place than this!" She had been in solitary confinement, and replied, "Is there any worse place?" to which he made no answer. One day when she was lying very quietly, and did not wish to be disturbed, the physician sat down by the bed, and after awhile passed his hand over her hair and remarked to the nurse; "What beautiful hair she has!" apparently unaware that she was a lady, and that any personal remarks of the kind were an impertinence on his part. The effect was

such upon her that she shrank from him, and could not feel the confidence so desirable to exist between patient and physician. Indeed, the feeling inspired was — "this is not a proper man to be sent round to visit patients." Another friend of mine, whose only relief in her most disturbed moments was to take some one's hand, or perhaps to cling to some one affectionately, begged the matron of her ward not to lock her door at night but to leave her at liberty to call in the watchers in the gallery, if she needed to do so. The request was not granted, and though she had never been violent, she was locked into a solitary cell, night after night, which made her nearly frantic. She was not allowed to leave the hospital for a long time after she was removed (for the cause of her insanity was a temporary one of the period of change of life) because her letters to her family were *never sent to them*, till a fresh attendant, a young girl, who thought it was "too bad" that she was not allowed to communicate with her family, promised to mail a letter for her upon her own responsibility, upon the reception of which her husband came immediately and took her home. She had the opportunity thus for several months to make her observations upon the treatment of others, which she avers that she never saw to be either curative or sympathetic, but only disciplinary; thus often making the patients worse instead of better. She determined to devote her life to the subject, and for many years has carried out that intention, but is constantly hindered in her endeavors by the suspicion that because she complains she is out of her mind, and therefore not competent to testify. This has been the experience of many others who have been temporarily incarcerated. Mrs. Phelps, who wrote "Behind the Bars," a book which there was a great attempt to suppress, but which has really put a useful suspicion and a new idea into the public mind, and the Rev. Mr. Alger, who endeavored to make himself heard in the same direction, have both been silenced in a great measure in the same way.

One of the great evils in existing institutions is that there is not proper classification of the patients, and many are injured, sometimes for life, by being placed with those more insane than themselves. This has occurred to a friend of mine, who had a clear sense of her own condition, and knew that it required treatment, and who went so far even at the moment as to suspend her judgment upon this point, because she thought it might be "a part of the plan" to restore her; but in her own case she felt that the strain was injurious, or if long continued might have been a very serious injury. On mentioning this to another friend, who had a sister at the same institution, (Somerville) my friend told me that her sister made the same complaint; and when my friend spoke of it to the superintending physician he acknowledged the evil, and said it could not be helped, because there was not room enough in the institution to classify the patients properly. When asked why they received too many patients to be properly classified, he said the trustees did not allow him liberty to refuse any patients! What can be the motive for such a prohibition when a humane and intelligent physician remonstrates? It must be a gross ignorance or a sordid motive somewhere, and should be combated by public opinion. It has been thought by some physicians that it is wrong to spread any dissatisfaction about the hospitals, for fear it will prevent people from sending their friends to them, and alarm those who already have friends there; but that is precisely what ought to be done. I have had many friends who have suffered from temporary alienation of mind, some from domestic unhappiness, others in consequence of derangement of health, and I could relate innumerable instances of abuse, of undue severity, of neglect, criminal neglect, of discipline rather than sympathetic treatment; and I have had, from my often expressed interest in the subject, confidential communications from others, not my special friends, that I could relate if I had the space and the opportunity to publish them, all going to

show that the present system of aggregating great numbers under unfavorable conditions is a fatal mistake. A lady of this vicinity, one of the sufferers, Mrs. Martha Berry, formerly of Cambridge, has now opened a home in Dorchester avenue, Boston, for receiving as boarders ladies who are so affected, feeling sure that her sympathetic treatment will be curative. She solicits the interest and the aid of the public, because her own means are not adequate to the undertaking. And now comes Mr. Rhymus, from Denver, Colorado, who since his release from an insane asylum has, with his wife's assistance, devoted his cottage, situated in one of the most glorious scenes of those mountains, to the same object; and has met with such success that he has come to the East, hoping to obtain assistance to build other cottages on his fine tract of land, or at least to absorb those already in his neighborhood. He says insanity is increasing in that region, and must be met with better measures than are afforded in almshouses or prisons, where the patients are now confined.

Dr. Todd and Dr. Woodward were the first physicians in America who carried their advanced ideas into practice; "a generation in advance," as Dr. Howe said of them to me; and the physician at the Kensington Home, London, told my sister that this reform first came to them from America; but he added, "However, you have gone back in America, while we have gone on." And this is true. But the pioneers of a new idea upon such a subject have to work against ages of tradition, and what two men could do in a lifetime was only an entering wedge. It was evident from Dr. Folsom's work that he knew very little of Dr. Woodward or his work at Worcester. I can recollect one striking instance of Dr. Woodward's action. When the asylum was ready for the patients, he went with my husband, who had been traveling over the State to look up the insane, who were confined in jails, cold out-houses, and arches in cellars, to see a maniac who had been confined 28 years in a narrow cell, where he could

only pace up and down a step or two. He was so violent that his food was pushed under the grate with tongs, because he would seize any one who came near enough to his bars. He often foamed at the mouth in his impotent rage. Dr. Woodward told him of the beautiful home that had been erected for those who suffered in like manner, and what were to be the privileges and comforts, and asked him if he would like to go to it with him. He replied that he should. Dr. Woodward then told him that such a home had to be governed by rules, and asked him if he did not think any one who went to it should observe such rules for the sake of order, and the comfort of the whole. He replied "yes." "Then may I trust to your honor," said Dr. Woodward, "that you will not violate any of those rules?" "You may," he replied. He went there, was properly clothed, given the freedom of the premises, treated like a man, and never broke his promise. My husband visited the institution a few weeks after he went, and found a gentleman at the piano in the parlor. He came forward to receive him, and he found him to be the 28 year maniac of the cell!

Dr. Woodward told me that his chief remedy for insanity was to teach self-control, and he had succeeded in teaching it even to children placed under his care, and had sent home many a woman well who had been sent to him for "domestic insanity," as it is called. There is more of this species of insanity than the world realizes, arising out of the tyranny and selfishness of men, who leave no freedom of action or even of thought to their wives. Reason totters under such domestic conditions. Public opinion checks the complaints of the abused wife, and is reinforced even by the urgency of parents, who

would rather avoid what they call *scandal*, than uphold a child in rebellious rebellion to domestic tyranny. While there is not perfect equality of rights and position recognized in the marriage relation, "domestic insanity" will not only prevail, but in these progressive times will increase; and legislation should render it impossible to prohibit sequestration from family friends, or from other friends in default of family friends, for inmates of asylums to be deprived of the sympathy and aid of those who have no self-interest in keeping them immured. The victims of insanity are often in unhappy relations with the best and kindest of friends—who are obliged to control them—and do not wish to see their own when first separated from them, and confess afterwards that they were glad to be taken away; but with the first dawns of reason they recover their natural affections, and it is the first wish to see friends. This wish should be reverently honored and complied with, for no strangers can have the same opportunity of understanding the needs of an individual as lifelong friends. The terror of the consequences of complaint, which is inspired by physicians and nurses in asylums, prevents the possibility of imparting confidences to friends unless perfect freedom of communication, both written and oral, is allowed. Dr. Maudsley says truly, that there is class of "asylum-made insane," and it is for the protection of that class, probably friendless and at least ignorant and superstitious, that asylums should be open to public inspection. Wealthy patients are not always free from ill-treatment, but the friendless class is the one for the public to look after. In their name I pray you to speak for them.

THE SANITARY ASPECT OF PLUMBING.

BY GEORGE E. WARING, JR.

THOSE modern conveniences which it is the office of the plumber's art to supply, have found their way into

our dwellings, first and chiefly as *conveniences*. Very early in their introduction they were regarded as bene-

ial by their effect in abating nuisances. Organic wastes of the foulest sort, which had previously been permitted to accumulate on the premises to an offensive degree, were by the new water-carriage system passed on out of sight. Plumbing works rapidly advanced from the position of conveniences, and were regarded as indispensable to the decency of living. As aids to physical comfort they at once took a high rank among the luxuries of life, and they soon came to be regarded as necessities among all who were in the highest degree nice about their domestic appointments.

The construction of these works became the chief occupation of lead workers, and the plumbing class grew to be a large one. So far as any one knew, but very few years ago, it was simply a question of mechanical work, including, unfortunately, much that was to be immediately and permanently covered from view. Basins, cisterns, sinks, etc., were open to inspection, and to these was given an artistic finish which quite satisfied the taste of the owner. Those very essential portions of the work, by which clean water is brought in and soiled water is led out, were hidden from observation, and this gave an opportunity to negligent, ignorant, and dishonest workmen to "scamp" their jobs almost with impunity. Thus far the question of health, as affected by these appliances, had occurred neither to the plumber, nor to the architect, nor to the family physician—least of all to the members of the family themselves.

Under the plumbing arrangements which were universal until a few years ago, tightly built and badly ventilated houses, brought by their outlet pipes into communication with badly built and totally unventilated sewers, were in far worse sanitary condition than when they had to contend only with the foul stinks of their back yards.

The past 10 years have brought a vast improvement, and each year of the 10 has outstripped all of its predecessors. We now see that the old treatment of the drainage question was conceived and carried out in abso-

lute ignorance of fundamental sanitary requirements. We cannot yet say that we have very much scientific knowledge to guide us; but, practically and experimentally, we have discovered the radical defects of the old methods, and have made ourselves complete masters of the practical remedy. The chemistry of the question is still involved in much obscurity, and our theories as to disease germs, the spontaneous production of specific diseases, etc., etc., are deductions only. We are conscious of far more ignorance now than we were before; but this consciousness has come of greatly increased knowledge. We see room for more advance than we have yet made, but at the same time we have learned some most important things with certainty.

It is not simply a question of hurrying our filthy waste out of sight by pouring it into hidden channels of escape. This is a very simple and easy matter; it is the sum and substance of the original and still useful methods of drainage. The organic matter which we aim to remove may be said to begin its power for serious harm after we fancy, in our blind security, that we have got rid of it. Deposited in an old fashioned privy, or open cesspool, exposed to the free circulation of air, it was more nasty than dangerous. Sent into an ill-regulated soil-pipe and sewer, it enters upon its decomposition under conditions especially suited to make it—though somewhat less nasty—far more dangerous. We send our filth down the line of the sewer on its slow course to the outlet, but at every foot of its sluggish progress it is busily manufacturing deleterious gases which find their way back into our houses through the carefully constructed channels, which, however efficiently they may perform their intended office of removing filth, are equally effective in bringing back to us the gaseous result of organic decomposition. The drains lead to the sewers, it is true, but they equally lead from the sewers, and we stand unwittingly ready to catch the rebound of the ball we have thrown.—*The Plumber and Sanitary Engineer.*

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

HUMAN EQUALITY.

[Supplemental to "A Man's a Man for a' That."]

There is no king by right divine,
To rule and reign, and a' that;
No princely rank, nor lordly line—
Equality, for a' that.
For a' that, and a' that,
Dynastic power, and a' that;
A common birthright crowns us all
With liberty, for a' that.

Let fools and upstarts boast they find
In ancestry, and a' that,
A higher place to them assigned—
Mankind are one, for a' that.
For a' that, and a' that,
A pompous air, and a' that;
It matters not how born or bred,
We're of one blood, for a' that.

Though woman never can be man,
By change of sex, and a' that,
To equal rights, 'gainst class or clan,
Her claim is just, for a' that.
For a' that, and a' that,
Her Eden slip, and a' that;
In all that makes a living soul
She matches man, for a' that.

She asks no favors at his hand,
On bended knee, and a' that;
She is his peer where'er he stands,
In spite of sex, and a' that.
For a' that, and a' that,
Fair play for her, and a' that.
In all the grave concerns of life
This is her due for a' that.

In every land, through every age,
How hard her lot, and a' that,
A vassal state her heritage,
Dependent, poor, and a' that.
For a' that, and a' that,
Most deeply wronged, and a' that;
Though subjugated from her birth,
She still aspires, for a' that.

Oh, woe for man, proud arbiter!
And judgments sore, and a' that;
For Heaven's displeasure they incur
Who crush the weak, and a' that.
For a' that, and a' that,
Injustice vile, and a' that—
All noble souls will women aid
To gain her cause for a' that.

Down with all barriers that prevent
Her culture, growth, and a' that,
Her rightful share in government,
In Church and State, and a' that.
For a' that, and a' that,
"Her proper sphere," and a' that;
Whatever right a man may claim,
Belongs to her, for a' that.

Soul is the complement of soul,
And sex of sex, for a' that.
Each is included in the whole,

The whole in each, for a' that
For a' that, and a' that,
Full liberty, and a' that.
For manhood and for womanhood
By grace of God, for a' that.

Then hail the day, come when it may,
As come it will, for a' that.
When woman's worth, o'er all the rest
Shall honored be, for a' that!
For a' that, and a' that,
Co-equal, free, and a' that;
Through her enfranchisement our race
Shall noble rise, for a' that.

William Lloyd Garrison

P E A C E .

The king encumbered of his crown,
In cot content, can lay it down;
The bird far faring from her nest,
Some kindly spray may rock to rest.

The lark led on through upper air,
At eve forgets his journey there;
And th' eagle's eyes on glories far,
Ere long recede from sun and star.

The leaves which people lofty trees;
The snow—shed foam of th' over seas;
The rain that rings along the sky,
Together meet and lowly lie.

Thou too, O soul, striving to soar,
Each flight beyond the flight before,
Shalt, past the vexed years that yearn,
To humbler haunts of peace return.

J. Vance Chesnut

JUST A FEW WORDS.

Just a few words, but they blinded
The brightness all out of a day;
Just a few words, but they lifted
The shadows and cast them away.

Only a frown, but it dampen'd
The cheer of a dear little heart;
Only a smile, but its sweetness
Check'd tears that were ready to start.

Oh! that the rule of our living
More like to the golden would be.
Much, oh! so much of sunshine
Would go out from you and from me.

INTRODUCTORY TO BOOK OF VERSES.

I wrote these in the sunshine
And the fresh sea-air;
And if you wish to like them,
You must read them there.

I HAVE loved, and I have lost,
That is not a cause for wonder:
I have lost and still I live—
There Oh there's the blunder!

EDITORIAL DEPARTMENT.



NEW YORK, FEBRUARY 1878.

WATER.

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

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

TOPICS OF THE MONTH.

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

HEALTH MATTERS IN JAPAN.—Prof. E. S. Morse, a young and enterprising American scientist, now in Japan, has written a most thoughtful and instructive letter on health matters in Japan, a synopsis of which we will give our readers. The first thing we learn is, that the Japanese have a civilization of their own, which in many respects is superior to ours. One element of their civilization is that they treat each other kindly. They treat their children with unvarying kindness; they treat the animals below them with tenderness; they honor father and mother; they are scrupulously neat and clean in their persons; they are frugal and temperate in their habits; they are truth-tellers, and will not lie. In these respects Prof. Morse declares them to be as much in advance of us as we are ahead of the Terra Del Fuego. Scarlet fever is almost unknown there, and never, as here, epidemic.

Diphtheria is also almost unknown, and never prevails as here like a great scourge. Severe forms of bowel complaint, dysentery and chronic diarrhea are very rare. Malarial diseases are uncommon; typhoid fever is rarely epidemic, and typhus uncommon. These facts were given to Prof. Morse by an eminent, not native physician, who has had large experience and observation. Now how do the people live?

In the first place, their houses are thoroughly ventilated, and so constructed that the winds blow through them from one end to the other. They have no cellars, and so the air is never polluted by them. The privies are never connected with the houses, except among the very poor in cities, and even then they are ventilated and kept clean. The offal in all country villages is removed every day or two and applied to the rice fields. They have little or no sewerage and consequently no sewer gas. In cities the offal is accumulated in vessels about the size of an oil barrel and sold. It never accumulates so as to saturate the soil.

They have no cattle, no sheep, no hogs, and few fowls, and so all the fertilizers they have come from the sewerage of cities, which is removed from even those with a population of 1,000,000 inhabitants thoroughly and neatly, and with less offensiveness than a small amount is removed in some of our towns. Crows are abundant, and act as scavengers, swooping down into the streets without fear of the people, and eating what would otherwise decay. In America the boys would not permit this, but there such a thing as stoning an animal is unknown. The climate is most favorable to the development of filth disease. No water is drunk except it has been cooked and made into tea. Children are not weaned till three years old, and never brought up on the bottle.

The Japanese eat unripe fruit to an inordinate extent. The moment it

shows the slightest sign of ripeness they consider it unfit to eat. Green peaches are crunched by them as an American boy sometimes devours a green apple. Pears and cucumbers are eaten green; watermelons are eaten at all seasons. No such fear exists there as here against green fruit, and no bowel complaints seem to be caused by it. Sunstroke is rare in Japan, and yet every two out of three go bareheaded. The women never cover their heads. A more frugal and temperate people do not exist on the face of the globe.

It may not be amiss now to note what diseases are common there. Smallpox has been a great scourge, but is giving way to vaccination. It will be interesting to note whether as vaccination stops smallpox other contagious diseases increase, as it is believed they have done here. Eye diseases are common, and weak-sightedness prevalent, owing no doubt to the poor light they have; measles are sometimes epidemic and severe. Consumption is about as common as in our middle states. Muscular rheumatism common, skin diseases common, and attributed to the use of the razor. Barbers travel from place to place and shave people with the same tools indiscriminately. In Japan everybody shaves. Men shave the top of the head, and every part of the face, even the ears and the nose. Married women shave the eyebrows, and widows and priests the entire scalp. Babies have their heads shaved so as to leave tufts or bunches to resemble fancy garden plots.

So much for the health of the Japanese. In some respects, if not in all, they are in a far better sanitary condition than we are, and yet their system of medicine is imperfect. They seem to be vegetarians, and not to suffer from it, but rather to be benefited. It is to be hoped that with the American civilization, which they are to some extent adopting, they will not also adopt our vices. Let us give to them the good we have and they have not, and in turn gain from them their better qualities, which seem to be wofully lacking

in us. Only by so doing will there be an even exchange of blessings.

LETTER FROM THE CITY OF HYGEIA CONCERNING THE COEDUCATION OF THE SEXES.—During the past year I have tried to tell the readers of THE HERALD OF HEALTH something about the homes and the nurseries in the "City of Hygeia." During the present year I propose to tell you something about the schools there. Probably many of you have seen, by the daily papers, how the blue blood of Boston has been stirred, of late, by reason of a demand which some of its more progressive citizens have made for the admission of their daughters to the privileges of the Boys' Latin School. Indeed, the old town has been almost as thoroughly upset by the idea as it was when it upset its tea-chests in the days of its youth, before it had crystallized into its present primness and propriety.

For myself, I confess to being very thoroughly surprised at the revelation made concerning the peculiarities of Boston boys and girls, as compared with boys and girls of the same age in other cities of this old Commonwealth, during the progress of this discussion, for I was born and brought up in the city which goes by the name of the "Heart of the Commonwealth," and which is only 40 miles from Boston, and yet I never heard a word in that city which could lead me to suppose that it was an unsafe thing for a boy and a girl to study Latin and Greek together. On the contrary, we stood side by side there, in the Classical High School, read our Latin and our Greek together, and not one of us ever knew that we were committing an impropriety. Indeed, it is about 30 years since the city of Worcester opened her Classical and English High School, where her young men and maidens can study Latin and Greek together, "without money and without price," on the part of individuals, because she took the ground that "the property of the State should educate the children of the State," and during all that time I do not think any

idal has attached itself to the hundreds of young men and maidens who, year after year, rehearsed together their "*Arma virumque cano, jae qui primus ab ovis,*" or that city of Worcester has ever realized that she was doing an indecent thing. The more I thought about it, the more strange it grew, this peculiarity of Boston boys and girls, as compared with the Worcester boys and girls. Finally, I went over to the "City of Hygeia" to learn what they think about the matter there, and they told me that they supposed God meant that boys and girls should go to school together, otherwise He would not have placed them in families as He has done, but would have put all the girls in one family and on one side of the world, and the boys all into another family on the other side. Nor does it seem to me, there, judging from the way He manages His other affairs, as if He would have made them so that they would ever care anything about seeing each other if He had intended that they never should.

Next I looked to see what Jean Paul says about the matter, the Germans being so much older and wiser than even Boston is, and he says, "To insure modesty I would advise the education of the sexes together; for two boys will preserve twelve girls, or two girls twelve boys, innocent amidst links, jokes, and improprieties, merely by that instinctive sense which is the forerunner of matured modesty. But I will guarantee nothing in a school where girls are alone together, and still less where boys are. Boys do harm to boys far more than girls to girls; for they are bolder, opener, rougher, more sociable, more curious about matters, as girls about persons." I really think Boston had better go to school to Jean Paul, and I shall tell you more of the schools of the City of Hygeia" in my next.

MARY J. STUDLEY, M. D.

STATE NORMAL SCHOOL, } February, 1878.
FRAMINGHAM, MASS., }

THE POST OFFICE DEPARTMENT AND
SEXUAL PHYSIOLOGY. — Some weeks ago a book publisher and dealer in

Boston was arrested for sending a copy of Dr. R. T. Trall's "Sexual Physiology" through the mails, and the Grand Jury before whom he was taken indicted him, and he was bound over for trial. The publishers of the book immediately had the work examined at Washington, and the following decision was rendered :

POST OFFICE DEPARTMENT.

Washington, Dec., 15, 1877.

M. L. Holbrook—Dear Sir:—In reply to your letter of the 7th inst., I beg leave to inform you that the book which you have submitted to this office, entitled "Sexual Pysiology," having been submitted to the acting law officer of the Department, has been pronounced by him as not coming within the prohibitions of the act of July 12, 1876, amendatory to Sec. 3,893 of the Revised Statutes. The book is therefore entitled to the privileges of the mail upon payment of the proper postage.

Very respectfully, JAS. N. TYNER,

First Assistant P. M. General.

The efforts of those who sought to prevent this book from the privileges of the mails have thus been nipped in the bud. The book has been published 11 years and nearly 30,000 sold—thousands of which were sent by mail. It has been kept on sale by a very large number of the most respectable dealers in the country, including the Appletons, Lippincott & Co., Lee & Shepard, A. Williams & Co., Claxton, Colby & Rich, Robt. Clarke & Co., S. R. Wells & Co., The Religio-Philosophical Publishing House, and many others. These people do not intend to sell unlawful books. It has been canvassed for by ministers' wives, who thought they were doing God's service to sell it to their own sex. A professor of science in Cornell University recommended it to his students as the best book of the kind published. It has been a text book in medical colleges. Physicians have bought hundreds of them for their patients.

Without doubt the Society for Preventing Vice has done good work in suppressing much obscene literature, but it ought never to be allowed to go beyond its sphere of usefulness, or

turn its face against publishers who are trying to put down licentiousness and prostitution by light and knowledge. It is in darkness and ignorance that these vices lift their hydra heads. Let in the light of day and then vices vanish. We can hardly imagine a person reading "Sexual Physiology" thoughtfully without resolving to live a purer, better life.

NOTE.—Since writing the above we find the following in the Boston Globe:

United States vs. Ezra H. Heywood. Defendant was indicted, as heretofore stated, for sending publications of an obscene character through the mail, said publications being entitled 'Sexual Physiology' and 'Cupid's Yokes.' There appeared to be very little question made upon the allegation respecting the mailing of the books, but a vigorous defence was made as to their character, it being claimed that they were but medical treatises put into popular language. The jury found this to be the fact as to one of the books, 'Sexual Physiology,' and a verdict of not guilty was returned as to that book. It may be remarked that the finding of the jury agrees with that of the Commissioner on the preliminary examination, as that magistrate held that the book entitled 'Sexual Physiology' was not amenable to the statute on the ground of obscenity."

IN MEMORIAM.—The Editor of THE HERALD OF HEALTH is called upon in this number to notice the death of his much loved father, Mr. Ralph Holbrook, of Mesopotamia, Ohio, on Dec., 23th, at the age of 82. He was born in Tolland, Conn., in 1795, and emigrated to Ohio before he was 20 years old, at a time when the Western Reserve, then New Connecticut, was almost an unbroken wilderness. Here, with strong hands and a brave heart, he literally hewed out of the forest a home, surrounded himself with comforts, married one of the best of women—then Margaret Laird, of Scotch descent—who still lives to crown her children, grandchildren and friends with blessings and precious memories. With her aid he reared a family and lived a

healthy, happy, and useful life, respected by all who knew him, and tenderly loved by all his family, who ever hold his name and memory in affectionate remembrance.

DEATH OF SAMUEL BOWLES.—E. Samuel Bowles, for so many years the enterprising editor of the Springfield Republican, died at his home January 15, of this year, at the age of 72. It is not our purpose to enter into special notice of him as a man, for this has been done by the daily and weekly press, but simply to state that his death was apparently the result of the violation of the laws of mental hygiene. His own statement was that nothing ailed him but 35 years of hard work. He became editor of his paper at an early age of 18, and worked with a will to make it a power in the land. He did not fail in his efforts, but his paper flourished and had an extended influence, his own frame lost its balance and his life forces gave out. Had he had as thorough an education in hygiene as in business, his usefulness might have continued another quarter of a century. Saving and cautious of all his business moves, he was a specimen of thrift of his vitality, and a bankrupt at the prime of life. With sadness we see it, and only to point a lesson to others now in their early manhood, that they may not shipwreck on the same rock.

GREAT SOULS.—A Chinese proverb says, "Great souls have strong will; others only feeble wishes." The proverb might have added, that good health makes the will strong, while feeble bodies weaken it.

Another Chinese saying is that, "The dog in the kennel barks at his fleas, but the dog who is hunting does not feel them." This is a good sermon on the value of healthful occupation and against idleness as can be preached.

HUMAN LIFE.—Human life is a thing of solemn importance, and it makes a wonderful difference how we live it. Lived in one way it is a hateful failure; lived in another it may be a beautiful success.

EDITOR'S STUDIES IN HYGIENE.

ANTHROPOLOGY A GUIDE IN HYGIENE.—Hygiene is the most utilitarian of sciences, and one of the most practical. It has been developed by observation and experiment, having received but little benefit from theory. Observation of the influences of climate, diet, exercise, exposure, industrial pursuits, education, clothing, ventilation, house construction, malaria, alcoholic drinks, tonics, condiments, water, sunshine, electricity, bathing, pollution, contagion, society, heredity, music, travels, sea-air, mountain climates, etc., has accumulated a great mass of useful knowledge, which would be an incalculable blessing to mankind if it could be brought home to every one by the power of universal education, and by periodicals like *THE HERALD OF HEALTH*, which could bring cheaply and freshly to every fireside the most recent and interesting developments of hygienic science.

Unfortunately the popular knowledge of this subject is miserably limited, and its place in education is vastly below what justice demands. Hygiene ought to be an elementary study in all common schools, and a subject for more extended study and research in colleges.

Having been since 1835 a cultivator and teacher of the science of life in all its extent, from the most interior psychic truths, to their most exterior practical application in medicine, hygiene, education and sociology, I desire to present some of the results of these investigations to those who are interested in hygiene, and call their attention to many new facts, to higher and broader principles in the science of life, and to the application of these in the promotion of health and happiness by methods heretofore unknown.

That hygiene may be developed to great utility and power by mere empirical observation and rules based on experience, I realize as fully as any one can. But all sciences have their interior constitution and philosophy, as well as their external facts and rela-

tions. Scientists and *literati* generally exalt the interior or philosophic science, above the exterior or practical, but I do not; I regard the practical knowledge of dietetics derived from experience as of far greater value than all that chemistry and biology have given us on that subject, and consider the knowledge of medicine derived from the use of remedies at the bedside worth far more than all that the physiology, chemistry, and pathology of the colleges have taught us.

Nevertheless, if interior science be *rightly and thoroughly* developed, instead of being chiefly speculative, it must enable us better to understand the exterior facts, to rectify the errors of limited observation, and to make new experiments under the guidance of a higher philosophy, so as to obtain more valuable knowledge. Such is the relation of anthropology, the basic science, or philosophy, of which hygiene is a practical application, that a knowledge of the former greatly modifies our conceptions of the latter, and develops hygienic methods and practices of which the merely practical hygienist has no conception.

As the science of anthropology, which is essentially new to biological scientists in the greater part of its facts and principles, is soon to be presented by myself to the public of New York, your readers will have the opportunity of verifying the assertion, that it makes a revolution in our ideas of hygiene, not by any iconoclasm or assault upon what is already known, but by offering new methods of investigation, by giving *the true reasons* for that which experience has proved beneficial in diet, clothing, etc., by rectifying false conceptions, and by offering new methods of attaining health.

To show this in detail would exceed the proper limits of this essay. Let me, however, lay down the broad propositions that *hygiene cannot be thoroughly understood and practiced without a knowledge of anthropology*, and that many errors now prevalent

will be corrected by the diffusion of anthropology. As a single example of these errors which will be corrected by anthropology, I would refer to a vast amount of disease propagated by contagion, owing to the want of a knowledge of anthropology by the medical profession and by the people. After centuries of investigation by medical men, contagion is still very imperfectly understood. It is supposed that contagion depends upon a transmission either of germs or of some morbid substance from the diseased to the healthy, whereas anthropology demonstrates, as positively as anything can be demonstrated, that both of these propositions are false—not false in affirming that germs or excreted substances may convey disease, but false in affirming that disease cannot be transferred otherwise, and that we are safe from contagion when the transmission of substances is checked. Cholera and consumption, fevers, ophthalmia, and a host of other diseases, are continually spreading from the sick to the well, unsuspected by the victims and their friends. When this is understood, and the true methods of prevention are adopted, there will be an immense reduction of disease and mortality.

The fundamental truth which medical authors have failed to recognize is, that contagion depends less on the character of the disease than the peculiar susceptibility of the individual. The industry that has been expended in determining whether *diseases* are contagious or not has been very unprofitable, since the same disease may or may not be contagious with different persons, and the profitable inquiry should have been as to what was the susceptibility of certain individuals and classes. Until this matter is understood there will be a vast amount of preventable disease arising from ignorance of certain truths in anthropology.

Another illustration of the entire misconception of the laws of life and health is seen in the crude notions that obtain in reference to the effects of manual contact and friction, which are so easily practiced by mothers and

nurses, and which might, if rightly understood, relieve a large amount of disease and suffering without the need of drugs and doctors.

A striking illustration of these errors is to be seen in the article on "Massage," in the November number of THE HERALD OF HEALTH, which is by the pen of a physician. The essay referred to rightly estimates friction as one of the most valuable methods of alleviating disease and pain, but is thoroughly and entirely erroneous in its philosophy, its methods, and its advice. The blundering mechanical treatment recommended would prove a stupid failure in many cases, which, if guided by correct principles of health would be promptly and pleasantly restored. I have pleasantly relieved patients in an hour by manual treatment on correct principles of whom neither drugs nor "massage" would have produced any similar results; and this style of manual treatment is so simple and easy in practice that it ought to be known at least to every mother. A skillful physician whom I thus relieved a few days since from extreme prostration, would readily testify that the effects produced were beyond the power of medicine.

The method of treating dyspepsia mentioned by the author of "Massage," would utterly fail in many cases that might be readily cured by proper methods.

In reference to diet, experience has taught much, but a vast deal is yet to be learned of the specific effects of food; and anthropology shows the proper method of carrying on this investigation. Even in reference to clothing, anthropology offers certain fundamental principles not obtainable from any other source, and in reference to exercise it shows why the health-lift is so valuable, and what estimation should be formed of the value of the other exercises.

The power of clothing as an adjunct in the treatment of disease has never been understood, nor has electricity yet attained a scientific application in the renovation of impaired health and the cure of fatal diseases. Its results

en guided by anthropological principles, or, in other words, by a knowledge of the nervous forces of life in

human body, are marvelous indeed, if the editor of THE HERALD OF HEALTH will attend my collegiate lectures he will discover a range of power electricity, when guided by a true science of life, which is far beyond anything realized in medical colleges heretofore.

These discoveries, which guide the genetic and the electric treatment of the human constitution, and its management by clothing, diet and external applications, are not held in reserve for personal profit, but are given in scientific form to all the students of our medical school, and the attendants on my popular lectures. I shall take pleasure, hereafter, in giving practical instruction to the readers of THE HERALD, by which they can overcome a great amount of disease and pain in a safe and pleasant manner.

J. R. BUCHANAN, M. D.

DIPHTHERIA IN CALIFORNIA.—Diphtheria prevails in San Francisco to an extent that is alarming. During 12 months past, 873 deaths are recorded, out of 6,000 cases of that disease. Physicians trace this sickness to sewer gas, defective drainage and want of ventilation. Its ravages among children of healthy people are referred to exhalations of sewer gas into dwellings, through the waste pipes of wash-stands and water-closets. Some of the beautiful inland towns, like Santa Rosa and Geapa, though so cleanly, show a still greater per centage of deaths from diphtheria. Perhaps one of the worst features of the sanitary condition of city houses is the fact that the ends of the sewers open directly into the houses, and during a portion of each day sewer gas may escape into them. There seems to be no remedy until the openings are taken out of the house entirely, and the sewers ventilated. Meanwhile attention to ventilating the houses will obviate to some extent the trouble. We now suffer from the ignorance of our architects in sanitary knowledge. It may be added that we

shall continue to suffer in this respect until the people themselves inform themselves on all sanitary matters. They are personally interested—much more so than medical men; and no matter how much the latter may desire to promote sanitary knowledge, they cannot do so until the people themselves take an interest in the matter. Hereafter the cry should be, teach hygiene, as well as reading, writing and arithmetic, to everybody.

EGGS AS FOOD.—It is hardly necessary to say that eggs are an excellent form of nourishment, if rightly used. They contain, like milk, just those substances needful for the body, only more concentrated. They are rich in both fat and albumen. A good hen's egg of the largest size should weigh from 950 to 1,000 grains, and may even weigh more than this. Say it averages two ounces. Then of these two ounces 10 parts are shell, 60 albumen and 30 yolk. The white of an egg contains 86 per cent. of water; the yolk 53 per cent. One thousand grains of egg contain: of albumen and fat 23.8 grains, of shell 10, and of water 67.2.

If an egg weighs two ounces it will contain about 200 grains of *solid* substance, as each ounce represents about 100 grains of solid matter. In choosing eggs, do not fail to get fresh ones, which are transparent on looking through them toward the light. Bad eggs will float in pure water. Good eggs sink in water in which 10 parts by weight of salt has been dissolved.

Aside from the water, of which eggs contain less than meat, the former is almost pure nutriment. An egg is more nutritious than meat. There is no waste in the form of bone, rind, and tough pieces. A wealthy friend once told me that for his small family it took about three pounds of meat per day for each person; but this was because there is so much waste in flesh. Flesh is the most expensive of foods. Eggs are the cheapest animal food there is. There is nothing artistic about meat, but good eggs are clean, and look beautiful when properly pre-

pared. After eating them the plate is not covered with waste pieces, fit only for dogs and cats. I think eggs, considering the nutriment they contain compared with beef, at least four times cheaper. They are more easily cooked. To roast or broil a pound of beef requires considerable wood and takes much time. To cook a pound of eggs little of either. The English vegetarians eat no flesh. They are generally long-lived, much longer than other people average. They use eggs moderately.

The way to cook an egg, according to our notion, is to put it into water of a temperature of 180 degrees and let it cook 15 minutes. The inside or yolk will then be hard, and the white of the egg will not be hard, but flocculent like curd, and easy of digestion. A little skill will teach any one how to cook eggs thus, and they will be delicious. The only dressing admissible on an egg is a little good butter. Pepper and salt are only demanded by a morbid taste. Hard-boiled eggs, I think, are worse than nothing. A fresh egg dropped in water about 180° Fahr. and allowed to remain some 15 minutes, so as to cook through, and then laid on a nice piece of brown bread, which has been toasted and dipped in hot water, is good enough for a king.

Custards made from eggs are both nutritious and wholesome. For the feeble they are better than beefsteak, and may be used freely.

HYGIENE PRECAUTIONS.—The Tribune says: One or two precautions any man may take, beside the ordinary hygienic ones, to lengthen his days. First, to keep his brain, as far as possible, at work on one subject at a time. It is the multitude of conflicting ideas which wears it out by actual physical strain. Hence the brain of a man who controls the divers occupations of other men, or who is accustomed to carry on separate trains of thought, will give way sooner than one which is confined to one branch of study or work. Secondly, to make absolute the pauses for rest the stoppage of work must be complete to be worth anything. Thirdly, if possible, to have a hobby, some manual work which

requires also an exertion of the mind, totally different from its ordinary work.

CURRENT LITERATURE.

MUSIC IN THE HOUSE. By John Hullah, LL.D. Philadelphia: Porter & Coates. New York: Albert Coggswell.

The object of this little book is to cultivate love for music in the home. We already have abundant opportunities of listening to music at operas and concerts, but in our homes where we live and where our greatest happiness should be found, the case is somewhat different. The titles of the chapters will give a good idea as to what is to be found in the work. 1. "Unaccompanied Vocal Music." 2. "Instrumental Music." 3. "Accompanied Vocal Music." 4. "Practice and Rehearsal." 5. "The Musical Library."

We cannot too highly commend to all our readers books of this character. They are a little read. We might spare ourselves the trouble of a part of the novels that come from the press, and add to our libraries books calculated to fit us to make home more attractive. The book is beautifully printed and bound, and sells for \$1, for which we will send a copy by mail.

THE EVOLUTION:

The Evolution is a Journal published monthly and is devoted largely to the discussion of questions relating to politics, religion, science, literature, and art. The December number before us as we write, is a very interesting one, and especially so in some of its papers devoted to discussion of social questions. One article in the December number, on "Medical Assistance as a Social Function," by Henry Edwards, contains several suggestive and valuable hints. The following is an example:

"Can a perfect physical health exist in a state of profound social discord? Can a man be mentally and truly well, while his moral nature is rent and distorted by violent passions? No one can seriously imagine any such possibility, who has ever in his life really reflected for two minutes consecutively, to say nothing of the teachings of the real science of human existence, the true name of this science whatever it may be. The new medical priesthood foreshadowed in what has been above said, the social institution of which surely constitutes one of our many really urgent, however unconscious, needs, can still by no possibility be a body possessed of that which is now called medical science only. Physician, teacher, counselor are manifestly but different phases of one identical function. Physical health, social health, moral health are linked together in indissoluble unity, and can be developed and maintained only by one same social organ."

The Evolution gives special attention to sanitary sewerage and the disposal of filth, and the October number, as well as the December, has a valuable article on this subject from which we shall quote hereafter.

Healds' Hygeian Home,



This first class institution is the most comfortable and attractive Water-Cure in America. Pure warm air from indirect steam radiation throughout. Special ventilating flues from each room. Attractive and liberal hygienic table, with meat for those who wish. 1,250 half gallons choicest fruit in glass, put up by ourselves. Judicious Bathing, including Hot Air, Steam Baths and Sun Baths. Best Movement Cure appliances, including Dr. Taylor's Manipulator, Vibrator, Health Lift, etc. Intelligent, kind assistants, home comforts; efforts to entertain and instruct. Physicians—man and woman—with seventeen years' experience. Send for circular.

PUSEY HEALD, M. D., MARY H. HEALD, M. D.

WILMINGTON, DEL.

WHAT OUR GIRLS Ought to Know.

BY DR. MARY J STUDLEY,
RESIDENT PHYSICIAN AND TEACHER OF PHYSIOLOGY, HYGIENE, PHYSICAL CULTURE, AND THE NATURAL SCIENCES, IN THE STATE NORMAL SCHOOL, FRAMINGHAM, MASS.

The writer of this splendid book has had a quarter of a century of experience with young girls, since she graduated from the school where she is now located, first in the capacity of teacher in public high schools, and later as practicing physician and frequent lecturer on physiology and hygiene in private and public schools for young ladies. Being a graduate of the New York Medical College for Women, an institution which has such names as Dr. Willard Parker, Dr. Austin Flint, and Dr. Stephen Smith on its Board of Examiners, her qualifications in her chosen field of labor require no further indorsement than their signatures, which her diploma carries.

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The Mountain air is remarkably pure and bracing. We are far above household and farm as well as malarial contaminations.

The water is from living springs, pure and soft as the morning dew, rushing in great abundance into our buildings.

These, with many other advantages not mentioned, make ours the leading health institution of the Middle States. The people appreciate the fact, and its patronage is continually increasing.

SUNLIGHT AND SUNBATHING.

Our buildings are peculiarly located on a south-east slope, in such a way as to get four hours sunlight in each habitable room daily. In addition we have two magnificent sunbathing areas aggregating over

FIVE HUNDRED SQUARE FEET OF SKYLIGHT,

of white and blue glass, which we consider the most important rooms in our buildings. By this we have solved the problem of solar comfort in midwinter, in such a way as to cause the debilitated invalid to greatly rejoice.

THE MOVEMENT-CURE

is also administered daily under the direct rays of the sun, and with great thoroughness, as an essential part of our treatment, free of extra charge. Thus, through sunbathing and movement-cure combined, we get important results.

The Water-cure is carefully and judiciously administered.

Our Table is supplied largely from our own gardens, and is not excelled.

The Social, moral and religious influences are of the first order; in a word, our institution has been so managed during the past four years as to have been eminently successful, and its patronage is continually increasing. Our "Plain Facts for Thinking People," 13 pages; "Outlines of a Common-sense System," 48 pages; "Hygienic Treatment; What is it?" 80 pages; "Philosophy of the Health-Reform," 32 pages; the whole sent to any address for 30 cents, will explain fully the new and improved methods. Address as above.

ROBERT WALTER, M. D.