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BODY AND MIND.

OUR MOTTO:

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CONTENTS FOR JULY, 1880.

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THE

HERALD OF HEALTH.

JULY, 1880.

COMMON MIND TROUBLES. (No. 2.)

BY J. MORTIMER GRANVILLE.

DEFECTS OF MEMORY.

THE faculty of remembering is not one of the higher intellectual powers or functions. Animals far below man in the scale of intelligence exhibit capacity for recollecting their associations with places, persons and events after a long interval of time has elapsed; and even idiots, with slow and imperfect apprehension, are not infrequently seen to perform what must, in their condition, be regarded as feats of memory. Nevertheless, loss or serious impairment of the faculty will produce grave mental disability; and when either of these evils occurs, in the case of an individual who has previously given no indication of deficiency or defect, the change may reveal ground for uneasiness, and in every case, must create anxiety to discover the cause.

Memory, using the term in its popular signification, is made up of two powers or faculties—that of fixing or retaining a subject-thought in the mind, and that of recalling it at will. It is a common experience to feel conscious of knowing a thing—for example, the name of a person or place, the whereabouts of a missing article, the date or order of sequence of an event—but to be unable to recall the information in detail. Either of these powers may be at fault in a case of loss of memory; and it is of the highest practical moment to ascertain which of the two is defective not only with a view to repair, if that should be possible, but because a clue may be discovered to the precise nature and cause of the malady.

The retention or fixing of ideas is very much a matter of habit. There are, doubtless, differences as to the the strength and clearness of the original perception which will affect the quality of the impression. Some persons do not receive an idea as rapidly as others, and many who display the greatest celerity of apprehension seem satisfied with simply taking up an idea for a moment, and letting it drop instantly afterward. Those who exhibit this peculiarity do not, in fact, appropriate the object and convert it into a subject; they seize on it as a porter grasps a package with which he has no concern, by the cord or corners, or in any way most convenient. Some persons learn by ear, and catch the jingle of word-sounds, not their meaning. Children who have a special facility for picking up verses are seldom really quick in study, or retentive. Others acquire information by the eye; anything they can picture or dispose in a particular order or place—for example, a square—is appropriated. Such minds are generally endowed with a lively perception of form and proportion. A third class of learners are dependent on the power of connecting scraps of information for their retention of facts; they seem to be perpetually making a piece of patchwork, and anything that

can be tacked into a notch, or on to the extremity, of the work in hand can be received, while what is not capable of being so placed is sacrificed, however valuable. All these, and many similar methods are peculiarities in the way of receiving impressions or ideas: but, speaking generally, they do no more than lodge the subject in the outer chamber of the mind, from which it may be swept by the first rough wind, or roughly ejected by the slightest internal commotion.

When, therefore, the memory becomes a blank, or seems to have suddenly shifted or lost its cargo, it is necessary, in the absence of any significant symptom of disease, to inquire whether what has happened is not simply the discharge of useless lumber. This sort of experience occurs not uncommonly just as a youth has completed that which is, under a serious misapprehension of facts, called his education, and many a poor fellow has been driven to distraction, hounded on by professional harpies, with the dread that he is suffering from some terrible and life-blighting defect. What has taken place is the sudden heeling over of a deck-laden craft, with the discharge of her laboriously collected but badly stowed cargo into the sea. If the vessel rights herself quickly, it is no bad thing to have got rid of the incumbrance, although it may be provoking to reflect that it is too late to put back into port and load again. The only expedient is to haul on board some of the more useful portions of the floating wreck and stow them in the hold. A break-down of this nature happens every now and again, and will occur while the practice of cramming boys at school and college for competitive examinations continues to find favor. It was a socially and mentally mischievous thought that notion of competitive tests; and among the sufferers are not only the many youths and young men who experience the mind-panic to which we are alluding, but the multitude of overtaxed and weakened brains that are abandoned as incapable—among them some of the best for real work—by competitive teachers and trainers of the young, who conf their educational methods to the sp and fashion of the day.

When loss of memory occurs in manner indicated, whenever it ha pens soon after leaving school, on completion of any great effort, or the moment when the mind is for first time brought face to face with real business of life, instead of giv way to crasy alarm the victim of misfortune should set to work to pair the loss caused by the accid not by repeating the errors of a fa educational process, but by dev ing his faculty of retention by ho and patient work in a new and heal direction. In short, one half the called cases of loss of memory are si ply the break-down of a training wh has been unnatural. The circumsta that the faculty of remembering se to be itself impaired by the catastro is not in the least surprising, becau in addition to the immediate effect the shock, there is the discovery t the power of retention is in truth wa ing. The real faculty of memory h not been developed by the syst adopted, and the untrained mind h to be cultivated anew. Only what b been thoroughly learned can be pe fectly remembered, und no proc other than that which brings the nat ral faculty of knowledge into active e ercise can perform the true function memory, or is worthy to be so called

The fixing of subject-matters in the mind depends directly on the manne in which they are received and dea with in thought, immediately aft they have been appropriated; whi the power of recollecting the ideas or impressions put away in the mind is the outcome of an orderly method arrangement, and for this reason a ways susceptible of development. Jus as an orderly but forgetful person may deposit an article carefully in a suitable place and afterwards be wholly unable to find it, so a mind may have treas ured up an idea thoroughly and safely but be at a loss to recover it when wanted in conversation or thought. It is the fashion to assert that in such a case there must have been something

amiss in the process of putting away. There may have been a defect in this stage, but that is not a necessary inference from the fact of forgetting. The fault is quite as often in the manner of looking for an object or an idea as in placing it. Very much depends on the knowledge an individual possesses of his intellectual property. If he is in the habit, so to say, of frequently taking out his treasures of information and his ideas, and examining and dusting them, he will probably be able to find them readily when required.

It is doubtless very unscientific to employ such a simile, because, as everybody knows, or thinks he knows, ideas are registered by the combination, or some change in the constitution, of the cells in the cerebral tissue of the brain; but for plain folk the notion of placing and finding ideas at will is more intelligible than the jargon of scientists, and possibly fully as accurate. The one point to make clear is that inability to remember is as often a fault in method as a defect in power; and every sufferer should exhaust all the milder and more comprehensible hypotheses of his difficulty before he worries himself with the graver and less easily remedied. To throw a few practical hints together, I may jot down the following results of experience and observation:

It is seldom any good to goad the memory roughly in a moment of forgetfulness. Instead of making a violent and distressing effort to find the right word, if it does not suggest itself, think of another that will do as well; possibly the defaulting term will thus be recovered by association; if not another may be substituted. It is annoying to forget a familiar name or term; but the feeling of chagrin, and the collateral disturbance caused at the moment, are not likely to strengthen the memory. An idea, term, or phrase, which has not quickly responded to the call of the will, should be made the subject of special thought and examined at close quarters—in fact learned—when it is found. In this way the memory may be strengthened, whereas by conflict at the critical moment of forgetfulness it will be weakened. It is useless, and worse, to resort to what are called technical memories. The inducement to adopt formulæ of facts or figures is very strong when the pressure of work to be got up in a given time is great; but the practice is ruinous to the faculty of thought, because it not only throws it out of use, but cripples it.

The way to fix a subject in the mind is to master it thoroughly under all its aspects, so that the Reason and Judgment may be familiar with it, each in its province appropriating some special fact concerning it. Real knowledge of a subject implies its being brought in detail to the direct cognizance of each of the leading powers or faculties of the mind in turn, so that if one forgets the other will recall it. People take only a passing glance at an object, and wonder they cannot recollect it. The faculties differ in their powers of retention. In some minds Reason is the most highly gifted with the power of taking in, or perhaps finding, subjects. When this is the case, the individual remembers only what he has reasoned about; and, if he has forgotten anything, he must search it out and recover it by a process of reasoning, or it will be lost. Every thoughtful mind should try to ascertain which of its constituent faculties is the most effective in this work and train it for the purpose. Half the folk who go through life bemoaning their want of memory have excellent faculties ready for the business of recollection, but from ignorance or inattention persist in imposing the task on the most incompetent; for example, striving to remember by the ear when sight is their best remembrancer, or trusting to the special senses when the reasoning faculty has special fitness for the function. Memory is not so much a faculty as a function, which may be performed by either, or several, of the powers of mind: but these require to be specially cultivated,

It follows from what has been said, that defects of memory are of very diverse natures, and need to be closely investigated before any general conclusion is drawn from the mere fact of pai-

tial impairment or even total failure. Some of the phenomena of disease are extraordinary. There may be loss of power to remember the occurrences of a particular period of life, near or remote. This form of malady is—in the absence of special brain disease—generally more closely connected with the function of apprehension than with that of recollection; the least well appropriated facts are those forgotten. Again, there may be failure with respect to certain classes of subjects—for example, dates and figures—or the defect may be limited even to certain numbers. Often when this happens there has been, in former years, either excessive activity with regard to the particular subjects of thought which are, as it were, effaced from the memory, or they were never thoroughly mastered. Some scientists explain these peculiarities by the hypothesis that certain congeries of corpuscles in the brain have been destroyed. It may be so; but the circumstance that occasionally the whole blank is refilled, as though by an electric shock, would seem to show that they are rather thrown out of the vital circuit for a time by some diversion or interruption of the current. The hypothesis of science is obviously susceptible of this interpretation of the facts. Any cause or state which impairs the integrity of the circulation of the blood through a part of the brain, or disturbs the rythm of nerve energy, may impair the memory; and this is why loss of memory or disorder of the function comes to possess grave interest.

It is, however, important to disabuse the mind of the mischievous impression that failure of memory must needs be a sign of disease, whereas it may be the consequence of defective training or overloading. Meanwhile it is necessary to realize that probably no early indication of brain disturbance is likely to be more significant than this mental peculiarity. The way to test the symptom subjectively is to cast about for any possible cause of bodily weakness—anything that is likely to have impoverished the blood, or lowered the tone of the system—such as loss of appetite, or deficiency of nourishment either in respect of quantity or quality, the abuse of stimulants, or excess of any kind, which produces depression after temporary excitement, loss of sleep, undue mental and bodily labor, constitutional disease, in short anything that will weaken or exhaust. If a cause is discovered, it must, if practicable, be instantly removed, and the effect watched. If no serious harm has been done, and the real source of the mischief has been discovered and removed, the brain will resume its normal condition, slowly perhaps, but sufficiently soon to show that the true method of treatment has been adopted.

Those cases of loss of memory are nearly all amenable to self-help, and while the physician may fail, and the empiricist do dire mischief with his opinions and his drugs, the intelligent sufferer can care for himself. The golden maxim of health, and the precept of self-recovery, is capable of expression in one word, "order." This is the universal law of natural life. It governs society, and it must control the individual. Tested by this standard, all that is right, true, moral and excellent in conduct will be readily distinguishable from the wrong, the false, the unholy, and the despicable. Life itself in its integrity, is orderly action, and every defect of life, every form of disease, all failure whether of body or mind—and failure of memory among the multitude of unnatural phenomena—is the fruit and consequence of a lack of order. In its lighter manifestations defect of memory is due to the disorderly management of thought; in its graver forms it is the consequence of disorder in the nutrition and action of the brain.

At the recent Applied Science Exhibition, Paris, a clothier exhibited a motor which was turned by a poodle dog confined in a revolving cage. The dog was able to drive four sewing machines. The Scientific American remarks that women who have heretofore been accustomed to support their poodle dogs in idleness may now make them useful.

HOW TO FEED INFANTS.

BY DR. C. E. PAGE.

THIRTEEN years ago, when my first babe was born, I knew about as much as the average father, or physician, which is very little indeed, about how babies ought to be fed, consequently the new-born was fed as most babies, were, and are, every hour or two and as much as it wanted. Of three healthy-born infants, all had cholera infantum, the second and third dying of the disease at about six months, the first-born living until five years old, the last three of which she had the same diet as her parents, animal food, pastry, etc., without special attempt to limit the variety, and none to curtail the quanity. I believe that excessive fat and cholera infantum in infancy, together with faulty diet at a later period, especially as to animal foods, were the chief causes of her premature death.

When our fourth was born, I resolved to adopt some regularity in her feeding. She nursed at the start every two hours and as nearly as possible at regular hours. She gained a pound the first week, and cried with colic night and day. The intervals were lengthened to two and a half hours, and for the next two weeks she scored a pound a week of fatty tissue, and suffered tortures with colic pains, keeping some one up walking the floor with her a greater portion of the night, every night, while occasionally during the day the excess of food would put her into a lethargic sleep for hours. Again the interval was lengthened and she nursed every three hours, with very little improvement as to colic for several weeks, and she rolled on the fat at the same rate as when fed oftener. At last, to the disgust of everybody in the neighborhood, the intervals were extended to four hours—six and ten A. M., two and six P. M.—with a meal during the night. There was some attempt now, too, to limit the quantity at each meal. She was not permitted to suck as long as she wanted. Still, she got enough to gain a pound and a quarter the first week, so the neighbors who predicted starvation were disappointed. There is really no mystery in this. There is a limit to the ability of the organs to digest and assimilate food, whatever the amount swallowed, the excess is a hinderance and sooner or later must destroy the organs. I have known many a lean, lank dyspeptic to gain largely in weight by reducing the number of meals to two. In the beginning, the oftener a babe is fed, generally, the faster they fat, but later, if there be no restriction of the appetite, there must in every instance be a period of non-growth or a violent illness, one or the other. We went along on this lead for some weeks. The babe had become grossly fat, "so fat and cunning," as the friends declared, she had been gaining in weight at the rate of 50 lbs. a year, and of course the end of it had to come. The tide turned and she began to lose flesh more and more from week to week, until when the fat had all disappeared we found how lean she was and had been. I say "had been" for the increase of weight had not been healthy growth at all, but a rolling on of fat instead of a normal development of muscle flesh. I am now convinced that this is the case with all fat babies, and that as Dr. T. R. Noyes says, "could we observe the muscular and nervous systems of such infants, apart from the fat surrounding them, we should find them very lean and attenuated."

One feature in our baby's case, and one, too, that is by no means uncommon, as I find after long and careful investigation in this department, the result of excess in diet, was excessive urination, wetting every half hour, with evidence of discomfort and pain. This state continued and she remained slim and lacking in strength for some time, until at about nine months she was weaned and put on cow's milk. She took about a goblet at each meal, five meals a day, but notwithstanding this truly generous diet she failed to gain, indeed, she continued to decline; finally after increasing constipation, she lost appetite and we began searching after some sort of food that would agree with

her stomach and set her to gaining. This search failed entirely and after some weeks of feeding on one of the many advertised articles the child grew worse, and finally had cholera infantum and no one expected she could recover. I determined to try what I had long been satisfied was the only really rational plan, viz. three meals only. I stopped off food for the entire night, and at seven A.M. gave about two tablepoonfuls of food, nothing more until noon, then the same amount for dinner and the same at five P. M. By night the purging had diminished slightly, and the night was passed in comparative comfort. The second day I gave the same treatment. Every drop was retained, or I should have omitted the mid-day meal. The little sufferer now began to show signs of returning life. The discharges were much less frequent and of a more favorable nature. The third day put all anxiety to flight; our baby was surely saved. We had now only to gradually increase the amount of each meal as the stomach could bear it, and after a few weeks she became the picture of health. Up to the time of her sickness she had hardly experienced a day of perfect comfort, fretting through the day, crying and sleepless at night, wetting eight or ten times during the night and often twenty or more times during the twenty-four hours. After recovery, and on three meals, all troubles had disappeared, and thereafter scarcely an hour's discomfort was experienced. There has never been lack of appetite. Growth has been steady, at a normal rate. The point I wish to emphasize is this. The child had from over feeding arrived at a point where the organs of digestion could not perform their functions. She was literally starving to death on five meals, of nearly a gobletful each, and was raised from this condition, cut her first teeth, grew and thrived on three meals of about one half of a gobletful. On the five large meals she was hungry all of the time. On the three small meals she never was hungry, except at the meal hour, and then only when she saw it placed before her. In fact the child's whole nature seemed changed, from being a torment to herself and parents, she became a constant joy to all the household. If at the first symptom of over feeding, (rapid fattening) or at the later stage of the disease, (hiccup and throwing up) we had limited the diet in quantity and frequency, sufficiently, the deathly sickness would have been avoided.

Now then, I said, when our fifth child was born, if three meals can raise the dead and give life and health and strength, it will certainly answer for a healthy new-born, and so the plan was adopted. It would be useless to attempt to describe how perfectly the plan has worked. Our babe, a girl five and a half months old, has been a marvel of ease, comfort and thrift from the hour of birth. She has not uttered a cry indicating pain, nor caused us an instant's uneasiness. No lamp has been lighted from early bed time until morning. No one has lost an hour's sleep or scarcely been out of bed on her account —the nurse, even, not having occasion to get out of bed once after retiring at nine P. M. The baby sleeps the entire night uninterruptedly, being put down directly after her six o'clock supper, sleeping sweetly and waking happy between five and six A. M., never fussing for food before time, and requiring no attention until breakfast. She is put to bed in garments as loose and unconfining as we ourselves love to sleep in, for her habits are as regular as her diet, bowels and kidneys normal and safe, without need of bundled and pinned up diapers at night—certainly a novelty at such an age, only three months when it was found practicable to trust her. She is a comfort to herself and all about her the entire day and night. The tending she requires is merely nominal, amusing herself for hours together. She is as strong as she is happy, sitting erect in her carriage, while the fatty tumors, as I call the excessively fat babies of the neighborhood a month or two older, roll helplessly on their pillows. Indeed she is precisely what I had come to expect a healthy-born babe, rationally fed would be, and I had set the mark so high that

.o one else dreamed of its accomplish-
ıent. She never cries or fusses for
ɔod, but when the time comes, and she
ees the cup, she has an appetite that
ɾould make a dyspeptic envious.

Another point I must mention. She
as never been rocked, or walked, or
.ushed to sleep, but is put in her little
ed wide awake for regular forenoon
nd afternoon naps, as well as for her
ight long sleep. She is happy in this,
ɔo, for she has never been taught the
oorer way, and being physically com-
ɔrtable she enjoys every moment of
er waking hours and takes the laying
own as a matter of course, always find-
ıg rest and comfort. Children are of-
ɜn kept in arms, rocked, trotted, or
ɾalked to sleep, only to be taken up
gain the moment they touch the pil-
ɔw, to be again dizzied into a sem-
lance of sleep, or kept fussing and
rying for hours; when simply lying
own, the habit once formed, would
ive them rest, and peace and sleep.
ɔur three meal baby is less bulky than
ıany babies at her age, as we intended,
ut what she lacks in quantity is more
han counterbalanced by the quality,
ɔr her frame is well covered with flesh
nd muscle, instead of blubber, and her
ody and limbs are growing; she is tall-
r than the average infant of the same
ge. I have no idea that if these
ɔuths were made known to every
ıother, nurse and physician in the
ınd, that the three meal system would
e generaly adopted. The majority of
ıothers and nurses would still want
ıeir babies fat, for it is the fashion;
nd they do not observe, what is the
ıct, that the fattest babies are the ones
ıost likely to die before they are a year
ld. They do not know that fat-
ɜning the young of any species stunts
he growth, the really normal develop-
ıent of the frame. The farmer knows
his, and does not attempt to fatten his
oung pigs, but keeps them growing
ntil the frame is well developed, and
hen there is not only something to
uild on, but a good digestion to build
ɾith. The horseman knows the mean-
ıg of fat, perhaps not in a scientific
ense, but practically he guards against
s as he does ring-bone, spavin, or any disease, when he is fitting his favorite for the track. Twenty-five pounds of extra fat would leave Raras or Goldsmith Maid without a backer, if pitted against any thing like an equal. Of a thousand physicians who ply their trade of drugging the community, not ten know that fat is disease. I have heard doctors declare that babies ought to be pretty fat, or they wont have any thing to lose when they get sick! Could stupidity be pushed a point beyond that? When it is considered that fat is waste, useless, and excrementitious material that has been allowed to accumulate in the cellular reservoirs, because alimentation has been carried beyond the needs of the organism, and beyond its ability to eliminate the excess, we can understand, perhaps, why the infant who has most to lose is the one most likely to lose it through some violent demonstration of disease. Our new departure takes a little over one pint of rich milk each day, divided and mixed as follows for each meal: Pure rich milk, 12 tablespoonfuls; water, six tablespoonfuls; cream, one tablespoonful; sugar one third teaspoonful.

This quantity, more or less according to age or condition, mixed fresh each meal and given blood warm, I believe to be the best substitute for breast milk, and I have yet to see the infant who will not take it with a perfect relish, and thrive on it so long as it is not given in excess. Whenever an infant refuses it, it is safe to skip that meal altogether. To search for something different, or to sweeten this unduly to tempt the abused appetite, is to court disease, like giving a surfeited six-year-old pound cake or mince pie for supper, when he had no appetite for plain bread and butter. Give the stomach the rest it pleads for when wholesome food is repelled, and there will be little occasion for calling the doctor.

A babe at any given age, poorly protected from winter's cold by clothing or artificial heat, would require more food, than if warmly clad, living in hot rooms. The robust require more than the puny, the well more than the sick.

OUR DESSERT TABLE

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

FAVORS.

"May I ask you a favor?" says dear little Ben.
And he thinks it a small thing to do;
While the words flow so flippantly out of his mouth,
That you come to regard it thus too,
That by and by favors are asked and received
By this fair little slip of a lad,
Till it seems you've so readily met all his wants
That he'll soon meet his own, and you're glad.

You may be mistaken, for Ben will grow up
Quite likely as helpless as now;
For seed that is sown brings forth fruit of its kind,
On the crooked or beautiful bough,
And as to the favors, they will but increase
When the toys are laid by on the shelf;
For the man will be helpless to battle with fate
Who could never in youth help himself.

The goal to be reached will appear so far off;
The hill to be climbed seem so steep,
While his fellows are pushing ahead to the front
That he'll keep in the background, or creep.
No dint of persuasion, no ready advice
Will root out this habit ingrown,
This leaning for help on another man's staff
And having no strength of one's own.

Then look to it parents, while raising your boys,
Don't fetter their hands as they grow;
But let them take turns in the labor of life
And earn self-respect here below.
The high road to manhood may have here and there,
Stray thorns for the tender young feet;
But better it is to feel pain at the start,
Than to have all the trials to meet.

Mrs. M. A. Kidder.

FULFILMENT.

If he only knew
I shall never give another
That love—oh more than brother—
I have tried in vain to smother,
Would he come?

If he only knew
That beneath apparent gladness,
In pain akin to madness,
Is a deep unuttered sadness,
Would he come?

If he only knew
That all joy my life forsaking,
My soul is ever aching,
And my heart, my heart is breaking,
Would he come?

And I never knew!
Now on earth no power can sever
My love from me—ah, never!
Oh the glory—mine forever!
He is come!

OUR FOREMOTHERS.

Down the vista of the century,
Through its dim and shadowy years,
Teeming with their toils and struggles,
Joys and sorrows, hopes and fears,
Come the voice of noble women,
Who, with fathers, husbands, brothers,
Kept the faith and fought the battle
For the right—our brave foremothers.

Women who, when freedom, fettered,
Shook its chains, defiance hurled:
'Twas their hands that lit the beacon,
Theirs, the flag of truth unfurled,
Theirs the fingers, swift and skillful,
Spun the flax as white as snow:
Wove the cloth that clothed the armies
Which for freedom struck the blow.

When the clouds of warfare darkened,
And the country's woe seemed near,
Theirs the brave hearts, full of courage,
That the doubting helped to cheer:
Theirs the hearts that true and tender,
Knew no faltering or distrust;
Cheered the hopeless, soothed the weary
With their words of faith and trust.

If to-day these noble matrons—
Sisters, wives—who sacrificed
All the had for home and country,
Could from their long sleep arise,
I can fancy they would calmly,
After their quaint fashion speak
Something to the vain and giddy,
Words of wisdom to the weak:

"Women of the nineteenth century,
With your wondrous gifts so rare;
Freedom from all old-time thraldom,
Freedom now to do or dare;
Look not on the great world's conflicts
Through your curtains' filmy lace:
But with hearts and hands be doing
Something to advance the race."

IN HEALTH AND IN SICKNESS.

Unthinking, idle, wild and young,
I laughed and danced, and talked and sung
And proud of health, of freedom vain,
Dreamed not of sorrow, care, or pain:
Concluding in these hours of glee,
That all the world was made for me.

But when the hour of trial came,
When sickness shook this trembling frame
When folly's gay pursuits were o'er,
And I could sing and dance no more,
It then occurred, how sad 't would be
Were this world only made for me

As welcome as sunshine
In every place,
Is the beaming approach
Of a good-natured face.

EDITORIAL DEPARTMENT.

NEW YORK, JULY, 1880.

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* PUBLISHER *does not hold himself as indorsing every article that may appear in* THE HERALD. *He 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.

STRONGEST MAN IN THE WORLD.—At Reno, in Nevada, according to one of Mr. R. A. Proctor's letters to an English journal, there now lives a man who is probably the strongest in the world. His name is Angelo Cardela. He is an Italian, 38 years of age, 5 feet 10 inches in height, and weighing 190 pounds. He is a laborer, of temperate habits. In personal appearance he is not remarkable, but merely a good-natured-looking son of Italy, with a broad, heavy, face, a noble development of chest and shoulders, and large, fleshy hands. His strength was born with him, for he has had no athletic training. His strength does not reside in his hair by any means, but apparently as much in his bones as in his muscles. At any rate, he differs from other men chiefly in his osseous structure. Although he is not of unusual size, his spinal column is double the ordinary width, and his other bones and joints are made on a similarly large and generous scale. He has been known to lift a man of 200 pounds weight with the middle finger of his right hand. The thing was done as follows: The man to be lifted stood with one foot on the floor with arms outstretched, his hands being lightly grasped by two friends, one on each side, to preserve the balance of the body. This slight assistance had no tendency to raise the body, being merely to keep him from toppling over. Cardela then stooped down and placed the third finger of his right hand under the hollow of the man's foot, on which he was balancing, and with scarcely any perceptible effort raised him to the height of four feet, and deposited him standing on a table near at hand. It is said that two powerful Irishmen, living near Verdi, in Washoe county, Nevada, waylaid Cardela with intent to thrash him; but he seized one in each hand, and beat them together till life was nearly hammered out of them. He is, however, of a quiet and peaceable disposition. His strength seems to have been inherited, for he states that his father was even more powerful than he is himself.

The above paragraph, which is going the rounds of the press merely as a matter of curiosity, may well be supplemented by the question: How far may this exceptional strength be acquired by means of a proper system of physical training? The final statement, that the strength in this case was inherited, suggests the possibility, in a few generations, by a careful culture of the body, of producing a race of men and women vastly superior to the present in strength, endurance and longevity.

If Cardela's ancestry were traced back a few generations we should doubtless discover the conditions, in the occupations and environments of

his ancestors, which have united in producing this remarkable example of physical strength. The mere capacity for exhibitions of brute force is not sufficiently desirable to attach many devotees to systematic efforts for improving the strength of the body. Nothing, however, now seems to be more clearly demonstrated than that interdependence of the mental and physical natures of man, which renders an equal and efficient activity of all the bodily functions absolutely essential to the highest possibilities of either the mental or the physical faculties. Other things being equal, a man or woman's capacity for successful labor in any vocation, or rational enjoyment of their faculties, is measured by the degree of this harmonious physical development. And the only way to secure this desired end is by a systematic training of the whole body. The muscular exercises involved in ordinary labors are not sufficient. They overtax certain portions of the frame and leave other portions insufficiently deveveloped; as witness the deformed, stooping, unsymmetrical and worn out figures of scores of farmers and mechanical laborers; the cramped chests of our oarsmen, the abnormally developed surface muscles of our athletes, and the disproportionate leg development of the great mass of our active business men, whose exercise is almost exclusively walking.

From this irregularity of exercise, and resulting lack of symmetrical development and equal strength, comes much of the liability to disease so common to our civilization. The weak and undeveloped portions of the frame give way to undue strains or exposures, and the enemy seizes upon the points of least resistance. This lack of uniform bodily culture and harmonious strength may be classed among the most important of the avoidable causes of disease.

When a simple system of exercise, like the Butler Health Lift, occupying but a brief time each day, under intelligent guidance, will remedy this fatal defect, strengthen the whole body equally, without undue development of the surface muscles, and thereby prevent and cure many cases of disease and chronic weakness, as well as render one more efficient in all the labors of life, it is amazing that wherever it is available it is not practiced more universally. Abundant and sufficient tests have demonstrated its potency for good; and a few generations of patrons of this system of physical culture might lift the whole community into vastly superior conditions of strength, health, and general usefulness. L. C. J.

NEW METHOD OF PROLONGING LIFE.—We have had several letters about a book entitled "Makrobistic and Eubanik," a scientific method of prolonging human life. We have not yet been able to procure a copy of the work. It is to be had only in the German language. It is not to be found in our book stores; but a London paper has reviewed it and states that one of the secrets promulgated in this remarkable work is that long life will be reached by continually increasing the use of lemons. After arriving at 40 years of age the prescription is two lemons per day for a lady and three for a gentleman, increasing the dose every ten years as long as the person lives. It is said that the author got his idea from the fact that Count Waldeck reached the age of 120 years, and that for years he had eaten a large amount of horseradish soaked in lemon juice as an antidote to the sluggishness of his liver. It would take more than one experiment to prove the truth of this remarkable history; still there is no doubt that the use of lemon juice may be very beneficial for those who are advancing in age, providing it does not disagree with the stomach. It would certainly have a tendency to thin the blood to some extent, and this would render it easy for the heart, which grows feeble as age advances, to circulate it. Other means of prolonging life might be equally beneficial. As a rule, the older one grows the less fruit he eats; partly from the fact that the teeth become imperfect, and it is difficult to masticate them; but it is evident to us that fruit in proper quantities may be used to great advantage by well persons as well as sick ones. Indeed the history

German professor of medicine, h he is, will promote the use of , and for this we shall not be We hope the time will come t hey can be raised in great ance in Florida and California, ges are beginning to be.

ITS OF BANCROFT THE HISTO- —George Bancroft, the great his- , is nearty 80 years of age, and excellent health. He attributes prising physical and mental ac- at this advanced age to his regu- bits, his moderation in eating rinking, and out-door exercise. s always been a great pedestrian orseman: hardly a day passes e does not spend three or four in the saddle. His friends speak n as a daring horseman even now. a few days ago he accompanied retary on horseback a distance miles, and while the horse was g clambered about the rocks for e, remounted and rode back Thirty miles on horseback in a day would seem to be quite h exercise for an octogenarian. day at three o'clock Mr. Ban- stops his work, and is then ready visits and receive calls, or drive ith his family. His horseback he never omits unless the day is unfavorable. He says that a three ride rests him. During his resi- abroad he rarely omitted it. He onstantly galloping through the s around Berlin. Wherever he he was always mindful of his n. Mr. Spofford, the well-known ian of Congress, often rides with ancroft. They go off like a couple ys to play, and spend the whole noon galloping through woods, ng streams, or following paths n have no beginning or ending. Bancroft says that he has often n 50 miles a day, but this is too for one horse. He is very regu- his habits of work and rest. The sparrows that sing above his door not more regular than he, and y rise earlier. The first rays of morning sun and the first breath e morning greets this old worker at his desk; and right merrily does he work, never idle a day, never a sick one, never a holiday. There is not a reporter on the daily press who works as hard and regular, and not one who has the health of this aged historian. Let his example be followed by others.

DEGENERATION. — It is well to remember that we are subject to the general laws of evolution, and are as likely to degenerate as to progress. As compared with the immediate forefathers of our civilization, the ancient Greeks, we do not appear to have improved, so far as our bodily structure is concerned, nor, assuredly, so far as some of our mental capacities are concerned. Our powers of perceiving and expressing beauty of form have certainly not increased since the days of the Parthenon and Aphrodite of Melos. In matters of the reason, in the development of intellect, we may seriously inquire how the case stands. Does the reason of the average men of civilized Europe stand out clearly as an evidence of progress, when compared with that of men of by-gone ages? Are all the inventions and figments of human superstition and folly, the self-inflicted torturing of mind, the reiterated substitution of wrong for right and of falsehood for truth, which disfigure our modern civilization—are these evidences of progress? In such respects we have, at least, reason to fear that we may be degenerate. Possibly we are all drifting, tending to the condition of intellectual barnacles or ascidians. After swimming about for a time the barnacle fixes its head against a piece of wood, and takes to a perfectly fixed, immobile state of life. Its organs of sight and touch atrophy, its legs lose their locomotive function, and are simply used for bringing floating particles to the orifice of the stomach; so that an eminent naturalist has compared one of these animals to a man standing on his head and kicking his food into his mouth.—*Ray Lankester.*

FOOD AND MAN. — The acute and crafty Hindoos, who subsist upon rice, have never been able to defend their

independence against enemies from without, and the plain truth is that nearly all ages, and in all climates, the spirit of combined progress and of conquest has been most fully exhibited, and has been only permanent in its results among those nations whose chief cereal food was bread prepared from wheat. With bread from barley, and even that preparation called bread and made from peculiarly prepared dates, progress and conquest have been made indeed, but both have proved of a mere transitory nature. The chief glories of even the fervid and persistent Scotch were not won until they added the wheaten food of the English to the production of the barley of their own fields and hillsides.

There are examples of this interesting theory everywhere. They are to be met even in the very dawn of history in that first great kingdom founded on the banks of the Euphrates, by Nimrod, 2,234 years before our era. It has been said that wheat growing in a wild state has never been found by any traveler; but Herodotus, the Greek, and Berosus, the Babylonian, both mention the tradition that wild wheat was found in the plain round Babylon many centuries before even they lived. But it is certain that both the Chaldeans and the Assyrians at Nineveh, the two earliest well organized societies in Asia, paid in the very earliest times the greatest possible attention to their vast fields of wheat. The date formed perhaps the principal food of the masses of the Chaldees, but except in the immediate neighborhood of the great marshes where fish was universally eaten, there is every reason to believe that wheat entered more or less into the daily food of the whole people. Among the Assyrians, whose empire was one of the most powerful of all antiquity, the same was even more pre-eminently the case. Their wheat demanded even more care than that grown in the lowlands of Babylonia, and history has proved their far longer duration as a great power. When Abraham left Ur of the Chaldees and began that long journey which eventually conducted his descendants into the Promised Land, and to the Conquest of Canaan, his household and the attendants he took with him were a pastoral people, but there is abundant evidence to prove that wheaten cakes were even then an essential article of the diet of the Hebrews, and no race on earth has preserved its vitality and the intense individualism of its character with half the distinctive force of the children of Israel. Among all these ancient people the millers were always or nearly always women, and the mills were of the most primitive description. Even in later Jewry it was said that "two women should be grinding at the mill and one should be taken and the other left," and Herodotus teems with allusions to women engaged in the same occupation. The Greeks, and still more so the Romans, were great consumers of wheat, and to this day windmills crown the heights of most of the beautiful Greek islands of the Mediterranean sea. The windmill and the watermill were improvements upon the old handmill, often used to this very day in Egypt, and steammills are of course a great advance over all. A survey of the growth of wheat, and its employment as human food, marks therefore important phases in the world's history.

Record of Hygienic Progress.—A noteworthy item for this record is the growing interest of the American clergy in matters pertaining to health, and as a consequence the teaching of the people upon the subject. The Rev. Washington Gladden, of Springfield, Mass., in a recent sermon spoke boldly of the fashionable pride that keeps girls in idleness. An exchange says: "He referred to one woman who was proud that her daughter never did any sweeping, and to another who never let her daughter do any kitchen work. We think this an excellent topic for the pulpit. There is no doctrine of the Christian religion more explicit than the teaching of Christ regarding useful employment. His love and approbation were chiefly bestowed not upon those who ruled, but upon those who

rved in his kingdom. "My father orketh hitherto, and I work. He that ould be great among you let him be our servant. If I, then, your Lord id Master, have washed your feet; e also ought to wash one another's et; for I have given you an example iat ye should do as I have done to ou."

The teaching of Christ regarding humility and useful employment is so lear and simple that a stranger would xpect to find both the theory and ractice so embodied in the Christian fe and teachings as to render it impossible for any one to maintain a good tanding in the church unless actually ngaged in useful work. One would uppose that the place of honor would e simply the place of highest usefulness, and that humble service would e honored above all the wealth and omp of this world. But human history is everywhere full of evidences hat the simplest and most essential eachings of a creed may be practically gnored by those who claim to be its chief exponents; and so it has come to pass that in a church founded by one whose chief glory was his humility of spirit, his love for the poor, the oppressed, the neglected, one who in all the world "had not where to lay his head," this church of his establishment, the church to which he committed the teaching of his doctrine of humility and of love, there are everywhere found those who despise every useful employment, and look upon those lowly ones whom Jesus loved with utter contempt.

We by no means reproach the church as a whole in this matter. It is a pleasanter task to commend than to condemn, and we find here abundant reason for commendation. The church, every church in Christendom, is recognizing more and more the importance of physical right living as the true basis of spiritual right living, the health of the body as the essential to the health of the soul. There is a somewhat obscure but rapidly growing sect in this country that owes its power and influence in a very large degree to the incorporation of hygienic principles into its articles of faith. Its members are all practical hygienists, and their Christian zeal is greatly enhanced by the intensely practical form which it assumes. The opposers of the Christian church will never triumph over it solely upon theoretical grounds relating to its creed. The real battle is upon the ground of service to humanity, and the church born to a new physical life, to a life of physical health, will survive all the transitions which its creed may undergo, and remain the light of the world in all that tends to the evolution and perfection of the race.

STUDIES IN HYGIENE FOR WOMEN.

CRADLES.—Fortunately for children cradles are seen more and more rarely in all families, and we are decidedly of the opinion that these soothing machines, once so popular, will soon have only a historic interest, like the spinning wheel. Still there are here and there mothers who advocate the cradle, and for such we have a word of advice. In the first place the rocking motion to which the child is subjected causes an unnatural circulation of the blood in the brain, which tends in the end to produce a state of unnatural excitability. Now if this takes place several times a day, and these motions of the cradle are carried to excess with restless and wakeful children, it is clear to our mind that the effects can only be injurious, especially when we remember the fact that children once accustomed to it are often treated with it for years. Cases are not rare of serious injury to the circulation of the brain from violent rocking given to infants when intrusted to nurses or ignorant children. It is not difficult with a little patience to treat an infant so that as soon as the time for sleeping approaches he will go to sleep in his little bed

without any artificial aid. If the beginning has been made, and if the mother has not been softened by the disagreeable crying of the child to rock it to sleep in the cradle or in her arms, it will be found after a few days how quickly the child likes to go to sleep alone without the affliction of popular remedies of mothers. Many mothers will not believe this true until they have tried it and learned from experience. Although the child may cry at first, it soon learns to go to sleep quietly, and the mother has the additional advantage of gaining valuable time for rest from her domestic duties. Why does a healthy baby need rocking, more than a bird, a colt, or a calf? There are some other abuses to which innocent infants are subjected which may be mentioned in this place. All feather beds, feather pillows and heavy bed covers should be avoided about the infant's bed, for by encouraging excessive sweating they expose the child to colds in the bowels, chest and head. Colds in the head are often caused by feather pillows, and are particularly dangerous, since they frequently give rise to fatal disease of the brain. Every child should be put into a spacious bed furnished with a horse hair mattress. In order to protect it against being soiled, the mattress may be covered with a bit of oilcloth, and over this a flannel and diaper spread. The pillow for the head should be very thin, and filled with horse hair, covered with soft linen cloth. It is a great mistake for a mother to take small children into her own bed at night when they become restless. If this is done for a few times the mother may be almost certain that she will have to continue the practice; which is quite as pernicious in its effects upon the mother as upon the child, for every movement of the little one keeps her in constant fear that it may fall out of the bed, and thus prevents refreshing sleep. It is also unwholesome for the child, partly on account of the heat of the mother's body, but more especially on account of the exhalations from her breath, which must poison the atmosphere in the immediate neighborhood of the child. A very suggestive article upon the feeding of infants may be found on another page.

MACARONI AND VERMICELLI—Macaroni, vermicelli, pilot bread, sea biscuit, plain crackers and common bread are all about alike in composition and nutriment. Macaroni and vermicelli differ only in size of the tubes, both being made alike, and both are simply dried dough made of flour and water only, the same as pilot or sea bread and plain crackers. The wheat grown in southern Europe contains more gluten and less starch than any other, and therefore makes better macaroni. The gluten is nitrogenous, like lean meat, casein, or curd of milk cheese, and strengthens one's muscles more than the starchy northern flour. Starch is carbonaceous, supplying material for producing fat, and for promoting heat in the system. Millions of people in Italy use Macaroni as their chief, if not sole food the year round—the gluten answering for the lean meat consumed by other people to produce muscular strength or working power. Sea biscuit, pilot bread and plain crackers, those without the shortening of butter or lard, are simply flour and water worked into tough dough and baked instead of being air or sun dried, as macaroni and vermicelli are. They are usually made of northern grown wheat, containing more starch and less gluten than macaroni.—*Agriculturist*.

PIE.—Pie is vile, because it is indigestible, inexcusable and mysterious. It is indigestible because of the very nature of its composition; it is inexcusable because of its tampering with the holiest functions of the stomach to offer pie to it in place of food, and it is mysterious, because you don't know what you are eating. Purchased pie is the worst of all.—*W. A. Hammond*.

CHEAP FRYING-PANS.—Some dealers in tea are giving cheap frying-pans as a premiun instead of chromos. They are coated with an alloy of tin and lead, and are dangerous instruments to have about the house. Frying-pans are bad enough when used, even if made of the best material for frying.

It is the worst method of cooking meat, for the heat most effectually renders it not only indigestible but innutritious: but poisonous frying-pans make this style of cooking simply terrible. Let them alone.

HOW TO LIVE IN SUMMER.—Mrs. Amelia Lewis has written a little book with the above title, in which she criticises the eating fashions of the day—which pay little or no attention to the change of diet for different seasons of the year—and advocates a diet for summer composed mainly of fruits and vegetables. As we adapt our clothing to the different seasons of the year, so should we also our food. Gross, fatty foods on a tropical day are as much out of place as heavy overcoats in midsummer.

SWIMMING ALL THE YEAR.—A lady writing to the Providence Journal on the art of swimming, says;—"Everywhere in Europe it is becoming the custom for girls to swim as well as boys. At Trouville, Etretat, and other places in France, and at Civita Vecchia, and other watering places in Italy, I have seen princesses swimming day after day as able as the swarthiest fishing girls. In this matter of swimming," continued the writer, "the banks of the Serpentine, in Hyde Park, London, upon a warm evening, are an apt illustration of thoughtful indulgence for the boys. At a certain hour in the evening one bank of the Serpentine is crowded with hundreds of boys, eagerly watching for the signal to be given for bathing by the authorities on the opposite bank. They stand with everything stripped off except what decency requires, and at the signal the scanty remnant of raiment drops from each as if by electricity. A mad scamper and plunge, and the water is alive with rollicking boys. At another signal all must retire to give place to another crowd of impatient swimmers. The agents of the Royal Humane Society are at hand to prevent accidents, and the police see that good order is preserved. The upper Thames, also, is the happiest stream in the word; and the manly forms and magnificent color of young Englishmen attest the benefit of the swimming and boating of the summer season. In London, Brighton and other English cities, and in San Francisco there are fine swimming baths for both sexes, which are open for the greater portion of the year. The water in many of them, notably those of Brighton and San Francisco, is slightly warmed by steam during the cooler months, so that a good swim may be enjoyed as well during the winter as the summer. The London baths are centrally located, are of one story in height and prettily designed."

AN APPRECIATED WIFE.—M. Cremieux, the recently deceased French statesman, never lost an opportunity of telling his young friends how happy life can be made through the choice of a sympathetic wife, who stands on an intellectual level with her husband. This remark he would fondly illustrate by a reference to his own domestic happiness. Often and often he would tell his friends that, when he selected his bride, he was the first in France who demolished a barrier of prejudices which prevented a Jew of Spanish extraction from selecting for his spouse a maiden of German Jewish origin. He declared a short time before his death that the affection which he bore to his bride in her young days had made his married life appear to him, even amidst many trying sorrows, a cloudless day of domestic bliss.

REMEMBERING INJURIES.—Ignoring or quickly forgetting personal injuries is characteristic of true greatness, when meaner natures would be kept in unrest by them. The less of a man one is, the more he makes of an injury or or an insult. The more of a man he is, the less he is disturbed by what others say or do against him without cause.

The sea remembers not the vessel's rending keel,
But rushes joyously the ravage to conceal.

It is the tiny streamlet which is kept in a sputter by a stick thrust into its waters by a willful boy.

MANNERS.—Manners are the revealers of secrets, the betrayers of any disproportion or want of symmetry in mind and character. It is the law of our

constitution that every change in an experience instantly indicates itself on our countenance and carriage, as the lapse of time tells itself on the face of a clock. We may be too obtuse to read it, but the record is there. Some men may be too obtuse to read it, but some men are not obtuse and do read it.

WOMAN'S CONVERSATION.—In the art of conversation, woman, if not the queen and victor, is the lawgiver. If every one recalled his experiences, he might find the best in the speech of superior women—which was better than song, and carried ingenuity, character, wise counsel and affection, as easily as the wit with which it was adorned. They are not only wise themselves, they make us wise. No one can be a master in conversation who has not learned much from woman; their presence and inspiraton are essential to its success.

ALL medical science tends to demonstrate, that whatever the causes of disease may be, the most effective preventives are those which regard the body only, irrespective of the external circumstances of climate, atmosphere, miasma localities, contagion, etc.; and that if the body is properly guarded the abodes of the most frightful diseases may be visited with comparative impunity.

CURRENT LITERATURE

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POPULAR SCIENCE MONTHLY. New York: D. Appleton & Co.

The July number of this excellent magazine has a review of Dr. Mosso's experiments on changes of the circulation during cerebral activity, from which the following extract will be found interesting:

"The amount of blood in the extremities varies not only with psychical but also with physiological activities—for instance, with the respiration. The size of the forearm was shown by the plethysmograph to diminish during a deep inspiration, to increase during a prolonged and powerful expiration; or, again, alterations may be called forth by irritation of the skin of the arm, or even of a distant part of the body, or by direct compression of such of the veins or arteries of the upper arm as do not lie too deep to be reached; or even by changing the position of a limb other than the one being experimented upon. In brief, an almost endless variety of circumstances affect the circulation of a given part, as shown by the changes of its volume; but, among these circumstances the condition of the brain is especially influential.

"Mosso, however, has not confined his investigations to the waking condition, but has extended them also to men asleep, thus discovering a very great increase in the volume of the forearm as a person gradually falls asleep. The large size of the forearm during sleep may be diminished by a dream, or by any cause that renders the sleep less profound. It was evident that persons hear in their sleep various sounds, which disturb their slumbers but do not wake them up. When his friend was asleep Mosso saw him move as a dog near by barked, and at the same time the apparatus recorded a diminution in the size of the extremity. Observation in this case shows that the cerebral activity during sleep is much greater than is usually supposed, and that a person may dream, as is evident by his moving or making some sound, yet have no recollection of it upon awaking. The plethysmograph preserves a more accurate record, for the slightest movement or disturbance produces its effect upon the arm, diminishing its volume. As a person awakes naturally, the size of the forearm is gradually lessened, because the blood is withdrawn.

'To summarize the result: whenever the brain acts in any way blood is withdrawn from the arm and from all the extremities; when the brain is inactive more blood circulates in the limbs, most during sleep.

"By the same apparatus, Mosso also discovered that the circulation was changed by a dose of chloral very nearly, if not exactly, as in natural sleep; and that this drug, tested by these phenomena, produced a slumber very similar to normal sleep.

"Pursuing his researches, Prof. Mosso has succeeded in demonstrating that when the brain acts not only does the arm receive less blood, but the brain actually does receive more. This result was, of course, to be expected; and in making this further observation Mosso is not the first, for other physiologists have published researches upon this point, only less accurate and complete than those of the distinguished Italian investigator."

THE DIETETIC REFORMER AND VEGETARIAN MESSENGER, $1.00 a year.

This monthly comes to us regularly, and is always filled with the best matter. As there is no journal in America devoted to the interests of the vegetarian movement, all who are interested in it should subscribe for this excellent one.

WHO HATH WOE? A temperance concert exercise for Sunday schools, reform clubs, temperance organizations, etc. By J. E. Dale. New York: National Temperance Society. 16 pp., 60 cents a dozen.

This is a compilation, well worthy of representation, and it is admirably adapted for use in Sunday-school concerts, or by Bands of Hope and other temperance organizations. It should have a wide circulation

HEALTH FOODS.

There seems to be no end to the good words uttered in favor of the Health Foods by those who have tested them. Readers of THE HERALD OF HEALTH thank us for so often calling attention to the merits of these admirable preparations. We know we are doing a good service when we ask all our readers to drop a postal card to the Health Food Company, No. 74 Fourth avenue, New York, and demand the interesting free pamphlets which they issue.

It is pleasant to note the unanimity with which physicians favor the use of these improved foods by the sick. Many commendatory notes from prominent medical men have from time to time appeared in these pages. Two years ago, Dr. L. Duncan Bulkley, the well-known dermatologist, Editor of the *Archives of Dermatology*, read a paper before the New York Medical Society, at its annual meeting, on "Diet and Hygiene in Diseases of the Skin." In this paper very strong ground was taken in favor of proper hygienic surroundings and conditions for the sufferer from any form of skin disease, the question of diet receiving a large share of the author's attention. The paper was subsequently published in book form by the Messrs. Putnam, and has enjoyed a wide circulation. We copy from pages 14 and 15 as follows:

"There is an addition to the diet of very many patients affected with skin disease, especially acne, eczêma, and psoriasis, which I consider to be very important. It is found in the truly nutritive portion of wheat, which is so commonly taken out and thrown away. I allude to preparations containing the whole of the food of the wheat kernel, and of these there is none, in my estimation, equal to what is known as the Cold Blast (attrition) Flour of whole wheat. In this the hard silex coat is first removed and comes off alone, leaving all the nutritive elements, which are then reduced to a fine flour. This contains all the phosphates, as well as the gluten of the wheat, and is, I believe, many times as nutritious as the ordinary very fine white flour, as commonly used. The bread made from it is quite dark, but it is very palatable, and every one of the many who are now using it at my direction is fond of it, especially children. I invariably place patients upon it who have any failure in the nutrition of the hair, and I believe it has assisted me much in the treatment of these cases. I use this also with good results in all patients where any nervous phenomena exhibit themselves, and in those who are of constipated habit; sometimes it alone suffices to restore regularity of action to the bowels. I have employed it for about four years, and order it on general principles to the children under my care, because I believe that it best represents the food which nature designed should be prepared from the whole wheat kernel. It is quite different from the ordinary Graham flour. It is made by the Health Food Company, 74 Fourth avenue, New York. I give the name and address because it is essential, I think, to get just the right article; and so far as I can learn, after considerable inquiry, there is no preparation which answers the same end. It is no advertised nostrum, but simply wheat prepared in a particular manner; nothing more, nothing less."

Another prominent medical gentleman, an acknowledged good authority in all matters of this character, an author of high repute, and formerly a professor in a medical college, alluded several years ago to the work of the Health Food Company, in the following language:

I have never extensively used the preparations of the Health Food Co., 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.—J. V. C. SMITH, M. D., (ex-Mayor of Boston.)

HYGIENE OF THE BRAIN,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

PART I.

Chapter 12 contains Hints on the following Subjects:

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COMMON MIND TROUBLES. (No. 3.)

BY J. MORTIMER GRANVILLE.

CONFUSIONS OF THOUGHT.

TO become confused in thinking is a common-place experience, but it is often the cause of great discomfort, and when of frequent occurrence begets the fear of permanent derangement. Sometimes the thoughts seem to crowd in on the mind, like a pack of wolves, with furious rush and almost savage impetuosity, while the conscience is scared, and helpless to resist the onslaught or re-establish order. In this condition of affairs the mental instrument or organism, the part with which we think, is weakened either by disease of the body affecting the mind, as when a person is struck down with fever or any other malady producing wild delirium; or by the exhaustion following continuous strain in a particular direction, as when the thoughts are fixed too long on some subject of anxiety or perplexity. This state is also apt to occur when the blood is impoverished, and the brain is pressed to work without sufficient nourishment, or cheated to use up and exhaust, in its ordinary business, by the abuse of alcohol and other stimulants, the strength Nature designs to be stored for a time of sickness or extremity.

The confusion that takes the form of violent disorder of thought is nearly always due to a physical—that is, a bodily—cause, and must be met by measures adapted to the improvement of the general health. Sometimes the evil may be cured by a judicious alteration in the character of the food, and the avoidance of drinks that give energy for the moment at the cost of collapse afterwards. A new order of meals, a totally different, though equally, or more nutritious, diet, longer, or occasionally less sleep, may inaugurate a better state of matters; but often it takes more than this to mend the mischief. Change of scene and complete diversion of thought into fresh channels may be necessary. Nearly always there is some potent, though hidden, perhaps unsuspected, cause at work undermining or disorganizing the bodily, and indirectly the mental strength.

In another condition, somewhat resembling that already described, but essentially differing from it, there is an inroad of thoughts, less like ravening wolves than silly sheep, that seem to come tumbling over each other in sheer stupidity. The sensation is rather plaguing than appalling, but it is wondrously annoying, and, if not remedied, may in the long run prove fully as troublesome, and even disastrous, as the more vehement malady to which we have alluded. In some instances there is a considerable element of the grotesque in this experience, and the possessor of a mind so disordered passes for a wit; but the humor is maudlin, and the current is uncertain; he breaks down suddenly in his play of pleasantries, and the watchful observer can detect the signs of conscious

weakness and inability to revive the unnatural gaiety of a false state. When there is no conscious humor in the whirl of thoughts it may be simply worrying or distressing, as when the mind longs to be at rest, "if it were only for a short half hour;" or is earnestly desirous of fixing itself on some topic—perhaps one of serious or even solemn concern—but cannot command the attention.

Sufferers from this form of confusion go on for years, harrassed and exhausted by the turmoil of living in a crowd and din of thoughts from which escape seems impossible. The disorder—like the rapid passing of scenery as one is borne along a line of railway at high speed, like the ceaseless rush of water, like the swarming of bees—pursues its victim even into the realm of sleep. Of course persons who are so affected do sleep, and the brain rests, or they would not be able to go on year after year with impunity; but they have none of the comforting sensations produced by natural repose; they feel awake and worried, or bewildered up to the last moment of consciousness, and they rise, without any sense of being refreshed, to a state of weariness which ill befits them for the struggle and anxieties of another day.

This is a mind disturbance, in contradistinction to that indicated above, although in a large proportion of instances the state was first established by the irritation set up in the course of some bodily disease; or it has become confirmed—so to say, stereotyped on the brain—by prolonged physical suffering. For the time being, whether it be brief or long, the mind is incapable of acting as its own master, and is practically a mere piece of machinery for making the simplest impressions perceptible to the consciousness, without order or judgment, and with little or no power of distinguishing between the pictures derived directly from the external world through the senses, and those that come tumbling out of the recesses of the memory, as though some mental house-cleaning process were on hand and the whole establishment in the direst confusion. The faculty of thinking seems to be in abeyance, and the consciousness is a forced spectator of the disorder on its own premises, powerless alike to restrain or rearrange.

The cure for this state of mind is generally complicated, and too often impracticable. The cause must be removed, and as this is not unfrequently inseparable from the mode of life, the personal state and entangling circumstances of the sufferer, to insist on the first condition of recovery is like commanding the rising tide to retreat. That is why so many persons struggle on year after year under this form of confusion; and, unless relief is afforded by the course of events, weak minds finally succumb to the worry without respite. Anything that will break the monotonous rhythm of a life thus wearing itself away may be the means of recovery. Sometimes domestic calamities are blessings in disguise, and in after-times there is cause to look back with gratitude on what at the moment of its infliction appeared an overwhelming disaster. Of course the pleasurable reliefs are the most to be desired, and they accomplish a cure with the least risk and greatest celerity. Meanwhile it is noteworthy that minds laboring under this peculiar form of weakness, and seemingly ever on the brink of ruin, are not especially prone to be crushed by any great sorrow or to be unsettled by a sudden shock. Their peril is that of exhaustion by the worry that haunts them; in other respects they are as strong as the average intellects, and hence the good prospect of cure that lies in the path of proper treatment, whenever happily, that is practicable.

Next to the removal of the cause of this mind state, and sometimes, though rarely, successful without its removal, is the inspiration of new vitality into the will. By a strong effort of the judgment the mind in certain instances reclaims control of its own territory. This is a noble triumph of self-help at which all, especially those who are unable to shake off the coil of crushing circumstances, should aim, and upon which the intelligent mind should set and center its remaining

strength. There is a wonderful faculty of self-development in every part of the being of man, whether mental or physical, and each faculty grows by use. The effort which succeeds in restoring order, or keeping the rushing thoughts disentangled if not orderly, does more than passing good; it reconquers some portion of the province of mind from the rebel crew who run riot and threaten to perpetuate the confusion that reigns within.

The best method of procedure is to busy the faculty of thinking with some new topic—the way to do something—or the cause and reason of an unexplained phenomenon. It is generally useless to try to mend the confusion by a direct effort to control the thoughts. The sovereignity of the will can only be re-established by an independent authority acting at first in a new sphere. For example: let the sufferer select a subject and manner of thought of which he has no previous experience. The desultory thinker may commence the study of mathematics; while the mind accustomed to figures should be engrossed with history or fiction. In any case, and whatever the subject selected, the exercise which is to be remedial must be undertaken as a task, a certain number of pages set down to be read or transcribed, whether the attention is interested or not. Perseverance, and a renewal of the effort at stated times, say once or twice a day, always as a duty imposed by the will, and enforced by the same authority, generally succeed. If in process of time the mastery is so far recovered that a complete train of reasoning can be pursued without irritation, the gain will be considerable.

The confusion of which we are now speaking may be experienced in any degree, from that occasional loss of the command of thought which begins in desultory thinking or reverie, to an utter lack of any power to do more than lie at the mercy of thoughts which neither are bidden nor can be dismissed. The points to make clear are: 1, that the condition is essentially mind debility, and 2, that it has been brought about either by weakness of the controlling power, or rebellion of those agents of the consciousness whose function it is to perform the duty of impression receivers and carriers, to bring the inner self into relation with the outer world, and inform and affect it with the intelligence of events transpiring around. When these agents are not under discipline they come rushing into the presence with burdens of all descriptions—good, bad, and worthless—and heap them on the mind, with no regard to will order, or memory.

There are other forms of confusion of thought which might be particularized, but they all group under one or other of the two broad classes I have attempted to describe. The confusion may be general or partial, impairing the thinking powers as a whole and in relation to every variety of subject, or relating only to some. It may apply to past events, categories of names and numbers, or only to trains of reasoning in which something has to be thought out, and the mind is found incapable. These are points of distinction of great interest to the psychologist, but scarcely worth the attention of a sufferer who is interested to get rid of the burden rather than to examine its intimate nature and construction. Undue anxiety about the subjective symptoms of the malady is to be avoided; and, although to some temperaments it is a relief to understand an enemy, little is likely to be gained by dwelling upon the evil. Better far concentrate effort on the work of self-cure.

Every known cause of weakness must be eradicated from the habits of life; the will is therefore the first agent in the task of recovery. Regrets are useless, and mere wishes will be vain. Resolutions and intentions are generally of no force. The resolves begotten of fear are the least trustworthy of all. If the mind has been weakened by vicious self-management, or by allowing petty annoyances to get the better of the judgment, it is not much good to vow and protest amendment. The simplest and least violent, or demonstrative, processes of persuasion are

always the best in dealing with self. Never mind the future, and, as far as possible, forget the past. Man lives in the present, and this matter of self-remedy is an affair of now. It is because we find the sorrow of evil courses to be an immediate experience that we try to reform.

The conscious misery of being unable to command one's own thoughts should be enough to made any man or woman anxious to regain the lost, or restore the failing power of self-control. To accomplish this result the authority of the master faculty of mind must be instantly brought into action. "Why is this susceptibility or that propensity my tyrant?" "Why do these troubles so deeply affect me?" "Why am I the slave of a particular impulse?" These are the questions the Judgment must ask itself; and when the humiliating answer comes, "I have neglected to fortify my mind against these annoyances," or "I have allowed my inclinations to run away with me," Will should re-assert its supremacy with the self-respect becoming a faculty which was destined to command, but, through error or indolence has sunk to obey.

Those who allow their whole being to engross itself with circumstances, and never rise above the dead level of surrounding and pressing facts, are always likely to be overwhelmed by the afflictions of the life that absorbs them. The road is ever rough and troublesome to those who tread the path with eyes bent on its ruggedness and difficulties. It is sorry work tearing through the brambles without the hope of rest and a compensating pleasure beyond, and, when the eyes are never lifted above the jungle, a man might, for all mental and moral purposes, as well grope his way through one of those dense forests where the light of day never penetrates, and the air is stagnant and reeks with wild decay. Those who are void of any hope and comfort in life except that which they can pick up in its dark recesses and on hard flinty roads, fall an easy prey to gloomy and plaguing thoughts, which nothing but a better and higher view of the present and the future can amend.

The feelings do not become blunted by misfortune; the faculty that feels grows more acutely irritable as its peculiar function is exercised on trifling annoyances, until at length the whole sensibility becomes morbid and the mind diseased. The like is true of the effect produced on propensities and inclinations which are allowed to throw off their allegiance to the authority of the judgment and will. Each act of rebellion confirms the spirit of revolt, and quickly the unbridled instinct or appetite—be it vanity, or the passion for pleasure, or anything else—begins to usurp control of the higher faculties it has deposed. In process of time it obtains the mastery of the mind itself, and the individual becomes insane.

This is the painful and humiliating history of many a ruined life. The evil began in the indulgence of a wanton, because undisciplined, ambition or longing for self-gratification. The license was repeated; and, as a spoilt child, the aspiration, whatever it may have been, becomes importunate. Before long the judgment ceases to be consulted; next the will lost the power to check; and then, growing with its rebellion, the insurgent instinct succeeded in subjugating the faculties of mind one after the other, until all mental power became the slave of the tyrant, and the errant forces fell to destroying each other, or to revolving round a single fixed idea.

To avert this mischief there is only one possible remedy, and that is the recovery of self-control. Confusion of thoughts is disorder, and the disorderly action of forces which are endowed with the highest powers of influence for good or evil can never be safe. The wear and tear of mind and of the intellectual gear is self-destructive, and the smallest damage to the supreme power and authority of the will ought to be instantly and earnestly repaired.

HE who makes a great fuss about doing good will do very little; he who wishes to be seen and noticed when he is doing good will not do it long.

FEMININE ATHLETICS.

BY J. HAMILTON FLETCHER.

I HAVE been for some time past watching with interest the movement which is being made toward what is called the higher education of women. I have been for three years in a boarding and day school whose principal, a clever woman, with a powerful intellectual grasp, threw herself into the cause with all the enthusiasm of her own sex, and all the determination of the other one. She drew me with her to a certain extent. At school, therefore, as pupil and teacher, I studied, so far as in me lay, the characters and capacities, mental and physical, of my comrades and pupils. Since leaving school I have gone on studying and observing, not only girls, but women in general, because the question of their education and culture, both present and future, is to me, as well as to others, of great interest; and is, I believe, one of the most important subjects of our day. And the result of my observations is, that associations for the higher mental education of women were much needed, but that the mental capacities of girls and women depend so much on their physical capabilities, that the benevolent and public-spirited ladies who are uniting for the purpose of developing the brain-power of the female sex are making a mistake when they confine themselves to that development alone, and do not likewise attend to the culture and training of the equally important bodily power. I say equally important, because mind and body are very closely united, and to insure the strength, coolness, and balance of the one, you must secure the strength and perfect health of the other. There have of course been cases of the most powerful minds allied to sickly, feeble bodies, but they are only exceptions, and the work done by these persons has usually been of an intermittent nature; often, too, containing what is narrow, weak and morbid.

Now we are all physiologists enough to know that women have brains, and I hope we have all powers of observation enough to see that there is much ability and even genius lying dormant in these brains, which, if properly drawn out, would be of great benefit to mankind. And drawn out it would have been had certain causes not conspired to prevent it. One of these causes was that which is being removed so speedily—the want of proper mental training. But, alas! the chief obstacle still remains in full force. I believe the weakness and positive ill-health which is the lot of so many girls, just at the age most important for their mental growth and culture, is one of the greatest hindrances to their progress, and it arises almost entirely from the prevailing want of attention to physical training. From 14 to 20 the minds of girls are forming actively. This is decidedly the period for education; the time for mere instruction ought then to be over, and the mind assimilating and digesting all that it receives.

But how much weariness and apathy have not teachers of girls to struggle against? How many long absences has not almost every girl throughout each session? How much of the selfishness, peevishness, and sourness of women is the result of months and years of delicacy in youth? How can girls be expected to work hard and take an interest in their studies, when flesh and heart are fainting and failing? How can these girls turn out cultured and well educated women? By the time these weary years are over, their tastes and habits are formed; they are women, in age at least, and other things engage their attention, rather than the cultivation of their minds. No, no, ladies; if you wish your girls to become able and intellectual women, you must begin your good work of reform from the beginning, and prepare your soil before you plant.

The question, therefore, naturally arises, how shall we prepare our soil? or rather, how shall we prevent our girls from falling into ill-health during that period when they are most liable

to do so? How shall we get rid of these manifold ailments so few escape?

I reply that the physical training of the girls should be carefully considered, and their constitutions strengthened and perfected by proper food, proper clothing and proper exercise. On the two former I shall not stop to remark at present. The word exercise brings me, however, to my real subject, feminine athletics.

Practically there is little attention paid to such training at present. Parents take but little heed of the muscular education of their girls. In fact the idea of robust, muscular women is repulsive to most minds. A creature with limp, powerless arms and a wasp-like waist constitutes the popular idea of female beauty. Whereas, what we ought to admire is a form unconfined, well knit, supple as that of a panther, with an arm rounded, white, and as hard as marble. All this is very easily obtainable. The Greek women of old possessed bodies such as I have described, and so might we women of to-day, if only care were taken. We do not need a Spartan system to effect a change; we have the means of attaining health and beautiful strength, almost without altering our mode of life. We can surely all walk. But how seldom do we meet with a woman, or even young girl, who can walk five miles without being fatigued. Now walking is one of the most delightful forms of motion when one has really learned the art. This can only be done through practice. Most women sit in their houses for weeks, or only saunter daily down the streets for a few hundred yards. Then one day the idea seizes them that they will have a good long walk. Off they go, sometimes fast, sometimes slow. They persevere to their journey's end, however, arriving quite exhausted, and unable to do anything but rest for days. After this they decide that walking does not agree with them, and resume their sedentary habits. As for girls at boarding or day-schools, they are unable to walk any distance except on Saturdays, when they, too, attempt too much, and pass Sunday in a half stupor.

All this is a great error. In order to walk with pleasure and profit to ourselves we must begin when young, walk a set distance daily, and at a given uniform pace. The distance must be short at first, and gradually increased; the pace likewise slow at first must be quickened day by day, until the desired proficiency is attained. If mothers were careful to have the pedestrian training of their girls begin about the age of 12, then our eyes would be gladdened by the sight of women moving with grace, dignity and swiftness along our streets; and, moreover, we should have another enjoyment added to our list of social pleasures, for wives and sisters could accompany husbands and brothers on delightful walking expeditions, and parties for the same purpose could be organized, as we see parties uniting for a tour by rail or steamer.

Picture to yourself how charming would be a honeymoon passed in walking through beautiful scenery, under the free sky, in crisp autumn or sweet spring weather, dividing the journey into just so many miles per day as would give time for turning aside to examine some bosky dell, or halt by some rippling river; picture the swift bracing march over a mile or so of moorland, then the arriving at the resting-place in the cool, fresh gloaming, the welcome supper and comfortable chair. Would it not put expensive and inconvenient wedding trips out of fashion, as, indeed, they are growing already to be?

Another splendid form of exercise is rowing. But of the hundreds of girls and women who spend at least two months out of every year at the coast, only a very few can row. Of course most of them can paddle about a little near the shore, and in fear and trembling should a steamer chance to pass. But this is not rowing. Like walking it needs steady practice. It is the best thing I know for developing the arms and chest—a most needful and important development in these days of consumption and asthma.

Why should not every mother see that her daughters "launch forth on

he deep" so soon as they arrive at the seaside, and practice pulling daily, as they practice walking? They should also learn to swim and float.

Then there are the more purely gymnastic exercises, which ought to form part of the curriculum of every girl's school, whereas at present a few feeble gestures usually represent the athletics in vogue. A gymnasium ought to be built in connection with every girl's school, wherein the exercises should be taught by a properly qualified governess. What fine, healthy fellows our universities can turn out where there are athletic facilities afforded! Girls' schools should be able to "go and do likewise" with their members.

Boarding schools for girls should never be in town. They ought to be at the sea-side or in the open country, and a female gymnast should be one of the first governesses engaged. In an inland school her duty would be to give the girls a thorough pedestrian training, and make them skillful gymnasts, able to use the dumb-bells and to fence. In a school at the sea-side the teacher would, in addition to those before mentioned, teach the pupils how to row and manage a boat properly. Swimming might be taught anywhere by each school having an indoor bath. Skating could also be taught to every one in winter, whereas at present the principal rarely permits this amusement, fearing accidents.

There are many persons who will object to this system of physical training being added to the usual educational course, on the ground that it would cause school fees to be much heavier, owing to the expense attending its adoption. Well, that might be so; but let us spend a little more money on the improvements of our children's souls and bodies, and the consequent benefit of the race, and less on the covering of those poor neglected bodies with rich and costly superfluities. Let us deny ourselves in the way of fashionable raiment and expensive trivialties that we may have the more to spend on really good and necessary objects.

The athletic training of girls does not require much attention until they are about 11 years of age. Before that time skipping-ropes, balls, swings and hoops, and ample space for running and jumping, furnish all that is necessary. But after that age a certain primness of manner usually sets in; the young ladies are ashamed of running and leaping, they hang all day over desks, and sit quietly in the house; their bodies are growing, and proper exercise not being taken high shoulders, narrow chests, poor appetites, and consequently ill-health and mental dormancy are the results.

It is high time we began to establish our associations for the higher physical education of women. We shall never have great doings from women unless they have great souls—we cannot well expect great souls in little cramped bodies. We are told that women are cowards, and so they are usually, physical cowards, not so often moral ones, and for that let us be thankful; but still physical cowardice is bad enough. It prevents women doing much that is useful in the world, prevents them from fulfilling many obvious duties. Women with little to do, and really sympathizing hearts, refuse to visit the poor or rescue the perishing, because they are afraid to go into low districts among "these miserable people." And how many times do women not bring down on themselves the scorn of their masculine friends, and suffer untold agonies in their own minds, through their dread of the sea, of waves, of ghosts sometimes, of robbers often, and seeming-savage dogs almost always. All these fears arise from their sense of helplessness and utter inability to prevent the dreaded danger arising. But if by proper exercise we render girls strong, self-reliant, able and skillful, then we should find that the physical cowardice of women had vanished, that their moral courage was strengthened, their minds rendered enterprising, cool, and liberal, that nerves were unknown and hysterics as uncommon as demoniacal possession, and that woman had become, physically as well as mentally a help meet for man.

OUR DESSERT TABLE

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

A HARDY seaman, who had escaped from one of the recent shipwrecks upon our coast, was asked by a good lady how he felt when the waves rolled over him. He replied, "*Wet*, ma'am; very *wet!*"

"So you want to marry my daughter, do you?" said a father to 22 years growth of trembling manhood. "Yes, sir; I like her, and—and—" "How can you support her? What salary do you get?" "Oh, my salary's small, but I'd come and—and—live with *you!*"

MR. CURTIS once asked Mr. Greeley, in response to a similar question put to him by the great editor: "How do you know, Mr. Greeley, when you have succeeded in a public address?" Mr. Greeley, not averse to the perpetration of a joke at his own expense, replied, "When more stay in than go out."

ON the river—"What's the matter, Alfred? You look uneasy." "Well, my wife, who is fond of swimming, dived off the boat some time ago, and has not yet come to the surface. I am afraid something must have happened to her." "How long has she been under?" "About two hours."

A GENTLEMAN in a draper's shop had the misfortune to tread on a lady's skirt. She turned around, her face flushed with anger, but, seeing the gentleman was a stranger, she smiled complacently, saying: "I beg your pardon, sir. I was going to be in a dreadful passion. I thought you were my husband."

A LITTLE girl, who was spending her first month on a farm in the country, was asked "What do you like best in the country?" Replied the child, "I like the country because there are no corners! When I am at home, mother tells me not to go further than the corner of the street; but don't you see there are no corners here, and I can go anywhere."

CATS have no fixed political belief, They are usually on the fence.

SOME females have just been arrested in Kentucky for the manufacture of illicit whisky. This is the first recorded instance of a woman keeping still.

A MAN is a bad egg when the best of him is on the outside.

KEEP thyself at a distance from those who are incorrigible in bad habits; and hold no intercourse with that man who is insensible of kindness.

NOTHING is wholly bad. Even a dark lantern has its bright side.

LIFE itself is one continual progression. Step by step it travels to its climax, and loses a portion of its interest as soon as it begins to decline.

THE WISDOM OF TRUST.

QUESTION.

"If hope be vacant—baseless faith—
Our dreams of future bane and bliss,
The hollow menace of a wraith,
And lust of inborn selfishness,
What were the purpose, then, of life,
If this be so?" the doubter asks;
"Why stay the combat and the strife
Of that which naught but chaos masks?"

ANSWER.

To him the truster: "Spare thy pains,
Why tarriest thou with hope and fear?
The NOW is thine. Rack not thy brains
With sequence of thy being here.
Thy path is duty's. Our behest
Stands validly on either shore,
To make bad better, better best,
Good follows good forever more."

A. Oborne.

ALL in the day's work. "Oh—a—James. You can take the dog out for a walk." "If you please, ma'am, the dog won't follow me!" "Then you may follow the dog, James."

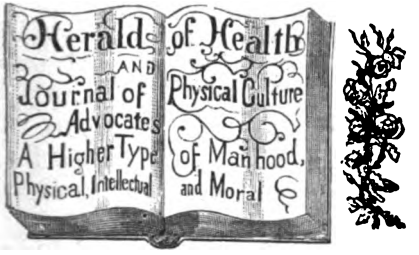
AN old miser, who was notorious for self-denial, was one day asked why he was so thin. "I do not know," said the miser: "I have tried various means for getting fatter, but without success." "Have you tried victuals," inquired a friend.

A MAN told a friend he had joined the army. "What regiment?" his friend asked. "Oh, I don't mean that; I mean the army of the Lord." "Ah, what church?" "The Baptist." "Why that's not the army, its the navy," was the reply.

A NOBLE lord, as proud and fond as a man should be of his beautiful young wife, was just about rising to speak in a debate when a telegram was put in his hands. He read, left the House, jumped into a cab, drove to Charing Cross and took the train to Dover. Next day he returned home, rushed into his wife's room, and finding her there upbraided the astonished lady in no measured terms. She protested her ignorance of having done anything to offend him. "Then what did you mean by your telegram?" he asked. "Mean? What I said, of course. What are you talking about?" "Read it for yourself," said he. She read: "I flee with Mr.—— to Dover straight, Pray for me." For a moment words would not come; then, after a merry fit of laughter, the suspected wife quietly remarked: "Oh, these dreadful telegraph people." No wonder you are out of your mind, my dear. I telegraphed simply: "I tea with Mrs. —— in Dover street. Stay for me."

THE iron horse has but one ear—the engineer.

EDITORIAL DEPARTMENT.



NEW YORK, AUGUST, 1880.

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* PUBLISHER *does not hold himself as ndorsing every article that may appear in* THE ERALD. *He will allow the largest liberty of ex- ression, believing that by so doing this magazine ill prove to be more useful and acceptable to its atrons.*

TOPICS OF THE MONTH.

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

A PRESIDENTIAL CANDIDATE.—The following letter will, we are sure, be found of interest to our readers:

KELLOGGSVILLE, O., June 22, 1880.

DEAR DR. HOLBROOK—In reply to your note I would say that I really have very little to tell you about the boyhood of General Garfield. That portion of his student life passed under my instruction was quite brief. I first saw him, I think, in the fall of 1849, when he must have been 17 or 18 years of age. He came as a student to the Geauga Seminary, at Chester, Ohio, where I was at the time teaching. I was told that he came from service on the canal, where he was employed as a driver, and afterward as helmsman. He impressed me as a bluff, hearty, manly young fellow, with good stuff in him that it would pay to bring out.

He was under my instruction but a year, I think, at the farthest; but during that period he made good progress in study and won the esteem and confidence of his teachers and associates by the correctness of his deportment, and the earnestness of his devotion to the work of self-culture. I did not observe at the time that he possessed any special gift or talent in a pre-eminent degree; but he was certainly an industrious, painstaking student. He showed an active, inquiring mind, a determination to overcome obstacles, a disposition to take rank among the first, and, withal, a kindliness of disposition and freedom from envy that disarmed all rivals.

With quite limited culture at that time, he evinced considerable aptitude for oratory and debate. Still, I can scarcely say that his juvenile efforts in that line foreshadowed the brilliant career he has since achieved. But he was the fortunate possessor of a large, active, well-balanced brain, and what was of equal importance, a native fund of vitality not easily exhausted; which last impelled him to a vigorous intellectual life, and enabled him to work his mental faculties up to their fullest bent without danger of breaking down; and this, I think, is the secret of his splendid success.

It may be added that during a considerable portion of the time he was in the Chester academy he boarded himself at a cost of 31 cents a week, thus saving his money to pay tuition.

Yours truly, J. B. BEACH.

WHAT SHALL WE DO WITH OUR DAUGHTERS?—The question at the head of this article is going the rounds of the newspapers, and receiving all sorts of answers, according to the opinions of the various writers who discuss its merits. It does not seem a very difficult question to answer. Many of us would be glad to take the chances of managing one, two, or three, healthy,

happy girls, and make no fuss about it. Still, as the topic is constantly before the public, it may not be out of place for THE HERALD OF HEALTH to say its say. In the first place, don't turn your girls into women before their time, by associating them too much with their elders, or by giving them a too stimulating diet, or putting on long tight dresses and patent pads, which belong to the middle age rather than to girlhood. When a girl is learning to become a member of society she will gradually step into it, as winter steps into spring, or as autumn into winter. Don't give your girls too many accomplishments while they are girls. Let them begin gradually to acquire those accomplishments which are necessary to magnificent womanhood, but reserving some to be acquired after maturity, taking that time devoted to their acquirement, to giving her a thorough knowledge of her own organization and some knowledge of work. No matter how rich you are, train your girls to do useful labor, not because it is necessary for their maintenance, perhaps, but because it is necessary for their happiness. A very large proportion of the joy and pleasure of life comes from work in its different forms. A life devoted to pleasure soon becomes miserable; but pleasure mingled with useful labor adds much to our happiness.

Not only should girls be taught useful work, but they should also be thoroughly educated in all of these branches which are useful in making life perfect; music, painting, drawing etc., and all of the accomplishments which are especially suitable to the female sex; and if a girl shows any special aptitude in one of these directions let her become proficient in it. It is not necessary, however, to crowd these studies at a very early age, and before they have sufficient maturity of mind to appreciate them. There is one point of special interest connected with the early training of girls, and that is the subject of dress. They are scarcely in their teens before we change their short dresses, with shoulder straps and buttons, to long skirts supported on the hips, and corsets, so that they are unable to take the necessary amount of exercise for their full and complete physical development. They are even told that it is unladylike to romp and play as they do in their earlier years—now they must be ladies and not girls. This a very serious error. As long as a girl is a girl, and so long as she is a living being, she needs to be so dressed that she can exercise with ease and freedom on all occasions. This fact of early changing the girl's dress for the woman's, alters the shape of every organ, limits development — atrophying and cramping the abdominal and spinal muscles as well as displacing them. A woman needs more than a man a perfect play of all the muscles of the chest and back, including the diaphragm and abdominial muscles, and this is impossible in the ordinary woman's costume, no matter how it may be made. It is very true that uncivilized and ignorant people for many centuries have compressed the female waist. The Greeks did not do it, and hence we look to them for physical perfection of women. Now we have in all civilized countries, specimens of female perfection, perhaps, equal or nearly so, to these classical Greeks; but the number is comparatively small. Every female should possess a perfect form, and not one in 10 000, as now. Another error is the use of the vail and glove. Both protect from the rays of the sun and give to the face and hands a color very similar to that of a potato vine growing in the cellar. The blood needs the effect of the sunlight, acting directly on the skin, and the more it can be exposed to the air and sun the more perfect will the complexion be. We have at present a very imperfect standard of a beautiful complexion. A pale, white and anemic one is supposed to be more beautiful than a ruddy one. Could any mistake be greater? If you have a feeble girl give her a good deal of out-door life. Give her a horse, a boat, bow and arrow—any kind of an instrument that can be used with safety in the open air. Many a feeble girl has been developed into a robust one by learning to row; and going out upon the lake and river for hours at a time to

ulge in such pleasures as her mind y conceive. The horse is almost ood as a boat.

et us give our daughters a scientific cation. It is just as useful for them for our sons. Then they would se to read so many novels, which y excite that part of their nature al- dy too well developed. The knowl- ge of various sciences would remove n woman's life a very grave danger: at of sentimentalism. Novel read- g develops the sentimental, the emo- nal sides of their natures. A study the sciences would develop the more ol, self-reliant womanly character. Much more might be said. We will ly add, so far as possible fit them for ose duties of life which are almost re to come to them after they become ature. Thus will they become more iarming as daughters, more useful as omen, more happy as mothers.

RECORD OF HYGIENIC PROGRESS.— national system of Sunday-school ssons for all evangelical churches was stablished some years ago in this coun- y, and recently one Sunday in each uarter has been especially set apart or Sunday-school temperance work. he demand thus created for temper- nce literature suited to the Sunday- hool has been met in part by the Na- onal Temperance Society in its "Tem- erance Lesson Leaves," one of which, o. 10, is before us. Its subject is Temptation through Appetite," and ie lesson is drawn from the tempta- on of Adam and Eve, under the text, Resist the devil and he will flee from ou." The starting point of hygienic rogress is the control of the appetite, nd the temperance work of the church oes to the root of things and lays the oundation for all other hygienic work.

Prof. W. H. Brewer, of Yale College, resident of the Board of Health of ew Haven, in his annual report states ery clearly the reasons which render n efficient board of health a necessity i modern cities. He says: "Our civ- ization has become more complex ith the modern methods of doing bus- ness, particularly in the production nd distribution of articles in com- merce by the masses; and one result of this change is that a man's safety from contagious disease is now relative- ly much less under his own control than when business methods were simpler. Even in his general health he is now more liable to suffer for the sins of the community than he was when popula- tion was more sparse, and before stock companies and other organizations sup- plied him with water and gas in his own house, produced so many of his foods, drinks, and clothes, before steam transportation brought his food and other articles from so many and such distant regions, and before travel was so easy, speedy and common. These modern improvements, while beneficent as a whole, have introduced so many new sources of danger that they have made boards of health a necessity."

Prof. Brewer thus sums up the duties of a board of health: "1. To do that which the free individual cannot do in his private capacity to protect himself against unwholesome conditions which arise from his neighbors. 2. To see that the conditions which produce and spread zymotic diseases are suppressed or controlled. 3. To educate the pub- lic in sanitary matters, advise it of real dangers, and quiet fears as to imagin- ary ones. 4. To protect the poor from those dangers to health which they are particularly subject too."

It is an important question how far the law, or a wise board of health act- ing under it, may rightly go in protect- ing the health of the citizen against the evil influences incident to a high civilization and a dense population. Hygienists must watch with anxiety to see whether civil law and private con- science are to co-operate so as to keep the physical progress of the race in all that relates to health even with our wonderful strides in science and the mechanic arts. The evidences of this progress will be carefully gathered and noted in this record.

GOOD HABITS TAUGHT IN THE SUN- DAY-SCHOOL.—The Sunday-school might be made an agent for much greater good than it is. One of the things it might do is to teach boys to avoid the

sin of using tobacco. This evil is very widespread throughout the world, and boys are using it more and more, simply from imitation of the wicked example set them by their parents, teachers and companions. If the teachers in all of our Sunday-schools would set up a vigorous war against the use of tobacco it might be of some service. This habit is the father of very much drunkenness. When once a lad has strayed into this bad habit he is likely to be drifted on and on by the current until he is past redemption. Perhaps one difficulty in the way of making the Sunday-school of any use in preventing this habit is the fact that far too many of the teachers are themselves slaves to it. The blind cannot lead the blind. Such teachers are only half teachers, giving a stone where they should give bread. As women rarely use tobacco they might take hold of this matter and help to educate the rising generation as they ought to be educated.

COURAGE.—What a new face courage puts on everything. A determined man, by his very attitude and the tone of his voice, puts a stop to defeat, and begins to conquer. "For they can conquer who believe they can." Every one hears gladly that cheerful voice. He reveals to us the enormous power of one man over masses of men; that one man, whose eye commands the end in view, and the means by which it can be attained, is not only better than ten men or 100 men, but a victor over all mankind who do not see the issue and the means.

DARWIN'S REPLY TO A VEGETARIAN.—The following letter was received from Charles Darwin in answer to one written to him by a person who saw in the theory of evolution, as set forth by this great naturalist, evidence in favor of vegetarianism. We find it in a German vegetarian journal, and translate:

DEAR SIR.—I have so many letters to answer that mine to you must be brief. Nevertheless, this has not the significance it would have if I had given the subject of vegetarian diet special attention. The only evidence in my opinion which would be of any [illegible] would be the statistics in regard [illegible] amount of labor performed in [illegible] tries where the population live[illegible] different diet. I have always be[illegible] tonished at the fact that the mo[illegible] traordinary workers I ever saw [illegible] the laborers in the mines of Chi[illegible] exclusively on vegetable food. [illegible] includes many seeds of the le[illegible] ous plants. On the other han[illegible] Gauchos are a very active peop[illegible] live almost entirely on flesh. Fur[illegible] it appears to me to be good ev[illegible] that in tropical Africa an extraord[illegible] craving exists, which increases [illegible] necessity at times, to eat flesh. th[illegible] I presume that the seeds of the le[illegible] minous plants abound there, for [illegible] earth nut is extensively cultivated

CHARLES DARW[illegible]

DIPHTHERIA FROM BAD WATER.—Dr. Sanford has traced an outbreak of diphtheria directly to impure water in a public school, which is well built, well ventilated, and clean. The closets empty into one common cesspool. The water supplied to the children from a well in the play-ground came under suspicion, and on examination it was found that there was a leak from the cesspool into the well. Thus through several months the children had been drinking water charged with more or less of its contents, and an outbreak of diphtheria then prevailing was traced directly to this source. This hint may be useful in other places where this disease is prevalent.

SODA AND SALERATUS.—William Horn writes to the Country Gentleman concerning receipts in that journal where soda and saleratus are recommended, for ginger cakes, Graham pudding, etc. He says that true Graham bread should not have any molasses in it, nor any soda; indeed he goes so far as to say that soda or saleratus should not be used in the preparation of any human food. There is no need of it. Cow's milk and cream are all sufficient for light, delicate, wholesome food, and is a luxury. He does not decry good living, but advocates better living than

ossibly be made out of soda or tus bread. He declares that he tastes of any food in which they prominent part. Graham bread, rs, should be made of the very best flour from winter wheat; and properly made it will keep four times as long as when made in the ordinary manner.

STUDIES IN HYGIENE FOR WOMEN.

MENTS FOR LITTLE GIRLS IN WEATHER.—Some months ago blished a short paper by F. B. J., r of Laws of Life, on winter gar- for girls. We give here, from me practical pen, some hints for nts in warm weather. She says: oking over the model summer obe of a little girl whose mother ls her health of the highest impor- we find the lightest, softest me- ests and drawers, for all the damp, nornings and cool days which run gh the warm season. She seldom the vests, however, because it is easier to put on or to take off a knit over-sack. But the drawers ndispensable, and it is well worth me required to change, for the tion they afford, as nothing could ll used as a substitute. Colored n over panties do not come down shoe to protect the leg and ankle. out little work to turn down the ing, take off the cotton panties, raw the woolen garment off over oes. The summer suit has waist panties separate, as being more nient than when combined. The e waist is nearly high in the neck, has long sleeves. Most mothers, ncy, would be astonished to learn nany inches round the little gar- is. The idea is that there shall sitively no restriction about the . The little one shall have plenty om for a good dinner, and for all of gymnastics after it, without ng the least constriction over vital ns. So the little waist is 34 inches e belt line. The front is whole, perfectly straight; the bottom ned wide, and on the hem are two of buttons, the lower one for pan- the upper for skirt. The side seam is midway between front and back, to make it stay for the side buttons, and is nine inches long—the little girl being 44 inches tall. The mother thinks it far better that the skirts should be gabrielle, but if not, should be gored and simply hemmed at top, with buttonholes in the hem. The shoulder seam should be so high as firmly to support the garment, and on no account should straps over the shoulder be used. The hose are high and fastened to the waist by patient suspenders; the panties come to the knee. The little dresses are all after the gored or princesse pattern.

"This for ordinary summer wear. It often happens that children, after the morning's play, or coming from school on hot summer days, feel overcome with heat and impatient of clothing. The little girl in question is particularly sensitive, and her mother has provided for her comfort. She showed me a slip of cambric, white with double lines of blue; it is a simple sack, longer than the dresses, with only side seams, low in the neck, and very short sleeves finished with a narrow ruffle. It is open only on the top, is slipped over the head, and the tops of the sleeves and shoulders lapped and fastened with little gold cuff-pins. In this the child luxuriates in the house during the heat of the day, having on no other garment unless she chooses to wear light slippers. With a low, sleeveless underwaist for panties to button to, such a slip would answer for play on the lawn in the cooler afternoon hours.

"Children in the country can have great freedom, and they should be clothed simply, with brown linen or ginghams, or colored cambrics and calicoes, that will not show soil, and iron easily. They should be allowed

to enjoy all the light and air, yes, and the dirt that the summer so bountifully gives. It is an equal advantage to grown people to give the surface of the body all the light it can bear, and it is well to improve every opportunity to go lightly and loosely clothed.

"The Domestic Sewing Machine Quarterly has many cuts showing simple and becoming styles of garments for children, and most of the fashion magazines furnish good patterns. It is certainly fortunate for this generation that children's styles allow bodily freedom.

"It is so unspeakably important that girls should be healthfully reared, that we feel too much cannot be said and done to quicken the intelligence and conscience of all who have the care of their clothing, not only, but their food, and their habits of play and study, and their social relations. We earnestly ask those who are interested to give us their experiences and experiments in contriving healthful dress and conditions for little girls. J. B. J."

BREAD AND DISEASE.—Prof. Wilder calls the attention to the fact that popular taste has fixed upon foods as a staple that contain starch in large quantities, and to this fact he attributes the thin muscles, morbidly sensitive nerves and dyspepsia, that are becoming universal among Americans.

He thinks that the inability to think closely and consecutively, neuralgia and toothache are largely referable to starch foods, and that a dietary based upon the gluten of wheat, would go far toward abolishing these ills. He likewise notes that consumption is largely developed and hastened to its termination by improper and innutritious food, and believes that properly made food, containing a large percentage of albumen and phosphatic elements to supply the waste of the system, would go far toward checking the ravages of this dread disease.

LIGHT UNLEAVENED CAKES. — Mix Graham flour, either with milk or water, so soft that it will pour from the bowl. Rub smooth, with a greased swab, round patty tins and pour in the batter about an inch in thickness — bake quickly. They are so light sweet we like them better than r The same is excellent baked in ca pie-pans. The batter should n more than a half inch in thickness.

Another way is to make rolls cold Graham pudding. Work either Graham or white flour t enough to mold and roll, cut in s diamonds or any fancy shape. b baking tins and put in a hot They require a little more heat i ing than the first. With good s butter or cream, or even milk seem to us better than any short c

TO CURE FITS OF SNEEZING.—A correspondent of the British Me Journal says: "During the recen id change of temperature I cau severe cold in my head, accompa by almost incessant sneezing. M fortunate nose gave me no rest slightest impact of cold air, or pa from the outside air into a warm r equally brought on a fit of sne In vain I snuffed camphor and p tilla; the light catarrh still trium over me. At length I resolved t what the maintenance of a uni temperature would do toward di ishing the irritability of my Sch erian membrane, and according plugged my nostrils with cotton The effect was instantaneous: I sne no more. Again and again I teste efficacy of this simple remedy, al with the same result. However I was to a sneeze, the introducti the pledgets stopped it at once. was there any inconvenience from t presence, making them sufficiently not to tickle, and yet leaving th loose enough to breathe through e ily."

This is really worth knowing, for cessant sneezing is among the grea of smaller ills, and it seems only a r tional conclusion to hope that this sim ple plan may furnish the most effici remedy against one of the most di tressing symptoms of hay fever.

THE ERA OF PADS. — Under th heading the Pharmacist obser "We refer not to the footpads, wi

indeed plentiful enough, but to se little specimens of medical upstery now hawked about for almost ry ill that flesh is heir to. Medical losophers who were wont to hold up temporary success of the Perkins ctors as an example of the superstin once prevalent among the people, d to congratulate themselves on the ellectual superiority of this age, nd in amazement as spectators of a petition of the folly of faith. Already we have 'liver pads,' 'lung ds,' 'kidney pads,' 'headache pads,' d of course will soon have 'heart ds,' 'stomach pads,' 'worm pads,' c. Ere long we may expect enterising firms to advertise as complete a ne of pads as they now do of elixirs sugar-coated pills. The padites or ddies appear to believe that remedies ermeate the body, as do bullets, in a irect line, regardless of teguments, ssues, or circulating fluids."

SANITARY ERRORS.—It is a popular rror to think that the more a man eats ne fatter and stronger he will become. 'o believe that the more hours children tudy the faster the learn. To conclude hat if exercise is good, the more vioent it is the more good is done. To nagine that whatever remedy causes ne to feel immediately better is good or the system, without regard to the lterior effects.

HONORS TO WOMAN. — The first woman who has had entire charge of the emale department of Pennsylvania's ew hospital for the insane, Dr. Alice Bennett, wore a cap and gown at the ecent commencement of the University of Pennsylvania, held in the city of Philadelphia, and received the degree of Doctor of Philosophy.

TO TEST MILK FOR WATER.—A German chemist furnishes a very simple procedure for testing the amount of water in milk, which can be applied by any one. All that is required is a small quantity of plaster of Paris, say one ounce. This is mixed with the milk to a stiff paste, and then allowed to stand. With a milk of 1,030 specific gravity, and a temperature of 60° F., it will harden in 10 hours; if 25 per cent. of water is present already, in two hours; if 50 per cent., in one and a half hours; and with 75 per cent., in 30 minutes. Skimmed milk which has been standing for 24 hours, and is of 1,033 specific gravity, sets in four hours, with 50 per cent. of water, in one hour; and with 75 per cent., in 30 minutes. Heat should not be applied, as then the use of the thermometer would be required. This test is certainly very simple, and not costly.

WOMEN'S HEADACHES. — The New York Herald, which devotes most of its space to news, has published a brief editorial on women's headaches, which is certainly more suggestive than many of the articles in that paper. One principal reason why women suffer more than men with headache, is the fact that their life is largely indoors, and they are not able to take so much physical exercise. There is very little complaint of headache at summer resorts, where the windows are always open, and games and excursions constantly tempt people into the open air. Girls who ride, row, sail, and shoot, seldom have headaches, and the same is true of those who work in the fields, as women in many countries do. Headaches might be almost banished from civilized society by a wise and careful system of physical training, and a rational system of diet. We ought to be as ashamed of having a headache as of being unable to read or write, or speak our language correctly.

MOUTH DISENFECTANT.—A lady asks us to name some harmless mouth disinfectant. It is not a good sign to have a mouth that needs disinfecting. There must be some fault with the stomach, or liver, or bowels. The first remedy should be to regulate the diet and other habits, so that the functions of excretion shall be perfectly established. Then if the mouth needs cleansing with any thing more than pure soft water, a harmless lozenge may be made by rubbing 24 grains each of permanganate of potassa and hyperoxydate of barium into a mass with sugar and glycerine, and dividing it into 14 parts. A very ill smelling mouth

will be thoroughly disinfected by its occasional use.

THE TREATMENT OF SPRAINS.—Mr. Dacre Fox, an English surgeon to a large railway company, who has had considerable experience of this form of injury, says that in the more severe cases he finds that after a few days of fomentation the best treatment is regulated pressure, by means of carefully adjusted pads and large plasters of a special shape, varying according to the particular joint involved. By this plan he feels sure that it is possible to control the effusion into the sheaths of the tendons and adjacent structures, to lessen the pain, and to shorten the duration of treatment.

DISEASE AT PRINCETON COLLEGE. —Several deaths have occurred at Princeton College, New Jersey, during the past year, on account of the imperfect condition of the drain-pipes leading into the cesspool. It seems that no one felt sufficiently responsible to attend to them, although a very casual observation would have revealed their unsanitary condition. The penalty has been the loss of six lives, and a goodly number of persons were sick who did not die. The loss to Princeton College must be considerable, all of which might have been prevented with very little expense.

THE beauty of the English women of the upper classes, Darwin says, is due to the selection of beautiful wives for a number of generations.

CURRENT LITERATURE.

—:o:—

HOW TO BE PLUMP; or, Talks on Physiological Feeding. By T. C. Duncan, M. D. Chicago: Duncan Brothers.

The author of this book has made the subject of diet a special study for ten years past, and has here given rules and directions for becoming plump, as they accord with his experience. One of the first questions he asks a lean person is; how much water do you drink? and, as a rule, he finds it is very little. As water is universally present in all the tissues and fluids of the body, and is a most necessary factor in the constituents of the human system, its free or frequent use must be considered as essential to one who would possess plumpness, or normal weight. The necessity for the use of sweet and starchy foods, the value of milk, and the adaptedness of soups for elderly people, are among the other topics enlarged upon. The advantage of oysters as a diet for old people, and many of the lesser rules for establishing a nation of fat men, must be considered sensible and worthy attention.

STUDYING ART ABROAD. How to do it cheaply. By May Alcott Nieriker. Boston: Roberts Brothers.

Now that so many artists, and nearly all who seek for the highest attainments, feel it necessary to go abroad at a certain stage in their career to pursue art studies, and to learn the methods of European schools and masters, some little manual giving the actual cost of living, instruction and rent of studios and where should find a place and patronage. This little book, by the late lamented May Alcott Nieriker, does this service as it has not been done before, and tells the reader what London, Paris and Rome have to offer to the art aspirant. In a simple style, no less than its moderate discussion, we should commend it to the purchaser.

OUR HOMES. By Henry Hartshorne, M. D. Philadelphia; Presley Blackiston.

This is the ninth in the series of American Health Primers, of which several have already been noticed favorably in this journal. No one of the preceding topics, however, is more richly worth attention than is the subject now offered. Dr. Hartshorne, who has been Professor of Hygiene in the University of Pennsylvania, brings to this discussion ample qualifications, and he considers in a rational way the comparative healthfulness of city and country homes, the situation for a house, its construction, light, warmth and ventilation, the water supply, drainage, disinfection and the influences of population on health. A separate chapter is also added on plans for workingmen's homes. The chapter on drainage is illustrated by the best devices to effect that object, and the whole book seems conscientiously as well as ably written.

HYGIENE OF THE VOICE: its Physiology and Anatomy. By Ghislani Durant, M. D., Ph. D. New York: Cassell, Petter, Galpin & Co.

The number of books about the voice and throat gives some evidence that voice and throat maladies in our climate are gaining at last a wide attention. That these ailments are numerous enough no one doubts; and frequently, where they are not destructive of health or life, are very grievious to bear. Dr. Durant opens his book at the beginning of the subject by restating a great variety of both ancient and modern theories as to the voice, and from this point he proceeds to a discussion of the physiology and anatomy of the vocal organs. The author, being both a singer and a physician, has had this subject doubly forced upon his attention, and writes with vigor and enthusiasm. His chapters on respiration, alimentation, sleep and preservation of the voice, are full of reforming details and illustrative articles. In the appendix several modes of gargling are described, and the best way to make the process efficient is pointed out.

HEALTH FOODS.

is interesting to note the strong
l which the work of the Health
d Co., of 74 Fourth ave., New York,
secured upon the best people every
re. We are led to utter this re-
k at this time by the receipt of a
y of the Daily Advertiser, published
Auburn, New York, June 26th, 1880.
contains a full report of a sermon
ached by Rev. Jno. F. Clymer, in the
st M. E. Church of Auburn, on Sun-
, June 20th. The title of the dis-
rse is "The Relation of Food to
rals." If our space allowed, we
uld be glad to publish this sermon
ire. We can plainly see that its in-
nce in behalf of temperance and in-
igence in the matter of foods would
of immense service to the world. If
great central thought involved in
that our bodies are just about what
food, drink and habits make them,
l that our spiritual natures are
werfully controlled by our bodily
te, could be strongly impressed up-
every heart, and constantly acted
on as a controlling principle, the
man race would soon become nobler,
onger, sweeter and more beautiful
an now.

Although Mr. Clymer is not a vege-
ian in the sense of excluding meats
m his dietary, he believes that the
ily use of flesh makes the blood
ss, coarse and corrupt, and puts the
dy and mind in a "condition to be
sily provoked to some outburst of
ger, passion or revenge." He stren-
usly opposes the use of pork and
d under all circumstances, and ad-
cates a diet made up largely of fruit,
getables and grains. In the matter
bread, he is fully abreast with the
st and most advanced thought of the
e. He shows the artifical character
the white commercial flour, which by
e common mode of preparation is
bbed of the gluten and most of the
osphates and nitrates—the elements
at are chiefly required for making
rves, muscles, bones and brains;
ese essential constituents being re-
rved for the use of cattle because
cking the whiteness demanded by the
miller, the baker and the ignorant consumer, and urges that the precious cereals made use of, be prepared as they have been for many years past by the Health Food Company, of New York. He further says;

"The word 'Graham' as applied to flour has been a term of reproach. It now generally signifies a mixture of low-grade, cheap bolted flour, and the woody fiber of the wheat, which has no nutriment in it at all. To overload the alimentary canal with such foreign, indigestible matter has no other tendency but to weaken and debilitate it. But a perfect flour from whole wheat containing all that is food in the grain, and rejecting only that which is wood and silex—the protecting, insoluble shell—this is the noblest of foods, producing the perfect bread, the sure staff of life instead of the broken reed from which so many seek and fail to find support. This ideal bread-stuff is found in the Cold Blast Whole Wheat Flour of the Health Food Company of New York. To use it for a single month is very certain to induce a desire to use it always. There is a sense of comfort, of digestive power, of strength of nerve and muscle and will, attending its use, which seem attainable from no other source. From wheat this company extracts its most valuable constituent, gluten, which by analysis is found to contain all the phosphorus and mineral elements of the grains except the silex of the outer coats. This food is the best nitrogenous food that can be found, and is especially helpful in supplying all the wastes of the system. It strengthens digestion by increasing motor nerve power, and facilitates the solution of food-substances by giving to the solvent fluids—the saliva, the gastric, pancreatic and other intestinal juices—the very elements which constitute their potency."

It is an encouraging sign to see ministers and doctors, and other learned men encouraging perfection of body, brain and soul through perfect foods and perfect drink. This is a practical gospel too often ignored by the pulpit, but destined ultimately to find its place along with all true gospel work.

HYGIENE OF THE BRAIN,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

PART I.

Chapter 12 contains Hints on the following Subjects:

Expectant Attention—*Wm. B. Carpenter, M. D., F. R. S.* Normally Developed Brains—*... Clarke, M. D.* Alcohol Enfeebles the Reason—*Benjamin W. Richardson, M. D., F. R. S.* W... and Brain Labor—*Frances Power Cobbe.* Difference between Man's and Woman's Brain—*G... heim, M. D.* Rejuvenating Power of Sleep—*J. R. Black, M. D.* Physiological Effects of Ex... Brain Labor—*William A. Hammond, M. D.* Training Both Sides of the Brain—*Dr. Seguin.* A... of Blood Necessary to Mental Vigor—*Alexander Bain, LL. D.* Take Care of Your Healt... *Tyndall, LL. D., F. R. S.* Neuter Verbs—*Archbishop Whately.* Exercising the Brain—*Lion... Beale, M. R. C. S.* How Chancellor Kent was Educated—*Chancellor Kent.* Origin of Abus... Mind—*Robert Macintosh.* Intellect Not All—*Dr. Brown Sequard.* Early Mental Culture a M... —*Amariah Brigham, M. D.* Walter Scott's Boyhood—*Harriet Martineau.* A Wise Thought... *Herbert Spencer,* Hot-House Brains—*R. R. Bowker.* Book-Gluttony and Lesson-Bibbing—*... W. Huxley, M. D., F. R. S.* Continued and Varied Activity of the Mind—*Benjamin W. Richar... M. D. F. R. S.*

PART II.

Contains Letters describing the Physical and Intellectual Habits of the follow... Men and Women, written by Themselves for this Work.

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ADDRESS ALL ORDERS TO

M. L. HOLBROOK, M. D., PUBLISHER 13 & 15 LAIGHT ST

NEW YORK.

Wheat more nearly corresponds with the requirements of the human system, 'er ordinary circumstances, than any other grain, and life and health can be 'inued on wheat alone for an indefinite period with good water and air."

W

FINE FLOUR

OF THE W

ENTIRE WHEAT.

W

None genuine without the four W's on the Brand.

Franklin Mills.

MANUFACTURED BY

THE FRANKLIN MILLS COMPANY,

LOCKPORT, N. Y.

Bread is the representative of human food, because wheat, of which it is , embraces all the elements of nutrition necessary to build up and sustain part of the system, keeping it in good working condition and preserving it paired to ripe old age."

W

FINE FLOUR

OF THE

W W

ENTIRE WHEAT.

W

None genuine without 4 W's on the Brand.

Manufactured only by the Franklin Mills Company.

LOCKPORT, N. Y.

WHAT IT IS.

IT IS NOT what is called or known as "Graham" flour, for that w best and honestly made, contains all the coarse, irritating particle bran, and all the woody, un-nutritious and indigestible husk or o coatings and fibrous brush of the wheat;—neither is it a white f because the mineral food-elements in wheat are dark, and a flour c taining them cannot be white.

IT IS a wholly new and distinctive product, differing from all o flours, be their names what they may. It is made from *sound* and *ripened wheat*, as *such wheat* ONLY, contains the *full complement* of *muscle, brain* and *nerve food.* It is made by new and peculiar proce specially designed for its production, and *without which its product impossible.*

It is made to meet a great and rapidly increasing want; a want known to physicians, physiologists, and other careful observers; a in the experience, consciously or unconsciously, of every individual, clearly to be seen in every family.

It is made to supply the alarming need of nerve food, the lack of w and the call for which has never been greater. The stimulating char ter of our climate, the restless energy and nervous activity of our Am ican people in all pursuits and professions, cause an enormous waste wear of nerve force. This ceaseless strain pervades every walk of and characterizes even our pleasures as well as our business, and the no let up until complete exhaustion, paralysis, heart disease or apopl abruptly calls a halt. There are probably some now and then who s to think, as one of these milestones of sudden death or breaking do springs into view. But the great crowd rush along the highway, as he lessly intent as ever.

This enormous waste of vital force can only be met by the supply the system of like vital food, and no product contains it so fully as so plump wheat in its entirety. How completely and unerringly this *Flour of the Entire Wheat* conserves all the vital elements in their per purity, generously feeding the blood, and through it repairing and bu ing up every fibre of the system, and sustaining every function of l

be more clearly seen and understood by a careful consideration of truths following herein.

We wish it to be clearly understood that this product is exactly what name indicates—a uniformly fine flour of the entire wheat—in other rds, an *embodiment of the entire food properties of the grain in an even homogeneous flour, wherein the tougher, or tegumentary parts of the y are comminuted, or reduced to the same evenness as the softer portions.* reparatory to making the flour, the wheat is denuded or stripped of thin, woody, indigestible husk, removing with it the fibrous brush on smaller end of the kernel and the capsule of the germ upon the lar- end.

his operation may be likened as to its anatomical character, to the skinning of an apple so as to lay bare and not disturb, or remove of its interior food substance, as will be seen in the illustrations which follow. It is to this husk and its fibrous brush are attached the ex- eous matter which comes from the harvest fields, together with the ores of smut and the eggs and larvae of insects and all external filth, its complete removal frees the entire food part of the kernel from contamination, rendering it perfectly pure and ready to be appropriated the most wholesome and healthful flour. Again, the whole opera- of flouring is done without millstones—no heating whatever attends nd the product, throughout all stages of its reduction, is as cold as wheat itself, so that a flour results without any change taking place even the most delicate of the chemical constituents of the wheat, and od necessarily follows that is as normal, natural, full and complete as wheat itself.

urthermore, in the manufacture of this flour none but thoroughly ured and well ripened wheat is used, in order to conserve in it to the test degree the more vital food elements,—in which shrunken, imper- and diseased wheats are deficient. These latter wheats are often used nbolted flours in order to make cheap flour, and the great bulk of unbolted, or—so called—Graham Flour in the markets of the country either of this kind or are nothing but low grade white flour mixed with n. These practices are not only vile and disreputable, but are disas- s to the health of consumers, and the injurious character of such con- ions and preparations of food should be thoroughly exposed, and erstood by consumers, and those engaged in their manufacture made nable to the laws as other adulterators of food are.

he so-called "Graham" flour in its best estate, and when most hon- y made, is a very objectionable food—few stomachs now-a-days can e with it. This comes from the presence in it, of the bran in coarse icles, together with the innutritious, indigestible, woody husk and ous portions of the wheat kernel,—conditions highly promotive of all incipient ailments, known and classed under the name "dyspeptic." urthermore, its necessary manufacture by millstones also detracts from food value, as it injures the more delicate of the vital constituents of grain.

has been a theory that the mechanical, irritating action through the entary system of these coarse, rasping bran particles in "Graham" r were essential for the relief of constipated habit,—but it is a false

theory, and has been a prolific source of a vast amount of suffering and ill-health—This theory is rejected by Physiologists, and furthermore the use of this *Fine Flour of the Entire Wheat* has completely disproved and repeatedly demonstrated that the cure of constipation comes from generously feeding the ganglionic nerve centers of the intestines which preside over the functions of digestion.

Power does not originate, nor reside in the muscles themselves—as often ignorantly supposed—they are simply the means or machinery, like the steam engine, to be operated,—while the nerve-force is the underlying power, like the steam supplied to the engine. Cut off the steam and the engine stops, and the wheels cease to run,—lessen the supply of steam in any degree, and just in proportion the engine fails in its full performance. Cut off the nerve-force, and the muscles refuse to act—lessen the supply of nerve-force and just so far the system is lowered in vital tonicity and falls short of its best work.

This evenly *Fine Flour of the Entire Wheat*, therefore bears no analogy to "Graham" flour, and its deceptive imitations—is free from all the evils and drawbacks—neither is it an impoverished food like white flour.

Its surpassing purity and completeness as a food; its conditions and properties important in their bearing upon the functions of digestion and assimilation, and the building up and sustenance of the system from infancy to old age—cause it to tower far above all other flour ever known—in the fullness and perfection of embodiment of the wonderful life sustaining properties of the noblest grain God has given to man.

The Franklin Mills Co. in the Manufacture of this Flour

can be relied upon to make it only from the best wheat, and in the best manner, and they will warrant every barrel and package of their flour to be first, last and all the time exactly as it is herein represented, so that consumers anywhere and everywhere can know, and feel entire confidence that the brand upon their barrels and packages, of *Fine Flour of the Entire Wheat*, with the four initial letters, W, is an unqualified guaranty of the original contents.

This flour will make more pounds of bread per barrel than any other flour from the same wheat, and will furnish more real substantial food value for the same money than any flour in the world. It contains the starch properties only in their proper or normal proportions and therefore will relieve consumers in their bread eating from excessive starch eating. It is an invaluable infant food. It will supply to the child the properties for sound teeth, good eyes, and hair, and all the material for building up a strong and vigorous constitution. It is the food for the muscle worker and for the brain worker, and will generously feed both. It is a food for the debilitated, the weak and the nervous, the sick and the well. These are established facts, not idle statements, and can be verified in every family by the regular use of this flour for the short period of a month.

Because of its equal fineness, it is adapted for use in all preparations for the table in which white flour has been heretofore exclusively used.

ıch as biscuits, pies, cake of all kinds, crackers, doughnuts, etc., with ıe advantage of having in such foods all the vital elements of the wheat.

For these purposes, and for bread making, no directions are needed, ; the flour is worked precisely in the manner consumers have been ac-ıstomed to work white flour, and it bakes into the same light and spongy ›af of bread

HE STRUCTURE OF A GRAIN OF WHEAT—SHOWING THE LOCATION IN THE BERRY OF THE SEVERAL FOOD ELEMENTS.

There is no food that enters so largely into the domestic economy as ›ur, and it is probably a fact also, that very few persons are well and ıoroughly informed regarding its character, and the primary reasons ›r the differences existing in the various kinds of flour. This comes om lack of knowledge of the wonderful structure of the wheat berry, ıd ignorance of the truth that the differing food elements are located in ifferent parts, and not distributed alike throughout the kernel. It will ; seen by a careful study of the following illustrations that the central ›rtion of the berry is principally starch, while between the starch cells ıd the outer husk are stored the more vital food properties, which are enerally termed Gluten, and consist of the phosphatic and nitrogenous ements. The interior or starch portion of the berry is the whitest in ›lor, and while it makes a bread of great "whiteness," and pleasing to ıe eye, it does not contain vital or mineral food enough for muscles, ›nes and brains, to keep those organs from actual starvation.

On the other hand, the vital or mineral elements are not so white in ›lor, and will not make a white flour, hence a flour that contains all the ›od properties of wheat in its normal or natural proportions, partaking ; it must of these latter elements cannot possibly be white.

It is a fact established by modern chemistry, that the fifteen or more ements found in the human structure are also found in a perfectly matured heat kernel, and in nearly the same proportions; therefore, for the sus-nance and growth and the reparation of the wear and waste of the uman system, no food known to man equals wheat, and a *Flour of the ntire Wheat* to be such food must possess those elements in their normal roportions and in that uniform fineness which physiology has shown to ; the best adapted to digestion and assimilation.

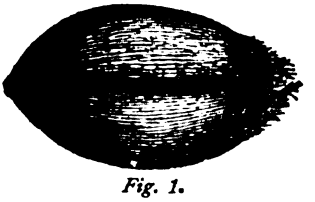

Fig. 1.

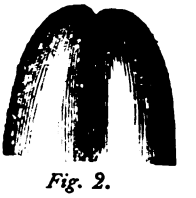

Fig. 2.

Fig. 1 represents a grain of wheat in its natural state, highly magni-ed. Notice the fibrous beard on the smaller end.

Fig. 2 represents a grain of wheat in part, also highly magnified, after has been thoroughly prepared for reduction into this *Flour of the ntire Wheat.* Notice the husk and fibrous beard have been entirely emoved.

Fig 3 shows a transverse section of a grain of wheat magnified to fifteen diameters. On the extreme outside is shown the husk consisting of three extremely thin layers, which adhere so closely and firmly to each other that they may be regarded as one skin; next a layer containing some oil and albumen, and next a layer of cells containing GLUTEN. And then the central mass of the grain composed of cells which are filled with granules of starch with a small portion of gluten forming the cell walls. This peculiar structure will be better understood by reference to Fig. 4, which is a section much more highly magnified and is still more highly magnified as represented in Fig. 5.

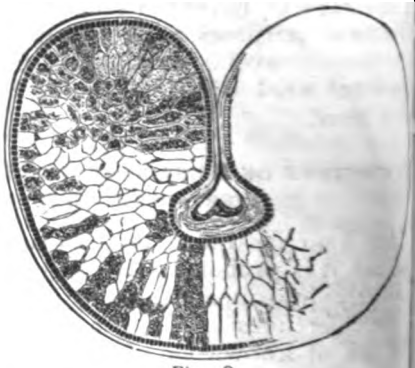

Fig. 3.

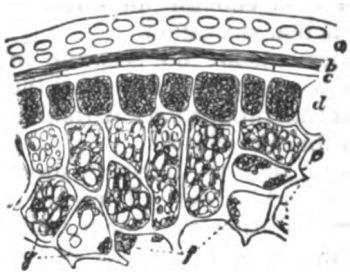

Fig. 4.

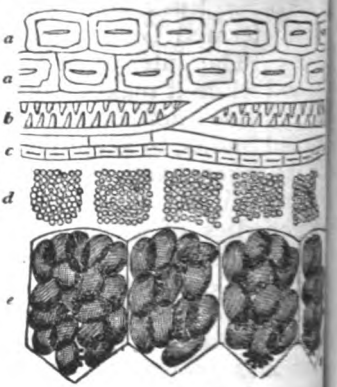

Fig. 5.

In Figs. 4 and 5 the several layers aa, b, c, d, and e illustrate the relative position of the several layers of a grain of wheat and the division of its food properties. aa, b, c, d constitute what is commonly known as designated as the bran in the ordidary forms of milling. aa and b represents the outer husks to which is attached the fibrous beard, and is composed of silex (flint) and woody fibre, is innutritious, indigestible and injurious to health, therefore unfit for the human stomach—it is acrid in nature, absorbs moisture, is the source of mustiness in white and graham flours, cracked and crushed wheat food, promotes fermentation, is repulsive to the taste and destroys the delicate flavor of any flour or wheat preparation that may contain it. Being the outer clothing of the kernel its porous character renders it a receptacle for the deposits of insects and all extraneous filth.

This husk is entirely removed by our process in the manufacture of *Fine Flour of the Entire Wheat*, leaving the food elements which are c, d and e to be reduced to an even fineness, thereby producing in Fine Flour the most perfect food possible to make from wheat.

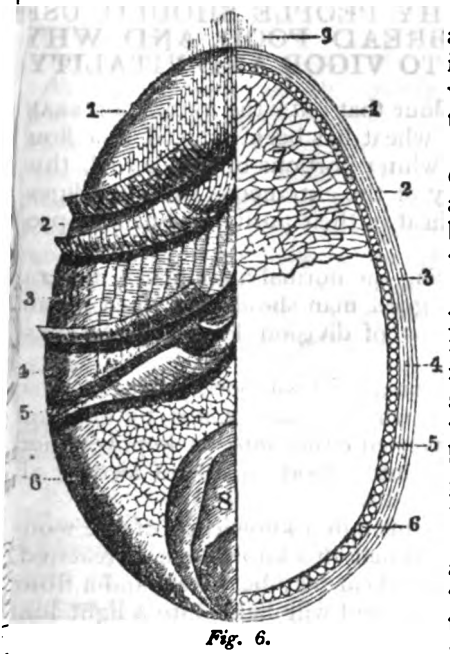

Fig. 6.

Fig. 6 will give in one illustration a more complete and comprehensive idea of the structure of a grain of wheat and the relative positions of the various parts comprising it.

Nos. 1, 2, 3 and 9 constitnte the outer husk and fibrous beard which are entirely removed from the berry before the food elements are reduced to *Fine Flour of the Entire Wheat.*

Nos. 4, 5, 6 and 8 constitute that portion of the wheat wherein reside nearly all of the mineral elements existing in wheat—those food properties so essential to build up and sustain the tissues, bones and muscles of the body, thereby rendering it capable of generating and sustaining great vital force.

No. 7 represents the starch cells and constitutes nearly 7-10 of the entire berry. While starch contains those properties which being burnt up in the system, produce the heat necessary for the performance of the other functions, yet it has no properties capable of building up the structure and tissues of the human system and repairing its vital wastes.

Having presented for the purpose of clear information the foregoing illustrations showing the structure of a grain of wheat, a short chemical analysis is given to show why *Flour of the Entire Wheat* is superior to White Flour, Graham Flour or any other flour as an article of diet.

See the Facts.—In Johnson's "How Crops Grow," (Orange Judd & Co., N. Y. city) you find that in 1,000 parts of substance, wheat has an ash of 17, 7-10. White flour has an ash of 4, 1-10 parts,—an impoverishment of over 3-4. Wheat has 8, 2-10 parts phosphoric acid. White flour has 2, 1-10 phosphoric acid,—an impoverishment of about 3-4. Wheat has 0.6 lime and 0.6 soda. White flour has 0.1 lime, 0.1 soda,—an impovershment of 5-6 lime and soda each. Wheat has sulphur 1-5. White flour has *no sulphur*. Wheat has sulphuric acid 0.5. White flour has no sulphuric acid.

It will be understood from the above why the universal use of white flour is one of the most remarkable facts in the history of civilization—remarkable because it is the only impoverished food upon the diet list. Overboiled meats and vegetables are the only approach to impoverished food, and these the people know enough not to eat.

Remember this *Fine Flour of the Entire Wheat* contains all the mineral properties of wheat, and is not an *impoverished food*, and besides is best adapted for appropriation into the system because of its even fineness.

SOME OF THE REASONS WHY PEOPLE SHOULD USE THIS FLOUR AS THEIR BREAD FOOD, AND WHY ITS USE IS SO CONDUCIVE TO VIGOR AND VITALITY.

It is the first time in the history of flour that ONLY the TRUE FOOD PART —the INNER FOOD INTEGUMENT of the wheat has been reduced in a flour to equal fineness with the softer and whiter portions of the kernel, thus incorporating in the flour, without any of the extraneous woody indigestible part, all the food properties of wheat in their purity and natural proportions.

A great point is thus gained in having the normal amounts of mineral and starch food in the flour God designed man should get when he eats wheat, and to have it in that evenness of division known to be best adapted to digestion and assimilation.

Dependent as we are largely upon bread for support, yet it is not generally understood as it ought to be, why the same wheat by different processes of manufacture may be converted either into an impoverishing starchy food, of but little vital value, or into a food capable of feeding all the functions of the system.

This understanding can only be had through a knowledge of the wonderful structure of the wheat kernel. When this knowledge is reached it will be easy to see why sound plump wheat may be taken, and a flour made from it which looks nice and white, and will bake into a light loaf of bread, and yet will possess but feeble nutritive value in the most essential particulars—and on the other hand it will be just as easy to see why and how the same wheat may be taken, and be so treated in its preparation as to make a flour of the very highest nutritive value known to the world.

Flour deprived of the *gluten* of the wheat, under which general name may be classed the phosphatic and nitrogenous elements—which are stored principally between the outer wraps and the inner starch body of the kernel—has lost the greater part of its blood-making material. This gluten of wheat may be compared to the lean of meat, while the whiter starchy portions of the wheat may be compared to the fat of meat.

Starch is carbon, and fat is carbon—while animal and vegetable albumen, or gluten, are nearly identical substances.

While this comparison is not wanting in scientific accuracy, it is not wholly true in its application to white flour; for milling processes cannot and do not entirely exclude the nitrogenous elements from it, but that they do exclude the greater part, as well as all but a trace of the organized mineral constituents, is a simple chemical fact. If, then, we should attempt to live upon the fat or carbon, to the exclusion of the lean, or nitrogen of meat, we would soon discover by our weakened bodily and mental vigor, that we were very imperfectly nourished. The same lack of vital force would come from our exclusive use of the vegetable carbons.

The excessive use of the fat of grain—the starch—demands the most earnest consideration of the physiologist, because refined taste instinctively shrinks from the copious use of animal fats, while the education, custom or habit the present generation have been bred into, all tend to encourage instead of counteract the unceasing and unlimited use of the starch form of carbon.

We know that starch contains no phosphorus, and that starch is all refully preserved in flour, because of its whiteness, a whiteness that foreign to the gluten.

We know, also, that the starch in the interior of the wheat berry is arly barren of minerals, containing less than one-half of one per cent., ıile the gluten is found to contain over eleven per cent. These vital neral elements contained in the gluten of wheat are all demanded in the ɔod-making processes, and a food that does not supply them *is an im-verished food.* The brain and the whole nervous structure make a ɔcial demand for phosphorus when actively at work. It is the great ɔulum of nerve force; the food, therefore, must contain this substance, e all the nerve centers of the system are not properly nourished and ınot perform their best work, and the brain itself becomes incapable great and long continued achievement.

These are all incontrovertible facts—they are not the discoveries of y one man; they have come out of the wonderful alembic of modern ɔmistry.

Every man, woman and child should use this *Fine Flour of the Entire heat*, for the following reasons:

FIRST.—FOR ECONOMY.—The ash of wheat according to Johnson, is 17.7 ·ts in 1000 of substance, and the ash of white flour being 4.1, it is dent that in eating white flour, in order to get the proper amount of neral food found in wheat, one must eat four times as much flour as eat—or, in other words, one has to buy four barrels of white flour to as much mineral food as he would get from one barrel of Fine Flour the Entire Wheat, and in so doing taxes his stomach to digest four ıes as much starch as nature intended he should to get the necessary ount of vital food. So that the white flour eater spends four times money the wheat eater does. This has been found to be practically case. It is, then the truest economy to use this *Flour of the Entire heat.* It is also a great saving of nerve force, a vast amount more than necessary being required to digest the starch which is so largely in ɔess in white flour.

SECOND.—FOR HEALTH.—The excess of starch just named renders eases that depend upon fatty degeneration more liable to occur. Take oplexy, depending upon the atheroma of the cerebral arteries. This eroma is a fatty degeneration of the muscular coat of the artery. der the microscope the atheromatous matter presents fat globules and stals of cholesterine. When the vessels are weakened by this degenera-, they rupture and allow the blood to exude. This exudation presses on the brain, and the effect varies with the site of the pressure. If at a l point, death ensues. The fattening of animals by starch in excess ws that the muscular tissues are infiltrated with fat, so that the white r eater is putting himself in just the position to have fatty degenera- of his vascular tissues, because he has to eat four times as much ch as he needs. The sources of Bright's Disease of the Kidneys, and veakened and ruptured heart, lie in this same turning to fat of the ues. Now apoplexy, Bright's disease and heart disease are very com-n. Why not, then, use a food which contains the mineral elements ıout this excess of starch, and thus avoid this fatty diathesis?

THIRD.—FOR SOUND TISSUES.—Two-thirds of the children under ... years of age in every civilized community, are found with diseased te... (see Reports and Statistics of Massachusetts Boards of Educatio... Among the Indian children of the same age, in the Indian territory, ... unsound tooth is the exception—not the rule. Moreover, cases have be... furnished by dentists in which disease in the teeth have been repeate... arrested—the enamel thickened—and the dentine (under the enam... hardened, by simply leaving off the use of white flour and substitut... preparations of the entire grain. Two years have thus effected rema... able changes in teeth. Now, if strong tissues like the teeth can be r... ovated by using articles like this *Flour of the Entire Wheat*, what chang... for the better may not be made in the softer tissues? It is probable ... bodies entirely change in less than seven years' time. Why then, ha... diseased teeth when this pure and natural product of the entire wheat ... give the mineral food for sound teeth.

FOURTH.—THE WHITE PART OF THE WHEAT ALONE IS A VERY PO... FOOD.—Majendie fed dogs on white flour and the animals died of starv... tion in forty days. He fed other dogs at the same time on bread of t... entire wheat, and these dogs thrived and grew strong. Judge Abb... refers to a ship at sea on a long voyage, when all provisions gave ... except white flour,—the effect was disastrous in the extreme. D... Hammond of New York city, tried to live on starch; he tried it for t... days, and his friends stopped him for fear he would be killed. A man m... walk from San Francisco to Boston with nothing but sound wheat ... food, without impairment of strength or vigor, but he could not perfo... one-fourth the journey on white bread alone. The old Roman soldi... in the days of Julius Caesar—the type of the most vigorous manho... the world ever saw—lived mainly on wheat. History has shown wheat ... be the Royal grain. Dr. Nichols, editor of the *Boston Journal of Chem... try*, says he "ENTERTAINS THE PROFOUNDEST RESPECT FOR A GRA... OF WHEAT, AS IT IS A MOST MARVELOUS COMBINATION OF SUBSTANCE... ADMIRABLY ADAPTED FOR THE BUILDING UP AND SUSTENANCE OF THE TISSU... OF THE HUMAN BODY." When he says this, he includes *Flour of the E... tire Wheat*, which is nothing but the food substance of the wheat reduce... to an even powder without injury to, or substraction of, a single food el... ment, and hence a flour as perfect as the wheat itself.

FIFTH.—WHITE FLOUR HAS NO SULPHUR.—This *Flour of the Entir... Wheat* has 1.5 parts of sulphur in 1000 parts of substances. Hair has 3 ... to 7.3 per cent. of sulphur. If food contains no sulphur we should expe... the hair to suffer, and we should see premature gray hair and baldnes... Hon. E. P. Smith, late Commissioner of Indian Affairs, says that he neve... saw a bald headed Indian. It is therefore probable that defective hai... is in part caused by the universal use of white flour diet. Pigs fattene... on the sweepings of the flour mills have been found to have the whit... bristles useless to the brush-makers. It is better to eat this flour, which ... contains the normal amount of sulphur.

SIXTH.—NURSING WOMEN will find this *Flour of the Entire Wheat* an... invaluable food, increasing the quantity and improving the quality of the ... lacteal secretions. It is natural to expect this as dairymen feed their ... cows upon the tegumentary portion of the wheat rejected in making

ite flour. This deficiency of lacteal secretions is one great cause of
ant mortality, and is one of the most fertile sources of anxiety to the
ious physician.

SEVENTH.—FOR CONSTIPATION this Flour is a natural remedy and pre-
itive, as it gives the ganglionic nerve centers of the intestines their
per food, and hence enables them to preside over the functions of the
estive organs. The use of this *Flour of the Entire Wheat* has shown
t the healing and regulating effect is not due to the mechanical and
tating effect of coarse bran particles of the wheat, which is simply
harsis, but entirely to the fact that phosphorus is generously furnished
the nerve centers.

EIGHTH.—People use the white flour of commerce because they are born
the idea that it must be white to look nice. There is no principle of
siology which bases the qualities of food upon a white color. Color
a sentiment. Food to be FOOD must contain all the elements of the
ues the body feeds upon. It does not say it must be white. This
ference for white flour comes altogether from habit and false education
or those who eat bread and other food from this *Flour of the Entire*
heat soon begin to love it, and in a short time experience a natural
ving for it which white bread cannot satisfy. And the light brown
or of the bread, with its rich wheat flavor, is a constant reminder that
life and sustenance is not driven out of it, while its satisfying and
rishing qualities attest that is the perfection of hale and healthful food.

NINTH.—FOOD determines the character of the tissues, of the constitu-
n and of being. If you eat poor food you weaken the vital tonicity, and
der the system liable to disease. It is as if the farmer withdrew
ee-fourths the fertilizers from his crops when one feeds upon the white
t of the wheat. If plants are deprived of proper mineral food they
't flourish; so it is to be expected with people who feed upon white
r impoverished of the mineral constituents. The Piute Indians fed
white flour rapidly deteriorate; why should not the white people.

FINALLY.—It is time people paused in this devitalizing system of im-
erished white flour eating, and began to intelligently consider and
gh the consequences it is silently but steadily entailing, not only
n themselves, but upon their children and their children's children.
h such a natural and nourishing Food as this *Flour of the Entire*
heat within reach, it is a cruelty to feed children upon white flour, en-
ng imperfect development and physical degeneration upon them as
as disease. Liebig long ago predicted that this excessive starch flour
ng would result in disaster to the race—the truth of which, is now
g plainly seen in many directions—in the changes of the types of
ise from strong to weak,—in the almost universal exhaustion of nerve
e which never before in history was so taxed as by the American
ple,—in the great prevalence of nervous diseases—in the sudden
king down of persons apparently in the full tide of health and vigor
the worn and wearied look of the people, and especially the women,
an be seen in scanning the faces in any public assembly. It is a be-
hing look—an appealing cry for something they lack. Well! it
ard work to fight the battle of life on only 25 per cent. of nerve food.

Gluten, or the Albuminoid Principle.

It corresponds to the albumen, fibrin and gelatine in the human bo
So far as is known the animal body has not power to produce a particle
the albumen, fibrin, or casein; it can only transform and appropriate to its
system these bodies as they come to it from external food sour
They are hence indispensable ingredients of food and have been a
designated by Liebig as the *plastic elements* of *nutrition*. The albumin
are highly complex in their chemical constitution, and are mostly cap
of existing in the soluble or liquid state, and thus admit of distribut
throughout the entire body as blood, etc. They likewise readily re
their solid condition, thus becoming the permanent parts—as teeth, bo
tissues, etc., of the living organism, as well as capable of indefinite p
ervation for food as in wheat.

According to the researches of a distinguished American Chemi
great defect in flour is produced by the present methods of milling—
the reduced amount of phosphates which are shown to exist in g
which is separated with the bran, in quantity more than *fourteen t*
that contained in an equal weight of superfine flour.

The use of these phosphates—thus lost—in the animal economy—
structure and reparation of muscles, bones, teeth, nerves and brains,
der their presence an indispensable element of nutrition—and any F
(or Bread) which is deficient in them is impaired in alimentary valu
the extent of such deficiency.

No Heating of the Product.

The Flour is of even fineness, and possesses all the food properties of the Wheat.

No Mill St are Used

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Trade Mark—none genuine without this Brand with the four W's.

This Flour is put up in Bbls. and Half Bbls., and will be shipp any address at mill price on receipt of N. Y. draft or P. O. money

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Now we are not to forget what we owe to our own bodies, and when the constitution or health, or the demands of the time, or other concerns do not allow the ordinary use of the etic exercise, for the removal of morbid conditions, then we may grasp with confidence scle Beater; because at any time muscle beating will afford a complete means of promot- blood circulation and nerve currents in the skin and in the muscles, and in this way not lieve and cure chronic diseases, but also sustain our health and consequently prolong our

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THE

HERALD OF HEALTH.

SEPTEMBER, 1880.

COMMON MIND TROUBLES. (No. 4.)

BY J. MORTIMER GRANVILLE.

SLEEPLESSNESS FROM THOUGHT.

INABILITY to stop the rush or flow of thoughts often seems to be the cause of wakefulness; but it may be the inability to sleep that throws the brain into a state of worrying excitement. This last explanation is the more probable, because the thoughts that engross or distress the mind as the head lies sleepless and unresting on its pillow are more forcible, vivid, and, generally, painful, than those which engross the attention by day. In part, this intensifying of thought by night is due, no doubt, to the exclusion of external objects and impressions. The mind is, as it were, thrown in on itself, and left a prey to its own reflections. There is, however, more in the exaggerated and distorted state of thought, when the brain will not, or cannot, sleep, than mere isolation explains. If the mind is absorbed or engrossed within itself by day, when there is no question of sleep or sleeplessness, however oppressive or torturing thought may prove, it does not lose the faculty of estimating sorrows and losses, pains and gains, by comparing them with other experiences; whereas, it is one of the disagreeable features of sleepless thought, that the most trifling evils and causes of anxiety assume unnaturally vast proportions, so that what would occasion no distress by day, is the source of acute suffering or annoyance at night.

From these and other circumstances and experiences it may be concluded, that what is called "sleeplessness from thought" is, in fact, a state considerably more complicated and unnatural than the phrase implies. It is a condition in which the brain, so to say, stops short on the way to sleep, and the mind, being adrift from its moorings to firm fact, is tossed up and down, and to and fro; while, ignorant of its position, it still busies itself with the objects on shore, until their bearings and proportions are lost or confounded. This is why those who are habitually sleepless find it good policy to get up and read when the fit of wakefulness comes on. Not only does the act of reading produce drowsiness, but the mind is prevented from passing into a state of turmoil so distressing and injurious as that which too commonly occurs in sleeplessness from thought.

The loss of power to cast off the burden of the day, and find rest in unconsciousness or forgetfulness at night, is one of the greatest of personal afflictions. Only those who have endured it know how terrible this experience, in its worst form, may prove. There is no escape anywhere, no respite, no—even momentary—lessening of the strain on the mind, when sleep is impossible; and the worry is increased when the mind, instead of finding ease, falls into a state in which every source of disquietude seems exaggerated. Sleeplessness of this sort is often the prelude—and it may be either the first indication, or itself the cause—of insanity. The

condition into which the mind is thrown when endeavoring to sleep is essentially unsound and tends to disease.

Physicians, realizing the peril of the position, give their patients a drug of some sort to procure sleep. They do this with the double purpose of breaking the habit of wakefulness, when this has been formed, and of rescuing the mind from a condition in which it is unsafe. The method of treatment would be more satisfactory if we could only believe that what is called "sleep" would put an end to mental activity. Unfortunately there is little ground for such a hope. "To sleep—perchance to dream!" The gain will be small if the mental disquietude and disturbance are not relieved by the poisoned and mimic sleep produced by drugs. The danger will be only masked, not removed. Those who adopt this treatment point to cases in which, after a few doses of a sleep-potion, the sufferer has regained the power of falling asleep naturally. Such patients have undoubtedly been benefitted by something, but it is still an open question whether the relief may not be due to mental influence rather than the medicine. However this may be, the point in which we are chiefly interested is the state which precedes and seems to bar sleep. We recognize its perils; in what way or by what means may they be avoided?

Examined closely, the condition of thought-worry preventing sleep will be found to be one in which the thinking faculty is beyond control. We may start a subject, but we cannot either keep the attention fixed, or compel thought to take rational and comparative views of the objects presented to it. There is a tendency to exaggeration, which the judgment is powerless to restrain or correct. There is at the same time another peculiarity, which throws more light on the nature of the condition, namely, an impulse to *repeat;* the mind goes over the same ground again and again. The explanation of this phenomenon is simple and suggestive; there is a perpetual endeavor to sleep, and although the circumstance may not be recognized, each train of thoughts breaks off at the precise moment when it ought to become a dream and every recommencement is a new departure after a fresh act of wakefulness.

It requires careful notice of the subjective symptoms to perceive the true nature of this experience. The faculties appear to be fully awake and in great activity, but their highly sensitive state is the effect of an arrest of the tendency to sleep. This is the counterpart of what some individuals feel when they are too suddenly awakened. They seem to be conscious, and to recognize the persons and objects around them, but a sense of apprehension, amounting almost to horror, holds them spell-bound, and fancy colors the scene with hues in harmony with the disordered state of thought. This happens on the way back to perfect wakefulness, when the return is tardy. The condition we are describing occurs on the road to sleep, when the way is barred. The point to make clear is, that it is quite as likely the distressing thoughts of the sleepless person are the consequence of the wakefulness, as that the inability to sleep is occasioned by thinking.

Thoughts, passing through the mind when the brain is falling into a state of sleep, ought to be of a nature to change easily into a dream. They are essentially transitional, half-defined ideas and inferences, like those present to the consciousness of a person slowly awakening, until he is thoroughly aroused. The problem is to carry the mind over the boundary line, and convert what is conscious but uncontrollable thought into a dream. If this can be accomplished naturally—that is, without the aid of drugs, which stupefy the consciousness and burlesque the state of sleep rather than produce it—the subject of thought will be soon changed, and oblivion, or at least forgetfulness, induced. The solution of this problem may be attempted by either of two processes.

1. A particular thought, or train of thoughts, present to the mind may be seized upon at the moment of their occurrence, while as yet they are manageable, and turned into grotesque, thus preparing them to become the material or center of an amusing dream. The

ethod is less easy to describe than to arry out; but experience proves that . is abundantly efficacious. Fancy ust be directed to play with the ought, and weave a little scene or ory out of its slenderest threads. Just ough effort to preserve the connec- on of ideas is necessary, or the expe- ent will fail, thought reverting to its rmer worrying courses. The secret the method lies in holding the ought fixed, and projecting the train ideas by fancy on a line which may rry it into dreamland, the dreaminess thought inducing sleep. This is a rfectly natural and rational process, d it is harmless, whereas the produc- on of stupefaction by drugs is artifi- al, and more or less perilous to brain d mind. The one lulls the consciens- usness to sleep, the other overpowers ith a poison.

2. The alternative mental method by hich sleep may be sought, consists in ving thought a monotonous task in e way suggested by those who can in sleep by counting, repeating, and e like expedients. This is more diffi- lt in really bad cases of sleeplessness on thought than that first described in which an idea, or train of ideas, ready present to the mind, is convert- l into grotesque. The mind is not sily taken out of itself when occu- ed with worrying topics, and, though ncying corn-fields, and rising tides, or unting and piling up packages, so as direct the eyes upward as in sleep, e good enough devices, it is not al- ys practicable to shut out distress- g or plaguing ideas, and concentrate e attention on these meaningless con- ptions for the full success of which e sleep-wooer needs a vacant rather an a harrassed mind. It is an effort ite as great as the wakeful, but wor- d, can make, to turn a troublesome ought into grotesque imagery; but s is easier than to call up a wholly w and incongruous idea.

t may be worth while to try the con- ting and monotonous imagining thod familiar to everybody; but en that fails, as it generally does, re- rse should be had to the artifice l ve suggested; and as a rule it will be found to succeed, although at first, if the mind be possessed by unpleasant broodings or bodings, the effort to think grotesquely will be grim and resented. For instance, a man plagued with distressing circumstances, and dreading ruin, should force his mind to pursue the train of thought until the comic side of a reverse of fortune becomes apparent—following out the straits to which he will, perhaps, be reduced, some new phase of life upon which he may be compelled to enter, the strange acquaintances he is likely to form, the wonderful scenes he will witness, and the remarkable places he may visit. The element of probability must be disregarded, and the mind allowed, or rather compelled, to work out the idea. The effort will, at the outset, be laborious and uncongenial, but unless the mind be wholly devoid of humor, the severity will relax, and with relief will come sleep.

Sleeplessness from thought is, as I have tried to show, not unfrequently wakefulness induced by physical conditions, and thought as a consequence. It is quite as easy to carry exertion beyond the limits of a natural longing for repose, and past the point at which the brain readily finds relief in sleep, as to stop short of the necessary but undetermined and ever varying measure of exercise required to favor sleep. The majority of persons who suffer from persistent wakefulness, are addicted to excess of activity rather than indolence. They work hard and exhaust themselves, though not in the right way. Some are too much engrossed with pleasure, and dissipate their strength; others are so absorbed with work, that they cannot shake off its obligations in the time set apart for rest.

Perhaps the most general cause of sleeplessness of the kind we are considering, is the habit of carrying work over from day to day, instead of parceling it out so as to create natural breaks in the enterprise, when the mind can rest with the consciousness that duty has been discharged, and a task accomplished. Nothing so much conduces to sleep as the feeling of contentment, and this feeling can generally be produced

by giving the mind a tale of work in the morning, which may be completed before the time of rest. When the obligation has been fulfilled, the mind seeks, and generally finds, repose as the recompense of its toil. To break off suddenly in the middle of labor, and expect to command sleep at call is unreasonable. The relations of body and mind are intimate, but it is seldom that the physical part of man's nature can be so subjugated that he shall sleep instantly at will. Regularity is essential to orderly and harmonious working, and not mere punctuality as to the measure of time, but the fulfillment of the day's duty within the time alotted for its performance.

It is a common mistake to plan the business of the following day at night. This is like turning over a new page, when the book should be closed and laid aside. The task of laying out schemes for the future ought to be the first duty on waking, and if it were then discharged, many mischievous dreams, and much of the feeling that a whole night has been spent in dreaming, would be avoided. The fatigue of a reluctant waking, with no immediate purpose present to the mind, often undoes the effect of rest in sleep. When people begin to toss on their pillows, they should rise; or if that be impossible, then begin to arrange the work of the coming day. Each night should see the book of life closed with the thing that the account has been made up. It is the task of the n[illegible] to carry over the debit or credit start afresh. No one who is wise risk the peril of carrying over balance before sleep. There are physical and mental reasons why balance of the day's work should be even struck at night, but one sufficient. Sleeping on resolves for improvement is a mistaken policy the interval of sleep the motive subsides, and the evening and m[illegible] story seldom agree. Better far the work of the day, close the [illegible] and seek rest. When the conscious returns, examine the situation plans for the future, and while the pression lasts act on it.

We are too fond of moralizing night, and of resuming the busi[illegible] pleasures of life in forgetfulness lessons taught, and the resolve gested by reflection, after the la[illegible] memory which sleep even in its [illegible] forms supplies. Sleeping and w[illegible] are states which are mutually dep[illegible] ent, and must succeed each oth[illegible] orderly sequence if health is to b[illegible] served. Life is very much an affa[illegible] rhythm, and a sound mind in a s[illegible] body can be secured only by o[illegible] method, and orderly self-contr[illegible] the will.

FRENCH BEDS.

BY MRS. ANNIE C. KETCHUM.

"OH for a French bed!" my companion, an American lady, exclaimed as she lay on one of the long benches of the Channel steamer, whilst the cockle-shell of a boat danced like a leaf on the waves of La Manche. Some of our party, southern born, had served an apprenticeship at seafaring in the Gulf of Mexico, but even we were glad to get into the sheltered old harbor at Dieppe, and exchange the rolling decks for the cosy railway carriage that stood ready at the railway station to take us on to Rouen.

We parted at Dieppe; some to [illegible] Harfleur and thence through Br[illegible] to Mont St. Michel; others to [illegible] Artois, and thence on through Bel[illegible] to the Rhine. For myself I had [illegible] to France, my motherland, as Bri[illegible] is my fatherland, to revisit the [illegible] homes and furbish up the links of [illegible] cial and political tradition that [illegible] been suffered to grow dim, to the mu[illegible] tual disadvantage of both worlds [illegible] these 200 years of separate life.

I recalled my traveling compani[illegible] words when, after the swift night [illegible]

through Normandy, I was shown my apartments in an old hotel on Quai Napoleon, in Rouen, and saw the first time in my life a French in France.

Let me be understood. A French is pretty much the same wherever find French people: and in the ole cities of the Gulf States this ury was introduced with Bienville. t it is often exiled from its tradi- nal surroundings, and, if I may use term, from its habits of life. For homes of our French ancestors in erica were of necessity different m the homes they left behind. Only France, conservative through all radicalism and still making tradi- n the basis to each step of progress, we to seek the solid household com- ts which even the poorest of her in- strious peasants know how to dis- nse.

The hotel in which I took lodgings is e of the oldest houses in Rouen, aint and picturesque to a degree. y apartment consisted of an ante- om and bedchamber, the latter so ar- nged that you seemed to be in a sa- n with a tapestried end. I dropped to the delicious chair by the window ich opened on a curious paved court rrounded by the plastered walls of ildings with tiled roofs and dormer ndows, and was so interested in the ene below that when the *femme de ambre* asked if I needed anything rther, I started at the transformation side the room. The woman had with- awn the curtains of heavy damask d looped them gracefully on either le; and there, fitted into the alcove, as the snow-white bed, with lace- ordered pillows, and a great soft *duvet*," covered with scarlet satin hich occupied half the couch.

I began a tour of inspection as soon s the maid-servant left the room. I ad come to France to study France nd her people. I shall not dwell upon he mirrors set into the plastered wall, he small mahogany table with its bot- e of orange-flower water, its tall brass andlestick and a *bougie* which gave he only light that shone in the room; he dark, polished floor glittering like marble, the wide fireplace in which a little four-footed grate squatted in the funniest fashion, sent up a merry flame from a bundle of beech faggots. All these I took in at a glance.

But that bed—

Well, I set my arms akimbo and looked at it.

It was no bed at all; it was a throne; a sunset cloud; a poem.

I went up to it. The front, and only visible timber about it, was a broad board, painted white, like the rest of the wood-work in the room. The bed, three and a half or four feet wide, and about six and a half or seven feet long, was high above this board; the only visible cover, a snowy linen sheet, was folded down almost to the foot, and therefore must have been about four yards long. I took off the pillows to see how in the world that bolster-case was made; it was so geometrically folded at the forward end, and so adroitly tucked in, as all the covers were, inside the white front board. I began to pull at it, and I got the thing into such a tangle that I thought I must have found Harlequin's glove, for it seemed to grow as I tugged. I found at last that it was a sheet, the counterpart of the first one, the end of which had been deftly wound around the bolster. The eider-down *duvet*, or pillow, with its satin cover, I understood well enough; I had known its congeners from a child. After the day's hard journey from London by land and sea, the entirely new sensations produced by these unique surroundings were as soothing and restful as a sleeping potion; and I was as eager as a child to get into this inviting cradle. I did not linger long over my prayers, thankful as I felt to the dear Father in Heaven; and when I lay down the Sybarite within me quite distorted the lines of the stern old hymn and suggested that I was literally about to be

> "Carried to the skies,
> On flowery beds of ease."

Nothing was ever so light, and at the same time so soft and secure. What sort of machinery was this, with these springs, and cushions that caressed me like a mother's arms?

And like a mother it lulled me so soon and so fast asleep, that I knew and cared for nothing until summoned the next morning to take the train. But when I was settled in my home in Paris, in a hotel as quaint as the one in Rouen, I had leisure to examine these delightful beds. The springs are of any pattern you choose; but they are always set into these stationary bed alcoves; the first mattress is filled with bareck, a dried seaweed, that retains the indescribable faint fresh odor of the sea; above this is laid the true bed, which is always made of carded wool. Every Autumn, usually in the early part of September, these beds are ripped open, the covers are carefully repaired and washed; the wool is taken to the Seine, scoured thoroughly, and placed to dry on the banks of the river; then it is brought home; old women, who make the work a profession, card them with old-fashioned hand cards—such as we still find in remote country places in the United States—and card the wool into the most delicate fineness; then they replace it in the mattress, cover and [illegible] it in place with long needles and [illegible] threads. The whole mattress is light that any child can carry it.

The pillows are made invariably down, or of feathers which have been stripped from the pens. Both pillows and mattresses are sunned and aired every day. But it is this yearly cleaning with soap, water and sunshine that makes a French bed so sweet and inviting. Nothing is more picturesque than the groups of women and girls in the costumes of their different provinces congregated on the banks of the Seine right in the heart of Paris, particularly on the south shore near Notre Dame, washing the great fleeces and laying them to dry on the gravelly banks—for the Seine is low in the Autumn—their many voices making the scene still livelier as they turn to answer the salutations of some passing *outrier* in the great white hat and blouse of a marin, or a swarthy *chocolatier* with his velvet-covered urn on his back, hurrying up to vend his cups at the flower markets.

CONSUMPTION.

MRS. G. W. WHITE.

"I'LL wait no longer, for the day is come;
She will not live, despite the warnings given,
I dread to strike those lovely young lips dumb,
And see her perish, e'en to bloom in Heaven,
But waiting will not save her, she must die,
Although to kill her fairly makes me sigh.

"If she would loose the string that holds her waist,
And take a few deep breaths of out-door air
She might have still of life a luscious taste,
And yet awhile the world would call her fair;
The grave by just such useless flesh is fed—
For wishing to be dainty she'll be *dead*.

"Kiss her, good friends, ye will not have her long
Her heart is growing weaker every hour.
Bethink you, have you done the child no wrong
In letting her thus perish like a flower?
She wooed me till I came, you said no word,
And now a sorrow for your cup is stirred.

"I sent a flush up to her pretty cheek,
And a sharp darting pain straight through her side;

I tried to tell her, though I could not speak,
That she would die, as other maids had died.
She felt the pang, and marked with heedless eyes
The scarlet flame, too giddy to be wise.

"Her food was pastry, her attire was thin
And airy as an angel's snowy gauze;
I've lost all patience, for it is a sin
That she should fade from earth for such a cause.
Preaching won't do a bit of good, so here,
I'll finish up your life course quickly, dear."

"Your waxen hands will lie upon your breast,
Sunken, but hidden by soft laces white,
And you, most beautifully, neatly dressed,
Will be an undertaker's fair delight,
And when they put you underneath the sod
Some one will say, 'It is the will of God?"

"If angels ask you how you came to slight
Heaven's gift of life, just tell them—'twill be true—
You only laced yourself a little tight,
And passed away, as many others do.
Your body molds—a loathsome, hideous sight,
Because, forsooth, God did not shape it right.

"Humanity heirs death, but not disease,
Time's past should be a long, declining one,
And gently gliding down by slow degrees,
In the far west should sink life's setting sun.
Full half the business that I do for death,
Springs from the fact that women skrimp their breath.

"It is a doleful mission at the best
To be the dreary messenger of woe,
But when girls fear to have a healthy chest,
The future world is better when they go.
Now to a thousand homes I'll swiftly haste,
And end the struggle for a taper waist."

NATURE HER OWN PHYSICIAN.

"BUT is there yet no other way, besides
These painful passages, how we may come
To death, and mix with our connatural dust?"
"There is," said Michael, "if thou well observe
The rule of *not too much*, by temperance taught,
In what thou eat'st and drink'st, seeking from thence
Due nourishment, not gluttonous delight,
Till many years over thy head return:
So may'st thou live, till like ripe fruit thou drop
Into thy mother's lap, or be with ease
Gather'd, not harshly pluckt, for death mature."—***Milton.***

OUR DESSERT TABLE

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

WHEN you meet a young man who is smoking a cigar it is your duty to stop him, and say: "Young man, that cigar contains acetic, formic, butyric, valeric and proprionic acids, prussic acid, creosote, carbolic acid, ammonia, sulphuretted hydrogen, pyridine, virodine, picolene, and rubidine, to say nothing of cabbagine and burdockic acid. He may stick to the cigar, but you have done your duty in the premises.

"If I ever use any unkind words, Hannah," said Mr. Smiley, reflectively, "I take them all back. "Yes, I suppose you want to use them over again," was the not very soothing reply.

IN a Kansas village with a cemetery, there is a sign painted on the fence opposite the cemetery reading: "To keep out of that place across the road, get your medicines at the corner drug store."

A MAN who was suffering from a boil on his face, pettishly exclaimed; "I wish I knew the best place to have a boil!" To which his little girl responded; "Why, papa, the teakettle is the best place for a boil!"

A HARVARD man wants to know how to tell if strawberry shortcake is made in regular style. If after eating it you go to bed and dream that you are pursued by a three-headed dog, which can climb trees, and wake up to find yourself feeling as though a threshing machine was at work inside of you, it is strong evidence that the cake was of the regulation sort.

MANY physicians claim that intemperance is a disease. It must be contagious, then; at any rate, a man who gets drunk usually catches it when he gets home. There may appear to be some little discrepancy or contradiction here, but we can't stop for that now.

THE Hon. Alexander H. Stephens is reported to be in better health than for years past. He can now sit on a hotel piazza at the seaside without paper weights on his coat-tails.

A PHILADELPHIA contractor says whisky can be made out of garbage. And we believe him. Whisky makes garbage out of man, and why shouldn't man make whisky out of garbage It is a poor rule that won't work both ways.

SAVING TIME.—Dr. Clemenceau, the eminent French physician and member of the Legislature, is remarkable for his quickness in the dispatch of business. Two men entered his consulting-room simultaneously the other day. The first, in reply to "What is the matter?" said he had trouble in the chest, and was ordered to take off his shirt. While prescribing, the doctor ordered the other visitor in and said; "Just take off your shirt, too; it will save time." He immediately did so, and by the time the doctor had written the prescription for the first man and received his fee he was stripped to the waist. "You are suffering pain in the chest, too, are you not?" "No, no," said patient number two. "I came to you would recommend me for a place as post-office."

HYGIENIC "PUNCH."—Old lady to eminent physician: "Tell me, what do you consider the most important rule of all for health? Doctor (whose ideas run much on hygienic properties of soils and air, etc.) "My dear madam, always live on gravel." Old lady (whose thoughts take a more gastronomic turn): "Oh, doctor, I'm sure I couldn't live on it."

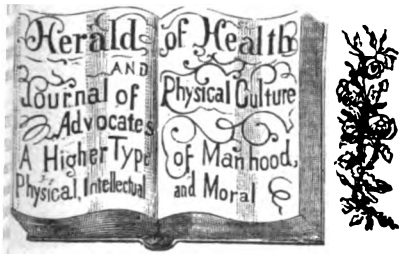
A MODEL STUDENT.—A young American, who had been in Paris for a year studying medicine, was visited by his father. He paraded the old gentleman through the city, pointed out the architectural lions. Finally they halted before a many-pillared building. "What is that lordly pile?" asked the father. "I don't know," replied the youth. "but I think it is a sergeant-de-ville." They crossed over and put the question. "That, gentlemen," said the official, "is the medical school."

"CAN you cure my eyes?" said a man to Dr. Brown. "Yes," said the doctor, "if you will follow my prescription." "Certainly, doctor," said the patient, "I will do anything to have my eyes cured. What is the remedy, doctor?" "You must steal a horse," said the doctor, very soberly. "Steal a horse, doctor?" said the patient, in amazement. "How will that cure my eyes?" "You will be sent to State Prison for five years, where you could not get whisky, and during your incarceration your eyes would get well," said the doctor. The patient looked somewhat incredulous, but he did not adopt the doctor's remedy.

THE boy stood in the melon patch
When all but him had fled,
And visions of a royal feast
Went dancing through his head.
But the farmer and the bull-dog came.
And the boy, oh! where is he?
Go ask the doctorman who patched
His sore an-at-o-mee!

LAZY PEOPLE NEVER HAVE TRUTH.—Every mind is offered its choice between repose and truth. Take your choice, but you can not have both. Man in whom the love of repose predominates will accept the first creed, the first philosophy, the first political party he meets, most likely his father's. Then he will have repose, but shuts the door to truth. He in whom the love of truth predominates will keep aloof from all moorings, and afloat. He will abstain from dogmatism and submit to the inconveniences of suspense and imperfect conception; but he is a candidate for truth, and respects the laws of his being.

EDITORIAL DEPARTMENT.



NEW YORK, SEPTEMBER, 1880.

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* PUBLISHER *does not hold himself as indorsing every article that may appear in* THE HERALD. *He 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.

DR. TANNER AND HIS FAST. — One of the greatest sensations of the season has been the remarkable fast of Dr. Tanner, prolonged for forty days. There seems to be no doubt whatever but that it has been a genuine abstenance from food, and not a sham; those only pronouncing it so who are least qualified to know. From our own acquaintance with Dr. Tanner, we feel convinced that he could not have been hired to eat during the forty days, even though he might have done so without the slightest danger of detection. Had he been left entirely to himself during the whole time, he would have abstained from food most conscientiously. Had he desired to cheat his watchers, no doubt he might have done so, though this would have been quite difficult after the first week, as physicians of two schools of medicine, and one reporter from the office of the New York Herald were almost constantly with him. As to the question of the value of this fast, that is quite another matter. Dr. Tanner's object was; first, to demonstrate his ability to make it. It seems that in 1877 he fasted for 42 days, but as he was not watched, physicians and others declared it impossible, and branded him as a fraud, thus injuring his reputation and practice. Dr. Tanner desired to establish his own honor which had been assailed. Another object, as he stated to us, was to study the effect prolonged abstinence from food would have upon his nervous system. His first object has been accomplished triumphantly. In the second he has failed, for the opportunities of studying psychological phenomena under the circumstances were very unfavorable, and little or nothing has been learned on this subject. But has nothing whatever been learned? We think there has. The length of time a man can abstain from nourishment determines the amount of reserve physiological wealth he has stored up in his body. Scientists have told us that the reserve force stored up in the human frame would be exhausted in about nine days abstinence from food. Dr. Tanner has proved that man is several hundred per cent wealthier in vital capital than this, and this is, in our opinion, a much more valuable discovery than to have found out how much urea, carbonic acid or nitrogen has been excreted. Perhaps another equally valuable lesson, though it is not a scientific one, is the one given to medical men. As a rule, they, like all other human beings, are greatly given to dogmatism, and, we are sorry to say it, pretend to a greater knowledge than they really possess. The most positive assertions and prophecies of many of the most eminent of the profession have proved to be utterly worthless. They have made predictions concerning a matter

on which they were ignorant and without data, and have failed. Possibly it will teach them a lesson. As to the question of the value of fasting as a remedy for disease, little new has been learned, though possibly Dr. Tanner's fast has called attention afresh to a subject almost forgotten, as nothing else would have done. Fasting in certain cases has its value, and in other diseases it is decidedly injurious. It will take a good deal of wisdom to always know when to apply it. Dr. Kitteridge, once a contributor to this journal, and a hydropathic physican of note a generation ago, used to prescribe fasts for some of his patients, and one of them, it is said, fasted for forty days without injury. Dr. Tanner himself asserts that he cured an obstinate rheumatic affection of the heart by his former fast, and that it has not yet returned. While at Saratoga this season we met a lady who asserts that she once fasted for eight weeks, taking however, every four days, a teaspoonful of honey; in all during the eight weeks nearly a pound. Her object was to eradicate from the system a scrofulous disease which had troubled her for many years. She became as thin as a skeleton, but was able to go about the house and out of doors every day. When she began to eat she regained her flesh perfectly, and it was as fair and healthy as that of a child. Instead of injuring her constitution, as might have been predicted, she considers that she was materially benefited. That Dr. Tanner will entirely recover from his fast there seems now to be no doubt. Prof. Brown-Sequard states that such an experiment would not be permitted in France, but why should a voluntary experiment of this kind be prohibited any more than an experiment made upon animals? There is need of experiments upon human beings relating to diet, though it seems to us these experiments as a rule ought to take a different direction from Dr. Tanner's. Dr. T. L. Nichols made a very complete dietetic experiment recently, and has since published a very interesting account of the same. His object was to show how cheap and well a man might live and maintain a very high degree of health. For five weeks he lived in the city of London at an expense of two and a half pence a day, and worked hard every day. At the end of the experiment he was in better health than when he began. Dr. Eugene Bilfinger, of Halle, Germany, made an experiment, continued during an entire year on his own person in vegetarianism. A full account of which appeared recently in a German monthly, and which on account of its interest we translated and published in the Phrenological Journal for August, 1879.

One point more and we are done. Dr. Tanner deserves great credit for the determination, the pluck with which he not only endured his fast but the opposition of nearly every paper and physician in the country. Let us give him this credit as justly his due.

KILLING FOR SPORT.—Dr. Richardson's ideal colony, "Salutland," bids fair to eclipse in its attractiveness even his renowned city of Hygiea. He informs us that "In the midst of the towns the eye is struck with the cultivation of fruit trees that prevails. The towns of Salutland might be called, as ancient Norwich once was called, the towns or cities of orchards. Throughout all the country the land is under the cultivation of the most perfect kind for cereal produce and fruit and vegetables. . . . Every tameable animal is there, and all animals are objects of singular and lively interest. The rivers and lakes are filled with various kinds of fish, and every sort of bird that can be collected, retained, and naturalized on the land is also to be seen. A man, woman, or child, who, for wanton pleasure, should hunt down or torture one of the inferior creatures would be cast out of society, while the idea of having the dumb creatures killed and hung up in the open shops to bleed and be quartered and cooked for human beings to live on, would be treated with as much disgust as we should now treat the practice of those African shambles for human remains which Professor Huxley, in one of his most charming books, has so faithfully re-

copied to illustrate the history of a past civilization."

In such a country, what would our sportsmen do?—those whose only serious occupation in life now seems to be risking the breaking of their own precious necks that they may be in at the death of poor foxes and hares.

Wanton cruelty—cruelty for sport—seems to us more abhorrent in women than in men. Vivisection is more terrible, from the prolongation and variety of tortures, even than trapping, with its slow death by pain and hunger and thirst; but it is all bad and vicious and hateful; nor can the highest examples ennoble it or make deliberate cruelty, sportive cruelty, slaughter for the mere love of slaughter, other than detestable. Yet we have in all our leading newspapers regular records and frequent glorifications of all these pretty pastimes.

We have the names of noble lords and gallant gentlemen who spend their time in killing pigeons, four out of five, eleven out of twelve, let out of a trap for them to fire at; and a leader is devoted to an account of the shooting of the German Emperor, in which we read: "There was great slaughter in the woods of Wusterhausen that day. Two hundred and eighty seven deer and bears—all carefully driven under the muzzles of the rifles—fell before the princely sportsmen, and of these the Emperor shot twenty-three. Thus does German Imperial and octogenarian Majesty amuse itself."

And we flatter ourselves, Germans and Englishmen, that we are no longer savages.

HYSTERIA — WHAT IS IT?—What is hysteria? asks a young lady who says some day she will study medicine and be a physician, even if for no other purpose than to know about the body, so wonderful in its make-up and its action. In reply we may say that hysteria has been defined in many ways by many phyisiologists, but in our opinion most of their definitions are faulty in many ways. Hysteria is a sort of nervous storm, in which nervous action breaks over all restraint of the will and the judgment, forsakes its normal course and gives rise to incoherent, unnatural, irrational ravings. Hysteria is a sort of insanity. The forces in the nervous system, like the forces in nature, are subject to various disturbances. In nature they break out in thunder storms, hurricanes etc. etc.

In the human body we have instead, hysteria, passion, and other phenomena. If we could control the distribution of heat and cold in nature, we could modify or do away with violent cosmic changes by equalizing everything. The same would prevent hysteria. Equalize the circulation of the blood in the human body and hysteria would rarely if ever appear.

THE WATER WE DRINK.—The HERALD OF HEALTH has preached for more than a quarter of a century of the necessity of pure soft water to drink, and now this same idea is working its way into the sanitary literature of the world. At present sanitarians do not agree as to what is wholesome water and what is not. This disagreement is the result of our imperfect knowledge concerning the nature of the different impurities which exist in it. We do, however, know well enough that the impurities in water which have an origin from animal matter are more dangerous to the health than those of vegetable origin; indeed, much water which is apparently impure is filled to a greater or less extent with an almost microscopic vegetable growth not particularly injurious. Chemistry, however, does not tell us the difference between the impurities of water of an animal and of a vegetable nature, and so we are unable by this means in many cases to decide if the water is specially injurious or not. Prof. Huxley is accredited with saying that the water may be as pure as can be, as regards chemical analysis, and yet, as regards the human body, be as deadly as prussic acid; and on the other hand, may be chemically gross and yet do no harm to any one. He adds to this, that chemists may consider this as a terrible conclusion, but it is true, and if the public are guided by the percentages alone, they

may often be led astray. The real value of a determination of the quantity of organic impurities in water is, that by it a very shrewd notion can be obtained as to what has had access to that water. Our senses ought to be so acute that they will at once detect a poisonous water; but we have blunted them so much by smoking and chewing tobacco, by drinking hot drinks and eating spiced foods, that we are unable to decide if a poisonous substance has been concealed in the water we drink. We would not under-estimate the value of chemical analysis. The use of microscopic analysis of water ought to be still more useful, but the analysis made by a perfectly educated organ of taste ought to be better yet. Then, in addition to this, we are exceedingly careless and run altogether too many risks of life and health, thinking there can be no danger because danger is so often escaped. Why should we carefully guard our treasures, our gold and silver by locks and keys, by safes with combinations so difficult that few can unlock them, and yet the human body—the temple of life in which dwells our best thoughts and emotions—be neglected to so fearful an extent; Emerson said, "give me health and a day and I will make the pomp of emperors ridiculous." We can all do this; not so well, perhaps, as Emerson has done it, but yet most of us can do it in a very creditable manner.

CREMATION.—The interest in cremation seems to be increasing in Europe quite rapidly. Whether it will ever become general is doubtful, but it will become common. There are several societies on the continent to promote it and many crematories. There seems to be little objection to it except custom, which is always hard to overcome. In England there has been a check put to it by the government refusing to legalize it.

TREES FOR THE PREVENTION OF MALARIAL FEVERS.—For a long time it has been believed that the eucalyptus tree, planted in malarious regions in sufficient quantities would destroy the malaria and render the [illegible] healthful. Very high scientific [illegible]ities agree now with this view. [illegible] recent number of Nature there [illegible] article in support of this theory [illegible] states that in marshy districts [illegible] eucalyptus, malarial fevers are [illegible] known. A farm is mentioned, situ[illegible] in a pestilentious district in [illegible] where the atmosphere was entirely changed by the planting of a considerable number of these trees. Similar testimony comes from France, Italy and California. Dr. Playfair says that this tree has come to be called the fever destroying tree. Since it has been planted in the Campagna about Rome, malarial fevers have proportionally disappeared. It is unfortunate that the eucalyptus does not flourish in the Northern states as it does in California and the South. While in Washington recently, we called on the superintendent of the horticultural garden and the gardener informed us that the balsam poplar was likely to take the place of the eucalyptus in the northern states. It is, according to his statement, very similar in its nature and will produce similar results. If this be true the fact should be widely known.

Biddeford, Me., June 10th, 1[illegible]

DR. HOLBROOK—*Dear Sir.*—Referring to my communication on "the feeding" I would like, by way of addition and to point a moral, to add that in our short street there are four infants besides my own, all told—three younger and one older than our's—and while our three-meal baby has not caused a moment of uneasiness, three of the other four have been sick enough to require the attendance of a physician and the fourth appears in a fair way to have a set-back before the summer is over. In each case the trouble has been with the stomach and bowels, as we know is the fact in seven-eighths of all infantile diseases. They are all fed on the universal plan, with little or no restriction as to quantity or frequency, and there has been no time when their parents would not have held up their hands in holy horror if told that our baby had but three meals a day, a fact

ıich, from prudential motives, we ,ve thus far withheld from all except ıe or two special friends who know ır motives and have confidence in our dgment. Very sincerely,

C. E. PAGE.

DEATH OF ADELAIDE NEILSON.— very one who has ever seen or heard iss Neilson will be pained to learn of ·r sudden death in Paris. As we saw ·r only a few months ago in the prime ' life, and in good health, little did we think she would be so soon summoned to her rest. As an actress Miss Neilson won every person by her beauty, her simplicity, her womanly dignity and grace. What was the cause of her sudden death is not reported. She had made a great fortune at her profession and retired to private life to enjoy it. With her fine health there must have been some serious error in her hygenic habits, or she would not thus early have been taken away from an admiring world.

STUDIES IN HYGIENE FOR WOMEN.

STIMULATING DIGESTION WITH ALALINE SOLUTIONS.— One of our subscribers sends us the following for an nswer: "Why is it that a weak solution of the bicarbonate of soda is given efore meals in the treatment of certain forms of dyspepsia?"

The reply is that weak alkaline solutions stimulate quite powerfully the ecretion of gastric juice, and this of ourse promotes digestion. When the ood is taken into the stomach this organ, if weak, responds slowly to the timulus, too little gastric juice is secreted and the food lies heavy on the tomach. After awhile decomposition takes place and gas is eructated, much to the annoyance of the patient. It may not be known, however, to many, but it is none the less true, that the saliva secreted in the mouth is also a weak alkaline solution and a very powerful stimulant to the secretion of gastric juice also; so instead of taking a weak solution of bicarbonate of soda, as is frequently done, a better way is to increase the quantity of saliva secreted, and this comes by chewing the food very slowly until it is thoroughly saturated with it, and also by using such foods as will promote this secretion, either by their hardness or dryness, or by their being so pleasant to the taste as to make the mouth water. The effect of diluted alkalies upon the stomach is only temporary, and the injury that may be done by their use for any considerable time may be serious; but no harm whatever can come from chewing the food so as to promote the secretion of saliva. In some forms of dyspepsia acids will lessen the quantity of gastric juice secreted, especially strong acids like vinegar. This is the reason that the excessive use of this condiment is so injurious. It prevents the flow of gastric juice, reduces the flesh, and leads to emaciation.

Considerable has been said in the various medical journals within the last year upon the subject of slow or fast eating. One physician asserts most positively that fast eating is not injurious, but beneficial. Fast eating may not materially injure persons with very strong stomachs—stomachs that can secrete any quantity of gastric juice—but when this organ is weak it can only act injuriously. It is useless to try to cure dyspepsia by medication unless the patient learns to eat slowly, and this is sometimes a very difficult thing for him to do. He must continue to make the effort for weeks and months, and sometimes for years. Resolutions are of little use. The will must be brought into activity and assert its power over the actions and functions of the body. This is one principal reason why it is so hard for people with bad habits to reform. They resolve to do better, but resolutions are altogether inadequate. Let them arouse their dormant wills and then they can

accomplish whatever they undertake.

MAY GIRLS JUMP THE ROPE?—A surgeon in a western city has published an article designed to warn parents against allowing their children to jump the rope, an amusement of which they are very fond. His objections to this exercise are that it produces a continuous concussion of the joints in the spinal column of a dangerous character, often resulting in inflammation and necrosis of the bone, deformity and death. He concludes by saying, "I would warn children against rope dancing and advise parents to prohibit it under all circumstances." His opinions are founded on the fact that he has seen very bad results from the practice. While we do not doubt that jumping the rope may be carried to a dangerous extent, we deny that it is a dangerous exercise. It is only when carried to too great an extent that it injures, or when practiced by very delicate children longer than it should be. Children in their sports are apt to go to extremes, and here lies the danger. How many thousands of children have lost their lives by eating too much food, or eating unwholesome food, and yet we do not prohibit our children from eating, but try to teach them how to do it right. Many children lose their lives in the water, yet we continue to teach our children to swim, and shall to the end of time. Children become injured by jumping the rope, and the wise course is to teach them not to go to extremes in this or any sport. Jumping the rope is of itself a perfectly safe exercise. It is one that children enjoy. It cultivates all the lower parts of the body in a remarkable manner, giving skill and grace of movement. Mothers need not prohibit it, but only watch their children so they shall not go too far in its practice.

TIGHT DRESSING.—The Ladies' Gazette of Fashion, published in London, thus severely criticises the tight lacing of the period; "Let ladies array themselves in blazing garb, as they please, it matters little; but what matters greatly to the world at large is the appalling tightness of the waist now practiced by the *elegantes* of the pr... A few centuries ago officers were tioned at all the public resorts to off the trains beyond the regu... length. Pity, indeed, that in ... days of liberty similar treatment not be enforced to snip the ... lace. Evidently the consequen... this case would be far more embar... ing than the mere curtailing of a ... but, really, something must be ... I wonder what the national healt... cieties are about, not to raise ... voice against such sinful extrava... It is really distressing to see, pe... by, those tall thin forms swathe... closely as possible, their draperies ... lining, with the faithfulness of s... ture, all the beauties and defects ... for propriety's and comfort's ... should be discreetly vailed. Cal... thing look more painful than the ... angular arms imprisoned in sheath... sleeves, which, together with the ... ulously narrow backs, hunch up ... shoulders and force the arms in... constrained and unsightly posi... And as to the spider waists, the ... der is that living beings can breath... such a compass. Now that we h... had classes for cooking, dressmak... and ambulance work, it would not ... tainly be amiss to start new ones ... anatomy. Surely, if women had ... slightest idea of their own struct... they would at once reject a fash... which only ignorance and bad ta... have ever tolerated."

SUPERSTITION AND DISEASE.—The... is a wonderful amount of superstiti... in relation to health and disease, an... it permeates almost every class. Th... ignorant are most subject to it, and th... learned cannot altogether get rid of ... One of the worst cases which has co... to our knowledge comes all the wa... from Russia. In a certain part of th... country the people are very ignoran... and when a child dies in the family a ... bit of bread is placed in its mouth for a... moment, and then divided up and eate... by the living children. Now it so hap... pens that diphtheria has been prevalen... in that country, and after a child di...

e disease the bread is put into the h and then eaten by the children ıy morsels. Result: They nearly ke the disease and die. In many s not a child under twelve years of is left. What a commentary on ance and superstition.

OMEN IN FRANCE. — The first pse of a French seaport is charm- rom its novelty. The fishing ves- the sailors, and especially the wo- are very different from those we left behind us. It is strange that ould be so, but there is no doubt of act that the common people on the ch coast seem stronger, better ed, and more comfortable than the sponding class in England. The rwomen are dressed in strong ens, and with perfect neatness and liness. They all seem tidy and ectable. Women come with hand- , and offer to carry our luggage to hotels, and seem perfectly able to t. All over France, in town and try, the women do more than their e of the work. Women give the y signals along the railway lines, then take up their sewing or knit- . Women work in the fields as long is light. Women sell tickets at the vay stations. In Paris women pre- at almost every place of business, l we wonder what has become of men.—*T. L. Nichols, M. D.*

OT SO.—The Quarterly Epitome of tical Medicine, for July has the fol- ng method of treating sciatica:

A flat iron is heated hot enough to porate the vinegar, and is wrapped n some material, preferably woolen; then dipped in the vinegar, and lied at the painful part. The oper- n is repeated two or three times in day. It rarely happens that the has not disappeared at the end of nty-four hours. The action is easily erstood. On account of its contact the fire, the iron becomes magnet- nd if acid is added while it is hot, tricity is produced, and the same ts are obtained as with an electric ery."

ow we do not in the least object to the treatment. No doubt great relief would be had from it; but we do object to the statement, that electricity is generated by such a contrivance. Iron does not become magnetic by heating it, but the reverse. Nor is electricity produced by adding an acid to hot iron. The benefit is probably entirely due to the heat and moisture, and not at all from the electricity. Our medical journals are full of just such ignorance.

WHAT IS THE MATTER.—One of our new subscribers writes that there is always somebody sick with something or other in his house, and he wants to know what he shall do. From what he writes we infer that their dietetic habits are bad. They do not eat right—their stomachs are out of order most of the time—all are more or less dyspeptic, constipated, depressed in spirits, lacking in fine feeling. The glow of health is not there. The first thing to do is to improve the food used, and to revolutionize the habits of life. Get our books "Eating for Strength," and "Hygiene of the Brain," and study them, and so far as you can conform to their teaching, and we think you will have no more trouble.

"WHAT OUR GIRLS OUGHT TO KNOW."—Every mother should present her daughter with a copy of this book. Mary Mendenhall, a teacher in a girls' school, writes concerning it:

"What Our Girls ought to Know" is charming. I began immediately to read it to our girls here, promising a chapter a week. The girls were delighted and came to me every day: 'Won't you, please, give us another chapter to-night?' I never refuse them. It is written in a manner to win their hearts and convince their understandings."—Price $1.25.

PROGRESS OF HYGIENE.—There will be a grand Congress of Hygiene of all civilized nations at Turin, Italy, September 12th, this year. The King of Italy, the ministers, and others will take part, and it is to be hoped that much good will come from it. We shall keep watch of the proceedings and give

our readers the benefit of anything new or valuable that transpires there.

GARGLE FOR SCARLATINA SORE THROAT.—One of the best gargles for the sore throat which often occurs in Scarlatina is ice water. More than 25 years' experience of a hydropathic physician in its use, confirms this opinion. If the child is too young to gargle the throat itself, then take, instead of ice-water, lime water and spray the throat with it with an ordinary instrument used for this purpose, and an ice cold cloth over the throat high up under the chin instead.

EFFECT OF MORPHINE ON MAN.—It is a mystery to many why a little morphine so easy kills a person. The worst effects of this poison are on the nervous system. It paralyzes the centers of motion and sensation in the brain in proportion to the size of the dose. It also paralyzes those centers which preside over respiration. This is why breathing is so difficult, and death takes place chiefly from this cause.

STAMMERING.—Mr. Julius Ashman, long an almost hopeless stammerer, but who has persevered in rational modes of cure till he has recovered, desires to treat those suffering from this impediment of speech. He can be addressed at Corning, New York.

CURRENT LITERATURE

—:o:—

HEALTH AND HEALTH HOMES; A Guide to Domestic Hygiene. By Geo. Wilson, A. M., M. D. With Notes and Additions, by J. J. Richardson, M. D. Philadelphia: Presley Blakiston.

This work is edited by persons who have made Hygiene a study, and contains many valuable chapters, among which are the following: First, The Human Body. Second, Causes of Disease. Third, Food and Diet. Fourth, Cleanliness and Clothing. Fifth, Exercise, Recreation and Training. Sixth, The Home and its Surroundings. Seventh, Infectious Diseases and their Prevention. The author's remarks concerning value of health are worthy of quotation, and we make the following condensed extracts. An old writer, he says, has quaintly remarked:

"Who is he that values health at the rate of its worth? Not he that hath it. He regards it among common earthly enjoyments, and takes little notice of it, or else regards it as he does worn and cast off clothes. Perhaps he is more careful of his garments, remembering their price, but thinks his health cost him nothing: and, coming at so easy a rate, values it accordingly, and hath little regard to keep it, and is never truly sensible of what he enjoys until he finds the want of it by sickness, and then health above all things, is earnestly desired and wished for."

In regard to dress, the author remarks: "It should be fashioned so as to suit the natural proportions of the body, and never to contract the natural lines of that figure. Any dress that interferes with the movements, ease and graceful carriage of the body is objectionable. Tight dresses are objectionable because they cramp the movements of the limbs. Long walking dresses are bad because they drag about the waist and cause the skirts to become dirty. Garters worn below the knee are objectionable because they impede the blood and induce varicose veins. Low bodices are objectionable particularly because they detract from the growth, from the health, and because many suffer seriously from the cold weather. All of these are points which should be considered in the matter of the prevailing fashion."

The few paragraphs in regard to mental work and over-work may offer suggestions of value. The author says: "In these days of fast Living and making haste to be rich, the persons who land themselves in what has been called physiological bankruptcy, before they have reached the age of sixty, are far greater than is generally supposed. A successful competition commenced at school or college, though not without its risks, becomes a fruitful source of impaired health and premature death when it is allowed to have its full swing in the struggles and ambitions of every day life, and this, more especially is witnessed among the large class of the community who constitute the prop and mainstay of the nation, and among the merchant princes and those engaged in commercial pursuits. Whenever a man begins to stick to business so closely that he does not have time for healthy recreation, and no leisure for health, and who has only hurried moments from morning till the drudgery of the day is over, to attend to his daily wants, he is putting a desperate strain upon his system, which soon begins to tell with an increasing severity that frequently culminates in a complete break-down. By and by he comes to find that his day's work has begun to tell, and instead of being a pleasure, the last batch of letters appears to be a much more irksome task than in other years. He is more liable to make mistakes, more apt to overlook essentials, and prone to forget important engagements. He becomes miserable and dissatisfied with himself, exhausted and irritable when he comes home, the dinner is unrelished, the evening paper seems to be uninteresting, and when he retires to rest, his sleep is fitful and often broken by hideous dreams." We might go on quoting paragraph after paragraph of equal value, but we have given enough to indicate the character of the work, and those who wish to peruse its pages further should add it to their libraries.

HEALTH FOODS.

'e have heretofore spoken of the en and other valuable foods man- ɔtured by the Health Food Com- y at No. 74 Fourth ave., New York, now desire to allude to their work ɔehalf of infants and very young dren. It is, and has ever been, a ɔlem difficult of solution to deter- e just what artificial foods are best pted to sustain life and build up all tissues—osseous, muscular, and 'ous—in babies who lack an ade- te supply of the food provided by ire. The usual recourse has been ɔw's milk more or less diluted, and ıtly sweetened. To this the custom been to add soda crackers, arrow- , corn starch or some kind of starchy ɜtance. Probably starchy materials ɜ originally added because of their texture, their impalpable fineness, their delicate color, which con- ɔns tended to prove that these bland ɜtances could do no harm to the t delicate membrane of the most ɜate structure. Little account was ɜn of the fact that starch is an arti- l product, inasmuch as it is never ıd alone in nature, but always ex- as a hydro-carbon in combination ı nitrogenous substances; nor was particular stress laid upon the fact starch is never digested, that is to never becomes food, until convert- into dextrine and grape sugar, ɔh conversion is accomplished in body by a ferment called diastase. ɜ diastase is the chemical principle ting in human saliva and in the ɜreatic fluid. It is known that this nical agent is found only to a very ted extent in the saliva of babies, it is inferred that the infant pan- s is also lacking in the same ele- t. As starch when unchanged is ly inert, and as inert substances not be swallowed by babies with- danger, it is easy to see that starchy ures are actually worse than noth- 'or the feeding of infants.

ıt, can not science provide some means for supplying to babies the tase demanded by infants to ena- hem to digest substances contain- starch? We answer, yes, this is pre- y what the Health Food Company attempted and accomplished. Hap- there is a vegetable source of dias- tase, as well as an animal source; if there were not, the use by babies of any food substances containing starch might be deemed forever injudicious and even dangerous. Diastase is developed in all germinating seeds. It lies dormant and undiscoverable in the germinal molecule of all starchy seeds and cereals and is never brought into actual existence until exposure to sufficient warmth and moisture to induce that enlargement, sprouting or growth, of the germ which is called, germination. If diastase were not called into existence at this point no new plant would spring from the seed, because there would be no first food for it. The first food of a spire of wheat must be starch, the starch of the parent seed. But this starch must be changed in the seed, just as it must be changed in man into a sugary fluid by diastase, before the young plant can digest it and live upon it. To plant-life, as to animal life, starch as starch, is as inert as sand, but, after conversion by nature's chemical, diastase, it becomes a most useful aliment. This fact has been advantageously employed by the Health Food Company in the preparation of a food for infants, and for adults in whose digestive fluids the diastatic element is but feeble. This food is called the "Universal Food," because it is always digested while life lasts. It is made entirely from the germs of cereals, and is so treated as to develop the latent diastase of the germs, and not to subsequently dissipate it. It is presented as a cooked food, in the form of a dry powder, requiring only to be moistened to be ready for use. It is not sent out uncooked because diastase is destroyed at 155°, and all ordinary cooking processes demand at least the boiling temperature of 212° F. Infants are fed from birth upon this food, and are found to thrive wonderfully. Those thus fed are not liable to suffer from bowel troubles or any form of indigestion. Dr. Bangs of 127 E. 34th st. N. Y., says that the use of this food by infants renders teething a normal physiological process. Mrs. G. B. Starkweather, Normal School, Hampton, Va., declares that it has cured her two years old child of long standing bowel complaint, and has acted like magic in another case; and Mrs. L. L. Shipherd, editor of "Home Interests" department in N. Y. Weekly Tribune writes that this food has speedily cured a case of chronic diarrhea of many months standing in her own family, and adds; "I will help the Health Food Co., all I can, not less in the hope of earning the gratitude of those who may test these valuable foods upon my advise than for the sake of testifying to my own gratitude for timely and great relief. This is grand testimony.

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THE
HERALD OF HEALTH.

OCTOBER, 1880.

COMMON MIND TROUBLES. (No. 5.)

BY J. MORTIMER GRANVILLE.

NGERS OF HESITATION AND ERRORS IN SPEECH.

HOUGHT and speech are so connected that it is impossible to arate them. It is not a necessity t speech should be articulate and lible. It may be set in any key, m the loudest voice-utterance to the re self-conscious conception of cern sounds, as when a person *thinks* pronunciation of a word, clearly rking its peculiarities in his own nd, but in a manner inperceptible to y one else. If the performance of s act — pronouncing a word in ought—be closely examined, it will found that there is an impulse, as it re, to move the lips and tongue, but restrained, that commonly no obvis muscular action takes place.

Faults in speech are likely to be due defects in thought, the two faculties ing mutually dependent; or the rese may be the case, and impediments d errors of speech react mischievous- on the mind. Much interest and portance attach to the conclusion rived at with respect to the real cause the hesitation or error which marks e utterance of any particular sufferer. First, make quite sure that it is not dinary confusion of thought, consent upon a slovenly habit of thinking the miserable practice of allowing oughts to drift, which has produced e faltering or mistake that occasions xiety. Many persons permit their inds to become overrun with tangled scrub, so that nothing short of the most acute or agile powers of way-finding can carry a thought safely through the domain, and then they complain of the difficulty of thought-driving! Clear away the jungle that renders the mind impassable, and thought will no longer be found to wander by circuitous paths, and too often be irrevocably lost. The only measure by which this self-improvement can be accomplished is one of culture; the degree of labor required will vary from that of a settler in the backwoods, who finds it necessary to clear and dig every square yard of the land he would convert to useful purposes, to the ordinary weeding and breaking the clods which may suffice to repair the results of a single season of neglect. In any event, however great or small the task may be, the cultivation must be accomplished, or this, the most troublesome and inconvenient cause of speech-blundering, a weedy, tangled, and lumpy state of mind cannot be remedied. We are not now concerned with faults of the motor apparatus or mechanism of the voice; and, excluding these, it may be asserted that, of all causes of hesitation or error in speech which lie, so to say, deeper than the surface, the neglect of self-control in thought is the most common and, in many senses, the most mischievous.

If a person who has previously been an easy and fluent speaker begins to hesitate in his utterance, there is generally reason for anxiety. Supposing

the general health to be good, and nothing specially notable to have happened in the life of the individual which might have produced what is commonly called a "shock" to the mind or the nervous system, there is probably some physical or mental disorder in the background, to which attention should be directed. If the cause be physical, the attempt to speak will generally be accompanied by trembling or twitching in the muscles of the mouth, the lips, the nose, or the jaw.

Commonly, when there is none of this trembling or twitching, and sometimes even when these are present, the hesitation is mental. Either the mind is too busy with a crowd of thoughts to maintain proper command of the word-finding function, or that faculty is so enfeebled that it seems incapable of any reasonable activity in the service of the will.

This comes of a riotous or vicious habit of thinking. The mind-weakness which results from the terrible error of mental dissipation, whatever the direction in which the thoughts are permitted to disport themselves, is one of the most perilous conditions of exhaustion into which the faculties of a still sound brain can be allowed to sink. It is a state of which the mind in danger is itself conscious long before any indication becomes recognizable by others. It is not, as a matter of fact, too late to mend matters; but the individual who has permitted his mind to pass into this condition has incurred a great peril.

This is a point on which it is necessary to speak plainly. Habits of musing, brooding, or conjuring up mental pictures and scenes in which the thinker is himself an actor, and into which he gradually brings his faculties of imagination, and even his sensations, are the overlooked, the unconfessed, perhaps the unrecognized, causes of by far the larger number of attacks of "insanity," and the great majority of poor creatures, especially the younger and middle-aged persons, who with wrecked minds drag out weary years in lunatic asylums, have themselves to thank for their sufferings. Any one of a score of causes may overbalance the mind and determine the particular form the mind-malady ultimately assumes, but the predisposing cause which renders the disaster possible and entails all the evil consequences is the morbid habit of allowing the thoughts to wander uncontrolled, at first innocently, then into forbidden paths.

The habit of preoccupation which sometimes shows itself by hesitation of speech is less dangerous than weakness, but it should not be neglected. Having "too much to think about" is not so bad as having exhausted the power of voluntary thought, but it is an evil. There is a marked tendency in modern education—and it increases each year—to neglect the training of minds. The subjects which were principally used for purposes of mental development and exercise are being eliminated because they do not commend themselves to the commercial instinct of the age as producing marketable information. Greek, Latin, mathematics, and the like, are not possessed of a high value in the mart of commerce or on 'Change, and they are therefore lightly esteemed.

The remedy for a growing hesitation in speech, when not the result of serious mind-weakness, is a better method of thinking. The first method must be to preserve greater calmness; the second, to be more orderly in thought. There is a process in thinking which is the counterpart of dotting the *i*'s and putting in the stops in writing, of knotting the thread and "fastening off" securely in needlework. If this be neglected, as it commonly is by what is called rapid—another word for careless, reckless, or impetuous—thinking, entanglement and confusion in thought and errors of speech, are inevitable.

Verbal blunders are generally due to confusions of thought, but sometimes to disease. It is important to distinguish between the two varieties. The former is a matter for self-improvement; the latter will require medical aid. In the mistakes made seem to follow a particular line of error—if they are, so to say, general or capricious, the wrong words substituted for what it

vished to say being taken at random, erhaps for some other sentence at the noment darting across the mind—the 'confusion" may be safely set down as ne to be cured by mind-discipline. If, n the contrary, particular words, pre-iously familiar and ready at hand, are orgotten, certain numbers dropped out f memory, and a sort of method seems o determine the occurrence of faults in peaking or writing, the matter may be nore serious. It is a curious feature of he early forms of speech-disorder prirging from physical sources, that articular elements of knowledge seem o be effaced, and special processes of hought or reasoning can no longer be erformed, although the great mass of ind-work goes on unimpaired.

A world of trouble would be saved if, n all mental derangements, apart from rain-disease, persons who feel things oing amiss with them, whether the ensation be one of "irritability" or of confusion," would undertake of their wn free will to cure the evil by subject-ng the consciousness to a regular ourse of training. The best plan is to et the mind a daily task of reading, ot too long, but sufficiently difficult to ive the thoughts full employment hile they are engaged. This should e performed at fixed hours. Perfect egularity is essential, because the bject is to restore the rhythm of the ind and brace it up to higher tension. When, as in the class of cases we are onsidering, hesitation and errors in peech are the characteristic symptoms f a break-down, much good may be one by reading aloud for an hour or nore daily to the family.

It is not only useless but harmful to ead aloud when alone; the mind con-ures up an imaginary audience, and nis habit of "conjuring up" things is one of the short cuts to insanity which should be carefully avoided, more particularly by the highly imaginative. Another drawback consists in the fact that when a person reads aloud, without a real audience, the mind becomes engaged with the sound of the voice through the faculty of hearing; and this paves the way for mischief. It is by gradually substituting in fancy, and then mistaking, their own voices for those of other beings, that the weak and morbidly-minded become impressed with the notion that they are honored or plagued, as the mood may determine, with communications, super or extra-natural—which are in truth the echoes of their own imaginary utterances.

By reading aloud any healthy and improving work which is so interesting as to engage the thoughts, the strained connections between thought and speech will be relieved. Properly employed, this is one of the most patent and effective of remedies for disorders of the faculty of speech; but it is essential to success in the experiment of self-cure that the book read should be of a nature to interest, and sufficiently difficult to hold the attention. In some cases the exercise is rendered more effectual by reading aloud in one language from a work written in another—for example, a French book to an English audience. This gives practice in the choice of words, and brings the memory into play, the two faculties it desired to develop and strengthen. Hesitation and errors in speech are of great moment, view them as we may. In their less serious forms they demand a vigorous effort for self-improvement; in their more grave varieties they portend the existence of perils to brain and mind.

GIRLS.

BY ELIZABETH OAKES SMITH.

IF the girl of the day could be suddenly cut off from all of mere fashion, and could look about with a simple eye to what is best for her health, her usefulness and positive comfort, she would stand by herself, and become a creature of wondrous beauty and nobility. With a natural, instinctive

taste, she would discard the interminable rufflings and inconvenient pinbacks of the period, and adopt the sweeping, classical lines of dress that are accordant with artistic taste and freedom of motion; she would place a convenient covering upon the head, and thus equipped be ready for what is before her.

And what is that? Honest, sensible toil. Work of hands and head by which bread is to be earned and position is to be gained, just as men work and obtain fortune and an honorable rank in the world. Let her be trained for this, and not solely for marriage.

When girls are so brought up that they naturally think a great deal of being settled in a home through marriage, they are not likely to view that relation in its highest aspect. They will be likely to enter the state, not from a sentiment of respect and affection for the man to whom they are willing to yield the sacredness of their persons, nor from a tender womanliness that accepts the possibilities of maternity, motives at once delicate and spiritual, but from a gross kind of barter by which they resign their freedom for so many carpets and chairs, fine dresses, or horses, houses, etc., according to the amount of wealth possessed by the men who are to own them. This is a plain statement of an indecent kind of bargain, from which a girl who has an atom of self-respect would recoil, covered with blushes.

In the present aspect of social development a large class of men, who have hitherto lived and been able to accumulate wealth through the several professions, by brain work rather than hard work, find their numbers so multiplied that their earnings singly are greatly diminished; then, also, the various industries of the country are so overstocked that men can no longer look for wealth under the old methods; they cannot marry and support their families in the present style of extravagant folly and be at the same time honest men. I do not speak of the few, who become possessed of vast fortunes, but of the majority around us.

Now a sensible girl cannot but see this, and being sensible she will r... the possibility of a marriage w... man for the sake of wealth and f... ionable surroundings. She will ... that no man can honestly uphold ... folly, and she will not run the ha... of becoming the wife of a felon, o... making the man of her choice a f... She will see what the mutations of ... have brought about, namely, a n... sity for labor in both sexes. Men h... ever willing, cannot support wom... their present modes of life. Their ... most efforts will secure them ha... moderate competence. They mus... linquish the hopes of a household ... the tenderness of domestic affe... and live on the outside of society, ... tary waifs, passing unwholesome ... in boarding-houses; glum bache... who in the course of time will be ... ried out of their desolate rooms to ... buried in some unknown and soon ... gotten grave. This kind of isol... life on the part of men must and ... increase, and clubs will multiply, ... suicides take place, and marriage ... neglected—and all for what? Th... liest things in this world—the fo... dress and extravagance on the par... women!

More than this, old maids will abo... in like proportion with old bache... Men and women will die from me... moral, and physical inanition. Th... ands perish from these causes di... All our preaching about health will ... of no avail while men and women ... wickedly and foolishly contemn ... laws of life—live on the outside of ... instead of accepting its noble ear... ness of human affection and duty.

Nothing can take the place of ... family in the economy of being. Th... who live out of its pale, who go on ... their career without the blissful a... wholesome experiences of the hou... hold are lop-sided, as it were, like tr... which a vigorous wind has compell... all the branches to one side. Th... lack completeness and fullness, and th... discipline which affection and duty ex... acts from every unselfish mind. Now ... as I have implied, no pure, elevated ... sensible girl can become a wife mer... for a support, she cannot barter ...

many kisses for so many dresses, she annot put the wealth of her woman-ood against houses and lands; but ie will better fulfill the terms of ex-tence by marriage than by single life. nd how in the present aspect of soci-y is she to preserve her self-respect, id be able at some time to be a wife id mother? Simply by assuming the ignity of Labor. This was the title a lecture which I gave innumerable nes more than 20 years ago, in which advocated this life of honorable toil r my sex. It is no new subject of ought, and already thousands of the x are entering branches of industry ce forbidden them; but it is not yet systematized theory of work helpful themselves and helpful to the other x. Its effect has been rather to dis-untenance marriage and remove the xes from each other. Smart women ve been too much inclined to treat e shortcomings of men with scorn d contempt, and thus an undercur-nt of bitterness has been engendered, nich is neither handsome nor whole-me.

Every girl should be thoroughly in-ructed in some one species of labor, means of which she may earn a od living in the world. If she has a nius for teaching let her be thorough learning such branches as are most ely to be of use to her. Music and awing, so much taught by the sex, e apt to be imperfectly taught, be-use most of girls are deficient in a ie devotion to art. All these accomp-hments will be useful or not, just in portion as they are thoroughly ac-ired; but it is not every girl that is situated that she can devote herself the more elegant pursuits, and she ould just as readily and cheerfully ke up other industries. All the anches of needlework are open to r, and trades of various kinds and e professions—medicine, law, theol-y—only let her be thorough in what e attempts, and let her work with a sign to live by whatever work she sumes, and by industry and proper nomy lay up a fortune for herself en she will see fit to marry.

n this age parents should help to establish their daughters in some kind of lucrative business, just as they used to provide them with a cow, a pig, sheets, blankets and coverlets, when they were to marry some thrifty young farmer. I am fond of agriculture, and it would be well if the girls would turn their attention more to this species of industry. The girls would find health and contentment also in the manage-ment of a farm. Indeed, the one as-pect of industry is not enough for men or women. In our age the brain is the poor, badgered, out-worn, miserable slave, and the back and hands have too much rest. When a parent divides his property let him measure a lot of land for the girl as well as the boy, and let her farm in the same or a better way.

Physical labor is what we women need. We can do all the brainwork that is required of us and do hand-work besides. If I were a young girl I would work on a farm, or put myself into some cleanly kitchen and work there faithfully rather than feel de-pendent, or degrade myself by marrying for a support. A weak, imbecile preju-dice against housework exists in many minds. I once had an excellent cook, who kept her botany and her French on the kitchen shelf, and I could not perceive that my dinners were any the lese well served. Whatever affords us independence, or helps to the comfort of ourselves or others, is honorable work; a sentiment ennobles the home-liest office of toil.

Madame Roland, the leader of the Girondists, and martyr to the cause of freedom, used to say she did not see how it was possible for the necessities of a household to occupy all the time of a woman. and I can indorse the same sentiment. I believe the reason why the labor of women is not more effective, is that they regard it too much as a temporary employment, to be cast aside by marriage. It is time for them to employ themselves in some work with the design of accumulating property, and most especially as a means of health, and as a prelude to that influence and power which they will eventually divide with men.

A VEGETARIAN COLONY.

BY N. E. BOYD.

NEAR Anaheim, California, is a colony of horticulturists who not only seem to have attained the perfect theory in diet, but, better still, to have succeeded in reducing it to practice in a degree which rarely attends our efforts to render the ideal actual. Having just been spending a week with them, I know whereof I affirm.

In the first place, they are vegetarians of the extremest sort, having abjured not merely every species of slain viand which involves taking conscious life by violence, but also every article derived from an animal organism, and having the magnetism of a lower animal wrought into its constitution. That is to say, they eat neither flesh, fish, nor fowl, nor eggs, nor the products of the dairy.

In the second place, believing that God supplies the best of food in the state best fitted for man's nutrition, and that anything which requires cooking is not fit to be eaten, they take what grows above ground and ripens in the sun, as it comes from the hand of Nature, "untainted by fire or condiments." All such substances, they aver, "contain a spiritual essence, which go to build up the body and is the clothing of the soul after quitting mortal life." By cooking or be-deviling fruits and grains with fire, you kill the vegetable and set free and dissipate in air these finer volatile principles so precious and necessary to perfect the human being. What is then left for the stomach goes to strengthen the physical almost exclusively, giving the senses too intensified a power, and failing to nourish that which ought to control the senses. In other words, it tends to animalize man, instead of developing him in harmonious proportions, bodily, mentally and spiritually.

Accordingly they eschew even bread and porridge, and subsist on *live* food, so far as may be, using the various fruits in their season, nuts and grains, and for the rest fruit preserved by simple sun-curing. While I was there, the last week in July, we usually commenced a meal with watermelon or muskmelon, then ate a half dozen ears of sweet corn fresh from the garden (throwing the cobs and strips of husk into milk pans set on the floor beside us) and completed the repast with peaches or apricots, pears or apples, and sometimes ryemeal and wafers or raisins.

Though convinced before my visit of their theoretical correctness, I had some doubts as to liking the peculiar fare and taking to it kindly; but I took to it like duck to water, and found it both delicious and exhilarating. It is surprising how fond one speedily becomes of raw, unsalted sweet corn in the milk—not cow's milk, understand. At first some languor would be felt by most persons coming upon this diet; but these earnest folk have proved by two years experience that even an invalid and nursing mother, habituated to flesh-eating and tea-drinking, may adopt it, to the ultimate gain in health and strength of both herself and her teething baby.

When sun-dried fruit is to be eaten they simply soak it in filtered water until restored to its original softness. Care should, of course, be taken to pour on no more than the fruit is likely to absorb; for it would not be so good if suffered to become sloppy.

For those whose damaged molars are incapable of masticating whole grain, however well soaked, it is prepared (without previous soaking) by grinding in a hand-mill just before meals. Some wet this new flour in their saucers of strawberry or melon juice; but it is probably the better way to take it by placing but little in the mouth at once and rolling it about until thoroughly saturated with saliva.

It appears advisable to combine with pulpy fruit, the seeds of which we reject, as apples, peaches, grapes and melons, those products whose germ life we appropriate, as nuts, grain and nuts.

A physician of the old school, who s been there himself, gives this sur-ising testimony about "Fraternia:" We believe that their system of liv-g, if generally adopted, would do ay with the great bulk of disease at is now, under our false civilization, rapidly decimating the race. We ow that physiological law sanctions and that reason and common sense prove it. We know that woman uld by it be emancipated from that tchen slavery which is now unfitting r to be the mother of healthy, well-rmed men and women." Another ysician on hearing of this method claimed: "I am ready for it to-mor-w! It emancipates woman and set-s the financial problem."

The practice and advocacy of so nov-a mode of life, however rational and holesome, exposes those who adopt it the jeers and even the hostility of any who are violently prejudiced ainst all non-conformists, or feel in-nsed at the implied condemnation of oss, intemperate indulgences. But tending plainly to do away with so much needless household drudgery, and to abolish the callings of butcher and baker, dentist and apothecary, while saying to unruly passions, "Peace, be still!" this diet commends itself to all who would enjoy the high-est health, with mental clearness and serenity, escape either inflicting or en-during pain and toil that can be as well dispensed with, subordinate the flesh to the spirit, and glorify God in their body.

While Southern California presents in soil and climate conditions singular-ly favorable for such experiments, we believe success lies within reach of earnest, resolute seekers in most set-tled communities throughout the tem-perate zone. Meanwhile our "Frater-nia" friends have learned the truth of the combined charge and promise, which form the motto of the English Dietetic Reformer, "Fix upon that course of life which is the best; habit will render it the most delightful."

A CURIOUS PEOPLE.

THERE is a community on the Ten-ger Hills near the Sandy Sea of ava, of some 1,200 persons, scattered about 40 villages, who still profess e ancient Hindoo faith. These people eem to live in a state of Arcadian pur-y. The chief of each village is ap-ointed by election, and four intelli-ent priests have charge of the sacred ritings. There is no criminal code, or their is no crime to punish; a re-roof from a village chief meets every eed. These people live simply, fru-ally, peacefully and happily. They re proud both of their institutions nd themselves, and what is interest-ng is the fact that though they never arry outside of themselves, yet they re larger, stronger and healthier than ny other race on this island. This act would seem to argue that inter-arriage is, after all, not so bad for the ffspring as has generally been be-lieved. It is very probable that the hygienic conditions of this people are otherwise very favorable to health.

The settlement of Pitcairn's Island is another instance of a similar nature. In the year 1800 the entire population consisted of one man, five women and nineteen children. In 1830 there were 70 inhabitants, the result of intermar-riage, and yet all observers agree in saying that they were in excellent health, very strong, and averaging six feet in height. Both sexes were well formed and handsome. The children were uniformly healthy. The women were almost as strong as the men, and taller than the average of women. Only one defective person was found, and this a little one-eyed boy. We have no account from these people for many years. If they have not mingled with foreigners and are still healthy, it would be interesting to know it.

OUR DESSERT TABLE

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

THE BODY.

The clay God wrought us is the perfect portal,
Ordained to be our gate of purest pearl,
That for awhile shall hide the realm immortal,
That for awhile the spirit wings shall furl;
A curious casket, built in stately beauty,
Bone, sinew, muscle, nerve, superbly knit,
With twining veins and arteries doing duty,
And windows like to stars with brightness lit.

A citadel of fairness, Heaven created,
To hold a spark of being most divine,
Yet oft-times from the very birth hour fated
To bear the branding of a fateful sign—
The sign of ruin, wreck, of early dying;
The sign of pain, and weariness, and woe,
The sign that all its glory will be lying
In some near day in scattering fragments low.

The sun's warm rays fall round us like a blessing
Yet we refuse the gladness of his beams,
And in the shadows that we make, are pressing
Our good-bye kisses, as we sink to dreams.
We pour dire poison through the lips of sweetness,
We shut our dwellings on the balm-breathed air,
We wonder at life's grievous incompleteness,
And why so very frail the flesh we wear.

Our temple, sensitively reared, we shatter,
We wind and bind it in a murderous way,
And idly marvel what can be the matter,
Whene'er the springs of life in harshness play,
And the etherial essences of spirit,
That should be captured for a happy time,
Go out from the rare casket we inherit,
To learn the secret of another clime.

Would there were wiser, truer generations,
To spurn the follies and the ignorant ways
That rob the world, and mutilate the nations,
Till myriads cannot live out half their days.
"Think'st thou. O man, thy body is as Abel,
And sin may be thy Cain, and thou be pure?
Ah! thou wilt find the story is no fable
When thou shalt bitter death and doom endure.

Through far gradations germs and seeds are carried,
That trail a upas blight along the earth,
And He who has the soul and body married,
Never in wisdom planned a blasted hearth.
Our mechanism is without a blunder,
And yet the subtle cords and linkings break,
For what our God has joined we put asunder,
Through sins that make the heart of centuries ache.

Awake, O man! and praise your high Designer,
Discarding habits foul; and woman, see
There is no art can make the body finer
Than His who formed it most exquisitely.
Through purity and knowledge we may strengthen
The lovely frame bequeathed to us of old
And as the day of life shall lengthen,
Only the *silver* crown shall hint of cold.

Mrs. G. W. Fox

A MOUNTAIN STREAM.

A bright and laughing mountain stream
Goes tumbling down the hill.
Nor pauses in its hurrying course.
Except to turn a mill;
Then rushes joyously away,
All foaming o'er with glee,
So glad to do a kindly deed,
As any one can see.

The bubbles on its merry face
Seem only made for eyes,
That it may see the lovely things
That 'long its border lies.
It murmurs pretty compliments
To green and flowery banks,
And give to overarching trees
A gurgling word of thanks.

The music of a mountain stream
Is wondrous sweet to hear,
Inviting all to come and drink
Of water pure and clear.
And see it laugh at obstacles
That come within its way,
And leap them with a hurrying bound
And with a sweet "good day!"

It dallies not along its course,
Nor stays in pool nor pond,
But shows an earnest, eager haste
To see what lies beyond;
And help the miller farther down
To grind the grain in flour,
And if he furnishes the tools
It gladly gives the power.

Right merrily it turns the wheel,
And shafts and pullies too,
As if it felt a pride to show
How much a stream can do;
With many a hearty, trickling laugh
Beneath the miller's feet,
Trying to cheer him at his toil
With song and laughter sweet.

Anna Lindt

BEAUTY IN WOMAN.

Thou must be true to thyself
If thou the truth would'st teach:
Thy soul must overflow if thou
Another soul would reach:
It needs the overflowing heart
To give the lips full speech!
Think truly, and thy thought
Shall the world's famine feed.
Speak truly, and thy word
Shall be a fruitful seed.
Live truly, and thy life shall be
A great and noble creed.

EDITORIAL DEPARTMENT.

NEW YORK, OCTOBER, 1880.

WATER.

o the days of the aged it addeth length;
'o the might of the strong it addeth strength;
t freshens the heart, it brightens the sight;
'is like quaffing a goblet of morning light."

☞ *The* PUBLISHER *does not hold himself as orsing every article that may appear in* THE RALD. *He will allow the largest liberty of ex-ssion, believing that by so doing this magazine l prove to be more useful and acceptable to its trons.*

TOPICS OF THE MONTH.

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

DOMESTIC HYDROPATHY.—The water ed in water-cure processes should be ft, fresh and clean. Whenever it is to applied continuously to the surface, ft water is, by far, the best. Sea thing is invigorating, but has little eansing effect. The temperature for dinary bathing should be lower than at of the body. A very feeble per-n may bathe in water at from 70° 75° F., but for the more vigorous a wer temperature should be used, as e lower the temperature the quicker d more decided the reaction. Water 75° to 95° is called tepid, above that, arm or hot.

The immediate effect of cold water is drive the blood from the part to which has been applied, the part feeling the ant of blood and warmth, which is the expression of vitality. calls it back. This s termed reaction. The blood returns, producing redness, warmth, and an increased vigor of the part.

The effect of warm water is to soften sensation, expand the capillaries, lower the tone and enfeeble the action.

Hot water is, indeed, stimulating, but its subsequent effect is debilitating. It is for this reason seldom used except in emergencies.

The warm bath has a soothing effect upon the nervous system, calms irritable nerves and moderates convulsive action.

Pains of the most violent kind are cured by the continuous and free application of cold water. In inflammation, fevers, and in *all* cases where the heat of the body is excessive, cold water may be applied without fear. It is only in cases of great debility, where there is not sufficient strength to bring on reaction, that cold water is dangerous. This economical and easily attainable agent can be applied beneficially in nearly all diseases in some way. A brief description of the various modes of application is given below.

THE GENERAL BATH.

Every person should be washed all over thoroughly in water every day. Every square inch of surface needs it, and on a pinch it can be done with four teaspoonfuls of water and a bit of soap; but this amount should not be resorted to unless in cases of a drought.

After completing the bath give the body a thorough rubbing with a towel, the coarser the better.

THE WET SHEET.

This is resorted to in feverish affections, when the surface is hot and dry. It relieves excessive restlessness accompanying fever, producing quiet sleep and promoting perspiration. Its judicious application in inflammatory and other erruptive fevers is followed by the most favorable effects. The following is the process:

Three or four blankets are spread smoothly one above the other on the bed, a sheet is wrung pretty close out of cold water, and spread over the pile of blankets. Then remove all clothing from the patient and let him lie down on the sheet; wrap it and the blankets closely about him, making them snug about the neck so that no cold air can enter. See that the feet are well wrapped up and the head in a comfortable position. After the first shock, the sensations of the patient are delightful; generally in ten or twenty minutes he is in a calm, quiet sleep. In about an hour he will break out in a profuse perspiration. When this occurs take him out quickly and give a full length bath of some kind. A good wiping and rubbing with a coarse towel completes the operation. J. H. TALBOT.

A REMARKABLE CASE OF AMBIDEXTERITY.—On two or three occasions we have published articles advocating the training of both sides of the body equally well; in other words, making men and women ambidextrous. A very interesting case is that of the great artist, Landseer.

Our informant is Mr. Solomon Hart, a Royal Academician, remarkable for his accomplishment and acute observation. A large party was assembled one evening at the house of a gentleman in the upper ranks of London "society," crowds of ladies and gentlemen of distinction were present, including Landseer, who was, as usual, a lion; a large group gathered about the sofa where he was lounging; the subject turned on dexterity and facility in feats of skill with the hand.

A lady, lolling back on a settee, and rather tired of the subject, exclaimed, after many instances of manual dexterity had been cited: "Well, there's one thing nobody has ever done, and that is draw two things at once." She had signalized herself by quashing a subject of conversation, and was about to return to her most becoming attitude, when Landseer said: "Oh, I can do that, lend me two pencils, and I will show you." The pencils were got, a piece of paper was laid on the table, and Sir Edwin, a pencil in each hand drew simultaneously, and without hesitation, with the one hand the profile a stag's head and all its antlers complete, and with the other hand the perfect profile of a horse's head. Both drawings were full of energy and spirit, and although as the occasion compelled not finished, they were together and individually quite as good as the master was accustomed to produce with the right hand alone: the drawing by the left hand was not inferior to that by the right.

THE new education which will some day be demanded by enlightened public sentiment, will demand equal training for both sides of the body. If it does not double human power it will at least greatly increase it.

RECORD OF HYGIENE PROGRESS.—The hygienists of England and of Germany have one important advantage over us. They are organized. In each of these countries there are earnest, working societies. The Vegetarian Society of England is full of aggressive zeal, especially since Prof. Newman joined its ranks and became its president, has steadily advanced in numbers and influence. Among the means of attracting attention to its work, it holds a series of "Fruit Banquets" in all parts of the kingdom. The bill of fare of one held at Cambridge is before us, and presents some forty dishes and varieties of fruit, showing the wide range of food accessible without resort to the slaughter-house. There is growing evidence that the tendency of hygienic reform is toward vegetarianism. All hygienists agree that too much meat is eaten, and that a larger proportion of fruit and grain foods would be advantageous to all, while one and another is continually discovering that for him the entire discontinuance of flesh foods, and the substitution by fruits and farinaces is the best for physical and mental health.

The recent report of the American Humane Association, and of other benevolent agencies, concerning the manner in which cattle are conveyed to market, are of a character to shock all the better feelings of our nature and

d greatly to the feeling in favor of getarianism.

Mr. Zadock Street, agent of the nerican Humane Association, says: The official reports of the different ilroad companies show that thou- nds of animals arrive at stations dead, d thousands more in a crippled and rtured condition, some with broken ibs and horns, which compel them to down. We have seen ten or twelve ays from morning until noon hauling ay the dead and crippled animals at single station. The hogs that have oken backs or limbs are dragged by eir ears and tails to be loaded upon cks, and hauled to the slaughter- uses. The cattle in the cars that nnot rise to their feet and are still ve, are pulled out and left to lie upon e platforms until they are sold to men o buy dead and injured animals. ave traveled more than 18,000 miles, d have visited 1,340 local stations ere cattle are collected and shipped, aw at the Kansas station, large, fine- oking fat cattle, which the owner ex- cted to sell for exportation, that had en confined in small pens for three ys and nights continuously exposed the hot sun, without food or water. e man in charge said he was instruct- by the owner to give the animals no od or water, as he expected when they ched St. Louis to get one hundred unds or more of water into each be- e they were sold and weighed.

"I have seen one hundred fat sheep, ge fat cattle, cows, calves and hogs ercrowded in extremely hot weather the same car, some of the calves lying wn and the hogs eating the calves ile yet alive! A large number of the ippers told us that they never allowed eir cattle to have food or water for least twenty-four hours before load- g them into the cars, because cattle pt hungry and thirsty did not incline lie down. In that state of torment e larger hooked and gored the smaller es until they fell or lay down and re trampled to death by their fel- vs."

Who can read such accounts of elty, in some cases deliberate and entional cruelty, for the sake of gain, without feeling that it is a duty to at least try whether life and health cannot be supported upon the fruits of the soil alone with the aid of such animal products as do not involve cruelty, such as eggs, milk and butter. American slavery was destroyed because it placed the weak and defenceless at the mercy of the cruel and rapacious. Now let the nobler sentiments of our nature be turned toward these more helpless slaves who are so mercilessly slaughtered.

IS MODERATE DRINKING INJURIOUS TO THE HEALTH?—Many people believe that intellectual work cannot be half so well done without wine or alcohol. There I should join issue at once. I should deny that proposition. I should hold the opposite. As to whether a moderately temperate person might be benefited by a slight use of wine or alcohol—I should hold the opposite as regards the intellect; all alcohol, and all things of an alcoholic nature, injure the nerve tissues *pro tempore*, if not altogether; you may quicken the operations, but you do not improve them. Therefore the constant use of alcohol, even in a moderate measure, may injure the nerve tissues, and be deleterious to health. It is very common for the effects of alcohol to be quite manifest, although there has not been any outrageous drinking or obvious excess. I should say that one of the commonest things in our society is that people are injured by drink without being drunkards. It goes on so quietly that it is very difficult to observe, even. The effects are perfectly marked and distinct to the professional eye, although in many cases even the man's nearest friends will not know it. I might mention that on one occasion I was called to see a medical man who was so injured by drink that he was yellow like a lemon; he was in a state of *delirium tremens*, and his system was saturated to the last degree with alcohol. I was surprised that I should be sent for, but coming down stairs I said to his wife, "I need not trouble you by saying what is the matter with your husband." She said, "Sir, I do not understand you."

I said, "Your husband is an habitual drunkard." She said, "Drunkard, sir, you never made a greater mistake in your life; he only drinks water;" which was plain evidence to me how quietly a man may drink day by day, and almost kill himself with drink, and even his near friends not know it. He was a sly drinker, drinking all day, most likely in a sly way. There is a point short of drunkenness in which a man may injure his constitution very materially by means of alcohol. I should say from my experience that it is the most destructive agent that we are aware of in this country. Setting aside the drunken part of the community altogether, great injury, I think, is being done by the use of alcohol in what is supposed by the consumer to be a most moderate quantity. I think that, taking it as a whole, there is a great deal of injury done to health by the habitual use of wines in their various kinds, and alcohol in its various shapes, even in so-called moderate quantities. That remark applies to both sexes, and to people who are not in the least intemperate; also to people who are supposed to be fairly well. I think drinking leads to the degeneration of tissue; it spoils the health, and it spoils the intellect. There is also a certain amount of degeneration of the nervous system where drinking is carried to excess.—*Sir William Gull.*

DYSPEPSIA.—A New York doctor caused some wonderful cures, charged a fee of five dollars, and made his patients vow never to reveal his mode of treatment (he is now deceased, and it has been revealed), which was by percussion, slapping and kneading with the palms of the hands and fists, the stomach and bowels, living temperately and much in the open air.—*Ex.*

The above paragraph is going round the press, and a subscriber asks if it is true and, if so, who the doctor was that did this. It is a very old story and has this basis of truth. Dr. Halstead used to treat patience over thirty years ago in this way, in a private room away from observation, and people did not care to have it known then that they were taking such an unorthodox treatment. They went to this doctor c[illegible]sly, and both parties kept the ma[illegible] secret. It was the first effort to [illegible]duce what is known as movement [illegible] into America, and the work was cr[illegible] done. Now such treatment is [illegible]mon, and done with greater accu[illegible] and care, and often with exc[illegible] results. Dr. H. died in Saratoga [illegible] few years ago, at an advanced age

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MILK AS A FOOD.—A large num[illegible] of investigations have been mad[illegible] Dr. Max Rubner, of the Physiolo[illegible] Institute of Munchen, Germany, on power of the intestinal canal to ab[illegible] different foods. The results of v[illegible] numerous experiments on milk [illegible] especially interesting, and we tran[illegible] them for THE HERALD OF HEALT[illegible] follows: The investigations were m[illegible] with new cow's milk on children [illegible] adults. In the case of the former th[illegible] was a loss of about one-seventh of [illegible] nutritious part of the milk, this am[illegible] passing off in the excrement. W[illegible] adults the loss was over one-tenth. [illegible] greatest loss was in the salts of the m[illegible] and amounted to nearly one-half. [illegible] loss, however, in the albuminous c[illegible] stituents of the milk was also gr[illegible] amounting in one case to twelve p[illegible] cent., and on the average to seven p[illegible] cent. The loss in fat was between f[illegible] and five per cent. When the milk w[illegible] taken cold, the loss was still grea[illegible] In no other food was there such [illegible] amount of nutrition unabsorbed [illegible] the intestinal canal unless we ex[illegible] turnips and similar vegetables. Ev[illegible] the experiments, cheese proved [illegible] soluble and thoroughly absorbed [illegible] milk. The explanation given is [illegible] cow's milk taken alone and in cons[illegible] able quantities coagulates in a m[illegible] and is not thoroughly acted on by [illegible] digestive fluids. Where taken w[illegible] bread, and even with cheese, the [illegible] was less; evidently because these a[illegible] cles divide the curd so that the ga[illegible] juice is able to come in contact with [illegible] more thoroughly. This hint is wo[illegible] considering by all who make milk [illegible] considerable share of their daily d[illegible] and may explain why some pe[illegible] cannot use it as an article of food

OT BATHS IN TYPHOID FEVER.—. Siegrist and Bruckner, in Basle, tzerland, used for the last two years baths of 28° to 30° R. (95° to 100° F.) yphoid fever, and prefer them to the al methods of cool baths and cold ks, as the latter especially in com- ations with chest affections often s harm. Any one who once tried hot is will never return to cold ones. benefits of hot baths are: 1. They far more agreeable to the patient; often ask to have more hot water ed the higher the temperature of r body is. As soon as, e. g., the perature of the body is not over C., the temperature of the bath t be nearly the same, then only patient feels comfortable in his h, and after 15 to 20 minutes the er in the tub will be found of the same temperature. 2. The cooling of the body sets in only after the bath, but continues a great deal longer than after the cold bath, which momentarily cools the body far more effectively, but causes also a far more intensive reaction, so that the cold baths must be more frequently repeated. After the hot bath the patient is enveloped in a dry sheet, and after being brought to bed without being dried off, must remain there well covered. Only the feet must be well dried and guarded against catching cold. The patients usually fall into a quiet sleep, and the skin remains cool for hours. 3. This mild and still effective treatment saves the vitality of the patient, and the whole course of the disease is shortened and rendered more mild thereby.

STUDIES IN HYGIENE FOR WOMEN.

NGLISH NOTICE OF PARTURITION HOUT PAIN.—An English journal tains the following: If America be birthplace, as is sometimes said, rude thoughts, it is also true that ericans are less the slaves of preju- than we are; and especially is this case with medical practitioners on other side of the Atlantic. The medi- *ierarchy* is less strongly established e, and sways the destinies of a less ivided church. Not that the book ch we are now noticing is altogether erican in thought and origin, for the idea of "Parturition without Pain" its birth in London; but according our theory of greater freedom of dical thought in America, the idea been developed chiefly in the West. 6th edition of the work which Dr. brook edits is a proof that it has with unusual favor. We can safely that the subject which it treats is he utmost importance. The health, piness and vigor of the human race end greatly, if not entirely, upon due and wholesome discharge of the ctions of maternity; and miserable e been the consequences which have followed, and still follow, from old prejudices affecting the procreation and birth of children. Dr. Holbrook's book, as we have already said, has now reached a 16th edition, does not confine itself to the one point from which it takes its title, but enters more or less generally into the whole question of the married state and of maternal duties. The system which is recommended in it is largely that of "fruit diet," and certainly it appears to us that a very strong case indeed is made out—we do not venture to say whether an irrefragable one or not—both theoretically and experimentally, in favor of this special food in the case of expectant mothers. We shall leave those whom this question more especially interests to purchase the book and read it for themselves. We are sure that they will find in it most wholesome and most valuable teaching. Above all, the natural and simple teaching of the author as to diet and exercise cannot be otherwise than valuable in consideration of the foolish mode of life which is followed by too many mothers. The importance of the questions here discussed cannot, we

repeat, be overestimated. They affect the future of our race, for wholesome and healthy birth, and pure and cleanly bringing up, have the closest influence on both mental and physical stature and health. Professor Huxley's words, quoted in the pages of this work, are worthy of our notice, and with them we conclude: "We are, indeed (he says), fully prepared to believe that the bearing of children may, and ought to become, as free from danger and long disability to the civilised woman as it is to the savage." Remembering these words, let us not forget that the absence or the lessening of this suffering is an increase of strength to the mother, and therefore to the child.

ILL-HEALTH AND DIVORCE.—Were ever two perfectly healthy persons so unhappy together as husband and wife as to wish to be divorced? No doubt there has been such cases, perhaps many of them; but if there have been, it is, after all, true that most of the quarrels between husband and wife which lead to a separation begin in some nervous disease that insiduously creeps in and undermines the character of one or the other, or both parties.

The true way then to put an end to divorces, which are becoming more numerous every day, is to put an end to ill-health, and especially nervousness, irritability, and to cultivate in every human being perfect health, good nature, kindly feelings and true love. Let husband and wife be thoroughly imbued with the idea of self-culture and improvement of the character in its broadest sense, and let the health be maintained and divorces will hardly be thought of by either party.

SCHOOL HYGIENE.—In most parts of the country schools are now already begun, or soon will be. We desire to say a word at this season on the subject of School Hygiene, and with special reference to gymnastic training in them. In country schools there is less need of it than in the city; here its lack is a serious evil. The country boy is fortunate to get more or less physical culture in doing *chores* about the house before or after study hours, but the city boy is not as a rule so fortu... His spare time cannot be turned ... good account. As a practical ma... for this, all city schools ought to ha... large room where physical tra... uuder the care of a master is as ... fully carried out as the recitat... grammar and arithmetic. Twenty ... ago there was a hope that throu... instrumentality of Dr. Lewis this ... be done, but the discontinuance ... Normal school of physical cultur... caused a decline of interest in gym... tics which needs again to be aro... There could be no more useful ... than this if it was taken hold o... some enthusiastic reformer in ed... tion. Who will do it? We sugge... as a field of labor for some wea... woman who wishes to make her lif... ful and leave an enduring name. M... while teachers can do a good de... they will try.

BLESSED SLEEP AS A RESTORA...—Mrs. Elizabeth Stanton gives it a... view that there is nothing so good a... restorative as this blessed sleep. ... her advice to weary women to tak... in full measure whenever it can be ... Do not be afraid of an afternoon ... nor a forenoon one if you can catc... even in your rocking-chair. F... minutes sleep, even, will refresh ... wonderfully. One of the smartest w... ing women I ever knew used punctu... to take her afternoon nap when ... dinner dishes were done, and she ... up stairs to her room to change ... working dress. A half hour's ... made her as fresh and bright as in ... early morning, and her needle ... fly until time for tea, and her tong... would run on as cheerily as a cricke... That afternoon nap was like a reg... tonic. To have it morning all day be... and get a good night's sleep.

MACARONI. — Macaroni made fr... the Italian wheat so rich in glute... very nutritious and easy digested. Th... best kinds are of a brown semi-tra... parent color, and somewhat elas... Experiments made on the power of th... intestinal canal to absorb it show tha... it is quite as easily absorbed as th... albumen from an egg or the fibrin fro...

ef-steak. Of course a part of this, as all foods, goes unabsorbed, and is lost the excrement. American Macaroni not nearly so nutritious as Italian, r is it so palatable; but perhaps Min-sota wheat would make as good an ticle. It ought to be known that this heat is very rich in gluten. Macaroni cooked as follows:

Break the sticks into convenient ngths, say from two to three inches. oil in water till tender. Butter the ttom of a deep baking dish thorough- with good butter, put in the maca-ni, from which all the water has been ained, season with salt and scatter rough it small lumps of butter. Fill e dish with the macaroni and pour in ough sweet cream (if cream is not at nd, sweet milk) to just cover it. Over e top spread thinly sliced cheese. ake half an hour. We have tried any ways of cooking macaroni, but ne have suited as well as this.

This article of food now almost ntirely used in this country in making up ought to be generally introduced. good article well prepared would be nother substitute for flesh meat.

HOW TO EAT CEREALS.—I am a lover f frumenty for half a century. No other rm of using wheat is half so delicious. ut I can give a still more excellent eason. Not long ago a cargo of wheat bulk came from South America. ome of the crew on the voyage were ized with small-pox, and arrived at lymouth with it. The sound members f the crew drove the infected ones on op of the wheat, and there they re-ained for the rest of the voyage! Who ate that wheat? In 1876 our flour as so impregnated with rat, we were bliged to send miles for other. Now, y the use of frumenty you can prevent very impurity. You can wash your heat in two waters, or ten, if you lease, and every time hasten the pre-aration for table. But if you intend o grind it, you cannot wash it. What-ver it is saturated with must be eaten vith it. Another material consider-tion is—wheat for the purpose, in ountry parts, where farmers will sell ou a sack of corn, is one-third the price of oatmeal. To cook it, put it into cold water, bring if rapidly to a great heat, and let it bake or stew gently. Each grain will look, and fly open, like a little mealy potato. Make more than is wanted for one meal. For the table, boil a portion with milk, currants and raisins. But the fruit may be left out (if the children will allow it!). The wheat in cooking must be kept moist-ened with water, of which, if in excess, not a drop must be thrown away.—*In Dietetic Reformer.*

TEA CAKE (to be eaten with fruit).—One pound wheatmeal, half a pound each of maizemeal, barleymeal, rye-meal, two large teaspoonfuls of baking powder, half a small teacup of olive oil. Mix well with water, and bake in round cakes an inch thick.

BAKED TOMATOES. — Place them whole in a deep pie-dish, season with pepper and salt to taste, and add about one or two ounces best fresh butter. Bake in a quick oven from thirty to forty minutes or until tender. These make a most savory dish, and are a nice accompaniment to beans and potatoes.—*M. J. Godson.*

TO MAKE FRUMENTY.—(Copied from a very old manuscript receipt.) Take a quart of ready boiled wheat, two quarts of milk, a quarter pound of currants. Stir together and boil. Then beat up the yolks of three eggs, a little nutmeg, and two or three spoonfuls of the milk and add to the wheat. Stir them to-gether for a few minutes, then sweeten and send to table. To make a velvety, homogeneous dish, not first a mouthful of one flavor, then of another, the fruit must be boiled to bursting, and cooked a certain time with the wheat.—V.

PRIZE-FIGHTERS and athletes die near the noon of life, while the man of delicate frame often lives to his ap-pointed three score and ten. One ex-pends his vitality lavishly—the other is economical of what he has, and so makes it last as long as possible.

CURRENT LITERATURE.

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THE SKIN IN HEALTH AND DISEASE. By L.

Duncan Bulkley, M. D. Philadelphia: Presley Blakiston. Price 50 cents.

This is No. 10 of the series of American Health Primers, and a good number it is. Dr. Bulkley is a specialist in his department, and has given good advice. There are only four chapters in the book. 1. The Anatomy and Physiology of the Skin. 2. Care of the Skin in Health. 3. Diseases of the Skin. 4. Diet and Hygiene in Diseases of the Skin. There are things in the book that an anti-vaccinator would object to, and statements the hygienist and vegetarian would not think true, still even with these points on which there may be disagreement, there is much more to admire. The following quotations will be of interest:

"A very great error is often made in the amount of liquid consumed during eating. This is especially true of large amounts of tea, which I have repeatedly seen to provoke skin diseases. There is no objection generally to the use of a small amount of coffee once daily, and tea once daily. But many persons consume very much water with the meals. This should be avoided, and as little as possible drank. Nor should a large amount, as a gobletful, be taken directly after eating; for the operation is the same, namely, to chill the stomach and arrest digestion. Water should be avoided as largely as possible until at least two hours after eating. Sometimes a cup of very hot water taken a quarter or half an hour before meals will take away the craving for water, and greatly benefit any existing indigestion."

"Rapid eating and imperfect chewing are very fertile causes of trouble, and should be attended to. The process of digestion begins in the mouth, and unless the food is properly chewed and mixed with saliva (which latter produces certain digestive changes in it), the other organs cannot do their work properly. For each organ has its own function, and takes up the process where the preceding organ left it off. The failure of one, therefore, necessitates a partial failure in the work of the others."

"As a means of removing the external *débris* of the skin, the Turkish bath stands unequaled; and as an occasional stimulant and quickener of the vital processes it is certainly of great value; but in taking it one must be guided by the sensations produced at each step, and by the advice of those experienced in charge of the establishment, rather than by that of some friend who has stood this or that temperature, or who has remained for such and such a time in it.

"Sunlight is quite as necessary to health and life in the human being as it is in plants and flowers. All know that these will not flourish on the north side of a house, or if deprived of the actual rays of the sun, however light the surroundings may be. Just so, as an element of health of the skin and other organs, the God-given sunlight is essential to man, and the avoidance of it willifully or carelessly is a cause of the occurrence and obstinacy of disease."

"In regard to the care of the skin of the face in health, a few words may not be unwelcome to some. Powders are very largely used by ladies to cover the defects of complexion. But the question is continually asked, whether their use is injurious? I reply, that I have seen a number of instances where eruptions on the face have been directly traceable to some of the toilet powders and cosmetics sold in shops. Therefore, as their composition is a secret, and as some of them, by analysis, have been found to contain very poisonous ingredients, as large quantities of lead, and as these are known to be detrimental to the skin, they should be avoided as a class, however attractive the advertisements, or however positive the assurance on the part of druggist friends that they are "perfectly harmless." Such a recommendation recalls the Irishman's holy water, when in the dark he sprinkled a number of persons from an ink-bottle, declaring it for the one containing holy water, remarking as he did it, "if it does you no good it will do you no harm." Patent and advertised remedies, while they seem to do no harm at the time, will often have a flood of light thrown on them by after circumstances, which determine their real character and effect when too late. Those who value their health and beauty of complexion should never even try them."

WHAT TO DO FIRST IN ACCIDENTS AND POISONING. By Charles W. Dulles, M. D. Philadelphia: Presley Blakiston. Price 50 cents.

This little volume is designed to serve as a guide to those who may have to act in case of accident or poisoning, when no physician is present. Some of the hints are full and valuable, and others are too brief and imperfect. For instance, in hemorrhage from the lungs our author advises is "rest in bed with the body raised in the sitting posture, and the swallowing of lumps of ice." If he had added to immerse the hands and feet in hot water, so as to attract the blood to the extremities, it would have been a simple and wise advice; much better than swallowing lumps of ice. The same criticism might be made on other parts of the book.

DR. WILHELM ZUELZER LEHRBUCH DER HARN ANALYZE. Berlin, 1880: Verlag von Gustav Hempel, 8vo., pp. 232.

This excellent book has for its author a man who has made the greatest acquirements in the statistical, physiological and etiological principles of hygiene, and who may rightly claim to be one of the foremost investigators of the subject under consideration. The work before us is not only the best on urinary analysis and the most practical guide to this subject, but is also a clearly written representation of the changes which take place in the animal organism, with their relations to the science and of the theory and practice of medicine. We may, therefore, recommend this beautifully printed book to all physicians, physiologists, hygienists and chemists, as the best extant, and wish that it may be translated into English and become widely known in America. Dr. Zuelzer is professor in the University of Berlin.

HEALTH FOODS.

"The blood is the life." This is a od scriptural phraze. It would be od, indeed, even if it were not scrip- ral. For as there can be no human e without blood; as with imperfect ood there must be imperfect life; and with perfect blood we can safely look r perfection in all the functions of istence, there is no lack of accuracy the statement. Now, if the blood is ally the life, if upon the character- ics and quality of the blood in our odies depend the character and qual- y and usefulness and continuance of ır lives, it is important that, so far as rests with us, we should see to it ıat our blood is as perfect as it can be ade. Indeed, its perfection rests ıtirely with us, since the blood must ver contain exactly what we put into —nothing more or nothing less. To e sure we cannot always put into the lood just what we desire to, and to ny extent to which we desire; but we ın, by proper means, carry into the lood to some extent—to a limited ex- ent, to the necessary extent—all that s demanded for the maintenance of life t its best, and we can exclude from the lood all that is useless or harmful. Blood is made from food, and from othing else. It would seem then, that o eat perfect food, would be to insure erfect blood. Not so. It is not what ve eat that determines the quality of ur blood and of our lives; it is what ve convert into blood; what we digest, ı short. To eat perfectly and to digest erfectly, is to do a great deal towards ecuring perfect blood and perfect life. To be sure, other conditions are needed. We must breathe perfectly, exercise erfectly, sleep perfectly and labor per- ectly, or perfect eating will not make s perfect, and perfect digestion will ot long abide with us. The blood- naking materials, however—the solid ubstances, which by the digestive pro- esses are to become fluid, to be colored y oxygen, and then carried all through he body as blood to supply the waste f tissue, are always food. If no food is aken no new blood is made, and the vaste of the body goes on without re- lacement. All the tissues shrink and hrivel under the ceaseless drain in- duced by the motions of the heart, lungs and other organs actuated by the involuntary muscles. The fat in the body is drawn upon to keep up the animal warmth. Finally, only the bones and the denser tegumentary portions of the body are left.

Now, in building up bodies from infancy, and in sustaining them after they are built, it is evident that certain elements are demanded, and that if the food digested lacks these elements, the blood will lack them, and the body built from the blood will be an imperfect body. So, if the food digested is imperfect, the blood will be imperfect, and if the blood is imperfect—that is to say, if it lacks any ingredient, or has too much of any ingredient—the vital movements are impaired and the hold upon life is weakened, because as is the blood so is and ever must be the life.

Chemistry is able to tell us what the body contains, as well as what food contains. With both these facts ascertained, we have taken a long step towards knowing what to eat. When we have found out what we must eat, the next thing is to learn how to digest it. Perfect food perfectly digested gives us the possibility of perfect life. But, is there such a think as a perfect food for all human kind? No, and there never can be. Why? Because no two persons require precisely the same chemical elements in food, since no two lives are entirely identical in muscular or mental activity. As the waste differs so must the material employed in repairing the waste differ. Here is shown the necessity for scientific knowledge in the matter of food. Science must tell us just what the brain worker needs; just what the muscle-user demands. It must do more: it must tell us how to prepare the foods which it selects so that they may be digested, got into the veins and arteries as blood. It must furthermore tell us in what elements the blood is impoverished in the various dieases, and it must supply us with those elements in digestible food. If the human race suffer from a hundred diseases, each involving a waste peculiar to itself, a true food philosophy will supply a food to meet the hundred needs. This is precisely what we understand to be the work of the Health Food Company 74 Fourth Avenue, New York. To them the science of food is a far more exact science than is the science of medicine to the best physician, inasmuch as the action of food is ascertainable, while the effects of medicines never rise above the realm of uncertainty. Those of our readers who have not sought to comprehend the philosophy of this organization, should drop them a postal card and ask for their free pamphlets.

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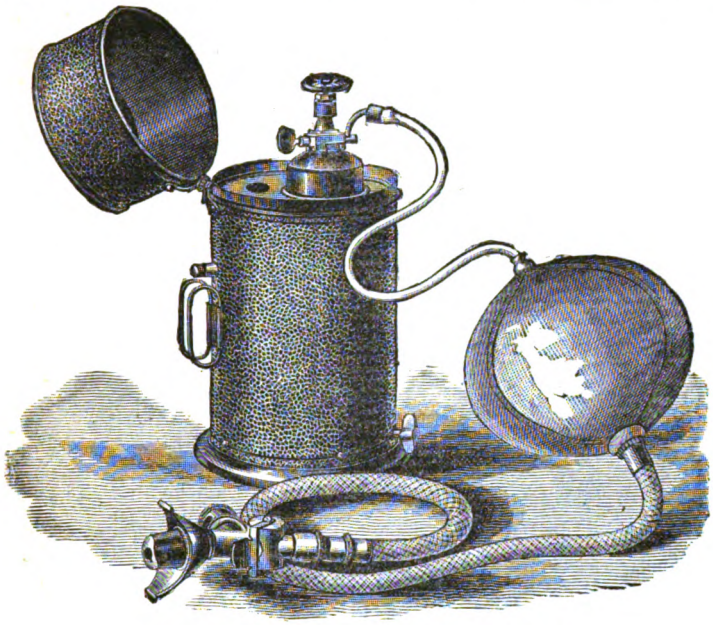

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THE
HERALD OF HEALTH.

NOVEMBER, 1880.

COMMON MIND TROUBLES. (No. 6.)

BY J. MORTIMER GRANVILLE.

LOW SPIRITS.

THERE is enough in the daily experience of life to depress the feelings and rob the mind of its buoyancy without having to encounter lowness of spirits as a besetting mental state or malady. Nevertheless, it so frequently assumes the character of an affection essentially morbid, attacks individuals who are not naturally disposed to despondency, and gives so many unmistakable proofs of its close relations with the health of the physical organism, that it needs to be included in the category of disease. The constitutional melancholy which distinguishes certain types of character and development, is a setting in the minor key rather than depression. Within the compass of a lower range, individuals of this class exhibit as many changes of mood as those whose temperament is, so to say, pitched higher, and who therefore seem to be capable of greater elation.

It is important to ascertain at the outset whether a particular person upon whom interest may be centered is not naturally characterized by this restrained or reserved tone of feeling! Unhealthy conditions of mind are generally to be recognized by the circumstance that they offer a contrast to some previous state. The movable, excitable temperament may become fixed and seemingly unimpressionable, the self-possessed begin to be irritable, the calm passionate. It is the change that attracts attention, and when low spirits come to afflict a mind wont to exhibit resilience and joyousness, there must be a cause for the altered tone, and prudence will enjoin watchfulness. Mischief may be done unwittingly by trying to stimulate the uncontrollable emotions.

There are few more common errors than that which assumes lowness of spirits to be a state in which an appeal should be made to the sufferer. We constantly find intelligent and experienced persons, who show considerable skill in dealing with other mental disorders and disturbances, fail in the attempt to relieve the pains of melancholy. They strive by entreaty, expostulation, firmness, and even brusqueness, to coerce the victim, and prevail upon him to shake off his despondency. They urge him to take an interest in what is passing around, to bestir himself and put an end to his broodings. This would be all very well if the burden that presses so heavily on the spirit simply lay on the surface, but the lowness of which I am speaking is something far deeper than can be reached by "rallying." It is a freezing of all the energies; a blight which destroys the vitality, a poison that enervates and paralyses the whole system.

It is no use probing the consciousness for the cause while the depression lasts—as well look for the weapon by which a man has been struck senseless to the earth, when the victim lies faint and

bleeding in need of instant succor. If the cause were found at such a moment, nothing could be done to prevent its doing further mischief. Supposing it to be discovered that the malady is the fruit of some evil-doing or wrong management of self, the moment when a crushed spirit is undergoing the penalty of its error is not that which should be selected for remonstrance. It is vain to argue with a man whose every faculty of self-control is at its lowest ebb. The judgment and the will are dormant. The show of feeling made by the conscience in the hour of dejection is in great part emotional, and the purposes then formed are sterile. The tears of regret, the efforts of resolve, elicited in the state of depression, are worse than useless; they are like the struggles of a man sinking in a quicksand—they bury the mind deeper instead of freeing it.

The state of mental collapse must be allowed to pass; but here comes the difficulty; the moment reaction takes place, as shown by a slight raising of the cloud, it will be too late to interfere. The mind will then have entered on another phase not less morbid than the depression which it has replaced. There is no certain indication of the right moment to make the effort for the relief of a sufferer from this progressive malady. The way to help is to watch the changes of temperament narrowly, and, guided by time rather than symptoms, to present some new object of interest — a trip, an enterprise, a congenial task—at the moment which immediately precedes the recovery. The soul lies brooding, it is about to wake; the precise time can be foreknown only by watching the course of previous attacks; whatever engrosses the rousing faculties most powerfully on waking, will probably hold them for awhile. It is a struggle between good and healthy influences on the one hand, and evil and morbid on the other. If it be earnestly desired to rescue the sufferer, the right method must be pursued, and wrong and mischief-working procedures—among which preaching, persuading, moralizing, and rallying are the worst and most hurtful—ought to be carefully avoided. When the thoughts are revived and the faculties rebound, they must be kept engaged with cheering and healthful subjects.

There is no greater error than to suppose good has been accomplished when a melancholic patient has been simply aroused. The apparently bright interval of a malady of this class is even more perilous than the period of exhaustion and lowness. The moment the mind resumes the active state, generally resumes the work of self-destruction. The worst mischief is always wrought in the so-called lucid interval. The consciousness must be absorbed and busied with healthful exercise, or it will re-engage in the morbid process which culminates in depression. The problem is to keep off the next relapse, and this can be accomplished only by obviating the unhealthy excitement by which it is commonly preceded and produced. Healthy action promotes nutrition, and replenishes the strength of mind and body alike; all action that does not improve the quality of the organ acting, deteriorates it and tends to pervert normal function.

The continuous morbid state of melancholy is progressively built up by successive attacks of lowness and despondency. It is in the interval of seeming relief, while this deadly work is in progress, that the cause may be discovered, and probably removed. In most cases the sufferer is conscious of the way the depression has been brought about, or of the train of reflections by which it has been ushered in; but it is vain to hope, and a mistake to try, to elicit the fact by questioning. The existence of any known cause will be repudiated. Unless the patient becomes his own physician there is little chance of a direct cure.

The mind commonly varies in moods with the state of the body, and when energy is exhausted, the impulse or flow of the animal spirits is checked. Depression often springs from a physical cause, and if no mistake were made in dealing with it, small mischief

ıld result. Unhappily, serious mis-
ception prevails. It has been dis-
ered that by the use of a stimulant
reserve of nervous strength which
ure has designed to act, not merely
resource in emergency, but as the
ndation stock of energy, the basal
se of resilience—as the contained
of a bagpipe—may be pressed into
service of the passing moment;
careless of the ruinous impolicy of
resource, stimulants are admin-
red, and the excitement produced
nistaken for healthy action. The
austed brains, irritable nervous
:ems, impaired intellects, incapable
ıny useful work, and the blighted
s of those who resort to this per-
ous palliative for low spirits, should
n the sufferer inclined to try the ex-
ient, and act as a deterrent to
nds searching for a remedy. Low-
s is exhaustion, and anything which
ds to use up the reserve of strength
st ultimately increase the evil it is
ınt to cure. By stimulating instead
ıourishing the brain, the mind is in
cess of time reduced to a condition
lasting incompetency, whereas
hout such assistance it would prob-
y recover its buoyancy.

here is always danger of converting
ıere temporary suspension of func-
ı, dependent upon recoverable de-
ty of an organ, into permanent in-
acity by pressure of excitement,
ile the lapse of power continues.
e peril is especially great in relation
unctions of the brain. It is there-
e a measure of common prudence to
ıt the state of low spirits as one of
ıporary exhaustion, and to give
e for recovery by the process of
in nutrition. If a mind is consci-
of having passed through one cy-
of elation and depression, it should
id the cause, whatever that may
e been. It is always a wretched,
l generally a ruinous bargain, that
lebased judgment makes with self
the purchase of a transient pleas-
. The prudent will not thus barter
ıtal strength and sanity for a pass-
distraction, It matters little what
dissipation may be, except that
ıe forms of self-gratification ruin
body and mind together. However un-
natural, or untimely, or inordinate, ex-
citement is brought about, it acts in
the same pernicious way, impairing,
and at length destroying the vitality.

It would be difficult to name any
state or mood so commonly deplored
and little understood, as this we are
considering. Men and women may
drag out weary existence in sorrow and
difficulty, enduring that most poignant
of pains, the heartache, without suffer-
ing from this malady. The depression
they experience is rather that of crush-
ing and pressure than exhaustion. The
mind makes an instant effort to rise
when a gleam of hope, however weak
and evanescent, glints across the path.
It is astonishing how elastic are the
healthy spirits, and with what ready
energy they recover when relief comes.
Meanwhile, the loss of resilience which
supervenes on repeated exhaustion in-
creases with each attack. The truth
about this lowness will never be known
unless its real nature is recognized.
Alienists speak of "rotary mania," in
which paroxysms of excitement and
periods of melancholy succeed each
other. This is only an intensified de-
velopment of the state we are speak-
ing about. Periodic attacks of low
spirits—call the mood by what name
we may—are morbid manifestations of
the same kind, though less in degree,
and as yet unformulated.

Let those who suffer from this in-
fliction beware; let them above all
things recognize the nature of the mal-
ady, and foresee its issue. Let them
also realize how completely, at the out-
set, the prevention of the evil lies with-
in the scope of their own powers of
self-help. When once the disease has
passed beyond this early stage, it rests
with others to help; and if they will
ponder the hints here thrown together
they may be able to avoid doing mis-
chief, and perhaps lend lasting aid.
Two opposite extremes are to be avoid-
ed with equal care—doing too much
and doing too little. The error of in-
terference in cases where meddling
must be mischievous must be great;
but the fault of standing by idly while
poor folk drift into hopeless melancholy

or dementia is greater. It needs extraordinary patience and a large share of natural intelligence to determine when and how to interpose. I have tried to show that the time must be judged by the period of the attack rather than the symptoms; and it follows from what has been said that the endeavor must be to lead the mind back to health by new paths which awaken new sentiments and ca fresh impulses. The two most d perils to be avoided are despond and quackery. There is always in Nature loyally obeyed, and de in special treatment, however s ously applied.

A TALK ABOUT KINDERGARTENS.

BY MISS KATE SMITH.

A WITTY woman has said "Herod's death did not make Judea a safe place for babies, for when Joseph heard that Archelaus reigned in the place of his father Herod, he was afraid to return hither with the child Jesus." The reign of Archelaus is not yet over. He has had many names and ruled over many countries. To-day, if his power is not at its height, he has still the spirit of his father Herod. He is called education, and the safest place for little children is perhaps still in Egypt, or some of the other countries yet called unenlightened. What we want to do then, is to break the yoke—drive his adherents into the receptacle for all base barbarisms, and work for an education which is needed immediately—a power unto herself; which leaves the child free, but guided; unfolds the faculties in an orderly manner; which guides precocity by natural, organic development; which capacitates the child for living his life, both in and out of himself, with a conscious perception; which develops him physically, mentally and morally at once, and fits him for the daily strife of living. This possibility we claim in the new education of the kindergarten—the mission of which is to lay the foundation and begin the work. Only a beginning perhaps, but the Catholic priest was shrewd who said, "Give me the first ten years of the life and I little care who has the rest." Among the numberless topics which crowd themselves upon us for consideration, I desire to show how we accomplish what we claim for this new education, and to insist we only follow out the sugges which the unfolding of the mind and aid the development which is busy with.

As to the child's organism. W mote its physical wellbeing by n activity, by happy, healthful play not left to chance, but gui that it becomes a mental disc We banish books and learn our first, and not second hand; not by rot memorizing or clogging of the with mere words and outlines. practice has been to crowd our ch and make them keep still, stud recite. Think of it; a child with ering eyes just opened on this ch ing, curious world, with its eage drinking in all sounds, to see if catch some clew to the mystery —a life growing within and pre it to ceaseless activity and que ing; is it not a remnant of barb to compel it to keep quiet and its alphabet day after day? In conducted kintergarten not a s muscle is neglected. The tissues kept in almost constant activity. healthy body is the result. Obse who look too much on the surface things, on the outer shell, miss golden kernel of thought and mea They do not notice how perfect comprehension of manners, habits tions and personality of char which they represent in their p the exquisite precision of move which they are trained, an order

sion which does not kill fun, but only obs it of its rudeness.

Why do we see tears in people's eyes hen they watch our children play? t is the touch of their loveliness, the race of their spontaneous activity. f a teacher be loving and sympathetic nd pleased, her presence can never be ritating. She is a child among childen, full of tender motherliness, houghtful as to the youngest. Jean 'aul Richter said, "To teach by play s not to spare the child exertion, or to elieve him of it, but to awaken within im a passion which renders easy the trongest effort."

By alternating the usual occupations vith marching, gymnastics and songs et to the lovliest music, we never tire he childen. There is, indeed, restraint n the kintergarten, but the children lo not feel its bondage; the unused owers are restrained, but their faculies are wide awake and occupied, and here is little restlessness or turbulence.

Christ taught the common people in parables. The undeveloped mind, the child mind, needs the sensuous perception to arrive at truth. In a sort of educational homeopathy we coat the ntellectual stimulus with a kind of wholesome sugar. The child swallows t and escapes the disagreeeable impressions which the taking in of knowledge is too apt to produce on the young mind. He is not yet old enough to learn abstractly. We must see clearly before we can reason correctly. Does not the truth precede the doctrine? The moon shone first, before we knew anything of astronomy, though without that science it would have been nothing but moonshine. In order to develop the child-mind philosophically, we must give the simple before the complex, a rule strictly observed in nature.

Herbert Spencer says, "Children in our primary schools mumble little less than dead formulæ, the vital knowledge which underlies their whole existence they either get in nooks and corners, or grow up entirely without, or learn by harsh and bitter experience." The little ones learn not, it is true, that botany is a science which comprehends all that relates to the vegetable kingdom, but they plant the seed in the ground and give it water; they know, because they have seen it drink it in, that it swells a little, and as it feels the warmth a life gradually awakens from its deep sleep and stretches forth. After a while these flowers push up a minute speck of green through the earth. Each child studies its own plant because it is his. He studies that of his playmate because he finds it different. He never hears the name physiology, but he learns the beauty and discovers the usefulness of his own body, and how each little part performs its work silently and regularly. Grammar is an unknown word with him, but he has learned to tell all that he sees in proper language. The child knows what he is doing and knows what grammar means when he comes to it at the proper age. The grand knowledge which he gets by working at things for himself is his forever; in all of his workings he has a chance to work out his own individuality in invention. When the child discovers that he has brought forth something beautiful he feels a thrill of power that he has made it and it is good. It is a beautiful sight to see him in the ecstacy of delight after he has made something which pleases him. Under the old system of instruction every child was molded in some mold. There was no time for studying the different characters and their needs. That heaven born talent which would have made the mind high and useful has been stunted early in life. The prevailing system of memory instruction is, in itself, almost exclusively with book learning and advances the mind in the abstract, but ignores the senses; thus leaving the mechanical tastes and aptitudes, which come earliest in the natural order of development, to perish by disuse. In the kintergarten we teach the little ones to help themselves. As they come to supply their own wants and to aid others they grow self-reliant and self-helpful, early forming habits of economy, patience and persistent effort, which cannot fail to be invaluable in later life.

In considering the moral development

of children we can hardly speak of it as a separate branch of the kintergarten system, since it is the key note of the whole, sending its harmony into every part. We have many ways for accomplishing this. Music is one of our chief helpers, acknowledged by all thinkers to be a wonderful inspiration to do good. No one can express logically its effect upon us, but the moving sound goes deep. Carlise says, "It is a kind of unfathomable speech, which leads us to the edge of the infinite." Martin Luther says, "It is a discipline, the mistress of order and good manners, the gift of God which drives away the devil and makes children cheerful." Each of our songs teaches a sweet lesson. It may be kindness to animals or even inanimate things which the father has created, a loving tenderness and unselfishness toward each other, and respect for age. All of these gentler things drive away evil from the mind, and keep the divine spark alive. Everything dangerous to their morality must be removed. They cannot care for themselves. We must care for them with tenderness and wisdom. Our master, Froebel, counsels us to keep hold of the being of the child, and we are to protect it from every wrong impression, every touch of the vulgar. Do we not know that sometimes that only a touch or a word is enough to leave a trace.

As to punishment, we believe that "An ounce of prevention is worth a pound of cure." The consequence of the child's own deeds are all of the rewards or punishments inflicted. The consciousness of doing wrong and failing of success ought to be enough, if the child is properly trained.

As to its religious education, we do not want sectarianism or fanaticism, but we do want all that is high, spiritual and divine in the child. The heavenly impulses are born in and with the child ; they only need to be fostered and the evil tendencies checked, and we have them growing into perfect manhood and womanhood. Beauty is truth, and truth is beauty ; that is all you know on earth, and all you need to know, said the poet. Beauty and truth dwell together, and wherever they are found in purity they make the child happy and bless all human hearts. Children have little trials enough—child-burdens, heavy to bear, though to us seemingly trifling. God knows the burdens come often enough in after life, so let us put our love and gentleness underneath and bear them over the breakers. A teacher holds more power for good or evil than he dreams of. When he studies intently character as he ought, his influence is half and half with the mother's. If there is any little one whose heart bells are jangled ever so badly, it is our mission to put them in tune. There will be raised buds in our child's garden, set with little willful plants perhaps, but our hearts must be guided with discretion and love that we may deal with them. Let us hold these things fast in memory, and follow the call of the age, God's call to be true educators of children, making them happier, healthier, nobler, wiser and better than we.

DANGERS IN THE PRIME OF LIFE.

THE greatest danger to life occurs in infancy and before the fifth year. The greatest danger in acquiring habits that are injurious are during youth. The passions, hopes and fears of the tender age make it necessary that the young be guided and restricted early in the best habits, and warned against evil courses. But the dangers of middle age seem to have been over-looked to a great extent, yet they are quite as real. A writer in one of our great dailies, speaking of this subject, suggests that middle age is the one greatest of a man's character. It is the five-barred gate which rises suddenly before him in the middle of his journey. Some men walk calmly up to it,

open the lock, and pass through with the same equable, steady step as before; others spring over it, and canter on, frisky, reckless and ridiculous as in youth; while some—principally women—creep under it, and go smirking along, pretending that they have never yet encountered it. Single men and women like these, who ignore their years, and try to be young with the young, have been butts for ridicule since time began; boys and girls are always savagely merciless on them. And yet, this made up, waltzing old beau, this wan, worn woman, coveting notice, aping the airy graces of rosy girls—how pitiable and tragical they are! They have somehow missed their birthright. They have not secured the great possessions which make the middle-age solid and full—and must they give up their youth too? Shall they have nothing? The desperate hold which they keep on it is not so laughable when one comes to think of it.

There is hardly a summering place in which these melancholy, ridiculous figures may not now be seen, clinging, with forlorn hope, at fashion, dress, admiration and love. With men the cure comes soonest, because men have other pursuits and aims than admiration, love, or matrimony. The old bachelor, sooner or later, takes up some hobby; business, his own disease, travel, gossip, or, if he be a genial fellow, his sister's boys and girls. The way to happiness and comfort for single middle-aged women would be made much easier if a different method were pursued by parents toward their daughters while they are still young. Nothing, of course, can recompense a woman for the loss in her life of the love of husband and children; but there is no reason why, added to this bitterness, she should always have the humiliation of dependence. Half the terrors of a single life to a woman lie in the fact that she will never have a home of her own, but must remain a dependent on father and brothers; the one too many in the household; the beneficiary on sufferance in the family, though she actually work twice as much as the rightful members. A father naturally sets a boy on his own feet at coming of age. But as naturally he keeps his daughter dependent on himself. It is a pleasure, perhaps, to him to give her her gowns and pin-money at thirty as when she was three. He does not reflect that she has the longing, equally natural to every man and woman, to take her own place in the world; to be a rooted plant, not a parasite. The difficulty is easily solved. If the father is wealthy, let him settle absolutely upon his daughter, when she is of a marrying age, the amount he would have given her as dower, instead of doleing out the interest as constant gifts; if he is a poor man, let him give her some trade or occupation by which she can earn her own money. This course would obviate the mercenary necessity of marriage which rises night and day before the penniless, dependent woman.

The dangers of middle-age to a married man or woman are of a totally different kind. The risk is that, instead of growing selfish through isolation, their lives will become wholly swamped in those of their children. Just at the age when a man begins to get himself well in hand, to grow broader in his views, sweeter in his temper, to lose the acridity, the positiveness, the inability of youth to generalize the detailed experience he has gained—to be fit, in a word, to accomplish the work he had planned to do in the world—he begins, if he is a father, to set himself wholly on one side, for the sake of the future little men and women about his table. His great picture is never painted; his epic is never written; the best work of which he is capable is never done; he gives himself up to pot-boilers in order to bring up another man, who perhaps may be inferior to himself. This is the work which has been going on since the beginning of the world. One is sometimes tempted to wonder whether in the lives to come there will not be some place where the ambitions and hopes and thwarted possibilities of the middle-aged may have the chances which here, fitly enough, are reserved for the young.

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

A SONG WITH A MORAL.

So you wish you were wealthy as I am—
No doubt that is natural enough:
You think my life's pleasant and easy,
While yours, as you call it is "rough."
Well, I don't think my cash and etceteras
I ever shall quite give away,
But if I'd been born poor as you were,
I might have been something to-day.

But, you see, when my honest old father
Struck quartz on the Comstock that fall,
He did for his future young hopeful
A thing he could never recall.
'Twas the dream of his life that his children
Should be learned, and great, and all that;
And so with banknotes I was blistered
Till I made a grand failure—that's flat!

I think I had brains to begin with—
Not a prodigy, that I well know;
But you see I was petted and flattered
Until I half thought myself so.
I thought that my cash could do all things;
I lived like a very young Turk;
I believed, like an ass, that there are ways
To get up in this world without work.

My good father sent me to college;
But there I rode ponies all through;
I laughed when I learned what a twenty
Slyly slipped to a tutor will do.
I bought out my examinations,
And in this way my four years were passed,
I entered the college a blockhead,
And a blockhead came out at the last.

There was Widow Brown's son, I remember,
That red-headed, freckle-faced lad—
Who worked like a slave for his mother,
And came to school only half-clad,
I laughed at his hair and his freckles,
And sneered at his second-hand clothes,
Till one day he made a remonstrance,
As witness this twist in my nose.

Well, somehow, Brown went on and upward;
His plans never seemed to fall through;
He always was wanted for something
That no other fellow could do.
He's been toiling and grubbing and digging,
While I've been an idler for years;
He brought that big suit in Nevada
That set half the state by the ears.

I could name plenty others who passed me,
And are quite lost to sight on the road;
They could all get on faster than I could,
Though carrying an awful big load.
No, I've nothing but cash and etceteras;
I never shall give them away;
But if I'd been as poor as you, Tom,
I might have been something to-day.

J. G. Swinnerton.

THE SOUL'S PROPHECY.

All before us lies the way;
Give the past unto the wind;
All before us is the day;
Night and darkness are behind.

Eden with its angels bold,
Love and flowers, and coolest sea,
Is not ancient story told
But a glowing prophecy.

In the spirit's perfect air,
In the passions tame and kind,
Innocence from selfish care,
Real Eden we shall find.

When the soul to sin hath died,
True and beautiful and sound,
Then all earth is sanctified,
Up springs Paradise around.

Then shall come the Eden days,
Guardian watch from seraph eyes,
Angels on the slanting rays,
Voices from the opening skies.

From this spirit land afar,
All disturbing force shall flee;
Stir, nor toil, nor hope shall mar
Its immortal unity.

R. W. Emerson.

IN SICKNESS.

Sing to me, tender voice, for when I sleep
My soul goes drifting o'er a shadowy deep
Whose ghostly islands, in its tides set low,
Sink and dissolve like snow.

No friendly ships on cheerful errands haste
To bear me company across that waste;
But through the cold gray hollows of the deep
My lonely course I keep.

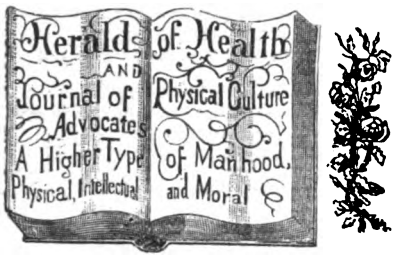
Somewhere beyond, I think, lies blessed land,
But tired and bruised I cannot reach the strand
A tossing boat, whose sailor lieth pale,
Wrapped in his useless sail.

From these chill shades this pleasant world of ours,
With winds, and stars, and broidery of flowers
With pomp of summer noons, and morns of May,
Seems dim and far away.

Sing to me, tender voice, that as I go
The music of thy song may follow slow;
A silver cord to moor me to thy shore,
Lest I come back no more.

It is not just as we take it—
This mystical world of ours;
Life's field will yield, as we make it,
A harvest of thorns or flowers.

EDITORIAL DEPARTMENT.



NEW YORK, NOVEMBER, 1880.

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* PUBLISHER *does not hold himself as indorsing every article that may appear in* THE HERALD. *He 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.

PRISON REFORM.—There has been a feeble demand for prison reform from a few earnest and philanthropic people for many years, and through their efforts a good deal has been done to mitigate the severity of treatment criminals receive, and make it somewhat more rational—but it seems still as if there was much more to do in this direction, more perhaps than can be accomplished within a century. There ought to be a rational system of treating criminals, free from all cruelty on the one hand, or mawkish sentimentality on the other hand. One is as bad as the other. To treat an unfortunate being as a monster who has no rights any one is bound to respect, is itself a crime quite as great as anything the criminal himself has done. To incarcerate him in a dungeon away from light or air, or means of preserving his health, as is so common, is an insult to our better nature which ought not to be tolerated anywhere. To keep him on a meager and unnatural diet, and to deprive him of all opportunities except the very poorest for mental and moral improvement, is inconsistent with the enlightenment of the age in which we live. On the other hand sentimentality, pity, and coddling are not what is required in a true reform in the treatment of criminals. Sentimentality weakens whatever it touches—cruelty debases all that it acts upon. What is needed is something that will tone up and strengthen, rather than debase or weaken the character of the criminal. This can only be done by a system of education which shall be rational and adapted to his requirements. In our asylums for idiots we train these unfortunate creatures in a way to develop their weak intellects up to as high a standard as they are capable of rising. In the reform school for boys in Ohio a somewhat similar course is pursued, and it has worked so well that the boys rarely or never run away from the place, although the restrictions are so slight they could do so if they wished. These boys are not only taught every branch of agriculture, horticulture, and more or less of mechanic arts, but educated intellectually and morally. It is rational education, not punishment, that they receive. Health, intellect and moral nature are all braced up and strengthened. Even the hardest cases are generally made over into decent boys. This is reasonable and wise. The same course should be pursued with criminals. They should be educated, made over into decent men so far as possible, and their terms of imprisonment should be long enough to accomplish this. Prisons should be located in the country, and a large tract of land should be had, and this should

be reclaimed and improved by prison labor, which need not compete with the labor of those outside, as now; but it should be made self-supporting. No speculators should control it. It might take years to perfect the plan, but it can be done, and some day will be done if humanity progresses as we hope and believe it will. Justice demands it. Criminals are too often so from an imperfect physical and mental organization and defective training, just as idiots are. They cannot compete with stronger men in the battle of life, and so take an easier way, as they erroneously think, to earn a living. Most of these can be reformed by a right course. It is our duty to do it.

HEALTH IN THE SCHOOLS.—William Blaikie, the author of "How to Get Strong and How to Stay So," spoke before the Brooklyn Teachers' Association recently on "Physical Education." "I want," said he, "to see if in an informal talk we can't hit upon some way in which we can bring the physical education of school children down to a practical basis. Our children, who are healthy and buxom when they begin school work, come out pale, sickly and with round shoulders. If you require the children under you to sit far back on a chair and to hold their chins up you will cure them of being round-shouldered, and the lungs and other vital organs will have free and healthy play. Another simple plan is to have the children bend over backward until they can see the ceiling. This exercise for a few minutes each day will work a wonderful transformation. If a well qualified teacher could be employed to superintend the physical development of the children, the best results would be seen. Dr. Sargent, now the superintendent of the Harvard gymnasium, who formerly had charge of a gymnasium in New York, has no equal as a teacher of simple, efficacious means by which the weak parts of one's body may be developed. I think it would be well for yon to send some competent person to him to take some lessons, and then the exercises could be taught to your teachers. The first steps should be simple and economical. Exercises of the simplest kind can be begun without any apparatus."

In our opinion there is no way of securing physical education in city schools except by having a professor of physical culture in each of them, and a large room for the use of the pupils. Physical training should receive the same attention as arithmetic and grammar, and the teacher of it be just as well qualified in his department as those in other departments. We have talked about it long enough. What we want now is action. When this boon has been given we shall all wonder we did not have it before. We might as well leave out geography as gymnastics our schools.

GLADSTONE'S RECOVERY OF HEALTH.—Gladstone recovered his health after his severe attack from overwork very quickly. If all invalids could have as good opportunities when ill to get what they most need, their attacks of illness would be briefer than they are, and we could really get some pleasure out of our poor health. Some friends in Scotland offered him a steam yacht to make an excursion around the British coast as soon as he was able to leave his sick room. It did him so much good that he was able on his return to take a vigorous part in the closing debates of Parliament. Alas! that we have not all friends with yachts, and that they have not hearts to lend them to the sick. But while life is alike dear to all, yet after all the life of a Gladstone is more valuable than that of most men, and so more is done to save it.

DEATH OF BYRON.—An English paper says: Poor Byron died of the doctors, whom he justly dreaded. "Don't let the blundering blockhead doctors bleed me!" he said to Trelawney. But they got at him. He was copiously bled, and died. With almost his last breath he said they had assassinated him.

When Trelawney came back he said to Byron's servant, "What did the doctors do, Parry, with Lord Byron?"

"Do! Why, they physicked and

bled him to death. My lord called them assassins to their faces; and so they are!"

"The fashion at that time," continues Trelawney, "was bleeding, blistering, and killing people with aperients; and this treatment to a patient so sensitive, attenuated and feeble as Byron, was certain death.

"Nature makes no mistakes—doctors do. Probably I owe my life to a sound constitution, and having had no doctor."

STATUE OF BURNS.—The statue of Burns in Central Park, just unvailed as we write, is far from satisfactory. It looks more like a simpleton than of a man of genius. The attitude is simply ridiculous. Whoever designed it must have had strange ideas of art. There is a new statue of Byron put up in Hyde Park, London, which is equally bad. One critic says it will be laughed at from one end of Europe to the other. Statues are, however, poor monuments to a man's fame. They are rarely true to life and more frequently a burlesque.

BUSINESS RULES.—Baron Rothschild has hit on some good maxims for business success, and has had them printed and framed and hung on the walls of his bank. They read as follows:

Attend carefully to details of your business.

Be prompt in all things.

Consider well, then decide positively.

Dare to do right. Fear to do wrong.

Endure trials patiently.

Fight life's battles bravely, manfully.

Go not in the society of the vicious.

Hold integrity sacred.

Injure not another's reputation or business.

Join hands only with the virtuous.

Keep your minds from evil thoughts.

Lie not for any consideration.

Make few acquaintances.

Never try to appear what you are not.

Observe good manners.

Pay your debts promptly.

Question not the veracity of a friend.

Respect the counsel of your parents.

Sacrifice money rather than principle.

Touch not, taste not, handle not intoxicating drinks.

Use your leisure time for improvement.

Venture not upon the threshold of wrong.

Watch carefully over your passions.

'Xtend to every one a kindly salutation.

Yield not to discouragement.

Zealously labor for the right, and success is certain.

SAND AND MUD BATHS.—In many low plains in the neighborhood of the sea immense quantities of sand are constantly deposited from the in-rolling waves, particularly at the promontory of Sunium, near Missolonghi, near Corinth, and on some of the islands. These places are visited by persons affected with chronic rheumatism, anchylosis, chronic synovitis of knee-joint, for the purpose of taking a sand-bath. The patients, who are generally of the poorer classes, bury themselves in the sand, or cause others to cover them with it, so that only the head, which is covered with a nightcap or straw hat, remains free. It is a ludicrous sight to see twenty or thirty such odd-looking heads sticking out of the sand. In consequence of the weight and the saline character of the sand, the skin of the patient becomes so red that, when they emerge from their sandy bed—which they occupy as long as possible—they look like boiled lobsters. Wooden huts or tents improvised with oleander and plaintain branches, are used as bathing houses, and a piece of bread, some grapes, and a glass of wine generally constitute the meal of a patient. Direct inquiry from the patients has elicited the fact that the effects of this sand treatment are decidedly beneficial.

Another variety of bath is likewise not uncommon, namely, the so-called mud-bath. In the canals and ditches, into which the sea-water is allowed to flow in order to obtain common salt by spontaneous evaporation, a mother-water containing chiefly magnesium bromide remains behind, after the crystalized salt has been removed. At the

same time an aluminous mud collects at the bottom. This mother-water, together with the mud, is used by patients affected with chronic splenitis caused by the frequent malarial fevers prevailing among the workmen in these localities, and with intestinal infarctions. The method consists in smearing the whole body with saline mud, and in exposing themselves afterward to the rays of the sun until the coating has become dry, when it is washed off with the saline mother-water. Sometimes both the sand and the mud baths are used locally on a special portion of the body only, as, for instance, the legs or feet. XAVIER LANDERES, M. D.

Athens, Greece.

A POWERFUL MAN.—Joseph Pospischill, who is now a prisoner in the Austrian fortress of Ofen, on conviction of highway robbery, is said to be the strongest man living. One of the feats for which he was renowned was to support in the air, with his hands and teeth, a table upon which two gypsis danced, while a third fiddled. He and one of his brothers, only less powerful than himself, were wont to bear upon their shoulders a wooden platform, shaped like a bridge, while a cart full of stones, drawn by two horses, was driven over it. The other day, when the jail in which he was confined was undergoing a visit from the municipal prison inspectors, this Hercules volunteered to give the authorities a specimen of his powers, and, upon receiving their permission to do so, picked up with his teeth a heavy mahogany table, nine feet long, belonging to the governor, and balanced it aloft for nearly half a minute.

So says one of our foreign exchanges, Is it true? We have our doubts. Still, if it is, we shall be glad. But why does so strong a man need to be a robber on the highway? If he has any intellect at all he ought to be able to make a splendid living for himself and half a hundred more by honest toil.

RELIC OF THE INCAS, PERHAPS 1,000 YEARS OLD.—We have in our sanctum a remarkable relic—a quart size goblet beaten or hammered from virgin silver (as taken from the mines of Peru). An tique in both design and workmanship this curiosity invites the attention of the antiquarian *savant* and lover of old things. Very venerable it is, and ha it a tongue could relate the romance those days when Portugal and Spain were enlarging the geography and diminishing the idolatry of the world—when the era of the sun worshipper was submerged by civilization's new higher wave. During railroad buildi in Peru in 1858, a tunnel was cut in a cave and let the light of day in up a large treasure, consisting of coin gold and silver, idols, and church a household services, all made of th precious metals, and among which w this tankard. Age had blackened it the color of ink. Otherwise its preservation was quite perfect, and, polish up as it is now, it is an object of beau as well as wonder. The method manufacture of those days were hammering, this antique showing th marks all over it of such instrume The cup is the property of Mr. W Townsend, who has left it with us for gratification of the curious, with injunction only as to its keeping, th it be not longer "hidden from th world."

PARIS SMELLS.—Paris is said to the cleanest large city in the wor yet in consequence of the unhealth smells which continue to infest th streets of Paris, the Academy of Sc ence, with a view to ascertaining whe er the odors emanate from the grou forming the foundation of the stree has analyzed a quantity of the ear This soil, which is quite black, w subjected to frequent washings, a after elimination of the rubbish it wa found to consist of about eight and half parts of crystalized sulphur to on and a half of coal tar, the latter ele ment originating in the constant escap of gas from the subterranean tub The ground was also found to be pe meated with oxydized iron, derive from the constant wearing away of th metal substances, such as horses' sho and carriage wheels, against the roa

ways. The air therefore has been decided to be harmless. What would these *savants* have said after examining the air of some parts of New York and other American cities? We doubt if it would have escaped from censure so easily.

STUDIES IN HYGIENE FOR WOMEN.

PROF. NEWMAN ON COOKERY.—Prof. Newman, one of the most ardent and thoughful of English reformers and philosophical writers, gives us some hints on cookery which we print here. It would be a good thing if men would interest themselves in cooking more than they do. They might help to improve the art. Mrs. Stanton used to say that the art of cooking could be much improved if men of science would give some thought to it. But let us listen to Prof. Newman. He says nearly all our stone fruit is picked sadly unripe. Damsons allowed to ripen on the tree are quite like a different fruit from what are offered in the market. But except in a private and well walled garden, the owner is sure to pick them prematurely: first, lest they be stolen; secondly, lest they be hurtfully bruised in conveyance to market. In consequence, all such fruit and all unripe fruit needs slow baking. Whether to be baked *before* putting under a crust, I leave cooks to decide. About 25 or more years ago I learned from friendly Hungarian exiles that they cooked cabbage, seacale, celery and leaves of every kind fully three times as much as we do. They avowed that the English eat such things *raw*. In my experience the much-despised cabbage is very palatable, wholesome, and valuable food, if thoroughly dressed, and a morsel of (salt) butter added; nor do I despise a small portion of pepper. The outer leaves of cauliflowers are as nice as spinach, if prepared as spinach. Professor Mayor, at Cambride, lately gave us nettles so dressed, and very good they were. A French tradesman cooks his own dinner while attending his shop, and cooks elaborately, because slowly. We agree with this. Stoned fruits are indigesible because unripe. French prunes are ripe and slowly cooked in the process of drying, and therefore perfectly digestible, and one of the best kinds of opening food we have. The Brown Betty, or fruit and bread pudding, needs a long thorough baking, when it is healthy and delicious.

A NICE DISH.—A lady sends us the following recipe for a fruit pudding, which, she says, is very nice and very delicate, and which, if properly made, cannot but be very wholesome: Take strawberries, raspberries or cherries, the night before they are wanted, and stew them lightly, and sweeten to taste. Arrange in a mold or basin slices of white bread, free from crust, so as to fill the mold or dish. Perhaps the best way will be to line with slices, and fill in with slender "fingers." Pour in the stewed fruit, cover with a plate, and let it stand over night and until needed in a cool place. No baking required. It will turn out a perfect mold, and may be served plain or with sugar and cream.

SODA IN COOKING.—W. Harne says, in The Country Gentleman: "I would certainly discard soda in any form, and every preparation of so-called baking powder, also. Ask your doctor; ask those acquainted with the properties of saleratus, cream of tartar, etc., and if they are honest they will tell you these things are not fit to mix into our food at all, under any circumstances. In conversation with a doctor a day or two ago, I asked his opinion of the use of the various baking powders. He said the women will have the stuff, and therefore the purer it can be made the better. He admitted the bad effects of using this poison. (It is a poison when used in our food, and is even worse

than a good, quick poison.) I recommend no substitute; but recommend, as I have often done, good, sweet butter, eggs, milk and cream, and a good cook, always without the salts in question. We have quite enough to do to digest the rich cakes, pies, and the many other superfluous, unwholesome and unnecessary things now so common, even among the hard working and otherwise healthy mechanics. As to the washing fluid, I have not the slightest objections to any one's using it, if she deems it necessary, as no one's health is injured by its use. I know it cleanses the clothes, and the lime will also destroy the strength of the fabrics upon which it is used, if often used. There is no substitute really for labor in cleansing or washing clothes beyond the various useful washing and wringing machines, which most certainly are great helps, and a boon to washerwomen."

HEATING FLOUR WHILE GRINDING—It is a general belief that flour is often heated while grinding so as to spoil it. Whether this is true or not may be difficult to decide. As a rule wheat goes into the mill at a temperature of 52° and comes out at 143.° At least so says an eminent miller. Now, if this be true, we do not see how it could be injured, for it requires a temperature of 188° to change starch, and a still higher degree to change gluten. It is more than probable, however, that some portion of the flour is heated much higher than this. At any rate, those who know how to make good bread and judge of good flour will not be convinced very easily that flour is not often "killed" by grinding.

CORNS.—The number of women who have a crop of corns on their feet is pitiable to contemplate. The suffering they endure is also great. They cannot walk with comfort or grace; and yet as a rule women are to blame for all this. So long as they insist on wearing shoes that are neither beautiful nor physiological, so long will they be martyrs to corns. There is little use to try to cure them until they will wear shoes that are properly fitted to their feet, and yet do not deform them. A shoe should fit the foot evenly all over, have a low, broad heel, and be broad at the toes. Understand, it should be properly fitted. If too large or too small, or if it pinches here and is loose there, it is not properly fitted. When this is done, the feet may be treated as follows to advantage: In the case of a hard corn the foot should be well soaked in hot water, and then it should be carefully pared down with a knife, avoiding, however, making it bleed. The corn is then to be painted over two or three times a day with the arsenic solution (*liquor arsenicalis*) of the Pharmacopeia. This usually causes the gradual disappearance of the corn. Soft corns may nearly always be cured by painting them with arsenic solution. They either dry up and disappear of themselves or they undergo such a change that the shriveled remains may be cut away without pain or inconvenience. The application is unattended with danger, but the solution should be distinctly labelled, and should be kept locked up, as, if taken internally it is poisonous. Some people prefer using, instead of the arsenic solution, a lotion made by adding thirty drops of the tincture of arnica to a wine-glass of water. It should be applied on a little piece of lint, and should be renewed twice or thrice daily. The strong acetic acid sold by the chemists may probably do as well as the arsenic, and is safer to have about—though the local and external use of the arsenic in such minute quantities is probably harmless.

ESQUIMAUX WIVES.—The Esquimaux have a novel idea of a model wife. John Rae, who has been many years among them in search of relics of Sir John Franklin, says: "It is the duty of the women to attend constantly to the lamps, to melt water for drinking and cooking and to cook the food. They also turn the wet shoes and stockings inside out and dry them at night. A "good wife" is one who sleeps but little after a hard day's march, but attends constantly to the articles upon the drying frame, turning them over and replacing the dry with wet. When

ne frame full of clothing has been
ried she places the articles under her
i the bed so that the heat of her body
ill keep them warm and dry, and re-
lace them upon the frame with other
rticles. She gets up long before any
ie else is up and looks carefully over
l the clothing to see what mending is
quired. Her position when not asleep
with her bare feet tucked under her
i Turkish fashion, and there she sits
l day long before her fire, engaged in
aking clothing, cooking, or other
ousehold duties, and is seldom idle.
hen at work she lifts up her voice and
ngs. The tune lacks melody but not
ower. It is a relief to her weary soul,
id few would be cruel enough to de-
ive her of that comfort, for her
easures are not many. She is the
ave of her children and her husband,
id is treated to more abuse than affec-
on."

MY SICK BOY.—Will you please to
lvise me as to the treatment of my
oy, of the age of nine. He is subject
headache about once a week, some-
nes a little oftener, and sometimes
will go more than a week without
ie. He will come home from school
noon, or a little before, sick, and will
to bed and sleep the most of the
ternoon and night, and next morning
generally better. Sometimes he
omits at intervals green matter, some-
nes only phlegm. Before these sick
ells he is irritable and excitable, ap-
etite very poor and fastidious; some-
mes he has a voracious appetite the
ght before he is sick. He is quite
rvous and excitable. Can I treat
m as well and let him go on to school,
he does not wish to be taken out?
W.

t is altogether probable that there is a
ck of proper ventilation of the home,
is doubtless certain to be the case
the school-room. It is rare indeed
find a well ventilated school-room in
ty or town, and almost as rare to find
ire air, day and night, in the homes
our people. Proper ventilation can
ly be secured by having a sufficient
id *perpetual* interchange between
ie indoor and outdoor air *during the night* no less than in the daytime. Whatever the locality, and whatever the season, the *outdoor air* is *purer* than that within. It must be let in to drive the vitiated air out. The only thing necessary is to maintain a comfortable temperature (66° to 70° F., and the individual who is not warm in a room at that temperature is not in health,) by sufficient artificial heat, and not by sealing windows and doors, avoiding direct draughts upon the person.

In my judgment, however, a leading feature in your boy's trouble is overeating, and that it is the rest of stomach derived from his sleeping all the afternoon and night—without supper, if you are wise—which results in his restored condition next morning. When you observe the symptoms of an approaching "attack"—*i. e.*, when he becomes "irritable, excitable, appetite poor and fastidious"—have him skip a single meal—go to bed without supper for example, giving him a comfortable bath instead—and the morning will doubtless find him well.

When you observe the "voracious appetite the night before he is sick" take the hint at once, and either have him skip that particular meal altogether (best), or ensure its being a very moderate one, and of very plain, coarse food, without cake or sweatmeats of any sort, meat, sweetened drinks or tea. His general diet should be plain, consisting of bread from any, or a variety of the grains, vegetables, fruits, and milk—avoiding flesh food, which is too stimulating and not sufficiently nourishing for him, hot stimulating drinks, such as coffee, tea, etc.

Where there is nausea, vomiting, etc., have him drink freely of warm water—even to slight distension of the stomach if necessary—to induce free and easy vomiting to wash the stomach out thoroughly. If the bowels are closed, or constipated, give *full*, *free* injections of warm water to cleanse the lower bowels.

He will be all the better for attending regularly to his business of attending school, providing the school-room

be made a fit place for a human being to breathe in.

OATMEAL.—Give the children oatmeal at least once a day. It is genuine bone and muscle food, and they must thrive. Could our girls make the morning and night meals on real nourishment, not pastry, take more to nourish the brain and nerves, we should have less of the neuralgia among our women. Indeed, this oatmeal mush would afford ample food for the last meal, which should ordinarily be the lightest, simple and easy of digestion, securing good sleep, while it may well form a part of the morning meal. Its extensive use would do much to promote health among us.

So says one of our exchanges, and we do not object to what is said, only we suggest that there is danger, possibly, that we may forget that wheatmeal is just as good, perhaps better than oatmeal, and that cornmeal, too, is good, and that we may alternate their use to advantage.

CURRENT LITERATURE.

—:o:—

SCHOOL OF INDUSTRIAL HYGIENE. By B. F. Lincoln, M. D. Philadelphia: Presley Blackiston. Price 50 cents.

This is No. 12 of American Health Primers. The following extract on bodily growth will give our readers an idea of its character:

"If youth be a formative period, whose product is simply the adult person, then, surely, that period when formation is most rapid—when a new being *par excellence* is developing—deserves the greatest respect and care. In the case of boys, growth goes on at a nearly uniform rate until manhood. Girls, however, concentrate a great deal of growth in a few years. They are shorter and weigh less than boys, until the age of 11 or 12, when they suddenly shoot beyond them, and then for about three years continue decidedly taller and heavier, after which they resume the former relative position, It would seem reasonable to suppose that girls at this age are less capable of mental application than boys; for it is a general rule of Nature, than when a great demand is made on the system by one set of functions others must remain in comparative abeyance, and that when growth is very rapid, mental action is proportionately less so. If girls are often found quicker and brighter than boys at this age, it may, nevertheless, be questioned whether it is right to allow them to come in competition with boys; for pluck and vivacity are not necessarily evidence of power.

"After this age—that is, about 14 and 15, in most cases—comes the time when girls are undergoing a change which affects the whole system in a different way from mere rapidity of growth—a change which, if effected normally and quietly, may be said so to have laid the foundation of the happiness and health of her entire life. At this period, if at no other, a girl should be protected from the excitement of society and late hours, and should receive the support and steadying which regular habits of study impart. It is a more directly practical thing to say that she ought to be treated with leniency at certain times; her work should be lightened, her errors excused, her inattention or unreadiness overlooked, and absence from school allowed if requested.

"Many young girls have grown up to be strong and useful women, and have never become aware that their mental powers were less under control than those of boys of their own age or their schoolfellows—or that there was any physical necessity for their studying less than, or differently from, their brothers. Especially is this true of country girls brought up without the excitements of society.

"The late Dr. E. H. Clarke, of Boston, was of the opinion that our system of public school education was ruining the health of vast numbers of young women by compelling their study to excess, particularly at the monthly period. His opinion was vigorously stated in a little book published a few years since, entitled "Sex in Education." Equally vigorous counterstatements were made in the books called "Sex and Education," "No Sex in Education," "The Education of American Girls," and other places; and quite a salutary storm arose which has resulted, it may be hoped, in leaving the public impressed with the importance of the subject, if nothing more.

"I would here refer the reader to two of the following chapters—that on Amount of Study and that on Exercise. It seems to me fair to say that the growing girl would not generally suffer from her studies if they were restricted within the limits hereafter suggested, and if her physical development were cared for properly. A healthy girl—such as nine out of ten ought to be—need not suffer in health from regular attendance on school for three or four five hours a day, if she is protected from society and given a fair chance to grow strong. No harm is done when a girl goes to the theatre or concert, and appears the next morning at school with a worn and tired look, and with great circles around her eyes. The harm, indeed, is done long before, when she first comes to live in a city where public parks are those unsafe for her to walk in, and where play in the open air (except for children, that is, very small girls) is an impossible or a forbidden thing. It begins with that substitution of artificial for natural enjoyments, of society and excitements for sports, of adult for childish interests, which is characteristic of city life. Many such girls are thought to be overworked if they lose their color while studying four or five hours a day at the age of 15."

HEALTH FOODS.

A valued correspondent requests us o repeat from our May issue the fol-owing letter from a well known mer-hant of New York, who is no stranger o our pages. His testimony to the va-ıe of the Health Foods and to the spe-ial system of dietetics which he has racticed since 1878, is of great import-nce, coming as it does from an intelli-ent gentleman, deeply engrossed in usiness affairs, who, as we well re-ıember, was a good deal broken down y overwork and careless living before e embraced a more consistent mode f life.

115 Broad St., N. Y., April, 12, 1880.

Dr. Holbrook—*Dear Sir:* I write ›ncerning the preparations of the ealth Food Company, 74 Fourth ave-ıe, New York, not to complain of the oods, which I believe in, but of some nissions on the part of the Company. think they are to blame that they do ›t prepare and publish the best meth-ls of mixing, cooking, and *eating* eir excellent foods. I think they ake a mistake in not broadly adver-ising the Foods, instead of leaving em to work their way under the endly mention of yourself and a few her intelligent editors. Again, I am sitive that the Company seriously r in recommending the use of cow's ıtter and milk with their Foods, ex-pt in the case of infants, when milk ıy be needed. Olive oil should be bstituted for butter in every case, as ıave fully proved. *Salt* enters into ıny of their recipes; this is wrong, cause Nature has supplied the grains, pecially the gluten portion of them, th sufficient salts.

Here is a leaf from my own experi-ce. I abandoned the use of animal oducts, roots, vegetables, coffee, tea d alcohol in 1878. Since then I have ed luxuriously on the Health Food mpany's Pearled Cereals, and their uten, gaining largely in strength, ight and vim. I have constantly ed sweet apples and other sweet it, and have acquired a cheerfulness ich is not spasmodic, but constant d enduring. I know what I am talk-ing about when I say to my friends on the exchange at lunch time, that I have ceased to eat trash, and that I would not return from gluten, pearled cereals and fruits, to beef, potatoes and coffee for all the money that could be piled up. The fact is, this Gluten is better than flesh food for any man, woman, or child, sick or well. With me it has been for two years the great blood-maker, and to the excellence of that blood you, Doctor, are competent to testify, as you have lately examined it microscopically and approved its quality.

Let me offer one recipe for gluten bis-cuit and bread, on which, with sweet fruit, I often dine, and which will make any body's body work as harmoniously as a chronometer all the year round, if any thing can. Take two quarts crude gluten flour, no salt, a half pint of ol-ive oil, a cup of sugar, three teaspoon-fuls of baking powder, add water to make a soft paste. For biscuits roll out to an inch thick, cut and bake in a hot oven 20 minutes. For loaf a slower oven, bake half an hour. One third fine wheat flour, or oat flour, leaving out as much gluten, makes a still more palatable, but less valuable, food; both best warmed over, and both good for a week. Sincerely yours,

JOHN CINNAMON.

I have tested nearly all the improved Foods of the Health Food Co., 74 Fourth ave., New York, and find them in every respect a vast improvement over all bread-making and cereal foods heretofore introduced. Their gluten is a mine of wealth, alike from its remark-able nutritive qualities, its delicate flavor, its curative effects in dyspepsia and feeble digestion, and the readiness with which it can be made into a mul-titude of delicious dishes. The recipes supplied by the Company are good as far as they go, but my interest it this good work has impelled me to endeavor to extend it by increasing the number of simple formulæ for the preparation of palatable dishes. These I forwarded to the Editor of the Brattleboro (Vt.) *Household*, in the April (1880) number of which they duly appeared. — EMILY HAYES, Roxbury, Mass.

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THE
HERALD OF HEALTH.

DECEMBER, 1880.

COMMON MIND TROUBLES. (No. 7.)

BY J. MORTIMER GRANVILLE.

EMPERS—HEALTHY AND UNHEALTHY.

BAD temper, or, more accurately speaking, want of temper, is one the gravest defects of character. he explosive irritability that makes a an "boil over like milk" as the say- g is, when heated by the slightest ovocation, cannot be set down as by y means the most serious form of ult. It stands in the same relation real malignity as what is commonly lled nervousness to cowardice. The an who starts at the cracking of a ece of furniture may not flinch be re the onslaught of a deadly foe; embling at an unexplained sound or adow, he may stand with a face of nt when known danger has to be en- untered. In the same way the super- ially excitable are often the most lf-controled and imperturbable when e first outburst of passion has, so to y, cleared the atmosphere. Such mperaments may not conduce to the siest relations and the smcothest in- rcourse in domestic or social life, but ey are incomparably more compat- le with the requirements of genuine iendship than many of the placid and scrutable mental constitutions not so adily understood.

The emotional part of man's nature ems to lie near the surface, and re- ponds readily to external impres- ons which act superficially. This is hy "feeling," in its popular sense, af- rds no certain measure of the inner id deeper qualities of sympathy and benevolence. The sentimentality ex- pressed by the emotion may be great when there is little or no real interest or kindness. The surface is stirred by the passing breeze, but the depths are sullen and still. On the other hand, a deep current of genuine feeling beneath may impart so much motion to the whole that the surface will be less re- sponsive to external influences, just as the flutter of a falling leaf may ripple the mirror-like pool, while a stone hurled into the strongly running stream will scarcely disturb it.

The annals of crime curiously and painfully illustrate the worthlessness of what is called "feeling." Not a few of the most malignant and cruel mur- ders have been perpetrated with re- morseless ingenuity, occupying months or even years in elaboration, by men and women of highly emotional na- tures, and exhibiting traits of acute sentimentality and feeling. Some of the notorious poisoners have been per- sons of almost preternaturally sensi- tive organization. Nothing therefore can be inferred from the mobility of a temperament as to the qualities of heart that underlie the demeanor. Nevertheless there ought to be a gen- eral accord between the upper and lower strata of the character, and, if the pyschological constitution be well grown and tempered, there will be con- formity.

Tempers are good or bad as they hold the qualities, the properties of mind

and body in unison. It is too much the practice to judge temper less by the general character than by its accidental peculiarities. If the temper even commonly reflected the character, of which it is only a quality, this rough and ready method might be permissible; but that is rarely the fact. The majority of mankind have been, so to say, beaten into shape and molded by associations. The result of this education by circumstances is found to be a heterogenous rather than a consistent character, and without homogeneity there cannot be an accurate and equable temper. Hasty tempers are a product of an irritability that often, if not generally, lies on the surface. The fault is nearly always due to some want of conformity in the relations of mind and body; one is weaker than the other.

Perhaps there is no more persuasive evidence in support of the belief that the brain is only the instrument, not the source, of mind, than the impatience with which the will overrides, and the intolerance with which it treats, the brain weaknesses. Take, for example, the irritability begotten of a sense of humiliation and vexation because it is impossible to encounter the ills of daily life with greater equanimity—a common cause of irritability, which is seldom understood. Those who are worn by pain or worrying distress of body or mind, know by bitter experience how terrible this irritability is, and how small is the sympathy to be expected from others. A most painful self-consciousness of this kind is that endured by persons in seeming health but of weakly physical constitution, and those who are the victims of secret suffering. The struggle to be calm, to exercise self-control, to blunt the sensibility to petty annoyances, to oppose a bold and courageous front to circumstances, is exhausting, and matters grow worse instead of better, despite the effort and wasted strength. It may be some consolation, and even helpful, to those affected with this form of irritability to know that their peculiarity is not wholly unrecognized, and that it arises from bodily cause although the experience is mental.

The weak or small of mind, on the contrary, suffer less inconvenience from their irascible tempers than they inflict on those who are exposed to their rage. The full-blooded and passionate man has generally more animal force than the will to know how to keep under proper self-control. The superfluous energy must find a vent, and the explosion, though not pleasant, is not to be regretted. Vigorous constitutions caged by local disease or disability are especially prone to this form of outbreak. In the case of prisoners it is often developed to the dimensions of a periodic malady, and the storm being misunderstood is too frequently punished as an intentional act of rebellion, whereas it ought to be treated as an explosive disease.

The remedy for this last mentioned form of temper, whether the mind be healthy but small, or morbid, or undisciplined, should be sought in work. The physical force needs to be utilized, and it will be well if it can be turned to account with some worthy purpose and result. If the "Bengal tiger" and passionate folk generally, of all ages and conditions of life, who storm and rage through the world, to the discomfort of those with whom they are brought into contact, could be supplied with congenial occupation, and a vent for their energy in some useful physical enterprise, they would be spared many regrets, and those around them much needless annoyance. The self-cure of this temperament should take the form of exercise, of sufficient quantity and kind to give the body more work and the mind better command of the organism and machinery for which it is responsible.

The reverse order of temper—the sullen and unimpressionable—is generally to be regarded with distrust or anxiety. There is a certain stolid temperament, the complement of stupidity, of which no judgment can be formed except from the character as a whole; it may be either the fruit of general inertness or a lack of quick sensibility, under which lurk the vices of pure animalism. When, however, we find a cold

movable exterior with indications of ick intelligence behind, there is reas- to mistrust appearances, and cher- some fear of the reserve maintained. would not be universally just, but it generally true, to say of these mys- ious temperaments that they are ngerous. The moral nature seems le-bound. The inner being, the eart"—call it what we may—is not natural relations with the outer rld; companionship, in any real se, is difficult, and confidence, un- s it has been engendered by long ob- vation of conduct is impossible. The per may be stable, but it is not sted, because it lies beyond the ch of ordinary social tests, and af- ds none of the familiar and accept- indications of character. It is like barometer with the face covered. The rcury may be duly affected by the ternal conditions, but there is noth- g to show that it is, and the individ- l is a moral sphinx.

When an immovable temperament is ied to a kindly and honest nature, e individual is at first regarded with spicion, if not dislike; and if, in pro- ss of time he comes to be under- od, he is respected rather than ved. There can be no question that is frigid, insensible exterior, with an impassioned character, is to be re- etted. Those who feel themselves ssociated, as it were, from those ound them by the lack of average nsibility, will do wisely to cultivate e emotions, at least so far as to ob- in command of the faculty of ex- ession. It is a misfortune to be so served that confidence cannot be in- ired, even when the real feelings are nial and benevolent. Sometimes this serve is simulated rather than actual. n acute sensibility may be repressed the spectacle of emotional display, d conduct known to be at variance ith the actual character in others. he observer represses his own feel- gs, and by degrees they become im- ovable.

Occasionally the like effect is pro- ced by contact with natures uncon- nial or insincere. The man with a eemingly cold and insensate tempera- ment has in self-defence, or under the influence of a strong feeling of aver- sion, retired into himself, and is hence- forth apparently immovable. In the study of individual character, it is ne- cessary to take all these possibilities into account, and make due allowance for every factor contributing to the general result. The complexity and delicacy of the task naturally render misconceptions probable; and not a few of the characters and tempers we encounter are what mistake has made them. The honest and sturdy mind will struggle against the force of cir- cumstances, and break down the bar- riers accident may have raised around it. In this work of correction faults of temper may be amended, while false impressions are removed.

The really sullen temper probably no sort of treatment, addressed to the mere remedyiug of surface defects, can improve. It is the almost constant counterpart of an unsympathetic na- ture, selfishly intent upon its own se- cret ends and purposes. The isolation at the surface is the reflex of isolation at the heart. The lack of response to appeals from without is due to the fact that their force is not felt. There is no expression of feeling because there is none to express. The self-conscious- ness is engrossed with its own concerns, and unmoved by these considerations of regard for the outer world and its affairs which give shape to the anxie- ties of hope and fear that stir the emo- tions and influence the conduct of less obdurate beings. The combination of a sullen temper with an intelligent mind argues thorough selfishness of the lowest type, which no mere change of manner can transform. It does not follow that the inner nature with its motives and impulses must be malig- nant, but they have no direct relations with the surroundings of the individ- ual, and are neither responsive to the mute appeal of suffering nor sympa- thetic with the sorrow or happiness of others.

Idiosyncrasies of temperament are not immediately under the control of the will, and it is well that this should be so. Direct attempts to reform vice

of temper are therefore commonly unavailing. The aim should be to amend those defects of the inner character out of which the faults of manner and method spring. Irritability should be cured by attention to the physical health, and avoidance of habits of thought which leave the mind a prey to the caprices of fortune, or render it the creature of circumstances. To most minds the cultivation of emotional sensibility is a mistake. Unfortunately the conventional developments of taste, especially the dramatic instinct —which all highly sensitive natures possess—give impetus to the growth of sentimentality, and, unless the heart be as tender as the feelings are acute, there is a perpetual peril that the outer temperament will cease to represent the inner consciousness, so that the emotions no longer express the deeper sentiments; and, when this happens, irritability of temper and insincerity of character are quickly established.

True temper, in the best and only worthy sense, implies perfect truthfulness and consistency. If the heart be right, the temper may be improved by acquiring more complete control of the emotional nature; but improvement must begin within and work outward. If the outside of the cup and the platter be cleansed while the interior is foul, the pretended improvement will not only be unreal, but it will consist in the assumption of a fictitious ca more mischievous than the wildest r garies of the uncontrolled mind. Te per is a quality of order and self-ma agement, which to be natural mu spring naturally from an orderly a well disciplined nature; and, unless be thus produced, it is not temper a all, but the counterfeit of a qual worse than valueless and fostering sincerity. Strong and deep feel will generally seek warm expressio telling tones and vigorous deeds. Th glamor of judgment which enforced straint casts over a nature practice self-control is only excellent when p sion is ruled by reason rather th curbed by policy, or a cold passion sentiment of self-interest and este The expert novelist endows his c summate scoundrel with perfect te per, while he credits the guileless h with an impulsive and generous e tional nature which hardly brooks trol.

The supreme ideal of perfect huma ity presents entire sincerity as the fe feature of excellence, and a faith expression of the deeper traits of t character completes the picture. Th moment consistency is marred eit by excess of seeming emotion on t one hand, or by artificial restraint the other, harmony and every claim respect are destroyed.

HEALTH FOR GIRLS.

BY DR. ALICE B. STOCKHAM.

THE physical debility of most girls must make the hearts of thinking people stand still with alarm. Most young men have strength and endurance to follow chosen vocations. Young women with equal education and ambition are frustrated in every plan and aspiration. Lassitude and weariness, disease and suffering take the place of vigor and strength. Is this a natural inheritance, a cross that women must carry on account of peculiar physical functions?

Having the same conditions of heri ity, the same food and surroundings why should one sex be sick more tha the other? In childhood, until the ag of five, statistics tell us that disease and mortality are even less in femal than male children. In some countries it is well known that women bear th burdens of life, doing most of the out door work, tilling the soil, standing in the markets, etc. Could women per form these labors if they were natur ally or physiologically weak?

If nature gives health and strength girls then we must look to other uses for their disabilities. I claim at errors in dress and lack of physical lture are the two principal causes of eakness and disease in girls.

With false ideas of modesty and woanly grace, the girl is deprived of the it-door and athletic sports that are couraged in the boy.

Harriet Hosmer, of whose success as sculptor every American is justly oud, is a striking illustration of the wer, not only of developing physical rength, but of overcoming adverse nditions of heredity. When quite ung her mother and older sisters died consumption. Her father, who was physician, claimed that there was a hole life time for education of the ind, but the body develops in a few ars. With this theory, he gave Haret every facility for acquiring strength id endurance. A biographer says "she rly learned skating, rowing, archery, ooting and riding. She became rearkable for daring, boldness and skill. ne could tramp with the hunter, mange her steed like an Arabian, rival the ost fearless in the chase, and the best arksman with gun and pistol. She oth astonished and alarmed her iends by her feats upon and in the ater, as agile and varied as a nymph." The writer continues, "when outrage done to mere conventionalities, it is ttle matter providing there is no moral amage, so there is great gain to ealth."

If one naturally delicate like Harriet osmer can by physical training obtain ich powers of strength and endurance, ay not every girl possessing greater atural health attain to similar condi ons? What an incubus it would take om woman's life to be freed from the raldom of pain and suffering.

An eminent physician says; "the muses have not been trained for life's ocasions. The young woman may be motionally and intellectually cultiated, but the higher the degree of ese forms of life, the more unfitted e is apt to be to assume the position wife and mother." Girls should be ught that the "crowning glory of womanhood, is maternity," and that to fill its responsibilities, she should have physical training, mental and moral culture that should make her capable of fulfilling its behests wisely and happily, and at the same time add to the sum of human developments. Errors in dress are even more potent than lack of physical training in producing weakness and suffering. Dr. Trall says that, "woman's dress stands at the very head of morbific influences in causing frailty and malformations." The ordinary dress of girls is insufficient protection from cold, is unequal in distribution and produces restrictions upon digestion, respiration and circulation.

First, the shoes are tight and thin, and possess a shape entirely unfitted for the use of the feet. By them circulation is impeded, nerves tortured, and symptoms of disease caused and aggravated. An elocutionist once said that he had no command of the chest tones if his boots were tight. This being true, can woman enjoy health or even develop the capacity of their brains if their shoes are not suited to their feet? The union underclothing will give equable warmth to the entire body and do away with the numerous bands that press upon the vital organs. In winter these should consist of two suits, the one next the body being of knit goods and the outer one of flannel, having long sleeves and high in the neck. The corset, which, though not a "thing of beauty" seems to most girls "to be a joy forever." Tradition and fashion has made the corset a seeming necessity and only one possessed of strong common sense can abandon it.

The corset impedes respiration, making oxygenation of the blood imperfect, restricts the processes of digestion, and secondarily, presses upon the organs of the pelvis, causing inflammation and weakness. The corset, loose or tight, prevents the possibility of any exercise taken having the needful effect upon organs of digestion. Put a stiffened bandage ever so loosely upon the arm, and in three months the muscles will become atrophied and weakened. The liver is one of the principal organs of elimination. Through its functions,

the blood is deprived of excrementitious matter, which if retained in the system may cause almost any disease flesh is heir to. Allowing the liver freedom to perform its functions ought of itself to be sufficient reason to induce thinking girls to abandon the corset. In some sections it is a fashion for girls to sign a pledge—"Temperance men or no husbands." Were I a young man I would make equally as strong a resolution never to marry a girl that wore a corset.

Large waists or no wives. Many girls, long unfitted for work, have obtained health and strength simply by a change in dress. An agent for reform dress goods gives an interesting incident that occurred in an Iowa college. The Professor of Natural History, a lady, upon seeing the goods, became very enthusiastic, and gave quite a lecture upon their advantage to the students present. She was a *petite* lady, and said in her school days and first years of teaching she could not walk over three blocks without fatigue and actual pain. When her day's work was done she was compelled to lie down, being unable to see friends or do extra work. Four years previous, however, she had adopted the reform underwear, also the skirt supported by a waist, and the dress itself made loose and light, as well as short enough to clear the mud in walking. By this change only in her habits she had become able to walk miles in search of specimens, and knew nothing of weariness or the necessity of rest save her regular hours at night. This is not an exaggerated case, and thousands of delicate, tired, useless girls would become strong and useful if they would go and do likewise. Free themselves from the trammels of dress and take vigorous out-door exercise.

What will make a healthy boy, will make a healthy girl, what will make a strong man will make a strong woman. Health is more necessary to women because their obligations are not only to themselves but more directly to their offspring. Health will give to them freedom, increase their powers of usefulness and give golden fruition in place of blighted hopes. Health in the man will give us a glad maternity, rejoicing in strength, power, and endurance of offspring.

TWO OR THREE HEALTH MAXIMS.

BY REV. ROBERT COLLYER.

If you want to do well, keep well, if you possibly can. Do not let even your education rob you of your health. It is about the worst thing you can do under the whip and spur of a noble purpose, and it is what vast numbers do to their life-long regret. When a fine painter took the butcher to see one of his pictures, he said "Aye, Maister Haydon, it's a grand picture, but I doubt whether you could have done it if you had not eaten my beef." And I think there was a grain of truth in the remark. They say base-ball is getting into the hands of the gamblers, and that young men are shy of it of a good breeding. I should be very sorry to think so. It is the handsomest game that was ever played, and one of the healthiest. Play base-ball, and pull a boat, and get your chance in vacation at long tramps and hard beds and rough, wholesome fare; eat well and sleep well; be as clean all through and all over as you are in a drawing-room, and then you will not only be able to do your day's work in this world like a man, but when the years bring their inevitable burden you will be able to say with Adam in the play:

> "Though I look old, yet am I strong and lusty;
> For in my youth I never did apply
> Hot and rebellious liquors to my blood;
> Nor did not with unbashful forehead woo
> The means of weakness and debility;
> Therefore my age is as a lusty winter,
> Frosty, but kindly."

Remember this, too, that with health and strength to back you, life means hard work, and hard work on long lines with native ability and good com-

is success. I will venture to say this, as a rule we can trust, is al- s the true story of the young man begins life with no advantage of ion or patronage, and makes his to a good place. He gives his heart hat he has to do, not half the time all the time, not grudgingly but ly, and not merely for the sake of y, but because he loves to be at it makes the work in good measure wn reward. It shall come to pass, ou take hold like this, that men will you have a genius for what you in hand. But you will know that of the fine qualities in a genius for hing is an absorbing love for it, the power of intense application by h every other power is set to its t edge and directed to the one t purpose the man holds in his t and brain. You may set this h in whatever light you will, of ness, or work on the common levels, ork on the loftiest heights, to give heart to it is one of the grandest ets of success. It might seem to you a great many men go from the bot- to the top of the ladder at one p. It is not true. It is never true. the men I know who have made a success of their life are hard climb- The other way is like the monkey of the children. You go up swiftly the top and come down head first egin again.

his story of mine is of no use to you ou forget that from the day I left little cottage to the day I came to -York my life divides itself into sections of steady striking on long s. Twenty-one years at the anvil twenty-one years in the West, and ese there is no break except that I le to get from the Old World to the . And now I see that those forty- years all belong together, and in y year something was done for se that were still waiting. In some he later years in the shop I could but feel that I was the equal as a acher of a good many men who did ing else, and would wonder wheth- should die as my father did at the il. But then we had a houseful of dren, and my hammer was a capi- tal weapon to keep the wolf from the door and keep things fair and true, so not one step would I go until that light shone clear and I knew I was on a sure adventure.

There is one more word. When you get through with the college, and take hold of your life's work, do not think of making a fortune as the one grand aim of your life, but of carving out a home, finding a good, true woman for your wife, and raising, please God, a good family. I do not cry down money. I think it is a good servant and a good friend, but it is about as cruel a master as ever used a whip. A shrewd farmer said to me once, "Never marry for money, my lad, marry for love; but if thou finds a nice girl that has money, try to love her." I would not say that to you, but this: If you find the nice girl, some such match for you as my mother was for my father, and if you love her, marry her, if she will have you, though she has not a dollar to her name. This is a sore evil under our American sun, that there should be such mishap and disaster in the wedded life. It lies in this, that in the most momentous thing we can do, we so often use the least judgment. Hear Story's description of the Girl of the Period:

"She is perfect to whirl in a waltz, and her shoulders show well on a soft divan, as she lounges at night and spreads her silks, and plays with her bracelets, and flirts her fan. But is this the thing for a mother and wife? Can love ever grow on such barren rocks? Is this the companion to take for life? you might as well marry a music-box!"

We who have had our turn want the young men of your birth and breeding te raise a generation of a nobler and better type, boys and girls strong of arm and sure of foot, deep chested, sunny-hearted, full of faculty, and wholesome to the innermost nerve, and to do this you must do two things; give them noble mothers, and don't "linger shivering on the brink and fear to launch away," but when you know you can take care of a home in a simple, wholesome fashion, go right to work and do it.

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

"THE MOST ABUSED."

A body that suffered a deal of pain
Began to investigate the cause;
It couldn't an hour of rest obtain,
Despite benificent Nature's laws;
From crown to sole it was all awry,
A revolution of what is right,
So it started a court of inquiry
By beginning to grumble with all its might.

"Now," said the head, "as I come first,
I will endeavor to read the case.
The reason this shapely form is curst
Is plain as the nose upon the face:
The stomach is greedy beyond compare,
Always craving and never filled,
And death will be picking these poor bones bare.
Whether or not has been so willed.

"Haven't I had a siege! for days
Such a throbbing has racked my skull,
That off from the pillow I could not raise,
While my thought was heavy, and thick, and dull,
And the only trouble that drove me wild
Was the extra stuffing the stomach took,
And when it, of course, became defiled,
All comfort and peace my brain forsook."

Then the mouth set up a dire complaint—
The mouth is an orator born, you know—
And it told of dinners that left a taint,
That through its portals were forced to go;
It was chew, chew, chew, for the stomach's sake,
Sweetmeats, candy, and kindred trash,
Till it hadn't a nerve that didn't ache,
And its beautiful teeth went all to smash."

"My! oh, my!" said the heart, "don't talk,
I'm ready to pump and do my share—
If the stomach wouldn't my efforts balk—
Toward keeping this body in good repair;
But I can't endure this tug and strain,
And rush and tumble beyond the rule;
Nor stand forever this darting pain,
Because the stomach is such a fool."

The liver next, with a sullen air,
Muttered in angry words, but low:
'However I strive to have a care,
I haven't a chance or slightest show,
The very sourest and poorest stuff
The stomach expects I'll fix in style;
And if I give her a sharp rebuff
She sends me physic to help (?) my bile."

Then the joints called out, with a doleful creak,
That they couldn't and wouldn't have been so lame,
With their articulations stiff and weak,
If the stomach, "the glutton!" were not to blame,
And the sensitive nerves were fragile things,
Instead of the firm, sweet cords of life,
And they told of a thousand needle stings,
While their battle for strength was an endless strife.

Then spake the stomach, before so mute,
"I waited in patience your charge to hear.
I have no wish for a harsh dispute,
For certain am I my case to clear;
Ye blame me sorely for all the pain
That stabs the body we help to make,
And, Master Head, with your lordly brain,
You lead the rabble in their mistake.

"As much as you with your eyes can see,
You might have noticed the outside world.
Who is it makes a slave of *me*?
Many a time I've spewed and whirled,
Sickened by what strange cooks provide,
While you, the ruler of this machine,
(And a finished scholar in books, beside)
Forgot your lessons in hygiene.

"How do you think we stomachs feel,
Under dominion night and day,
At the horrible jam of every meal,
And never a lock to bar the way?
All I ask is a fair supply
Of wholesome food for the body's use;
The head lacks judgment and sense, not I,
Who am the object of its abuse.

"The mouth its beautiful teeth has lost,
And now it sputters in language rude.
It chose its sorrow, and bore the cost,
Because of victuals that tasted good.
It is the head prescribes the drugs
Taught in colleges wise and high,
Nauseous mixtures in cups and mugs,
And pills and powders in vileness vie.

"God has fashioned the kingly head;
I am subject to its decree,
If the body is wrongly fed,
Blame the monarch that tortures me.
I have struggled to fill my part,
Even though often hardly used;
Joints, and liver, and nerves, and heart,
Tell me, which is the most abused?"

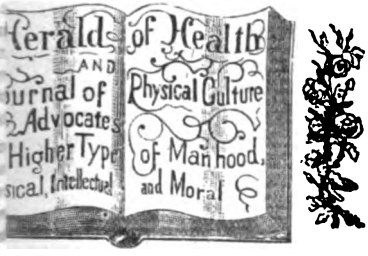
Over the white brow stole a flush,
And the eyes sank down with a guilty gaze.
And after a minute's breathless hush,
Of serious thought, and swift amaze,
The mouth in the strangely altered tone,
Begged leave to acquit the one accused,
And he said, "in behalf of the rest, I own,
The stomach is really the most abused."

Mrs. G. W. White.

THE MOTH.

Why didst thou dare
The ruddy glare,
With such infatuate flight?
Alas, the torch
Thy wings doth scorch,
That thou didst seek for light!
Death soon will ease
Thy agonies,
Poor martyr to thy love!
But far too late
Thou learn'st the fate
Of who too daring prove!

EDITORIAL DEPARTMENT.



NEW YORK, NOVEMBER, 1880.

WATER.

he days of the aged it addeth length;
he might of the strong it addeth strength;
eshens the heart, it brightens the sight;
like quaffing a goblet of morning light."

The PUBLISHER *does not hold himself as ing every article that may appear in* THE LD. *He will allow the largest liberty of ex- n, believing that by so doing this magazine ve to be more useful and acceptable to its s.*

OPICS OF THE MONTH.

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

E CLOSE OF THE YEAR.—Decem- rings us to the end of another year, a few words suitable to the season not be inappropriate. On every we hear that it has been a year of perity. Good crops have been the in all our broad land. Manufact- have never been so busy. All who how to work, or desire it, are busy eir own work or for good wages. erious diseases prevail to injure the h more than other years. All this nething to make us rejoice. But rial prosperity is not everything, we may well be on our guard that o not go into excess and indulg- which we should not think of in times; do not over-work in order nake hay while the sun shines;" ot run into debt heavily, so that if reverses occur we shall not be prepared for them. So, too, we ought to learn to use prosperity wisely and employ a portion of our surplus gains in physical, intellectual and moral culture; otherwise what are they worth? He only who understands the art of turning his surplus money into channels which shall make him wiser and better is a philosopher. Most of our subscribers' terms of subscription expire in December. Our relations with them for the past year have been pleasant, and we hope they have gathered some wisdom from the pages of this journal. It would gratify us exceedingly if all who now take THE HERALD OF HEALTH, would join us in another year's trip as we go out tog ther to scatter knowledge of the beneficient laws of health—and more, bring with them at least one friend. We shall try to serve up feasts of knowledge which will amply repay them. We invite all to read our prospectus and see the list of subjects which will be discussed and the premiums offered. Some of them we are sure will suit their needs. We should be glad, too, if our friends in renewing, would send us their experience in regard to any question relating to health, its preservation and recovery, or any bits of wisdom suitable to our pages.

And now, with best wishes to each, we say adieu, but hope to greet all again before many days.

MANAGEMENT AND CARE OF THE SINGING VOICE.—This book, which we offer as a premium to subscribers for 1881, is a most excellent one, and as every one ought to be interested in the care and culture of the voice, especially the singing voice, it is to be hoped there will be many who will desire it. It is illustrated, and will be sent to all who send one dollar and ten cents. Those who prefer, however, can have instead of this book several others mentioned in our prospectus. Every one of these books are of the very best

kind. It must be understood that subscriptions must be sent directly to us, and not through agents, in order to get the premium at this price. It is also important that subscribers name the premium desired, so there may be no mistake in sending the wrong book.

RUGBY.—Mr. Thomas Hughes, who has endeared himself to Americans by his writings, and who has sometimes been styled an apostle of muscular Christianity, has auspiciously inaugurated a co-operative colony in Tennessee. The name given it is Rugby, after the famous English school of this name in England. Fifty thousand acres are owned by the association, and there is a probability that more will be needed before long. This tract is situated on the table lands of Tennessee, and is remarkable for salubrious air and water. The company has adopted temperance principles to begin with, and the following is to be inserted as a prohibitory clause in every agreement for the sale and conveyance of land:

"That the said premises shall not, nor shall any part thereof, be used in whole or in part by the said A. B., his executors, administrators, or assigns, or either or any of them, or by any person or persons, or corporation, for the purpose of directly or indirectly making, selling, bartering, or giving away intoxicating liquors of any kind or under any device whatsoever."

It seems that the drink question came up early in the settlement of Rugby, judging from what Mr. Hughes wrote to the London Spectator, from which we quote the following:

"The drink question has reared its baleful head here, as it seems to do all over the world. The various works had gone on in peace till the last ten days, when two young natives toted over some barrels of whisky, and broached them in a shanty on a small lot of no man's land in the woods some two miles from hence. Since then there has been no peace for the manager. First a laborer or two was suddenly missing from his work on the road; then a mechanic became incompetent here and there on the hotel or at the sawmills; till on Saturday last the crisis came and some twenty men got drunk and gambled all through Sunday, getting very near a free fight in the end, and on Monday half the work collapsed. Happily, the feeling of the community is vigorously temperate, so energetic measures are on foot to root out the pest. A wise state law enacts that no liquor-store shall be permitted under heavy penalties within four miles of an incorporated school; so we are pushing on our schoolhouse, and organizing a board to govern it. Meantime we have evidence of unlawful sale (in quantities less than a pint) and of encouraging gambling, by these pests, and hope to make an example of them at the next sitting of the county court. This incident has decided the question for us. If we are to have influence with the poor whites and blacks we must be above suspicion ourselves. So no liquor will be procurable at the Tabard Inn, a new hotel of the English colony, and those who need it will have to import for themselves."

Wisely, education is provided for in schools and free lectures, and more will be done in this respect as means accumulate. Membership is not limited to England, and, no doubt, many Americans will join it. We wish it and all others like it success.

RENEW EARLY.—We desire that all subscribers, so far as they can, will send in their names in December in order to facilitate entering them on our books, so they may get the January number. It often happens that the number is exhausted and we cannot furnish it to late comers.

A CHRISTMAS AND NEW YEAR'S PRESENT.—Many persons are in the habit of making Christmas and New Year's presents to their friends of some of our publications, instead of the more costly and showy ones. We suggest this to others. "What Our Girls Ought to Know" has been especially popular as a present for girls. What more valuable book could they receive from a loving friend. In a letter from Thomas Hill, ex-President of Harvard

ersity, the writer speaks of this : "You have done good work and it well. The remarks on self-con- are capital. If good advice can girls and their mothers from falls book will save all who read it." e $1.25.

EARNESS OF JUDGMENT. — Clear- of judgment is one of the essential isites to success in life. No matter t a man does it is important that hould be able to keep cool and com- d, and free from all excitement, h destroys clearness of perception. ade journal printed in Vienna, in interests of the leather business, that buyers of leather should be which nothing can throw into any of mental perturbation, for this ents their forming correct opinions he prices and quality of the leath- e wish to purchase. "This," says same journal, "makes the strictest inence from alcoholic drinks ne- ary, for even the smallest quantity iquor excites the blood and dis- es the normal power of the intel- " The same advice applies to other ls of labor than buying leather. We e seen men in the harvest field so p their judgment by a little liquor they would break all the forks other implements by putting on n greater than they could bear. t's go and take a drink," says a who wants to make a favorable e with another person; and after king it becomes easy to make a gain which could not have been le before the judgment had been ped. The same is true in politics, aw, in medicine, in teaching, in lit- ure. If you want a good judgment rove it all you can by study and ervation, but never warp it by stim- nts.

URKISH BATHS IN DISEASES OF EYE. — Dr. Cornelius R. Agnew, fessor of Diseases of the Eye and in the College of Physicians and geons, New York, says:

We have learned in all the inflam- tory affections of the eye, as far k as the iris and including it, to place great reliance upon the treatment of the general cutaneous surface as a most valuable if not indispensable adjuvant, and we know nothing more valuable among all the methods of practice than the Turkish bath. We rarely treat a case of conjunctival, corneal, or iritic disease now without the Turkish bath. We have seen very many cases where all other means failed to turn the scale in the direction of cure or mitigation until the Turkish Bath was tried, and where a Turkish bath did it most effectually. We have seen cases of progressive iritis in which a mydriatic would not alone dilate the swollen irresponsive iris, where the effect of a single Turkish bath was to unlock as it where the immmovable pupil, and to do it within an hour or two, and so to prevent destructive adhesions. We have seen many cases of obstinate inflammation of the cornea where the most beneficent results were produced by it in connection with other remedies. Pilocarpine given hypodermically is a most valuable agent for a similar purpose, if administered in sufficient doses to produce profuse salivation and sweating, but only to be employed when circumstances make the use of the Turkish bath impracticable.

"In granular lids, too, the Turkish bath is a most valuable remedy. Unfortunately it is too costly for many of our patients, and it is a misfortune that the hospitals have not yet provided them. We are happy to say that in the new plans which we are now preparing for the new Manhattan hospital building, a large portion of the basement of the structure is to be fitted with the Turkish bath."

A SERMON. — It is painful to learn that among the savage Zulus in South Africa great numbers of infants are killed every year by their intoxicated mothers either lying upon them or smothering them against their bosoms. This is very dreadful. But on looking again, there seems to be some mistake. We beg pardon of the Zulus. It is in East Middlesex, where Mr. Collier, the Deputy Coroner, says that hundreds

of children are so killed every year, especially on Saturday nights, when parents go to bed, if not absolutely drunk, yet so stupid from drink as to make them very careless of their offspring. Excuse us again. It is in New York where all this happens, and simply for want of proper knowledge on the part of mothers, who go on year after year in rearing their children in a way that makes it impossible for them to live, no matter how healthy they may be. We beg pardon of those Zulus for falsely accusing them. They never did it.

WOMAN'S WORK.—Women frequently complain that men do not know how hard they are obliged to work. The many little things that they are required to do are quite as taxing upon them, they rightly say, as the larger labors of the masculine sex. The Rev. Thomas K. Beecher says something on this subject which all women will appreciate. "All men," remarks this distinguished clergyman, "ought to go to the woods and do their own washing and general work, such as sweeping, housekeeping and dishwashing. The work of women is not spoken of sensibly by men till they have done it themselves. Gentlemen readers, it is easy to talk, but just try it on a very modest scale once, and you will honor working women more than ever. Do as I have done—do a wash of six pieces, and then remember that a woman turns off 200 pieces a day. Look at your watch and see how long it takes you. Look at your soap and see how much you have used. Look at your white clothes, handkerchiefs and towels and see what you have done, and never again speak harshly of or to woman on washing day, nor of laundry work as if it were unskillful labor. Try it. A sympathetic gentleman, having washed two pieces, will never change his shirt again without a glow of reverence and gratitude. *She* did this. A similar and salutary consciousness will come to him who darns his own socks, patches his own trousers, splices his suspenders and washes his dishes. Look not every man upon his own things, but every man also upon the work of a woman. Such an experience in the woods would go far toward settling the woman question, by teaching us that we are members one of another, and that there must be no schism."

ALCOHOL IN COLD WEATHER.—Lieutenant Schwalkta gave a lecture recently before the New York Geographical Society on his experience and observations in the arctic regions on the Polaris expedition in search of more evidence as to the fate of Sir John Franklin and his associates. He stated that during his sled journey of over 3,000 miles, where the lowest temperature ever recorded—103° below zero—was experienced, not one drop of ardent spirits was used to keep out the cold. He is very certain that alcohol is a poor heating agent. Its defenders will have to invent some new virtues for it ere long, as science is fast showing that the virtues assigned to it for centuries exist only in the imagination.

THE HERALD OF HEALTH IN NEW ZEALAND. — Some months ago we received a pound note from New Zealand in payment for books and copies of the HERALD OF HEALTH. The last mail brings a similar note with the following:

To the Editor:—DEAR SIR, the copies of your journal have arrived, together with the books, and every one here is delighted with them. The journal is greatly admired for the sound and useful information in its pages, and is the cause of no less than a dozen giving up smoking and drinking.

Yours etc. H. J. KANE.

HERESY.—One of the greatest of heresies is the one that a man can live in constant violation of the laws of health and live long in the enjoyment of the blessing. Physiological sins, like all others, meet their punishment in due time. Smoking, drinking, excesses in eating and drinking, working beyond one's strength, refusing to take proper rest, errors in diet, in dress, etc., all tell in the end on life and health. Another heresy is, that the laws of health con-

us by instinct and not by study. ese two errors in hygiene removed l the road to progress will be com-atively smooth and easy.

HAVING OFF DRINKING.--It is a ques-n with many whether it is wise and e to leave off drinking intoxicating liquors all at once. We do not see any good in breaking of drinking habits by degrees. If a man is taking arsenic, will you taper him off by degrees or all at once? So with any other bad habit. Such methods generally result in not breaking off at all.

STUDIES IN HYGIENE FOR WOMEN.

THEORY VS. PRACTICE. — Prof. Ra-y says, "Whole-meal bread is said be more nourishing than bread le of fine flour, because, besides the ir of the inner part of the endo-rm, it contains also the glair of the ten cells of the bran. But do these ten cells ever get digested whilst, as ɔran, they are inclosed in a thick ular skin? We can, it is true, point he circumstance that farmers feed ir cattle and pigs to advantage with n, but that is no proof of its value nan; we must not conclude from this t they contain any digestible mat-for him, because it is well known t cellular matter is digested in large sses by ruminating animals, but y in small quantities by man. When big, in his chemical letters, writes: e separation of bran from flour is a tter of luxury, and is injurious rath-han useful for nourishing purposes,' on't know if besides the nitrogenous tents of unbolted flour, he also es into account the digestibleness their respective glairs. Moreover, may imagine that the small parti-of bran contained in unbolted r—and it is of these only that Liebig aks—contain digestible glair, but certain that the small branny par-es which are mixed with the flour a matter of luxury, at least for all ɔ possess digestive organs like my-, that for the purpose of nourish-nt they are not useful but pernici-, and that consequently the so much ised whole-meal bread does not pos-greater nourishing properties than te bread for me, and others like me." *anitas*, writing to House and Home on the same subject, takes exactly opposite grounds and says that four years ago he gave up eating white bread. He now believes that had he eaten brown bread from the cradle he would have grown up a stronger and healthier man. He finds the use of brown bread spreading all over the country. He adds: "If our people are to become strong, well built, and to have a proper amount of bone, they must give up white bread. The poor, pale-faced, narrow-chested, and rickety children in the slums of our large towns, are fed on white bread and tea, I don't think we ought to restrict ourselves to one kind of bread. Rye, barley, and oatmeal bread, are all very good, also maize bread. The ærated bread is wholesome, delicious, and perfectly clean, being made by machinery, and without yeast."

There are thousands who find by experience that the whole meal bread is more digestible, more nourishing and healthful.

A CARAMEL CUSTARD.—Custards are wholesome, nutritious and delicious. The following method of making them is one of the best we have seen. It is from the Housekeeper.

A perfect custard is made strictly of milk, eggs, and sugar. The milk must be fresh and rich, the eggs also should be fresh, but quite cold, pulverized sugar, some good flavoring and a very clean, smooth mold too cook in.

For many years six eggs to the quart of milk and a quarter of a pound of sugar was acknowledged to be the right proportion to secure the most delicate

degree of flavor and texture in custard. But that was when our American barn yards were filled with small fowls. Since the importation of large China breeds, our eggs are larger and much richer in quality, although quality in eggs does not always depend upon size and weight. So, now, five good sized fresh eggs are about equal in richness to six of the old time varieties. To make a baked custard, separate the whites and yolks of five eggs, beat the yolks well with a quarter of a pound of sugar, add the well beaten whites and mix well with a quart of milk. Flavor, and then pour into a buttered mold. Set immediately in a pan of boiling hot water, in a moderately hot oven. Some judgment is necessary to ascertain when the custard is done. About half an hour will be required to set it firmly. When nicely browned and puffed up, touch the middle with a knife blade, if it cuts as smooth as around the sides it is done—take care not to over do. Now for the caramel: have this custard stand until perfectly cold, turn out gently on a plate and dust thickly with sugar, place in the upper part of a hot oven; the sugar soon melts and browns, and that is the caramel. Another way is to butter the mold carefully, sprinkle sugar over the bottom and set on the stove to brown, (great care is necessary to prevent sticking), pour in the custard and bake; when turned out the caramel will be on top.

A thinner custard may be made with less eggs, but it cannot be carameled unless baked in individual cups. Less eggs may also be used by substituting a portion of corn starch, boiled rice, gelatine or something else to give firmness, but the quality of custard will be impaired. If more than one or two additional eggs are used the custard is spoiled, notwithstanding the authority of a modern celebrity, who tells us to take six eggs to a pint of milk and a quarter of a pound of sugar. Baking too rapidly (or to long) injures custard, hence the impropriety of scalding the milk and eggs before setting in the oven, as many cooks recommend. By baking in the boiling water the temperature is kept regular, and scorching is prevented, besides other advantages of this method.

To Cook Onions.—It is a good plan to boil onions in milk and water; it diminishes the strong taste of that vegetable. Chop them after they are boiled, and put them in a stew pan with a little cream, and let them stand about 15 minutes. This gives them a delicate flavor, and they should be served very hot.

Chewing Milk.—Milk taken alone and quickly swallowed by a healthy adult coagulates in a dense, impenetrable curd. Held for a minute or two in a healthy mouth, and chewed, or mingled with saliva, it is found to coagulate in a soft, custard-like mass which enables the gastric juice to readily penetrate and emulsify it. So says one of our medical exchanges. It is certainly worth trying, for it can't do any harm.

A Word for Water.—God never gave us the intoxicants. None of these are of His making. He gives us water. He mingles the pure gases together and produces it. Then He pours it into the rock-basins of the earth for preservation while He purifies it. Then He divides it into pieces of vapor so small as to defy the vision, and bears them with the gentle arms of the winds into the firmament. When every particle is examined through the clear glass of the sunlight, purifying them with its glory, He puts them into the pools of the clouds, where He rocks them into drops and pours them down upon the earth in showers for the drinking of its flora. Some of these particles He folds around with the cold, forming them into beautiful snow crystals and laying them down upon the tops of the mountains, where He sends the sun to kiss them into a wakening warmth and life. Then they go down that mountain-side into the sportiveness of gladdened childhood; they leap in cascades; they rush over the rocks foaming with laughter; they hide among the bushes; they reappear in the streamlets; they murmur in the fern fringes of their margins; they find the hidden paths of nature and go down secretly to the mountain

, where they bubble their joy in
ngs, or seclude themselves in the
, damp cellars of the earth which
nas masoned in into reservoirs till
wheels go down to them and bring
n up for the cooling of thirst and
sustenance of life.
For human disorders He medicates
ith the salts and the sulphur, and
magnesia and the iron.
For luxuries He puts it into the
ıths of the roots, and pours it
ough the sap-veins into the fruit of
grape and the berry and the peach
all the myriad forms of life.
For our sense of beauty He causes it
iamond the dew-drop, and sapphire
rain-fall, and flash in the streamlet,
sparkle in the cascade, and whiten
he waterfall, and color in the rivers,
emerald in the ocean—shimmering
rywhere in blushes of silvery glad-
s over the sun-smiles of the Creator.
Beyond us the one deep curse of the
world is that there is *no water*.
In the first Eden there was a stream
its center which parted into four
ıds, so that everywhere the eye res-
on water.
In the Eden which is to come the
er of the water of life is its greatest
raction.
For the angels, who are at home in
other world, there flows from be-
th the throne a pure river of water,
ır as crystal, for the refreshing of
ir glory.
Everywhere water; never once a rot-
fermentation." A. B. BALLARD.

PPLES.—The Journal of Chemistry
s; "It is a curious and important
t that in the superabundance of ap-
s, the present season, the sweet va-
ies are scarce. The people of this
ntry have learned to like baked
les, and the demand is so large that
nnot at present be met. No form
od is more healthful and delicious
baked sweet apples, with cream,
can be had. This dish is hardly
absent from our table, summer
inter. To have the luxury in all its
llence, two points must be ob-
ed; the apples must be of the best
juciest kinds, and then they must
be thoroughly baked. A half-cooked apple is an abomination, and will and ought to be rejected. The English people know nothing of this dish, and we think that our farmers should give immediate attention to the raising of choice varieties of sweet apples, for home and foreign consumption. Some of the best varieties, like the Rhode Island greenings, will bear exportation well, and as soon as our English cousins get a taste of the baked fruit the consumption abroad will be great."

To this we make a plea for raw apples. Most persons can digest them, if well chewed, quite as well as baked ones. It saves the trouble of cooking and they certainly are very delicious.

A WATERPROOF SOLE FOR BOOTS AND SHOES. — Our boots and shoes ought to be thoroughly ventilated, and some inventor should devise means to this end. There is a prospect of a new material for the soles of these articles. They are to be made from paper and pressed into a proper form by hydraulic pressure, just as American car wheels are made.

NOURISHMENT IN WHEAT BRAN.—Prof. Cameron has analyzed the wheat bran from three kinds of wheat—Black Sea wheat, from Russia, California wheat and American spring wheat. There is about ten per cent. of woody fiber in each of them. The nutriment in the bran of the American spring wheat is greater than in the others. The Black Sea wheat comes next. The California wheat is the poorest of all in albuminous material, but richest in the fats. Owing to the fact that California wheat is very light in color, the bran is supposed to be richer than the others, and it brings a higher price. But this is an error which the chemist discovers. The following is the analysis of the bran from American spring wheat: Water, 14.77; albuminoids, 16.39; oil, 4.30; starch, 47.98; woody fiber, 10.66; mineral matters, 6.00. The process of removing the external cuticle from the wheat before grinding, removes the woody fiber and leaves only the kernel to be ground with the flour.

KEEPING FRUIT.— Fruit packed in barrels made from paper pulp keeps longer than when put up in the usual way, because it is kept drier and excluded from the air. A great many barrels are made of this material, and they are likely to become an important article of commerce. The pulp is subjected to an enormous pressure, and the body of the barrel is all made from one piece of coarse woody fiber pulp. They are very light and very strong. There are two kinds. One for fruit, flour and other dry substances, the other for oils and liquids of all sorts. They are so strong that when filled they can be dropped from the wagon to the pavement without the slightest injury.

HEELS OR NO HEELS.—Ole Bull, the venerable violinist, whose tall form was always straight as an arrow, wore no heels upon his shoes, believing that they favored a stooping posture. What will women who generally wear heels of enormous proportions, think of this?

OATMEAL WATER GEMS.—Set a pint of oatmeal to steep over night in a cup of water, in the morning add one teaspoonful of white sugar, a pinch of salt and one cup of flour with one teaspoonful of baking powder. Grease gem pans and put one and one-half tablespoonfuls in each, and bake fifteen minutes in a moderately hot oven.

SALICYLIC ACID, now given so largely in acute rheumatism, is said to have an injurious effect upon the teeth, rendering them soft and tender.

CURRENT LITERATURE.

—:o:—

NEEDLEWORK. By Elizabeth Glaister. Illustrated. London and New York: Macmillan & Co. Price $1.

Here is a practical work on the most homely of the arts – needlework. A sample of what the book contains is found in the following extract:

"Cushions being less closely connected with the permanent decoration of the room than anything previously mentioned, allow great liberty of treatment and choice of style. Indeed, provided they are beautiful in themselves, their style is not of much moment; and a piece of rare Eastern needlework is peculiarly appropriate for a cushion, and not out of place with any style of decoration.

"A little more time is required to heal the forgetfulness the wounds inflicted on our [illegible] by the sofa cushions of the late dark [illegible] Who would rest a tired head on a solid [illegible] beads without, and, presumably, a stone [illegible] in? Who would willingly lay a burning [illegible] upon the exasperating worsted of an effective railway stitch pattern representing cubes [illegible] the angles outward?

"A cushion should both look and be soft [illegible] it is better for it to be large enough to [illegible] shoulders as well as head, and it should [illegible] put where it is likely to be used and it is [illegible] sible to use it: The material should be [illegible] fine, and the pattern must not do away with [illegible] feeling of rest. A diaper of small leaves [illegible] flowers, or little trailing patterns of flowers [illegible] a powdering of small sprigs will be pretty [illegible] cushions. If a large flower be used it must [illegible] restfully treated, and then it will look [illegible] well."

"We have seen large sofa pillows [illegible] with work of the last century which [illegible] cool and inviting for summer rest—fine [illegible] bleached linen, embroidered with little [illegible] quets of various sizes in divers colored [illegible] These had gone through many a washing [illegible] ing softer and better for it. All the best [illegible] class of work done with silk on linen [illegible] much of its merit in the eyes of artists [illegible] softening and harmonizing effect of repeated [illegible] washing. Honest washing, of course, by [illegible] ful hands, in pure water and Luther [illegible] soap; not torture of machines and burning [illegible] bleaching liquids. There must be no [illegible] and only a very distant and respectful [illegible] better than that, let the work be pinned [illegible] dry, straight and tight, on a sheet spread [illegible] fixed carpet. Fabrics of undyed waste silk [illegible] broidered with filosel are also improved [illegible] this treatment.

"A pretty and useful cushion is made of [illegible] brown or white linen, with a slight design [illegible] pair of designs, such as an ornamental [illegible] or a spray of flowers in outline, lightly worked [illegible] for the two sides: a running pattern [illegible] same colored silk is worked on a strip of [illegible] three or four inches wide, which is sewn [illegible] tionwise between the front and back of [illegible] cushion. Bold pillow lace, tape guipure [illegible] better still, cut work—commonly called [illegible] lace—may be substituted for the embroidered [illegible] insertion, indeed it will be handsomer; in [illegible] case the pillow must be lined with silk of [illegible] same color as the embroidery.

"This kind of cushion has front and back alike, but most of those we have name require a back or reverse. Silk is the best for this purpose; it must harmonize with the ground or with the embroidery on the front of the cushion. If the main color of the embroidery be much lighter than the ground, the back will look best if nearly of the color of the latter. Rather a fine silken cord makes the best finish; it must not be obtrusive, and tassels are best altogether avoided."

HYGIENE OF THE BRAIN,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

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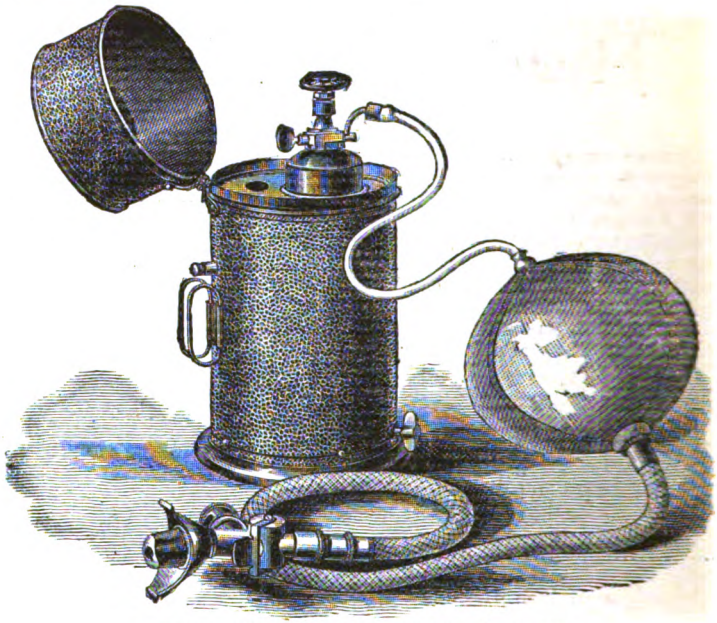

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