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CONTENTS FOR JULY, 1879.

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ARTS OF BEAUTY

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THE
HERALD OF HEALTH.
JULY, 1879.

PHYSIOLOGICAL AND SANITARY MARRIAGE AND PARENTAGE. (7.)

BY THE EDITOR.

THE PRACTICE OF THE SPARTANS.

IN a former chapter we gave an account of the physical education of the Greeks, and urged its importance as a factor in physiological marriage and parentage. In this article we purpose to continue the subject of Spartan education, and its effect upon offspring. The Spartans had a different standard of morals from ours; they knew or cared little for the doctrine of right and wrong as we understand it. Beauty and usefulness were the standards by which they judged everything. We can have no idea of the passionate fondness of the Spartans for the beautiful; it penetrated every rank of society, it dominated every individual's thoughts; but they saw the highest ideals of beauty only in the perfect human form. A beautiful face did not suffice; it had to be a beautiful body, perfection of every limb, a harmonious development of every part, grace in motion and action. We do not think it too much to say that the Spartans worshiped beauty; they saw divinity in it, as we do in the highest forms of conscience, heroism and honor. To show the truthfulness of this statement we will only quote one among the hundreds of instances in which this was the case. The orator Hyperides was once defending a beautiful woman before a court of justice, but his eloquence fell without effect upon the ears of the judges. He instinctively felt that his cause was lost unless he could strike some new key, touch some tender spot in their minds; and to do this he appealed to their love of beauty in the human form by tearing off the flowing robe of his client and revealing a form of marvelous perfection. The effect was electrical, and the judges acquitted the woman at once. Such an argument in our age would be considered disgraceful in the extreme; but these judges had not the slightest thought of pruriency; they saw in this matchless form not mortal made of flesh and blood, but a prophetess of the divine, and it would have been sacrilege for them to have destroyed such a masterpiece of creative wisdom. They did not look upon beauty as a snare of the devil to entrap weak mortals, but they saw in it divinity enrobed in garments of flesh.

But the Spartans did more than worship the beautiful and the useful; they took means to secure them; and this, too, not by hothouse culture, not by an indoor life, not by the arts of dress, not alone by gymnastics. They gave every boy and girl such an education as would secure to them bodily perfection. The education of the boys and girls consisted largely in listening to the thoughtful conversation of their elders, in attending and practicing the music of the bards, in dancing at the public dancing places. There was no strain on their minds, no forcing into immature heads wisdom fitted only for older persons. The youths were al-

most continually out of doors; every boy learned how to plant and to harvest the crops, every girl how to do household work. The highest lady in Sparta did menial work. The beautiful Helen was perfectly at home plying the loom; every girl could do every kind of labor required in a Spartan home. Nothing came amiss to them; but their work was done principally in the open air, exposed to the free light of the sun, and not over stoves and in heated apartments. They washed their clothing by the river side in trenches made for the purpose. Washing day was a gala day; not, as too often now, a day of severe physical trial. Without over exertion the Spartan women had sufficient active employment of both the mind and the body; their time never hung heavily on their hands.

Such a life produced the highest degree of health, and out of this health bubbled and blossomed a sweetness of temper which charmed all who came into contact with it. How could there help being a multitude of beautiful women in Sparta? The whole country of which Sparta was the center was famous for them. Their beauty was not of the kind which we too often admire; in them there could be no beauty unless it was founded on perfect health, and this beauty continued long. Helen, celebrated in all times as being one of the most beautiful women in Greece, was as handsome at 50 as at 20; and this was almost the universal rule with all women. The Greek women were indeed the finest that ever existed; not only physically but intellectually. A race of such mothers could not fail to give birth to a noble race of men.

The Spartan idea of government was peculiar. The state was everything, the individual nothing. To protect and perfect the state the very best men were necessary, and all Spartan legislation, so far as it related to women, had this object in view — the breeding of strong men—and the most important function of women was motherhood. But they were not slaves to men; they were free women. Enslaved women could not make good mothers. They wanted strong men, and so they insisted upon having strong women for their mothers; they wanted brave men, and so they insisted upon having courageous mothers to bear them; they wanted resolute men, and so they sought resolute mothers to give them birth; they wanted men of decision of character and with power to act wisely and promptly in emergencies, and they would have no weak, pusilanimous creatures to give them birth. They believed even more than we do that as was the mother so will be the child.

The early training of both sexes prevented deception. In their exercises in the gymnasium the boys and girls contested with each other in many ways, in the simplest clothing — indeed in very little clothing at all—and thus every citizen knew the physical development of every boy and girl, knew what they could do, how fast they could run, how far throw the javelin, how patiently endure pain. Every physical power stood out boldly. No feeble girl could pass herself off as robust by the arts of dress, or other devices. No lazy boy could pass himself off as manly and brave. Long before marriage boys and girls knew each other's physical powers. Marriages were not made between them for the convenience of the parties themselves, but for the welfare of the state. Every healthy Spartan girl was obliged to marry; there was no excuse for them. Every sickly girl was obliged to abstain from marriage, and this, strange to say, she did willingly. There were, however, but few sickly girls in Sparta, for every child was examined soon after birth, and if found to be in any way deformed or otherwise defective its life was destroyed; and if perchance any feeble ones escaped this ordeal, their physical training was so severe as to develop their strength or extinguish their lives.

Girls were not allowed to marry young; they had to be mature first. The boys and men were treated in the same way. No sickly young man could marry, but all healthy ones were compelled to do so; or if perchance they refused they were punished. Bachelors, after a certain age, were shut out

of the society of women. They were not allowed to attend the gymnastic exercises of the girls. They were even taken once a year *en masse*, stripped of their clothing, and made to march in public, while songs were sung telling how disgraceful it was to disobey the Spartan law. Even the women were permitted to punish them with stripes as they dragged them around the altar on festal days. Men were also punished if they married too late, or if they married women not suitable to their physical development.

Here we have the Spartan system of physiological marriage and parentage, which was continued for 500 years. No such perfect system has existed before or since. It is true that it had serious defects. Its standard, like all human standards, had its imperfection; its humane side was almost totally lacking; but notwithstanding this, there are important lessons to be learned from it. Its value is to be seen in its fruits. What were these? For 500 years there was produced in Greece a succession of the strongest and bravest men, and the most healthful and beautiful women that has ever existed on the face of the earth. These men maintained the supremacy of their government during all this time by sheer force and by implicit obedience to law.

It may be thought that the perfect freedom of girls to go where and live as they pleased, their free intercourse with the boys in the gymnasium, with only the slightest clothing, would favor looseness of morals and a tendency to licentiousness; but history teaches us that in the halcyon days of Sparta such a thing as adultery was almost unknown. Its frequency was as nothing to what it is when the sexes are separated in education, and an almost impassable barrier erected between them in social life. In this all history agrees that Spartan women were pure. Plutarch tells a story of a stranger who inquired of a well known Spartan citizen "what punishment there was for adulterers." To this the citizen replied: "There is no adulterer in our country." The stranger said, "What if there should be a case?" The citizen made the proud and remarkable answer: "He must pay a bull so large that stooping over Taygetus he may drink out of the Eurotas." The stranger said: "But how could such a bull be found?" The citizen replied: "As easy as an adulterer in Sparta."

We must remember, however, that certain of their practices would not be tolerated with us. In case of disease, in order to raise healthy children, the sickly man was allowed to lend his wife to a stranger. In a few cases one woman had two husbands, and one instance is recorded of a man having two wives; but all such cases were exceptional. As a rule, the wife was unusually true to the husband, and the husband fond and proud of his wife. How could it be otherwise if she were healthy and beautiful, and possessed that sweetness of temper which health always brings?

No one desires to revive Spartanism in modern times, but we may learn lessons from it of the greatest value. Even its defects may teach us what to avoid. Its chief defect was the fact that it regarded women too much as mothers and too little as women. They were developed mainly to this end, and when the age for bearing and caring for the child ceased, women had little else to do. Then she might become dissipated if she choose, and in time she did. It is a sad story how Sparta fell from her high state, how Lycurgan laws were relaxed, how there was a great struggle between good and evil, and how finally Spartan women sank to a low level, were not esteemed by men, were not beautiful or strong. All this the student of history will read and ponder over, but it does not further concern our studies.

CHEMICAL analysis shows that the nutritive salts of wheat and meat are identical, and the chief reason for the apparent demand of the system for flesh as an article of diet consists in the fact that we have not yet learned to eliminate the nutritive salts from meat as we have done from wheat by means of the bolting cloth.—*Mrs. Dr. Bland.*

"WHERE THERE'S A WILL THERE'S ALWAYS A WAY."

BY ELEANOR KIRK.

THE above is a maxim we have all heard ever since we were old enough to hear anything, and a creed to which many of us have subscribed with our whole hearts. "Where there's a will there's always a way." Now if the author of this sapient remark had only said, where there's a will there are sometimes two ways, a right way and a wrong way, and more times no way at all, he or she would have hit the nail of truth far more squarely. It will doubtless be conceded by those who stop to think about it, that this old adage is more often quoted by the ambitious and unscrupulous than by the ambitious and conscientious.

"Where there's a will there's always a way," is made to cover any amount of trickery and double dealing, and the proportion of individuals who quote these words as an incentive to righteous attempt, falls far short of the number who use it as an excuse for dishonest practices. The young man with a poor father, desirous of an education, but without the means to procure one in the established way, and without the courage to work and earn one, says: "I am determined to go to college. 'Where there's a will there's always a way.'" The young man has the will and the farm is the way. John's father mortgages his acres, and John proves the truth of the maxim. The collegiate course is of no earthly benefit to the youth, because lazy boys, and boys desirous only of going to college, because the others do, never amount to much. Now there might have been a way open to a courageous, high-principled young man, of obtaining this most desirable end; but surely that way could never have been John's way, for he had no particular birthright or principle to start with. Ruin stares the old gentleman in the face. "Where there's a will there's always a way," he says. Then he reflects on his motives for mortgaging his land, and finds them all laudable. He might have been a little too easy, to be sure, with spending money; "but what's the use of crying over spilled milk,"—another comforting maxim—so he sets to work to redeem his place.

"There's the widow Smith; she isn't doing anything with that life insurance of her husband's; I'll offer her good security, and ten to one she'll let me have it. I must get it somewhere; and 'where there's a will there's always a way.'"

A little strategy, and the widow immediately attracted by the gilt-edged bait, sidles up to it, turns it over, and finally swallows it whole. So it comes to pass that a good share of the funds which the hard working Mr. Smith had secured to his widow, passes into the hands of the mortgagor, because "where there's a will there's always a way," you know. Foreclosure is prevented, but a portion of the land still remains uncleared. Mortgagee wants the farm, and knowing pretty well that the old man has raised all the money he can, proceeds, with the help of an able legal coadjutor, to "wind the old fellow up." It's hard work, and there is a deal of maneuvering; but "where there's a will there's always a way."

Cheered and stimulated by this thought they work steadily on. Results highly satisfactory. Farm owned by mortgagee. Mrs. Smith goes out washing. Counsel for mortgagee is so delighted with the practical working of this old saw that he concludes to see how thick a plank he can saw with it. By dint of the indefatigable perseverance which this maxim usually induces, the wide-awake, ambitious and unscrupulous legal gentleman robs the second robber, and pockets two-thirds of Mrs. Smith's life insurance, and a fat slice of the farm. After this, mortgagee has no opinion of the law. When a dishonest man is "done" by his lawyer he is quite sure to condemn all jurisprudence.

"Where there's a will there's always a way," was a favorite method of encouragement by Abraham Lincoln in the troublous times of his Presidency. A politician who was lobbying for a lu

crative governmental position overheard on one occasion President Lincoln giving some advice to a young man who was anxious for army promotion. "Where there's a will there's always a way," said the President. "If you show that you are braver, firmer, made of better stuff than your companions you will certainly be promoted. It depends altogether upon yourself. I can't help you in any other way than by wishing you well, and assuring you as a truth from my own experience that, as I said before, "where there's a will there's always a way."

A few days after our politician, a man held in considerable disrespect by Mr. Lincoln, managed to obtain audience with him. "The trouble with you," said the President, after he had heard him to the end, "is that, like many other men ambitious for office, you make up your mind to procure what you can't get. In other words, you want a place you are not competent to fill, and which belongs by right to somebody else."

"But," said the visitor, "how is a man to know whether or not he can succeed till he tries? I heard you telling a young army officer the other day that 'where there's a will there's always a way.'"

"It isn't the first time folks have tried to choke me with my own words," was the curious answer; "not by a good many; but just let me show you the difference between you and the other fellow. The time you speak of, and which I distinctly remember, I was encouraging an honest man to work. If I were to make that observation to you, I should be encouraging a dishonest man to steal."

That was all he said, and it was probably quite enough for the politician.

The spirit of this old maxim has doubtless stimulated many weary and disheartened toilers in life's busy vineyard to fresh exertion; but it is responsible for more harm than good after all. True, the author may have meant when all things being equal the "will" matches the "way." In fact he or she might have meant anything save what the expression has come to mean after its long use, and probable abuse. One homely and every day instance will show its utter fallaciousness. Let us take an honest, economical wife and mother. Business is bad, and there must be a retrenchment of household expenses. She has the will, the desire, to dispense with her cook and manage the culinary department herself. In no other way can she by any possibility save so much. "Where there's a will there's always a way," she says and believes. Cook is dismissed, and my lady rises betimes, makes her fire and bakes her muffins. She is brave and uncomplaining; and though it is awfully hard work, and her head aches, and her back is broken, and she loses her appetite, she still perseveres. The morning comes at last when somebody else must rise at six o'clock, for she can do no more. Now this woman's will is as determined as the morning she made her first fire, but her vital forces have evaporated with the steam of her kettles. For this there is no remedy but uninterrupted quiet, and a darkened room. "Where there's a will there's always a way" was not true in this instance, as it is not true in the majority of instances. Let us be careful how we quote this maxim to the young, the undeveloped, the untrustworthy, least in seeking the "way" they lose sight of the straight and narrow path in which alone can be found honesty and peace.

THE SCIENCE OF LIFE. — How few of us acquire this science until we are old enough for life to have lost half its charms? The science of life consists in knowing how to take care of your health, how to make use of people, how to make the most of yourself, and how to push your way in the world. These are the things which everybody ought to know and which very few people do know. How never to get sick, how to develop your health and strength to the utmost, how to make every man you meet your friend; all these and many other things are to be included in the science of living, and the pity is that we only appreciate it at its true value when the bloom of life is gone.

WEAR AND REST.

BY MRS. CHILION B. ALLEN, M. D.

THE two great destructive agencies of the metals are friction and rust, the one the result of constant use, the other attendant upon idleness. Machinery in constant motion is worn away by attrition, and machinery lying idle is eaten up by rust. Recognizing these facts, and comparing the human body to a machine, people often say of themselves that it is better to wear out than to rust out. This is undoubtedly true of the machine, but not so unquestionably true of the body. In one sense the body is a machine which is worn by use and affected by idleness, but here the parallel ceases. The physical organism, unlike machinery of man's invention, repairs itself, furnishes its own lubricators and generates its own propelling force. Many people consider the terms *rest* and *rust* as synonymous. If urged to stop work and take rest or recreation, they will perhaps admit that they are overworking, they realize that they are breaking down; but they justify their course by saying, "Better wear out than rust out." They may even feel that they are praiseworthy in thus ignoring bodily needs and weaknesses, and feel guilty if they for one moment allow the tired head to droop or the weary hands to lie folded. Yet these same people know the value of rest to animals, and even to inanimate nature, and to machinery. The farmer understands that his beasts of burden will do more and better work if allowed proper rest. He knows that even the fields are more productive if they sometimes lie fallow. The machinist knows that his engine must have rest in order that its strength may be preserved. He is aware that iron by constant vibration crystallizes and loses its cohesive power, and car wheels will break from this cause, and strong bars of iron snap in twain, unless the little molecules of which they are composed can have time to rest from the incessant movement among themselves which is caused by continuous vibrations, and which, to them, is literally a "dance of death." There is no fear that they will rust out while they rest and quietly organize themselves for renewed labor.

Friction and rust are both antagonists of iron, and both work for its destruction; but friction is an enemy to rust, while rust increases friction, and oil is the antidote of both, diminishing friction and preventing rust, which is a slow combustion produced by the union of the oxygen and moisture of the air with the particles of iron, forming a hydrate of the sesquioxide of iron. The oil, by forming a coating impenetrable by air and water, prevents their union and combustion, so prevents rust. Friction destroys by actually wearing out the particles of metal of which the machine is composed; and oil by separating the particles, and preventing their contact, thus lessens wear and tear.

If we consider the human body simply as a machine, liable to friction and rust, we place too low an estimate upon it, we omit certain very important factors, which cause it to be unlike any machine of human construction. It is made up of organized material, each atom of which is endowed with a vital principle, a power of reproducing itself. It lives, does its work and dies: but leaves in its place another atom or cell identical in construction and power with itself.

Exercise, activity, the working of the physical organism does destroy the atoms, the primary cells of which each tissue of the body is composed; but at the same time it acts directly in promoting their replacement by new cells, so that while it tears down it also tends to build up. But in order that repair shall equal waste the other factor of rest must be brought in, for it is during rest that the invisible life forces are most busily employed in rebuilding that which labor has torn down. Thus it will be at once evident that rest and rust are not synonymous. Rust increases friction and adds to the tendency to destruction, while rest diminishes friction and promotes construc-

tion. Even in the inanimate machine rust and rest are not synonymous, for during rest friction stops, and by intervals of inactivity the strength and durability of the machine is prolonged.

Rest in the human system is the opponent and at the same time the coadjutor of labor. We work that we may live, we rest that we may repair the waste caused by work, and also that we may again be able to work. Tending as work and rest do, to the same end though by different methods, neither should be ignored; but each should have full opportunity to bless the body in its own way. Work, by tearing down old structure and creating a necessity for new, which we recognize as hunger, and rest by giving opportunity for rebuilding, for using the new material supplied by food.

The poet says:

"Each day we live,
Each night we die."

It might be more truly expressed,

Each day we die,
Each night we live,

for during the active hours of labor and thought we destroy tissue of body and brain, and in our silent hours of sleep the unseen forces are most busy renewing us, carrying away that which is dead and worse than useless, and replacing it by new material, which shall enable us to continue laboring and thinking. It is not only the "raveled sleeve of care," but the raveled web of life that is knit up during rest and sleep, and how can we expect a perfect pattern if the dropped stitches made by labor far exceed those which are taken up by rest? It is true that destruction and renewal of atoms is taking place continually. We die each moment and are each moment renewed; but during labor waste exceeds repair, and the true balance is only maintained by adequate rest. Fatigue is caused by an accumulation of effete matter in the system, and it is the replacing of this worn out material by new, that gives us the feeling of refreshment after rest or sleep. Idleness tends to deterioration by permitting the primary cells to live too long, and thus creating no demand for the new material which infuses vigor and elasticity into the system. In truth we ought neither to wear out by overwork, nor rust out by constant idleness. But who are they who rust among our ambitious, energetic, over-nervous people? Those whose work is not of a useful kind are busy at something; too busy to allow themselves needed rest; too busy in fashionable dissipation; too busy in strife for wealth, or power, or office; too busy in striving to gratify unholy ambitions; too busy in endeavor to shine more gorgeously than their neighbors. It is friction that is destroying them. In unworthy pursuits they are using up the costly flesh and blood, and enervating the still more precious heart and soul, refusing to grant to themselves the recreative power of rest.

There is a divine power in restful solitude. In separating one's self from the world, its cares, its anxieties, its unrest, and in the quiet seclusion of peaceful thoughts permitting the great creative power to build up anew the physical and spiritual forces.

Rust! Why people rust faster in the whirl of business and of fashion than in restful quiet. They rust spiritually and wear out bodily. Under-use of heart and soul is the rust which co-operates with over-work of body in the destruction of both; and rest is the oil which overcomes the bodily friction and prevents the spiritual rust which all silently and secretly is destroying both. Recreation should be *re*-creation, and rest may be the surest road to grand achievements.

MARKING INK WITHOUT NITRATE OF SILVER.—One drachm of aniline black is rubbed up with 60 drops of strong hydrochloric acid and one and a half ounces of alcohol. The resulting liquid is then to be diluted with a hot solution of one and a half drachms of gum arabic in six ounces of water. This ink does not corrode steel pens; is affected neither by mineral acids nor by strong lye. If a solution of one and a half oz. of shellac in six of alcohol is used instead of gum water, a fine black is obtained for wood, brass or leather.

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

LIFE.

Is life one dreary round of care?
Do thorns lie thickest in the way,
And pains our sweetest joys impair
From night to night and day to day?
Do flattering hopes awake our trust
And beck'ning garlands win the eye
Only to trail anon in dust,
Unmindful of the tear or sigh?
Aye, more than this; misfortune's wrath
At times with lightning cleaves the sky,
Thus shedding woe along the path
Our inmost strongholds to defy.
But is this all? Beyond the wreck
Wait not the deeps of gold and pearl,
All heaven's dome with stars to deck
And fields of holiest calm unfurl?
Then what if hours are racked with pain,
And baffling waves against us roll?
If steadfast loyalty remain,
Triumphant song shall fill the soul.

J. P. T.

HEAVEN.

Beyond these chilly winds and gloomy skies,
Beyond death's cloudy portal,
There is a land where beauty never dies,
And love becomes immortal.

A land whose light is never dimmed by shade,
Whose fields are ever vernal;
Where nothing beautiful can ever fade,
But blooms for aye eternal.

We may not know how sweet its balmy air,
How bright and fair its flowers;
We may not hear the songs that echo there,
Through these enchanted bowers.

The city's shining towers we may not see,
With our dim earthly vision;
For death, the silent warder, keeps the key
That opes the gates Elysian.

But sometimes, when a-down the western sky
The fiery sunset lingers,
Its golden gates swing inward noiselessly
Unlocked by silent fingers.

And while they stand a moment half ajar,
Gleams from the inner glory
Stream brightly through the azure vault afar,
And half reveal the story.

Oh, land unknown! oh, land of love divine!
Father, all wise, eternal,
Guide, guide these wandering way-worn feet of mine
Into these pastures vernal.

Prayer is the soul's sincere desire,
Uttered or unexpressed,
The motion of a hidden fire
That trembles in the breast.

THE GOLD OF HOPE.

Bright shines the sun, but brighter after rain;
The clouds that darken make the sky more clear;
So rest is sweeter when it follows pain,
And the sad parting makes our friends more dear.

'Tis well it should be thus: our Father knows
The things that work together for our good;
We draw a sweetness from our bitter woes—
We would not have all sunshine if we could.

The days with all their beauty and their light,
Come from the dark and into dark return;
Day speaks of earth, but heaven shines through the night,
Where in the blue a thousand star fires burn.

We grieve and murmur, for we can but see
The single thread that flies in silence by;
When if we only saw the things to be,
Our lips would breathe a song and not a sigh.

Wait, then, my soul, and edge the darkening cloud
With the bright gold that Hope can always lend;
And if to-day thou art with sorrow bowed,
Wait till to-morrow and thy grief shall end.

And when we reach the limit of our days,
Beyond the reach of shadows and of night,
Then shall our every look and voice be praise
To him who shines, our everlasting light.

Henry Burton.

FACTS AND FANCIES.

FIRST VOICE.

How like an egg is life,
A fresh-laid egg;
Its lines so smooth and fair,
So full of richness rare,
With nutrient sweetness rife—
How like an egg!

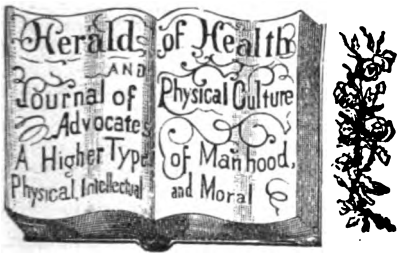
SECOND VOICE.

Yes, fair upon its face,
Like Easter egg;
Without, so gayly decked,
With countless colors flecked;
Within, an empty space—
A hollow egg!

GOOD ADVICE.

When the weather is wet
We must not fret;
When the weather is dry
We must not cry;
When the weather is cold
We must not scold;
When the weather is warm
We must not storm;
But be thankful together
Whatever the weather.

EDITORIAL DEPARTMENT.



NEW YORK, JULY, 1879.

WATER.

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

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

TOPICS OF THE MONTH.

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

PRACTICAL HYGIENE IN JAILS. — The following article is from Dr. John Brown Smith, a medical hygienist and vegetarian, well known to a large circle of readers.

To the Editor.—Your letter asking for an article on hygiene in jails found me undergoing the actual experience of moving in jail circles of society. As experience is worth more than theory, I will try and give you a pen picture of some of the peculiarities of jail methods of living by throwing on for coloring some of my conclusions and moral deductions. By way of introduction I will give a word concerning the dreadful crime for which I am deprived of my liberty. On the 8th of April I was incarcerated in Northampton Jail for refusing to pay a poll tax of $2 to the town of Belchertown, Mass., because of conscientious scruples. The Quakers refuse to fight, and I refuse to pay for fighting unless voluntaryism is substituted for compulsionism. I am imprisoned without limit as to time, and the law allows me neither hearing or trial. Now for my experience:

I have been a strict vegetarian and follower of Sylvester Graham for 21 years, except that I did eat a little meat and drink some tea and coffee for a small part of the time. I served in the army in the late civil war. My experience of three years in army life fully confirms the experience of the English army with unbolted wheat meal during William Pitt's administration. In my opinion two-thirds of the sickness in active campaign life could be avoided bv a proper change of the rations. But reform in this respect cannot be expected until both officers and men are educated in the common physiological laws of their organisms. An ignorant engineer can not successfully regulate a locomotive, and it is unreasonable to expect that ignorance can succeed in securing health for the delicate bodies of human beings. As soon as either soldiers or prisoners are ready to demand a reform in diet we may reasonably expect a change. Wrong is not usually righted until the victims rise and demand justice. I resolved to be heard on this subject while in jail; accordingly I wrote an article or two to the local press, in which I took the ground that it was wrong to imprison any human being and deprive him of the kind of food that he had been accustomed to, as such change might result in the loss of health, and consequently destroy his future usefulness. The same argument is applicable to the barbarous practice of putting prisoners in dark dungeons, solitary confinement, or in cells built without regard to sunlight, and feeding them on fine flour bread and water for periods extending to the law limit of ten

days. Intelligent physicians now know that even a dog will lose his life in time if fed on fine flour bread and water. The effect of such food is to induce constipation to such a degree that death will kindly step in and relieve either man or dog from his miserable existence—it only requires sufficient time to murder in this way.

The first thing to be done is for the prisoners to demand their rights; but in most prisons this is almost impossible, as all correspondence with the commissioners passes under the eye of the jailer, and hence complaints will usually go no further than the waste basket.

Major Longley, the jailer here, is a gentleman, with a high sense of justice, who can comprehend what is right between man and man. Kindness is the weapon he always employs to control his prisoners, and I can safely say that this jail is the best governed jail in this State. The Major commands the respect of his prisoners, and he is perfectly safe among them; which cannot be said of jailers who rule by brute force alone.

The Major on learning that I was a vegetarian, immediately ordered that my diet be changed to Graham bread and butter. I have also had oatmeal mush and milk occasionally. I use warm water with milk and sugar, instead of coffee. The rights of a vegetarian have been secured in this jail. Perhaps it is appropriate that this jail should be the first to recognize the rights of Grahamites, as Sylvester Graham was one of the noblest men who has ever lived in this town. Here he practiced medicine and wrote his celebrated "Science of Human Life," which alone will make Northampton noted in the history of humanitarian efforts for the elevation of the race. The Graham bread theory of unbolted wheat flour being more healthful than bolted flour, was written and printed in this town. The Major introduced me to Mr. Kneeland of this place, one of the compositors who set up the type for "The Science of Human Life." He related several things about the great depth of thought, energy, perseverance and devotion of Sylvester Graham. He stated that there was no person in this town who could hold an argument with him on the laws of human life. His body is buried in the cemetery in this place, almost within sight of the jail where I write. I would offer the suggestion that the admirers of this noble man prepare a suitable motto and have it carved on an appropriate monument and placed at his grave. I think costly monuments for ostentation are all wrong; but an appropriate motto calling attention to the special work of a humanitarian is something calculated to impress visitors with respect for the principles represented by his life.

We get plenty to eat as regards quantity. The bill of fare since I have been here has been as follows; For dinner Monday and Thursday corned beef and potatoes, with fine flour bread; Wednesday and Saturday corned beef soup with bread; Friday fish chowder with bread; and Sunday pork and beans with bread. For breakfast the bill of fare is bread and coffee with hash every day except Monday, when beans are used. For supper the bill of fare is bread and coffee, with butter added every second night. We have had no fruit or luxuries of any kind since I have been here. although I understand that apples, and vegetables in season, such as carrots, beets, parsnips, turnips, cabbage, etc., are furnished the prisoners. The great need of prisoners who have little outdoor air or exercise, is to have more fruit.

The underclothing of prisoners is washed every week, and the sheets on the beds are changed once a week; and the jail is kept very clean and neat. The prisoners have an opportunity to bathe once a week.

The jail is a fine church-like appearing building on the exterior; but as far as regards location and mechanical construction it is a costly monument in memory of the ignorance and folly of its architects. It is located on a flat on or near what is made land by filling in a swamp; and as a consequence the cellar is damp and undrained. This is especially true of the cellar below the

workshop, as I have seen several inches of water standing on its floor on several occasions since I have been here; and there is no chance to drain it without considerable outlay to the county. One of the defects in the architecture of the jail is the lack of sunlight for the prisoners. The cells are arranged so that a wide corridor passes between them and the outer windows and walls. We get no direct sunlight into any of our cells. The walls, roofs and floors of the cells are of brick, which makes them feel like cellars even in the warm weather. This jail needs to be remodeled by putting in large skylight windows to let the health-giving rays of the sun shine directly on the cells for hours each day. If this improvement is not added there ought to be a secure yard built in which all the prisoners could have an opportunity to get pure air and invigorating sunlight several hours a day. A solarium, or sun bath, on the roof of the jail is needed as a means of healthy development of brain and body.

You can never reform men by destroying their health or happiness. It is true that the kind heart of the jailer gives some of the prisoners an opportunity to get air and sunlight once or twice a week, but it gives extra labor to the turnkey to watch them, because of the lack of a secure guard. I am permitted to go out in the yard without a guard several hours a day; but my case is an exception, as I am not held for a crime.

Prisoners awaiting trial are not obliged to work unless they choose; but all persons under sentence are obliged to work in the shop ten hours a day, except that they get out one hour earlier on Saturday. There are from ten to fifty prisoners here, and their labor is sold to contractors for something over $900 a year. JOHN BROWN SMITH, M. D.

THE LAST OF THE HOHENZOLLERNS.

"This will be the last of our fine Hohenzollern race," were the words of Bismark when he heard of the proposed marriage of the Crown Prince of Russia to the daughter of Queen Victoria. The practice of intermarriage among royal families, which has been going on in Europe for centuries, and which has resulted in a close relationship among the great body of the royality of Europe, has, as is well known, had a most deteriorating effect upon both the physical health and mental capacity of the reigning families. Throughout the whole Christian era one royal family after another has arisen, founded by some military hero or statesman, and has maintained its physical and moral stamina for a few generations, and then under the combined influence of princely dissipation and the physical weakness that results from the intermarriage of relatives, has become so effeminate as to lose its power and pass away, giving place to some younger and more vigorous family.

The statesmen who have determined the marriage alliances of such families have seldom had the practical wisdom to apply the principles of natural science in the choice of suitable companions for the royal youths whom they serve. It would appear, however, from the remark of Bismark which we have quoted, that he realizes the importance of preserving by wise marriages the physical and mental stamina of the grand Hohenzollern race which now rules the German Empire; nearly all the members of which are still noted for their physical and mental strength and vigor. But the warning which he uttered was unheeded, and the young family which resulted from the marriage that he opposed, is, though intellectually bright, so weak physically, that there is scarce a prospect of its ever giving to the German throne a ruler fit to succeed the glorious old Emperor William, or his gallant son, the present Crown Prince.

The art of human culture, or "stirpiculture," as it is now called, is of all sciences the most important to human welfare and progress; and when from the throne to the cabin of the peasant its teachings are observed in determining marriage relations, and above all, in prohibiting unfit marriages, the world will have entered upon an era of progress such as can never be secured

by the devices of statesmen or the labors of philanthropists.

DEATH OF WILLIAM LLOYD GARRISON.—The death of Mr. Garrison removes from the world a most remarkable man. We have not space in THE HERALD to give an account of his political career, which is well known to most of our readers, and dwelt on by the press in all its fullness; but we will simply say not only his career, but his character was a very remarkable one. and as a man he towered far above his fellows. His kindness, his gentleness, and his conscientiousness were remarkable in their development. He spoke and worked from conviction of duty, and he elevated the moral character of the people much above its former level. He did not fritter away his talents on small issues, but applied them effectively to gigantic ones. His habits were simple; he was a teetotaler, almost a vegetarian, and found perfect satisfaction in cold water as a drink. He told the writer that during the 30 years of his antislavery labors, when the pressure on his brain was so constant and severe that he no doubt erred most in leading a too sedentary life, and that though he lived to be past three score and ten, he might have had greater vigor by having had more physical exercise. But though most famous as a reformer, his private life was most beautiful. Mr. Johnson, his personal and intimate friend for 50 years, says:

"A man of more spotless moral excellence in every relation of life I have never known. As a husband, father and friend he was indeed a model, and his home was ever the abode of love and peace. His wife, the youngest daughter of the late Mr. George Benson, of Brooklyn, Conn., was a noble woman and a true helpmate. Mr. Garrison's devotion, as a husband and father, was one of his most beautiful characteristics. He never made his public relations an excuse for neglecting his family. Did one of his children cry in the night, it was in his arms that it was carressed and comforted. In every possible way, in the care of the children and in all household matters he sought to lighten the cares of his wife, taki upon himself burdens which most h bands and fathers shun. In short, made his house a heaven into which was a delight to enter. He was ne so happy as when surrounded by wife and children and a few favo guests. Under such circumstances was at his best, happy as a bird. nial, witty, and full of a generous h pitality. His reverence for woman strong, and no one ever heard from lips a word or a sentiment that co bring a blush to her cheek. He ha tender regard for the feelings of oth and was always thoughtful for t comfort and convenience. He was k even to the bores that haunted office and house, consuming his pr ous time by their idle discourse. the poor and the unfortunate his h and his purse were ever open. A guest in other houses he was a g favorite. Children were drawn to by an irresistable attraction. His c versation though generally serious, en sparkled with wit and fun. In h many families will his name be spo to-day with a tender, tearful re ence, while the memory of his grac presence as a guest will be fondly c ished and proudly transmitted to t descendants."

In conclusion we may add, his was that of a moral hero, and far m to be admired than the lives of A ander or Napoleon.

A CHARMING OLD AGE.—One o most beautiful things ever uttered an old man is the following, which poet Longfellow recently wrote friend:

"To those who ask how I can so many things that sound as if I as happy as a boy, please say there is in this neighborhood, or n boring town, a pear tree plante Governor Endicott 200 years ago that still bears fruit not to be di guished from that of the young tr flavor. I suppose the tree makes wood every year, so that some pa it is always young. Perhaps that way with some men when they old; I hope it is so with me."

He who would thus be young when he is old must commence that beautiful process of "making new wood every year," when he is still young. All the sweet virtues of life, all that is gentle and loving and true, contributes to that frame of mind in which the mellow processes of youth are preserved, in which every faculty is kept elastic, every emotion tender and impressible. Blessed are those who are not hardened in the struggle for existence, but that they still retain the sweet affections of childhood, and who through the life renewing power of these emotions continue the inward growth that assures to them when outwardly whitened and wrinkled all the mental charm and vitality that is expressed in the phrase, "a green old age;" an age that to the last moment of life continues to make "new wood" within the dry and shriveled bark. Let us commence now, in youth, that culture of the finer elements of our nature that shall be to us a life assurance of a beautiful income in old age.

HYGIENIC RURAL RESORT AND COLONY.—On one of our advertising pages will be found an invitation addressed especially to health reformers to participate in founding, or rather extending, a rural health resort and colony, situated in central New Jersey, about an hour's ride from this city. This is an experiment which meets a long felt want, and is headed by a business man of the city, who has become persuaded that the ideal normal life of man, to be healthy and rounded, must be found not in the city, but in the country near it; and who realizes the very unequal struggle maintained by hygienists and their families, who undertake to maintain simplicity of tastes while living surrounded by prevailing exhaustive fashions. He, with one or two others, has conceived the idea of a group or settlement, in a specially selected location of persons who are like-minded in their devotion to health and rational comfort, for the sake of the mutual support and help in that direction that neighborship gives. There is to be complete severalty of property, business and homes; and such co-operation in marketing, education and amusements as may outgrow spontaneously. The ruling idea of course is sanitary; no religious qualification is set up.

It is understood that the advertiser has no property of his own to sell, but will show the more desirable adjacent places with a view of getting them into the hands of those able to appreciate their advantages. Should a sufficient number be drawn together, a hotel, or boarding-house, will naturally be indispensable as a nucleus for visitors, and also as a convenient summer resort for transient reformers.

STUDIES IN HYGIENE FOR WOMEN.

A CHEAP BREAKFAST.—A lady correspondent asks us for a bill of fare for a cheap, wholesome breakfast for a family of six persons. To which we reply that a breakfast costing not more than four or five cents for each individual might be provided as follows: Two pounds of the very best cracked wheat made into a wholesome mush, contains about as much nutriment as six pounds of meat, and costs not over six cents. To this may be added apples, either baked, stewed or raw, sugar and milk, brown bread, or gems. This might not suit every one; but it can be varied with oatmeal, barley, and other farinaceous foods.

OATMEAL PUDDING.—W. G. Ward gives the following method of preparing oatmeal pudding which differs somewhat from that in genral use, and we give it here for the benefit of our readers: Take one pound best oatmeal, one quart new milk warmed. Stir the oatmeal into the milk, and let it stand over night. Then butter a basin, put in the oatmeal and milk, stir in a spoonful of baking powder, and aft-

erward tie over the basin a well floured cloth and boil for two hours. If eaten as pudding proper serve it up with custard sauce, currant jelly or treacle. If it is to be eaten in place of meat—for good meat it is—use tomato sauce. With a sufficiency of tomato sauce it will make a nice meal for three or four adults and several children, and gives you a most wholesome and nutritious dish at a very small cost. A very good variety is to use it half oatmeal and half wheatmeal. This makes a dish fit for a king.

TO COOK CABBAGE AND CAULIFLOWER.—Put the cabbage into fast boiling water, with a pinch each of salt and soda, and boil till done; then drain it thoroughly without the least pressure, and send it to the table with a glass of mint sauce, made of dried and finely powdered mint, to which brown sugar has been added. The mint is also very nice with green peas and potatoes. Cauliflower should be plainly boiled and then covered with white sauce, and slightly soaked toast underneath, and a little grated cheese on top.

DIETETIC MEDICINE. — A subscriber sends us the following, which he says has restored many to health who had despaired of medical treatment, and cases of debility and blood-poisoning; Put the white part of a raw, freshly laid egg into a tumbler, add a wineglass of pure, soft, cold water, which has been boiled. Drink this ten minutes before each meal.

MATERIAL FOR BREAKFAST.—Mary Hodgson sent the following to the Dietetic Reformer for those who find difficulty in setting a breakfast table sufficiently varied for large companies.

1. Oatmeal, rice, or wheatmeal porridge in saucers, or kept hot in tureens to be served as wanted. To be eaten with milk, cream, sirup or sugar.

2. Eggs boiled or poached, on buttered toast, scrambled, or the yolks done in pots with stewed rice, salt and pepper; the whites kept for salads.

3. Beet root boiled tender and served in long, thin oval slices, cut lengthwise; or cold, with mustard or salad sauce.

4. Vegetable marrow cut into steal peppered, salted, and slightly fri These are good cold. Vegetable o ters served in the same way are equa good. Mushrooms stewed or made i patties or pies.

5. Bread steaks; slices of bro bread steeped in a little cream or mi on both sides till all is absorbed, wit out breaking. Dip into a beaten eg and cook by a gentle fire.

6. Potatoes, either baked or boile If mashed they should be beaten wi a large fork until they are quite whi and light, never with a potato mashe it makes them sodden and heav Beaten with an egg and cooked as a omelet, without seasoning, potato make a very nice breakfast dish.

7. Omelets of many kinds may b used.

8. Pies like veal pies, only the co tents are vegetable. Tapioca sliced, o sliced boiled eggs seasoned to the tast To be eaten cold.

9. Peas, beans, or lentils, in pots o glasses garnished with cut frills an parsley. Rice or sago in omelets Fresh or stewed fruit, or marmalade.

10. Dry buttered toast, brown brea and white bread — all home made Bread, if too old and stale may b freshened by putting it into a potat steamer and steaming it ten minutes or a little longer if a large loaf.

11. Oatmeal cake, watercresses, rad ishes for relish. Beverages — cocoa milk, or water.

These are furnished by an Englis lady, and might vary somewhat fro those furnished by our own country women. We should be glad to hav our lady subscribers send us simpl hints according to their experience.

SCHOOL-ROOM HEADACHES.—So man teachers and pupils in public schoo complain of headache that it is though by some to be a peculiar disease, b longing especially to the schoolhous There is no mystery about this com plaint; the only wonder is that mo persons do not have it. The presen system of heating and ventilatin school-rooms is abominable. Many o our school-rooms are only boxes, a most air-tight, into which the heat i

riven from the furnace or stove. In a ttle while the atmosphere becomes so ontaminated by the emanations from he children's bodies that it is danger- us to the health, and teachers and hildren who enter the room in the orning full of energy and strength, o out in the afternoon listless, and oft- n with aching heads and deranged tomachs. Occasionally a window is hrown up, and the children in the vi- inity of it are chilled, and perhaps ake their death of cold. If a member f the Board of Education could be hained in some of our school-rooms nd be compelled to breathe the bad ir day after day, he might learn some- hing of his duties. Every large school- ouse ought to have a well educated ygienist to superintend the heating nd ventilation, instead of a janitor ho generally knows nothing about is business.

EFFERVESCING GRUEL.—A subscrib- r asks us if there is any way to make n effervescing gruel, to which we re- ply, there is. Take a tablespoonful of ny of those preparations of gruel made by Mr. Zimmermann, of Pitts- burg, Pa., to half a pint of water to make a thin, smooth gruel by stirring it ver the fire for 20 minutes. Now fine- y pulverize a teaspoonful of the car- bonate of soda and a tablespoonful of ifted sugar and mix with it. Squeeze he juice of a lemon into a wineglass, nd when the patient is ready for it, our the lemon juice onto it, and stir it horoughly. It should be taken as hot s can be borne. It is better to cook he gruel a few hours before it is want- d. The effervescence lasts but a few econds, hence the gruel must be taken mediately after the lemon juice has en added. We speak specially of r. Zimmermann's preparations be- ause they are so very nice; but if ese are not to be had, the gruel ay be made of any proper material.

CLEANLINESS FOR CHILDREN.—Mrs. ncaster, in her talks about health, s something to say on the value of anliness which is good enough to ote in this place, although it relates pigs instead of children. She says: I once knew a farmer who had 12 lit- tle pigs, and he thought he would try whether it would answer to keep pigs very clean, and to wash their skins. So he took six little pigs and let them do as they liked, and be as dirty as they pleased, and treated them as all little pigs are treated. But the other six pigs he washed with soap and water every day. The neighbors laughed at him for taking so much trouble; but in the end he laughed at them; for the six clean pigs ate less than the six dirty pigs, and they grew bigger and fatter because their skins were kept healthy by washing, and this helped to keep their stomachs healthy and strong; they digested their food better and required less of it. The farmer found that the six clean pigs made better pork than the six dirty pigs." The same principles of cleanliness apply to children.

CURRENT LITERATURE.

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THE COMING MAN. By Charles Reade. New York: Harper Brothers. Price 20 cents.

This is a very small book, but it contains more valuable thought than is often stored in a volume of far greater size. It consists of a series of seven letters contributed originally to Harper's Weekly, all of which can be read here. The leading thought of the book is that the coming man will be ambidextrous, or, in plain English, both-handed. Right or left-handed men the author designates as lop-sided. Mr. Reade is enthusiastic with his idea, and believes the power of the individual would be greatly increased if children from the very beginning of their lives were trained to use both hands alike. His methods of doing this are simple and easily applied. He would have babies handled a great deal less than they are. He would allow perfect freedom of motion with both arms and legs, and prohibit much nursing and hugging and coddling; would insist that the nurse should carry them on one arm as much as on the other; would teach them while quite young to throw with both hands alternately, and also to throw with both hands at the same time. Throwing with either hand he regards as of much importance. He would teach them while reading writing and sewing to hold the book, paper or sewing material exactly opposite the nose, so as to be looked at equally with both eyes. He would teach girls to thread the needle sometimes with one hand and sometimes with the other, and to use the needle and scissors with either hand. To throw and catch balls and play at battledore in the same way. He would insist that in playing the piano the pupil should play as well with the left hand as with the right; and he would teach them to write with both hands.

He would teach swimming because it trains

both sides of the body alike, and rowing for the same reason. He would train the young to pick up things from the floor sometimes with one hand and sometimes with the other. He would teach boys to use hammer, hatchet, guage, saw and foil with either hand, and to use the gun with either shoulder, in spite of government orders. Should any inequality happen in the legs, he would have them practice digging, hopping, and kicking the football with the inferior limb.

The book is full of valuable suggestions, and might be read with profit by all parents and educators.

MARRIAGE — WITH PRELUDES ON CURRENT EVENTS. By Joseph Cook. Boston: Houghton, Osgood & Co. Price $1.50.

The subjects treated in this volume on marriage are: 1. Infidel attack on the Family. 2. A supreme Affection between Two. 3. The Leper's Theory and Practice. 4. A Marriage without Love. 5. Obstacles to Marriage. 6. Love without Marriage. 7. Elective Affinities. 8. Goethe and Shakespeare on Marriage. 9. Inherited Educational Forces. 10. Hereditary taints in the Blood.

This book is more suited to the capacity of Dr. Cook than the one on heredity, and consequently more readable. The subject of marriage is not discussed at all from the standpoint of physiology and hygiene, but mainly from the standpoint of sentiment. No doubt it will be suggestive and valuable to many readers.

LIFE OF BEN. F. BUTLER. By T. A. BLAND. Boston: Lee & Shepard.

We have here a book by Dr. Bland, which is full of interest, because it gives an account of the life and character of a very remarkable man. Dr. Bland makes us admire General Butler more than we had been able to do before. He gives us his strong points of character, and goes on to show that he is, in spite of some eccentricities, a lover of his race and a man of unbounded patriotism. General Butler seems to be, according to his biographer, a man of achievements, and one who knows how to bring his wishes to pass. Of a youthful, well-trained frame, he has courage and boldness enough to speak the truth. The book is handsomely bound in cloth and is sold for $1.

THE FUTURE OF SANITARY SCIENCE. By B. W. Richardson, M. D. London: Macmillan & Co.

Dr. Richardson is one of the great prophets of sanitary science. He is a member of the Royal Academy, and has great faith in the future of what we might aptly designate the Health Reform Movement. He has given us a little work full of interest. He believes that sanitary science will exert in future a momentous influence in favor of human health. It promises a new era; and indeed this era is already at hand. It will change the face of the practice of medicine, and remove from it that reproach which has existed from ancient days. According to Dr. Richardson, all the *pathies* in medicine must melt before the approach of sanitary science. Indeed he says that the *pathies* now are all dead as door nails, and only wait to be decently interred. In time the word cure will go the same way. He thinks there ought to be no such word as cure. A man is born to live during a given cycle unless he be stricken from without. If he be stricken, and the natural functions are not so much disturbed but that they can swing back again, he may recover. If he be stricken beyond this, he will die. Nature will pursue her course in either event. She will make no special effort to kill, and surely she will put forth no special hand to save. A man may intervene, and may by knowledge put the stricken body into such a condition that it may swing back into the natural course, whereby he will have put it in the condition in which it will not die. This is the very highest development of medical art resting on science; but it is not cure in any common meaning of the term.

With the progress of sanitary science we see preventive medicine taking the ascendancy. Cure will cease, prevention grow. Humanly made epidemics, like the great plague of London, which was planted and reared in the rush-covered floors of domiciles saturated with the refuse of years; or like the modern typhoid which is the effect of streams of drinking water uncleansed from human excreta, will be prevented by simple mechanical skill. Disease imposed by the indulgence in harmful pleasures and appetites, or by physical overwork or shock, will be removed by the effect of moral influences and knowledge of causes, and gradually even the evils of the lightning stroke and the tornado, which come without human fault, will be placed under the same protecting influence, which will greatly reduce their evil effects on human life.

It is a book which will well pay careful perusal by every thoughtful person. Price 30 cents.

HEREDITY — WITH PRELUDES ON CURRENT EVENTS. By Joseph Cook. Boston: Houghton, Osgood & Co. Price $1.50.

This book contains 10 of Dr. Cook's famous Boston Monday lectures. Each lecture is prefaced by a short discussion on some current topic of the day. For instance, the first lecture is entitled "Hereditary Descent in Ancient Greece;" but the prelude to this lecture is something entirely foreign to the subject, and is entitled "Schools of the American Indian." The subjects of the lectures are all happily chosen, and so are the preludes. Dr. Cook's method of treating the subjects is popular and slightly sensational, with a tinge here and there of science, but not enough to be recognized by any devoted student of science. Rhetoric abounds, and the lectures as delivered must have been very taking with the audience, but in reading them one rather tires of their superficiality. Dr. Cook does not seem to be enough of a scientist to handle his subjects in a masterly manner. He deals much with the sayings of others, and of course often quotes valuable things. Any person interested in the subjects discussed will enjoy reading the book, provided he is not too critical and does not detect the flimsy rhetoric.

HEALTH FOODS.

In giving place to further extracts from letters concerning the preparations of the Health Food Co., we desire to ask the renewed attention of our readers to the letter of "A New York Merchant," published in our editorial columns last month. This writer has made the Health Foods his chief articles of diet for many months, and has derived great benefit from their use. Several of the preparations of this Company were warmly commended in that communication. Great prominence is given to the gluten, a kind of flour made from wheat, but with the starch excluded. This is undoubtedly a very valuable form of vegetable nitrogen, the equivalent of lean meat, chemically, but far safer than meat, because free from disease germs, and not liable to putrefactive fermentation. It is cooked in many ways, and those who use it become greatly attached to its sweet, grainy flavor. Our able contributor speaks also of the "Pearled Oats," "Pearled Wheat," etc., descriptions of all of which may be obtained without cost by sending a postal card with your address to the Health Food Co., 74 Fourth avenue, New York city.

Here are a few more extracts from letters received:

The White Wheat Gluten of the Health Food Co., 74 Fourth avenue, New York, is the prince of foods. It is very appropriate for the sick — those suffering from an inflammatory tendency. It is also the best food for fat people, for the diabetic and the constipated, as well as for the active brain-worker, who needs the building-up substances contained in this food.—DR. J. H. HANAFORD, Reading, Mass.

Many ask us each month to whom shall we apply for advice and instruction in matters of diet in sickness and in health? Our answer is, as it has been for years, to the Health Food Co., of 74 Fourth avenue, N. Y. It costs nothing to consult them, and their very readable little books are mailed to all who ask for them. If their advice were followed the doctor would not often be needed, and if summoned his remedies would be a thousand times more effective than now.—*Hall's Journal of Health.*

After a very thorough trial of the Cold Blast Whole Wheat Flour of the Health Food Company, 74 Fourth avenue, New York, I am prepared to say that I think it possesses all the merits claimed for it. If the printed directions are followed intelligently, any plain cook can use it successfully. — J. K. BARNES, Surgeon General, U. S. Army.

Aside from the greater healthfulness of having all parts of the wheat in my daily bread, I should prefer the Cold Blast Whole Wheat Flour of the Health Food Co., 74 Fourth avenue, N. Y., for its flavor, over the highest grade of bolted flour. Certainly for all the ordinary uses in the family it is without a rival in anything heretofore produced from wheat.—A. H. TOMPKINS, M. D., Jamaica Plain, Boston, Mass.

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I can unqualifiedly recommend the Cold Blast Whole Wheat Flour of the Health Food Company, 74 Fourth avenue, N. Y., as an article of consumption in place of flour everywhere. Such food means *perfect food, hale and healthy food*, conferring sound tissues on the body that will resist the wear and tear of life, and not succumb, as is too often the case at present.—E. CUTLER, M. D., Cambridge, Mass.

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THE
HERALD OF HEALTH.

AUGUST, 1879.

PHYSIOLOGICAL AND SANITARY MARRIAGE AND PARENTAGE. (8.)

BY THE EDITOR.

IN the year 1758 there was born at Wormly Grange, England, a man named Thomas Andrew Knight, whose life was devoted to the study of vegetable and animal physiology, and to horticulture. So little was known on these subjects before his time that he may almost be considered as the founder of these sciences. He contributed many papers to the Transactions of the Royal Society, and anticipated several of the doctrines since taught by Darwin. He studied carefully the propagation of fruit trees, and his discoveries in relation to the improvement of fruits put in practice by himself and others, have given us greatly improved apples and pears. Mr. Knight also stood at the head of that list of scientific breeders of domestic animals which in the 18th and beginning of the 19th century did so much to improve the breeds, and gave to the world those magnificent varieties of cattle and sheep which are to-day famous all over the world. Mr. Knight died in 1836; but his works are to-day standard, and much read and quoted by all naturalists. Mr. Allibone says of him that no man contributed so much as he to improve our domestic animals and plants. In reading Mr. Knight's letters we are struck by two paragraphs which, it seems to us, have an important bearing on the subject of physiological marriage. One of these paragraphs relates to himself, and is as follows:

"If I were to be born again I should like to descend, as I do on my mother's side, from a healthy race, whose station in society had been through many generations a little above that of peasants, and from a father whose mind, as those of his ancestry, had been much exercised in arguments of various kinds." The other quotation relates to an important principle. In it Mr. Knight says that "The most powerful human minds will be found to originate from parents of different hereditary constitution. I have witnessed," he says, "the bad effect of marriage between two persons very similar to each other in character and color, and springing from ancestry of similar character."

There is a vague belief common among the more intelligent of men that persons of a great similarity of temperament and character should not marry; but so little is it a conviction among all, that we see this error which Mr. Knight condemns repeated in a very large number of the marriages which take place in every community. According to Mr. Knight two persons who are formed alike, who look alike, who act alike, who have the same complexion, the same colored hair and eyes, the same form, the same general characteristics, are not physiologically adapted to each other, and their offspring will suffer for it.

Farther, it is a law pretty well understood in inheritance in animals and men that the offspring take the external form and frame, force of char-

acter and intellect from the father more than from the mother; and the vital organs, the lungs and stomach, together with the moral nature, more from the mother than from the father. So for the most physiological marriage we must insist that the father have a good frame, well developed muscles, a strong heart, energy, ambition, and thoughtfulness; and the mother good digestion, pure, rich blood, good sense, strong love for home and children, and a highly moral nature; and if there is any defect on the part of either, it should be in some part of the organism which the party having the defect does not contribute in so high a degree. To illustrate: The blood is a fluid which it is highly important should exist in a pure, rich state in every person, if that person wishes to possess good health and enjoy life. Now if the mother has good digestion and good blood, the child will be more likely to be similarly conditioned than if the mother has poor, thin blood. Either parent, however, may contribute and modify any part of the body, if the other is defective in that part; so that if the father is defective in form and muscular development, the mother may mold these organs; but this is not so natural or desirable.

In order, therefore, that each parent shall contribute most naturally, there must be a proper adaptation as regards age; and in this respect the wife should be the younger. The difference should not be less than one year nor more than seven or eight; probably from three to six years' difference in age would be best. The most healthy and intellectual children are born of mothers between 25 and 35 years, and of fathers between 30 and 40 years of age. If the father is very old and the mother young he does not contribute to the molding of the frame of the child and giving it energy and character; but the mother does this, and rarely would a child born of such a union be well developed physically, or possess a harmonious intellectual nature.

The average stature of man is about three inches greater than that of woman, and in the physiological marriage any great deviation from this should be avoided. A very tall man should not marry a very short woman, a very large man should not marry a very slight woman. It is true that tall men are sometimes attached to short women, and slim men to stout women; and perhaps Nature indicates in such cases the best way to restore the harmony, but still such unions are not strictly physiological. The man should have broader shoulders than the woman, and the woman should possess more expanded hips than the man. The latter is of great importance for the welfare of the children.

Although women as a rule do not contribute so much of the muscular system as men to their offspring, yet from this it must not be inferred that the mother can to advantage lead a sedentary life without injury to her offspring; and here is one of the dangers which men run in seeking for wives the daughters of the wealthy, providing their daughters are educated in the accomplishments and excused from all labor.

The strongest children are born of mothers who can and do work with their hands. Too much labor or drudgery, however, is not beneficial; but even this is better than idleness. Walker says in his work on intermarriage, that any excessive employment of the muscular or intellectual organs of woman so much unfits her for the highest motherhood. And he might have added that laziness and effeminacy unfit both sexes in a very high degree for parentage.

The age at which a physiological marriage should be consummated is after maturity of the physical powers is attained. If before this the children will not be as highly organized as they might be. Very young marriages are decidedly unphysiological.

There are many families which are not prolific, and have few children and those with difficulty. In such cases there is danger, instead of rearing healthy children, of extinction. Galton mentions this in relation to marrying heiresses. An heiress in England would be an only daughter. He says

that "intermarriage with an heiress is a notable agent in the extinction of families." Where there is only one child the thought of Galton is that the family is not prolific and may die out; but this is not always the case, for the parents may have died young, or other children may have been born. Darwin mentions the case of a healthy man with white hair, who married a woman with very dark hair, and nine children were born blind. He seems to think that such unions are undesirable.

At the present time we can have little idea of how the human race might be improved by attention to the laws of suitable selection in intermariage. In the rearing of domestic animals there is never any difficulty in producing any change of form or color which fashion demands. The following extract from Mr. Darwin will serve to show what may be accomplished in this direction:

"Few persons, except breeders, are aware of the systematic care taken in selecting animals, and of the necessity of having a clear and almost prophetic vision into futurity. Lord Spencer's skill and judgment were well known, and he writes: 'It is therefore very desirable, before any man commences to breed either cattle or sheep, that he should make up his mind to the shape and qualities he wishes to obtain, and steadily pursue this object.' Lord Somerville, in speaking of the marvelous improvement of the New Leicester sheep, effected by Bakewell and his successors, says: 'It would seem as if they had at first drawn a perfect form, and then given it life.' Youatt urges the necessity of annually drafting each flock, as many animals will certainly degenerate from the standard of excellence which the breeder has established in his own mind. Even with a bird of so little importance as the canary, long ago (1780-1790) rules were established, and a standard of perfection was fixed, according to which the London fanciers tried to breed the several sub-varieties. A great winner of prizes at the pigeon-shows, in describing the Short-faced Almond Tumbler, says: 'There are many first rate fanciers who are particularly partial to what is called the goldfinch beak, which is very beautiful; others say, take a full-sized round cherry, then take a barley-corn, and judiciously placing and thrusting it into the cherry, form as it were your beak; and that is not all, for it will form a good head and beak, provided, as I said before, it is judiciously done; others take an oat; but as I think the goldfinch beak the handsomest, I would advise the inexperienced fancier to get the head of a goldfinch and keep it by him for his observation.' Wonderfully different as is the beak of the rock-pigeon and goldfinch, undoubtedly, as far as external shape and proportions are concerned, the end has been nearly gained.

"Not only should our animals be examined with the greatest care whilst alive, but as Anderson remarks, their carcases should be scrutinized, 'so as to breed from the descendants of such only as, in the language of the butcher, cut up well.' The grain of the meat in cattle, and its being well marbled with fat, and the greater or less accumulation of fat in the abdomen of our sheep, have been attended to with success. So with poultry, a writer speaking of Cochin-China fowls, which are said to differ much in the quality of their flesh, says: 'The best mode is to purchase two young brother cocks, kill, dress, and serve up one; if he be indifferent, similarly dispose of the other, and try again; if, however, he be fine and well flavored, his brother will not be amiss for breeding purposes for the table.'"

"Again, hear what an excellent judge of pigs says: 'The legs should be no longer than just to prevent the animal's belly from trailing on the ground. The leg is the least profitable portion of the hog, and we therefore require no more of it than is absolutely necessary for the support of the rest.' Let any one compare the wild boar with any improved breed, and he will see how effectually the legs have been shortened. What methodical selection has effected for our animals is sufficiently proved by the variety displayed at our annual exhibitions."

DIPHTHERIA; WHAT IT IS AND HOW TO CURE IT.

BY M. CORA BLAND, M. D.

THE sympoms or signs of the disease are usually loss of appetite, lassitude, feverish condition, accompanied by chilliness and pain in the head, followed by an inflamed condition and, finally, ulceration of the throat. In some cases the constitutional symptoms are so mild that the sore throat is the first, but the patient understands that he is sick. The throat becomes red and swollen, and as the disease progresses a sort of false membrane forms in patches, which finally become ulcerous sores. Diphtheria is both a contagious and an epidemic disease. That is, is readily communicated from one person to another, which is called contagion. And it rages in particular localities at certain irregular seasons or times, owing to the peculiar conditions of the atmosphere.

It is always produced by living germs, which when once in the system increase rapidly by propagation and feed on the vital elements of the blood, first inflaming it and finally making a combined and vigorous attack upon the mucous surface and glands of the throat. It is of the greatest importance that the people as well as the physician should understand this disease, and it is especially important that the people understand it, for the reason that the majority of physicians do not. It is a most insidious, dangerous, and, if not properly treated, a most fatal disease. Yet physicians who understand it seldom lose a case. And if the women of the country were intelligent upon the subject of its character and symptoms, and familiar with the use of such simple remedies as are within the reach of all, it would be entirely shorn of its terrors, for then if by accident one person in a family or neighborhood should be attacked by it they could be readily cured not only, but it could be prevented from attacking others. I have said it is a septic disease. Therefore the secret of its prevention lies almost wholly in the use of antiseptics. Pure air is the great universal antiseptic. What I mean by pure air is air containing its natural proportions of nitrogen, oxygen and ozone. Such an atmosphere is fatal to all forms of disease-producing germs. They cannot live in it. But as we are not yet able to control the elements we cannot always have perfectly pure air. We have, however, learned how to purify it on a limited scale, and I have scarce a doubt but science will yet teach us how to do so on a general or universal scale.

When a case of diphtheria occurs in a family we should know that the patient caught it from some other person afflicted with it, either directly or indirectly, for it cannot arise spontaneously. The germs of the disease may be communicated to a person through the medium of inanimate objects. A physician of large experience affirms that diphtheria was introduced into a family of his acquaintance by means of a hobby horse which had months before been used by children having diphtheria. Another quite as eminent traced the source of the infection to a room in which the patient slept one night five months after it had been occupied by a diphtheretic patient. These germs may be carried in the clothing from one person to another. In this way physicians unconsciously or carelessly spread this and other diseases throughout whole neighborhoods. A physician and surgeon of this city reports a case illustrating this, which occurred in his own experience. He was called upon to remove a simple tumor from the cheek of a lady otherwise in good health. He came direct from a hospital where he had prescribed for a case of erysipelas. The removal of the tumor was a trifling matter, and no danger from it was apprehended; but a few days afterward erysipelas made its appearance, and the woman died.

Another prominent physician of the city, speaking of the contagious nature of this disease, said: "I was recently called to a case of diphtheria in which ulceration of the throat had already occurred. I was hurried, and neglected

to disinfect my clothing, and ten days afterward my little girl was attacked with the disease. I had, without doubt," he added, "brought the germs of diphtheria home in my clothes, and my child being in a susceptible condition became the victim of my carelessness." Fortunately this doctor knew how to cure his child, and also how to disinfect his house and his person, hence no other members of his family suffered from the disease.

This physician has treated over 300 cases of diphtheria within a year, and has not lost a single case. Nor is the disease necessarily fatal if taken in time and properly treated, save in rare instances, where vitality is exceedingly low.

Until within a few years small-pox was a most fatal disease, spreading through whole communities and killing people by hundreds. Now it rarely proves fatal, and never becomes epidemic, except where the people and the physicians are alike ignorant of sanitary science.

It is not vaccination that has subdued this terrible pestilence, but disinfectants—carbolic acid, correct habits of diet and fresh air, sanitary science and common sense. A year and a half ago we were called to see a case of diphtheria by a physician of 40 years' experience, who had lost two other cases in the same family within as many weeks. He said to us, like an honest man: "I do not know how to cure this new disease, and I am ready to adopt any treatment that you may recommend." We replied, "This house has the diphtheria, and the first thing to do is to cure it." He expressed astonishment, and asked for an explanation. "Why," said I, "the atmosphere of the house, the walls, the carpets, the beds, and the clothing of its occupants are full of diphtheretic disease germs, which must be destroyed or this child will die, and other members of the family follow it; and from here the disease will spread to the neighboring houses, carried in the clothes of visitors." In the language of an ancient poet and philosopher, I said: "Bring me sulphur that I may fumigate the room," and I improved upon the ancient prescription by adding tar. The house was thoroughly saturated with the fumes of burning tar and sulphur. The windows and doors were then thrown open that the fresh air and sunlight might enter and carry off the disease-charged vapors. Prescribing for the patient appropriate antiseptics as internal remedies, and liquid ozone as a gargle for the throat, then in the first state of ulceration, I departed. The child recovered rapidly, nor did any other cases occur in that family.

I repeat, the cause of the disease is living germs, and the chief remedy is disinfection. Destroy the germs of disease in the patient and in the house, and the work is done.

Disinfection is the basis of sanitary science, and it is of the utmost importance that those who preside over the house should understand this, and should be familiar with the virtues of the leading or most powerful disinfectants, of which pure air is chief. Fresh clay, charcoal, quick lime, copperas, sulphur, tar and other common and cheap substances are valuable disinfectants, but the most efficient and universal of all chemical or artificial disinfectants is ozone. Diluted with water it makes a delicious and refreshing draught, and an equally refreshing bath. A spoonful of ozone in a pint of water, placed in a room, in an open vessel, will give off a mild but pleasant odor, and keep the air sweet and pure for a whole day and night.

Heat is a disinfectant, hence fire in rooms, especially open wood fires, purify the air, and clothing containing disease germs may be disinfected by exposing it to a high temperature in an oven, or in the hot room of a Turkish bath.

Cold is also a disinfectant. There is reason in the proposition to freeze out the germs of yellow fever.

A gentleman at Jacksonville, Fla., claims to have stopped the yellow fever by cannon firing, his theory being that the germs of the disease are destroyed by concussion of the atmosphere. I am inclined to the opinion that if his cannon firing does destroy disease

germs, as he claims, it is by the disinfecting influence of the burning gunpowder.

"Disease," says Professor Tyndall, "is produced from seeds planted in the system, which, finding their proper soil and temperature, develop and multiply." It is a vital process, not a chemical one. Chemical substances have no power to multiply themselves. Living organisms only can do that.

To be prepared to successfully resist the aggressions of an enemy, it is necessary that we anticipate his approach and understand his methods of warfare.

"Forewarned, forearmed," is an adage that is particularly true in the matter of health and disease. Therefore true medical science keeps scouts and spies constantly in the field, and its heralds inform the people of the approach and formidableness of the foes of health. The grand triumph over the enemy will come when the people shall co operate with the true physicians in fortifying the system from the encroachments of disease by rational hygiene and sanitary measures.

VEGETARIANISM IN ENGLAND.

BY E. F. BACON.

THE general depression of business in England during the past year has had one most excellent result. The great destitution among the working classes, together with the high price of meat, has compelled attention to the best means of living comfortably upon little money, and among other things it has been found that vegetable foods are not only cheaper than flesh, but equally nutritious. Articles of food very common in this country, but heretofore little used in England, have thus come into extensive use there, especially beans and cornmeal. Lentils also, imported from Egypt, are in great demand among the common people. An American resident in London wrote us recently concerning this vegetarian revival as follows:

"A great interest has been awakened here regarding foods, and more has been done toward enlightening the public mind by six weeks discussion in all the papers as to substitutes for meat for the poor in these hard times, than has been accomplished by the Vegetarian Society since its commencement. The corn dealers have received unprecedented demands for beans, lentils and cornmeal, and have been compelled for the first time to keep them on sale. The consumption of beans in England is not the one-hundredth part of what it is in America, and comparatively few families have ever tasted them or seen them cooked. Maize also has seldom been eaten here, and not one in 10,000 of the people has ever tasted corn bread or stirabout. Meat, bread made of fine flour, and beer have constituted the food of the common people. Meat is supposed to form the principal part of every substantial meal, even among the poorer classes. The man who cannot afford roast beef for dinner every day in the week is regarded as in a fair way to starvation. The temperance people have done wonders in the past ten years toward enlightening the public as to the entire uselessness of beer as an article of diet, and the number of those who have found that a healthful meal can be made without it is estimated at 3,000,000. At present the high price of meat, the long continued depression in trade, and the unusually cold winter have necessitated inquiry into the question of economic foods. Should the hard times result in the masses being taught that there is more nourishment in peas, beans, lentils, maize and oatmeal than in four times the same cash value of meat; and should this teaching be put permanently into practice, we should find in it an ample compensation for the present depression and suffering."

It is pleasant to learn that the general advance toward hygienic modes of

living regarding the question of foods which is being made in this country, is equally apparent in England. Germany also, though in a less conspicuous manner, is moving in the same direction, there being hygienic societies in nearly all the large cities, the members of which abstain from the national beverage, beer, as well as from all stronger drinks; and the majority of these are also vegetarians.

The advocates of popular hygiene may thus regard their work not as local or temporary, but as a part of a great and general movement that is spreading over the civilized world.

BREAKING A CHILD'S WILL.

BY EDWIN FAXON.

I heard much in my childhood about the importance of "breaking a child's will." The human will was regarded as something essentially bad in itself, and therefore to be broken down and subdued, as a colt is broken to the harness, before the work of culture and of building up by education could fairly be commenced. This also is the view and practice of many teachers. They enter the school-room rod in hand, and break down the obstinate will before commencing to educate. As a teacher myself I acted upon this theory for many years, but gradually discovered that the rod was not the most efficient agent in school government. The most forcible suggestion I ever received upon this subject, however, was from a father who remarked concerning the training of his son, that his first care was to cultivate and maintain in the boy *a strong will*. Knowing the boy as I did, I felt an interest in watching his future development under such a theory. He had inherited a very strong will, which he sometimes manifested in a disagreeable way, but the father, while governing him sternly in matters of great importance, was careful to do it in such a manner as to strengthen rather than crush out his obstinate temper. At the same time his physical health received the greatest attention. He was educated at home in order that there might be time enough for recreation, and the whole summer was spent at the sea-side or in the country. There was thus produced one of the strongest, ruddiest, most enterprising and most obstinate boys ever raised in a great city. Finally, at the age of 13, this little Hercules was sent for the first time to school—to a public school, where there was no favoritism or indulgence of childish obstinacy. I watched the result with interest. Such a boy would not cease to be obstinate; but to what good or bad use would his obstinacy be turned? Would he prove the leader in mischief, or in scholarship, for a leader of some sort he must be. Proud, ambitious, plucky and obstinate, what would he be or do in the school-room? I can answer this question. He threw himself into the work with all the energy and obstinacy that had characterized him in his sports, and took and maintained the front rank in a class of 50, passing at each examination to a higher grade. His unconquered nature could not submit to take a second rank, and so he bravely stepped to the front and maintained himself there, and this not only in scholarship but in deportment. He was never tardy, never absent, and always at or near the head of every class. This is but a single example, it is true, and from it no general conclusion can be drawn; but it has served to strengthen my own faith in the sterner elements of human nature, and to make me respect even the obstinacy of undeveloped childhood. It is not badness, it is the *iron* in the blood that is needed to give consistency and durability to the whole constitution. Alas, for that nature from which the iron has been eliminated! Let us have rather the obstinate will, the ambitious spirit, the soldier fit for battle.

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

FEAR NOT.

Though the dull days come again,
Though the clouds are dropping rain,
Though the winds in sighs complain,
Fear not;
For the summer shall be cheery,
And the days no longer dreary,
And thy heart less often weary,
And the sorrow all forgot.

Though the June of life be shaded,
And the first sweet flowers have faded,
And thy heart is tired and jaded,
Trust and sing;
Hawthorn hedges shall be white,
And the roses sweet and bright,
God shall make thy summer light,
Believe and sing.

Though some pleasant things have fled,
Though some friends beloved are dead,
Though life's golden days have sped,
Be not sad.
Thy best pleasures yet remain,
And the dead shall rise again,
Heaven's day dawns when earth-hours wane,
Oh be glad!

Though the difficulties throng,
And the struggle may be long,
And the powers of evil strong,
Hope on.
For to patient, brave endeavor
Cometh utter failure never,
And the crown at last forever
Shall be won.

Marianne Farningham.

SONG.

Stay, sweet day, for thou art fair,
Fair, and full, and calm;
Crowned through all thy golden hours,
With Love's freshest, purest flowers,
Strong in Faith's unshaken powers,
Rich in Hope's bright balm.

Stay, what chance and change may wait,
As you glide away!
Now is all so glad and bright,
Now we breathe in sure delight,
Now we smile in Fate's despite,
Stay with us, sweet day.

Ah! she cannot, may not stop;
All things must decay;
So with head, and heart, and will,
Take the joy that lingers still,
Take the pause in strife and ill,
Prize the passing day.

All The Year Round.

There are teachings on earth, and sky, and air,
The heavens the glory of God declare!
But more loud than the voice beneath, above,
He is heard to speak through a mother's love.

OTHER MOTHERS.

Mother, in the sunset glow,
Crooning child-songs sweet and low,
Eyes soft shining, heart at rest,
Rose-leaf cheek against thy breast,

Thinkest thou of those who weep
O'er their babies fast asleep
Where the evening dews lie wet
On their broidered coverlet,

Whose cold cradle is the grave,
Where wild roses nod and wave,
Taking for their blossoms fair
What a spirit once did wear?

Mother, crooning soft and low,
Let not all thy fancies go,
Like swift birds, to the blue skies
Of thy darling's happy eyes.

Count thy baby's curls for beads,
As a sweet saint intercedes,
But on some fair ringlet's gold
Let a tender prayer be told

For the mother, all alone,
Who for singing maketh moan,
Who doth ever vainly seek
Dimpled arms and velvet cheek.

Mrs. M. F. Butts.

THE END OF LIFE.

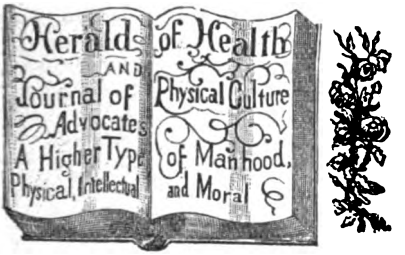
When we view the way of life,
Deeming ours the worst of all,
Thinking we have care and strife,
While the joys to others fall,
Had we thought to reach the bound
Of the far and distant shore,
Few complainings would be found,
Petulance be ours no more.

Which is best, my brother dear?
Gold and goods that keep us back,
Make us tremble still, and fear
Death, a hound upon our track?
Which is best? can'st thou reply?
Seeming loss or seeming gain?
This is answered by-and-bye,
When the corse aside is lain.

Strange and new the feeling comes
When the call is heard anear,
When the touch of dying numbs
Every organ we hold dear;
When the eyes no longer see,
And the ears are deaf as stone,
When as dead our bodies be,
And our friends say, "He is gone!"

All the world is busy still.
All the life we lived so well;
Spring will bloom, and men fulfill
Hopes that in our bosoms dwell.
We have left the care and strife,
Where to go? Oh! who shall say?
Angels whisper, to our life—
To our own immortal day!

EDITORIAL DEPARTMENT.



NEW YORK, AUGUST, 1879.

WATER.

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

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

TOPICS OF THE MONTH.

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

THE SUMMER EXODUS FROM CITIES.—Of the many evidences everywhere to be seen of the improved physical life of the American people, none is more apparent or more cheering than the eagerness of all the inhabitants of cities to get into the country as soon as summer commences. It is an impulse that directly counterbalances one of the worst tendencies of modern civilization, viz., the tendency to congregate in cities.

There is a charm in city life that draws the multitude and holds it spell-bound. It acts through the social instinct, making the poor man prefer an attic room in a crowded city to a whole house and freedom in the country. The city gratifies the eye and the appetite, while the country as a place of permanent residence is dull and monotonous. But city life develops the nervous system abnormally while dwarfing the muscular system; and for this there can be no adequate remedy within the city itself. The one efficient medicine is country air and recreation.

To this view every denizen of the city agrees, and every one applies it to the extent of his ability. Those who cannot go for the season go for a month or a week, and those deprived even of this privilege go for a day whenever it is possible to escape from business or work. Even the church no longer draws its Sunday congregation during the summer. The city pastor goes upon his vacation of two months, and his people either go with him or, if confined in the city during the week, think it no desecration of the Sabbath to make a quiet excursion to the sea-side or the hill-side, celebrating the day in Nature's holy temple.

It is thus that our people are to be saved from the deteriorating effects of life-long residences in cities; and when to pure air and temperate recreation they add a truly hygienic diet, we shall see a physical improvement commensurate with our boasted intellectual advancement.

Since writing the above we have gathered information with reference to the facilities for getting away from New York and the surrounding cities upon holiday excursions. As the distances are considerable the trip is usually made by railroad or steamboat to the numerous parks, forests and sea-side resorts within two or three hours ride of the city, and we are ourselves surprised at the result of our inquiries. From a careful review of the advertised excursion routes, and estimates of the number of persons visiting the various places of summer resort within reach of those who go out for a single day, we conclude that not less than a quarter of a million people leave New York, Brooklyn, and the adjacent cit-

ies every fine warm day, returning the same day. Some 50 steamers, carrying from one or two hundred to three or four thousand passengers each, are engaged in this extensive carrying trade. They make short, quick trips from many points in New York and Brooklyn to the numerous landings upon the Hudson and East Rivers, and down our magnificent harbor to Staten and Coney Islands, to Rockaway Beach, on Long Island, and to Long Branch and other points along the Jersey coast. The same points are reached also by rail, the great number of lines centering here running numerous daily excursion trains. From the Prospect Park station in Brooklyn alone there are dispatched 55 daily trains to Coney Island, conveying thus many thousands of people to the most favorite of all our Summer resorts. The number of excursionists visiting Coney Island alone every pleasant Sunday is not less than 60,000, while upon the Fourth of July and other great occasions it reaches 150,000. To Central Park, in New York, flock from 50,000 to 150,000 more by the elevated railroads. In fact every breezy and inviting spot within 20 or 30 miles of the city in all directions, is frequented by throngs of people, who with rare exceptions are orderly and well-behaved; their quietness and civility being indeed a matter of frequent remark.

We thus note one of the best evidences of the physical improvement of our race, and would add the suggestion to those living in the country, that they would find it equally beneficial from their standpoint to spend a part of the year in the city, or at least away from the usual routine of their regular avocations. Variety is Nature's delight, and her favorite remedy for many evils. The charm of life is in newness of scenery and of employment, and the physical system responds to that variety in a manner that would argue a conscious vitality and power of appreciation in every tissue. Let us follow these beneficent indications of Nature. In variety without excess or abuse is the secret of all rational enjoyment.

SOCIETY TO PROMOTE STUDIES AT HOME.—This society recently held its annual meeting in Boston, and it is one deserving the notice of all those who desire to inform their minds by home study. It is under the patronage and direction of some of the first ladies in Boston, among whom is the widow of Prof. Agassiz, a lady distinguished for her philanthropic works. Some 600 young women residing in all parts of the United States are thus assisted and advised in their studies. From a great variety of branches in which the society offers to give instruction the student selects one or more, and reports her progress weekly to some member of the Boston society with whom she is in personal correspondence. A small annual fee is paid, but there is no attempt to make money on the part of the managers, who do all as a labor of love, and make no charge beyond the necessary expenses of the organization. The small fee of about two dollars per annum paid by each student enables the society to loan scientific apparatus to members for use at their homes. In a recent publication of the society the following excellent suggestions concerning health are made:

"These pages are addressed to the students of the Society to Encourage Studies at Home, to the women of various ages and various stations, living in different parts of the United States, who have joined it for the purpose of home education. Grieved by the amount of ill health, and consequent anxiety, revealed in the correspondence—finding it also a frequent hinderance to progress—the committee resolved to make an appeal in behalf of the laws of health, and to urge attention to them not only on the usual grounds, but for the sake of the very studies which the society aims to promote.

"See what power women have in their hands. The provider and the cook are life-makers. No office has such control over human power and effectiveness as theirs. Women are the housekeepers and provide and prepare the materials of life. Yet the woman, not being by nature a housekeeper or

cook, often defers her preparation for her office as housekeeper until she assumes its responsibilities, and sometimes she accepts these while yet immature and unformed in character. If she is able to employ some other person to bear the most important part of her responsibility of preparing the family nutrition, it is usually a deputy of a lower order of intelligence, and with all the far-reaching results that depend on this class, we find the carpenters and bricklayers who build our houses, are paid as much for the work of a day as the women that build our lives are for the work of a week. As for adaptation, it is for women to apply themselves and to learn to make simple and nourishing food palatable, so that pies, confectionery, hot bread and cakes, pickles and preserves may not so greatly prevail in the food of people at large; and let them remember not only that good diet is essential to their own ability to work, and that of the men for whom they provide, but that for the young under their care, good diet may be regarded as *an essential to education.*"

We commend this excellent society to all thoughtful young women who have leisure and taste for home study, and who desire the correspondence of ladies of high culture and a noble spirit. For full information address the Secretary, Miss Anna E. Ticknor, No. 9 Park street, Boston, Mass.

AVERAGE SICKNESS OF MANKIND.—The sanitary tables published by Neison, Ratcliffe and Finlaison show that the average sickness of mankind in civilized countries between the ages of 18 and 50, is about 8.3 days per year, or 257 days within this period. From 50 to 60 the average is 18.6 days per year, or 186.6 days. From 60 to 70 the average is 46 days per year, or 459.3 days. This large percentage and rapid increase of sickness with advancing years indicates either that civilization or the general conditions of human life are not conducive to health. But there is a large proportion of our population who do not average one day of serious illness in each year during all the period of mature life up to the age of 60, or even 70, and such persons are not, as a rule, of a stronger constitution than the average of mankind in general; many of them are indeed by nature far from strong or hardy. The very fact of their constitutional delicacy has made them careful. They husband all their physical resources, and gradually attain to a state of health well nigh perfect. From the number of such cases in every community is it not fair to infer that the average mortality as shown in the table referred to, is due not in any great measure to climate or other planetary influences, but to vicious modes of life, to carelessness and ignorance regarding the well established rules of health, and, above all, to the lack of will power to obey such rules as are well known to the individual who daily and hourly violates them. Not to the beneficent Creator then, not to outside Nature, but to the moral and mental weakness of ourselves as individuals do we owe the fact of this high average rate of sickness. We confidently believe that it is within the power of the masses of the people in every civilized country to increase the average duration of human life not less than 10 years, and to reduce the average sickness in a like proportion. Shall we not do it?

MISS MARY W. MITCHELL'S SCHOOL.—An interesting school in Boston that was opened last year by Miss Mary W. Mitchell, a fine classical and mathematical scholar, a graduate of Bates College, Lewistown, Maine, is to be enlarged the next year, and Mr. Benjamin P. Mann, editor of the excellent little entomological magazine, Psyche, is to add natural history to its attractions. Its present attractions are the evident enthusiasm of all the pupils, even the youngest, for the acquiring of knowledge, always so interesting to the young when presented naturally, and the absence of emulation as a motive, felt by all true educators to be superfluous where creation itself is made stimulating to curiosity. Miss Mitchell dramatizes history, and thus makes the children personate its prominent charac-

ters and events; she teaches them to recite beautiful poetry with expression and evident understanding of its beauties, and requires of them perfection of acquirement as far as they go, but avoids all cramming or false shows.

"You know I never prompt you," she said to them one day when they were preparing to celebrate a festive occasion that was interesting to them. "You must be sure what you can recite beforehand, and depend upon yourselves;" and even the youngest acquitted themselves well and with conscious power. She thus keeps her pupils humble as well as aspiring.

Walter Smith, Esq., Principal of the Normal Art School, and Prof. J. Trowbridge, Assistant Professor of Physics in Harvard College, beside some clergymen distinguished for their interest in education, and a few ladies appear on the prospectus as visitors of the kindergarten, Miss E. P. Peabody of course at the head of them. Miss Mitchell has had unusual success for the first year, and given much satisfaction and gained much affection from her pupils. We only ask others to go and see for themselves, as we have done.

THE PRINCE IMPERIAL OF FRANCE.—However imperialism may be regarded by republicans, there is something very sad in the death of the young prince, who fell under the spears of the Zulus in South Africa a few weeks since, and whose untimely end the adherents of Bonapartism in France are now lamenting. He was a gallant young fellow and deserved a nobler fate. It is a noteworthy fact that of the four Napoleons not one died in France, not one at the time of his death could have returned peaceably to his native land. The first, chained to the rock of St. Helena, the second ingloriously sinking under the debauchery of a corrupt foreign court, the third defeated and dishonored, a fugitive upon the soil of his hereditary enemy, only across the channel from his beloved France, yet an exile from it; and now the fourth sinking under the spears of savages, ingloriously perishing in the service of that same rival power that had crushed the dynasty he represented, and under whose protection he was but as an orphan and an object of charity. Thus perishes one mighty dynasty, and republican France derives from the event renewed assurances of strength and perpetuity.

In our country, however, we do not mourn the prince as a prince, but as the only son of a devoted mother; beyond that he is of no more account than any other person unless he is noble in character. The Empress had bestowed on him a wealth of affection and care; for he was a feeble child, and with great difficulty was he reared. But she made a great mistake in educating him for an emperor. Had she educated him for a man and placed him on a level with the world she might not to-day have been childless. In our opinion the crowned heads of Europe are the least important personages there. The great thinkers, poets, scholars and scientific workers are in every respect their superiors.

A VETERAN HYGIENIST.—Of all the arguments in favor of a temperate and hygienic life the most conclusive is such a life itself, an argument that gathers strength with each day and culminates when the vigorous old man at five-and-seventy looks back on half a century of incessant work, and forward to the prospect of a good part of the remaining years that shall number him with or bring him near to the centenarians. Such a life has been that of the veteran author and vegetarian reformer, Laroy Sunderland, of Quincy, Mass, from whom we have just now the pleasure of a communication. He seems to be spending the last years of his life in a truly philosophic manner. "I am 75," he writes, "and yet my eye is not dim with age. I read the finest print and write without glasses. For some 15 years past I have daily, the year round, practiced what I denominate my "new system (?) of natural gymnastics" in my garden

'Wid de shubble and de hoe,'

and it has paid better than any other investment I ever made. I have raised my own fruit and have had it on my

table with each meal the year round for 13 years. In the fall I have 150 jars of canned fruit in my cellar, raspberries, peaches, plums, pears, grapes, apricots, nectarines and quinces."

That is genuine vegetarianism, meat replaced by fruit. Mr. Sunderland is one of the original disciples of Sylvester Graham, and we trust may long continue to recommend the system by the grand spectacle of a happy and vigorour old age.

STUDIES IN HYGIENE FOR WOMEN.

LINSEED MEAL POULTICE.—We have several queries concerning subjects interesting to women, and will answer a few of them in this number. One lady wishes to know how to make a linseed meal poultice. The common method of making poultices by mixing linseed meal with hot water and applying it immediately to the skin is not the correct one; because if we do not wish to burn the patient we must wait until a considerable portion of the heat is lost. The best method, and the one now generally used in English medical practice, is to take a flannel bag of the required size and fill it with the linseed poultice as hot as it can be made, and to put between this and the skin another piece of flannel, so that there will be two thicknesses of flannel between the skin and the poultice itself. Over the poultice put more flannel or cotton wool to prevent the escape of the heat. In this way we are able to apply the linseed meal very hot without danger of burning the patient, and the heat gradually diffusing itself through the flannel affords a grateful sense of warmth and relief which cannot be obtained by other means. Experience has shown that there are few other ways in which such marked relief is given to abdominal pain as by an application like this.

SULPHUR IN DIPHTHERIA. — One of our oldest lady subscribers sends us a clipping from a newspaper concerning the use of sulphur as a cure for diphtheria. The extract has been going the rounds of the newspapers for a long time. Several physicians have tested it and some of them regard the remedy with favor while others do not. The same extract coming under the eye of Dr. John S. Wilds, an English surgeon, he makes concerning it the following statement: "I use the milk of sulphur for infants and the flowers of sulphur for older children and ahults, the latter being brought to a creamy consistence with glycerine. Dose, a teaspoonful or more, according to age, four times a day, swallowed slowly, so as to have as much as possible of it adhere to the membrane on the passage. The same application may be made to the nostril with a sponge. The result was I did not lose a single case after adopting this method, although I had lost many before, and I succeeded in saving some cases where the affection had almost blocked the throat."

METHODS OF MAKING BREAD. — There seems to be a gradual evolution in the various methods of making bread, which date back to the time of Sylvester Graham, who gave such an impetus to the bread which bears his name, and which was in his own day laughed at by most people, but which is to-day regarded with favor by the best physicians of every school. There have been many improvements in the making and manipulation of Graham bread, and the following methods have recently been reported for The Laws of Life:

GRAHAM BISCUIT.—Put the flour into the mixing pan, and in a hole in the center pour cold water, and with the hands mix the two thoroughly until stiff enough to roll out. Work well on the molding board, as you would ordinary bread. Then cut into round cakes with a cake-cutter set with pricks for the purpose; otherwise they must be pricked with a fork, or they blister and be less light. These may be varied in size, thickness or shape to suit different

tastes. Sometimes they are made two inches in thickness, but usually only about three-quarters of an inch. When rolled out to a thickness of a quarter of an inch they make very tender, crisp crusts or wafers, and children are exceedingly fond of them.

The dough for Graham crackers should be made a little stiffer than for bread, and it requires a very hot oven to bake them. They ought not to remain in the oven more than 15 to 20 minutes. If left in for half an hour they are not nearly so good. They are better to be made fresh for every meal. They may be baked in sheet-iron pans, and when done emptied out onto a wooden rack to cool.

SIFTED CRACKERS are made much in the same way as the above. The meal is first passed through a sieve, which removes the coarsest part of the bran. Milk may be used to mix the flour with instead of water, by way of variety. Sometimes these crackers agree with persons who cannot eat the others. A little less heat is required in baking them.

OATMEAL ROLLS.—Cold oatmeal porridge left from breakfast, softened with sweet milk, and well mixed so as to make it smooth. Fine wheat flour is then worked in until the dough is a little softer than for biscuit and a little harder than for bread. It is then rolled out and cut with a cutter having pricks in it as for Graham biscuit, and requires to be baked for 45 minutes in a hot oven. Oatmeal that has previously been cooked seems to require more heat in baking.

GLUTEN CRACKERS.—These are made of gluten flour, which may be obtained of the Health Food Company, in the same way as other crackers. They are cut half an inch thick and baked 20 minutes in a moderate oven. They are very nice, and exceedingly useful for diabetic invalids, and also for persons disposed to corpulency, as well as those whose nervous system has been exhausted by over-work. Gluten bread is also made from gluten flour in the same way that wheat bread is made.

CREAM CRACKERS.—These are made of sifted Graham flour mixed with thin cream, and slightly sweetened. They require to be baked in a moderate heat about 15 minutes. They are better for children than cakes and pies, furnish good exercise for the teeth, are very nutritious, and often agree with invalids whose powers of digestion and assimilation are somewhat feeble. They should be rolled out quite thin.

UNLEAVENED LOAF BREAD. — The Shakers claim to make the best unleavened loaf bread from pure Graham flour. Here is another recipe which makes a very nice composition bread: Mix the best of rye and Indian meal in equal proportions into a soft dough, with cold water in hot weather, but warm water in cold weather. Mix and knead it with the hands until light, and lay it softly, so as to not press out the air confined in it, in deep tin pans. Now smooth over the top with the moistened hand so as to give it a neat appearance. Let it stand over night, then bake it in an oven hot at first, but gradually cooling. If it could be made late enough in the evening to be allowed to remain in the oven over night, it would make a very nice breakfast bread.

GEMS.—Unbolted wheat or rye flour is mixed up with water and made into a batter a little stiffer than for griddle cakes. It is then dropped into sizzling hot gem pans and baked in a hot oven for about half an hour, or until nicely browned. If not well baked they are doughy and indigestible.

CAKE.—It would be a great saving to housekeepers to do away with cakes and puddings and substitute fruit therefor; but until this is done we must have cakes of some kind. Here is a recipe for a very good sponge cake; Two lbs. eggs, two lbs. sugar, two lbs. Graham flour. Eggs well beaten, and when all is mixed put in half an oz. of baking powder to make it light. Bake in an oven a little hotter than for the ordinary white flour cake.

OVER-EXERCISE FOR THE HEART.—A mother asks the question whether there is any danger to children of injuring the heart by violent exercise, to

which we answer: There is sometimes danger from extended and violent exertion in overstraining this organ so necessary to the action of all the members of the body. The heart is a very willing member, carrying blood constantly from one part of the body to another, and it certainly ought to be carefully used. It is most easily injured by extended violent exercises and by long-continued running. Mothers, however, must not keep their children from exercise for fear the heart will be injured; for in this way it becomes weakened and enfeebled and unable to circulate the blood. There is probably more heart disease among the sedentary than among those who work at hard muscular labor.

SUMMER BEVERAGES.—In our work "Eating for Strength," we give 100 or more recipes for wholesome drinks, good during all seasons of the year. We call attention in this place to this fact, and suggest that our readers who will have something more than pure water to drink to try them. There are no drinks so fine as those made with the juices of fruits. Cherries, currants, raspberries, lemons, oranges, apples, etc., all furnish a juice which mixed with water and sugar gives perfect satisfaction, and does not intoxicate. During warm weather acids seem to be required to keep up a healthy action of the system.

HE who can make a good resolution and *keep it* has in himself the foundation of all true reform: he dwells in a strong fortress from which he can defy every debasing appetite.

CURRENT LITERATURE.

—:o:—

HOW TO GET STRONG, AND HOW TO STAY SO. By William Blaikie. New York: Harper & Brothers, 1879.

This little book, by Mr. William Blaikie, the well known oarsman and gymnast, contains many wise and sound suggestions concerning the culture of the body, combined with some the wisdom and soundness of which are not so evident. The early chapters, entitled, "Do we Inherit shapely Bodies?" "Half-built Boys." "Will daily physical Exercise for Girls Pay?" "Is it too late for Women to Begin?" "Why Men should Exercise daily," are admirable in their clear and practical statement of the necessary defects in bodily culture under the usual method of relying solely on our daily vocations, and such stereotyped exercises as rowing, horseback riding, etc, irregularly and spasmodically taken. Even the farmer's work, as Mr. Blaikie clearly shows, fails to make him equally strong all over. "Much of his exercise is taken in a stooping posture, which results in cramping the chest, producing round shoulders and stiffening certain much used muscles abnormally, while others are left comparatively unused, and consequently weak and undeveloped. All day long, while some of the muscles do the work which tends to develop them, the rest are untaxed, and remain actually weak. A farmer is seldom a good walker, usually hitching up if he has an errand to go, though it be scarce a mile away; and he is rarely a good runner. The warp he is encouraging in his body, by twice as much work for the muscles of his back as for those of the front of his chest, while it enlarges the former, often even so as to render it muscle-bound, actually contracts the latter, and hence gives less room for heart, lungs, stomach, and all the vital organs, than a well-built man should have."

The necessity of systematic physical training for boys, and the inadequacy of base-ball, rowing, and other ordinary exercises to secure harmonious muscular development, are plainly and convincingly presented. The fatal neglect of the left side of the body consequent upon our greater use of the right hand in ordinary games and occupations, is strongly, and none too strongly, stated; a neglect which Mr. Blaikie presents wholly with reference to its effect on muscular development, rendering it unequal and inharmonious; but which Dr. Brown Sequard declares to be equally injurious in its effects upon the brain and mental action.

In treating of the rowing exercise Mr. Blaikie is at home, and his remarks demand careful attention. Our amateur oarsmen will doubtless be surprised at his strong demonstration of the inadequacy of rowing, as a complete method of physical culture, illustrated as it is by pictures from life of the "flat and slab-sided, almost hollow look about the upper part of the chest and front shoulder," as presented in photographs of "one of the most distinguished student oarsmen that America has ever produced," and "one of the swiftest and most skillful professional scullers of the country." "Instead of benefiting his throat and lungs," says Mr. Blaikie, "this abnormal development (produced by rowing) actually inclines to cramp them."

In considering the necessity of daily exercise for boys and girls, Mr. Blaikie selects the school as the proper place for taking it, and urges that it should be made as systematic, regular and important as any other school exercise; the teachers being trained to apply it, as carefully as for any other portion of their duties. Until some such method is adopted into our public school system, it will continue to graduate feeble, nervous and undeveloped youths and maidens, too poorly fitted for the occupations of the lives upon which they are so soon to enter. An important chapter on "Half-trained Firemen and Police." merits the

attention of our city fathers. In considering the subjects of a home gymnasium, and practical daily exercise for men and women, Mr. Blaikie does not seem to us quite as happy as in the previous chapters. There are comparatively few who could be induced to take the minimum of an hour and a half daily, which he advises, for exercise morning and night, and the regular "constitutional" walk. The movements he recommends without apparatus are good; but the experience of Maclaren and other experts demonstrates that excellent results can be obtained at an exceedingly small expenditure of time—10 or 15 minutes a day—and the Health-Lift, to which Mr. Blaikie has evidently given little attention, when taken upon suitable apparatus, and according to the wise rules which are laid down by competent teachers of the system, has certainly been demonstrated to offer the most accessible and practical form of concentrated daily exercise. The objections which Mr. Blaikie urges against this exercise, that it develops certain muscles—those of the forearm, the lower and inner end of the front thigh just above the knee, and those highest up on the back—abnormally, might apply against the use of certain dead-weight and lever lifts, upon which the greatest strain would come upon the muscles suddenly at the commencement of the effort, but has certainly never resulted from the use of apparatus in which the effort is rendered gentle and cumulative by the use of springs. Certainly there is no exercise so thorough in arousing the circulation through the vital centers of the body, in calming the nerves, clearing the brain, and invigorating the entire system; none occupying so little time or producing so harmonious and symmetrical development as the Health-Lift.

The dangers of over-muscular development are alluded to, but hardly with sufficient emphasis, by Mr. Blaikie. He seems to have little conception of exercise except in its effect upon the surface muscles; yet we apprehend that its benefit is rather in the vital invigoration resulting from the production of a free visceral and capillary circulation, the relief of the overcharged brain, and of local congestions, the stimulus given to digestion and the vital functions, rather than in the production of surface muscles, which, when very hard or large, are, in the opinion of physicians and physiologists, likely to prove injurious rather than the contrary.

The work of the publishers upon this book is every way admirable. The type is good, the print clear, and the binding neat and appropriate. We are sorry that we cannot give equal praise to the writer. His style is colloquial, generally clear and strong, but seems to be patterned after and adapted to the freshman classes of our colleges, rather than to the general cultivated reader whom it is intended to reach. It is marred by such barbarisms and solecisms as the frequent use of the word "inerect," which can be found in no respectable dictionary; and also the word "stouten;" such awkward expressions as "if the person will also habituate himself *to not only breathing the lower half of the lungs full*, but the whole lungs as well;" (p 107) and "While symmetrical and thorough physical development *are* (*sic*) not at all common among Americans," etc. A little more care given to grammatical construction, a little less college slang—every one is alluded to as a "fellow," from Hon. W. E. Gladstone to an escaping thief—and a little more attention to literary finish and elegance of language, would have made the book much more satisfactory in the reading, and more honorable to a Harvard graduate. These noticeable defects, however, although they mar an otherwise very readable and popular book, ought not to prevent every one interested in the health and happiness of this and the rising generation of Americans, from reading and carefully considering the many valuable suggestions to be found in these pages.

L. G. J.

TRENNUNG ODER NICHTTRENNUNG DER KNABEN UND MAEDCHEN BEIM UNTERRICHT. Vortrag gehalten am 9. deutsch-amerikanischen Lehrtage in New York, von Direktor M. Schoeder, Hoboken, N. J.

[Separation or not Separation of Boys and Girls in Education. An address before the 9th Annual German-American School Convention, in New York. By Director M. Schoeder, Hoboken, N. J.]

This address by the director of the Hoboken Academy, a German-American school of high repute, presents the view of the co-education of the sexes which is accepted by the great majority of American educators, but which encounters among Germans the strongest opposition. In Germany itself it has few advocates, and is nowhere in that country practically adopted. Director Schoeder, however, advocates the most advanced American views upon the subject, and he fortunately occupies a position in which he is able to carry these views into practice to the fullest extent. The Hoboken Academy is the only large German-American school with which we are acquainted where not only boys and girls, but young men and young ladies are educated together in all branches. Director Schoeder is an earnest advocate of the system, standing in this respect as a representative man among his countrymen in America, and he justifies it explicitly upon moral grounds, as may be seen in the quotation which he places upon his title page, from one of the reports of Superintendent Harris, of St. Louis, as follows: "Boys and girls originating according to Nature's plan in the same family as brothers and sisters, their culture should be together, so that the social instincts may be saved from abnormal and diseased action."

Mrs. Bertha Meyer in her book "From the Cradle to the School," translated from the German by the Editor of THE HERALD OF HEALTH, also advocates the American system of co-education, and earnestly controverts the current German opinion that such association of the sexes in the school-room is prejudicial to morality. The question is already practically decided with us; but it is interesting to note the controversy regarding it in the old world.

HEALTH FOOD LETTERS.

Either vast multitudes are living on the preparations of the Health Food Company, or all who do use them become their earnest advocates. More letters come bearing testimony to their excellence than we shall ever find space to print. But we will continue to cull brief extracts for the benefit of others, who may thus be induced to send a postal card to the Company asking for the little books which they mail free to all.

Here are some good words from COL. DUPRE, Editor *Statesman*, Austin, Texas: "The Foods prepared by the Health Food Co., 74 Fourth avenue, New York, appear to meet all human needs. The fermentive tendencies in the stomach, the unnatural torpor of the lower bowels, the leanness and attenuation of some persons, and the flabby fatness of others, disappear under this true system of diet. Strength, vigor, elasticity, brain power, good sleep and perfect digestion are quickly established. It is a comfort to know that all these dire ills may be cured without other medicines than healthful, appetizing food."

Since reading about the preparations of the Health Food Co., 74 Fourth avenue, New York, we have taken to using them, and our conclusion is that they are unequaled and unapproachable.—MRS. A. E. SPERRY, 99 Lee avenue, Brooklyn, N. Y.

You have done me a great service in calling attention to the excellent preparations of the Health Food Co., 74 Fourth avenue, New York. I suffered for several years, from severe, dangerous, and chronic dysentery, which defied medical skill. For months past I have used daily the Gluten and Gluten Wafers which they prepare. My malady is subdued, and I feel better than I have for years. I could not be induced to give up these admirable Foods.—LANCASTER OULD, Baltimore, Md.

Mr. Waite, proprietor of the Breyoort House, where I stay when in New York, called my attention to his Gluten Bread, made from the Gluten Flour of the Health Food Co., 74 Fourth avenue, New York. Since that time I have eaten no other bread. I feel better, stronger, clearer-headed, can think and write better, sleep better, and digest better than I have for years. I believe in the Health Foods now, as strongly as Mr. Waite does, and he is enthusiastic over them.—HENRY RAHLE MARSHALL, Richmond, Va.

You do wisely in letting the world know of the vast good which is being done by the scientific foods of the Health Food Co., 74 Fourth avenue, New York. The dyspeptic must be far gone, indeed, whom they cannot restore. Could I have had them 20 years ago, I should have saved thousands of dollars paid to doctors, months of time consumed in sickness, and should have enjoyed life and been strong, instead of tottering toward the grave at 50. I feel sure of this, because I have improved wonderfully since you first called my attention to these splendid foods.—R. H. VANCE, San Francisco, Cal.

Ir there is anything more destructive of good temper than a sour stomach I am sorry. I have been troubled with gases and acidity after eating, all my life till lately. Potatoes made life a burden, meat gave me a headache, bread soured, milk laid like a cannon ball, and even fruit went back on me. Major Goodwin (Barnum's man) wanted me for a "living skeleton," as I weighed only 83 lbs. I heard of the Universal Food of the Health Food Co., 74 Fourth avenue, New York, and began to use it in new milk. To my surprise this mixture digested readily. I have made this my almost exclusive diet for nearly a year. I have lost my chance in the menagerie, for I weigh 129 lbs.; but I have an appetite like a cannibal and feel first rate.—GEORGE H. MUNROE, Houston, Texas.

I use the Wheat Gluten of the Health Food Co., 74 Fourth avenue, New York, as my principal food, and I fully believe that I could not live without it.—JAMES H. COVELL, 343 West 32d street, New York.

New Temperance Publications.

The National Temperance Society has recently published the following:

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Our Wasted Resources: THE MISSING LINK IN THE TEMPERANCE REFORM. 12mo, 202 pp. Giving the most valuable statistics ever published. Paper 50 cents; cloth.....$1 25.

The Temperance Lesson Book. By B. W. Richardson, M. D. Containing fifty-two short lessons on alcohol and its effects. 12-mo, 220 pp. 75 cents school edition. Per dozen.....$6 00

The Text-Book of Temperance. 12-mo, 312 pp. By Dr. F. R. Lees. It gives a thorough discussion of the entire question. Paper 50 cents; cloth.....$1.25

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The Action of Alcohol on the Body and on the Mind. By B. W. Richardson, M. D., of England. 12mo., 60 pp. Paper....$0 20

The Medical Use of Alcohol. 96 pp. By James Edmunds, M. D., of London. Paper 25 cents; cloth.....$0 60

Juvenile Temperance Manual. 12-mo, 140 pages. By Miss Julia Coleman....$0 25

It provides a series of lessons illustrated with experiments, objects, blackboard exercises, and problems; on alcohol, its origin, its nature, its effects, how to get rid of it; on tobacco and on profanity, with Scripture ticket lessons; plans for primary classes, advanced classes, and reformed men's Bible classes.

Moderate Drinking; For and Against, from Scientific Points of View. By B. W. Richardson. M. D., F. R. S. 12mo, 48 pp...$0 20

It is a thoroughly scientific and impartial discussion of the subject of the moderate use of alcoholic beverages, by one who stands in the front rank of the most distinguished scientists in Great Britain.

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Rules for Diet, Exercise and Rest, Cleanliness, etc. A chapter devoted to **Womanhood** contains a strong word for mothers, the marriage relations, etc. **The Secrets of Longevity** show the perils of life, what Constitutes Vital Power, Human Capacity for Life, or, How Long We May Live, etc. The chapter on the

ARTS OF BEAUTY

is exceedingly interesting; among the receipts we find: How to Acquire a Beautiful Form, How to Promote Plumpness, How to Improve the Features, How to Acquire a Beautiful Complexion, How to Obtain Rosy Cheeks, How to Beautify the Hair, How to Improve the Arms and Hands, etc. **Dress** is discussed, with Hints on Colors and Ornaments. The work closes with the external indications of Figure, and a complete index. This work has been out of print for several years, and believing this to be the very best work on the subject, we have brought out a new edition. The following gives an exhibit of the

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THE
HERALD OF HEALTH.

SEPTEMBER, 1879.

PHYSIOLOGICAL AND SANITARY MARRIAGE AND PARENTAGE. (9).

BY THE EDITOR.

MIXING OF RACES.

THE mixing of one race with another race suitably adapted to it in general characteristics is an important but not an indispensable condition of physiological marriage. This is more essential, however, for the inhabitants of the small countries of Europe than for America. Here we have so many races in the process of becoming homogeneous that it will be ages before it will be necessary to mix our blood by marriage with other nationalities. We are gradually forming a new race with new characteristics. Just what the race will eventually be no one can foretell. Climate and food in the beginning form the character and bodily constitution of the people, which afterward is perpetuated by inheritance from one generation to another. But in spite of both these, our race will be made up of those physical and moral peculiarities which constitute the leading features of the ancestors of the different races which have migrated to our shores. Where two races unite they exert a reciprocal influence on each other in accordance with the laws of their organization and external circumstances. If we admit that the character of a population is maintained and improved, or degraded, by inheritance, it becomes self-evident that it is also modified and changed by blending with foreigners; and the foreign element will have an influence in proportion to its magnitude and personal vitality. Dr. Reich says: "A highly developed race, with sharply defined peculiarities, will essentially change the character of a lower race, even when the latter is the more numerous; while, on the other hand, a great majority of individuals of a lower race will be required to exert a prevailing influence on one more highly developed."

"Those governments which have sought to exclude immigration have been influenced by the fact that an admixture of foreigners changes the organic conditions, and hence causes a development of the moral and intellectual character of the people, thus endangering the stability of the old order of things. To illustrate, a square-headed race lives happily and contentedly under an established political and religious system, which, however, is exceedingly obnoxious to the oval-headed races. If now a blending of these races occurs, and the government is determined to maintain the old order of things, there will come sooner or later a revolution, or perhaps a war of races. In the same proportion in which the oval heads are admitted, government must consent to modifications in its own form, and enter upon a new career; for the crossing of races produces a new character to which the old institutions are not adapted. Political and religious persecution exerted a powerful influence upon the origin and development of the national characteristics of Europeans. By it people of

all classes often united; men of the highest talent were introduced into new communities, It may with confidence be asserted that gifted persons exert a twofold influence upon the communities in which they settle. First, by intermarriage; and second, by virtue of their knowledge and skill."

Francis Galton makes some remarks which are very instructive for our purpose. We quote as follows: "The policy of the religious world in Europe was exerted in another direction with not less cruel effect on the nature of future generations by means of persecutions which brought thousands of the foremost thinkers and men of political aptitude to the scaffold, or imprisoned them during a large part of their manhood, or drove them as emigrants into other lands. In each of these cases the check upon leaving an issue was very considerable. Hence the Roman Church having first captured all the gentle natures and condemned them to celibacy, made another sweep of her huge net to catch those who were the most fearless, truth-seeking and intelligent in their modes of thought, and therefore the most suitable parents of a higher civilization, and put a strong check, if not a direct stop to their progeny. Those she reserved on these occasions to breed the generations were the servile, the indifferent, and again the stupid."

But when any nation banishes from its borders its best minds because their thought is far in advance of their age, science and philosophy, morality and religion are seriously affected and suffer, and so also does the character of the population. Almost every European country has, during some portion of its existence, banished its best minds. The persecution which drove the Puritan fathers from Europe to America was very beneficial to this country, but very injurious to their fatherland. The spirit of persecution in any country keeps alive and increases the growth of the lower organs of the brain, gradually developing them to enormous proportions, and this growth is transmitted by inheritance from parent to child. The growth of the lower combative faculties is at the expense of the intellectual and higher moral sentiments, and the development of the upper brain. In the course of generations this perversion of development is plainly to be seen. Dr. Reich, previously quoted, says: "When the true mental leaders of a nation are taken from the undercurrents of its intellectual life, or checked, the popular character becomes changed, delusion takes the place of reason, and passion that of noble impulse, immoral practices increase, and the general type of character sinks to a lower level.

"Physiognomy is entirely dependent upon morality and intelligence; and hence people whose intellectual life has been destroyed, will, even without the spread of religious fanaticism, lose their former noble features; and if subjected to a political system which permits only sensual enjoyments, and to a brutalizing church system, will take on a merely animal physiognomy and transmit it in an exaggerated form to their descendants."

Ernest Hæckel lays down as Nature's the following laws of inheritance: "All characteristics acquired by the organism during its individual existence, and which its ancestors did not possess, may, under favorable circumstances, be transmitted to posterity." He further says: "All such acquired characteristics will be transmitted with a certainty and fullness proportioned to the suitability of the conditions under which they were acquired and the length of time which these conditions continue to act upon succeeding generations. All organisms are capable of transmitting such acquired peculiarities exactly in the form in which they were received, and to the same parts of the body. All organisms are capable of transmitting acquired peculiarities in such a manner as to reappear in descendants at exactly the same period of life in which they were acquired."

The law-makers, moral reformers and teachers of every age and nation have labored with zeal to check evils which were continually threatening society, but they have failed to control and direct the laws of propagation and im-

provement of race, and hence their efforts have only partly succeeded.

We translate from the Athenæum, a German magazine devoted to anthropology, hygiene, morals and scientific culture, the following, which has a bearing on our subject: "In order that a family may maintain its existence and integrity through successive generations, it is essential that the health of its members should be preserved, that its external circumstances should be favorable, and that its people should be refreshed by suitable intermarriages with strangers. Where the conditions are the reverse of this, there must follow physical and moral degeneracy and final extinction.

"Small states isolated by peculiar laws, or otherwise, from surrounding communities are necessarily limited with regard to marriage. If now within such a state communities and distinctions of caste are strictly maintained, and alliance out of caste be sternly condemned, the proportion of marriages between blood relations will reach its maximum, and the attendant evils will be proportionally apparent. Family defects, both physical and moral, will be exaggerated from generation to generation in process of time, and the entire social and political system will become a diseased caricature of its former healthy condition.

"When people of a weak intellect intermarry within the circle of near relationship, they transmit with their purely physical defects, also their conformation of brain which is the cause of their mental imbecility. If now the descendants of such persons continue to propagate among themselves there results a half idiotic race, which so long as it maintains its existence at all, must deviate more and more from the normal human type. In most small European states the ruling families are of that class, and the baneful effects of their ignorance and bigotry are apparent in every feature of the social and political system of all which they dominate. Every free thought, every noble aspiration, every attempt at progress, encounters in them a stolid, unreflecting opposition. The condition of mind before referred to is allied to cretinism and idiotcy. It is important, however, to observe that not all the offspring of such marriages in small states are to be regarded as weakminded or incapable. A considerable proportiou display a marked ability, being distinguished for their attainment of science, art, and practical industries.

"These, however, are exceptions; as a rule such a marriage is tending to physical and moral degeneracy. The popular character as a whole, where the system prevails, is that of intellectual inertness, bigotry and aristocratic conservatism. The exceptional cases are those in which parents, themselves closely related, are in all respects vigorous and healthy. Such parents transmit only excellent qualities, no physical or moral defect appearing in the offspring. August Voisin has made a special study of a highly instructive case of this kind, viz., that existing in the district of Batz, upon the lower Loire, in the west of France. Here a little community of scarcely 4,000 persons has been isolated from the world, so far as marriage is concerned, for many generations, under a system of the closest intermarriage of blood relations. These people are described as physically and mentally sound. Inherited diseases are said to be unknown, and moral, social and hygienic conditions are excellent. Domestic happiness prevails, and the intellectual life is highly developed. Such instances of exemption from injurious consequences are calculated to mislead. Let us rather inquire into the causes that have produced so striking an exceptional case. We shall find them in the climate, the external conditions of life and occupation, and the congenial constitution of the people. These, in this little community, are, and always have been, of the most favorable character, and hence in accordance with the statement both remarkable freedom from disease and degeneracy which the case presents.

"Let us now refer to the smaller inland states. Here we find a condition of things of a directly opposite character. Physical disease and moral de

pravity are continually exaggerated and transmitted by the promiscuous intermarriage of relatives. Experience has indeed shown that a perfectly healthy community, maintaining within itself pure morals and normal habits of life, may closely intermarry with impunity, and even in some cases with positive benefit. But it is equally clear that opposite conditions will lead to opposite results; that is to say, an unsound and morally depraved people will transmit their weakness in an exaggerated form, leading to final degeneracy and ruin; and this, with all the more certainty and directness in proportion as the community is cut off from contact with the external world, and limited in numbers. In small inland states the latter condition is the one uniformly found complete. Physical and moral health is in such states physically impossible. Independent of the marriage system there are two other important causes of the perennial decay and inferiority which exists. These are first, the material poverty of the masses which prevents the application of hygiene, and second, the moral hypocracy which pervades all ranks and debases the character. These two circumstances are calculated in the highest degree to perpetuate the evils resulting from marriage within the circle of near relationship."

Francis Devay has made a thorough study of both the causes and consequences of the marriage of near relatives. He says: "The organic decay and general lowering of the character which results from such alliances are apparent not only to the medical profession but to all observers. There is with successive generations a great deal of the fading of beauty and wasting of the features, followed by the repulsive and diseased expression which especially characterizes the victims of scrofula and rachitis. There is also abundant evidence that such marriages tend to produce insanity and mental imbecility in the offspring.

"The political system of most small states bears the stamp of mental incapacity, while the moral system is characterized by that hypocrisy which accompanies scrofula and rachitis. The physical and moral evils that exist in small states are only to be remedied by preventing their transmission to posterity, for they are inherent in the physical and mental constitution, and can only cease with the life of those in whom they exist. This end is to be attained partly by wise marriage laws, but most effectually by the union of those small states with large ones."

The same evil results which have followed intermarriage in the small countries of Europe may, and often does, follow by intermarriage in neighborhoods and small towns in our own country. Even though the parties are not related by blood, they have perhaps by education, by habits of thought, and by methods of life. The tendency, therefore, has been to make them too much alike in character and physical conformation. If the people of one town will seek their partners for life in another town whenever there is any danger from neighborhood intermarriage, the evils mentioned may be avoided.

YELLOW FEVER.

BY EDWIN FAXON.

DISEASES are either local, affecting some particular organ, or general, affecting the entire body. A fever is a general disease. Dr. Fordyce thus described its nature more than 50 years ago, and there can be no better description now: "A fever is a disease which affects the whole system. It affects the head, the trunk, and the extremities. It affects the circulation, the absorption, and the nervous system. It affects the skin, the muscular fibers and the membranes. It affects the body and it affects likewise the mind. It is

therefore a disease of the whole system in every kind of sense."

While we may not speak dogmatically concerning the origin of any disease, it is worthy of note that general diseases, of which the most common are fevers, diphtheria and rheumatism, seem to be especially due to malaria. The air is our food; we constantly inhale, digest and excrete it. As corrupt solid food poisons the system through the blood, so does bad air in a like manner poison and produce those affections of the entire system characterized as general diseases.

To the production of yellow fever one condition is invariably necessary, and another almost as constantly so. The indispensable condition is a high temperature. It is almost wholly confined within the limits of 20° south and 40° north latitude, but within these limits it has special localities. In the United States it is liable to occur in summer from Charleston southward along the Atlantic and gulf coasts, and thence up the Mississippi valley as high as Memphis, visiting occasionally also the larger cities farther north, but never becoming epidemic in the country.

The other condition favorable to its development is the impurity and malaria of a city where sanitary regulations are neglected. Dampness of soil and climate are among the causes not so uniform, but often observed.

The city of New Orleans combines all the conditions essential to the generation of the disease in a higher degree than any other locality in this country. Its location is quite central within the zone to which the disease is limited; it is a large city, it stands upon grounds formerly covered by a marsh, and it is now bounded upon one side by a swamp, and surrounded everywhere by low, wet ground. It is also a city in which sanitary laws are sadly neglected. The conditions are thus complete, and the legitimate result equally apparent. During one notable season, however, when there was especial reason to apprehend a visitation from this scourge, it was wholly prevented. The story has often been told, and has passed into the medical records of every country that has occasion to deal with the subject; but it should be repeated as often as this or any other epidemic disease occurs. It is the story of General Butler's purification and consequent salvation of the city during his memorable occupancy of it in the summer of 1862. He entered it at the head of a northern army on the 1st day of May, and his first care, after firmly establishing his military authority, was for the health of his troops. He employed 1,000 laborers to clean the streets, disinfected all premises that required it, and, lastly, provided for a free access of country air by cutting a wide path through the forest and swamp bordering the city upon the north. He remained with his northern and wholly unacclimated troops throughout the entire summer and until December, during which time no epidemic disease occurred. The U. S. Sanitary Commission co-operated with the military authorities in this work, and from its official report we extract the following account of it:

"Under General Butler's vigorous administration the most effective sanitary measures were adopted and enforced. The fear of the outbreak of yellow fever during the summer months, and the danger to which the northern army would be exposed by its prevalence, acted as a constant stimulus to the most careful measures of precaution. Fortunately for the health of the army fears on this subject were so firmly rooted in the minds of the authorities, founded as they were on the familiar history of the effects of the epidemic in that region, that extraordinary efforts were made by them to remove all causes of preventible disease, and, as the result showed, with abundant success. The city was cleansed under General Butler's order as it had never been cleansed before; a rigid quarantine was enforced, the quarters of the troops in the forts and in the various camps were thoroughly policed, needless exposure to the fierce rays of the tropical sun, or to the deadly poison of the night atmosphere in the neighborhood of the swamps was avoided, a minute care was exercised with regard to the

clothing and food of the troops, which was entirely unknown in other portions of the army, and as the result of all these precautions faithfully carried out the summer of 1862 was passed not only without the appearance of yellow fever, but without any unusual sickness in that portion of the army which remained in the neighborhood of New Orleans. This favorable state of health among the troops in the Department of the Gulf was maintained during the whole war. In November, 1863 the experienced Inspector of the Sanitary Commission wrote: 'I have never seen so little disease among troops in the field. But little over four per cent. of the present force is on the sick list.' This is another curious illustration of the fallacy of calculations made before the war as to the possibility of effectually subduing the rebellion, based on the alleged inability of northern troops to resist the dangers of the climate. It is certainly very remarkable that a far higher health-rate was maintained during the war among the troops on the coast of Carolina and the delta of the Mississippi, than in the mountainous regions of Tennessee and Virginia.'"

This experience of the war is but a repetition upon a grand scale of the lesson everywhere taught in common life, viz., that the true remedy, or, still better, the prevention of disease, is to be found in the observance of the simple laws of health, in cleanliness, virtue, and temperance in all things. When the process of evolution carries the human race to a clear perception of this truth we shall see the last of yellow fever epidemics, as of a thousand other "ills that flesh is heir to."

THE NUTRITIVE CURE.

BY LAROY SUNDERLAND.

AND is not humanity itself, from first to last, the resultant phenomena of nutrition? What do we know of manhood but for nutrition? what of human hopes and joys? what of health and happiness? what of strength and beauty? what of longevity? There stands before me a young lady not 18, who weighs 515 lbs. I do not say that hers is a case of perfect nutrition; but I do say that all nourishment and growth is from nutrition. And there is Mr. Gashon, the Palestine giant, who weighs 600 lbs., and measures within half an inch of eight feet; and all this by nutrition, such as it is, not perfect.

I have now before me a list of more than 5,000 centenarians, and it was nutrition that gave to each of these persons a momentum to longevity. In my list are the names of those whose ages ranged from 100 all the way up to 207 years. Was not that a good heart that never omitted a single throb for the space of a century! It is now 40 years since the writer became so well satisfied as to the part that nutrition plays in the vital economy, that he has always since found a use for the term when designating the best method of cure. The first announcement of my theory was made in 1852, as follows:

"Perfect nutrition is life, health and strength. Imperfect nutrition, that is excess or diminution in the ingestive, retentive and egestive motions, is disease, weakness, pain and death. The instinctive vital forces are the cause, nutrition the means, and life and health the result. The curative principle is always in nutrition, never in medicine. When nutrition is disturbed we have more or less of the phenomena which we denominate disease. Hence to remove disease and to recover the health we must assist in the restoration of harmony in the vital motions which make nutrition."

It would seem desirable when speaking of the treatment of disease that we should use terms that give an idea as to the primordial forms of force that have been interrupted more or less in all

cases. The mind of the invalid should be directed to the origin of the disease, and to those personal habits of life that must be changed in order to bring about the cure. Hence, as a general rule, I say, the difficulty to be overcome is imperfect nutrition. And it seems to us that this is the only theory that accounts for all the normal and the morbid phenomena. And, while it causes all the phenomena, both instinctive and mental, it agrees with what is now admitted by the scientific world with regard to one self-controlling force in the whole of things. In the central sun there are all the elementary forms of force for the evolution and the control of the solar system, and whence comes this self-controlling world which evolves living forms of vegetable, animal and mental life. In our planet are all the elementary forms of force for the evolution of all mundane phenomena; and we see the persistent tendency of all these forces in the ascending forms of vitality and nutrition.

During my residence in New York, from 1834 to 1842, I attended all the lectures of Sylvester Graham, and his "Hygienic Rules" to this day I have never ceased to follow. And it was during that period that I commenced a course of experiments, hygienic and psychological, by which I satisfied myself that both in the nutritive economy and the mental constitution there dominates a law of unity, self-control and self-induction. As when the wound is healed it is *self-healed*; so when any form of disease is cured it is self-cured, by nutrition, similarly as it heals the wound. And what is true of nutrition is true of the human mind. It is self-choosing, self-controlling. All emotions of faith, hope, joy and fear, are self-induced. Ideas are self-evolved.

And yet in this unity of the nutritive and the mental system, making one self-hood, one self-controlling organism, both act independently of each other; and in certain cases this law of self-induction is so excited by a sudden shock of faith, or fear, that instant death follows as the result. We say, therefore, that this law is supreme, as the power that strikes the organism instantly dead is the greatest power, purely mental, of which the mind can have any knowledge.

The nutritive economy is far more limited in its range than the mind; but, like the mind, it evinces the power of choice in the use of means. This is done when it makes its marks, and creates colors and forms in the tissues of the fetus. A case is reported where it created small-pox pustules filled with purulent matter in the body of the fetus 30 days before birth.

Thus if a bone be broken, and the divided ends fall apart, this instinctive intelligence builds a bridge across the space at right angles, so as to unite the divided ends together. A remarkable instance of this kind I have seen in the skeleton of the mastadon. During life a rib had been broken, and one part had fallen down three inches below the other; but they were firmly united by a cross bone which had grown crosswise, as a bridge, from one end to the other.

The case of Alexis St. Martin is well-known. When 18 years old a hole was made in his stomach by a gun-shot wound two and a half inches in circumference. In about 18 months after, the economy of life had prepared a valve inside the stomach, so as to cover this aperture and prevent any efflux from within. Such adaptations of appropriate means to given ends can hardly be called coincidences, or accidental.

If a foreign body be introduced into the organism, the vital economy commences a series of motions for its expulsion; and it is a curious fact that this higher law, or whatever else it may be called, always evinces the power of choice in respect to its methods of working.

And mark how provident this nutritive economy is in providing food for us before we are born. And as we approach maturity if we could only proportion the chemical elements of our food as they are balanced for us by nutrition in the pabulum prepared for us before we came into the world, we might set at defiance the pill-box and live to a cheerful and hopeful old age.

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

THE TURKISH BATH.

High on her hills old Roma sat,
And proudly ruled the world;
But lust and luxury her state
To wreck and ruin hurled.

The silvered dome, the gilded spire,
The princely Pantheon,
The Forum fraught with fame and fire,
To history are known.

But ah! she builded better far,
One grand, colossal pile,
Than yet she knew, and blessings due,
Earth offers every while.

Her choicest vehicles of lust,
Her most voluptuous fane,
Her THERMÆ proud, are ours in trust,
But freed from every stain.

The fountain of perennial youth,
The pass to purity,
The balm for every ill, in truth,
These Thermæ prove to be.

But though proud Roma wrought the boon,
The precious boon, of yore,
A sister realm the name hath won,
And wears forever more.

But what's a name! the heritage
To all the Earth shall be—
Or Turks or Romans grace the page—
Forever, ever free.

And purifying "as by fire,"
The Bath from Styx shall save,
For by its aid is heaped a pyre
That forms old Belial's grave.

So, banished be each lingering doubt,
And know, who Heaven would win,
The Turkish Bath drives devil out,
And lets the angel in.

Mrs. E. P. Miller.

OUTSIDE.

My father's house is full!
There is no room upon his hearth for me,
Peace and content within his walls abide,
And only I and misery
Outside!

My mother's heart is full!
The thoughtful care she feels for hers alone,
And all those joys for which my soul has cried,
She grants not to the wretched one
Outside!

God! are thine arms so full
That such a one as I dare not implore
Some place with Thee, since here love is denied?
Oh, do not leave me evermore
utside!

Ann Hathaway.

WHAT BEAUTY'S LINES IN HER DESTROYS

What is it makes a lady's head
Feel heavy as a lump of lead?
What makes her nose's tip so red?
Tight lacing!

What makes her cheek burn like a coal,
Her feet as cold as Arctic pole?
What cramps her body and her soul?
Tight lacing!

What makes her temper short and sharp?
What causes her to fret and carp,
And on the smallest ills to harp?
Tight lacing!

What checks her proper circulation
And dulls her ordinate sensation?
What blighted babes breeds for the nation?
Tight lacing!

What makes her waist a wasp-like thing
And gives her tongue a waspish sting?
What balks her when high notes she'd sing!
Tight lacing!

What is it, with its vice-like squeeze,
Destroys its fated victim's ease
And brings her doctors countless fees?
Tight lacing!

What is it makes her gasp for breath,
And—so stern modern science saith—
Dooms her too oft to early death?
Tight lacing!

What brings a "corn upon her heart,"
And makes her—spoiled by cruel art—
Unfit to play the mother's part?
Tight lacing!

What tortures her into a shape
Which "ruts her liver" past escape,
And which, at most, makes *gommeux* gape?
Tight lacing!

What beauty's lines in her destroys,
And fashion's powerful aid employs
To crush from out her life its joys?
Tight lacing!

What ages her before her time,
And makes her feeble ere her prime?
What tempts to a self-suffered crime?
Tight lacing!

What, quite ignoring Nature's facts,
Her waist so cruelly contracts,
That each inch saved fresh pain exacts?
Tight lacing!

And what bad fashion of the day
Is it that ladies now should say
They'll spurn without an hour's delay?
Tight lacing!

London Truth

EDITORIAL DEPARTMENT.

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

NEW YORK, SEPTEMBER, 1879.

WATER.

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

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

TOPICS OF THE MONTH.

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

CHLORAL HYDRATE.—It is now a little over ten years since chloral hydrate was introduced very generally into use in Europe and America for the purpose of producing sleep. Its narcotic properties were discovered first by Liebrich, and Dr. B. W. Richardson, who has since become famous as an advocate of temperance and total abstinence, first investigated its effects on the body, and in a lecture which was extensively copied, gave a full account of its properties and uses. Many hundreds of persons who have suffered from sleeplessness learned how to use it, and so extensive has its use become in England, and so bad the effects, that Dr. Richardson now says regarding it:

"I have lived to see the influence on mankind of what in one sense is a beneficent and in another sense a malefi-cent substance, that I almost feel a regret that I took any part whatever in the introduction of the agent into the practice of healing and the art of medicine." Dr. R. goes on to state what are some of the effects of this drug when taken for any length of time. "The chloral in undergoing decomposition within the body divides into two products, the one chloroform, the other an alkaline formate, a soluble salt, which makes the blood unduly fluid, and acts in the same manner—as I found again by direct experiment with it—that common salt does, or the mixture of pickling salts used for the preservation of dead animal tissues that are preserved by the process of salting." He also adds:

"Here, then, was another danger from the use of chloral hydrate, a new condition of disease to which I drew attention very speedily, and to which I gave the name of *chloralism*. It is a matter of deep regret to have to report that since the name was given to the disease chloralism has become rather wide-spread. It has not yet spread far among the female part of the community. It has not yet reached the poorer classes of either sex. Among the men of the middle class; among the most active of these in all its divisions—commercial, literary, legal, medical, philosophical, artistic, clerical — chloralism varying in intensity of evil has appeared. In every one of the classes I have named, and in some others, I have seen the sufferers from it, and have heard their testimony in relation to its effects on their organizations — effects exceedingly uniform, and, as a rule, exceedingly baneful.

"The history of chloralism is of interest to the scholar of history, as showing how easily a simple scientific discovery may be misapplied when its misapplication ministers to some luxurious desire or morbid inclination of mankind. I give the account at first

hand, drawing upon no other experience than my own, an experience which dates from the very commencement of the disease, and which, during all the period, has been probably as comprehensive as any in respect both to instances of acute and of slow mischief from this one cause. I could fill easily all the space allotted to me in the present essay by mere narration of observed facts on this topic, were that my object. My object does not lie in that direction, useful and practical though it might be. Let the reader simply remember that from a certain scientific basis of research something specifically social, and either moral or immoral in its tendencies, has occurred in a brief space of time, and that a singular mental phenomenon has been developed among the most cultivated representatives of a highly cultivated people, and the impression I wish now to indicate by the brief narrative recorded above is supplied."

EVOLUTION IN THE FAMILY AND IN THE SCHOOL-ROOM.— Herbert Spencer is an acknowledged authority in all that relates to the theory of education, but his views of evolution have found no very practical application in the field of personal culture. We believe, however, that they may be applied in the details of school and home management, and especially in the development of habits of self-culture and self-government, such as every young person should be early taught to acquire. A child is a being in process of evolution. At birth it is little more than an animal in all its tastes, appetites and passions. It must not only be supported and nourished, but governed by its parents and teachers until the intellectual and moral sentiments are sufficiently developed to admit of its gradually assuming the responsibility of self-government. But even before this age is reached a child should be instructed as to his own nature and capacities in this respect. He should be told *why* he is arbitrarily governed by others, viz., because he is not yet sufficiently developed to govern himself, and he should clearly see that parental discipline is relaxed just in proportion as he is capable of taking matters into his own hands. Thus he sees that freedom is the direct and natural consequence of self-control and self-government. The love of freedom is one of the strongest instincts in every mind. Authority is oppressive when it denies to us the right to do as we please. What higher reward, then, can be bestowed upon the good child than that of freedom? "I govern you until you are able to govern yourself, and I abdicate the throne when my child is worthy to sit upon it and to wield the scepter of self-government. The world in the process of evolution is ruled by kings until the nations are successively fitted for republican forms of government. I am your king until you are fit to be a little republic within yourself." With this theory of government in mind the child sees clearly that every act tending to the elevation and purification of its character contains within itself a natural reward, viz., freedom; while every ignoble act, every base indulgence of appetite or of passion tends to personal bondage, since such acts must be restrained by authority.

We commend this view of evolution to parents and teachers. B.

RECORD OF HYGIENIC PROGRESS.— Under this head we propose noting from time to time the evidence of what we believe to be a most important fact, viz., a steady progress in all that relates to physical and mental right living. The motto of this journal is: "A higher type of manhood, physical, intellectual and moral." To this end it has been, we trust, in some measure a teacher among the people: not a dogmatic teacher as to details, but a suggestive teacher as to general principles. Looking thus over the great field in which we have labored, it is fitting to make a record of the evidences almost everywhere to be seen of the fruits, not of our labors merely, but of all who with like purpose have striven toward the realization of that ideal of manhood which exists in the mind of every well organized person, an ideal the very existence of which is a promise and a

prophecy of its ultimate realization.

The first item which we would thus place upon record is one that goes to the very origin of things and embraces or affects almost everything else that is good and noble. We refer to the improved physical life of woman. No one whose memory of American social life goes back for a quarter of a century can fail to observe that notwithstanding all the temptations incident to increased wealth, notwithstanding the fact that we are becoming, with every generation, a more refined and fashionable people, there has been at the same time a marked improvement in all that relates to domestic life. The food is better adapted to the development of physical strength, there are less of high seasoned meat dishes, and more of fruit and grain foods upon almost every table; the tight lacing and thin, tight shoes that once checked every activity are going out of fashion, and American ladies now vie with the English and German in their fondness for out-door life and recreation. During the summer months the sea-side and the mountains swarm with excursionists and more permanent dwellers who seek health in the way that Nature has prescribed: and these are very largely women who formerly spent the summer at home, housed up in the city. Among the agencies that have been influential in bringing about this improvement are to be mentioned those writers, both men and women, who have continually made themselves heard from the platform and through the press in earnest appeals in favor of hygienic right living. They have often had small audiences, but their apostolic exhortations have resulted in a great national movement whose fruits are destined to bless the American people long after the humble individuals who toiled at the initial point and gave the first impetus have been forgotten.

MECHANIC LIFE IN CITIES.—While we often have occasion to record evidences of hygienic progress among our own people, there is one influence that constantly tends in an opposite direction, and which, so far as it is felt, acts as a counter-weight to all the improvement and all the advantages that result from the wonderful development of mechanical industry. We refer to the baneful influence of workshop life upon the mental health and moral character of the many thousands thus employed. In all the great cities of the civilized world the average physical size and strength of the laboring classes is constantly decreasing. In France this is so apparent that in recruiting for the army it has been found necessary to reduce the standard of height about every 10 years, for otherwise the large cities could not furnish their contingent of men. A striking illustration of this fact has recently occurred in this country. The U. S. steamship Minnesota was sent up the Hudson to recruit lads for the navy, and of the 244 who presented themselves as candidates 113 were rejected on account of physical disability. Those rejected were mostly from Albany, Troy, and other cities where the laboring class is largely employed in factories. At the smaller towns country boys offered themselves and a large proportion were accepted; but only about five per cent. of the Albany and Troy boys were accepted against 50 per cent. from other towns. Color blindness was among the causes of rejection in many cases, this being a fatal defect in the navy, since a sailor should be able to distinguish the colors of signal lights upon the coast.

Of all the evils of modern civilization some of the worst are to be found in the vast workshops and factories that supply so large a proportion of human wants. Factory operatives lead a life especially calculated to destroy them physically, and little has ever been done to improve their condition.

ISAAC PITMAN.—Isaac Pitman, the inventor of phonography, is one of the leading vegetarians of England, and there can be no better recommendation of the system than the fact of his remarkable strength and power of mental endurance in old age, after 40 years of abstinence from flesh foods. He writes thus to the London Times, in

the phonetic style, of which he is also an advocate :

Ser: A frend sujests tu me that ei aut tu reit a leter tu the Teimz, plaising my leifekspeeriens in kontrast with the editorial summing up on Mr. W. Gibson Ward's vejetarain leter in the Teimz ov last Thursday. The konklusion arrived at iz : "So long as no speshal kaul is tu be maid on the strength, a peurili vejetable deiet mai sufeiz." As mei leif haz been won ov somewhat eksepshonal aktiviti, the fact that it haz been maintaind on a vejetable deiet aut tu be noan, nou a diskushon on deiet has been admited intu the Teimz.

Mei deietitik ekspeeriens is briefli this : Abut 40 yeerz ago dyspepsia woz karying me tu the graiv. Medikal advizerz recommended animal food three teimz a dai insted ov wuns, and a glas ov wein. On this rejimen ei woz nothing beterd, but raather wurs. Ei avoided the meet & the wein, gradeuali rekuverd mei dijestiv pouer, & hav never sins noan, bei eni pain, that ei hav a stumak.

Theez 40 yeerz hav been spent in kontineous laibor in konekshon with the invenshon and propagaishon ov mei sistem ov fonetik short-hand and fonetik speling, korespondenz and the editoarial deutiz ov mei weekli jurnal. Tho 65 yeerz of aij ei kontinu the kustom ei hav foload aul throo this period, ov being at mei ofis at siks in the morning, summer and winter. Til ei woz 50 yeerz ov aij ei never took a holidai, or felt that ei wonted won ; and for about 20 yeerz in the ferst part ov this period ei was at mei desk 14 ourz a dai, from siks in the morning til 10 at neit, with too ours out for meelz. Twenti yeerz ago ei began tu leev of at siks in the eevning.

I atribeut mei helth and pouer ov endeurans tu abstinens from flesh meet & alkoholik drinks. Ei kan kum tu no uther konkleushon when ei see the efekt of such ekstended ourz ov laibor on uther men hoo eet meet and drink wein or beer.

Ei hav riten mei leter fonetakali, as iz mei kustom, and shall feel obleijd if it be aloud thus tu appeer in the Teimz.

EIZAK PITMAN.

LOMI-LOMI.—Miss Amelia Armstrong, a lady from the Sandwich Islands, who is practically acquainted with the system of cure called "Lomi-lomi," used by the rustic islanders, has been urged to practice it professionally in New York this winter, by many friends who have felt the benefit of it at her hands. This system is at the basis of the method of Dr. William Monroe, of Boston, who has been celebrated for many years for his valuable cures, and whose representatives and imitators are now widely spread over the country. Dr. Monroe received the idea from a friend who was conversant with the Sandwich Islanders, and added anatomical knowledge by which he reduced it to a science. Miss Armstrong does not pretend to do this ; she simply practices it as she has done from childhood, having learned it from the Kanakas, or native islanders.

Miss Armstrong is the daughter of a distinguished and honored missionary, who resided many years in the islands and educated a fine family. One of her brothers is the principal of the Hampton School in Virginia. She proposes to confine her practice to the care of women and children. She has been assured that if a Kanaka would come to the States with this art he would be sure of custom, and why not so much the more an agreeable and cultivated lady? Miss Armstrong is a talented woman, pursuing the study of art at Cooper Institute.

A CAUSE OF YELLOW FEVER IN MEMPHIS.—It has been suggested that one of the causes of yellow fever in Memphis is its wood pavements. There are many miles of it in a state of decay, indeed so rotten and honeycombed, as to make them cesspools for the retention of street filth, and where noxious gases are generated that keep the air foul in hot weather by night and by day.

CURING THE DRINK CRAVE.—A reformed inebriate asserts that he overcame the drink crave by always having at hand some favorite ripe fruit, of which he would eat when he felt the impulse to drink.

STUDIES IN HYGIENE FOR WOMEN.

PROFITABLE HYGIENE.—Miss Minie E. Austin, for many years teacher in Chicago and San Francisco high schools, also principal of Clarke Institute in San Francisco, from failing health, turned her attention to an out-door life. She now superintends a fruit farm of 80 acres in Fresno, Cal., and has this spring set in the ground, by the aid of one man, over 600 fruit trees. Miss Austin conducts her farm with as much system as she did her school.

She has 26 acres of the best raisin grapes finely cultivated, from which the yield will be between 30 and 50 tons of fruit—all of which this enterprising lady will convert into good raisins. She has about 300 apricot trees, 100 nectarines, 400 figs, 400 prunes, and all ordinary fruit trees. She has this year nearly two tons of peaches alone, which she is drying for market. She finds time to read all the leading magazines and papers which cover the table in the coziest farm-house parlor I ever entered, and she graces her work by charming conversation.

I feel so much interested in this lady's work that I determined to write you about her, so that other women may be induced to take out-of-door labor without fear of unsexing themselves. This lady farmer is modest and unpretending, while liberal and free-thinking. A visit to her place has done me good.

ATTRACTIVE HOMES.—How careful should mothers be to make sunny, joyous, bright and attractive their homes, for on them is built the great fabric of the years to come. The long chain of life-experience and life-time memories begins there, and thought retravels the path so often, lingering here and there by the way, living over and over again the sunny springtime memories. They, should instil into every member of their families not only a love for truth, honor and virtue, but also a love for temperance, correct living, and all the health commandments which are needful to a healthful life.

WHEAT—THE BODY-BUILDER.—Articles of food which retain the vital principle, such as wheat, corn and vegetables, are the best suited to build up a healthy organism. We think what we can eat. The tiger and lion, which destroy and ravenously eat their red-blooded feast, respond to their nature in cruelty and savageness, while domestic cattle, as the sheep and the cow, show the results of a diet of grain and grass in lives peaceful and contented. Wheat contains especially the two ingredients necesary to build up bone and muscle in the human frame. "The life of the flesh is in the blood," says the Scriptures. When the blood is drawn out in slaughtering the animal, the meat contains only a small amount of nutriment. The wisdom of using Graham, or unbolted flour for bread, consists in the fact that the outside of the germ holds the lime or calcareous matter, while the interior furnishes the starchy substance. These two build up the muscles and the bones, and are found in wheat in better proportion than in any other cereal.

SOUND SENSE.—Sometimes children have a dislike to flesh meat, and when that is the case, it is the last thing that should be forced upon them: indeed it is not improbable that children would be far better nourished by eggs, fruit, milk, and farinaceous food than by flesh meat. "Perhaps," exclaims the Countess of Mountcashell, "we should all be healthier and longer lived if we had never learnt to devour the flesh of animals." Yet in many instances medical men persist in ordering a flesh diet for children who utterly dislike it. It is difficult to see the wisdom of such a procedure on any sound physiological ground whatever.

NO SEX IN SCIENCE.—There is no sex in science, and when it is known that women are sincerely studying anatomy and physiology, it will soon be found that there is no more reason for separating them from men who pursue the same study than there is for a woman who is a practicing physician not

to consult with a medical man upon the most delicate cases.

COST OF THE TOBACCO HABIT.—The Shaker says: "A man in our neighborhood having of late become convinced on the tobacco question, was led to make a calculation how much his tobacco habit had cost him in 40 years, computing at compound interest. He was so astonished at the result that he engaged another more skillful than himself in the use of figures to correct and supervise his work. The outlay was found to amount to no less than $13,300. He is a poor man, and no wonder; 13,300 dollars in the course of 40 years spit and smoked away. Think of this, gentle reader, when you smoke tobacco. It is often pleaded on behalf of the tobacco user: But may not the poor man, after the toil of the day is done, be allowed the comfort of a quiet smoke in his own chimney corner or by his own fireside? We ask, would not the stimulus to be derived from the evening paper which the money puffed away in smoke would buy, or from some good book, or from the thought that he was doing something better for his children than he would otherwise be able to do, or that he was laying up something for a wet day, prove quite as comforting, and far more civilizing and ennobling, than that drawn from a stinking pipe in the chimney corner."

To the above we add that a lager beer manufacturer has just compiled the value of beer given free to one of the workmen in his employ. At five cents per glass, the usual price, it amounts to $25,000.

UNHYGIENIC MARRIAGES.—Dr. Martin, of the *Salpetriere*, Paris, has made a series of interesting observations on nervous affections among the offspring of alcoholic parents. His results may be summed up as follows: In 83 families in which one or more members showed nervous excitability with a history of alcoholic origin, there were 410 children. Of these, 108—more than a quarter—had convulsions, and in the year 1874 169 were dead, 231 were still alive, but 83—more than one-third of the survivors—were epileptic. All this goes to show that physiological marriage and parentage cannot be expected among drinkers.

WOMEN AND MEDICINE.—Dr. Richardson says, in a public address: 'I want strongly to enforce that it is the women on whom full sanitary light requires first to fall. Health in the home is health everywhere; elsewhere it has no abiding place. I have been brought indeed by experience to the conclusion that the whole future progress of the sanitary movement rests for permanent and executive support on the women of the country. When as a physician I enter a house where there is a contagious disease I am, of course, primarily impressed with the type of the disease, and the age, strength and condition of the sick person. From the observation made on these points I form a judgment of the possible course and termination of the disease, and at one time I should have thought such observations sufficient. A glance at the appointment and arrangements and management of the house is now necessary to make perfect the judgment. By this glance is detected what aid the physician may expect in keeping the sick in a condition most favorable to an escape from death; and by this is also detected what are the chances that the affection will be confined to one sufferer or distributed to many. As a rule, to which there are the rarest exceptions, the character of the judgment is hereupon dependent on the character of the presiding genius of the home, of the woman who rules over that small domain. The men of the house come and go, know little of the ins and outs of anything domestic, are guided by what they are told, and are practically of no assistance whatever. The women are conversant with every nook of the dwelling, from basement to roof, and on their knowledge, wisdom and skill the physician rests his hope. How important, then, how vital that they shall learn, as a part of their earliest duties, the choicest sanitary code."

As a timely illustration of the correctness of this judgment, we may

permitted to state, on the authority of Dr. Bowditch of Boston, that the movement which resulted in the establishment in Massachusetts of the first board of health in the United States, originated with a lady of Pittsfield (Mrs. Thomas F. Plunkett), who had been intimately connected with the Maplewood Seminary in that town at the time of the well-known outbreak of typhoid fever in that institution, and was an intelligent observer of those violations of sanitary law which led to such disastrous and fatal results.

ONION PIE.—A dish suited alike for the tables of the rich and the poor. On the rich man's table it may form a pleasant, agreeable, and elegant dish, and for the table of the poor man it is a food healthful, substantial and cheap—in fact one of the very cheapest dishes which can be placed upon the tables of those with small purses and big families. The paste is substantial, nourishing and healthful, while the onions give it an agreeable flavor. "Onions," says Prof. Johnstone, "are remarkably nutritious, containing from 25 to 30 per cent. of gluten." In fact onions are not sufficiently appreciated. Socrates attributes to the onion the virtue of augmenting the courage and force of warriors. Onions owe their peculiar flavor and odor, as well as their pungent and stimulating qualities, to an acrid volatile oil which contains sulphur. The volatile oil should be dissipated by boiling; the onions then become mild and digestible. On a baking-board place a quantity of whole wheaten meal and some good salt butter, in the proportions of two ounces of butter to one pound of meal. Add a very little salt aud a very little carbonate of soda. Add buttermilk or skimmed milk, or even water, and mix till of a pasty consistency. Roll out thin, and cut to the size of a common flat dinner plate. Make ready two shapes of paste for each dish to be used. Lay one shape on the plate and reserve the other shape to be placed on the top after the onions have been put in. Now prepare the onions by peeling and cutting very small—about eight ounces of onions to each pound of meal. Stew the onions by themselves in a very little water for half an hour, then place in the plates, flavoring with a very little salt. Cover up with the remaining shape of paste, wetting the edges to make them adhere; make a little opening in the top to let out the steam. Place in a moderately heated oven, and bake for one hour.

BISCUITS.—Coarsely ground and undressed wheatmeal is undoubtedly most wholesome, and should always be preferred to fine flour. From all refined flours the bran has been removed. Now bran is a natural condiment, rich in gluten and fatty matter; and even the ligneous portions of it, although indigestible, cannot be well dispensed with, particularly by those who lead inactive or sedentary lives. In the preparation, therefore, of all breads for the household whole meal only should be used. Oatmeal cakes are the most wholesome of bread, easy of manufacture, and ought to be found constantly on all our tables. We do not now write of oatcakes, but of a biscuit which somewhat resembles oatcake in being short, will keep sweet for a considerable length of time, is simple in its preparation, homely and substantial. On a baking board put two pounds of oatmeal and two pounds of whole wheaten meal, ten ounces of good salt butter, half an ounce of carbonate of soda, a quarter of an ounce of tartaric acid, and four ounces of sugar. All should be weighed carefully; the batter should be the best that can be procured, and the soda should never be used without the acid. Mix all together. When the butter has been well rubbed into the flour add buttermilk, mixing with the hand till of a pasty consistency. Knead just as little as possible, to keep the dough light. Roll out; cut with biscuit stamp to the required size, prick with marker, and fire in a moderately quick oven. In the absence of a stamp cut with a lid, and if no marker is at hand use a common fork. In rolling out the biscuits little or no fresh flour should be used. If those directions are followed, a most palatable, agreeable and nutritious bread will be produced. If cooled in

an open basket and afterward stored away in tins, those biscuit keep sweet and short for a considerable period.

CREAM PUDDING. — One quart of milk, five eggs, four tablespoonfuls of flour and one tablespoonful of salt. Boil the milk, moisten the flour with cold milk; add to the hot milk and boil three minutes; add the eggs and boil up half cup of sugar. Flavor to taste. Turn into a dish, and just before sending to table strew half a cup of sugar over the top.

STALE BREAD.— I find the best restorative is to place the loaf, roll, or cake in a steamer over boiling water, for ten minutes or more, according to size; then take out, allow the steam to evaporate completely, and in a short time the bread will eat like new to the uninitiated.

CURRENT LITERATURE.

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BEER AS A BEVERAGE. An address by Rev. G. W. Hughey, A. M., in reply to the annual address of H. Rueter, President of the Beer Brewers' Congress.

The recent annual meeting of the Beer Brewers' Association, at St. Louis, attracted more than usual attention on account of the high moral ground assumed by the association, claiming as they did, that lager beer was every way a national blessing, and putting upon the walls of the hall in which they met the remarkable motto: "Lager beer the beverage of our country, a true apostle of temperance."

In reply to this the lecture before us presents a vigorous summary of facts upon the side of total abstinence, and especially emphasizes this fact, that the use of any mild stimulant causes an appetite for a still stronger one, or for an increase in the quantity of the milder. Facts, not theory, must decide such controverted points, and the writer of the present notice would have no opinion in the matter but for his own experience in Germany, where he drank lager beer for a year and then discontinued it for the sole reason that the appetite for it, and for a constantly increased quantity of it, was growing upon him at an alarming rate, and to test the question which was master of the situation, himself or lager, he discontinued its use almost wholly; and finally, being satisfied of its injurious effects in his particular case, utterly renounced its use, regarding its effects as a most insidious and hence injurious form of partial intoxication, for lager beer deserves to rank strictly among intoxicating beverages. The address is well worthy of reading. X.

VEREINS-BLATT FUER FREUNDE DER NATURLICHEN LEBENSWEISE, Nordhausen, Germany, July, 1879.

This number of the organ of the national German society of vegetarians contains the report of the annual meeting of the society held at Eisenach, on the 29th and 30th of June last. It appears to have been an exceedingly interesting occasion. From the address of the President, Edward Balzer, the editor of the above-named journal, we learn the interest in the cause of vegetarianism in Germany is making steady though not rapid progress, and that owing to an earnest spirit among the members, several new local organizations have been effected in the interest of the cause, viz., in Ulm, Augsburg and Vienna. Among the questions discussed was that of the two meal system of diet, and between 9 and 10 A. M., and between 4 and 5 P. M., were by some recommended; but the business inconvenience of those hours of eating prevented their being generally approved. The German vegetarians are remarkably strict, rejecting all stimulating drinks, including tea and coffee. They are almost alone in Germany in their opposition to the use of beer and tobacco; but they are an earnest and aggressive little band of reformers, and are destined to form the nucleus of that great temperance reform yet to sweep over Germany as now over this country; and they are upon the true temperance platform, that of abstinence from stimulating foods as well as drinks, for flesh foods are stimulants while fruits and grains are simply nutritive. To this, in our judgment, must all advocates of true temperance at last come.

PRACTICAL INSTRUCTIONS IN ANIMAL MAGNETISM. By J. O. F. Deleuze. Translated by Thos. C. Hartshorn. Revised edition with appendices, etc. New York: S. R. Wells & Co. Price $2.00.

This is a new and revised edition of a work that has been long out of print. Its author, Joseph Francis Philip Deleuze, was the intimate friend and associate of Levaillant, Duperron, Cuvier, Humbolt, and others belonging to that brilliant galaxy of scientists who flourished about the period of the first French revolution. he enjoyed official distinction in several scientific societies, besides being an author of some note. His attention being attracted to the discoveries of Mesmer, he determined upon an investigation of animal magnetism, which he made, and being satisfied of its claims, became afterwards a practitioner of that science. The present work was written in fulfillment of a task which he had been by many persons requested to undertake, and which the author states in his introduction to be: "To publish upon the subject of magnetism plain and simple instructions free from all theory and proper in all cases to direct those who are convinced of the reality of the agent, and who are at a loss how to make use of it."

The book consists of 10 chapters, in which are set forth, 1st, "General Views and Principles," 2d, "Of the Processes," a chapter on somnambulism, and one on the precaution to be used in the choice of a magnetizer.

HEALTH FOOD LETTERS.

We continue our extracts from letters received from users of the "Health Foods," and will endeavor to give place to the opinions of all who seek expression on the subject. One lady writes: "I am very grateful to you for advising your readers to write to the Health Food Company, 74 Fourth avenue, New York city, for pamphlets. I wrote and received some very interesting matter which I have read with pleasure and profit."

I cannot keep my family well without the excellent foods of the Health Food Co., 74 Fourth avenue, N. Y., the most healthful I have ever found. I always take great pleasure in persuading friends, particularly invalids, to make use of them, and the result is always gratifying.—MRS. LIDE MERRIWETHER, McMinnville, Tenn.

To the Editor of the Herald:

SIR.—Permit me to draw the attention of the readers of your excellent journal to the foods prepared by the Health Food Co., 74 Fourth avenue, N. Y., for the cure of indigestion in all its forms. I have been a sufferer from this malady for the space of six years. During this time I have been a regular attendant at the drug store and have had medical prescriptions innumerable, but grew worse. About five weeks ago, after reading the commendatory notices in the HERALD, I determined to give the Health Foods a trial; not, however, without serious misgivings that it was another trap to deprive me of a few more dollars and leave me in a worse plight than before. I am happy to say my fears were unfounded. I had not used their first package of Gluten before I experienced a very sensible relief. Since then I find the health and strength that I once had to be gradually returning.—WM. G. BOAL, 121 West Twenty-eighth street, New York.

The delicate foods of the Health Food Co., 74 Fourth avenue, New York, are doing great good in my neighborhood, and are warmly commended. I do not wonder that the two leading hotels in New York—the Windsor and the Brevoort—have placed them upon their bills of fare,—W. H. PRATT, Newton Highlands, Mass.

The admirable preparations of the Health Food Co., 74 Fourth avenue, N. Y., are bound to grow in favor as they are fairly and more fully tested. I take pleasure in commending them wherever I go. My physician approves them strongly, and my wife and children use them every day. The use of them has given me the power to digest milk, which I always liked, but which never agreed with me till now.—REV. SYDNEY K. SMITH, Conn.

The Food of the Health Food Co., 74 Fourth avenue, New York, has arrested a disease—diabetes—from which I have suffered seven years. From a specific gravity of 40 degrees, the secretion has become normal. Physicians are waking up to the great value of this excellent Food.—FRANKLIN P. SHOEMAKER, Germantown, Pa.

If the diet of the people consisted more largely of the excellent prepared grains of the Health Food Co., 74 Fourth avenue, New York, constipation and dyspepsia would be almost unknown words.—*The Housekeeper.*

The Cereal Foods of the Health Food Co., 74 Fourth avenue, are splendid substitutes for potatoes, more inviting and more nourishing. The Pearled Wheat, when properly cooked, forms a beautiful white jelly, most grateful to delicate digestive organs. All the grains of the Company are so prepared as to perfectly assimilate in any stomach.—"AUNT ADDIE," *in Country Gentleman.*

A lady who was troubled with dropsy and numerous other diseases went to New York to die. She commenced eating the White Wheat Gluten prepared by the Health Food Co., 74 Fourth avenue, New York, got well, regained her youth, lost her superfluous flesh, and is on our streets to-day singing the praises of these Foods to her friends. She has been for many years our leading milliner, and her complete recovery has been a surprise to us all.—C. B. QUICK, Pen Yan.

VEGETARIANISM

THE

Radical Cure for Intemperance.

BY

HARRIET P. FOWLER.

CHAPTER I.

F CAUSES INTEMPERANCE BY ITS ABSENCE OF CARBONACEOUS PROPERTIES.

apier's Paper, recommending Vegetarianism as a Cure for Intemperance, containing tests of ·s Theory—Discussion concerning the Destination of Alcohol—It has never been proved ch much escapes from the body as enters it—Weight of Evidence supports Liebig's Theory—Temperance Advocates make mutilated Statements—Explanation of how Alcohol is a Food holic Drinks are more or less Saccharine; therefore they are Carbonaceous, and so would Liebig's Theory—No Safety except in Total Abstinence.

CHAPTER II.

T MAY LEAD TO INTEMPERANCE BY ITS STIMULATING EFFECTS UPON THE NERVOUS SYSTEM.

stances of these Effects—Veteran Temperance Lecturer's Opinion concerning Meat—Two ch which Meat prepares the way for Intemperance—A defective Nervous System favorable emperance—Our Fondness for Exhilaration—Its injurious Effect—Meat provocative of Nervtiments—Physicians should not, as a rule, prescribe Alcoholic Drinks as a Hypnotic.

CHAPTER III.

T PERPETUATES INTEMPERANCE BY ITS STIMULATING EFFECTS UPON THE STOMACH.

he manner in which this is done—How Alcohol causes Gastritis—Difference between this and pepsia—Another way in which Meat increases Gastritis—Effect of Stomach Disease upon the al Faculties—Cowper's Case—The Appetite for strong Drink—Does religious conversion De-it?—The testimony of distinguished Temperance Specialists that, in the great majority of it does not—When the Appetite for Liquor is kept in subjection only by Will Power, the n's usefulness and happiness greatly Diminished—Opium in Maine—If a Drunkard's Appe-r strong Drink is not removed, and strict Prohibition be enforced, there is danger of his be-ng an Opium-eater—The superior claims of Vegetarianism as a cure for Intemperance.

CHAPTER IV.

LES SHOWING THAT OTHER ARTICLES OF FOOD ARE AS NUTRITIOUS AS MEAT, REBY REMOVING ONE OF THE DRUNKARD'S OBJECTIONS TO VEGETARIANISM.

mparison of the composition of Meat with Beans, Peas, Lentils, Cocoa, Chocolate and Eggs the foregoing excellent substitutes for Meat.

CHAPTER V.

CONTINUATION OF TABLES BEGUN IN CHAPTER IV.

mparison of the composition of Meat with Cheese and Oatmeal—Fish—Macaroni—The value olled Wheatmeal—Comparison of the composition of Meat with Indian Corn, Garden tables, Potatoes, Fruit—Great muscular strength of some Vegetarians.

CHAPTER VI.

DRUNKARD'S SECOND OBJECTION TO VEGETARIANISM (THE SUFFERINGS OF THE PALATE) ANSWERED.

ow Drunkards can abstain from Meat with only slight Inconvenience—The healthiest Chil-n the World have been reared without Meat—Three Reasons for recommending the Lax Veg-an System—The "Fruit and Bread" Diet of Dr. Gustav Schlickeysen an admirable one in respects—Lax Vegetarianism lightens Kitchen Drudgery nearly, if not quite, as much as Fruit and Bread Diet—Pie, Flour Biscuit and Cake exceptions to the above, and moreover, Unwholesome—How to Wean the Husband from them—The desirability of the establish-of Inebriate Asylums on the Lax Vegetarian System—Invitation to those Cured by this ok to communicate with the Author.

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his very remarkable work should be placed in the hands of every person who would earnestly k off the habit of using alcoholic liquors, or tobacco, and of all lecturers on temperance, ed-clergymen, etc.

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THE

Radical Cure for Intemperance.

BY

HARRIET P. FOWLER.

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MEAT CAUSES INTEMPERANCE BY ITS ABSENCE OF CARBONACEOUS PROPERTIES.

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This very remarkable work should be placed in the hands of every person who would earnestly break off the habit of using alcoholic liquors, or tobacco, and of all lecturers on temperance, editors, clergymen, etc.

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PHYSIOLOGICAL AND SANITARY MARRIAGE AND PARENTAGE. (10).

BY THE EDITOR.

DIFFICULTIES IN THE WAY.

WE will in this number consider some of the difficulties in the way which prevent a physiological marriage in so many cases. The first one is the very great ignorance which prevails on the subject, and the perfect indifference to it by a majority of persons. A case in point will illustrate. There lives in one of the New England states a wealthy gentleman who is a breeder of domestic animals, especially horses and cattle. In breeding these animals he shows extensive knowledge of the art of crossing, and takes the greatest pains to match his animals so that the progeny shall be of very fine quality. His object, of course, is to breed animals that will bring a good price in market. In this respect he has succeeded. But did he use equal care in his own marriage, so that his own offspring should be as good, or better than himself? Not at all! He married a woman whose blood was saturated through and through with insanity. She is now in an insane asylum, and her children are very defective, bodily and mentally. He is honored only by his fine horses and cattle. He is dishonored in his family.

Another case came to our own notice which is of peculiar interest. A man seriously deformed in his hands and feet was married to a New England woman of intelligence and good family. Three children were the result of this union, each one deformed, if anything worse than the father. The mother was asked why she married a deformed man, and thus became the mother of deformed children? She replied that it never occurred to her that her offspring would inherit the father's defects.

These are perhaps extreme cases; but on every hand one sees similar ones, owing largely to ignorance and indifference on the part of the young. For this reason parents should inform their children at the proper age of the importance of the subject, and place in their hands such books as will aid them to become intelligent on a matter involving such important results.

Still another difficulty in the way is the blindness of the passion of love. When once awakened between two persons they seem to lose their judgment, to a great extent idealize each other, and refuse to listen to the voice of reason. Another difficulty is the tendency of men to marry for money or position, and a similar tendency of parents to marry their daughters to men of wealth without regard to fitness of age, health or physical adaptation. Who has not known of a parent almost compelling a beautiful daughter to marry an old, decrepid man with great wealth, and refusing consent for her to marry a young but poor man whom she loved, and with whom she might have been happy. Parents who do this can have no idea of the wrong they commit. Sometimes, however, the fault is with

the daughters who are willing to marry old rakes saturated with disease, if it will only bring to them fine clothing, introduction to society and a life of indolence.

But the greatest of all difficulties in the way is one which we will now mention. It is the diseased condition of such a large portion of our race. The number of perfectly healthy persons is less than might be supposed. It is appalling to think how many there are who have tendencies to gout, rheumatism, epilepsy, insanity, consumption, neuralgia, and other diseases; how many with imperfect stomachs, lungs, hearts, brains, etc., so that the slightest indiscretion precipitates them into misery. It would be painful to enumerate the physical defects handed down from parent to child for generations. As we write these lines a gentleman tells us that he inherited the gout from an ancestor six generations back; and also that nearly all the descendants of that ancestor inherited it likewise. The marriages of six generations have not sufficed to remove the taint. Probably it will be inherited along the line of descent for hundreds of years to come. Then, again, take consumption; about 100,000 die of this disease in the United States every year. In many of the States one-sixth of all the deaths are from this one disease. No epidemic of cholera or yellow fever slays so many. War, with all its horrors, does not cause so much pain, sorrow and anguish. It is daily torture for months and years, dying inch by inch. We have now a population of about 50,000,000 of people, and it is safe to say that half of them have a tendency to some physical defect which renders them more or less unsound. With so much disease in the world is it not almost impossible for the multitude to marry physiologically? This is a sad commentary on our methods of living. It shows conclusively that they are unhygienic and unphysiological. And we go on propagating this condition. Part of this evil is the result of our time. This is an age of progress and of philanthropy, and medical science, without doing much to prevent disease, until very recently has done everything to patch up broken constitutions and save life. Without renovating the blood or altering the habits of men it has pieced out their lives, and they have propagated disease instead of health. Most of us are spendthrifts of vital riches. Few aim, even in the slightest degree at family improvement. Have we not gone far enough in this downward course of race deterioration. Some have recommended as a remedy prohibitory laws which should regulate marriage and restrict it within certain limits; but this could only be carried out to a limited extent. We might properly apply restrictions to marriages of paupers, criminals and scoundrels. We must trust mainly to the enlightenment and moral susceptibility percolating downward, and in time permeating all ranks and conditions of men and women.

Mr. George Darwin in discussing this subject says: "Further changes may be made, by providing that proof of having never suffered from insanity should be a prerequisite to marriage. And one may hope that in the distant future the parties may further be required to show that their parents, or even remoter ancestors and collaterals, are likewise untainted; this, too, is the more important as it has been shown by Dr. Prosper Lucas that innate characters are more strongly inheritable than those acquired by the individual. The possibility, however, of the introduction of such measures as these is so distant that it does not seem worth while to consider them further than by pointing them out as goals, on the ultimate attainment of which our attention should be turned.

"Besides the mental qualities of man, his bodily frame is urgently in want of improvement, and for this end also we need a substitute to replace the weakened influence of natural selection. *Mens sana in corpore sano*—so that even neglecting the consideration that by our carelessness we are laying by a heritage of suffering for unborn generations, we can only fully provide for the advancement of the human race by paying attention to physical

qualities. There can be no doubt that the health of large numbers in our present highly civilized condition is alarmingly feeble, and that the advance of medical science will, by the preservation of the weak, only aggravate the evil for future generations. The extent to which, in the present age, the weak are placed almost on a par with the strong in the struggle for life, has been pointed out in the 'Descent of Man.'

"There are many diseases which seem to require attention on account of their strong hereditary characters. The lungs, the digestive canal, the liver, and organs of generation may be the origin of the most various forms of derangement, and give rise to convulsions, hysteria, chorea, and epilepsy; and all these diseases are hereditary and transformable *inter se*. Gout, scrofula, rheumatism, tuberculous, cancerous, herpetic and syphilitic diseases are intimately related, and all are strongly heritable. A gouty constitution may develop itself in the form of asthma, dyspepsia, epilepsy, apoplexy, paralysis, madness and many other diseases. That consumption runs in families is too notorious to need any comment. We shall, to a certain extent, in combating insanity and idiotcy, combat all these diseases, since they are mostly commutable with mental incapacity; but we can only make a really successful attack by compelling the production, before marriage, of a clean bill of health in the party, and ultimately in his parents and ancestors. Syphilis would have to be included, in case, as is only too likely, medical science and other preventive legislation should fail in confining its ravages to small limits.

"At the end of his book Dr. Lucas gives his opinion, as the result of his labors, that, in contracting marriage, union should be avoided with persons near akin, with those affected with epilepsy, mental incapacity, phthisis, scrotula, etc., as well as with those whose parents, grandparents, uncles or aunts are so affected; and adds, that it is our duty not only to search for persons exempt from these diseases, but those whose personal and family constitution is good.

"The ultimate restrictions, then, to liberty of marriage would be (besides those already in force, less the absurd laws against marriage with a deceased wife's sister or husband's brother). 1. Divorce on the appearance of certain diseases. 2. The passing of a medical examination for this same class of diseases. 3. The production of an untainted pedigree."

The examination might be modeled on that in force in Germany for military service, where a man is not ultimately rejected until he has been refused in three successive years. Could such legistation come into force, coupled with some such a scheme as that proposed by Mr. Galton, not only might a "cubit be added to our stature," but the capacity for happiness in the world might be largely augmented by the destruction of that most potent cause of unhappiness, ill health; several years might be added to human life, our ability for work and mental power immensely increased, and the coming race might end by becoming as much superior to ourselves in mind and body, as the racehorse is superior in form to a shaggy pony.

VALUE OF PHYSICAL ENDURANCE.

PROF. HUXLEY'S TALK TO THE UNIVERSITY COLLEGE SCHOOLBOYS.

LADIES AND GENTLEMEN: Let me remind you that you are simply spectators of to-day's proceedings, and that it is not my business to address you. If it were, the occasion might tempt me to take up much more of your time than I intend to occupy in saying a great many things which I have no intention of saying. For though I am not by nature greatly

given to sentimental reflections, I cannot but imagine that we men and women are tempted to say of the hearty boys, at the demonstration of whose mental and physical vigor we have been assisting, that which Wallenstein says of Max Piccolomini:

"For, oh, he stood before me like my youth:
Transformed for me the real to a dream;
Clothing the palpable and the familiar
With golden exhalations of the dawn."

We have reached the hard realities, the palpable limitations, the familiar drudgery of actual life; while for these joyous lads the future is a vision of limitless possibilities shaped out of the golden exhalations of youth and hope. A long, an earnest, perhaps a sad homily might be preached upon this text. Happily for me I am not called upon to deliver it; but I may at once address myself to these boys, who are doubtless beginning to think that I am maundering, and that if there is anything in the world real and palpable, not to say familiar, it is just themselves. So, boys, let me tell you it has given me great pleasure to come among you to-day, and to hand you the prizes you have won for proficiency in all sorts of intellectual and some physical exercises; and as I have perfect confidence in the judgment and in the justice of those who award these prizes, I am sure that you deserve the honors you have obtained, and I offer you my hearty congratulations upon them. You have a right to take an honest pride in your success, and I would even excuse a little vanity, if the fit is neither too strong nor too long. But though self-satisfaction, if one comes by it honestly, is a very good thing in its way, the whole value of success, here as elsewhere, does not lie in self-satisfaction.

In the present case I should say that the chief value of success lies in the evidence which it affords of the possession of those faculties which will enable you to deal with those conditions of human existence into which you will be launched, to sink or swim, by-and-by. Let me appeal to your knowledge of yourselves and of your schoolfellows. What sort of fellows are those who win prizes? Is there on all the long list which we have gone through to-day the name of a single boy who is dull, slow, idle, or sickly? I am sorry to say that I have not the pleasure of knowing any of the prize-winners this year personally; but I take upon myself to answer certainly not—nay, I will go so far as to affirm that the boys to whom I have had the pleasure of giving prizes to-day, take them altogether, are the sharpest, quickest, most industrious and strongest boys in the school. But by strongest I do not exactly mean those who can lift the greatest weights or jump farthest, but those who have most endurance. You will observe again that I say take them altogether. I do not doubt that outside the list of prize-winners there may be boys of keener intellect than any who are in it, disqualified by lack of industry, or lack of health, and there may be highly industrious boys who are unfortunately dull and sickly; and there may be athletes who are still more unfortunately either idle, or stupid, or both.

Quickness in learning, readiness and accuracy in reproducing what is learnt, industry, endurance, these are the qualities, mixed in very various proportions, which are found in boys who win prizes. Now, there is not the smallest doubt that every one of these qualities is of great value in practical life. Upon whatever career you may enter, intellectual quickness, industry, and the power of bearing fatigue are three great advantages. But I want to impress upon you, and through you upon those who will direct your future course, the conviction which I entertain, that, as a general rule, the relative importance of these three qualifications is not rightly estimated, and that there are other qualities of no less value which are not directly tested by school competition. A somewhat varied experience of men has led me, the longer I live, to set the less value on mere cleverness; to attach more and more importance to industry and to physical endurance.

Indeed I am much disposed to think that endurance is the most valuable

quality of all; for industry, as the desire to work hard, does not come to much if a feeble frame is unable to respond to the desire. Every one who has had to make his way in the world must know that while the occasion for intellectual effort of a high order is rare, it constantly happens that a man's future turns upon his being able to stand a sudden and heavy strain upon his powers of endurance. To a lawyer, a physician, or a merchant it may be everything to be able to work 16 hours a day for as long as is needful without giving up. Moreover, the patience, tenacity, and good humor which are among the most important qualifications for dealing with men, are incompatible with an irritable brain, a weak stomach, or a defective circulation.

If any one of you prize winners were a son of mine, and a good fairy were to offer to equip him according to my wishes, for the battle of practical life, I should say: "I do not care to trouble you for any more cleverness; put in as much industry as you can instead; and a broad, deep chest, and a stomach of whose existence he shall never know anything." I should be well content with the prospects of a fellow so endowed. The other point which I wish to impress upon you is, that competative examination, useful and excellent as it is for some purposes, is only a very partial test of what the winners will be worth in practical life. There are people who are neither very clever nor very industrious, nor very strong, and who would probably be nowhere in an examination, and who yet exert a great influence in virtue of what is called force of character. They may not know much, but they take care that what they do know they know well. They may not be very quick, but the knowledge they acquire sticks. They may not even be particularly industrious or enduring, but they are strong of will and firm of purpose, undaunted by fear of responsibility, single-minded, and trustworthy. In practical life a man of this sort is worth any number of merely clever and learned people. Of course I do not mean to imply for a moment that success in examination is incompatible with the possession of character such as I have just defined it, but failure in examination is no evidence of the want of such character. And this leads me to administer from my point of view the crumb of comfort which on these occasions is ordinarily offered to those whose names do not appear upon the prize list.

It is quite true that practical life is a kind of long competitive examination, conducted by that severe pedagogue, Professor Circumstance. But my experience leads me to conclude that his marks are given much more for character than for cleverness. Hence, though I have no doubt that these boys who have received prizes to-day have already given rise to a fair hope that the future may see them prominent, perhaps brilliantly distinguished, members of society; yet neither do I think it unlikely that among the undistinguished crowd there may lie the making of some simple soldier whose practical common sense and indomitable courage may save an army led by careless cleverness to the brink of destruction; or some plain man of business who by dint of sheer honesty and firmness may slowly and surely rise to prosperity and honor, when his more brilliant compeers, for lack of character, have gone down, with all who trusted them, to hopeless ruin. Such things do happen. Hence let none of you be discouraged. Those who have won prizes have made a good beginning; those who have not, may yet make that good ending which is better than a good beginning. No life is wasted unless it ends in sloth, dishonesty, or cowardice. No success is worthy of the name unless it is won by honest industry and brave breasting of the waves of fortune. Unless at the end of life some exhalation of the dawn still hangs about the palpable and the familiar; unless there is some transformation of the real into the best dreams of youth, depend upon it whatever outward success may have gathered round a man, he is but an elaborate and a mischievous failure.

WINTER SUITS FOR LITTLE GIRLS.

THE mother of one of the darlings who has played about on our hillside for a year and more, has given us an opportunity to examine her winter wardrobe for the purpose of describing it for The Laws of Life. The lady is very desirous that other mothers of little girls should know of this way of dressing, since it is so intrinsically excellent, and has proved such a satisfaction to herself and such a blessing to her sweet Blossom.

Being a lady whose tastes and associations require that the dress must be becoming, she has not patched up these garments out of anything that happened to be on hand, or with the sole idea of health; but while keeping the health-idea paramount, she has made her little one picturesque, has put style to the fashion of her garments — made her in fact a beautiful "blossom" of the snow and frost—her cunning brows and cardinal suit, her sun-browned and reddened cheeks and bright brown hair and eyes showing charmingly against winter settings. We have in our association with thoughtful mothers seen many admirable clothing arrangements for the protection and well-being of little girls, but none quite so complete in all the little points as this.

The first garment is a union suit of soft merino. There are two grades, one light and thin, for fall and spring; another for winter, fine and soft but heavier. If these cannot be found woven whole, the vest is cut off to the right length and the drawers seamed to it. Indeed a gossamer suit, the drawers buttoned to the waist, so they can be taken off without undressing, is put on in cool or wet summer days. Over this suit is worn a cotton-flannel union suit fitted with great care, having a seam in front to conform to the outline of the figure. Both suits come to the wrists and ankles, are buttoned behind and open on the right side only, the slit being left long enough for convenience. There are three buttons on the sides, one above another, the lower to hold the Demarest patent elastic stocking-strap, the next the fall band, and the upper the gaiter dress drawers. There is also one button in front to hold the over-drawers, and two behind at equal intervals between the side buttons—the idea being that then there is no mistake as to which is front and which back of drawers—else when the shout of the snow revelers is heard, in the haste to join them the garment might go on back to front, and the disposition get twisted in readjusting. Besides it avoids a large button over the spine.

The hose are knit of soft wool yarn and come near to the hips. The very best thick-soled shoes with inside wool-covered cork soles are worn, and in very cold or wet weather arctics or rubber over-shoes. There is no underskirt (except a white one for their summer dresses), and the dresses are all princesse fashion, made of woolen goods and lined throughout with good heavy linings, like colored drillings or unbleached cotton. The outer garment is a beaver cloth coat, double-breasted and reaching to the ankles. It is lined with brown cotton-flannel and wadded. This lining has a thin interlining back of the wadding, and is sewed in slightly so that it can be taken out after the coldest part of the season is past, and thus the coat answers for all seasons—a matter of economy in dressing a growing child. Knit woolen mittens are fastened to the coat by cords so they cannot be lost, and a knit woolen hood protects the head.

A very important part of the out door dress is the over-drawers, which terminate in nicely fitting gaiters coming down over the feet and held by straps under the boots. They are to be put on and off with the coat, and give that protection to the lower part of the body which the coat does to the upper. Being intended for hard service in snow and slush, they are waterproof and lined with bed-ticking. These materials seem well-nigh impervious to water. They button to the under-suits, the gaiter ends button by a few buttons over the bootees about the ankle, a

elastic straps hold them under the shoe. The child comes in from play on the snowiest or wettest days, and taking off coat and drawers and arctic shoes, is perfectly dry. So the dear little five-year old, snug, warm and safe, almost lives out of doors in winter, and is well-nigh as hardy as the chickadees and nuthatches that pipe to her from the bare trees. The mother is an invalid and would by all possible means guard her child. She says that no money would buy the patterns of these garments or the knowledge which has enabled her to contrive them. We have taken patterns of the under-suits and drawers, and would be very glad to loan patterns and do anything in our power to assist mothers to dress their little girls so as to give them freedom and preserve their health. — *F. B. J. in The Laws of Life.*

THE INSIDIOUS EVIL OF TOBACCO.

I AM certain that the families of those who use tobacco are more subject to the class of diseases termed "nervous," than are those of non-users. I recall a great number of instances in which the continual suffering of women and children from headache and feeble circulation was attributable to tobacco smoke. Thousands of children are dwarfed intellectually, morally and physically, if not murdered outright, by fathers or brothers, or some friend who poisons the home air with nicotine. When the charter of our New York Medical College was granted in 1863, a medical gentleman and senator from the rural districts, who had favored the bill, sent me his congratulations, saying also that he had an only child, a daughter six years old, whom he hoped when old enough would become my pupil. About a year ago this daughter, now a young lady, was brought to me, not as a pupil but patient, her father reporting that she had always been too nervous to study, and that he could never trust her from under his care. Her symptoms led me to inquire concerning his habits in regard to tobacco. He was an inveterate smoker, and because his wife found the smell of it unendurable when in the house, he confined his smoking to the study, where his daughter was his constant companion. The young lady's condition was critical, the action of the heart was so irregular that she could not lie down, and thus her sleep was interfered with. Her father was alive to the danger of her condition. After I had seen her three times and made a critical examination of her case, he asked me: "What do you think is the cause of her illness?" "I am sure," I said, "that her condition is due to the inhalation of tobacco." After a little reflection he replied: "I believe it! Tobacco is an arterial sedative, affecting the entire circulation of the blood." Bringing his right hand down with decision, he exclaimed: "Mrs. Dr. Lozier, you have hit the cause, I am convinced, and if I should ever take up a temperance crusade I would begin at tobacco." Notwithstanding that the invalid is somewhat improving since being removed from a poisoned atmosphere, I fear the truth is her constitution is shattered for life.

A few days since a lovely young widow, almost stolid with grief, called upon me. Two years ago she married a promising young man with but one vice—that of smoking. He thought himself temperate, for he never smoked during business hours—only at home. Coming home at evening weary, he spent the hours in their own room and soothed his excited nerves with cigar after cigar. One evening his wife took the babe and went down stairs to make a call. On her return in about half an hour she found him dead. He had never been ill, and the doctors said it was "heart disease." We think that the nicotine had so stilled the arterial circulation that the muscular tissue of the heart failed to propel the blood, and a clot formed, causing fainting and death.—*C. M. Lozier, M. D., in Alpha.*

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

AFTER DEATH.

(Translated from the Arabic.)

He who died at Azan sends
This to comfort all his friends.

Faithful friends! It lies, I know,
Pale and white, and cold as snow;
And ye say "Abdallah's dead!"
Weeping at the feet and head.
I can see your falling tears,
I can hear your sighs and prayers;
Yet I smile, and whisper this—
"I am not the thing you kiss;
Cease your tears and let it lie;
It *was* mine, it is not I."

Sweet friends, what the women lave,
For its last bed in the grave,
Is a hut which I am quitting,
Is a garment no more fitting,
Is a cage, from which at last,
Like a hawk, my soul hath passed.
Love the inmate, no the room—
The wearer, not the garb—the plume
Of the falcon, not the bars
Which kept him from the splendid stars!

Loving friends! Be wise, and dry
Straightway every weeping eye;
What ye left upon the bier
Is not worth a wistful tear,
'Tis an empty sea-shell—one
Out of which the pearl has gone;
The shell is broken—it lies there;
The pearl, the all, the soul is here.
'Tis an earthen jar, whose lid
Allah sealed, the while it hid
That treasure of his treasury.
A mind that loved him; let it lie!
Let the shard be earth's once more,
Since the gold shines in His store!

Allah glorious! Allah good!
Now thy world is understood;
Now the long, long wonder ends!
Yet ye weep, my erring friends,
While the man whom ye call dead,
In unspoken bliss instead
Lives and loves you; lost, 'tis true,
By such light as shines for you:
But in the light ye cannot see
Of unfulfilled felicity—
In enlarging paradise
Lives a life that never dies.

Farewell friends! Yet not farewell;
Where I am ye too shall dwell.
I am gone before your face,
A moment's time, a little space;
When ye come where I have stepped,
Ye will wonder why ye wept;
Ye will know, by wise love taught,
That here is all and there is naught,
Weep awhile, if ye are fain—
Sunshine still must follow rain;
Only not at death—for death,
Now I know is that first breath
Which our souls draw when we enter
Life, which is of all life center.

Be ye certain all seems love
Viewed from Allah's throne above;
Be ye stout of heart and come
Bravely onward to your home!
La Allah illa Allah! yea!
Thou Love divine! Thou Love alway!

He who died at Azan gave
This to those who made his grave.

Edwin Arnold.

BABY'S APPEAL.

"Most ev'ybody tisses me,
And tells me I am sweet,
And says: 'What pitty 'ittle hands;
What tunnin 'ittle feet!'

"And 'taint no fun for 'ittle me,
So mussed and hauled about,
Wiz rough old whiskers all 'cratched up!
I wub my nose and pout.

"Say, now, bigh folks, how would oo like
To be in Snowd'op's place—
Have each old poke dat comes along
Put tisses on your face?

"Oo would not like it I know dat—
Now would oo? Tell me, say!
Now oo must eezer tell a fib
Or div oorself away."

LIFE.

A broken vase,
A withered flower,
The memory of a by-gone hour,
A faded leaf,
An empty chair,
A treasured lock of golden hair—
Our idols these,
Our household gods,
Our comforts and our chastening rods
The three-score years
Man often sees
Are summed by little things like these.

R. M. Fuller.

PARENTAL.

That, when the child is not by kindness won,
When maternal love waits from day to day,
And filial duties are left undone,
And the tears and the praying thrown away:

Then of the parent this is the token;
Grief, grief for the erring is always shown:
No blows, nor angry words to be spoken!
He governs by the law of Love alone.

Leroy Sunderland.

EDITORIAL DEPARTMENT.

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WATER.

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

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

TOPICS OF THE MONTH.

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

WHAT IS A GOOD CITIZEN?—Prof. F. W. Newman, whose voice and influence has always been on the side of human welfare and progress, has written a very able article for the Contemporary Review on the "Barbarisms of Civilization." We should like to give it entire to our readers, but it is too long for our columns. In this article we have a definition of civilization. The verb "civilize," simply means to *make civil*. The civilized man is one who has the qualities and virtues of a citizen. He treats others as his equals—his peers; but claims no superiority. In a larger sense, the civilized man is a good citizen, ready to sustain the public welfare by his wisdom and energy, even at the expense of personal sacrifice. To be civilized means to be fit for citizenship. Spartan citizens were equals, peers. The original word *cives* among the Sabines, from which it came into Latin, meant *partners*, and equals in a community; and from this we have the adjective *civilis*, which in Latin conveys the idea of "fraternal, just and courteous." From these definitions Prof. Newman argues that much of the civilization of England and Europe is spurious, and that all of it is tainted through and through with barbarism. He then proceeds to show up some of the barbarisms of England. As many of his charges relate to sanitary matters, we will mention a few:

1. Spoiling the air, the water and the soil for the benefit of a few to the injury of many.

2. Seizing more land for one's own occupancy than is needed, to the damage of others who are thus deprived of all ownership in the soil.

3. Destroying the forests on mountain sides, which belong to all and have a common benefit.

5. The extermination of animal races from forests not needed for cultivation.

6. Unjust laws, especially compulsory vaccination, which he regards as a medical superstition, and which Herbert Spencer declares to be medical nopery. Also laws legalizing prostitution.

7. Vivisection.

These are a few of what Prof. Newman characterizes as the barbarisms of civilization. War and other well-known barbarisms are not mentioned. On each point he makes out a strong case, and then returns to the subject of good citizenship, which we quote:

"Who is a good citizen? In other words, what is it to be civilized? Let those believe, who can, that the habit of inflicting prolonged agony on innocent animals does not harden the heart, does not make a man a worse citizen. Yet no one, not even a drunkard, will deny that a sot is a bad citizen. Aristotle says that a bad man is

more dangerous than a wild beast. A man without a conscience is unfit for human society; and when drink disorders the brain a man has no conscience, and differs little from a lunatic. Precisely because a beast cannot be a citizen of a human community, drunkenness, which makes a man more dangerous than a beast, suspends his rights as a citizen. The same infatuation which acquiesces in chronic pauperism, and does not know that it is a plague spot, complacently endures an army of drunkards counted by myriads, with orphanhood, disease, insanity and pauperism marching in its wake. No thing could be a milder punishment, if not rather called *remedy*, for drunkenness, than when once a person had been convicted of it, to forbid others in future to sell or give to him any intoxicating liquor. Our ancestors long ago saw that the trade in such drink must be kept under special restrictions. The kings, the parliaments, the ministries, the magistrates, have long since claimed, used, and acknowledged the right and duty of repressing a trade which thrives most when it does most vital mischief to the community. Therefore for centuries back local magistrates received the power of severely cutting down the trade to its narrowest limits. When merchants became more enterprising and capital increased during the long reign of Elizabeth, this trade became dangerous and mischievous in proportion to its increased energy. Hence, under the two first Stuarts the ministers of the crown were active and severe against it; the Parliament also was indignant at the ever increasing vice. But against the attempted despotism of the first James and Charles freedom and the Parliament triumphed. Under the second Charles—a man not more drunken than his grandfather—things turned for the worse, and the English nation became more and more despicably sottish, until the great religious revival under Wesley, Whitfield, and the Evangelicals made a change for the better. It is thought that we are not at present in quite so bad a state as in the reigns of the early Georges, down to the close of our American war. No barbarism in England has been longer assailed than this uncivilizing vice. None has been cherished more obstinately by those whose duty it was to control it. Unless the English nation brace up serious determination to extirpate both this and our other deadly barbarisms, good intentions and pious wishes will be unavailing to avert the natural results of vice in the people and folly in the governors."

LOMI-LOMI.—Our brief article concerning lomi-lomi in our last number has brought a letter asking an explanation as to what this method of treatment is. For the information of our readers we give a brief account of it from Nordhoff's interesting work on "California, Oregon, and the Sandwich Islands." He says:

"Wherever you stop, for lunch or for the night, you will be greatly refreshed by the application of lomi-lomi. Almost everywhere you will find some one skilled in this peculiar, and, to tired muscles, delightful and refreshing treatment. To be lomi-lomied you lie down upon a mat, or undress for the night, if you prefer. The less clothing you have on the more perfectly the operation can be performed. To you thereupon comes a stout native with soft, fleshy hands, but a strong grip, and beginning with your head and working down slowly over the whole body, seizes and squeezes with a quite peculiar art every tired muscle, working and kneading with indefatigable patience, until in half an hour, whereas you were weary and worn out, you find yourself fresh, all soreness and weariness absolutely and entirely gone, and mind and body soothed to a healthful and refreshing sleep. The lomi-lomi is used not only by the natives, but by almost all the foreign residents; not merely to procure relief from weariness consequent on over-exertion, but to cure headaches, to relieve the aching of neuralgic or rheumatic pains, and by the luxurious as one of the pleasures of life. I have known it to relieve violent headache in a very short time. The chiefs used to keep skilled

lomi-lomi men and women in their retinues; and the late king, who was for many years too stout to take exercise, and was yet a gross feeder, had himself lomi-lomied after each meal as a means of helping his digestion. It is a device for relieving pain and weariness which seems to have no injurious reaction, and no drawback but one—it is said to fatten the subjects of it."

SIR ROWLAND HILL.—The death of Sir Rowland Hill brings to light some interesting facts connected with his life which have special interest to HERALD of HEALTH readers. When he was a little boy he was an eager reader of Miss Edgeworth's stories, and they impressed him so deeply that he resolved to follow in the path she traced, and before he died to do something that should be for the signal advantage of mankind. How he was to benefit his fellow-men he did not, of course, know; but that he should benefit them, and that in some large way, was his fixed resolution and conviction almost from childhood. As he with his parents and five brothers and two sisters gathered day by day for their meals—meals of the most frugal kind, whereat nothing stronger than water was ever drank—there was a constant discussion among them on the best means of reforming the world. Boys and girls alike were all eager for the work. They had an extremely wise and ambitious mother, who toiled night and day to keep her little family from sinking through poverty out of the class into which they had been born. When Rowland was a mere child his mother used to talk over with him her difficulties almost as if he were a man. He had known her dread the visit of the postman, as there was not money enough in the house to pay the postage. His father kept a school, and Rowland when 11 years old began to assist him in teaching. When he was 12 his education came to an end, and he became altogether a teacher. Rowland Hill's marriage was a true romance. He and his future wife had in their childhood been playmates together. He was in his old age never weary of telling how much he owed to the tender devotion of his wife during the years of their long and happy wedded life.

He was born in 1795, living to be 84. Through his labors penny postage was adopted by the English Government in 1840, and since then he has been chiefly employed by the Government in postal matters, and has received abundant honors for his labors. We may say that he lived a long, useful and happy life.

SHAKESPEARE.—A recent work on English Literature, edited by Prof. Tyler, speaking of Shakespeare, says:

"His wife and babies he would not take with him into the unwholesome air of the great town, or bring into contact with the wild life of the playhouse wits. The children would be drawing health from the fresh breezes of Stratford; the wife would be living a wholesome life among her old friends, neighbors and relations; while he worked hard for them where money could be earned, took holiday rests with them when theatres were closed, and hoped that he would earn enough to enable him to come home for good before he was very old, and live a natural and happy life among the quiet scenes of his birthplace, among relatives who loved him, and among the old friends of his childhood and his youth. The man of highest genius is the man also of highest sanity. In lower minds unusual excitement of the brain may lead to bold or eccentric forms of expression, with half-bred resemblance to originality and energy of thought. Ephemeral and even lasting reputations may be founded on this kind of wit; but the greatest among poets, a Chaucer or a Shakespeare, is calm and simply wise. He is greatest of poets not because he does not, but because he does, feel, and that more intensely and more truly than his neighbors, the natural ties of life. He has keen happiness in the home circle, in the scenes associated with his childhood, in the peaceful fellowship of man. His old friends, Judith and Hamnet Sadler, the bakers, were more, not less, to the author of 'King Lear,' than they would be to the citizen with less perception of the har-

monies of life. Of all that is natural and fit for common men to say and do, Shakespeare had, because of his transcendant genius, only a simpler, truer sense than any of his neighbors."

HOW TO TREAT MISCHIEVOUS CHILDREN.—Here is a little child, who is a great tease and trouble. He is always asking to do this or that impossible or unpermissible action. He bursts in abruptly upon the conversation of his seniors. He destroys all peace in the house by shouts and screams, imperious demands on the time and attention of every one, endless interruptions of every one's affairs. He is an imp of mischief, breaking furniture, overturning inkstands on the carpet, setting fire to valuable papers, driving nails into the furniture. How shall you abate this nuisance? You may try to destroy these bad habits by scolding him, by rebukes, by lectures, by punishments. That is one way, but not the best. These bad habits often spring from an instinct of activity, an intense desire to do something, which the Creator has given the child as a means of mental and moral growth. In trying to pull up the tares you are in great danger of rooting out the wheat also. If you succeed by force in changing his disagreeable torment of perpetual activity into a dull quiet, you have changed a bright boy into a dull one. A better way than destroying this tendency is to fulfill it by giving him plenty of occupation of an innocent kind. Give him a heap of sand to dig, blocks of wood to build houses with, a box of tools, and boards to saw. Set him at some work, useful or interesting, or, at least, harmless. He will like all this better than he likes mischief. All his irregular activity was a cry for something to do.—*Rev. J. F. Clarke.*

IDLING WELL.—Appropriate to the season is the following quotation from the London Spectator: "The power of idling *well* is a great power, and not only quite consistent with the power of working well, but oftenest found in conjunction with it. But then the power of idling well is quite distinct from the habit of idleness, and is rather one which implies at least the *capacity* for strenuous work; for it consists in the capacity for relaxation, and genuine relaxation implies genuine work—though those who possess great powers of work are often strangely deficient in the capacity to relax."

This power of mental relaxation, with the proper appreciation of its value and the capacity so to arrange one's affairs as really to enjoy it and reap its highest benefits, is of vast importance to the nervous brain worker; and it is one of the best signs of the times that our great workers are actually taking such vacations more and more, and passing their time during them more and more hygienically.

WEATHER PROPHETS.—Of all people on earth we Americans are said to be the most inclined to discuss the weather and its probabilities. Our Signal Bureau is a model for the world, and its predictions are surprisingly correct. What we refer to now, however, is not valuable scientific observation, but the small table talk and the popular talk upon the subject, which indicates an undue susceptibility to atmospheric changes, and betokens also, when carried to excess, a certain smallness of mind. A philosopher is above the weather, not periodically "under the weather." He finds all weather agreeable, finds beauty in a shower, grandeur in a thunderstorm, and utility in all the varied phases of time and season. We suggest a reform in this matter of small talk about the weather. B.

UNOCCUPIED HOUSES A SOURCE OF DISEASE.—Empty houses may become disease breeders when they are reoccupied. A sanitary officer alleges that he has observed typhoid, diphtheria and other zymotic affections to arise under these circumstances. The cause is supposed to be in the disuse of cisterns, pipes and drains, the processes of putrefaction going on in the impure air in them, and the access of this air to the house, while the closure of windows and doors effectually shut out the fresh air.

STUDIES IN HYGIENE FOR WOMEN.

BOTH-HANDEDNESS.—We have often had a word to say in favor of ambidexterity, or the equal use of both sides of the body. Mothers, as a rule, teach their children to be right-handed, and this is better than to be left-handed. The following on this subject is from the Sunday-School Times:

"Physiologically, there is no reason why men and women should be right and left-handed, any more than are monkeys and other quadrumana. That men are so, is undoubtedly due to the fact that for generations the right hand has been educated to the neglect of the left, and we are born with a tendency to use one hand more readily than the other. The right side of the body being controlled by the left side of the brain, it follows that there must be a corresponding inequality in brain development, since the development of any organ is in the ratio of its use. If mental power is in proportion to brain structure, is there not indicated a means of increasing the intellectual capacity of our youth by a systematic training of both hands, instead of the right only? Instead of being so particular, as most parents and teachers are, that children shall use the right hand exclusively, to hold the pencil, the knife, or the spoon, let us encourage them to use either hand at will, and thus raise up a generation of two-handed men and women whose brain caliber shall be correspondingly increased. This will, of course, require time, and, owing to congenital influences, in many cases we shall attain but a partial success; but a constant effort in this direction will, in a few generations, almost wholly eradicate the inherited one-handed tendency, and perpetuate the better way.

"Many of the games and exercises of the kindergarten, that great gift of Froebel, are such as to train equally both hands and both feet, and all, with slight modifications, can be made subservient to the same end. How much the efficiency of every boy and girl would be increased by this additional training can hardly be estimated. Whether engaged as a mechanic, an artist, or in intellectual pursuits, he who has been thus trained cannot fail of accomplishing much more than otherwise. I well remember the ambidexterity of our professor of anatomy, in college, and with what readiness he used the scalpel with either hand, as it suited his convenience.

"Mention is made of this new feature in the education of the future, in Dr. Seguin's report on Education, at the Vienna Exhibition. He says: 'By this means may be restored to our race an inexpensive power, more permanent than steam, and equally applicable to mental and physical labor; a power which in many cases can double the products, and which in all cases can save or economize the ordinary one-sided powers. Through the restitution to our children of this natural capacity, the diseases and infirmities which attack one side of the body or the other would become unknown or rare. More continuous learning and thinking could be accomplished, and the fatal consequences of excessive strain on the brain would remain the accidents of age, instead of becoming the ironic rewards of young, heroic effort. Man would be rendered more serviceable as a worker, more harmonious in his movements, more delicate and thorough in his perceptions, and more kind and amiable in his family relations. In short, the human temper and passions would be harmonized to a point which the mind cannot foresee to-day, but whose social consequences cannot be over-estimated.'

"Agassiz urged his pupils at Penikese to become ambidextrous, and Brown-Séquard, among the most illustrious of living physiologists, says: 'The equal training of both sides of our children is an urgent necessity.'"

HYGIENE FOR STUTTERERS. — Mr. Edgar S. Werner, Editor of the Voice, recently read before the Albany Institute a paper on this subject. Mr. Werner himself was at one time afflicted

with this terrible disease, and he says that parents almost invariably treat a stuttering child with much severity, and thus by frightening him increase his malady, or spoil him utterly by too much leniency. The proper manner in which to treat such children is thus described: "In nothing is the adage 'An ounce of prevention is worth a pound of cure,' more applicable than in stuttering. Indeed in this instance an ounce of the one is more effective than a hundred weight of the other. Children with stuttering tendencies should be especially well nourished; they should take a great deal of physical and out-door exercise; care should be taken that their lungs are fully developed and that their nerves are not irritated. Late hours and highly seasoned food, and everything tending to derange, weaken, or unduly excite, mentally or physically, should be avoided. The child should not be allowed to talk too rapidly, or when out of breath. If he has trouble with a a word he should be asked to repeat the whole sentence, and not merely the offending word. Oftentimes a serious mistake is made here. The child is drilled upon his most difficult words, and he comes to fear them, and, as a result, his ability to articulate them is continually lessened. He should not be permitted to associate with another stuttering child — indeed no child should. Inveterate stuttering may be caused by mimicking others. Throughout, the child should be subjected to kind but firm treatment."

STARVATION IN THE NURSERY.—On this subject the London Lancet says: "It is a fact established by daily experience, that large numbers of persons occupying decent positions in society systematically starve their children in respect of that article of food which is the most essential to their nutrition. Even to very young and fast growing children they give cocoa with water, and not always even with a suspicion of milk, corn flour with water just clouded with milk, tea, oatmeal, baked flour, all sorts of materials as vehicles of milk, but so very lightly laden with it that the term is a sham. The consequence of this misplaced economy is that there are thousands of households in which the children are pale, slight, unwholesome-looking, and, as their parents say, 'always delicate.' Ignorance, no doubt, is often the cause. The parents do not know that, supposing that there was no other reason, their wisest economy is to let their growing young ones have their unstinted fill of milk, even though the milkman's bill should come to nearly as much as the wine merchant's in the course of the week. But in many the stint is a simple meanness, a pitiful economy in respect of that which, it is supposed, will not be open to the criticism of observant friends."

CONGESTIVE HEADACHE. — The use of the old domestic remedy, a tight bandage, during the attack is useful. I make use of a rubber bandage, applied thoroughly from the eyes up, with a thin pad over each temporal artery, if the temporal ridge be sharp enough to keep the bandage from compressing the arteries. Instead of rubber, a well applied muslin bandage may be put on and then wetted, using compresses over the temporal arteries. The comfort thus given is sometimes surprising.

A CHEAP AND GOOD PUDDING. — Half a teacupful of thick cream, or, if you have it not, two cups of sweet-milk, half a cup of molasses, enough Graham flour to make a pretty stiff batter, one and-a-half cups of currants, and a cup of raisins, well floured. One teaspoonful of soda dissolved in a little hot water, stirred in at last, makes it light. Grease a tin pudding-dish, pour in the mixture, and steam well for three hours, when you can turn it out on a platter. It is one of the plainest and most wholesome of plum puddings, and is especially relished by the children. A simple sauce to use with it is made by mixing one teaspoonful of butter in a tablespoonful of flour, adding a pint of boiling water, and letting it simmer on the top of the stove until the flour is perfectly cooked, then add three tablespoonfuls of yellow sugar,

and some lemon juice, or a very few drops of some agreeable extract for a flavor.

A JUDICIAL OPINION ON FASHIONABLE DRESS.—A woman while riding in one of the street cars of Philadelphia, in which she was unable to find a seat, was thrown down and injured by the sudden stopping of the car. A suit was brought against the company for damages, and the answer of the company was that the injury was due to her own negligence, since she did not take hold of the hand straps with which the car was provided. To this it was replied that it was not convenient for her to do so, especially as it would have "disarranged her dress." The judge who tried the case told the jury that this question of the hand straps and the dress was one of fact for them to determine. The Supreme Court, in reviewing the case, held that this instruction was correct, adding that "a woman may be so fantastically and foolishly hooped, wired, and pinned up as to deprive her of her natural power to help herself; but, if so, the question is one of fact, and not of law, and so we incline to leave it, instead of imposing upon our brethern below the difficult duty of prying into the artificial stays of the plaintiff's case." If women will, by their mode of dress, disable themselves to exercise their physical powers of self-help in an emergency, and for this reason suffer injuries which they might otherwise easily avoid, they must not be surprised if courts of justice should relax their dignity enough to be a little funny when such questions are brought before them.

DEATH FROM SOOTHING SIRUP.—The Pharmaceutical Journal records a case in which a popular soothing sirup caused the death of an infant. The child, five months old, was supposed to be teething, and its mother purchased a bottle of Mrs. Winslow's Soothing Sirup, administered 10 drops of the nostrum about twice a day for three days. On the night of the third day it died suddenly from the effects of the medicine. The coroner said that the effects of the soothing sirup were those of a narcotic, and that the same Journal of 1872 stated that two doses had caused the death of a child 15 months old, with the usual symptoms of narcotic poison. Analysis of this sirup showed that one ounce of it contained nearly one grain of morphine with other opium alkaloids. "It is not surprising," he adds, "that it should prove fatal to infants in small doses." However, it is safe to say that this case will prove no warning; and that mothers will go on just the same, stupefying their infants with Godfrey's cordial and patent medicines, like the one above noted; and the practice will cease, perhaps, on the same day in the dim future on which the housekeeper and the average servant girl learn that benzine and kerosene are not proper substitutes for paper and wood in kindling the kitchen fire.

MORAL EFFECT OF TEA, COFFEE, ETC.—Dr. Bock, of Leipsic, a famous German physician, writes as follows on the moral effect of different articles of food and drink: "The nervousness and peevishness of our times are chiefly attributable to tea and coffee; the digestive organs of confirmed coffee-drinkers are in a state of chronic derangement, which reacts on the brain, producing fretful and crying moods. Fine ladies addicted to strong coffee have a characteristic temper, which I might describe as a mania for acting the persecuted saint. The snappish, petulant humor of the Chinese can certainly be ascribed to their immoderate fondness for tea. Beer is brutalizing, wine impassions, whisky infuriates, but eventually unmans. The alcoholic drinks, combined with a flesh and fat diet, totally subjugate the moral man, unless their influence be counteracted by violent exercise; but with sedentary habits they produce those unhappy flesh sponges which may be studied in metropolitan bachelor halls, but better yet in wealthy convents. The soul that may still linger in a fat Austrian abbot is functional to his body only as salt is to pork—in preventing imminent putrefaction."

BAKED FRUIT AND BREAD PIE.—Put into a pie dish one pound of fruit, soak in another dish about half a lb. of white or brown bread till quite soft; to this add two teaspoonfuls of oil (eggs if desired), and beat it till very fine and smooth. Then throw it over the fruit and smooth down, after which pour over another teaspoonful of oil, which should be spread all over. Put in the oven and bake for about an hour and a half. This makes a satisfying and nourishing meal.

DAMP CLOSETS.—For damp closets and cupboards generating mildew, a trayful of quicklime will be found to absorb the moisture and render the air pure, but of course it is necessary to renew the lime from time to time as it becomes fully slaked.

TOMATO CUSTARD.—With a pint of either fresh stewed or canned tomatoes, strained through a coarse sieve, mix two pints of milk and four beaten eggs. Sweeten slightly to suit the taste. Bake in an earthen dish, or in custard cups.

CURRENT LITERATURE.

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HOW TO BE WELL; OR COMMON SENSE MEDICAL HYGIENE. A book for the People, giving directions for the Treatment and Cure of Acute Diseases without the use of Medicines. Also Hints on the general care of the Health. By Augusta Fairchild, M. D. New York: S. R. Wells & Co. Price $1.00.

We have in this volume a most valuable little work on hygienic medication, by one of its most earnest and successful practitioners. There may be points in it, as in all medical works, with which we might not entirely agree, but this is nothing. The work as a whole is excellent. We give the following extract on the treatment of a cold as a sample:

"When the cold is coming on, and the sufferer knows pretty well what the sensations are, so as to be able to tell—when there is sneezing, discharge from the eyes and nose, chilliness, feverishness, perhaps a dry cough and difficulty of breathing—there must be removal of everything that tends to tax the vital powers. Rest and warmth must be supplied. It is now, while in its forming stage, that it can be more easily broken up than afterward. And it is now that the patient is liable to commit the error of seeking to work off his cold, or will it off. This is not likely to prove successful.

"From my own experience, and from observation in medical practice, I am brought to feel that to make haste in the incipiency of a cold, is to save time and labor and strength. So I would say, go to work with energy and devote yourself to the work. Of course, the case differs with the cause that induces the disease. But in any case, the patient should go to bed; first taking a hot foot bath for three minutes. Cover well, and drink warm water or hot water; and, if perspiration is induced, it may be continued for an hour or two.

"It is well to invite this condition by putting hot bottles to the feet, the fomenting bag to the liver, and, if necessary, hot bottles to the back; thus answering the purpose of the vapor bath, which is very efficient in these cases.

"After an hour or so a warm or hot sponge bath may be taken, and at the same time a full enema of warm water—though it is well to take an enema at first, as there is usually some constipation, and the free washing out of the bowels unloads the system just so much of effete matter. It is an internal bath, and quite as useful as one applied to the external skin.

"There should be no food taken until the symptoms of convalescence are pretty well established. By observing this plan, the liability to serious diseases which are apt to follow a common cold almost, if not quite, entirely disappears.

"I should mention here, that if the catarrhal habit has from any cause been fastened on the system—it matters not what portion of the organism is affected—very little fluid should be taken. If the patient has sufficient perseverance and courage to abstain almost entirely from drink or fluid food until the catarrhal symptoms have entirely disappeared, he will be rewarded in most instances by complete cure in about 48 hours. This plan was invented by Dr. J. B. Williams, a celebrated English physician, and he had the highest opinion of its efficacy.

"The principle here concerned is that of cutting off the supply of watery materials to the blood. The wants of the system exhaust from the circulating fluid all that can be spared for the natural evacuation, and there is nothing left to feed the unnatural secretion from the inflamed mucous membranes. Its capillary vessels cease to be congested, the morbid flux is diverted, and the inflammation starved away.

"Any one will see that this dry cure has great advantages. It is simple, no trouble at all, and sure; based upon physiological fact; and a person can go about ordinary business while the cure is going on, if necessary. The imposed privation is not nearly so hard to bear as is the disease and its consequences if left to themselves, or if the system is met with poisonous drugs. We can readily see now what a lamentable error is perpetuated in the maxim, 'Feed a cold,' etc.

"It is a domestic if not a medical practice to feed the patient who has 'cold on the lungs, or sore throat,' with all sorts of candies, sweet sirups, licorice, etc. These substances being highly carbonaceous, may appear at first to soothe the irritation, but will secondarily impose an additional labor on the lungs, and aggravate instead of relieve the difficulty.

"In a cold in the head—a sniveling cold—the dry cure is wonderfully prompt."

HEALTH FOODS.

Our friends must understand that we can devote only one page each month to the subject of the Health Food Company's preparations, important as the topic is. They must, therefore, make their communications brief and to the point, or we cannot publish them entire. Mrs. M. E. Small, wife of Rev. U. W. Small, Milton, Me., writes that two years ago she was pronounced by an allopathic physician to be in the second stage of tubercular consumption. She began the use of the Health Foods, and now considers herself well. She says: "I am able to accomplish more each day than ever before in my life, and am much happier than ever before. The Lord be praised, and the Health Food Co. as his agents! I firmly believe that were these Foods used in every family in America, very little, if any, necessity would arise for medical treatment in disease."

In relation to Mrs. Small's case, Mrs. T. S. Whitman, Turner Village, Me., writes a letter of five pages, from which we make this brief extract: "Five years ago the Rev. Mr. Small was our minister. I was well acquainted with his wife, and knew about her feeble health. I have kept up a correspondence with her ever since, and thus knew of her gaining health, and that she was more vigorous in mind and body, and happier than for some years. I knew nothing of the means which had restored her until a recent letter, in which she tells me how much she has been benefited — quite cured, in fact—by the Health Foods."

The admirable products of the Health Food Co., 74 Fourth avenue, New York, enjoyed a conspicuous triumph at the Dominion Exposition, just held in Toronto. The Vice-Regal party seemed especially interested in the display of the Health Food Co., Her Royal Highness the Princess Louise asking many questions concerning the Foods. The next day she solicited a call from the Company's Toronto representative, who was requested to convey to her drawing-room packages of all the leading articles. These she examined critically, and inquired particularly as to the methods employed in preparing them. She expressed deep interest in them, and decided to introduce them into her household, and to recommend them to the Queen, her royal mother. The judges of the Exposition have granted the highest awards to the goods of the Health Food Co. New York has clearly taken the chief honors of the hour.—J. P. SAMUEL, 460 Yonge street, Toronto, Canada.

I have been a constipated dyspeptic for many years, and the effect has been to reduce me in flesh and to render me liable to no little nerve prostration and sleeplessness, especially after preaching or any special mental effort. The use of Gluten suppositories, made by the Health Food Co., 74 Fourth avenue, New York, have relieved the constipated habit, and their Gluten and Brain Food have secured for me new powers of digestion, and the ability to sleep soundly and think clearly. I believe their food remedies to be worthy of the high praise which they are receiving on all sides. — REV. JOHN H. PATON, Almont, Lapeer county, Mich.

In the spring of 1879 I was greatly prostrated, and visited New York for relief. I there learned much about the food remedies of the Health Food Co., 74 Fourth avenue, New York City. I visited the Company's office often, and consulted freely with its medical head. As a result, I began the use of one of their preparations, the "Universal Food." This has been about my only sustenance for the last six months, and is nearly all I can take now with any satisfaction. It is the most easily digested food that I have ever tried, and I most heartily recommend it to all who are troubled with dyspepsia in its worst form.—REV. A. E. HALL, North Adams, Mass.

The Gluten of the Health Food Co., 74 Fourth avenue, New York, is unquestionably the best possible food for a diabetic patient. We have abandoned all medicine, and find that this diet gives the relief that medicine has failed to do.—D. G. SPINNEY, Dayton, Ohio.

New Temperance Publications.

The National Temperance Society has recently published the following:

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THE
HERALD OF HEALTH.
NOVEMBER, 1879.

PHYSIOLOGICAL AND SANITARY MARRIAGE AND PARENTAGE. (11).

BY THE EDITOR.

CHILDREN.

WE have now gone over with considerable fullness the subject of physiological marriage, leaving the subject of parentage for the last chapters of our discussion. It has already been hinted that a physiological marriage has no special significance except as it bears on the improvement of the offspring which may be born of it. It is for this purpose that the physiological marriage should mainly be made. It presupposes children; and now comes up the question, are they a good or an evil? are they desirable or undesirable? This question may be answered two ways. Well developed children, healthy children, happy, handsome children, are a good and not an evil; and any person who is not in some degree fond of such children, and who does not desire to have them, is defective, mentally maimed, as much as a person would be who has no love for music, art, nature, knowledge; or one who is incapable of distinguishing between right and wrong, or one who cannot feel in some degree sympathy with the pleasures or pains or trials of other people. Accordingly the cases of healthy men, and still more of healthy women, who do not desire children are comparatively rare, and they have generally been recognized as instances of a sickly, deformed constitution, or under the baleful influence of unnatural social conditions. The whole range of history, both sacred and profane, the whole range of past and present unperverted human nature shows a strong love for offspring in the human race. It is true that infanticide has been practiced in all ages among barbarous and so-called civilized people; but yet the number of cases in which this is true is, after all, rare in comparison with the cases where it has not been practiced; and even when practiced it has often been for a love of the child and a desire to shield or save it from the trials of a life which might be an unhappy one. Few, however, are those who do not willingly admit that well-developed children are a good and not an evil, a source of happiness and not of misery. Helpless as an infant is, troublesome as are the tricks and naughtiness of children, great as are the anxieties of parents over their children in critical eras of their lives, in spite of all these, and more, a heart without children is generally sad and lonely, and a life without them is felt to be an imperfect life, shorn of one of the most vital and beautiful portions of its enjoyment. And not only are children a direct means of the highest happiness to parents, but they are also a means of improvement. The exercise of so much patience, forbearance, kindness and love as their training requires reacts with great force on the heart of the parent. Making provision for the future of children is a powerful means of restraining the parent from extravagance and recklessness in

the conduct of life. Many a man and woman is prevented from evil courses by the thought of how their children will be injured by it. In fact the whole fabric of society is keyed upon these feeble, undeveloped creatures. Remove them and the chief object to marriage disappears at once, and with it disappears the home, the family, and a whole vast circle of forces indispensable to social and national existence. The individual thus loosed stands comparatively without ties to any of his kind, without recollections or anxieties, responsibilities to his fellows, or expectations toward future generations. Our civilization would thus change its whole character, and a body now instinct with healthy life would drop at once into a mere collection of ultimate atoms, with tendencies of which one can know nothing, except that they would be downward toward ruin.

But it does not follow because children are desirable, and a positive addition to the happiness of their parents, that all children are desirable, and that the more of them the better, without the slightest regard to quality. We started out with the general proposition that children are a good and not an evil. We will now modify it and say, good children are a good and not an evil, and bad children are an evil and not a good. What we want in the world to-day is more good children and fewer bad ones; and by a good child we do not mean one who will become great and learned, and make a name and fame in the world, but one that is healthy and happy, and will shed light and sunshine on its path; and, however humble, fulfill in a satisfactory way the plain, homely duties of life, as well as the higher ones. It is one of the laws of life that each individual shall to a great extent take the benefits and evils of its own nature, no matter whether these come from ancestors by inheritance, or are self-produced from their own habits. A child is entitled to a birth with as few defects of character and constitution as it is possible to give to it. Parents are bound by honor and by their own self-interest if they bring children into the world, to do it under such circumstances and conditions that their children may live healthy, happy, useful lives. To bring children into the world which will be incapable, criminal, or so diseased that their whole lives can be only miserable, is wrong, if not a crime. We want to increase the amount of happiness in the world and decrease the amount of misery. Incapacity of every kind and degree causes both directly and indirectly, unhappiness; directly by the great strain it puts upon the feeble faculties in the battle of life, and secondly by the nonfulfillment or imperfect fulfillment of those conditions necessary to comfort and satisfaction in life. So, on the other band, capacity of every sort, with health, conduces to happiness both directly and indirectly; directly by the pleasure growing out of the normal play of the faculties, and indirectly by the satisfaction in results achieved.

An animal which is weak or slow, and so cannot secure its food easily, or escape from its foes, suffers, and perhaps loses its life in the effort; while another one, strong and swift, takes pleasure in all its activities, satisfies itself easily and has few pains to bear. The physically and mentally inferior of any race suffers all sorts of privations and miseries. This is equally true of human beings. The healthy and well organized reap the blessings of being so, and the inferior fail to reap blessings, but suffering instead. There are exceptions, perhaps, to this rule, but they are comparatively few.

What is wanted, then is, as we said before, more healthy, happy, well organized children, who will grow into men and women full of life and energy; children who can whistle and sing and play all the day long on the smallest provocation; children not weighed down with a load of sadness and sorrow; children light of heart, full of hope, to whom life is a continual delight.

If we had not the highest proofs of hereditary transmission of character from parent to child; if the strong begot the weak and the weak the strong, the lazy the bright, and the energetic

the lazy; if the melancholy descended as a rule from the hopeful, and the buoyant from the depressed; if the intelligent were fathered by the stolid, and the reverse; if there was no such thing as hereditary transmission of gout, scrofula, or insanity, we might ignore all these considerations. But it is not so; health and capacity are usually transmitted, and so are disease and incapacity. Herbert Spencer says: "When we remember how commonly it is remarked that high health and overflowing spirits render any lot in life tolerable, while chronic ailments make gloomy a life most favorably circumstanced, it becomes amazing that both the world at large and writers who make conduct their study should ignore the terrible evils which disregard of personal wellbeing inflicts on the unborn, and the incalculable good laid up for the unborn by attention to personal wellbeing. Of all bequests of parents to children the most valuable is a sound constitution. Though a man's body is not a property that can be inherited, yet his constitution may fitly be compared to an entailed estate, and if he rightly understands his duty to posterity he will see that he is bound to pass on that estate uninjured, if not improved."

While well organized children, therefore, are desirable, yet it does not follow that their number should be too great. It is believed that as the nervous system of mankind becomes more developed. fecundity will be decreased and fewer children will be born. This is undoubtedly true. It is already shown in our own country as the result of the higher and more general education of women. There are no doubt great evils growing out of this change at present, but these will cease as soon as our methods of education become improved. If the nervous system is not cultivated at the expense of the other parts of the body, if muscles and vital organs are equally educated, as they will be, no doubt, in the education of the future, dislike for parentage will not be the result of education, as it often is at present. As a rule no more should be reared than can be reasonably cared for and properly started in the world. Physiological and sanitary parentage demands this. It is not necessary that they should all have a fortune awaiting them, but it is desirable that they should have a reasonable share of attention, a fair education, and not overburden the parents so as to make their lives miserable. It is to be hoped and believed, however, that in the near future our methods of caring for children will be so simplified and perfect, and the parents and children will be so healthy, that they will be reared in reasonable numbers, not only without interfering with parental wellbeing, but actually adding greatly to their happiness.

SLEEP—SLEEPLESSNESS.

ALTHOUGH every one is familiar with sleep, and knows it to be a period of perfect repose, it is only within the present generation that any considerable progress has been made as regards the physiology of the phenomenon. Forty years ago the question, "what is sleep?" would have proved almost unanswerable. A writer on physiology in 1835, says, speaking of the phenomena of sleep: "Of these phenomena we frankly confess we can assign no physical cause that is satisfactory." And again: "The present state of physiology is so limited that we cannot assign any precise physical cause for the natural kinds of sleeping and waking, nor for their regular periods of return." Since then much has been accomplished; and we may at length attempt to point out adequate physical causes of these interesting phenomena with which countless generations have been familiar.

During sleep the action of the lungs, the heart and the stomach still contin

ues, but in each case more slowly than during the waking hours. One great organ, and only one, appears at first sight to be completely torpid—that is the brain. In thoroughly sound healthy sleep, the sleeper seems sunk in absolute dreamless unconsciousness; the brain appears wholly and entirely inactive. This is, however, not altogether the case. The difference between this and the other great organs of the body is one of degree only, not of kind. The brain does not cease its functions entirely. During life, in fact, that is impossible. Life consists in motion; hence a complete cessation of action on the part of any one of the great organs of the body means the stoppage of all the others and the dissolution of the system. The brain, therefore, notwithstanding the lethargy and unconsciousness in which it appears to be steeped, exerts still a large amount of force. That fact, however, being admitted, it is nevertheless plain that the brain is the organ chiefly affected, and the one, therefore, which demands especial study, if we would understand the phenomena of sleep.

Experiments have accordingly been conducted with this object. Advantage has been taken of the necessity of trepanning in the case of human beings, and dogs also and other animals have had portions of the skull removed, and in each instance glass has been used instead of the usual gold plate to replace the bone. By this means the various changes in the appearance of the brain have been accurately observed. During the waking hours, the brain is seen to be full of blood, and presses with much force against the skull, insomuch that in those cases in which the portion of bone removed had not been replaced by any other substance, the brain protruded considerably. From experiments made in France some 15 or 20 years since, it was observed that in the state of profound sleep the brain became pale and ceased to protrude through the opening in the skull, or press against the glass, as the case might be. It thus became evident that the unconsciousness of sleep resulted from a large diminution in the active circulation of the brain. And it was further noticed that when the animal or person experimented on was observed to give evidence of dreaming, by movements of the limbs, barking in the case of dogs, or speaking in the case of human beings, the pressure of blood in the brain obviously increased: thus proving that the partial activity of the sentient faculties during sleep, which we call dreaming, is really a partial resumption of the normal waking circulation of the blood through the brain. In other words, when a person dreams, his sleep is not sound. He is partially awake. The curious feature in dreaming is, that certain faculties being dormant, fail to control the imagination; the consequences being incoherent fancies and shreds of remembrance tagged together in perplexing confusion. The imputing of anything serious to dreams is therefore mere idle folly. Whatever over-stimulates the circulation of the brain causes imperfect sleep, if not absolute sleeplessness.

Although sleep is a natural and involuntary state, it may be greatly promoted by maintaining a good state of health; by daily open air exercise, or by riding or sailing with the face exposed to the air; by having the stomach free from a heavy meal, or any indigestible substance; and by the mind being undisturbed with cares. Overfatigue, indulgence in food or drink beyond what Nature requires, want of proper exercise, and mental disquietude are all causes of sleeplessness. Breathing in a confined or over-heated apartment is also a not unusual cause of broken slumber. The temperature most suitable for sleep is about 60° F., which gives the sensation of neither heat nor cold, and admits of a moderate amount of bedclothes being used.

The best posture for sleep is to lie on the right side, with the arms crossed over the breast in front, and the head well up on the pillow. The mouth should be shut, so that the breathing may be carried on exclusively through the nose. Some persons acquire a habit of sleeping with the mouth open, which causes the grotesque and offensive action of snoring. Going to sleep whil-

lying on the back should be avoided, as, besides inducing the sleeper to snore, it is apt to cause disturbing dreams.

When lying down to sleep the mind should be as composed as possible. Thinking ought to be guarded against, as productive of wakefulness. Those who, from nervous irritability, are habitually bad sleepers, resort to various expedients to secure the blessing of repose. One of the most successful plans consists in mentally repeating a familiar poem or psalm, so as to alter the train of thought, and lull the consciousness.

It is a well ascertained fact that sleep begins at the extremities; the feet sleep first, and then the rest of the person. On this account, in order to fall asleep, we require not only to compose the thinking faculties, but to keep the feet still. The feet must also have an agreeable warmth. With a consciousness of this fact, the Indians and others who are in the habit of bivouacking in the open air when on long expeditions, sleep with their feet toward a fire that they kindle for the purpose.

While it is ascertained that sleep is connected with the state of the brain, there remains the extraordinary fact that some persons possess the power of summoning sleep by an effort of the will. Napoleon Bonaparte is known to have possessed this faculty. During his campaigns, when no regular repose could be taken, he embraced opportunities of sleeping for a quarter of an hour, or some other short period, and of waking up exactly when the assigned period had expired. This subjection of sleep to the action of the will is in practice comparatively rare. More commonly habit and predisposing conditions, such as darkness and quiet, induce sleep. There are occasions, however, when, owing to fatigue, for example, an uncontrolable heaviness and drowsiness will cause a man to drop to sleep in a moment, even in the most uncomfortable position and amid light and noise. But an attentive consideration of this invincible drowsiness, due to long watching or over-fatigue, throws great light on the primary cause of healthy sleep, and of the periods of its return. We begin to perceive that the diminished pressure of blood in the brain is after all only a leading and important symptom of a general physical state; and in bringing about the condition of altered and lessened activity of all the organs which we observe during the period of sleep, some one organ must assume the initiative. And reflection assures us that this physical first cause is the nerve force of the body which, centered in the brain, controls the whole system. Sleep is the means by which this force is recruited, no more of the force being expended than what is necessary to maintain the action of the involuntary muscular movements of the lungs, the heart and the stomach.

On waking, the eyes are opened, one rises, one walks and works, one eats and drinks; and especially—in some cases at all events—one thinks. Every one of these operations, most particularly the thinking, involves an expenditure of nervous force, is a tax on the vital energy, and diminishes to that extent that fund of nervous force on which all the complicated functions of the body depend for their healthy exercise. After this great flow of and strain on the nervous force, there sets in an opposite and compensatory movement, an ebb and relaxation of nerve force, and this produces the phenomenon of sleep. Of course it is possible, by means of stimulants or excitement, to counteract this natural reaction of the system, and for a time to ward off its result. But that only amounts to saying that it is possible to live on one's capital instead of one's income. Nature in due time will take her revenge. To maintain health, the expenditure of the nervous power during the waking hours must be balanced and compensated by an equivalent proportion of sleep. Consequently we find that since mental work is more exhausting to the nervous energy of the brain than muscular exertion, even so must it be made up for by an increased amount of sleep.

We have now obtained, it may be hoped, a true picture of sleep, and the

controlling cause of its wonderful phenomena. Physiology—no longer altogether ignorant or silent—explains the most marked, and, at first sight, strange and inexplicable feature—the unconsciousness — by pointing to the pale and bloodless brain, free literally for the time from the pressure of the waking hours. Yet, whether the mind during sleep be as absolutely still and inactive as it seems to be, is an interesting problem. Most remarkable it would be should it appear that during sleep powers are exercised by the mind of which there is no trace during the waking hours. And such is, we have some reason to suppose, actually the case.

Nothing is more strange than the inability of man during his waking hours to measure or estimate the flight of time by any mental effort apart altogether from the observation and aid of external objects. That one should wake after the lapse of the number of hours spent in sleep to which he is accustomed, would not be surprising; the nerve force having been recruited by the normal period of rest, again resumes its activity. But that one should be able to limit beforehand the duration of sleep might seem clearly impossible, in view of our presumed inability to measure or keep count of the lapse of time. Suppose one were to lie down, close the eyes, keep awake, and without any aid from sounds attempt to get up again at the expiration of two, three, or four hours, does any one pretend that the reckoning of time would be other than mere guess-work, or that the guess would be at all likely to be near the mark?

Yet there seems much ground to suppose that the power to do this during sleep is common to all, although more or less dormant in most. Servants and others whose usual hour for rising may be six, find little difficulty in awaking at five, or four, or indeed at any hour that may be fixed on the previous night. In fact by determining beforehand to wake at a certain hour, especially if it be on important business, any one may exercise the faculty. The writer of this paper is naturally a sound and even heavy sleeper; nearly all his life he has depended on others to rouse him from sleep at the hour for rising; habit, therefore, as well as constitutional predisposition, was unfavorable to any limitation of the duration of sleep by an act of the will; yet on more than one occasion, and, it may be added, much to his own surprise at the time, the writer has awakened precisely at a desired but very unusual hour. In such a case as this, one instance is as astounding as ten thousand. The marvel is not of number; but that while the waking man is so helpless in this regard, so easily misled by his emotions and the current of his thoughts, so little able to measure time aright, so dependent on external aid; the sleeper unconscious, unheeding friends or foes, lost to all that is taking place around him, is yet able to measure—accurately now—the flight of time which he appears to have forgotten, and return at an appointed hour to the world which he was hardly conscious of having left.

There are doubtless other aspects of the psychology of sleep, and other problems arising out of a consideration of the subject, of great importance and interest; but none probably stronger or more worthy of study than this power of limiting the duration of sleep by an act of the will. — *Chambers's Journal.*

GROWING OLD.

BY HENRY WARD BEECHER.

IT is not wise for men when they feel the approaches of old age to begin to prepare themselves to be old long before it is necessary. That is a beautiful line in the old Hebrew poem, "They shall still bring forth fruit in old age." A man who begins to feel some bodily ailment, like dimness of the sight, dull-

ness of hearing, or feebleness of the hand, should refuse to recognize it as long as he can.

Let no man talk about being old; let no man think about it; for he that begins to think that he is old *is* old. There is in every man that which does not grow old, if he did but know it. There is in every man the element of immortality. Having used, as he might, the instruments of one or another kind with which the body is equipped, if they fail let him take other instruments. There is abundant scope. It is ignominious for men to settle down into ease and inactivity simply because they are growing old. It may not be necessary to lay upon age the full burden of life; it may be that a man should curtail his occupations and functions; but some occupation—and an occupation that wakes before the man does, and meets him at the rising hour, and pushes him through the whole day—*that* he should regard as good fortune.

Do not, then, seek easy ways; for easy ways lead to rust. Do not seek to get rid of responsibilities. Be anxious to take them on. See to it that as you draw near to the later years of life you draw near to them fully equipped.

Do not talk about yourself. At any rate, do not talk about your old age. Do not talk about your failing senses. Of all things, for decency's sake, do not talk about your diseases. If you know that you have rheumatism, that is enough. If you know that you have neuralgia, be content to keep it to yourself; your friends do not want it. Do not coddle your weaknesses. Do not wrap up and bandage your infirmities. One's pride should hide these things. There is enough of the core of youth in every man, who is at all fit to live, for every day as it passes.

And do not be prematurely old. Above all, do not be older in your feelings than you are in fact. Therefore, never withdraw your interest from life. See what is going on. It is a good thing for a man to set his affections on things above, and to have investments in heaven; there is a time for these things; but they are not inconsistent with a knowledge of what is taking place below. Men should let the heart of the times brood upon their hearts.

Do not become self-indulgent. Do not talk about leaving to the young the tasks of life, or about getting out of their way. Get out of nobody's way, and, above all, do not stand in your own way. Do not step out of the ranks—that is, do not step out of sympathy with the spirit of the age in which you live.

Love the young; be young yourself; keep in the line of sympathy and of thought and feeling with those who are young. Rejoice with them. Live with them.

Solomon, when he was old, sought out from among his own posterity some one to lie in his bosom and keep him warm; and if the body needs youth in it to keep it warm, how much more does the heart need children to keep it warm!

It is very pitiful to see how men grow old. A bankrupt old man is one of the saddest sights in the world; but an active, enterprising, cheerful, hopeful, healthful old man is one of the brightest things in the world. Blessed be the man who never feels old, who never thinks but that he is a boy, and who dies and goes to heaven as a boy in feeling though he lives to be a hundred years old.

Life is a campaign; and if we are defeated in the field let us retreat to the camp. If we are driven out of the camp let us fight our way back to the city. If we are besieged therein, and the walls are broken down, let us retire to the citadel. As story after story of the citadel is taken, let us go up till we can get no further. And when the spear finds us let it find us upon the very roof. Let us get as near to heaven as possible. Let us not for anybody's sake go down into the dungeon to abide. A man that begins young with heroic purposes, and pursues them steadily in one path or another, will stand a good chance of success; and you should to the end persevere in activity, full of hope, and with determination, and will, and patient endurance. —*Christian Union.*

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

A BLESSED GUEST.

Sweet Health! as rosy as the day,
How fair she seems when far away,
How charming and how full of rest
When we have parted from our guest.

We watch her fast retreating form
Through shadows of the coming storm,
And strive with fevered breath to pray
For her return without delay.

We think how little we have prized
Her bounteous gifts, or realized
The warmth of her abundant wine
That filled our veins with strength divine.

We see the beauty of her face,
That we before had failed to trace,
And sigh through hours of care and pain
To hear her restful song again.

But by and by, upon the track
Perhaps we see her coming back!
Ah! then we open wide the door
And welcome her as ne'er before.

In leaping pulse and bounding heart
We feel the precious life-blood start.
And, as the parched flower drinks the dew,
We drain Health's proffered cup anew.

Sweet Health! if we below should miss
Thy close embrace, thy glowing kiss.
This much we know, in yonder home
Sickness and pain can never come.

Mrs. M. E. Kidder.

THE OAK AND THE IVY.

[*From the German of Friedrich Dorr.*]

In the woods a modest ivy dwelt
Apart, and hid from view,
But near by, standing in his might,
A stately oak tree grew.

The zephyrs blowing through the leaves,
They speak so soft, so dear,
The ivy raised her gentle head
The loving words to hear.

But shy and blushing as the morn
At what the oak had said,
Though listening longingly for more,
Again she bows her head.

The oak tree opens wide his arms;
He lifts the little face,
And the ivy lingers then no more
The oak tree to embrace.

She leans her graceful, twining form
On her lover, bold and strong,
And whispering to him sweet and low,
Time passes swift along.

They feel alike the sunbeam's warmth,
Alike the stormy weather,
And when the sturdy oak tree falls,
They both shall fall together.

PUTTING ON AIRS.

Shoddy shows off with a toss of the head
And gives better people a frown,
As if its high loftiness could of itself
Bring all the world down;
But those who are wisest and noblest and best,
And are earnest and true in their prayers,
Are never the people to show themselves off
Putting on airs.

The grandest of hearts, with the greatest of wealth,
The gifted, and noble, and rich,
Have never such airs as those who have come
Straight out of the ditch;
For people well up on the ladder of life,
And those at the head of the stairs
Never belittle themselves in the least
Putting on airs.

Breeding and culture, the highest and best,
Are modest, and noble, and kind,
And worth bears its weight without the high airs
That show a small mind;
While little of brains, with little of means,
Take pride in parading their wares,
Making a show wherever they go,
Putting on airs.

Anna Linden.

YOUNG LOVE.

He loves me! he loves me! yes, now I know;
He loves me, he loves me, he 's written me so.
He's as true as the sun and as clear as the day,
And he says that he loves me, oh what shall *I* say!

My heart is so full of love, full to the brim,
That my bosom seems bursting, and all, all for him;
And now when I know that he loves me as well
My blissful delight I have no words to tell.

He loves me, he loves me! I'll say that my heart
Throbs in answer to his—is of his but a part;
That true hearts united to true joys give birth
And even win heaven to a home on the earth.

He loves me; I love him; we love with a love
Such as angels rejoice in, and seraphs above
Are tuning their harps to the sanctified song
That shall herald our love to the heavenly throng.

Mrs. E. P. Miller.

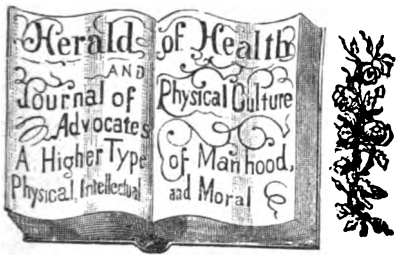
THE PINE TREE AND THE PALM.

A pine tree standeth lonely,
In the North on a bleak hill-side;
It is drowsy; the ice and snow-drifts
Envelop it far and wide.

It dreameth of a palm tree
Which, far in Eastern lands,
Lonely and silent mourneth
Upon the burning sands.

From the German of Heine.

EDITORIAL DEPARTMENT.



NEW YORK, NOVEMBER, 1879.

WATER.

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

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

TOPICS OF THE MONTH.

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

SCHOOL GARDENS.—Mrs. Mann has done English readers good service in presenting them with the present translation of Dr. Schwab's account of his success in establishing school gardens in Austria. There is no adjunct to the school-room which, in the hands of the skillful teacher, can be turned to such profit as the school garden. Thousands of such gardens are in operation in Austria at the present moment, all of them being the fruit of Dr. Schwab's intelligent labors. Besides the opportunity that a school garden offers for the practical teaching of the first principles of agriculture and vegetable physiology, it may be also turned to account in various ways. The operations necessary for keeping a small garden in proper order are all healthy, and are looked upon as play by a healthy child, and not as work. Charles Dickens unconsciously enunciates a grand educational principle when he makes Mr. Squiers teach his boys botany by sending them to weed the garden. A handful of weeds in the hands of a teacher well acquainted with the Socratic method of teaching will give a child a greater insight into the phenomena of plant life than a knowledge of the meaning and derivation of half the sesquipedalian words that ever were coined. Not only this, the child's moral and intellectual faculties are pleasantly exercised and cultivated, without his being aware of it—more especially his patience and watchfulness; for he soon finds out that he must wait for seeds to generate and for flowers to blossom, and sad experience will soon show him that a very little neglect will kill the pets which he has taken so much pains to rear.

Austria, France, Sweden, and even little Belgium all have their school gardens. Where are ours? Has there been a single Board school built during the last two years with a garden attached to it? Yet such an adjunct is as necessary for the proper teaching of vegetable physiology and botany as the blackboard is for teaching arithmetic.

Mrs. Mann adds considerably to the value of Dr. Schwab's excellent little book by adding a number of practical suggestions of her own with regard to the best means of carrying out Dr. Schwab's plans. We cordially recommend Dr. Schwab's little work to all who are engaged in the education of the young, whether parents or teachers. By following its teachings many a pleasant little spot might be formed either in the home or school garden, or even on the nursery window-sill, which would help our little ones to acquire a knowledge of those things of beauty which are joys forever, and which constitute the vegetable kingdom. C.W.Q.

THE APPLE CURE. — Persons suffering from dyspepsia, constipation, congestion of the brain, and other ills which attend on general debility, are accustomed to apply to doctors for bitters for the stomach, cathartics for the bowels, and iron for the blood. But it is generally found that the relief to the stomach and bowels induced by medicine is temporary, and when reaction takes place after stimulation the vital organs are weaker, and the patient worse off in every respect than when he commenced the use of medicine.

I have a remedy to suggest which, although it may not be of universal application, has in my own case, and that of many others who at my suggestion have tried it, brought relief after all drug medicines had failed. Apples are a natural stimulant to the stomach, bowels and kidneys, and, unlike medicines, keep up when habitually eaten, a continued healthy action of these organs. Apples are not only stimulative, they are also nutritive.

The case of an invalid was cited some years ago in the New York Tribune, who lived a year on no other food than apples, and during that time gained in flesh and strength. In my own case I had been very much troubled with the "heart-burn." I tried two meals a day, to which I still adhere, Graham bread and water treatment, but with only partial success. Thanks to raw apples I have no more heart-burn. I finish each meal with two or three, and the cooling effect on my stomach and indirectly on my brain, is most grateful. Formerly I was troubled with wakefulness, would lie awake thinking, unable to sleep until late in the night. I am wakeful no more. When I commenced to eat apples as a remedy I weighed 130 pounds; in less than two months my weight was 160 pounds, my strength increased as my weight. My food is now well digested and assimilated, the hue of health is restored to my cheek, in other words, I am cured.

C. A. M.

HOW TO PREVENT DISEASES AMONG CHILDREN. — A correspondent of the New York Times says that he has followed a recommendation from a lady to evaporate a little carbolic acid daily in the heaters as a disinfectant and a preventive against contagious diseases, and the results have been most satisfactory. "I have a large school, and out of the whole number only two pupils have been sick with scarlet fever, and even these cases were indirect ones. In my own family, which consists of 14 children—fortunately not all my own—and five adults, not one has been afflicted with any malady, not even with a sore throat, for longer than a day or two. We certainly keep the house minutely clean, ventilate it thoroughly every day, and never heat the rooms above 66° F. During my 30 years experience I have never seen the like."

We think it probable that the use of a small quantity of carbolic acid in the manner above mentioned may, in some cases, be beneficial. But if it were the golden rule in every family to keep the house minutely clean, ventilate it thoroughly every day, and never heat above 66° F., there would probably be little need of carbolic acid or any other drug.

FISH AS BRAIN FOOD.—Since during the acts of sensation and intellection phosphorus is consumed in the nervous system, there arises a necessity to restore the portions so consumed, or, as the popular expression is, to use brain food. Now, as every one knows, it is the property of phosphorous to shine in the dark, and as fish, in a certain stage of putrefactive decay, often emit light, or become phosphorescent, it is supposed that this is due to the abundance of phosphorus their flesh contains, and hence they are eminently suitable for the nourishment of the nervous system, and are invaluable brain food. Under this idea many persons resort to a diet of fish, and persuade themselves that they detect advantage from it in an increased vividness of thought—a signal improvement in the reasoning powers. But the flesh of fish contains no excess of phosphorus, nor does its shining depend on that element. Decaying willow wood shines even more

brilliantly than decaying fish. It may sometimes be discerned afar off at night. The shining in the two cases is due to the same cause—the oxidation of carbon, not of phosphorus, in organic substances containing perhaps not a perceptible trace of the latter element. Yet surely no one found himself rising to a poetic fervor by tasting decaying willow wood, though it ought on these principles to be a better brain food than a much larger quantity of fish.—*Dr. J. W. Draper.*

A CAUTION ABOUT SHOT IN GAME.—This being the season when game killed by shooting, and probably containing the pellets, is eaten, it may be worth while to caution those who consume the flesh of birds with avidity, that the proportion of instances in which shot is found is probably small in comparison with the number of cases in which the pellets are unwittingly swallowed. It is a matter of speculation how much mischief a shot may do when passed into the intestines, but the fact that anomalous diseases, have been set up by the presence of very small bodies which have become entangled in the folds of the mucous membrane renders it desirable to put the public on their guard. Occasionally the most disastrous results have followed such small causes. We have in recollection the case of a physician who died after prolonged and unexplained sufferings, from the impaction of a small nail which had found its way into a pudding, and was inadvertently swallowed. A little care will avoid this contingency, but, remembering that the bird had been shot, some pains ought certainly to be taken to avoid swallowing the missile.—*Lancet.*

THOUGHTS ON HEALTH FROM GREAT THINKERS.—"Such are the dominating powers with which we, and we alone, are gifted. I say gifted, for the surpassing organization was no work of ours. It is He that hath made us, and not we ourselves. This frame is a temporary trust, for the uses of which we are responsible to the Maker. Oh, ye who possess it in the supple vigor of lusty youth, think well what it is that He has committed to your keeping! Waste not its energies! dull them not by sloth! spoil them not by pleasures! The supreme work of creation has been accomplished that you might possess a body—the soul erect—of all animal bodies the most free, and for what? for the service of the soul. Strive to realize the conditions of the possession of this wondrous structure. Think what it may become—the temple of the Holy Spirit! Defile it not. Seek rather to adorn it with all meek and becoming gifts, with that fair furniture, moral and intellectual, which it is your privilege to acquire through the teachings and examples and ministrations of this seat of sound learning and religious education."—*Prof. Richard Owen.*

"Taking the word hygiene in its largest sense, it signifies rules for perfect culture of mind and body. It is impossible to dissociate the two. The body is affected bv every mental and moral action; the mind is profoundly influenced by bodily conditions. For a perfect system of hygiene we must combine the knowledge of the physician. the schoolmaster and the priest, and must train the body, the intellect, and the moral soul in a perfect and balanced order. Then if our knowledge were exact and our means of application adequate, we should see the human being in his perfect beauty, as Providence perhaps intended him to be; in the harmonious proportions and complete balance of all his parts in which he came out of his Maker's hands, in whose divine image we are told he was in the beginning made."—*Dr. E. A. Parkes.*

"It is the health rather than the strength that is the great requirement of modern men at modern occupations; it is not the power to travel great distances, carry great burdens, lift great weights, or overcome great material obstructions: it is simply that condition of body, and that amount of vital capacity which shall enable each man, in his place, to pursue his calling and work on in his working life with the greatest amount of comfort to himself

and usefulness to his fellow-men."—*Maclaren.*

"There is nothing that a student ought to be more careful about than the sound condition of his flesh and blood."—*Prof. Blackie.*

"The foundation of all intellectual and moral worth must be laid in a good healthy animal."—*Mrs. H. B. Stowe.*

EFFECTS OF PERNICIOUS LITERATURE ON BOYS.—*To the Editor.*—As bearing upon the subject of literature, and its effects upon mind and body, the subject of my letter in the March number of your journal, I copy from this morning's London Standard the following item which, if you think best, you may enter in some future issue of the HERALD:

"Charles Baker, aged 13, a respectably dressed and rather intelligent looking boy, was charged with being beyond parental control. The boy's mother appeared and said that she had been a widow for the past eight years and the boy was most unmanageable. He refused to go to school, and persisted in running about the streets until a late hour at night. He would damage the furniture in her house, and was now perpetually expressing a wish to go to sea. Mr. Mills, an Industrial School officer, said the case had been reported to him, and having made inquiries he found that the defendant had been in the habit of reading some of the penny journals of the sensational class, and in his pocket a book was found entitled, "Death and Glory; or the Lightning of the 24th Regiment," and these had given the boy an unconquerable desire to go to sea, and he (the officer) suggested that the boy be sent to the Training Ship. The magistrate thought this was the best course, and made an order for the boy to be sent until he was 16 years of age."

During my present transatlantic trip I have gathered some material that may be of sufficient interest to incorporate into a letter for THE HERALD after I return home. I may just state now that sanitary work is very active in the United Kingdom, and much credit is due the city of London authorities for making this huge city such a comparatively healthy one. American scientists, medical men, and even pharmacy men are held in high repute here, and in many things Americans have the inside track in the kingdom. Indeed it has been a matter of great surprise and satisfaction to me to find that many of our medical authorities are quoted and relied upon. American calicoes are offered. In the windows American oysters and apples are advertised. But of these things and other matters more interesting to hygienic readers will be the subject of a letter soon. Yours, C. C. VANDERBEEK.

RUINED BY FASHION—There are not a few ruining soul and body to keep pace with fashion. They cannot afford the time to read a little each day or engage in some recreation, consequently they have over-worked bodies and under-fed brains. In nearly every home there is chance for improvement in the ways and amount of work done. Very often this might begin in the cooking department. Let every woman understand how to cook good wholesome food, then do it, rather than cater to the likes and dislikes of each member of the family. Those who have it in their power to institute a reform in household matters, should not hesitate to begin. It is sadly needed. Work should be brought within the limit of one's ability. Men do not know, and never will, how many things the word housework includes in its meaning. We should not expect them to remedy its evils. Women must decide what is most necessary for them to do, and when they have done enough. The never-ending monotone of housework is filling our insane asylums as no other cause. The cure is in the hands of women largely. Let them enforce it. The constitution must break sometime. Is not the life and health of a mother of more worth to her family than the work she is daily doing for them? She has no right to work as long as strength to move endures, sacrificing health and comfort, growing prematurely old and lessening her days.

STUDIES IN HYGIENE FOR WOMEN.

HEADACHE.—A lady asks for a few thoughts on the subject of the headache so common among her sex. Perhaps as common a form of headache is that known as migraine. It is supposed to have its origin in a tendency of certain tissues of the brain near the pons to take on by exciting causes slight inflammation, or severe congestion. These headaches generally come on after various gastric disturbances, the use of strong tea, or alcoholic drinks, overloading the stomach with indigestible food, especially hot biscuits or hot bread, over-fatigue, night work, nervous excitement, worry, etc. These, however, are only the exciting causes, the predisposing causes being the tendency of these tissues to take on a highly congested state, as before stated. If the sufferer will carefully avoid these habits which bring on the disease the attacks will be less frequent and less severe. In very many cases it may be cut short altogether or greatly mitigated in its severity by proper treatment. A hot foot and leg bath continued for 30 minutes, while the head is manipulated by the hand of an attendant frequently dipped in cold water, will often alleviate or cure an attack. What is known as magnetizing the head will often cure the worst cases and send them to sleep. Both these methods are very simple and effective. Shampooing the head, as is done by a barber, is sometimes effective. To this ladies often object, as they do not like to wet their long hair. An instrument has been invented by which a lady's hair may be thoroughly shampooed without disturbing the clothing, and dried in a few minutes by steam; and if it could come into general use in cities it would be a boon to women.

Persons who are subject to headaches should wear as little hair as they can, and if they would wear it short, and thoroughly wet and rub their heads every day it would be very beneficial. Hot water applied to the back of the head and spine will often stimulate the vaso-motor nerves to contract the vessels of the brain and discharge their contents, thus relieving the congestion. A stream of hot water from a fine spray along the spine will do the same. As a rule, however, the latter means are inaccessible to most persons, and so the former will be more appropriate. It is very desirable to break up the habit so far as possible, so as to make it unnecessary to cure; and this is done by whatever permanently invigorates the system and equalizes the circulation. Bathing and friction to the skin, and a simple, healthful diet are of the first importance. Out-of-door exercise is equally necessary. We have cured the tendency in many very bad cases by the Lifting Cure; but this is not easily applied except in individual cases. Keep the head cool, the feet warm, the circulation equal and avoid all extremes, and do all you can to build up and strengthen the muscular system if you want to avoid headaches. There is much more to be said on this subject, but we have not sufficient space in this number.

A HOUSEKEEPER'S SIN.—A common sin of housekeepers is worry. Worrying for fear the work will not be done, or something may happen which we are not prepared for. Those who will worry will always find enough to worry about. It is well to think of the work to be done, have a plan for each day and follow it as nearly as possible. Worry retards rather than forwards the work. It tries the mind before the work is begun. It makes one fretful, sours the temper, and disturbs the peace of the household. One who worries is never free from care. There are certain evils which cannot be overcome. We should make the best of them and not add the burden of worry.

A much more common sin is overwork. There are but few working-women who do not at times work beyond their strength; many are in circumstances which oblige them to do it. They see no way to avoid it. We would not, by any word, add to the burden already upon them. There is a

class, however, who might, by exercising reason and common sense, break away from this sin. Through force of habit they prolong their labor, taking upon themselves extra burdens, which in reality are not necessary. L. M. T.

ENTERTAINING COMPANY.—"A big feed"—that is "a good time" in the estimation of many. "What did you have for supper?" one asks of another who has been "out to tea." In the old-fashioned settlements, where the neighbors go a visiting, spending the afternoon, and busy with knitting or light sewing, it is often suspected by the hostess that her company has come more for the sake of the supper than for the visit. Sometimes the suspicion is very unjustly entertained. I have myself been more than once very much annoyed by the way in which friends I went to visit allowed themselves to be cumbered with much serving, so that it was almost impossible to have any reasonable conversation with them. I like good things to eat when I am hungry, but I feel most insulted if that is the main entertainment offered me. I could get something to eat at home, but not my friend's company. The best visits among neighbors, in my opinion, are often those which are unannounced, and where the visitors do not stay to tea, unless very sure that they are desired to do so, and that their staying will not make trouble for the hostess. There is something decidedly vulgar in the great "spread" sometimes made by those who entertain company. So many kinds of cake and sauce—so much indigestible stuff to please the sense of taste and make the visitors ill the next day! And yet it is both natural and praiseworthy to wish to treat our friends to something nice in the way of food. Good eating is a privilege as well as a duty. We must eat to live, and so the first question in regard to our food is, whether it will nourish these frail bodies of ours, as many a man has prayed at the opening of a meal which could nourish only by the working of a miracle. Too great a variety is burdensome to both guest and hostess, and it never really proves the liberality of the one who entertains, but often shows only a love of display and a spirit of emulation. There should be enough of everything, and each dish should be good of its kind, especially the bread and other solid articles. If we can possibly get a good meal for our visitors—the guests of an afternoon or a single day—without cooking anything while they are with us which necessitates our absence from the room for much time, it is best to do so. When we know beforehand that company is coming, we can have everything ready to set upon the table, and so spend not over half an hour in getting supper. The supper ready it is our part to make our guests feel perfectly free to eat or not of the dishes set before them—to make them feel by our cordial manners, rather than by words, that we like to share our best things with them, and are pleased to have them enjoy them, while we will not make them eat merely to please us, but let us talk of something besides the food. Cheerful conversation at table promotes digestion.

If feeding our friends is not the whole business of entertaining them, neither is conversation, especially if we talk merely for the sake of talking. Our friends want a chance to look about, to get a general impression of the comfort (or the lack of it) of our homes and of the family disposition, to peep into our books, and perhaps to read something which they can have no other opportunity to read. They may be really glad to have us leave them alone for a little. Guests who stay longer than an afternoon or a day, surely desire some quiet time to think their own thoughts and rest unobserved. It is very hard and wearisome to visit for a few days where you are constantly entertained by one person or another, however much beloved or interesting your friend may be. It is of no very great consequence what we talk about, if we are only honest and hospitable to one another's thoughts and beliefs. Even to talk about what we eat is redeemed from vulgarity if we have kind motives—as to please our hostess by sincere praise, or to learn how to do our own

cooking more perfectly. Pictures, stereoscopes, games, all these things help in entertaining our friends, and it is the part of the hostess to do all she can to have her gueste happy, each in his or her own way.—*Faith Rochester.*

WILL OUR CHILDREN SUPPORT THEMSELVES.—This question comes to all parents of small or moderate means as they see their children growing up. Some have a clear idea as to what business they wish their children to pursue, and endeavor to give them a bent in that direction. or to fit them for the chosen occupation. Others watch anxiously for some hint as to the child's natural bent, wondering if he or she is good for anything in particular in the way of practical work. But there are some things which all parents can attend to in the way of preparing their children to support themselves. None are too poor and none too rich to give their children habits of industry and honesty. These will help in every sphere of life, and prepare the way for success in every vocation. Those who really mean to give their children a good practical education, should teach them. or have them taught, boys and girls both, how to build a fire, how to cook plain, wholesome food, how to take care of rooms, how to make and take care of plain clothing, how to make and care for a garden, and (if possible) how to milk and take care of a cow, and how to care for and harness a horse. Is it absurd to say that these things should be considered a necessary part of a good education? Children who learn to do these things well, and who have no false pride to make them more willing to live in idleness, dependent upon the labor of others rather than to engage in honest service, which is usually considered humble, if not absolutely degrading, will never fall into vagabondage. Some may sneer at teaching boys as well at girls to sew, but they will often find it very convenient to be able to use the needle, as it often saves much trouble to know how to put in a few stitches where they will do the most good.—*Faith Rochester.*

POTATOES FOR INVALIDS.—Mrs. S. Kenworthy, hydropathist, of Southport, Eng., commends potatoes cooked without water, in a pan placed high enough over the fire to be kept from burning. They must not be pared, and must cook slowly, according to nature and size, in their own steam. An old cracked pan is better than to risk the strength of newer ones. We are now free from the mischiefs of new potatoes, which, though much liked, are injurious to many constitutions. All kinds, however, are extremely indigestible and dangerous without most careful mastication, especially if hard or waxy. On some accounts, therefore, potatoes are better when mashed, or, more properly speaking, beaten up finely with a strong fork till all lumps are gone, then served with or without butter, and milk or cream. We are not yet prepared to give up this very useful dinner vegetable. The ways in which it may be dressed and used as a part of compound dishes, are almost endless. Even raw it is not poisonous. Bread is infinitely better, and keeps more moist, when made with the addition of a few mealy potatoes to each pound of flour.—*Dietetic Reformer.*

ANTIDOTE TO POISON IVY.—The Medical Record makes another addition to the already extensive list of remedies for poisoning by poison ivy. In all cases of poisoning by this plant it recommends the use of Labarraque's solution of chloride of soda. When the skin is unbroken it may be used clear three or four times a day; or in other cases diluted with from three to six parts of water. After giving this remedy a trial no one will be disposed to try anything else. It is one of the most valuable external agents known to the medical profession, and yet seldom appreciated and but rarely employed. It will sustain its reputation as a local application in erysipelas, burns and scalds.

COOKING BEANS AND SPLIT PEAS.—It may not generally be known that beans and split peas are much finer and taste richer when cooked in a close earthenware dish in an oven, like rice. Then the juices are retained, and the

beans or peas eat as if butter had been added to them, which is not the case when cooked by boiling. No more water should be put upon them than they will absorb.

BAD TEMPER. — We all feel a sympathy for one who has become demented from loss of kindred, from disappointment, or from a hard lot in life; but we can have no such feeling for quarrelsome ill-natured, fretful, fault-finding, complaining, grumbling creatures, the greater part of whose everyday life tends to make those whose calamity it is to be bound to them, as miserable as themselves. Bad temper is a crime, and, like other crimes, is ordained in the course of Nature to meet, sooner or later, its merited reward. Other vile passions may have some points of extenuation; the pleasure, for example, which may attend their indulgence, but ill-nature—that is, a fretful, fault-finding spirit, in its origin, action and end, has no extenuating quality; and, in the application of the old principle, "with what measure ye mete it shall be measured to you again," will find a most pitiable end. Therefore, with all the power that has been given you, strive and strive for life, to mortify this deed of the flesh. Watch hourly, watch every moment against the indulgence of a hasty temper, as being offensive to yourself and contemptible in the eyes of your fellow-man — contemptible because for the person who possesses it, and knows it, yet indulges in it, and makes no effective efforts to restrain it, no human being can have any abiding attachment or respect, founded as it is in low morals, or low intellect, or both.

SORE NIPPLES. — Dr. Brochard, of France, gives the following simple treatment, for which he claims a uniform success: "Wash the nipple in pure water and carefully dry it, then powder it and the sores well with suberine, *i. e.* the impalpable powder of cork. This, too, is much to be preferred in the hygiene of infancy to the inert powder, lycopodium, for it is cheaper and contains some tannin. Over the suberine is to be placed a portion of goldbeater's skin cut star fashion, in the center of which some apertures have been made by means of a very fine needle. Whenever the infant is about to suckle, the suberine is to be washed off and the goldbeater's skin reapplied, by means of which the child will suck without causing any pain. When it has finished the suberine and goldbeater's skin are to be replaced, and so on every time."

A CHEAP FILTER can be made from a common garden pot. The hole is plugged with a sponge, but not too tightly; a layer of powdered charcoal is put in the pot two inches deep, then a layer of the same quantity of clean sand, and upon that a layer three inches deep of clean coarse gravel.

CURRENT LITERATURE.

—:o:—

THE MODERN BETHESDA; OR, THE GIFT OF HEALING RESTORED. Being some account of the Life and Labors of Dr. J. R. Newton, Healer, with observations on the Nature and Source of the Healing Power and the conditions of its exercise. By A. E. Newton. New York: Newton Publishing Co. Price by mail $2.00.

We have in this book a work of 320 octavo pages, handsomely printed and bound, and containing a fine steel portrait of Dr. Newton. It has been edited with care by A. E. Newton, author of "The Better Way." We believe no one can read it without being convinced of the honesty and sincerity of the author, and the mass of evidence from some of the highest sources is very great, that under proper conditions very many diseases are quickly cured by the methods here recommended. We have not space to go into a long review of the work. Indeed it does not permit of that. It must be read to be understood. Many will no doubt cry out "humbug," but the honest, candid investigator will never do this. We heartily commend the work to all interested in the subject of healing as practiced by Dr. Newton.

THE VOICE. A monthly paper devoted to Voice Culture, and especially in the interests of Stammerers.

The October number is before us, with the following table of contents: Untold Misery; a Stutterer's Afflictions. By Rev. D. F. Newton. Reading in Schools—Some of the Defects, and the Right Way. The Cure of Stuttering. Editorials. Encouraging Words from Prof. Raymond of Williams College. Recovery of Speech. The Cure of Stammering. Correspondents' Questions Answered. A Stammering Beauty. This monthly is furnished at $1 a year, and is of great excellence. Published at Albany, N. Y., by E. S. Werner.

HEALTH FOODS.

NATURE'S remedies are safe, sure and trustworthy. They do not instantly or violently alter conditions, but they are potent alteratives, nevertheless, and are not less effective because working quietly and harmlessly. Among the most valuable of these natural remedial agents are the Improved Foods of the Health Food Co., 74 Fourth ave., New York. Since we first began to recommend them, in 1874, to dyspeptics, diabetics, consumptives, and sufferers from wasted brain and nerve power, we have prescribed far less medicine and achieved better results than ever before. We rarely give medicine in dyspepsia or indigestion now, because these better foods are sufficient in themselves.—E. H. GIBBS, A. M., M. D., Editor Journal of Health, 141 Eighth street, New York.

I have used and widely recommended the preparations of the Health Food Company, 74 Fourth avenue, New York, for many years, and not a single disappointment has resulted. I have seen poor, feeble, worn, bloodless, colorless victims of nervous prostration, or of consumption, or diabetes, or Bright's disease, restored to health and vigor by these pure and potent nutritive substances. By their use I have seen the weakest stomachs converted into perfect instruments; and also scores of little babies dying from marasmus, imperfect nutrition and bowel troubles quickly made well and strong by these precious foods alone. To the aged, the worn-out and the sick they are truly a priceless boon.—S. B. RICE, 9 Clinton street, Brooklyn, N. Y.

I have never extensively used the preparations of the Health Food Company, 74 Fourth ave., New York, in my own person, but I have seen excellent results follow their use by many nervous, and other sufferers. I have repeatedly listened to the very lucid and exhaustive scientific lectures of the distinguished chemist and medical head of the company, and am familiar with the important discoveries which he has made in food chemistry, and the physiology of nutrition. I know that he is doing a grand work for humanity, and infinitely lessening the physician's labors in a large range of cases. All good doctors gladly welcome these valuable nutritious adjuncts. — J. V. C. SMITT, M. D., (Ex-Mayor of Boston, and formerly Editor of the Boston Medical and Surgical Journal.)

In the spring of 1879 I was greatly prostrated, and visited New York for relief. I there learned much about the Food Remedies of the Health Food Company, 74 Fourth ave., New York City. I visited the Company's office often, and consulted freely with its medical head. As a result I began the use of one of their preparations—"Universal Food." This has been about my only sustenance for the last six months, and is nearly all I can take now with any satisfaction. It is the most easily digested food that I have ever tried, and I most heartily recommend it to all who are troubled with dyspepsia in its worst form.—REV. A. E. HALL, North Adams, Mass.

I have repeatedly advised patients suffering from dyspepsia, diabetes, Bright's disease and nervous prostration, as well as those having the charge of children, to apply to the Health Food Company, 74 Fourth ave., New York City, for advice and foods. So far as I know, all who have followed the advice have steadily improved. It is a great comfort to the physician to know that scientific and trustworthy men are at last applying those careful principles and methods in the preparation of Foods, which have long been applied to the preparation of medicinal agents. W. H. WILBUR, M. D., Westerly, R. I.

Several serious cases of innutrition, diabetes, and brain trouble have greatly improved under my observation by the use of the valuable Food Remedies prepared by the Health Food Co., 74 Fourth ave., N. Y. City. It is reasonable to conclude that the grand work which chemistry has done for medicines in improving their quality and extending their range, is now alike being done for foods, by a really scientific body, and great good must attend their labors.—E. PEUGNET. M. D., Fordham, N. Y.

VEGETARIANISM

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CHAPTER III.

MEAT PERPETUATES INTEMPERANCE BY ITS STIMULATING EFFECTS UPON THE STOMACH.

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CONTINUATION OF TABLES BEGUN IN CHAPTER IV.

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THE
HERALD OF HEALTH.
DECEMBER, 1879.

PHYSIOLOGICAL AND SANITARY MARRIAGE AND PARENTAGE. (12).

BY THE EDITOR.

AS this is the concluding chapter of the series on Physiological and Sanitary Marriage and Parentage, it will be devoted to that part of our subject not yet discussed, sanitary parentage. We will say in advance, however, that the question is so large that one brief article is only sufficient to hint at some of the thoughts which if elaborated would extend the series of papers through another year, which we do not propose to do.

It may be laid down as a fundamental law of parentage in the physiological marriage, that the children of those persons who have obeyed the physical, intellectual and moral laws of their organization will not only start from the highest level of their parents in acquired character, but there will be a tendency in them towards an enlarged development of the best qualities of their nature; so they will, if properly reared, surpass them in many ways, and be capable of higher flights of knowledge and higher degrees of happiness. What are, therefore, some of the laws which parents must observe in order to give to their offspring the best development possible? Perhaps the first of these hygienic laws which should be mentioned is that the capital stock of health should be preserved up to the very highest point possible. In high health there is an abundance of protoplasmic material, or, in other words, living matter stored up in the blood and tissues, so that the growing child is not starved, but well nourished. In a low state of health this *living matter* is scanty, and there is a sort of physiological bankruptcy—a very unfavorable state for parentage. The general laws of health to be observed may easily be learned from numerous books, and need be only briefly mentioned here:

1. The avoidance of excesses of every kind, either in the form of overwork, sensual indulgences, emotional disturbance, excessive and improper eating, great excitement, etc.

2. The avoidance of the opposite extreme of laziness, this being far worse than overwork.

3. Abstinence from alcoholic liquors.

It has been argued by many wise writers that the use of alcoholic drinks has done more to debase offspring than almost any other cause. The number of idiots, insane persons, and persons inheriting strong tendencies to vice, who have been made so alone through alcoholic stimulants taken by the parents, is legion. The mother of Sampson, mentioned in Scripture, was commanded not to drink wine or to eat any unclean thing before her son's birth. A single case of the evils transferred from a drunken father to a son, which came under our own observation, will suffice. A mother gave birth to a child conceived when the father was intoxicated. Almost the entire subsequent life of that mother has been consumed in watching and guarding this son to

keep him from drink, and she has not even now succeeded. One occasion, after he had joined the church, when partaking of wine at the communion, he instantly left the house and spent several days in a drunken debauch. He dares not leave home, for he is sure to drink to drunkenness before he returns. So strong is his love for liquor, he declares that with hell on one side and a glass of liquor, and heaven on the other with only water, he would choose the liquor and then plunge into hell. It is one of the most painful of cases, but not the only one. Before we can have universal hygienic parentage the wine cup and the cup that intoxicates must be banished from the community.

4. There must be a reasonable amount of courage during the trying months of pregnancy. The prospective mother who gives herself up to her feelings hurts her unborn child. If she would have brave, courageous children she must be so herself. The bravery and courage, as also the timidity and cowardice which she manifests will, to a certain degree, be photographed, so to say, into the nervous tissues of the child, never to be eradicated. There they will grow and reproduce themselves along the line of posterity for many generations, blessing or cursing as the case may be. Especially is it desirable to avoid all anxiety and worry, and let Nature have, so far as possible, her perfect work. There is much in this. Do not try to take this work too much out of Nature's hands. Some authors have gone so far as to teach that the mother may make her child at will by following certain courses herself. To a certain extent this is true; but if the parent undertakes to make her child a great musician or thinker by trying to be one of these herself, she will be likely to fail. Nature does not work so; she works to make human beings, not musicians or thinkers, and will do her best; but *too much* meddling is wrong.

6. In hygienic parentage the dress is a matter of importance. It should be such as to allow perfect freedom of motion, and offer no obstructions to the circulation of the blood. Corsets should not be worn, for they limit the amount of air taken into the lungs, and this is harmful to the unborn child. Some physiologists have said that corsets hurt the child more than the mother, and this is undoubtedly true.

7. Exercise should not be neglected; but it should not be too severe. The light occupations of housekeeping are suitable to the prospective mother, and so are the light gymnastics practiced daily under a proper instructor. All reasonable exercises in moderation are proper—all excesses are improper.

8. The surroundings, the friendships and the enmities all have their bearing, though perhaps not to so great a degree as may be supposed. The case of the mother of Napoleon is often cited, and it is interesting at least. The father of Napoleon possessed a handsome person, had a talent for eloquence, and a vivacity of intellect which he transmitted to his son. It was in the middle of civil discord, fights and skirmishes that Charles Bonaparte married Lætitia Ramolini, one of the most beautiful young women of the island, who possessed a great deal of firmness of character. She shared the dangers of her husband during the years of the civil war, and is said to have went with him on horseback on some military expeditions, or perhaps short, hasty flights, just before Napoleon was born. The supposition is that the child inherited from these circumstances at least that portion of his character which gave him such a love for war and conquest, and this is not altogether improbable.

The case of one of the Kings of England is equally interesting. The murder of David Rizzio was perpetrated by armed nobles with violence and terror in the presence of Mary Queen of Scotland, shortly before the birth of her son James I. of England. The liability of this monarch to emotions of fear is recorded as a prominent characteristic of his mind; and it has been said that he would shudder at the sight of a drawn sword. Queen Mary was not deficient in courage, and the Stuarts, both before and after James I., were distinguished for this quality, so that his disposition was an exception

to the family character. Napoleon and James form striking contrasts, and it may be remarked that Napoleon's mother seems to have risen above the danger to which she was exposed, while Queen Mary was placed in circumstances calculated to inspire her with fear alone. Esquirol, a famous French writer, mentions that many children born when the horrors of the French Revolution were at the highest, turned out to be weak, nervous and irritable, and liable to insanity. A medical man on the Isle of Man mentions a case of a father whose first child was of sound mind. Afterward he fell from a horse and his brain was injured. Two children born while he was in this condition were idiots. Then by a surgical operation he was restored, and a child was born of sound mind. A mother writes: "I read the 'Iliad' for six months before my child was born and he is actually like Achilles, so restless that I fear he is ruined for life."

Frights and mental emotions, we see, may thus affect the child for good or evil. Fortunately, however, the unfavorable impressions of the mother do not so seriously affect the offspring unless she gives herself up to them too intensely. The safest way, however, is for her to place herself in the best circumstances possible, and if these are not always the best she desires, to live above all these petty annoyances, which might otherwise do harm.

The hints given above are perhaps more applicable to the mother than the father, though in so far as they relate to common habits they apply to both; but there are laws of parentage especially applicable to man. We cannot perhaps do better in this connection than to quote a part of a chapter on "Enlightened Parentage" from Mrs. E. B. Duffey's excellent work on "The Relations of the Sexes:"

"Bear in mind, young men, that you represent one half of the human race; that the other half not only owes duties to you, but that you owe duties to it, which you cannot abrogate without sin. The other, and no doubt the weaker half, is at your mercy, and appeals to your strength and your generosity. Be men, not brutes, in your relations with women, and let not the appeal be vain. Let the self-sacrifice of women be matched by manly consideration and self-denial on your part. Do not imagine woman's character is an open book which you have already conned by heart. Make up your minds to study it thoroughly and patiently. The wisest and best men in the world have not been ashamed to acknowledge that the more they studied women the more they found in them to admire, to respect, and to reverence — and they still perceived depths beyond them. Do not think yourselves wiser than these men, or you will stand convicted of ignorance and self-conceit before the whole world. Be loving, be protecting, be appreciative, be kind, be considerate, and be reverent in your conduct toward women, and so shall you deserve true affection and reverence in return; and you shall thus know a measure of happiness which can never fill your lives if you give yourselves over to selfishness and lust.

"You have often heard of the importance of motherhood, with its duties and obligations. Perhaps some of you have practiced your tyro pens in reminding women old enough and wise enough to be your mothers, of these duties and obligations, when you fancied they were forgetting them. Now I dare say it never occurred to you that fatherhood carries with it equal duties and obligations, and is equally important in all its aspects. True, the mother bears and rears the child. But the father bequeaths to that child his own individual character, his excellences and weaknesses, and must care for both mother and child from the earliest moment of the latter's existence, with a wise and loving care and never-relaxing watchfulness, which can alone recompense the wife for her sufferings and risks, and which alone can secure to her the conditions and opportunities to perform in the most perfect manner the functions of motherhood.

"A man cannot saturate his body with alcohol or tobacco and not entail a curse upon his children. He cannot give himself over to lust and not do

them a grievous wrong. 'The sins of the *fathers* (not the mothers) shall be visited upon the children, even to the third and fourth generation.' A husband cannot be unkind or faithless to his wife and not run the risk of seeing his sin reflected in some undesirable or unlovely trait in his child. He cannot suffer his wife to become overburdened with labor and care without defrauding their common offspring of the strength and vigor which are their due. They will, perhaps wither away and die, and their deaths will surely lie at the door of his criminal neglect and unconcern. Only after leading the purest of lives, and with the most unsullied bodies, should young men dare to accept the responsibilities of fatherhood."

In closing this series of articles let us say that they are necessarily incomplete, and that at some not far distant day we hope to embody them, revised and extended, in a little work where they may perhaps do good for years to come.

HEADACHE IN CHILDHOOD.

CHILDREN, no less than adults, are liable to have headaches. To some extent the cause may be the same, but some causes are peculiar to each. Adults may have headache by way of inheritance. Their blood is very aspiring, and so tends to fill the head and produce a sense of fullness and distress. They may also induce headache by gormandizing, by eating heartily by day, and then again by night. They may consume food that does not easily digest, and so disturb the functions, the peace and quiet of the brain. Such persons may thank themselves for all the pleasure headaches may afford. These or other causes may exist in children. Infants cannot say that they have a headache. Let a mother observe the changes that may occur from day to day on the sweet brow of her infant, and she may soon decide that uneasiness, if not pain, exists in the soft and tender substance of its brain. It may arise from indigestion, from inhaling vitiated air, from some disturbance of the food canal. Relieve it, if you can, at once, lest some mischief should ensue. Let the stomach rest. Diminish the amount of food and supply it freely with the fresh outer air.

A child of an older growth can speak and show in many ways that its capitol is ill at ease. Pain in the head of a child often means all it does in its earliest years. It may introduce measles, scarlet fever, or other maladies of the growing period of human life. Insufficient mastication, rapid bolting, and so imperfect action of the digestive forces, may be the basis of all the suffering.

Some serious disease may be preceded by headache. A child is restless and irritable. It rejects its wonted food. It is drowsy, dissatisfied with everything, or is "out of sorts." It complains of headache, or if it cannot speak in words it does in other ways, by crying as if in distress, by placing its tiny hand upon its brow, by burrowing its head into its pillow or its mother's lap, by wishing to move often from its maternal arms to its comfortable cot, and then back again, trying to find some relief and yet finding none. Observe that often, not always, its head is hot; but that also it assumes some unusual posture, kicking off its clothing, or the clothing of its bed. It turns instinctively from the light. A frown is painted on its brow. A mother should fully realize that these signs of illness portend the coming of some serious disease. If neglected, other indications will soon appear that will inevitably arouse her fears, when the golden period for doing something to relieve the child is nearly passed. Great oaks from little acorns grow, and so fatal maladies from the mildest ones may flow. Let the mother send for the physician at an early moment. He

may only order a simple aperient, a long soaking of the feet, and the application of a compress, thin and light, well wet with rum and water, or vinegar and water upon the head. This process may relieve the child; but still an intelligent physician should twice a day visit it until it is well confirmed in health.

In later childhood headache often occurs. If a healthy youth on rising in the morning complains of a headache, its cause may be a poorly ventilated bedroom, a hearty supper on the evening previous, or an excessive application of the mind to the pressing studies of the school-room. Bad air, injudicious feeding and excessive mental toil, day after day, are enough to render feeble and exhaust any child of any age.

Youth, growing and acquiring form and strength, needs airy bed-rooms, well ventilated school-rooms, nutritious food, well cooked and rendered easily digested.

In the headaches of childhood ascertain if you can whether the child has had a fall or received a blow upon its head. You may not reach any satisfactory results. Servants are not always trustworthy, and do not hesitate to favor their reputation. The child may be too young to tell the truth, or may fear some punishment for disobedience. A boy was ordered not to visit his father's barn, but he went upon a loft, slipped down upon the floor, received a severe blow upon his head without bruising it. In a day or two he had a headache, and then congestion of the brain, of which he died. He denied to the very last, before he became insensible, that he had fallen or received a blow.

Ambitious youths of good abilities and studious habits are apt to complain of headache—a weariness and dullness that should be at once regarded. It is usually a congestive headache. Many girls are so ambitious to excel, or have so strong a thirst for knowledge that they devote all their days and nearly all the best hours of their nights to the culture of their minds and filling them with knowledge. Usually such girls have, ultimately, feeble, weakly frames. They lose the power of using the riches they have acquired, and became inefficient members of society.

The headaches that youths of studious habits have, may ordinarily be relieved by proper food, regular and daily action of the long canal, by walking, running, and other exercises in the open air, by lessening the hours of mental toil, and by a few hours of cheerfulness and fun. Moderate dancing has no equal in promoting cheerfulness and a proper circulation of the blood. Music and corresponding exercises may prevent or cure what medicine never had the gift or grace to do. The young are naturally full of joy and fun. The kids, lambs and kittens are joyful. Sadness is unnatural to the young. No girl should have an evening lesson if she devotes the hours of day to mental toil and culture. The brain must rest. Studying in the evening unfits for mental rest, and repels "Nature's sweet restorer, balmy sleep."

We cannot close without advising mothers to watch the fontanelles of their infants—those spots upon the surface of the head that are soft and yielding. They are sometimes convex and at other times concave. The one means that the brain is full of blood and should be relieved by keeping the head cool, soaking the feet and lessening the amount of food, and keeping well the waste canal. The other means that the child has not blood enough, and so should have those means of increasing the vital fluid that will increase its vigor and vitality, as rich food, fresh air, and proper exercise.

BUILDING ICEHOUSES. — As this is the season for providing a place to put in a stock of ice, it may be suggested that to every icehouse a coldhouse for storing meats, etc., should be attached. Various methods are used in their construction. The chief rules to be observed in building an icehouse are, to have a good non-conducting wall; dry packing, well pressed down; solid ice closely packed; perfect drainage, with air-tight foundations, and good ventilation at the top.

FATS AS FOOD.

BY THE EDITOR.

A NUMBER of years ago, a Mr. Johnson, who was at that time the champion swimmer of England, made an attempt to swim the English Channel. For a time he made very fair progress, but long before the feat was accomplished it was necessary to lift him into the accompanying boat, when his limbs were found to be utterly powerless. It seemed that while his physical strength had held out, the loss of heat had been so great that from that alone he had become exhausted. Some time afterward Captain Webb undertook the same feat and succeeded. It has been thought by many that his success was owing to the fact that he covered himself before entering the water with a thick coating of oil. The use of this oil was to retain the animal heat.

We know very well that when a muscle has been cooled down below the normal heat, that the nerve which supplies it with stimuli refuses any longer to convey to it the impulse of the brain, and so the muscle becomes paralyzed. It is the purpose of this article to convey to the mind of the reader, some idea of the use of fat in the animal economy. One of its uses is the prevention of the loss of animal heat. Its protective power seems to be useful in diminishing the chances of catching cold on exposure to drafts; and where the coating of fat under the skin is deficient or absent we must supply it by an addition of warmer clothing. A fat person suffers less from the cold, other things being equal, than a lean one, and, as a rule, they do not require so much flannel as a thin and emaciated person. In very cold latitudes a layer of fat under the skin is a useful protection; but in hot climates it becomes oppressive, as any one may see by observing corpulent persons or fat animals during the high heat of summer. In many animals, especially those of tropical climates where the summer heat is great, although the cold of winter may also be considerable, we find that fat, instead of being uniformly distributed over the body, is collected in masses at certain parts, as in the Bramin bull of India, in the yak of Tartary, in the American buffalo, as well as in the camel of Africa, on whose back a huge lump of fat is found. On a careful examination of these lumps of fat, especially in a well fed camel, we find them firm and solid, projecting upwards; but at times it appears that they lose this firm solidity and become limp and loose, swinging from side to side and doubling up like a half empty bag. On inquiring into the cause of this we are told that so long as the animal is well fed the hump remains firm, but when its food is insufficient it becomes loose and flabby, a large portion of fat being absorbed from it. If the animal be kept without food for several days this protuberance almost entirely disappears. Now if the animal is fed again the hump regains its former size. The same phenomena may be observed in almost all animals. Now the question arises, what has become of this fat? Some, no doubt, has undergone combustion to keep up heat, while the remainder may have been used to supply the waste of some organ of the body. The blood itself contains little fat, about one half of one per cent. is usually found in it, the muscles containing from three to four per cent. and the brain eight or nine per cent. The nerves contain much more, sometimes as high as 22 per cent. Fat may be supplied to the body in many ways, especially by fatty foods, starch and sugar. These are converted into fat within the organism.

The fatty parts of the body are not always of the same quality. Those accustomed to the fattening of animals know that sometimes the fat on them is soft and poor, and at others pure and hard, depending largely upon the kind of food they have eaten. Nurses understand that some foods stick fast, and some are fickle and easily squandered. It seems that fats laid on rapidly are not so permanent as those slowly acquired. One of the principal causes

of consumption is the insufficiency of fat in the body. Either the stomach does not digest enough of that furnished in the food to supply the need, or the food may be deficient. Dr. Hughes Bennett used to tell his students that a frequent cause of consumption was the high price of butter and the great abundance of pastry cooks. The latter Dr. Bennett accused of causing consumption among the upper classes by disordering the digestion of young girls, with pies, pastry and other things that spoil their appetites for the more substantial articles of food. Many people have a strong dislike to fatty foods, and even some physicians have advocated that this was a natural instinct; but the fact that there is in the body an arrangement for the digestion of fatty matter is a strong argument in favor of its use in a proper manner. Dr. Brown says: "There are many children who refuse to eat a piece of fat meat. They will eat the lean, but cut off the fat, and submit to punishment rather than eat it. The instinct of the child is perfectly right, and its indications are not to be disregarded." Fat swallowed under compulsion generally disagrees with a child and makes it sick. The proper thing to do in such cases is to give it in some more agreeable form. Nuts contain a sufficient amount of oil; or sweet fruits, abundant in sugar, answer the purpose.

If a lump of butter was swallowed by itself it would very likely make one sick, but spread upon bread we take it without discomfort. The reason of this is plain; we get the oily substance in a finer state of subdivision, when it is more easily digested. A lump of fat swallowed alone would melt in the stomach and float about there without being digested, would begin to decompose and yield acrid bodies which would irritate the stomach and perhaps cause severe headache. When finely comminuted with a mixture of bread it forms a creamy mass, which passes quickly into the duodenum where it is digested. Many a child has been made sick by a piece of fat bacon swallowed almost alone, with only a small piece of bread and a large piece of butter.

Fatty foods are most useful in bronchitis, consumption and nervous diseases. Hard brain work uses up a great amount of force, and this is largely supplied by the consumption of the fats, starch and sugar. A well known English lawyer always takes a meal of some easily digested fatty food before making a great intellectual effort, and an English physician has found that in his intellectual work he is best sustained by considerable of the same material. It seems to answer the same end in the animal economy that coal does in the steam engine.

We have seen that the nervous system contains much fat, and we may imagine that if the food is deficient in it that the system will suffer. Very thin people are more likely to be nervous than fat ones, and it is said that Bantingism practiced to cure corpulency has caused many to become very nervous. It does not follow because fat is necessary that people should eat all they can of it. It should be taken in reasonable quantities, and always thoroughly comminuted and mixed with other foods which will divide it up into very small particles, else it may cause indigestion and pass out of the system unabsorbed. Good butter, cream, olive oil and nuts are rich in fat, and in a form agreeable to take. A moderate use of sugar answers the place of fat food. Potatoes, corn, oatmeal and eggs are all fat producers. So are sweet apples. We once advised a boy who rejected every form of fat usually found on his mother's table, to eat freely of hickory nuts, and it proved to be very good advice to him. That popular nut, the peanut, which even many physicians condemn as indigestible, has been of like service to others we could name.

As winter is now upon us this subject has a special significance. It may be remarked in conclusion that fats will not take the place of fruits or good brown bread. All are necessary—each taking precedence according to season and individual needs.

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

TIME ENOUGH.

Two little squirrels out in the sun,
One gathered nuts, the other had none,
"Time enough yet," his constant refrain,
"Summer is still only just on the wane."

Listen, my child, while I tell you his fate;
He roused him at last, but he roused him too late
Down fell the snow from the pitiless cloud,
And gave little squirrel a spotless white shroud.

Two little boys in a schoolroom were placed,
One always perfect, the other disgraced,
"Time enough yet for my learning," he said,
"I will climb by-and-by from the foot to the head."

Listen, my darling, their locks have turned gray;
One as a governor sitting to-day;
The other, a pauper, looks out at the door
Of the alms-house, and idles his days as of yore.

Two kinds of people we meet every day;
One is at work, the other at play,
Living uncared for, dying unknown—
The business hive hath ever a drone.

Tell me, my child, if the squirrels have taught
The lesson I long to impart to your thought;
Answer me this, and my story is done,
Which of the two would you be, little one?

PIONEERS.

In Custom's ruts how smoothly roll
The noiseless wheels along;
Upon the beaten highway tread
The many-footed throng.

But who would open regions new,
Where Truth in covert dwells,
With ax two-edged his way must hew
Nor heed enchanter's spells.

Full many a blow and many a life
It takes a path to clear,
A little foot-track scarce observed
Through Error's jungle drear.

But soon to spacious highway grown
That little path has spread;
Then cars triumphant o'er it roll,
It feet innumerous tread.

But o'er the martyred pioneers,
Who for the sunbeams made
An entrance with their blood and tears,
Oblivion spreads her shade.

B. W. Ball.

INWARD HAPPINESS.

If solid happiness we prize,
Within ourselves the blessing lies,
They err who roam abroad;
Who idly follow each vain show;
From hearts improved our peace most flow;
From hearts inclined to good.

SCANDAL.

A woman to the holy father went,
Confession of her sin was her intent;
And so her misdemeanors, great and small,
She faithfully to him rehearsed them all;
And, chiefest in her catalogue of sin,
She owned that she a tale-bearer had been,
And borne a bit of scandal up and down
To all the high-tongued gossips in the town.
The holy father for her other sin
Granted the absolution asked of him;
But while for all the rest he pardon gave,
He told her this offence was very grave,
And that to do fit penance she must go
Out by the wayside where the thistles grow,
And gathering the largest, ripest one,
Scatter its seeds, and then when this was done,
She must come back again another day
To tell him his command she did obey.
The woman, thinking this a penance light,
Hastened to do his will that very night,
Feeling right glad she had escaped so well,
Next day but one she went the priest to tell.
The priest sat still and heard her story through.
Then said, "There's something still for you to do:
Those little seeds which you have sown
I bid you go regather, every one."
The woman said: "But, father, 'twould be vain
To try to gather up these seeds again;
The winds have scattered them so far and wide
Over the meadowed vale and mountain side."
The father answered: "Now, I hope from this
The lesson I have taught you will not miss;
You cannot gather back the scattered seeds,
Which far and wide will grow to noxious weeds.
Nor can the mischief once by scandal sown
By any penance be again undone."

LOVE'S SONG.

Love is a precious pain;
No skill can heal it,
When they who sigh, but sigh in vain,
In their hearts conceal it.

Love is a boundless bliss;
All they who share it,
With lover's look and lover's kiss
Surely shall declare it.

Love with the crown of life
His king and queen covers,
When thoughtful man and tender wife
Still are steadfast lovers.

Ah! and when envious Death
Our life shall smother,
Love with its willow wreath
Crowns the constant other.

Young men and maids, for love
Seek till ye find it;
And having found, win heaven above
About your hearts to bind it.

EDITORIAL DEPARTMENT.

NEW YORK, DECEMBER, 1879.

WATER.

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

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

TOPICS OF THE MONTH.

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

END OF THE VOLUME.—It seems but a few days since we greeted our readers with a "Happy New Year" for 1879, and now we are almost at its end, and must say a few words to them on parting. This has been a year long to be remembered in the annals of history. Our whole country had been suffering for a series of seasons with financial depression such as has not been known for almost a century. The hearts of multitudes have grown faint and weary with waiting for the improvement of the times, for which they have so long hoped and prayed. Many have been unable to bear the long strain, and have passed from us; others have lost hope and courage and given themselves up to despair, and so the land has been overrun with pauperism and crime, and no one seemed safe unless protected by locks and keys and weapons of defence. The year 1879 has changed all this. It has equalized the value of our currency, started the wheels of industry on every hand, shops are overrun with orders, and hope instead of despair, lights up every face. There is perhaps danger of our going too far, of being too sanguine. We are glad to say this magazine has felt a little of this prosperity. People who stopped their subscriptions five, six and seven years ago, are again writing us that they once took it, that it helped them to bring up their children properly and healthfully, and to order their household more economically and wisely. Some of them wonder if THE HERALD has survived the hard times, all say that they want it again, and we expect a large number of these old subscribers to come back to us for the year 1880. For them and for all we shall spread a new bill of fare. One of the features of our monthly for years has been to present some new subject each year, and give to it an extended discussion. This year it has been "Physiological Marriage and Parentage." During the coming year we shall discuss in a series of papers extending through 12 months, two new subjects of special interest to every person. One will be entitled "The Secret of a clear Head," the other is a topic equally interesting, and will be called "Common Mind Troubles." These subjects cannot fail to interest a very large class of persons. If we can show them how to have a clear head it will certainly be worth their while to learn. If we can give them any valuable hints concerning those common mental troubles, such as nervous defects of memory, momentary confusion of thought, hesitation and error of speech, low spirits, hypochondria, bad temper, etc. If we can show all these it will be worth a fortune to them, and this is just what we can and shall do. These are only a few of the lead-

ing features for 1880, which run in a new line and give new thought in other directions. We shall do all we can to keep alive an interest in good health, both physical, intellectual and moral.

By looking over our prospectus for 1880, on another page, will be seen some premiums offered at a mere nominal price. These alone ought to induce a large number to subscribe.

The subject of human health is gaining in favor, year by year. The number of books on this subject during the past 12 months cannot have been less than 100. This interest is likely to continue until every man, woman and child knows how to take care of body and mind, and keep them in the very best condition. A monthly journal, however, is in many respects worth more than a book, for it is a constant reminder of some physiological duty to be done, or some sanitary error to be avoided. It is for this reason that we urge all our present subscribers to renew their subscriptions for 1880, and in addition to send in as many more of their friends and neighbors whom they think may be benefited as it is possible for them to do. And now, with sincere wishes to all who have traveled with us during the year, we say good bye, though we hope it will only be till the opening of the New Year.

MUSCLE-BEATING.—This little book, which we have offered as a premium to our subscribers, is unique and novel. It was written by a famous professor of physical culture, and has been very highly endorsed by the physician to the Emperor of Russia. It explains and illustrates a simple and useful method of home exercise for invalids, sedentary persons and others, which cannot fail to be valuable. It is illustrated with 10 cuts, and its price is 50 cents. Those who send 10 cents extra, with $1 for THE HERALD OF HEALTH for 1880, will receive the book free. Should any one desire in its place either "Aids to Family Government," "Vegetarianism the Radical Cure for Intemperance," or "The School Garden," they have only to intimate this in their letter containing remittance. We want it distinctly understood that the premium is furnished for 10 cents only to those who send their subscriptions directly to us with $1. Those who subscribe through clubbing agents at clubbing rates will be charged more.

RENEW EARLY.—A considerable number of subscribers for 1879 came in so late we were not able to supply them with the January number. The demand was greater than we expected. We shall print a good supply for 1880; still the same trouble may come again. The best way to prevent it is to send in subscriptions so early that we shall know just how many to print. Then no one will be disappointed.

POSTAGE STAMPS. — Fractional parts of a dollar may be remitted in postage stamps—the lower denominations preferred. Drafts on New York or postal orders are desired when they can be obtained. When not to be obtained it is safer to register letters containing money. It is hardly possible to lose these.

CLUBBING WITH MAGAZINES AND BOOKS.—See prospectus for clubbing rates with magazines and books. We furnish THE HERALD OF HEALTH and any one of the $4 monthlies for $4.25. We call special attention to the offer of THE HERALD OF HEALTH, the American Rural Home, a fine weekly agricultural journal, price $1,50 a year, and The Household Magazine, a monthly of 32 large quarto pages, price $1 a year, all for $2; and for 10 cents extra the premium will be sent in addition. This offer is unprecedented. Our readers ought to be able to send us a very large number of subscribers on this offer.

A CHRISTMAS AND NEW YEAR'S PRESENT.—Many persons are in the habit of making Christmas and New Year's presents to their friends and children of some of our publications, instead of more showy but less useful things. We suggest this thought to others. Now that it is becoming popular to study hygiene this will be especially appropriate.

RELATIONS OF THE SEXES. — The price of this most excellent book has been reduced from $2 to $1. This ought to give it an immense circulation, for it is one of the most earnest and thoughtful books ever written, high toned and elevating, and cannot fail to elevate the standard of morality among the sexes wherever read.

WHOLESOME FOOD NOT COSTLY.— It is said "example is better than precept." A young man, I married in a very dull time, work scarce and wages low, so scarce and so low that my wages for the first 12 months averaged only 5s. 7d. per week. This, with the little which my wife could earn at the loom in her spare time, when a web could be got, was our sole income. Yet on this we sustained ourselves comfortably, and had something over at the end of the year. Our style of living was oatmeal porridge and milk for breakfast; dinner, potatoes steamed with a little suet, onions, pepper and salt, or potatoes beat up with cabbage, or in addition broth made with barley, peas and other vegetables in season, with a marrow bone to flavor them. At five o'clock we had a slice of bread, or piece of oatcake and milk; supper, same as breakfast. Thus we got over the first year of our married life. We disdained to be in debt, never purchased anything until we had the money to pay for it, and we purchased in quantity, and consequently on the cheapest terms; and though 58 years have passed away since then, I have felt little desire to change my style of living, and on the border of 80 I am still able to attend to my business and move about with more readiness than men who have lived more luxuriously. Neither am I a solitary instance of cheap living. An early bed-fellow, more than 50 years ago, started business in Glasgow with very limited means. For several years he fed himself for about 2s. 6d. a week. This self-denying youth has been a Glasgow magistrate; has been for many years, and is now, a town councillor, and, something like me, lives as plainly as he did in early life, and is a strong, healthy, robust man. Let the young man take courage, be frugal, industrious and honest, and there is little doubt of his success.

SEA WATER FOR CHRONIC CATARRH OF THE THROAT. — Prof. Mosler, of Griefswald, says that he has for some years most successfully treated patients with chronic catarrh of the throat by gargling with sea water. Special rooms for gargling have been erected on the seashore at some watering places, according to his directions. It is, however, essential that the patients should be given special directions how to gargle. As the disease is generally located in the naso-pharyngeal space, it is necessary that some of the water should come in contact with the nasal cavity. In order to attain this, the gargling movements must be confined with movements of deglutition. A marked improvement in the state of the patient follows as soon as the latter has acquired this particular art of gargling. Patients who suffer from chronic pharyngitis, and who are exposed to much fatigue through singing, preaching, etc. have been completely cured by gargling twice a day for many months with a tumbler of cold water, to which is added from one to three tablespoonfuls of a 20 or 25 per cent. solution of sea salt. To protect the teeth from the influence of the salt water they must be cleaned immediately after the gargling. Another of the advantages of this method is that the disposition to relapse gradually decreases, especially if the patients be directed to wash their faces, necks and forearms with cold water, and rub them dry before gargling in the morning and at night. After this has been kept up for some time the mucous membrane of the nasal cavity and the pharynx changes entirely, and the disposition to diphtheria which predominates in certain families is greatly diminished.

TRAINING.—The best trainers for all kinds of athletics forbid spirits, beer and tobacco; and if they knew their business better they would equally forbid the use of flesh and all stimulating food, for there is no doubt that the

strongest and most enduring men in the world live upon a vegetable diet and without stimulants. Whatever excites weakens. Samson was a Nazarite, that is, a vegetarian and a teetotaler. He never drank or smoked, nor even took coffee or tea. The secret of perfect health and great endurance is to live on simple food and to avoid all stimulants and every waste of life.

How to Cough.—To some persons coughing is harmless, but to others it is fraught with many dangers. It is therefore important to teach those liable to be injured by severe or prolonged efforts at coughing how they may accomplish their purpose easily, safely and quickly. Dr. J. M. Fothergill says: "It must be insisted upon that the chest be well filled with air before the cough is let loose; that is, the reflex act must be inhibited by the action of the will, until the chest be well filled with air before the cough is let loose. Such full inspiration is effective not only in removing the source of irritation, but it usually causes other masses of mucous to slide from their seat, and thus to set up further cough for their removal. But if the full inspiration plan be followed these masses are readily and quickly expelled." Of course these directions are of use only in such coughs as are for the purpose of removing some offending matter from the air passages.

Alcohol in Hospitals.—Dr. Webster, who has banished alcohol from St. George's Infirmary, London, with a saving of more than £500 a year, says: "So far no bad results have been manifested; on the contrary, several good ones are apparent." It is clear from many such experiments that all the money expended for beer, wine and spirits in all the hospitals and workhouses in the country is simply wasted. Paupers and patients would be better without it. And the same may be said of the costly, useless, and often mischievous diet. The hospitals that provide oatmeal and milk have more and quicker recoveries than those which provide beef and mutton, The diet of the prisons, which includes only an infinitesimal quantity of meat, is a very healthy diet, and we cannot find that any prisoner was ever the worse for being deprived of alcohol or tobacco.

An Ohio Vegetarian.—J. S. Prescott calls attention to an experiment in dieting which a person in Medina, Ohio, has practiced with increasingly beneficial effects. As an economical experiment it certainly is forcibly interesting. We condense: "For breakfast, five Graham gems with butter. No inconvenience or hunger followed—cost three cents. Dinner, one-fourth pound of rice, one ounce each of sugar and butter—a good meal—cost five cents. Supper, one-fourth pound of cornmeal, one-half pint of milk—cost three cents. One day's cost, 11 cents. For a change, one gill of beans, which, by the quart, cost less than half a cent." He claims also to have worked hard, ate nothing between meals, is renewing his age and youthfulness, and only dreads the lonesomeness to be experienced by living to a very great age.

A bad Advertisement.—We inserted in the November number of The Herald of Health an advertisement of "City Lots Free," without investigation, because it was sent to us by a reliable agent; but it turns out to be a swindle. The parties have been arrested and their letters held by the Post-office authorities; so that if any of our readers were deceived they will no doubt in good time get their money back from the dead letter office. We regret it exceedingly, and shall not permit the like to happen again.

Singing and Elocution.—Singing has long been an art, and its many votaries have rendered the public familiar with its leading terms and principles, and accustomed the ear to the peculiarities of its practice. Whereas elecution appears to be, with the vast majority, no more than a sub-animal instinct, by which some only low, bleat, bark, mew, chatter, whinny and bray a little better than others.—*Rush.*

STUDIES IN HYGIENE FOR WOMEN.

SUCCESS IN REARING FIFTY CHILDREN. — The success which we have had during the past 10 years in bringing more than 50 children through the perils which beset early childhood, without any losses (with the exception of five infants which died at or near birth) has attracted more or less attention from the public, and we receive occasional letters from mothers who wish to know how we do it. "What do you give your babes to eat, and how do you dress them?" they ask. Some of these women mention the diet which they are already administering, and it is astonishing what an amount of ignorance there is in regard to the kind of food which is adapted to the healthful growth of infants. At the time of weaning, as everybody knows, it is very important to find some substitute for the mother's milk which will cause the child the least possible physical disturbance. Of course, if the mother continues to nurse her child more than a year, gradually accustoming it to eat solid food, the matter is a comparatively simple one; but we have found that in the majority of cases mother and child thrive better to have the weaning take place at about nine months. That being the case, the transition from the natural diet to some other form of liquid nourishment requires study and careful watching of the effect of the change.

There are two preparations—one of barley and one of oats—which have been for some time in the market, and of which we make great use at this critical period. We get Robinson's Prepared Groats and Patent Barley from London, and can sincerely recommend them to all mothers who have not yet discovered their merits. Groats agree better with some babies, and barley is better suited to others. These preparations are cooked in exactly the same way that clear starch is ordinarily made. The consistency is that of thin porridge. The mixture for a child of nine months is one-third milk, two-thirds porridge, with a few grains of sugar. The amount of milk is gradually increased until no porridge is needed. Most children thrive on clear milk after 18 months.

As to our manner of dressing infants, we have found that nothing is more conducive to their growth and good nature than warm, comfortable clothing. We put wrappers made of soft wrapper-cloth on babies only three weeks old, and we have knee-caps and chemiloons made for babies who are creeping about the floor. It is quite as important to have them as warmly clothed at night as during the day, for there are few who will tolerate the weight of ordinary bed-covering. Shaker flannel is an excellent material to use for night-clothing, made either into wrappers, petticoats, or chemiloons, according to the age of the child.—*Oneida Circular.*

MILK AND BREAD. — Many parents give their children coffee and tea. Mothers have said to me exultingly: "One of my children has always taken coffee since she was a baby, and she is healthier than the others who take milk." Wait until the child's constitution goes through some severe test—some long or sharp attack of illness. And as to city milk, where can you find the article pure? Children are probably better without it. The adulteration of milk is a matter which calls for the strictest constant investigation of the government, and the heaviest penalties. A friend tells me that in Germany—in a city where the examination of all milk brought to market is made daily, and the punishment a fine of 50 dollars—the adulteration goes on steadily. Well, then, let the fine be 500 and a long imprisonment. The health, the sound physique of the rising generation, ought to be dearer to parents, guardians and the government of the people than any other consideration. And the laws should be framed and altered until this result, as far as possible, is attained. It was distressing some time ago to read of a whole family fatally poisoned in New York by the filthy water tainted from a drain which

had been used in watering milk. The parties poisoned were poor, and the milk was offered at the wonderfully low price of three cents per quart. Where at 10 cents it is well nigh impossible to secure it pure, how much less at three? But the poor people did not think of that. Milk, at its usually high price, was probably a luxury they did not indulge in, and they eagerly seized the opportunity thus offered, and paid for it with their lives. Most city people have no idea what good milk is. How many times I have been directed to such and such a milkman as having "elegant, splendid milk," to find the water so predominant, or the chalk or chemical substances, that I dismissed the vender in disgust, being assured "I was the first person to whom his milk had not given entire satisfaction."

Of all food for children, pure milk, if one can get it, is the best. I have two children, and could I get absolutely pure, good milk, would gladly give them half a gallon or more daily. It is one of my keenest regrets that I cannot get it. I have repeatedly tried, and found it good for a few times, then the dealer began the usual adulteration, and regard for my children made me give it up. Not being able to get it, I use for them, winter and summer, oatmeal, varied in its preparation.

The ordinary Scotch, Irish, Canadian or American oatmeal is too coarse a food for summer, some may say, and has heating properties not desirable in hot weather. But the N. Y. American Breakfast Cereal Co. prepare an American article of steamed oatmeal, in which, by some scientific process, the oily, heating properties of the oatmeal are removed, while the nutritious properties are preserved. It can be quickly cooked, and is, therefore, suited to warm weather. If your children weary of oatmeal as mush, it is exceedingly sweet baked in a griddle cake. This summer I have bought but one baker's loaf, and that I could not eat. In the hottest days, a cake prepared of one cup of coarse yellow cornmeal, one cup of oatmeal, a little salt, baking powder and water, cooked on the griddle, has been my supply of bread for breakfast and supper. A little flour added improves it, and also a teaspoonful of brown sugar—the raw, pure New Orleans, not the poisoned stuff known as refined. MRS. BRISTOR.

FRUIT AND DISEASE. — While the cholera was raging at Marseilles, melons, figs, peaches, and generally all fruits, were strictly forbidden, and thus they were to be had very cheap. The consequence was that these fruits were eaten largely by the foreign workmen, reduced almost to destitution, about 300 in number, who remained in the town. These did them so much good that during the whole epidemic only one man of them died, and of him it was proved that he had fallen a victim to inflammation of the stomach, brought about by excess of alcoholic liquor.

PROF. NEWMAN AS A BAKER.—Prof. Newman, who became a vegetarian at the age of 70, and who is now nearing the age of 80 years, with renewed and surprising vigor, gives the Dietetic Reformer his experience in being his own baker. He says: "I now bake at home and timidly offer my experience as a contribution to the D. R. I buy the wheat and grind it in my steel mill. The bread is made without kneading and without yeast, by baking powder; new bread every day. I have from first to last found it deliciously sweet, but at first it was somewhat dry, and not so nice the second or third day—the crust rather too hard, and the crumb never holding together so as to bear butter. After several experiments the addition of one ounce of well-forked potato to nine ounces of wheat flour seems to produce a perfect loaf, or, perhaps, bannock. Perhaps we can add a suggestion. Our whole meal bread, made self-raising with a moderate portion of baking powder, is put in a well oiled or buttered deep tin; then oil or melted butter is brushed over the top. This oil penetrates the crust to the depth of half an inch, which makes it crisp and tender."

INCUBATION OF DISEASES.—Mothers often desire to know how long after their children are exposed to certain

diseases, it will be before they may be expected to have them. Dr. Murchison, from an extended experience, divides the incubation of eruptive fevers into two classes—one class with a long period of incubation, as variola, varicella, measles, typhus, enteric, relapsing fever, and mumps; and another class, with short incubative period, as erysipelas, diphtheria, dengue, and scarlet fever. In scarlet fever he finds the period of incubation not to exceed one week. His rule is, that after exposure to scarlet fever infection a person need be quarantined only a week if no symptoms of the disease manifest themselves.

THE NORWEGIAN KITCHEN.—An ingenious contrivance for slowly cooking food with the least expense for fuel has attracted considerable attention in Europe, and as it can be made by any person with a little mechanical genius, we give a brief description of it. A box, about four inches larger in all directions than the saucepan to be used in it, is lined to that depth with felt, or some similar non-conducting material; food placed in a covered saucepan is brought to the boiling point over the fire and maintained at that temperature for about ten minutes; the saucepan is then quickly placed in the "kitchen," the cover, with its four-inch lining of felt, is closed, and the food allowed to cook by slow degrees. About one-third more time is required than for ordinary methods of cooking.

This simple apparatus was suggested to the European patentee by the practice of the Norwegian peasants, who boil their dinners before going to the fields in the morning, and then pack their saucepans in chopped hay and leave their contents to cook while they go off to work.

REMOVAL OF FRUIT STAINS.—It will be useful to remember that nearly or quite all fruit stains yield to the action of free chlorine. This may be readily obtained by housekeepers from the chloride of lime commonly sold for disinfecting purposes. It should be made into a thin paste and placed upon the stained part of the fabric. After an hour or so the goods should be thoroughly rinsed in clean water, and if the stain be not wholly removed the operation may be repeated. A more convenient means for removing such stains from fine textures is Labarraque's Disinfecting Fluid, which may be obtained at a drug store. This also yields free chlorine. Wet the stained part with the liquid, and rinse in clean water. The burning of a sulphur match held under the stained spot previously moistened will often remove it.

A DINNER WITHOUT MEAT.—The following is the bill of fare for those dinners without meat served to visitors at the Oneida Community, and they are highly praised: Bread—white, Graham, Graham gems. Scrambled eggs. Vegetables—potatoes baked and potatoes dressed with cream, asparagus, peas, beans, green corn, cauliflower, beets, egg-plant, tomatoes. Pickles. Dessert—strawberry shortcake during strawberry season, after that red raspberry shortcake, and still later, peach shortcake; native fruits of all kinds; abundance of sweet cream; cake of several varieties, cheese, ice-cream, coffee and tea.

DOMESTICATION AND BRAIN GROWTH.—At the recent meeting of the British Association, Dr. Crichton Browne gave an address on the influence of domestication on brain growth. He had found by experiments that domestication had greatly reduced the brains of the duck, and he argued that men, like ducks, might be fed and housed, fenced about, and exempted from participation in the life struggle, until, like the ducks, they would depreciate in mental capacity. Their bodies might increase in size and succulence, but their brains would become straitened and withered. Disease and luxury crippled the brains. It was as true as ever that men were perfected through suffering, toil, and conflict, and it was not through affluence and comfort that genuine civilization was attained. It was the civilization, not merely the domestication, of mankind that must be aimed at.

BOILED RICE AND COCOANUT.—One teacupful of rice, one heaped teacup-

ful of cocoanut and the milk from the center of the nut, one quart of water, one pint of milk, and salt to taste. Boil three or four hours in a double boiler. If it boils away too much add more water. Served with canned strawberries for sauce, this is a dish too good for any but very good people.

BUTTER ON VEGETABLES. — Butter should never be allowed to cook into vegetables. Add it when your tomato or corn, or whatever you are cooking is just ready to take up. Cream dressing may be allowed to scald, but not to boil.

PANCAKE TURNER.—In cooking omelet and warming sliced potato do not use a spoon or knife, but a pancake turner, or shovel which you can slip under your egg or potato and save from sticking without unnecessary stirring.

CURRENT LITERATURE.

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COUNCIL TO PARENTS ON THE MORAL EDUCATION OF THEIR CHILDREN. By Dr. Elizabeth Blackwell. New York: Brentano's Literary Emporium, 39 Union square. 1879.

Dr. Blackwell has given us a little book of nearly 200 pages, filled to the very brim with facts and suggestions of the greatest importance in the household, and especially relating to the moral education of children. Every parent may read it and receive hints therefrom which will enable him to make suggestions to his children which will in after life save them from much suffering. It does not, as Mrs. Bertha Meyer's book, "From the Cradle to the School," deal so much with the question of physical and intellectual education, nor are there so many hints in it concerning the government of children, but it will be found equally valuable as an instructor to parents concerning the needs of their little ones after they have become old enough to begin to think and act for themselves. A few extracts will give the reader a better idea than any extended notice. Here is one:

"We shall find on considering the influences at work on the human being from childhood upward obvious sources of corruption that will help to the solution of this difficult problem. Each human brute was once an innocent infant; each reckless youth, each evil woman, was once a helpless child, ignorant of good or evil. It is by the cradle of the child that the work of regeneration must begin, and it is only through the growing wisdom of parents that any radical change can be effected. The temptations of life to which our youth succumb, are no fixed things essential to human nature. They vary in every age and country. They are changeable facts, removable evils, perversions of natural tastes. The human race can grow out of license into order, out of prostitution into marriage, out of lust into love, as certainly as typhoid fever can be exterminated by pure water and pure air. It is from childhood that the strong man is molded gradually into the hero or criminal."

Here is another extract: "It is an indispensible condition of success in the family education that the parent should become the first and truest friend of the child. This possibility and duty is a great parent's privilege, too often unknown, and yet it embraces the whole future of the child. It is through the love and confidence that exists between them that durable influences are exerted. If the child naturally confides its little joys and sorrows to the ever ready sympathy of the mother, if it grows up in the habit of turning to this warm and healthful influence, the youth will come as naturally with his experiences and plans to the parent as did the little child. The evils of life which must be gradually known, will then be encountered with the air of experience. The form of the relation between parent and child changes not its essence. The essence of the relationship is trust. The fact that the parent's presence will always be welcomed by the child, that in work or in play, in infancy or in youth, the parent shall be the first natural friend. It is only then that wise, permanent influence can be exerted. It is not dogmatism, nor rigid laws, nor formal instruction that is needed, but the formative power of loving insight and sympathy."

On the question of purity the author observes: "The necessity of cultivating mental purity and respect for the principles of sex, exists as strongly in relation to girls as to boys: and it is only by securing this mental purity that the young women will unconsciously address themselves to the higher rather than the lower instinct of their male companions."

On the subject of early marriage our author says: "To young women an early marriage is the natural course of life. To this end she tends, and consciously or unconsciously, perhaps, prepares herself to secure it, according to the requirements of society. Her unperverted taste is for a young man a little older than herself—a companion she can admire, respect and love, but still a companion and not a father. If taught by the silent, though still powerful voice of society, that harmony of character, of aims, of temperament, is the indispensible foundation of great and lasting happiness in marriage, that material advantages are secondary to this unspeakable blessing, that thrift, knowledge of household economy, the power of creating an attractive home, are essential to the attainment of this great good. Then her instinct, by an inevitable law of nature, will tend to the acquirement of these qualifications."

These brief extracts will give a very good idea of what the author aims to accomplish. The book adds another to the very many valuable works already written on the various phases of this important subject.

HEALTH FOODS.

Rev. J. F. Clymer, formerly of Glens Falls, and now of Albany, expresses himself very strongly in favor of the Foods of the Health Food Co. Mr. Clymer's opinion is entitled to great weight as he has long been a sufferer from dyspepsia, and has tested the virtues of all known hygienic systems with great care and intelligence. He has, indeed, made quite a study of hygiene, and has delivered some very valuable lectures on topics therewith connected. We believe we are safe in saying that the reverend gentleman will respond to any letters which may be addressed to him on this subject. If any of our readers decide to make inquiries of this nature, they should remember to inclose a stamp for return postage.

MRS. M. E. SMALL, of Wilton, Me., passed through New York early in November, *en route* for Stirling, Ill., where she formerly resided. She returns to her former home fully determined to engage in the noble missionary work of introducing to all with whom she may come in contact, the valuable foods of the Health Food Company, which have done so much in restoring her to a good degree of bodily vigor, after being practically given up to die of consumption. Our readers will remember her recent letter in these pages. We earnestly commend Mrs. Small to our Illinois friends, as we deem her especially fitted by education, culture and experience, for the work she has now entered upon. We believe great good is certain to result from her labors in this important enterprise, so fraught with life and health to the sick and suffering. In her work she will have the advantage of the constant assistance and advice of the medical head of the Company.

I cannot speak too highly of the delicious preparations of the Health Food Co., 74 Fourth avenue, New York city. I visited the North during August, in a very feeble condition, having been confined to my bed for many weeks with malarial fever. Happily on reaching New York I found it quite the fashion to resort to these foods in feeble conditions. It was a fashion which I was well satisfied with, and I have been greatly delighted with the result. I found one article, denominated the "Universal Food," a very delicious substance, very sustaining, and very easy of digestion. From the first day of its use I began to gain strength, and in two months I added some 18 pounds to my weight. I left New York in October, as well and strong as at any time in my life, and I gladly testify to the restorative power and the appetizing flavor of the Health Foods. — J. A. RINDGE, Mobile, Ala.

I have been accustomed to hear patients speak in terms of high praise of the preparations of the Health Food Co., 74 Fourth avenue, New York, but I placed little confidence in them until I had suffered for some months in my own person from a gastric trouble of a very unusual character and of terrible severity. At length, when the digestive functions were apparently entirely suspended, I was induced to try some of the delicate foods of this Company. The result was gratifying from the very first. The stomachic misery very soon left me, and I presently recovered my general health. I now prescribe such of the numerous foods prepared by this Company as seem to be indicated in any given case, with quite as much confidence as I have ever felt in medicinal agents, and the result has never failed to be satisfactory. — J. C. COOK, M. D., Bridgeport, Ct.

I wish all the world could be placed in possession of the knowledge which I have gained within the past year regarding the means which the science of the Health Food Co., 74 Fourth ave., New York, has brought to light for the radical and lasting cure of one old but universal disorder. The disorder to which I allude is constipation, a very serious trouble with me and with multitudes. The scientific remedy is not physic, but food; food of a wholly new kind, given in an entirely new way. It has absolutely cured my own case of 20 years standing. — HERMAN CAMP, San Francisco, Cal.

BEST FAMILY NEWSPAPER.

VEGETARIANISM

THE

Radical Cure for Intemperance.

BY

HARRIET P. FOWLER.

CHAPTER I.

MEAT CAUSES INTEMPERANCE BY ITS ABSENCE OF CARBONACEOUS PROPERTIES.

Napier's Paper, recommending Vegetarianism as a Cure for Intemperance, containing tests of Liebig's Theory—Discussion concerning the Destination of Alcohol—It has never been proved that as much escapes from the body as enters it—Weight of Evidence supports Liebig's Theory—Some Temperance Advocates make mutilated Statements—Explanation of how Alcohol is a Food—Alcoholic Drinks are more or less Saccharine; therefore they are Carbonaceous, and so would favor Liebig's Theory—No Safety except in Total Abstinence.

CHAPTER II.

MEAT MAY LEAD TO INTEMPERANCE BY ITS STIMULATING EFFECTS UPON THE NERVOUS SYSTEM.

Instances of these Effects—Veteran Temperance Lecturer's Opinion concerning Meat—Two ways in which Meat prepares the way for Intemperance—A defective Nervous System favorable to Intemperance—Our Fondness for Exhilaration—Its injurious Effect—Meat provocative of Nervour Ailments—Physicians should not, as a rule, prescribe Alcoholic Drinks as a Hypnotic.

CHAPTER III.

MEAT PERPETUATES INTEMPERANCE BY ITS STIMULATING EFFECTS UPON THE STOMACH.

The manner in which this is done—How Alcohol causes Gastritis—Difference between this and Dyspepsia—Another way in which Meat increases Gastritis—Effect of Stomach Disease upon the Mental Faculties—Cowper's Case—The Appetite for strong Drink—Does religious conversion Destroy it?—The testimony of distinguished Temperance Specialists that, in the great majority of Cases, it does not—When the Appetite for Liquor is kept in subjection only by Will Power, the Person's usefulness and happiness greatly Diminished—Opium in Maine—If a Drunkard's Appetite for strong Drink is not removed, and strict Prohibition be enforced, there is danger of his becoming an Opium-eater—The superior claims of Vegetarianism as a cure for Intemperance.

CHAPTER IV.

TABLES SHOWING THAT OTHER ARTICLES OF FOOD ARE AS NUTRITIOUS AS MEAT. THEREBY REMOVING ONE OF THE DRUNKARD'S OBJECTIONS TO VEGETARIANISM.

Comparison of the composition of Meat with Beans, Peas, Lentils, Cocoa, Chocolate and Eggs—All the foregoing excellent substitutes for Meat.

CHAPTER V.

CONTINUATION OF TABLES BEGUN IN CHAPTER IV.

Comparison of the composition of Meat with Cheese and Oatmeal—Fish—Macaroni—The value of unbolted Wheatmeal—Comparison of the composition of Meat with Indian Corn, Garden Vegetables, Potatoes, Fruit—Great muscular strength of some Vegetarians.

CHAPTER VI.

THE DRUNKARD'S SECOND OBJECTION TO VEGETARIANISM (THE SUFFERINGS OF THE PALATE) ANSWERED.

How Drunkards can abstain from Meat with only slight Inconvenience—The healthiest Children in the World have been reared without Meat—Three Reasons for recommending the Lax Vegetarian System—The "Fruit and Bread" Diet of Dr. Gustav Schlickeysen an admirable one in many respects—Lax Vegetarianism lightens Kitchen Drudgery nearly, if not quite, as much as the Fruit and Bread Diet—Pie, Flour Biscuit and Cake exceptions to the above, and moreover, are Unwholesome—How to Wean the Husband from them—The desirability of the establishment of Inebriate Asylums on the Lax Vegetarian System—Invitation to those Cured by this Method to communicate with the Author.

This very remarkable work should be placed in the hands of every person who would earnestly break off the habit of using alcoholic liquors, or tobacco, and of all lecturers on temperance, editors, clergymen, etc.

Price 30 Cents by Mail.

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.