THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. III. READING, PA., MAY, 1880. No. 1.

Food;—What and How we Shall Eat.

By Robert Walter, M. D.

Historical Argument Continued. The teachings of profane history on this subject will be found not essentially different from the teachings of sacred history. The ability to exist wholly upon vegetable food is undoubted, whether with respect to the original man or to the generality of men at the present time; but it does not follow that the departure from original capability is the cause of any or much of the diseases and debilities which afflict the people. The arguments of the advocates of vegetarianism are exceedingly fallacious upon this point, and I do not see how intelligent men can be satisfied therewith. The Jewish people were not vegetarians, their habits of life being more in accordance with the teachings of a true hygiene. Vegetable and animal matters were used in combination; and yet the capacity of that people for intelligence, activity and continued life, both as individuals and a people, is as remarkable as any fact cited in favor of vegetarianism. There were a sect or sects, however, among the Jews, notably the "Essenes," who refused to use animal food, and the excellent quality of their life and character has been urged in favor of a strictly vegetable diet. They were a plain, honest, peaceable, kindly disposed people, noted for the purity of their lives. Sylvester Graham, the great apostle of vegetarianism, compares them with the "Friends" or "Quakers" of our own time; but how the habits of this sect argue in favor of vegetarianism it is impossible to see. They lived simple, orderly and virtuous lives, just as the modern "Friends" are said to do; but if the "Essenes" were vegetarians, the modern "Friends" certainly are not, so that it is evident that the cause of their good qualities is to be ascribed to something else than the food they eat. There is this difference, however, between the "Essenes" and the "Friends," which is worthy of notice, that while the former have passed out of existence, notwithstanding their good habits, the latter are vigorous, hearty and thrifty, while indulging in their flesh meats.

Numerous writers of the early ages are cited by the advocates of vegetarianism as teaching that the diet of the first generation of men consisted of acorns, berries, etc., but they have failed to show that these first generations were any better, truer, wiser, more active or intelligent, than the later generations. They may have been healthier and longer lived, not because the diet necessarily made them so, but because they did not bear in their bodies the results of as many years of transgression as later generations do. The vices of to-day were, many of them, not known three thousand years ago, and the diseases which followed were equally unknown. Man has sought out many inventions, and his inventions for evil have been quite as numerous as those for good, and hence the causes of any physical degeneracy which now exist are not necessarily to be ascribed to the food eaten.

Sylvester Graham, and some others, have made the mistake of claiming for vegetarianism what is properly due to a simple and healthful diet. The ancient Greeks and Romans, during their palmiest days, were simple in their habits of eating and drinking, and no doubt their simplicity had much to do with their powers of endurance, with their intellectual and physical vigor; but there is no evidence that they were strictly vegetarians. They were hygienic to a certain extent in their habits, and their vigor of mind and body may be cited in favor of hygiene; but we should be careful not to confound a hygienic life with vegetarianism. Graham's arguments in favor of vegetarianism seem to illustrate the principle, that if a man is improved by plainness of food and simplicity in his habits of eating and drinking, that therefore he would become indefinitely strong and vigorous if he were to cease to eat entirely! In the most logical, and at the same time illogical manner, he brings facts to show how simple food and water have resulted in vigorous manhood, and from thence passes on to educe more facts whereby he may arrive at the conclusion that total abstinence from all animal food is still better than simple habits of life. But his conclusions are illogical, as a simple fact will show. Paragraph 778 of his lectures contains this statement: "The Pampa Indians of Buenos Ayres, in South America, live almost entirely on mares' flesh and water. They wear little or no clothing, and sleep on the ground in the open air. When not sleeping they are almost continually on horseback; and being accustomed to this kind of exercise from childhood, they acquire a power to ride very great distances with comparatively little fatigue. 'The mares' flesh which they eat,' says Sir Everard Home, 'is tough and lean, so that they only satisfy hunger and never grow fat.' They are in general a well made set of men and appear to be subject to no diseases." Surely this fact argues against vegetarianism and not for it. Out-door life, simplicity of diet and vigorous exercise describe the habits, and good health is the result; and Sylvester Graham or any one else will have difficulty in showing that a strict vegetarianism would render these people very greatly superior to what they are. The New Zealanders, according to Captain Cook, were found enjoying equally perfect and uninterrupted health; but it is not claimed that they were vegetarians. Some of the tribes of the desert, according to Captain Riley, "subsist entirely upon the milk of their camels, and have no sickness nor disorders, and attain to very great age, with remarkable vigor and activity. Some of them were thought by Capt. Riley to be three hundred years old. Their food is simple, plain and nutritious, and without variation. Their climate is dry and not changeable. They are not subject to hard labor, and yet have sufficient exercise for the purposes of health. They never taste wine or ardent spirit, these being forbidden by their religion."

All these facts are quoted from this same author, who reaches the climax of illogical conclusion when he makes them argue in favor of his system. Again he says, "Homer describes a race of men inhabiting the mountains of Ancient Sarmatia, who subsisted upon the milk of mares, and lived to very great age."

Graham multiplies facts exactly like these, and yet continues to argue from them vegetarianism, while I am sure the reader will agree with me that they tend to disprove strict vegetarianism rather than to prove it. This very chapter which he devotes to illustrations in favor of simplicity of regimen, is all that is needed to overthrow succeeding chapters in favor of his pet theory. We will continue to quote from him, for the purpose of showing how easily a man can be satisfied with testimony, if he is determined to believe the thing without it. Our vegetarian friends believe in the system, and accept the arguments of Sylvester Graham, Dr. Lamb, Alcott, and others, even while the facts and arguments prove the very opposite of their system. Graham continues: "Ancient history gives accounts of a few tribes scattered over Europe and other parts of the earth's surface, who subsisted mainly or entirely on flesh or fish, or both," and proceeds to quote modern voyagers. Prof. Lawrence declares that "the Laplanders, Samoids, Ostiacs, Tungooses, Burats, and Kamtschatdales, as well as the Esquimaux, and natives of Terra Del Fuego, live almost entirely on flesh, and that often raw, and are the smallest and weakest, and least brave people of the globe. Will any one say that the conditions of these people are the result of the food eaten, while he has in view the examples just cited, in which people who live upon ex-

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actly similar food, "mare's flesh or mare's milk," are among the finest specimens of men? Dr. Lamb, a great vegetarian of England, is quoted by Graham and others, in favor of his system, and we propose to cite a few of his facts, in order that we may have the pleasure of exposing the weakness of his positions. "The Laplanders," he says, "subsist principally on animal food, and are feeble, awkward, and helpless beings."

The Inhabitants of Andeman Island, situated in the Pacific Ocean, says Dr. Lamb, "practice no sort of agriculture. They inhabit the coast and their only vegetable food is the scanty produce of the woods, but their subsistence is drawn from the fish, shell-fish, and the animals they catch in the woods. They seldom exceed five feet in stature, their limbs are disproportionately slender and ill-formed, with high shoulders and large heads; their aspect is extremely uncouth." The Ostiacs live in precisely the same manner, with similar appearances. The natives of Van Dieman's Land, and of New Holland, subsist chiefly on flesh and fish, and they are disproportioned in their limbs and in other respects, and have less strength than Europeans. The tribes on the coast of Terra Del Fuego have a very scanty supply of vegetables, but exist mainly on fish and flesh, and they appear, according to Captain Cook, "As a little, ugly, half-starved race."

But in the light suggested by Dr. Graham, how can these facts prove that the use of flesh and fish is the cause of their ill-formed, feeble and disproportionate appearance? We are not told what other bad habits these people have, or how little opportunity they have had for development into the earnest, intelligent and honest people of more favored nations. The grouping together of facts, such as these, without explaining the connection, is a very illogical proceeding, and we are warranted in saying that Sylvester Graham's whole system is founded on precisely similar reasoning; reasoning which will not stand the test of reason, but which must crumble to atoms before just criticism. Graham says, "The Indians of Patagonia seem to form the most remarkable exception to the general rule in regard to flesh-eating tribes and nations. Earliest accounts describe these people as almost a race of giants, some of them measuring between ten and eleven feet in height, and being on an average much taller than any other known portion of the human family, and every way well proportioned." "These accounts," says Graham, "are undoubtedly great exaggerations and exceed the truth;" but the facts in general he admits, and all attempts to explain them away must be unsuccessful. "It is unquestionably true," he says, "that these people have subsisted wholly on flesh ever since they have inhabited Patagonia, and it is unquestionably true, also, that they are as a race much larger and more symmetrical than any other known tribe of flesh-eaters, larger, on an average, than the Hindoos, who live on vegetable food." So far he declares that the facts seem to be against the doctrines which he has advanced, but he explains these facts by citing favorable parentage, mild and uniform climate, and dry and salubrious atmosphere, simple habits of exercise, out-door life, want of clothing, no servile labor, they ride a great deal on horseback, do not use tobacco and intoxicating liquors freely, and no other stimulants, their food is plain and simple; in other words, they are in general terms hygienic in their habits of life and conduct, notwithstanding they live wholly, or nearly so, upon mare's flesh. Strange that he cannot see that if the vigor, beauty and strength of the Patagonians are to be ascribed, not to their diet, but to their favorable surroundings and healthful habits, so the weakness, feebleness and stupidity of the nations previously mentioned should be ascribed to unfavorable surroundings and unhygienic habits in other respects, rather than to the use of a flesh diet. One of the most important principles of science is, that there is an invariable connection between cause and effect. If the weakness of one class is due to flesh diet, and not to other habits, how is it that the flesh diet does not produce equal weakness in other people? And if the vigor, beauty and strength of a people are due, not to their diet, but to climate, &c., why should not the feebleness, inactivity and want of beauty of the other class be ascribed to other habits than diet? Surely, rules that admit of so pointed exceptions are not of much value.

Again, "the natives of Otaheite," says Dr. Lamb, "though they use both flesh and fish in moderate quantities, had their principal subsistence from the soil, and the result is stated thus: The features of the face were generally regular, soft and beautiful; the nose something broad below, the chin is overspread and darkened by a fine beard; the women have an open, cheerful countenance, a full, bright, sparkling eye, the face more round than full, the features arranged with uncommon symmetry, and heightened and improved by a smile which beggars all description. The rest of the body above the waist is well proportioned, etc. The natives of the Marquesas, and generally of the other Society Islands, have a bodily organism of a high degree of perfection. The food of these people consists of bread fruit, cocoa, bananas, yams, battatas, etc.; and mostly in a natural state. Dr. Lamb also selects the New Zealanders and New Hollanders as examples, and these live chiefly upon flesh meats, but in some degree upon the yam, fern root, berries, etc. The result is, small limbs and general feebleness. The Calmucks are hideous, while the Circassians are extremely beautiful. The Calmuck feeds upon the horse, and few will hesitate, says Dr. Lamb, to pronounce their ugliness to be the natural consequence of their diet. But unfortunately for this fact, we have just seen how a tribe, living almost wholly on mare's flesh, are not, by any means, either ugly or feeble. There is a strange discrepancy here. If horseflesh is bad for one, why not for the other? If it makes the Calmucks ugly, why does it not the Pampa Indians? Surely these two facts so neutralize each other that they cannot be cited as being the cause of the difference between these people.

Fomentations.

The fomentation is an important agency in the hygienic treatment of invalids. It consists in the application of heat and moisture to any part, whereby pain is relieved, irritation soothed or circulation improved. In the treatment of chronic invalids we find fomentations peculiarly serviceable when applied over the stomach and liver, previous to the taking of a bath. The effect consists in warming up those parts and causing a flow of blood to the surface, so that the effect of the succeeding bath is greatly increased, and while the effect of a bath is increased by a previous fomentation, the effect of a fomentation is greatly enhanced by the succeeding bath. A full bath, hand bath, gown bath, dripping sheet, if indicated in a given case, will be much more effective if preceded by the fomentation. Of course it is possible to overdo this matter, and hence judgment must be employed in deciding whether for or against a fomentation. The means of applying it to the stomach and liver consists in undressing the patient, laying him on a bed, with a blanket twice folded placed crosswise under him, and as he lies on his back flannel cloths wring out of hot water, four or more thickness, are applied over the region, and each end of the blanket drawn closely around to keep the parts heated. The hot cloths may be changed every five minutes, and continued from ten to twenty minutes, the patient being well covered up. While in the fomentation, the feet must always be kept warm, and a hot brick covered with paper or cloth is a simple and convenient appliance; while the head should be kept cool by placing a cold wet towel over the forehead and temples. Fomentations may be applied to sprains, bruises, or wherever there is pain and inflammation, and flannel cloths wrung out of hot water, covered by dry flannel to keep them warm, is all that is necessary. If a bath does not succeed the fomentation, a linen compress wrung out of cold water, and covered by a dry bandage, should follow, and is often very desirable after the bath. In sprains or bruises, we frequently foment a part for a considerable time, and follow by even cold showering or the cold wet compress.

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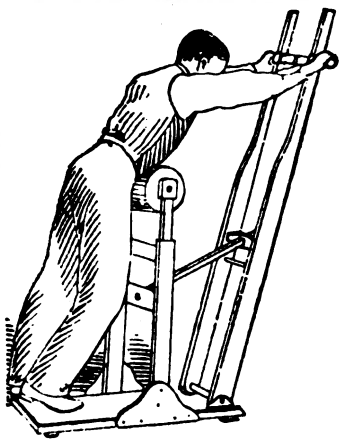
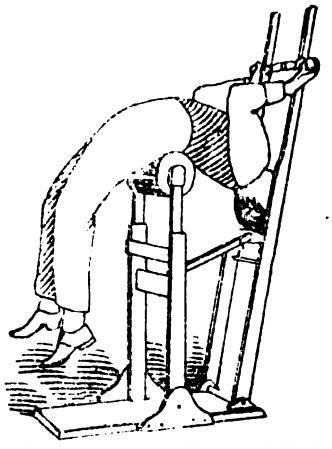
Atwater's Gymnasticon.





The above are excellent engravings of this apparatus, in which we recognize many valuable qualities which are especially desirable in the development of the vital system of healthy people. We have introduced one of them into our institution, not with the intention so much of treating invalids as of supplying exercise to those who are well enough to take vigorous exercise. The engravings show how the abdominal and respiratory systems may be developed by this agency, and as these are the great organs of manufacture, we can readily perceive how a man's health can be improved by steady and patient application of the means. The Gymnasticon is valuable in that it is a convenient and ready method of obtaining that exercise which otherwise would not be obtained, from lack of opportunity or through carelessness. Persons of sedentary occupations or studious habits, or engaged in engrossing occupations, would do well to have such an apparatus in the bed room, ready for use at night or in the morning, or whenever the need of some exercise is felt. We can heartily commend it to all persons who are vigorous enough to endure vigorous muscular exertion. It is sold by L. L. Atwater, Auburn, N. Y. Price, $10.

Cuts and Bruises.

All wounds caused by a sharp, cutting instrument are characterized by more or less bleeding, pain, and spreading apart of the divided structures. The bleeding is of consequence only when it pulsates, or the blood is expelled in jets, when it shows that an artery is severed. In such cases compression should be made with the end of the thumb upon the artery, between the wound and the heart; or if the wound is upon one of the limbs, a handkerchief should be tied in a knot and then bound around the limb, placing the knot over the severed artery, between the injured place and the heart; then a stick should be put through the handkerchief and twisted until the flow of blood ceases. While this is being done, a surgeon should be summoned.

But in ordinary wounds no such energetic measures are necessary. If the blood only oozes out of the wound, it may be stopped readily by washing with cold water. Care should be taken to wash out everything foreign, for even a hair will cause irritation and prevent the healing process from being established. The washing is best performed by squeezing a wet sponge over the part, thus causing a stream of water to run through it.

If the wound is situated upon the scalp, it will not separate very much; but if it is on one of the limbs, its edges will diverge greatly on account of muscular contraction. If the wound is long and deep, stitches should be taken, to keep its edges united; but if the extent of the injury is slight, a strip or two of adhesive plaster is sufficient. One end of the plaster should be fastened on one side of the injured part, and edges of the wound be brought closely together before it is fastened on the other side. Care should be taken not to cover up the fissure entirely with plaster, for room must be left for the escape of fluids, otherwise mischief would be caused. If the strips of plaster must be removed, the ends should be lifted up and drawn towards the fissure, so as to prevent its being pulled apart after the healing process has commenced. If ulceration is threatened, the best application is the water dressing, either warm or cold, as is found most agreeable to the patient. It may be applied by means of a soft linen handkerchief placed upon the injured part and frequently re-wet.

In bruises, if the skin is not broken, the pain is best relieved by hot fomentations. Several thicknesses of flannel cloth should be wrung out of hot water and applied to the part, covered well with a woolen blanket. This may be repeated until the severity of the pain is relieved. It is often surprising to see how readily hot applications will relieve pain in injuries of this kind. If inflammation succeeds, the cold water dressing should be employed and the case left to nature. The healing process will be set up rapidly in ordinary cases.

Women and Politics.

It seems that the women who are seeking political enfranchisement, are to hold a mass meeting on the 2d day of June in Chicago, which, if we remember right, is about the time of the assembling of the Republican convention which will nominate candidates for President and Vice President. We notice also, that conventions are to be held in Indianapolis, Chicago, Milwaukee, Bloomington, and Grand Rapids, Michigan, all about the same time. Mrs. M. G. Gage, editor of the *National Citizen*, published at Fayetteville, N.Y., is particularly active in these movements. We wish them success, for we have long been of the opinion that a woman has as much right to cast her vote for the rulers of the nation, as has an ignorant Irishman, a stupid negro, a drunken white man, or any one else. We believe the women will in time accomplish political enfranchisement, because it is a matter of simple justice. In the ages gone by, women were not expected to think, and hence were supposed incapable of thinking where great questions are involved, but to-day all these things are changed; and if it be true that the morality of a nation is the highest force for good, it certainly is true that politics and government will not be injured by the enfranchisement of women, and while it is equally true that an exercise of one's powers for good, results in increasing and improving those powers, so women must be benefitted by exercising the functions of citizens, and not injured. We do not believe in a government of sex, even though in these United States of America we are called upon to face two anomalous and inconsistent facts, which live only because of the prejudices of man. The one is that woman is not a person capable of self government, and the other that an Indian is not a man. Negros, Chinamen, Esquimaux, Russians, Turks, and even half civilized Hottentots, have a standing and recognition before the law, while women and Indians are treated as wards of the nation, because of their supposed incapacity to manage their own affairs. But a better day is coming, when common sense shall be more powerful than prejudice.

A Few More Testimonials.

I have been delighted with the several copies of the LAWS OF HEALTH you have kindly sent me. Have been especially pleased with questions answered. Each chapter of this matter is worth many times the subscription price.

JOHN B. ROBINSON.

I have carefully preserved all the back numbers and shall have them bound, and think everything of them. I would not part with them and would be glad to increase the circulation.

HENRY A. BROWN.

I am very much pleased with the ideas which you advance and hope you will make converts every year. J. TATE.

Your journal fills me more and more with admiration. So much originality and perspicuity was never before packed into so small a space and exhibited in so brief a period. It is a mirror in which the thousands see the reflection of their possibilities, and it is not surprising that they are charmed by the picture, and under your personal supervision, into the enjoyment of health. I appreciate your fascinating expositions of organic law, warmly wishing you an ever-lengthening roll of friends and ever-widening perception of truth.

C. H. BALSBAUGH.

A FARMER of Williamstown, Vermont, emptied the brine from his beef and pork barrels at the roots of a maple tree during the autumn. This spring the tree was tapped for sap and the first sugar made from it was so salty as to be worthless.—*N. Y. Tribune.*

And yet some of our would-be physiological philosophers continue to argue that salt is food, because it is found in the blood, sweat, urine, feces, &c. Where else can it be if it is eaten? But because a thing is eaten it is no evidence that it is food.

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The Laws of Health.

Monthly, 50 Cents a Year.

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☞ All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., MAY, 1880.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems, special and general, while at the same time they tranquilize the brain and nervous systems thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing, eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

Polluting a City's Water Supply.

The aqueduct water in Newark for several days has been peculiarly offensive in taste and smell, and universal complaint was made. On Saturday the superintendent of the Aqueduct Board, accompanied by Commissioner Smith, proceeded to the sources of the water supply to make an investigation. At Third River they found that the taste and odor to the water had been caused by carbolic paper manufactured at this point by Kingsland & Co. Recently a large quantity of the paper which contains a powerful odor of the acid, was soaked in the Yantacan pond, near the mills, and the impregnated water was allowed to flow into the Passaic, contaminating the stream the whole distance to the Belleville Water-Works, which supply Newark with aqueduct water.—*N. Y. Tribune.*

It would be fortunate for the people living in cities generally if all the impurities emptied into the water supply, were equally offensive in taste and smell to the carbolic acid found in this aqueduct. The people of Newark have undoubtedly for years been drinking the refuse matter from this paper-mill, but as this matter did not possess the startling and offensive odor of the carbolic acid, no notice has been taken of it. It is strange that people will continue to drink water from water supplies which are known to be rendered filthy by paper-mills, furnaces, tanneries, &c. We repeat, it would be lucky for the people if every paper-mill would commence the manufacture of carbolic paper, so that the impurities therefrom would call attention to their mills as a source of ill-health.

Why am I Sick?

This is in substance the all-important question in any case of sickness. To attempt to cure a patient while the causes of his ailments are unknown, is like doing any other foolish and futile thing. Why am I sick? Diseases do not come for nothing. There are good reasons why you are suffering, and these reasons should be discovered and removed in order to your relief. Have I been breathing impure air, is sewer gas in the house, are the bed rooms unventilated, is the cellar damp and mouldy, the privy uncleaned, or have the prevailing winds wafted from the barn-yard the foulness so frequently found there?

Have I been drinking impure water—how about the well, the spring, the river? Are barn-yards drained thereby, or do the contents of the privy vault soak through the porous earth into the well?

What is the character of the food I have been eating? Has it been good as to quality and sufficient as to quantity, but not excessive in any respect? Have I been overworking, keeping late hours, and to this end have I stimulated with tea, coffee, tobacco, alcohol? Have I been the subject of social excitements and taxations, or political and governmental worry? How about my clothing? Have I been evenly and sufficiently clad, not exposed to cold drafts? Have I been chilled by exposure? All these questions and perhaps a dozen others should be asked and carefully considered, until the true cause of the disease is found. And when it is found, what then? Remove the cause and the effect will cease. Remove not only the predisposing cause, but the immediate or existing cause of the difficulty, and health will surely follow. Has sewer gas been admitted into the house, then seek out the traps, examine into their condition and make sure work that only pure air be admitted therein—and while this is being done, open the windows, purify the atmosphere, use freely disinfectants about the place, burn coal tar in the rooms, etc., and breathe abundantly of the purest air. If necessary, remove from the building and the locality. Have a change of scene. If the difficulty is probably in the water, institute a careful investigation, and learn to drink freely of pure soft water. If you have been eating very hearty, abstain from food for a day or two until the vital processes shall have had opportunity to rid themselves of excessive material. This is equally good practice if for any reason you have become chilled and the organs of excretion have become clogged thereby. Cease eating for a time, drink freely of pure soft water, have a good sweat, and rest in bed until nature has resumed her wonted operations. Keep the feet warm and the head cool, and under all circumstances have abundant rest. If there has been work and worry, fret and turmoil, strive to get at peace, throw away care, return to the condition of happy childhood, and health will surely follow. Such plans are infinitely more philosophic than the swallowing of drugs. To dose a man with poisons because he is sick, is not in accordance with common sense.

The Pork Disease.

The parasite which causes this terrible disease was first discovered in 1835, in the dissecting room of St. Bartholomew's Hospital, London. The demonstrator of anatomy gave specimens of the specked muscle to the naturalist, Richard Owen, who investigated it with the microscope, and published a description of it, thus bringing it into general notice. But Prof. Zenker, of Dresden, first described the disease which is caused by these parasites. He saw a young lady who had eaten raw pork, and who soon after suffered greatly from debility, fever, sleeplessness, abdominal tenderness, pain in the muscles and dropsy of the lower limbs. Upon examining the affected muscles he found them to be swarming with trichinæ, which are small worms, barely perceivable to the naked eye. In 1863, 103 persons dined at a hotel in Helstadt, Prussia, and nearly all were affected with the disease. The sausages, and other remnants of the feast, made from pork, were examined, and found to be full of trichinæ. In April, 1866, a family of nine persons in Marion, Iowa, ate freely of ham, eight of them eating it raw. The eight had the disease, and five of them died. The ninth ate boiled ham, and so escaped. Portions of the affected muscles of these persons were sent to Prof. Dalton, of New York, who found them filled with the parasites, to the number of 208,000 to the cubic inch.

These worms live coiled up in little cysts or sacks in the voluntary muscles of certain animals, such as pigs, cats, rats, rabbits and hedgehogs. If they are taken into the human stomach, they remain a week or ten days, growing within this time to three or four times their ordinary size, when they produce young in large numbers. Virchow, a German investigator, says each trichina will produce 200; Gerlach says 400, and Leuckhart, 1,000. These cause great nausea at the time of birth, for they pierce through the intestinal walls, and immediately migrate to the voluntary muscles, causing all the disturbance already mentioned; which is often so great as to destroy the patient's life. In cases where the affected persons survive, the recovery is slow, their illness lasting for weeks or even months. After the trichina becomes fixed in its home in the muscles, it becomes enveloped in a

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chalky substance, and lives for an indefinite time. Virchow relates an instance where trichinæ were found alive upon the removal of a cancerous tumor, and the history of the case plainly revealed the fact that the patient had had the pork disease twenty-four years previous.

Quite recently two deaths, those of a Mrs. Harris and her daughter, occurred in West Sonora, Ohio. It was found that a week or more before their illness they had eaten freely of raw pork. They became affected with great nausea, and went to bed, from which they never rose. It has been supposed that if the pork is well cooked, the trichinæ will be killed; but recent cases in New Jersey have shown that cooking does not avert the danger. A family of four persons were recently attacked with the disease, which proved fatal to the father of the family, probably because he had eaten more of the affected pork than the others. The survivors declared the meat to be well cooked.

It has been asserted that a person may be infested with 20,000,000 of these parasites; if this is true it is no wonder that they produce death. The best way is to leave swine's flesh entirely alone, for no one can be safe in eating it under any circumstances. Between its causing scrofula, tape worm, and trichina, it would seem that nothing further is needed to cause its disuse as an article of diet.

Spring and Recuperation.

Invalidism, like bankruptcy, arises in the majority of cases from a lack of foresight in the adaptation of means to ends. A man becomes bankrupt because his expenses and losses exceed his gains; so a man becomes sick because he is improvident of vitality. Accidents sometimes make a man fail in business, as in cases where depreciation of property occurs which no human being can foretell; so people become sick because of accidents operating in connection with hereditary tendencies; but the majority of invalids fall into their conditions because of habits of dissipation. When people get sick from following their feelings, while their intellects remain dormant, the way out of the difficulty is obvious. A poor spendthrift can mend his poverty by making his wants less than his income and carefully saving the balance; the saving of one's stock of vitality is precisely similar.

Some seasons of the year are taxing to everybody's vital power, and other seasons are exactly fitted for recuperation. Thus the sultry days of July and August are a great strain upon even healthy people, producing more or less exhaustion; while those who tend toward invalidism are fortunate if they escape maladies that are far worse. The same may be said of the intense cold of winter. But the depleting effect of heat or cold is not felt at once, because the vital power resists it for a time; so while the hottest days usually occur in July, and the coldest come in January, summer complaints are more frequent in August, and bronchial affections occur oftener in February and March, than during the severest weather. It will at once appear that if a person's vital power were equal to sustaining a little more strain than it does, so as to hold its possessor above exhaustion until recuperating weather commences, these diseases would not appear. These conditions depend upon a certain amount of vital power as definitely as propositions in mathematics depend upon each other.

The space of time which exists between the debilitating seasons of the year is the best period in which to accumulate vitality. During the months of May and June invalids should endeavor to fortify themselves by hygienic habits so as to avoid the diseases incident to a later period. The same may be said of the autumn months.

The course usually pursued by invalids is to enjoy themselves recklessly at those seasons of the year when they are comparatively free from ailments, never thinking of laying up vitality for a rainy day. They sit up late at night; they overwork; they excite their nervous systems with an endless variety of amusements; in short, they use up their vital power faster than it is made, as a rule, so that when the strain of depressing weather comes, they find that they have no capital stock on which to fall back.

A little wisdom exercised would enable invalids to recuperate during the spring and fall months. They should exercise moderately, eat and drink carefully, and especially avoid excitement in the latter part of the day and evening. They should retire early and sleep abundantly. In time of peace they should prepare for war; then when the strain comes upon them, the wave of accumulated vitality will leave them far above the reach of the tide of disease, and so their vitality will increase through the year. A little forethought and care during the next two months will save many a life that would otherwise be wasted.

How to Get Sick.—No. 1.

By J. A. Tenney, M. D.

Taking Drugs.—Fifty years ago calomel was the chief dependence of the medical profession. It was given for every variety of disease, and to every class of people, from the aged to the infant in its mother's arms. People then lived so as to render their livers inactive, just as they do now, and calomel will stir up a jaded liver and make it act, in spite of almost any exhaustion short of death. A horse that has been driven almost to death may be goaded still further by the liberal use of the spur; but it only necessitates a longer period of recuperation, or kills the animal. The way to cure a tired liver is to give it less to do, not to goad it on with excitants; for they only make the difficulty worse in the end. Thousands upon thousands were killed with this poisonous drug, and a greater number were so exhausted by it as to drag out miserable lives, and entail bilious temperaments and a tendency to all manner of nervous disorders upon posterity.

After a while the profession lost faith in calomel, in a measure, so it has not been used as a cure-all for quite a number of years. Perhaps the steady refusal on the part of sick people to swallow the poison had something to do with its disuse. If the people condemn a method of practice, their physicians will very soon see reasons why it should be discarded. But the doctors hit upon another method, whose chief excellence consists in its harmonizing with the requirements of sick people. They insist upon a physician giving them something to make them *feel* well. They say, "I don't care what the after effect may be, only make me free from pain." If one physician will not do this, another will, so they all with one consent listen to the prayers of the patients, give narcotics to relieve pain, and stimulants to make them feel strong when they are really weak. The physician gets his fee, and the patient is cheated into thinking he is benefited; but nature always stands outside of this sort of imposition, and persistently refuses to be hocus-pocused in any such way.

The whole business is one of experimentation. Said the great Dr. Rush, "Every dose of medicine is a blind experiment upon the vitality of the patient." We do not refer to giving an anæsthetic to save the person from the shock of pain which might otherwise endanger a person's life, but we do say that the practice of depending upon narcotics and stimulants year after year, to relieve pain, is vastly more destructive to the human organism than any ordinary pain can be.

If all the medicines taken were advised by intelligent practitioners, it would be far better than it is; but the country is flooded with ignorant pretenders, who compound a wretched mess of stuff, that is greatly inferior to what would be advised by even second-rate physicians, and palm it off upon the eager community, who think a man is well according to the amount of medicine he has in his circulation. The whole plan is like the practice of the colored doctor in Arkansas. He was called to see a man, and in an hour his patient died. The doctor was arraigned before a colored justice, who understood law about as well as the doctor did medicine. The justice said:

"Dr. Washington, how long is you been practicing medicine?" "Sence de wah, sah." "What books on de fizick and de human reconstruction did yer study?" "Oh, I studied' nuff—Cornstalk's Philosophy 'mong de number. Now, jedge, let me ax you one pint. What books on de law did you study?" "I'se heah, pris'ner afore de bar, ter try dis case, an' not ter stand a 'zamination. Comin' down from the law language to plain nigger and mule, what made you kill dat man? 'Splain yourself, sah, or I'll put de clamps of my

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'thority on yer." "Ef dars a man in dis county can 'splain hisself, I'se de man," said the doctor, rising. "Some few days ago I 'vented a new new medicine from roots dug outen de ground. Hit struck me dat medicine would cure de rheumatiz, and when I went ter see de man what is dead now, I 'cluded to 'speriment wid it. All medical 'ventions has ter be proved When Bright 'vented de kidney disease, he didn't know hit would work till he tried hit. I figured it up jes dis way. Says I ter myself, ef dis medicine cures dis man, hits good; but if it kills him it won't do to tamper wid, nor let lie roun' loose 'mong chilun. Well, I gin him de medicine, an' in about an hour he was dead. How would I know dat de medicine was fit ter use ef I hadn't tried hit? Don't yer see de geography of my jedgment? Science must be 'vanced, yer know." "Dat's a fack," said the justice, after musing a while. "De pint are well sustained. Mr. Cornstable, turn dis man loose, and caution him not to 'vent any moah medicine in my township."

If death had been the result of all the experimenting upon human life with drug poisons, there would be less misery and sickness than there is to-day; but a vast amount of vital power has been wasted in this way that ought to have been used for some good purpose. The majority of people believe in drugs as they do in the staple articles of food. They look upon them as necessities, and are afraid to be without a stock of medicines of one kind or another in the house, lest they might die suddenly. They use drugs as they do condiments, and depend upon them year after year, as though they were of real use and had some life-giving power. The result is, that the excitement continually produced by nervines and stimulants wears out their vital power, and they are always sick. They drag out a miserable existence, and generally cling to the delusion that Providence afflicts their bodies, that their spirits may be purified.

The wise man said, "the curse causeless shall not come." If people are sick, ninety-five out of every hundred would be rewarded with good health if they would take pains to find out the causes of their diseases, and persistently remove them; the remaining five have inherited tendencies to disease, that can hardly be overcome in one generation.

The Sitz Bath.

This is one of the simplest and most effective hygienic appliances. It consists in a tub of water, into which the patient, undressed, sits, while his feet are kept warm either with the hot foot bath, or by warm bricks, or by a thorough warming previous to the bath, and the head cool by placing upon it the cold, wet towel. A sitz bath tub is a desirable acquisition to any person desiring to follow hygienic treatment, but if such tub be not had, a common washtub will answer the purpose. It should be filled nearly half full of water of proper temperature, and be raised on one side by placing a couple of bricks or stick of wood under it. The patient, on sitting in the bath, should be well covered with a blanket or sheet, and may remain in it from ten to twenty minutes. In ordinary cases ten minutes are sufficient. On getting out, the patient should be rubbed thoroughly dry, and should exercise if strong enough, or if feeble, retire to bed. The same rules that have been given elsewhere apply as to temperature and times of taking this bath. The mild temperatures are usually employed in chronic cases.

Questions Answered.

By Robt. Walter, M. D.

Question. What is your opinion of the use of a lemon every day by a person suffering from liver derangement?

Answer. Persons suffering from liver derangement often have a craving for acids, and these acids are frequently very desirable. The acid of the lemon is perhaps superior to any other sharp and pungent acid; but it is possible to overdo the matter, and I should think that a lemon every day would be verging on excess. I have known persons to seriously injure themselves by using lemons too freely, and hence I would advise care in this matter.

Question. What is your opinion with regard to Graham flour? Is not the bran irritating to the digestive organs, thereby causing unnatural appetite and a laxative condition of the bowels? W. O. B.

Answer. There are conditions of the stomach in which coarse Graham bread is irritating and may be injurious. In such cases we advise the use of New Process Flour; but in general terms, Graham bread is advantageous to dyspeptics, especially those who suffer from torpid stomach and liver. Comparatively few stomachs would be irritated by the bran, for bran is often a very soothing appliance to inflamed surfaces. Bran is a great bug-bear, and many persons will be horror-struck at its use, who will gulp down without a qualm of conscience quantities of mustard, pepper and other spices, and even brandy or whiskey, which are among the most irritating substances to any stomach. It reminds us of the story of the man who ceased to drink beer when he was told that it was four-fifths water, and to drink wine because he heard that it was three-fourths water, and then went to a noted professor and asked if there was any substance that he could drink that had no water in it, because he was sure that the water was killing him. The professor advised him to absolute alcohol as containing the least water. He bought a couple of quarts, and drank them, and died, and on his death-bed called around him his family, and mournfully said: "My wife and children, Ime going to die cos I've drunk so much woter all my life. Learn from my sad fait to eschu drinking woter."

Question. My wife is troubled with something like tetter in her hands, which breaks out in white blisters or pimples, and when they dry up her hands crack and are very sore. What can be done to relieve her? J. B. D.

Answer. Your wife has a scrofulous taint in her system, and the tetter is the result of this impurity in the blood. She needs to have the system purified; and this can be done only by hygienic processes in connection with rest. It is doubtful whether she could be cured while she continues her duties at home. The stomach and liver fail to perform their duties thoroughly because they lack power, and they lack power because the vital power is used in other directions. What she needs is rest, and opportunity for thorough recuperation of these vital organs. If this can be done she will recover good health. With an easy, contented, satisfied mind, with one or two baths per week, kneadings of the bowels and manipulations of the general surface, in connection with hygienic diet, the breathing of pure air and the use of pure water, I think she could be entirely cured. Dr. Tenney's article on Scrofula, some months back, will give full information.

Question. What method would you advise to avoid colic in infants, after knowing the mother lives hygienically? E. C. D.

Answer. If the mother is dyspeptic, or worried or over-worked, or eats freely of acid fruits, her milk will be likely to cause colic in the child; hence the mother should be as free from care as possible, should eat the mildest, blandest food, avoiding very sour fruits, should keep up her own health as much as possible, and after this if the child is colicky, lay hot flannel cloths over the stomach, repeat it two or three times for half an hour, followed by wet linen compress, covered by a dry bandage to be worn all night. The bowels should be attended to. In every case of colic, filling of the bowels with quite warm and even hot water, by the use of the Fountain Syringe, is excellent. Gentle rubbing of the abdomen from right to left above, and from left to right below, and so following in a circle, is often useful. All these plans may be tried as occasion requires.

Question. What is the best thing to do when you have a morbid craving for food; that is, no natural appetite, but still relish your food, but do not know when you have had a sufficiency? would eating less bring back normal appetite?

Question 2. Could you cure Dyspepsia in your institution in its first stages, in three months? C. B.

Answer. The craving for food may be morbid, or not. It is sometimes difficult to determine whether it is or not, but starving alone will seldom, if ever, be of service. Craving appetite is a symptom of some forms of Dyspepsia, but not incipient Dyspepsia, probably; and it might be cured in tree months, or it might require six months. Dyspepsia in its first stages should certainly be cured inside of three months. What this patient needs is evidently a course of treatment, and I should suppose that three months would place him in good health.

Question. Is coffee a wholesome beverage? *2nd.* Do not its beneficial effects overbalance its detrimental? W. E. S.

Answer. The only benefit that coffee can be, is because of the water that is in it, and pure water is better than adulterated water. The coffee adulterates the water but does not improve it. Coffee is a stimulant, and whoever will read my lecture on "The Great Delusion" will get my ideas of the value of stimulants. Coffee also prevents the breaking down of tissues, and hence prevents the building up of new tissue. In this respect it is classed by physicians in the same category as alcohol. Indeed, whatever can be said in favor of coffee can be said in favor of many other stimulants, which all experience has

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proved to be destructive to the best interests of those who use them. If the writer is over-working, coffee will help him to over-work so much the more, but it will never prevent him suffering from the effects of his work.

Question. Do skin diseases result from impurities in the blood?

Answer. They undoubtedly do. With pure blood, skin diseases cannot exist, though once they do exist, it is sometimes a difficult job to cure them. If they do exist, complete purification in connection with disinfecting ointments, such as moist clay, is very serviceable.

CHRONIC ASTHMA. Can you give us the cause and cure of this complaint?

Answer. The condition is essentially a spasmodic constriction of the mucous membrane of the lungs, or a thickening of its mucous coats, whereby a free interchange between the blood on the one hand, and the air on the other, is prevented. Torpidity of liver is almost invariably the fore-runner of this disease—with this organ active, the general system vigorous and the blood pure, asthma cannot exist, and hence the best treatment for chronic asthma is that which builds up the general health, and purifies the blood through causing improved nutrition, and consequently improved permanent action of the organs of excretion, liver, kidneys, skin, bowels, &c.

Question. What treatment do you recommend for an ordinary abscess or carbuncle? W.

Answer. There is a difference between a carbuncle and an ordinary abscess, the difference being described chiefly by the painful, malignant character of the former, while the latter is neither as serious nor as difficult of management. The pain connected with an abscess may be greatly relieved, and suppuration rapidly developed, by the use of hot fomentations or hot poultices. Where the tissues are dense and firm the abscess or carbuncle may be lanced and hot poultices applied. The patient while undergoing the suffering inevitable to this condition, will have less capacity to digest food, hence he should eat little. He will be incapacitated for labor, hence he should have complete rest; will be feverish, and the wet abdominal bandage is an admirable means of keeping the system cool and quiet. If the abscess be on the hand it may be held in water, first hot and then cool, or of such temperature as is most agreeable. At any rate the parts should always be kept moist, and soothing applications in the way of poultices, fomentations, compresses, etc., be employed. Ground slippery elm bark steeped in boiling water makes an excellent poultice. The bark of bass-wood roots, scraped and steeped in boiling water, is often exceedingly soothing. Flax-seed poultice is good, so is bread and milk, or simply hot flannel cloths.

Question. What can I do to strengthen the upper part of my throat, which seems to tire out when trying to eat? D. A. H.

Answer. Undoubtedly this ailment is a local expression of a general debility, and what you need in order to recovery, is improved digestion, improved action of liver, bowels, lungs, with improved circulation of the blood, whereby shall come improved nutrition. With good nutrition you will have good health, but with poor nutrition you are liable to suffer at some point of the organism or other. Physicians and patients make woeful mistakes in attempting to treat locally local ailments. Almost invariably, unless it be in cases of accident, the local difficulty is but symptomatic of a general debility or disease. Pure blood and good nutrition will cure this or any other ailment.

Question 1. My favorite bread is rolls made with scalding water; do you think this is as healthy as those made with cold water? M. B.

Answer. Entirely so; there is no objection to scalding the flour before it is cooked.

Question 2. I see you are opposed to cold morning baths; what do you say to warm morning baths in hot weather, as this is the most convenient time for me?

Answer. There is no positive objection to a bath two or three times a week, in the morning, in a warm room, with warm water. We prefer the mid-day for invalids, or evening for well people, to the morning, but there is nevertheless no positive objection in either case, if the bath is not taken cold in a cold room, and too frequently.

Question 3. I still suffer from bloating and pain in the bowels, in the morning, before breakfast and sometimes after, but do not have as bad spells as I formerly did. What can I do?

Answer. Thorough rubbings and manipulations of the abdomen daily will be excellent for you. The wet abdominal bandage at night would be serviceable. Hot fomentations over the stomach and liver before each bath is desirable. If you will follow these three plans regularly and persistently you will be better.

Question. What can be done for a lame ankle, made so from the falling of a piece of iron upon the inside of it, about three years since? It is swollen above and below the ankle, and there is a very sore spot to the touch above the bone. At times it is troublesome, then again not so much so. Also what is the cause of sore spots appearing from time to time in different parts of the body? Mrs. J. S.

Answer. The sore spots on the body but prove that the sore spot on the ankle is a local expression of the general disease. The patient is debilitated, nervous, dyspeptic undoubtedly, with impure blood, poor circulation and feeble nutrition. What is required in order to a cure, is general Nutritive-cure processes, employed for a length of time to restore perfect nutrition. In the meantime wrapping around the ankle wet linen cloths covered with dry cotton ones, or fomenting the ankle with flannel cloths wrung out of hot water, followed by a cold or cool douch or wet compress as explained in my lecture, How to be Strong, No. 2, will be indicated. The patient ought to come to the Mountain Park and spend a few weeks, learning how to keep well, as well as how to get well. The Nutritive-cure processes will restore perfect health in all such cases, provided the patient's vital stamina will permit.

Question 1. Our little girl seven years old, cannot urinate freely; seems to be healthy, but there is an obstruction.

Question 2. Another of our girls, age three, suffers from a protruding or full abdomen, hard to the touch. An M. D. offered worm candy, but we did not see any results.

Question 3. A young woman, age 15, had her regular turns, but being exposed during cold weather, they became irregular, and now she suffers much about every two weeks. J. B.

Answer 1. A hot sitz-bath three times a week, may be employed to improve the functions of the bladder or urethra, in conjunction with rubbings or manipulations of the whole surface of the body daily. A hot fomentation of cloths over the bladder, would be sometimes serviceable also. The second girl, as well as the first, would be decidedly benefited by manipulations and kneadings of the abdomen daily. I presume there is a weakness of the abdomen, causing the swelling, and thorough manipulations would be the proper treatment. This is the treatment for worms as well as for other difficulties of the kind. Manipulation of the parts improves the circulation and consequent nutrition thereof.

The young lady who suffers with painful menstruation is a subject for hygienic treatment continued under the immediate care of a hygienic physician for several weeks or months. The hot sitz bath will likely be of service to her. It may be repeated daily through the menstrual period.

Tripe, you say, is an improper food; please give your reasons. I am fond of tripe and have always found it very easy of digestion.
H. S. D.

Answer. Ease of digestion is not necessarily a recommendation of any food, for some of the worst foods are most easy of digestion. We object to tripe for the same reason that we do to liver, kidneys, etc.; namely, that they are organs of excretion, and organs which are carrying impurities out of the system will necessarily have some of the impurities remaining at the death of the animal, and you nor I can hardly afford to eat urine, or bile or feces, even though they exist in liver, kidneys or bowels in very slight degree.

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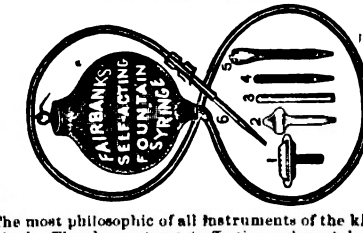

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The Water-Cure we employ in great moderation, its evils, which have been numerous, having consisted chiefly in the excesses to which it contributed.

The Movement-Cure is, if possible, however, a very much more important appliance, and here it is employed to build up debilitated human organisms with a success that we believe is not found elsewhere; at any rate we have succeeded by our combination, in restoring health to persons who had failed of recovery at the best movement-cure institutions in the country.

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VOL. III. READING, PA., JUNE, 1880. No. 2.

Water;—Its Uses and Abuses.

BY ROBERT WALTER, M. D.

BATHS FOR INVALIDS.

The water cure is a modern discovery. Through all the ages water has been employed in varied forms for purposes of cleanliness, and for generations it has not been without advocates among physicians as a healing agent; but it remained to Priessnitz, a man comparatively unlettered, though possessed of strong common sense and a practical turn of mind, to make it a great factor in the treatment of disease. He is properly termed the father of water-cure, and as he flourished but forty years ago, it is evident that the water-cure has not grown hoary with age. During the few years of its existence much has been said in favor of it, and much in opposition. Priessnitz succeeded in accomplishing with water all that physicians were able to accomplish with drugs, and his successors have continued to claim a much greater success in the treatment of invalids than is possible by the most violent poisons. But the water-cure has, nevertheless, not been without its faults, and its opponents have not been without good reason for their opposition. Like most new discoveries, the system has been carried to extremes. The water-cure came to be the synonym for everything that is violent, opposed to common-sense and common instinct, and in the form in which it was originally applied, it has scarcely anything to commend it to the intelligent physician. The water-cure was undoubtedly the beginning of a great revolution in medical practice, but men are so constituted that revolutions are forever over-reaching themselves. Whether it be political, social, religious or medical, the same evils have attended them, all growing out of the fact that men are excitable, unsteady, the victims of pride and passion which carry them far beyond the dictates of sober judgment.

This truth is self-evident: that the power of a thing does not consist in the matter of which it is composed, but rather in the force that operates it. The mode of application is always of greater importance than the thing applied. A piece of iron may be an obstruction to be got rid of, or it may be a useful implement to enable us to accomplish our designs. But the implement is useless without the knowledge of how to use it; so the success of systems depends not so much upon the thing applied as upon the principles that underlie it. With correct principles we have successful practice, but with error of course the results must be unsatisfactory. The water-cure may be employed upon correct principles or incorrect, and the results will correspond. The misfortune of Priessnitz was that his discovery did not consist in anything new as to principle, but only in a new system of experiments. The water-cure was not employed in answer to the dictates of sound reason, but in answer to an accidental suggestion. The discovery was the discovery of a fact which was poorly explained, and not of a principle which will explain facts. Hence, notwithstanding the water-cure possesses elements that are extremely valuable in the treatment of disease, its practice has always been unsatisfactory, and must remain so until the principles of its application are thoroughly understood. When the water-cure was employed on correct principles, a success was recorded even though the principles were not comprehended, but when upon incorrect principles, a failure resulted, and the why and wherefore of the failure was not understood. Priessnitz' mistake consisted in applying water upon the old principles of the schools, and though it was not destructive as poisons are, it nevertheless did accomplish similar results; and to explain the success or failures of water-cure, we need simply to explain how the drug practice has been a failure. An examination of the principles will do this, and to this examination we shall address ourselves.

The underlying idea of all drug practice, is that drugs in some mysterious way have a curative power. Just what this power is, and how it is exerted, no one pretends to explain, but results being obtained, physician and patient continue the practice until the end. As I have heretofore explained, the practice of the drug systems is a delusive practice, encouraging the patient, buoying him up, making him feel improvement even while destruction and death are following close after him, and when he dies men unfortunately ascribe the results to Providence and not to the drugs he has taken. Priessnitz' practice and Priessnitz' theory agreed precisely with drug practice and drug theory. There was no discovery of fundamental principle. He simply adopted a new agent to be employed upon the old principles. Water-cure like drugs, was supposed to be possessed of a curative force, and hence was employed persistently and excessively, even to the destruction of patients. The error is explained by the peculiar constitution of an animal organization.

The vital principle in a man is self-preservative, and while it is engaged in carrying on the ordinary functions, it is also employed in greater or less degree in protecting the organism from injury, and while the vitality is dormant, while vigor is not required, while the exhibition of force is unnecessary, there is rest, recuperation, even feebleness; but immediately that violence is offered to an organism, the vital powers are wrought up to the highest action, and the greatest exhibitions of force are correspondingly made. While an organism under ordinary circumstances, will take in air and food and drink, will sleep or exercise, and perhaps slowly, tediously, carry on vital functions, it will become vigorous, active, excessive in its demonstrations of vitality, when violence is done to its instincts or its interests. Drugs produce their effects by doing violence to the vital principle, and the vital principle responds with electric energy. Threaten death and it is the first principle of vitality to respond with intensity to avoid that death; violate the law of health and vital forces will be correspondingly exhibited to prevent destruction.

These facts explain why it is, in the words of a celebrated medical author, that "our most violent poisons are our best remedies;" why it is that a simple, uninjurious medicine will produce little effect, while a deadly agency will produce marvelous results; and explains also why water-cure while striving to obtain the same results that were obtained through drugs, was employed in its most violent forms. A mild bath will do little in the way of exciting vital vigor, but let the bath be intensely cold or hot, let it be a shocking, violent and injurious administration, and powerful reactions must follow. Even a patient that is exhausted well nigh to death, may be roused, excited, stimulated by violent exhibitions of either water or medicine. That the patient is not usually benefited by these processes, common sense would dictate, but inasmuch as the physician and patient get immediate results and apparently increased vigor, there is a satisfaction, even though in the end exhaustion and death shall take place.

The great evil of the water-cure consisted in its violence, and its violence grew out of the fact that it was employed upon drug-medical principles, and was therefore a plan of exciting to exhibition the vital instincts of the patient, even though destruction and death must follow the exhibition. We must repeat, therefore, that it is not the material which we employ, but how we employ it that explains the facts; that the agency is of little consequence in comparison with the principle upon which

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we operate. When water-cure was administered upon drug-medical principles, drug-medical results were obtained, and hence, though patients were deluded into the belief that improvement followed the processes, violent as they were, it has generally been conceded that these processes were destructive, and are not now employed in as great degree, at least.

The water-cure which we practice and advocate, is established upon different principles, and we obtain different results. The object is not to excite and exhaust the vital powers of the patient, but to supply the conditions of health, whereby vitality shall be conserved, and the patient shall be really invigorated, not apparently so. There is no curative power in water, nor in anything that may be administered to a human organism. All power is inherent in the organism, and not in anything outside of it, and to supply the conditions of health so that power shall be manufactured and accumulated, is an important consideration. But, to exhibit, bring to the surface, and make use of what little vitality there is, without reference to its supply, is to end in disaster. Water-cure should be used to supply the conditions of health, not to supply the conditions for excitement; to supply the conditions for recuperation, not the conditions for exhaustion; to supply the conditions for nutrition, not the conditions for stimulation. In the one case it is used mildly, pleasantly, and effectively, in concord with the vital instincts; in the other it is used violently, vigorously and destructively. The true principles of application we will discuss further on.

Narrow Vision.

The world is full of enthusiasts, many of whom are so intense in their conceptions, as to be unable to see more than one truth at a time. It is astonishing how narrow and even bigoted some men are. A single illustration will suffice. A gentleman who has for many years been examining into all the "pathies," seems to have discovered the origin of all our woes, if not the elixir of life. His discovery was made in this wise: A certain Dr. Ingersol has written a book entitled "In Health," in which, we believe, an original idea is advanced, and this gentleman is so taken up with the idea, that he can see nothing outside of it; and as a friend should, writes to us asking that we purchase the book, read it carefully, and not disregard its teachings. Our correspondent says "it treats of the true relations of the sexual life of man to God and its redemption through Christ," and indicates the only way to a cure from diseases of mind and body. He adds that "all diseases arise from sin in the sexual life," etc.

Perhaps I was hasty in saying the writer advocates one idea. He seems to advocate two. First, that Christ came into the world to redeem the sexual nature of man; and second, that all diseases arise from sin in the sexual life. I have previously read the book, it having been sent to me for review, and all I have to say is that the author is so wrapped up in the consciousness of his own personality, and the relations of sexual life in general, that there is not much room in his brain for other ideas. It is the first time in the history of the world, we believe, that it has been urged that Christ came specially to redeem the sexual nature. We have usually supposed that He came to redeem man, wholly and completely, and that the sexual nature constitutes the whole man we are not prepared to admit. Neither are we prepared to agree that all diseases arise from sin in the sexual life. Many of them do, but our position is that sin is a transgression of law, and that any transgression of any organ or part of the human body must bring its penalty; and that men transgress in the stomach and in the brain, in the nerves and through the muscles, just as truly as through the sexual life. The sexual nature, we agree, is a very important part of any human being, indeed is at the very foundation of human life; but that the sexual nature constitutes the whole of life, or that sin therein constitutes the only sin, we must dispute.

Our friend must not become so enthusiastic. The world is wide, and beauty and truth are found on every hand, and if we would be less narrow, less contracted in our views of things, we would not only believe, but see that there is more in this world than exists in Ingersol's "In Health," or in any of the practices that grow out of it. Sin is a transgression of law, and all laws are divine, and from the transgressions arise certain effects or penalties, and he who would be healthy, should learn to obey the laws of his being in toto and not in part. If we remember right, the first sin came through eating, and we believe that men sin through the stomach to-day quite as freely and as frequently as through the sexual organism. Extremes meet, and the truth is found between the extremes. Moderation is the golden rule of health; and hence "let your moderation be known unto all men."

Bowel Complaints.

The season of the year is near at hand in which that class of diseases described by the expressive term, bowel complaints, flourish, and a few words of advice will not be inappropriate. The term includes diarrhœa, dysentary, cholera-morbus, cholera, &c.

DIARRHŒA is simply characterized by a looseness of the bowels, unaccompanied with pain or fever, and may be so mild as to require no treatment whatever. Occasionally it is caused by a suddenly increased activity of the liver, by which large quantities of bile are thrown into the bowels. Sometimes the fluids of the system, occasionally in cases of dropsy, are carried off in this way. Under such circumstances there is nothing really to be done but to be patient and rest. It is a great mistake to employ astringents to stop the bowels. The action is as frequently normal and desirable as otherwise, and in general terms need not be interfered with except to cause the patient to rest and to be cautious in his diet and the use of drinks.

DYSENTERY is a more serious disease, is characterized by pain, severe straining, with dejections from the bowels, fever in greater or less degree, frequent pulse and general suffering. It may be so severe as to be denominated bloody flux, in which the dejections of the bowels are bloody in their character. The disease is to be treated according to the conditions of the patient. It is caused invariably by indigestion. The hot weather of the summer debilitates the digestive organs, at the same time that fresh and crude foods become abundant, and the conjunction of these causes is very likely to produce indigestion. Fresh fruits and vegetables used in moderation, never do produce the disease. Indeed, they are a preventive if anything, but in connection with general bad habits, by which the digestive system is debilitated, and the hot weather in addition, the food eaten is yielded up to chemical affinities instead of being vitalized. It becomes then a severe irritant, irritating the mucous membrane, and often causing positive inflammation of the parts. Irritation or inflammation of a part causes increased action thereof, and hence violent dejections from the bowels. The pain is consequent upon violent action, and the fever is connected with irritation or inflammation. The first idea of treatment is to cease the use of the stomach until it shall have regained its normal condition. The habit of indigestion having been set up, and the secretions become vitiated, almost any food will be passed through the organ undigested, and hence the surest way to recovery is abstinence from all food for a day or two. After the first day, light gruels made of corn starch, or arrow root, or oatmeal with all the coarse particles strained out, or gruel from fine flour, may be used very carefully and moderately, and only when there is more or less appetite for food.

The irritation of the bowels may be greatly mitigated by the application of hot fomentations over the abdomen. These may be continued for 15 or 20 minutes, and repeated two or three times a day if necessary. They should be followed, particularly in the case of fever, by the warm full bath, or warm sponge bath. After every operation from the bowels, an injection of cool water should be had for the purpose of cleansing and soothing the parts. The feces, and all other excretions, have become so vitiated that they continually irritate the sensitive mucous membrane, and hence it is wise to wash it out as well as we can, so that irritation may be reduced.

Be careful that the feet are kept warm and the head cool, and the patient's strength preserved by all possible means. If the patient is feeble, the bed pan should be employed, so that the alvine dejections shall be carried away

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without requiring the patient to sit up. Wet abdominal bandages may be worn around the abdomen night and day, provided the patient is sufficiently warm or has fever sufficient to keep them warm. As the patient begins to recover, great care must be taken not to overload the stomach. A wild fancy formerly connected these bowel-complaints with the eating of fruits, or fresh vegetables, in their season. Salt pork and fine flour bread are much more frequently the cause; but all food should be used in moderation, and people should not allow a gluttonous appetite to drag them into excesses.

CHOLERA MORBUS. Th isis essentially similar to dysentery except that it is connected with vomiting, as well as purging, the stomach as well as the bowels being greatly irritated. The treatment is essentially similar. All food should be withheld until the stomach becomes absolutely quiet. Hot water may be drunk abundantly to wash away the irritating secretions, and allay the irritation, and after the general symptoms have disappeared and there is a desire for food, it can be supplied in the mildest form, as crust coffee, everything strained out and the fluid only drank, very thin gruels, according as it shall be discovered that the stomach can receive them. Do not fear that the patient will die for want of food, if he should happen to go without eating for a day or two. He is much more likely to die as the result of eating while under the influence of the disease, than as the result of abstinence.

Mountain Park.

Our friends will be glad to know that our institution is steadily prospering, extending its influence in every direction, and always, we trust, to the benefit of its patrons. The following we copy from *The Lutheran Observer*, from the pen of Rev. Dr. Swartz, of Harrisburg, Pa. The Doctor while with us has made very great improvement, and we trust that he will continue to improve unto good health.

DEAR BROTHER CONRAD: You are aware that your humble correspondent some time ago, "sort o' got the dumps;" and his generous church council, thinking it might improve their pastor, and perhaps his preaching, too, quietly got together, and, without the pastor's knowledge, drew up a resolution, and sent it to him through their secretary, expressing it as their judgment that the pastor needed rest and recuperation, and gave him a vacation of six or more weeks, as his case might need.

Thus kindly set free, your humble servant set out to find a place free from all sorts of annoyances, noises, and especially from all temptations to preach or in any way officiate for any of the brethren; and, in such "a desert place," simply "*vegetate*," for that is what his Esculapius required of him. After wandering about through various wet and dry places, seeking rest and finding none, he alighted on a certain mountain side in Berks county, Pa., near Reading, called "Mountain Park," a health home under the control of Drs. Mrs. and Mr. Robert Walter. Two other regularly graduated physicians, Drs. Price and Tenney, assist in the care of the patients here gathered.

After inspecting accommodations and surveying the magnificent outlook, I felt that this was the very place for a sleepless, nervous man, with over-worked brain, to get quiet and recover tone. Having for nearly four weeks tested this pure mountain air, excellent soft-water, enjoyed the almost unequalled magnificent scenery of Lebanon valley at this point, with farms, villages and mountains—a landscape of 60 miles in extent; and more, the kind and skillful management of that most genial and attentive of physicians, Dr. Walter, I am able to commend this place, as I do most warmly, to others needing rest and recuperation, as one of the most charming health resorts in the country.

For those to whom the chief attractions of resort are fashion, gay society, dancing and sumptuous living, this is not the place. Here all is plain, quiet and simple. The table, however, is all that a reasonable and healthy appetite could demand. The rooms are ample and have commanding outlooks, the beds, clean and comfortable, the society, composed at present of some fifty persons from various States in the Union, being persons in search of health, is genial and refined, though of course not very exuberant or demonstrative.

If these lines shall give any of my brother ministers or others needing rest and recuperation, what I should have been glad to have had earlier, viz., direction to a first-class health home, I shall have accomplished what no solicitations or bribes or rewards could draw from me, given a hearty endorsement and recommendation of Mountain Park.

JOEL SWARTZ.

Hubbard's Hygeian Home.

We call the attention of our readers to the establishment of a Hygienic Institution in Jackson, Tenn. Dr. Hubbard is an old school physician, who through the LAWS OF HEALTH and other such means, has been converted to the hygienic ideas, and proposes to adopt the new practice as being in accordance with commonsense, and with justice to humanity.

We have heretofore given the doctor all the encouragement we could in his enterprise, believing that the world would be better for many such institutions, and would commend his effort to all persons interested in hygienic treatment. We wish him abundant success.

PROF. MAGNER, whom many of our friends will remember as having spent last summer with us, has just returned for a new vacation, after employing his winter in New York, attending to the drawings and engraving of plates for the great work which he has in preparation on the training and treatment of the horse. The fullness and completeness with which his work is to be illustrated, is only another evidence of the energy, ambition and vigor of the man, which has been greatly aided by his stay at the Mountain Park. I believe his work on the horse will be the most complete one that has ever yet been published, judging from what we have seen of it. Our readers shall hear of it again.

An Additional Premium.

We propose to offer every reader of the LAWS an excellent, useful premium, which under ordinary circumstances would be considered worth all that the journal and premium both cost. We will send a very excellent Pocket Dictionary, nicely bound in cloth, and the LAWS OF HEALTH for one year, all for 75 cts., postage paid. Any of our readers who want to have a handy little pocket lexicon, fully illustrated, will be rejoiced at the expenditure of 75 cts. in this way.

Books for Sale at Half Price.

Good books ought to be a necessity in every family. There is nothing that will so improve, and develop, and enrich young and old, as will good books. The mind, like the body, grows upon the food which it gets, and it is important to supply it with the best. But good books have heretofore been considered a luxury rather than a necessity, because of the great expense. Publishers have not been satisfied with moderate profits, but have been too often exorbitant in their prices.

We are rejoiced that the people need no longer continue illiterate for want of books, for they are now offered at prices so cheap that even the poorest may have them. The following list is sold at from one-half to one-eighth the regular price, and are so cheap that it is wonderful how they can be supplied at such rates. Out of the following list our readers may order with the assurance that they will receive the value of their money:

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We think our readers will be greatly pleased with any of these books, and if they are not satisfactory may return them in good order within 10 days and receive the money, less the postage. Address

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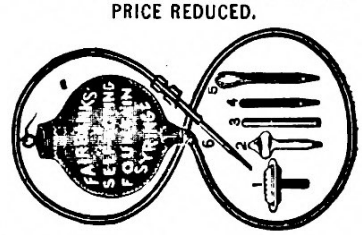

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☞ All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., JUNE, 1880.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems, special and general, while at the same time they tranquilize the brain and nervous systems thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising breathing, bathing, eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

The World Moves.

Fifty years ago nothing was known of the preservation of health or cure of disease except by the swallowing of drugs. The people worked and worried, grew sick and suffered, were purged, bled, blistered and died, and a new generation sprung up to take their places. But wonderful changes have taken place in medical practice and thought, and quite as great in the thought and practice of the people.

Now the intelligent ones flee to the mountains and the sea-shore, either to avoid the sicknesses concomitant to the season, or to seek restoration of health, which has perhaps been long declining. It was a happy day when summer hotels and country boarding houses were suggested and established, but happier still that health institutions have come to exist, in which people may not only rest, recuperate and enjoy themselves, but, at the same time, where skillful ministrations shall win back health and vigor of brain as well as of stomach, nerve as well as of muscle.

That man who devotes himself so steadily to business as to exhaust his energies, wear out the snap of life, make himself a drudge, is not a wise man, any more than he is wise who, having become exhausted, swallows exhausting medicines in the hope that two wrongs will make one right. The world would be richer and men more prosperous if each strove to fulfill his mission, not with the energy which destroys itself, but with that which increases by exercise, and develops by practice. That man is doubly paid, who, while he labors for the necessaries or comforts of life, receives in addition improved powers whereby to labor; while he who labors so as to reduce his capacities can never receive adequate pay therefor. Every effort to-day should not only accomplish something for the day, but should prepare for something for the future, and life doth not consist in the abundance of things which a man hath, but *in what he is.* To be a man physically, mentally and morally, with great capacities and powers, is of infinitely greater consequence than to be a framework upon which to hang other people's cast off garments, or the world's dross for other people's uses. Without health even life is too often of doubtful value; but with health, vigor, powers of endurance, capacities to do and to dare, life is a "treasure sublime."

Dyspepsia; A National Disease.

In the European countries, whence our ancestors came, there is little known of this disease, but in this land of freedom it is a national characteristic. The explanation is found in the fact that dyspepsia is a disease of debility, or in other words results from depletion of the vital resources, and whether we consider it as a disease of the stomach or of the general system, we will find ample causes for its existence in the peculiar habits and conditions of the American people. In the first place, Europeans are, with comparatively few exceptions, restricted in their diet; and when they are not, the results of excesses in eating and drinking are shown in diseases with other names. Gout, rheumatism, apoplexy, paralysis, dropsy, etc., are each of them the result of causes which under other circumstances would have produced dyspepsia. In other words, while the Englishman has the gout and the German the rheumatism, the American suffers from nervous dyspepsia.

The American people are great workers and great eaters. They work excessively and so use up the vital resources, and are called upon to eat in great degree, if not excessively, in the attempt to restore the balance. This working tendency is the result of their conditions. First, we live in a new country with forests to be felled, the ground to be broken, cities to be built, bridges and railways and other engineering feats to be accomplished, and every active, wide-awake man is strained to the utmost to accomplish the greatest results in the shortest possible time. We work, drive, push, as no other people on the face of the globe do, and it is not wonderful that we become depleted in vital resources. This activity is the result, partly, of the climate. We have a dry, stimulating, exhilarating air, with a superabundance of sunshine, and as a consequence are wide-awake, active, and ambitious. An American would be thrown into fits if he were called upon to endure a London fog this side of the waters, or the damp, chilly air of old Germany. "Surely," he would say, "this cannot be a healthy country," and yet somehow the Germans and the English possess a degree of robustness which is not common among American people. The dry air of America stimulates to excessive activities, and hence tends to the exhaustion of vital power, while the damp, foggy atmosphere of European countries depresses vital activity, and tends to the conservation of vital power. So the German grows rotund, strong, easy, phlegmatic; while the American grows lean, lank, active, intelligent, wide-awake, and becomes exhausted. Dry, stimulating air is not necessarily the best air in the world, though for certain conditions it is very important.

In addition, the American people, at least those which spring from New England stock, inherited ambitious and active tendencies. Our forefathers fled to these shores to escape religious persecution. They were men of conviction, strong, active and tenacious in the maintenance of these convictions, and that very fact causes them to be the progenitors of a race of people similarly constituted. High ambitions and vigorous work tend to exhaustion, and so to the production of the dyspeptic type.

But the American people, we have said, are great eaters. The land is a land "flowing with milk and honey," and while our European forefathers were compelled to live carefully, prudently, from want of the wherewithal, earning their bread only in the sweat of their brow, the American people have been the victims of a productive soil and an abundant material.

Gluttony is one of the causes of dyspepsia, though not by any means the only cause, and the American people are no more disposed to be gluttonous than the people of other nations, though their opportunities therefor being greatly superior, the facts must be acknowledged to account for legitimate results.

The American people are a people of intense thought. Social, political, governmental and religious questions are ever before their minds. While the people of despotic Russia or Germany, or even liberal England, think but little on governmental questions, having handed their political salvation over to the hands of a few, American people are continually excited to the highest pitch of intensity on political and governmental questions. The newspaper press is a powerful influence in stimulating thought, and consequently using vitality, which, in con-

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nection with bad habits, produces general exhaustion of vital resources and consequent dyspepsia. It is astonishing what an amount of vital power is used up during every presidential campaign. Aye, during every election for governor or state officers. Thousands on thousands are now straining every nerve to the utmost tension, and tens of thousands sympathize with them, and from now until November the god of dyspepsia will strut through the land claiming thousands for his vassals.

But there are still other reasons; tobacco, whiskey, tea, coffee, drugs, though not peculiar to the American people, are used by them in greater degree than by European nations, and what the result to future generations will be it is hard to define. There are the best reasons for fearing that the original American, like the aborigines of the country, will become extinct, and that this land with all its worth, will be peopled from other nations whose opportunities for life and health have been more favorable. We commend to our readers the thought that all who would live long in the land and enjoy health, peace and prosperity, should learn the laws of health and live in obedience thereto.

The Hot Weather

is here early in the season, and with it comes liability to physical prostration and disease. A great many become sick during the heated term, who might maintain good health if a few hints were whispered in their ears in time. It is important to avoid continued exposure to the hot sun so early in the season. The system becomes accustomed to the heat as the season advances, so it can bear a high temperature without special discomfort; but care should be exercised at first until the organism can tolerate the new atmospheric condition.

Care should also be taken as regards eating and drinking. Sunstroke is usually caused by the use of spirituous liquors, in connection with the heat of the sun. Together these agencies serve to unbalance the circulation much more than either would alone, and often do it to such an extent as to produce congestion of the brain. Sunstroke and apoplexy are similar conditions, caused by great pressure of blood upon the brain. Nothing should be drank but water, and that should be avoided for at least three hours after each meal. Very few people have sufficient digestive power to enable them to endure taking large quantities of cold water into the stomach at the same time it is digesting food. It interferes with the process of digestion, and the terrible diseases that come later in the season, such as diarrhœa and dysentery, may often be directly traced to the practice of drinking whenever thirst demands, without reason or care for consequences. Water may be drank within half an hour before meals, but not soon afterwards.

The matter of diet in hot weather is of great importance. Many are in the habit of eating not only three times a day, but they also take lunches between, and very many nibble when they feel like it, with no regard for regularity. This practice cannot be denounced too severely, for it will make any man sick, unless he has a stomach like an ostrich. Flesh meats should be used sparingly in hot weather. The best diet is composed of the fruits of the season, unleavened bread, and a variety of vegetables that are moderately easy of digestion. A little care in these matters is all that is needed to make the coming summer a healthy season. People do not get sick from accident, nor from a dispensation of Providence;—except as they are punished for transgressing the laws of nature.

Tobacco and Scholarship.

Tobacco, opium, alcohol, tea and coffee, stimulate the nervous system, causing it to exhibit an extraordinary amount of power for a time; but after the effect of the poison has gone, the system sinks as far below, as it was raised above, the ordinary level. If this excitement aided the nutritive powers in any way, it would not work such injury to the organism; but, as it is, it exhausts in every direction. If a man takes exercise, it tends to wear out the organs called into play; but at the same time it promotes nutrition and assimilation. Indeed, the greatest health and activity of these functions cannot be reached without such exercise, and so there is complete compensation. But tobacco and other stimulants cause waste, which they in no way help to repair; hence exhaustion of vital power increases as long as they are used. As a natural consequence, tobacco so dulls the intellect, and blunts the finer feelings of the man, that neither the finest scholarship nor the most exalted culture of the feelings are consistent with its use.

Some statistics just published in regard to the use of tobacco in Yale College corroborate the above statements:

"Each class is graded in divisions according to scholarship, the best scholars being in the first, and so on down to the fourth, where they are, in the slang of the campus, 'not too good' scholars, but 'just good enough' to keep hanging by the eyelids. In the junior class it was found that only 10 out of 40 in the first division were addicted to smoking; 18 out of 37 in the second; 20 out of 27 in the third; and 22 out of 26 in fourth. The proportion of smokers, it will be observed, increases in regular ratio with the falling off in scholarship. The obvious inference is that fumigation does not promote education."—*N. Y. Tribune.*

When a man begins to use tobacco he can think better with than without it. If he continues its use, after a while he cannot think at all unless he is under its influence, and he may accept the delusion that it has really augmented his thinking power. If a horse is driven under the lash, he will go faster for a time; but if it is continued day after day, he will become so exhausted after a while that he cannot be urged forward without it; but no sensible man supposes that he gains anything by the process in the long run. He prefers "long oats and short whip stalks;"—the accumulation of strength through nutrition, rather than the exhibition of power that is inevitably followed by exhaustion.

How to Get Sick.—No. 2.

By J. A. Tennet, M. D.

Despondency. Almost everybody has seasons of looking on the dark side of life; but occasionally we see people who utterly refuse to see any other side. They are born without faith or hope, and they cannot be made to see the importance of cultivating these heaven-born and heaven-tending qualities. One of these born misanthropes was asked in regard to his health, when he replied, "I am a great deal worse than I was, and never was any better. I am afflicted with everything in general, and nothing in particular, and that is what has carried off all our folks." Such people are often in a hopeless condition, and the best we can do for them is to leave them, joined to their idols. They would grumble at the accommodations in heaven, if they should ever get there.

But there is another class of people who really desire to be thankful, but they are naturally despondent. They hope all will turn out well, but they rather expect the worst that can happen. It is a good thing for such people that Thanksgiving-Day comes around once in the year, for it gives them an official warrant for gratitude. If they cannot see anything to be thankful for, they can at least go to church and listen to a cheerful sermon, or read the president's proclamation. They need help of some kind to get them out of their own shadows.

If these people get property, they fear that they shall lose it all; and they fancy if such a calamity should happen, they could not live another minute; but people do live that never own any property, and they are often happier than those who are rich. They form friendships, but they are in a constant tremor for fear their friends will leave them alone in the world, upon the slightest provocation. They have children perhaps; but they watch them with feverish anxiety, interpreting every flush of exercise, or cry of indigestion, as the precursor of some deadly disease. If their children should die, they never for once think how great a blessing it has been for them to have the society of their little ones, even for a short time; but they forever renounce all the pleasures of life, and spend the rest of their days wailing for the lost ones.

These people require too much. If they could see things as they are, they would think of the gladness they have enjoyed, and not dwell upon their privations. If riches take to themselves wings and fly away, if they earned them once they can again. If they have lived

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upon the earnings of others, it is better to be poor and independent than to wear dead men's shoes. If their friends leave them, they are no worse off than they were before those friendships were formed; and if they even lose their children, they are as fortunate as they were before their children were born.

More than this; there is no loss that does not bring great gain with it, and if our eyes are open to see the compensation inherent in all the changes of life, we shall be sure to find it. Every loss brings a gain, and every sorrow is the forerunner of a great joy, if we will only receive it as it comes to our hands. Privations come to us to take this demanding spirit out of our natures, and teach us humility and thankfulness, as nothing in the world but privations can.

"This truth was borne by bier and pall,
I felt it when I've sorrowed most,
'Tis better to have loved and lost
Than never to have loved at all."

Looking on the dark side of things not only makes us and all around us wretched, but it tends to produce all manner of nervous diseases. It depresses every bodily function, and leads to premature death. The better we are satisfied with this life, the longer we shall stay in it, and the more good we shall do. If we go along like slaves dragged to a dungeon, we shall multiply our physical chains as we go along, as surely as the mind rules the body. Indigestion, spinal irritation, headache, neuralgia, hysteria and insanity result every day from the habit of brooding over troubles that will never arrive, and from refusing to give up blessings that came, like yesterday's sun, to gladden the past.

The first Napoleon was thrown violently from his carriage one day against a post by the side of the road, and was taken up for dead. But he lived, and remarked several days after to a courtier, "I have demonstrated my theory of the power just of the will. Anybody else would have been killed by such an accident; I resolved to live, and here I am." Our will power and our physical states are more closely connected than most people imagine.

Questions Answered.

By Robt. Walter, M. D.

Question. Will the boiling of water improve its quality, provided it is known to be not the best? *2nd.* Is honey good food for me? *3rd.* Will the use of oat meal aggravate my tetter?

W. S.

Answer. Boiling improves the quality of hard water very considerably, by precipitating the lime which makes it hard. Vegetable growths are also destroyed thereby, but other mineral or animal impurities are probably not removed. The boiling of water will certainly not injure its quality and may improve it, and hence if water of doubtful character must be used, I would boil it first, and if possible filter it afterward. *2nd.* Honey is not good for any person, let alone a person suffering from skin disease. It is too concentrated, even if nothing worse can be said of it. *3rd.* It has been asserted that oat-meal does tend to the aggravation of skin disease. It would be well for you to dispense with its use for a time, and see what the results are. I know that oat-meal does not produce skin disease, nor in ordinary cases have any influence upon it, but whether in some individual case there might be a constitutional peculiarity which would make it injurious, I am not prepared to say.

Question. What are some of the causes of diabetes? Can it be cured in any stage of the disease?

Answer. Diabetes is the result of faulty nutrition, which, in other words, means a debilitated vital system. Physicians have never been able to decide as to the location of this disease, or as to what the immediate cause is. Diabetes is divided into two kinds; the one representing simply an abundant discharge of limpid urine, while in the other the urine also contains considerable quantities of saccharine matter. In addition to the augmented flow of urine there is excessive thirst, progressive emaciation, abnormal appetite, and usually a hot, feverish condition of the system. There is but one cure for this disease or any other, and that is to restore vitality to the organism. To this end all processes which will mitigate the symptoms, relieve the patient of suffering, enable him to rest and so accumulate vital vigor, improve his circulation and consequently his nutrition, are to be employed. The water treatment is peculiarly efficacious in relieving heat, softening the skin, restoring its action, and may be employed patiently and persistently. Diet is not to be neglected, though we do not agree in the plan of restricting the patients to a flesh diet. We have yet to learn of the case that has been cured in this way, while we know that patients have been restored through hygienic processes.

"Can it be cured in any stage of the disease?" Of course it cannot, nor can any disease known to man be cured in any and every stage. Where there is capacity for recuperation in an organism, diabetes is curable just as surely as any other disease, but if exhaustion continues rather than recuperation, of course the patient must die sooner or later. ***Diabetes mellitus***, in which the urine contains quantities of saccharine matter, is a disease which is of serious importance, and while many cases might be cured under proper treatment, nearly all die under drug processes.

Question 2. What course of life would you recommend for young persons who may be predisposed to consumption?

Answer. I would recommend that all such persons obey strictly the laws of health. While others may violate and suffer and yet have power to recover only to violate again and suffer, those who are predisposed to consumption are not likely to remain long in continuous violation of the laws of health. They must be more careful than people ordinarily are, to breathe abundantly of pure air, drink pure water, eat good wholesome food, get abundant out-door exercise or labor, have an abundance of sleep, restrain the passions and mental emotions, and cultivate a quiet and faithful dependence upon God and nature. Indeed, all the processes of the nutritive cure, as employed here, are very important, and if they were employed patiently and continuously, I do not believe that one person out of a hundred, who has hereditary tendencies to consumption, need have the disease. Foul air is one of the great causes of consumption.

Question 3. Dropsy. What are some of the causes of dropsy? Is milk a remedy?

Answer. Surely the writer needs to investigate nature's teaching upon the subject of disease and its treatment. "Is milk a remedy?" What vain, fevered, excited, absurd imagination, ever suggested it as a remedy? The idea never came in any other way than as a wild freak of imagination. Milk certainly has no curative power. We affirm this, because in addition we affirm that there is no remedy in the known world for any disease, except obedience to natural law. Dropsy is caused by the very same means that diabetes is, and is a disease analagous, the chief difference being that while excessive quantities of water are carried off in diabetes, they are retained and infiltrate through the tissues in dropsy. Good nutrition, recuperated vitality, restored digestion and assimilation, are the processes by which dropsy, as well as the other diseases, are to be cured. We have not yet failed in a single case to permanently relieve, and where we have had time and opportunity, to effect a permanent cure. We do not affirm that all cases are curable, but we do say that our experience has been exceedingly encouraging.

Question 4. What induces erysipelas in the face? Is it a slight affair, or does it require immediate attention?

Answer. I believe that every patient who gets an attack thinks it needs to be attended to immediately, but as soon as he is over the immediate exhibition of the symptoms in the face he forgets all about the causes. Erysipelas in the face is a serious and even a dangerous disease. It shows an inflammatory condition of the blood, and a tendency to exhibition around a very important vital organ, the brain. Painting with iodine, sugar of lead, or other processes to reduce the inflammation, are palliative of the disease, but in no sense tends to eradicate it or relieve the system of the causes. Erysipelas is essentially a blood disease, resulting from the use of bad food, impure air, impure water; or, what amounts to the same thing, a deficiency of breathing, imperfect digestion, or obstructed condition of liver and kidneys. A complete and radical cure must come only through building up the system in such way that the liver, lungs, kidneys, bowels, stomach, and skin, shall perform their functions more vigorously by supplying pure material to the organism. The use of salt pork is wonderfully productive of erysipelas. So are alcoholic drinks, and beer, particularly the latter. Indeed, to cure this disease, as all other diseases, one needs to live healthfully.

Question. In speaking of the great majority of men suffering from too frequent eating, you have remarked that the editor recovered from dyspepsia by eating but once a day. Please inform us what type of dyspepsia is more benefited by one meal a day than by two. Can you recommend it to any but those who ought to nearly go without food for several days?

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Answer. Vigorous patients who have suffered from mucous, or muco-nervous dyspepsia, in which the bowels are constipated, liver torpid, tongue coated, bad taste in mouth, etc., may be benefited by eating but once a day for a time, but in ordinary cases I do not recommend the plan. I know it has been serviceable in my own case and in others, but in the great majority of cases I would advise two meals a day instead of either three or one. Eating heartily and then giving the stomach time to rest, is a great plan for developing power in that organ, and if a person is able to endure the privation of food for a length of time and then use it abundantly, it will redound greatly to his benefit; but few persons can do so.

SALT AS FOOD. Is it true that salt naturally exists in the blood? Will entire abstinence ultimately destroy life? Food without salt is insipid; is this natural or abnormal? Salt boiled with food will, it is stated, prevent the nutriment from boiling out of it; if so will this benefit counterbalance any possible injury from its moderate use? Is there no known substitute for salt? C. A. H.

Answer. Chloride of sodium, the technical name for common salt, is found in the blood of all animals, and is supplied to it through the food that is eaten, whether that food is salted or not. Chloride of sodium is found in wheat, potatoes, fresh meats, indeed all natural food, and, it is our opinion, exists in these in sufficient degree for the wants of a human organism in its normal state without any addition. Entire abstinence from food containing chloride of sodium, would end in death; but it would be next to impossible to find food that does not possess the elements in some degree. Food without seasoning is insipid to those who are in the habit of eating it with seasoning, but let a person become accustomed to eating food without salt, and the salt becomes positively disagreeable to him. This we have proved by actual experiment. Salt is of no service whatever in retaining nutriment in food. There is no known substitute for salt. We consider that the use of salt in the degree common with the American people, is decidedly a cause of disease, and its disuse has, in many circumstances, relieved patients of serious diseases. Kidney and bladder diseases are peculiarly aggravated by the use of salt. So are liver diseases, and persons suffering from these forms of disease should surely reduce the quantity if they do not abstain entirely. We do not advise sudden and total abstinence from common salt, because the organisms of people having thoroughly become accustomed to its use, would be injured by a sudden withdrawal of it. We always advise gradual changes in preference to violent ones, but the spices and seasonings, commonly used to make food palatable, are injurious to it as a rule.

Question. Will you please tell us the best way to remove inherited humors from children, if it can be done? Can anything more than general hygienic living be done? F. W. W.

Answer. There is a general tendency in children who are reasonably vigorous, to eruptions, upon the face particularly, especially where they eat food which contains unwholesome matter in any degree. Common salt, salt meats, bread that is raised by yeast or soda, soda biscuits, crackers, indeed any food which contains impurity, that is, has any matter ontside of pure nutritive material, is liable to be followed by eruptions upon the face and head; upon these organs because they are more exposed to changes of temperature. The best way to cure such eruptions is by supplying only the purest, plainest and most wholesome food, with pure air and pure water. There is little, if anything, that can be done by local appliances. It is essentially a blood disease and can be cured only by purifying the blood, and hence to take into the system only pure material and then invigorate the organs which use it, so that pure blood shall be produced, is the proper course.

Question 1. Is it injurious to read or study immediately after eating? If so, why?

Question 2. Do you endorse Professor O. S. Fowler's cure for genital or seminal weakness?

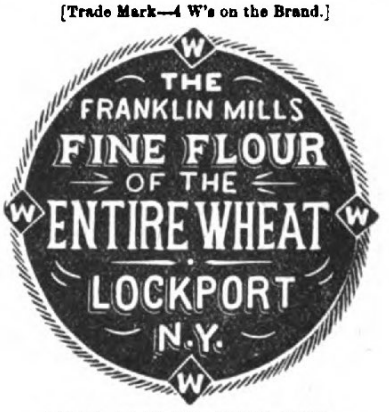
Question 3. Weak eyes. A friend had naturally strong eyes, but while teaching school last winter, he would read while the school-house was warming, when he found that his eyes seemed to get dim, caused by a kind of water coming over them, and in the evening he did not dare to read much. The lids are somewhat inflamed, and the March winds of this spring made them worse. There are reddish looking spots on the outer colored part of the ball. When he reads, little veins form in the white of the eye and center toward the colored part, which disappear after he quits reading. His general health is reasonably good. What is wrong with them, and what is the remedy?

Answer 1. Light reading or moderate study after meals, will not injure a person who has sufficient vitality to carry on both mental and digestive operations at the same time, but if for any reason the vitality is depleted so that there is not a sufficiency for vigorous operations in various directions, reading or study will tend to determine the vitality from the stomach, and hence reduce digestive power. A man in perfect health should be able to study hard even while the stomach is digesting food, but the majority of persons would do better to study in the morning before eating, or at other times when the stomach is not laboriously engaged.

Answer 2. Prof. Fowler is, in general terms, excellent authority on sexual science. I do not know what all his teachings are, but in general terms I know that his theories are excellent. I can give no remedy but obedience to natural law. Wet compresses over the small of the back, are frequently very excellent in any diseases of the pelvic organs.

Answer 3. Your friend used his eyes severely, thereby drawing the blood to them, at the same time that he stood in the cold room, getting the extremities and surface of the body chilled, thereby driving the blood to the part which was exercised. The result is congestion of the nerves of sight. This is why he has veins appear, and red spots, and weakness. In order to be rid of the trouble he needs to reverse the operation, cease the use of the eyes as much as possible, and apply cold compresses to them at the same time that heat is applied to the extremities and surface of the body. If he will be as persevering in the treatment to get well as he was in the treatment calculated to make him sick, he will probably recover. It is true that under other circumstances a person might not produce congestion of the eyes by the same plan, but no doubt there is more or less of a scrofulous condition of the blood, with an inactive condition of the liver, and hence a tendency to diseases of the mucous membrane. We hope he will patiently and persistently follow the treatment prescribed.

[Trade Mark—4 W's on the Brand.]



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VOL. III. READING, PA., JULY, 1880. No. 3.

Water;—Its Uses and Abuses.

BY ROBERT WALTER, M. D.

THE TRUE PRINCIPLES CONSIDERED. We repeat the truth which ought to be well-nigh self-evident, that neither water, nor air, nor food, nor, indeed, any other substance outside of the human organism, possesses in itself any power whereby to cure that organism. The power resides in the man, and not in the matter which is employed by him. Baths, however, supply a *condition* for health. They are frequently necessary whereby to enable the vital forces to express themselves normally. This will be rendered more readily apparent from a consideration of the symptoms which exist in most cases of disease.

One of the first conditions of disease is represented by a failure of the vital organs to circulate blood into the surface and extremities. This may result either from obstruction, or from deficiency of force. The important organs of circulation are situated in the center of the body, and by virtue of force residing in them, the blood is thrown to the surface. Any obstruction, while it obstructs the process, increases the labor of the central organs, thereby reducing the patient's vital power. And, as will readily be seen, the task of circulation at a distance from the chief organs of circulation is greatly increased, and failure of the varied vital processes must follow. It is comparatively easy to have an abundance of heat at the point of combustion, but a more difficult thing to have that heat carried long distances. Steam will be abundant in the parts in which it is generated, but friction reduces both force and volume as it travels outward. Just so when circulation fails in a human organism, it fails first and chiefly in the extremities and surface, the points most distant from the central circulating organs. The external skin is one of the first organs to suffer; it fails to nutrify, becomes torpid, depleted, and therefore incapable of performing its functions. As a consequence the perspiratory glands become clogged with material which should have been removed, and hence an additional source of ill health. Bathing supplies an efficient means of softening the glands, diluting the excretions and facilitating their exit, and in connection with rubbings, improves circulation and consequent nutrition and power in this important organ.

The skin is one of the most important organs of excretion in or upon the body; it performs scarcely less work than bowels, liver or kidneys; and hence to cleanse it of retained impurities, and facilitate nutritive processes in it, is an important excuse for bathing. This was no doubt an argument in favor of the water-cure of 20 years ago. The promotion of the functions of the skin was considered of great importance, and patients were bathed excessively in the great majority of cases. The practice of bathing to excess has not by any means ceased, though perhaps not now carried to so great an extreme as formerly.

Another reason for bathing invalids, urged by the water-cure fraternity, a reason which we consider fallacious and to be particularly rejected, was that it excited the varied organs of the body to increased activity. In a word, water-cure was a powerfully stimulating system, and all stimulating processes, as we have heretofore shown, are processes of exhaustion and not of recuperation. A stimulant is a substance which excites an organ or organs to extraordinary activity, causing them to put forth extraordinary strength, and, of course, having put forth the strength and used it, they do not at the same time retain it. What a man uses vitally is not hoarded, but is spent, and unless he gets adequate results he will soon be a bitterly impoverished man. To use water as a stimulant to a single organ of the body may be admissible in a given case, but general stimulation, continued for a length of time, is always disastrous.

The external skin of invalids is frequently dry and rough; bathing will soften it, lubricate the sweat glands, and restore its naturally smooth condition.

In inflammation there is nothing equal to water-cure processes. An inflammation is characterized by pain, heat, redness and swelling, each one of these symptoms representing increased vital activity in the parts. This activity may be the result of a wrench, strain, obstruction, or any irritation, and water is one of the most efficient means possible for relieving the conditions that need to be relieved. The pain, redness, heat and swelling, are caused by an increased flow of blood to the part, as the result of the increased vital action, and this flow of blood is not to be deprecated, provided it can be sent forward upon its mission as rapidly as it arrives; in other words, a thorough circulation through a part is never to be objected to, but the inflammation means increased action with obstructed circulation. The swelling is caused by increase of fluid in the part; the redness, increase of blood; the heat, increased vital activity; and the pain is due to pressure upon the blood vessels and nerves. Proper water appliances will reduce inflammation with a certainty that is marvelous, both by reducing heat as well as by facilitating the circulation through the part. Increased heat is an essentially morbid condition, because it is the basis of the swelling, redness and pain. If this heat can be evaporated as rapidly as it is produced, of course there is no inflammation. Water-cure processes will moisten the skin and evaporate the heat with great rapidity, and without doing violence to the vital instincts.

The form of appliance which we advocate in simple local inflammations is either the wet compress which shall simply keep the part moist, lubricate the sweat glands and evaporate the heat; or in cases of sprains, bruises, or other injuries to extremities, which are not essentially vital centres, we employ more vigorous appliances, namely: the hot fomentations, or holding the parts in water as hot as can be borne for ten to fifteen minutes, to be followed by the cool or cold douche. A sprained ankle will be relieved as certainly and as readily as by any means known to man, by putting the feet in hot water for ten to fifteen minutes, then pouring cold water on until it aches; replace it in the hot water, and follow with the cold water; or if the heat be great and the patient vigorous, the cold douche alone is sufficient. This treatment may be repeated several times a day, or continued until the pain, redness and swelling have subsided. More vital parts may be subjected to the hot fomentation, followed by the cool compress, or rubbing with the hands wet in cold water. The fomentation is recommended as a means of relaxing the tissues and so relieving the pain, and, in connection with the following douche, of increasing the circulation and consequent nutrition of the part.

In many cases of inflammation, prompt and efficient treatment is required, or death from obstruction may ensue, as in croup, which is essentially an inflammation of the larynx, the membrane representing the intensity of the inflammation; as in diphtheria, in pneumonia, in inflammation of the liver, kidneys or other internal organs. The treatment should be applied to withdraw or drive the blood from the inflamed parts. This is done by the hot bath to parts of the body that are not inflamed, with cold compresses to the parts that are inflamed.

WATER-CURE FOR CROUP.

Membranous croup has always been considered a dangerous disease. The membrane is simply the result of violent inflammation of the larynx. Wherever an inflammation of a mucous membrane takes place, whether it be of the nasal

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passages, of the throat, stomach, bowels, or bladder, mucus is thrown out as a means of protection, or as the result of increased vital activity of the membrane, and this mucus, if not carried away, becomes dry and tough, forming an actual membrane. In a case of intense inflammation of the larynx, this membrane forms rapidly, dries quickly, as the result of the great heat, and in the efforts of the patient to breathe it becomes detached and thrown across the windpipe, causing the patient to be strangled. Two things are necessary to cure in the most desperate cases: First, to withdraw the blood to the surface of the body as rapidly as possible, and second, to reduce the heat at this vital point so that the membrane cannot be formed. The hot bath is the first step in any case of croup. Let the patient be immersed in water as hot as can be borne and kept there for five, ten or fifteen minutes, until perspiration is, if possible, induced. Immediately follow with, or indeed apply to the throat while in the hot bath, cloths having in them layers of pounded ice, and perhaps have the patient hold in the back part of mouth small lumps of ice, which will prevent the heat from accumulating, and consequently prevent the formation of the membrane. If relief be not fully obtained, the wet sheet pack may follow, and be continued from twenty minutes to one hour according to the vigor of the patient and the persistence of the fever. This treatment will not only bring speedy relief, but is a certain preventive in any case in which there is vital vigor in the patient sufficient to react. Without this vigor no treatment will avail.

The treatment of diphtheria is similar, because the symptoms are essentially the same. In addition, however, there is great impurity of the blood, which is eliminated by the wet sheet pack following the hot bath; while the ice to the throat prevents the growth of the germs or false membrane, very mild disinfectants may be applied to the fauces and throat. While croup is readily curable in its first stages, diphtheria may possibly be incurable in any stage, though our experience and observation go to show that in nine cases out of ten even this disease will positively and readily respond to water-cure. Of course the diet and general hygienic arrangements of the patient must be considered, as well as the application of water; but these are beyond the scope of our present article.

Inflammation of Lungs is another serious and even dangerous disease, which may be promptly relieved in the first stage by hot bath continued until perspiration follows, followed by cool compresses to the chest. The patient's extremities should certainly be kept warm, if by the application of hot bricks thereto, while the chest, front and back should be kept moist and cool, unless there is very great feebleness. If there is great feebleness with severe pain, hot fomentations may be applied, followed by the cool compresses. The wet sheet pack is often very serviceable in this disease, to be preceded, in many cases, by the hot bath. Similar treatment may be employed in all cases of inflammation, whether of brain, stomach, liver, bowels or kidneys. Let the surface and extremities be thoroughly heated by moist heat, if the patient is at all feverish, while the inflamed part is kept cool by cooling lotions. Warmth to the part that is not inflamed tends to a withdrawal of the blood from the inflamed part to the parts which are necessarily suffering for want of blood; and consequently tends to reduce the heat, relieve the engorgement, and restore health.

Whole Wheat Flour.

A little more than thirty years ago, what is termed Graham flour was first introduced to the American people, and during those thirty years it has been used with increasing satisfaction by thousands. True, there have always been objectors who have urged that the bran scratched unduly their internals, and whose stomachs were ever too sensitive to endure coarse food, but thousands of dyspeptics, and others who had suffered from stomach derangement, have found great benefit from the use of the unbolted wheat flour nevertheless.

Within a few years a new process of preparing whole wheat flour has been introduced, and it surely ought to satisfy the demands of the most fastidious of such persons. The plan is to separate the outer husk or hull from the internal skin, leaving the phosphates, and all the other nutritive elements of the wheat for use. The Health Food Company of New York has, through extensive advertising, brought to the attention of the people the desirability of this kind of wheat flour, and though it cannot be said to be alone possessed of every element that should make the most desirable of foods, it nevertheless has advantages, and for some months the Drs. Walter have been investigating the subject, preparatory to introducing the new flour into the new institution.

Franklin Mills, Lockport, N. Y., under the direction of the original inventor of this plan of hulling or peeling wheat, is offering to the public a very excellent article, and we have chosen both to use in our institution, and to advise to our patrons, the flour from their mills. We do this because the flour is manufactured directly by the parties who offer it for sale, and who are therefore more likely to furnish the pure article than other parties who purchase it from millers and sell it second hand. We are using the Franklin Mills whole wheat, cold blast flour, and can commend it to all persons who for any reason do not wish, or cannot use the unbolted wheat meal or Graham flour which has been so long used. We are not of opinion that it will supersede, or ought to supersede the use of Graham flour. There are sensitive stomachs, no doubt, who would receive and appropriate the one, while they would be irritated by the other; but the condition is quite as frequent in which the mechanical agency for cleansing the bowels furnished by Graham flour is necessary. One of the great evils of dyspepsia, whether existing in slight or great degree, is that the alimentary organs do not thoroughly cleanse themselves; that is to say, the feces are frequently too concentrated, containing in too great degree effete matter, with too little neutral material both as a vehicle for transmission and as an absorbent of the gases and semi-liquid impurities. We hold that as the perspiration is $\frac{1}{10}$ water for the purpose of removing $\frac{1}{20}$ solid material, and the urine $\frac{9}{10}$ water as a simple vehicle for transmission of the other tenth of impurity out of the system, so the feces should contain a large quantity of neutral material, as a vehicle which shall take up and absorb impurities and carry them away that if too concentrated would not be carried away, and if retained would produce untold mischief. Bran as an absorbent of impurities is an important element of food, and cold blast flour can never take the place of Graham flour in this respect; and yet we welcome the cold blast flour to our tables as being a valuable addition to the general preparations which constitute the staff of life.

We believe that the Franklin Mills flour will take its place as the first in the market, and as such we commend it to our readers.

Candy for Children.

It should be borne in mind, by all who have the guardianship of children, that their stomachs are much more tender than those of adults. It takes very little to destroy a child's appetite, or its powers of digestion. Almost every mother looks upon her child with great anxiety, fearing it will not live to grow up, because so many children sicken and die from the slightest apparent causes. The feebler the child, the greater care should be exercised in relation to all its habits, and especially as to its diet.

One of the worst abuses of parental care and responsibility is feeding small children with candy. Pure sugar is an antiseptic; that is, it tends to preserve dead flesh and other substances by abstracting the water which they contain. But if sugar comes in contact with living tissue, it abstracts the water which that tissue contains, producing an inflamed condition. In this way it tends toward the destruction of living tissue, instead of its preservation. It is because of the inflammation produced in the stomach that we feel thirsty after eating a large quantity of sugar; and if the practice is

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continued, the consequent inflammation becomes chronic. The appetite becomes deranged, and the whole system becomes debilitated in consequence, when there is unlimited opportunity for the worst diseases to prevail without hindrance.

Candies produce mischief in other ways besides exerting a pernicious effect upon the stomach. Sugar is eliminated largely by the liver, and if the amount taken is too great to supply the needs of the system, that organ is taxed beyond its endurance; it gets tired, or becomes torpid, as the condition is called, and constipation is the result. The blood is filled with waste and poisonous material, and a fever or some bowel complaint comes to the rescue, to rid the clogged system of its impurities. It is a fortunate thing in such cases if there is vitality enough left to successfully expel the accumulated poisons, and restore the child to health. The danger of surfeiting the system of a child with sweets is not sufficiently kept in mind by parents. The use of candies is one of the greatest causes of the long train of diseases which arise from disordered digestion; and these include almost every disease that afflicts infancy and childhood.

Impure Water.

The more people huddle together in cities, the more difficult it becomes to obtain pure the absolute necessities of life, such as air and water. The supply of water for our large towns usually comes from rivers or lakes, which are impregnated with vegetable and other matters, in a state of putrefaction. When animal tissues and excretions, in a state of decay, are taken into the system in drinking water, they cause the most frightful ravages of typhoid fever and diphtheria, wherever such water is used; and while vegetable matters are less harmless in their effects, still they are by no means inert.

At the present time, an epidemic is prevailing at North Adams, Mass., which has already affected more than one thousand persons, keeping all the physicians of the place at work night and day. The terrible scourge resembles dysentery, and has so far baffled the skill of the physicians. There is little doubt that the trouble originates in the impure water of the reservoir, which contains the living germs found in stagnant water. These germs are known to multiply themselves under certain conditions, and it would seem reasonable that such conditions would be found in the impure blood of depleted people. To illustrate: it is an experiment easily tried to mix half a pint of the sharpest vinegar with an equal quantity of dissolved glue. In two or three days of warm weather it will be found, that the animalculæ or "eels" which the vinegar contains, will be multiplied by thousands. So if the germs found in sewers, are placed in an apple—which is a good thing to experiment with—they will reproduce themselves by myriads. These facts show the evolution of disease germs in certain vegetable matters; and by analogy, it looks plausible that a similar change might take place after the germs are introduced into the blood.

But whether this theory is true or not, it is certain that impure water causes the most distressing and fatal diseases, and the question to be solved is, how can the inhabitants of large towns get pure water in the summer time? This query is not very easy of solution, although it might be met if people would only take the necessary pains to pass all their drinking and cooking water through a good charcoal filter. This would remove all the vegetable and animal impurities from the water, and make such terrible scourges as that at North Adams impossible.

Sleep.

By L. Jones Price, M. D.

"Tired nature's sweet restorer, balmy sleep!
* * * * The wretched he forsakes;
Swift on his downy pinions flies from woe,
And lights on lids unsullied by a tear."

Dr. Dunglison says: "Sleep is the repose of the organs of sense, intellectual faculties, and voluntary motion." During this repose, recuperation of these organs takes place. If sufficient sleep is not obtained, these organs become deranged and thrown into a state of nervous excitement. All organs and functions demand a certain quota of rest in order to recuperate. The latter can not take place without a partial suspension of activity. Persons are numerous who are unable to use their minds in the ordinary affairs of life, because they cannot sleep. Their nervous systems are so irritable that they become sometimes insane from loss of it.

Causes of Sleeplessness.

One cause is congestion of the brain, due to distension and relaxation of the capillary blood-vessels in it. This condition we find in men of literary habits, who read, study or write from ten to fifteen hours out of twenty-four. By persisting in this overwork, permanent congestion of the brain takes place. It is conceded by physiologists that during sleep the cerebral circulation is slow and easy; the brain containing less blood in it than during mental activity, when the blood flows faster and more vigorously. Now, if mental work is persevered in to excess for years, it will readily be seen how the capillaries will become debilitated and relaxed, causing them to retain too much blood. From this condition arises great suffering. The person so afflicted can sleep but two or three hours a night, and generally only two or three nights out of a week. He becomes very nervous and wretched, unable to perform mental work without great suffering. He becomes very keenly sensitive to sounds, especially at night. Even the distant barking of a dog, or the ticking of a clock, or the breathing of a person in the same room, annoys him so as to render sleep out of the question.

The *most common* cause of loss of sleep consists of irritation of the solar plexus of nerves situated behind the stomach and liver. Every person suffering from dyspepsia has chronic inflammation of the stomach, and most dyspeptics have enlargement or torpidity of the liver. Branches from the solar plexus ramify all through the substance of the liver and stomach, and as the solar plexus is directly connected with the brain, especially the cerebellum, by the phrenic and pneumogastric nerves, it is easily seen how abnormal conditions of the digestive organs would keep up a constant irritation of the brain. This is a very common cause of sleeplessness.

The treatment for relieving these abnormal conditions according to hygienic methods is very simple. In the first place, the irritation and consequent congestion of brain producing sleeplessness IS AN EFFECT, NOT A CAUSE. It is an effect caused by the inflammatory tissues of the stomach and liver irritating the solar plexus of nerves. This plexus of nerves is sympathetic in its nature, and is connected with all parts of the body, the brain especially. Giving narcotics and hypnotics to allay the irritation of the brain will allow sleep to occur while the effect of the drug lasts, but no longer; the conditions producing sleeplessness remain the same. The dyspepsia is still there, and the drug is repeated and has to be repeated oftener, and in larger doses, until the nervous system is injured, sometimes permanently, by introducing so much poisonous material into the system. There is only one true and scientific way to cure sleeplessness, and that is to *remove the causes.* Allay the inflammation in the stomach and neighboring organs: Fomentations over liver and stomach, and a full bath twice or thrice a week, kneadings of the bowels every day and plain substantial food twice daily, with hot water to drink instead of cold, will be found very effectual. Hygienic processes will relieve the inflammation and the dyspepsia if it can be relieved by any means, and sleep will then return. In case the sleeplessness is caused by distension and relaxation of the capillary blood-vessels in the brain, nothing but *absolute abstinence* from brain work of all kinds will bring sleep. The process of cure in such cases is necessarily slow, as it will take time for those distended and relaxed vessels to regain their normal conditions.

Sulphur for the Teeth.

A correspondent wishes to call our attention to the value of sulphur as a tooth powder. He says, "I have used it for several years and think it excellent to prevent decay and tartar. I have naturally poor teeth, and have no doubt but that I would be poorly supplied with them now, if I had not used flour of sulphur, with a soft tooth brush. I have tried charcoal, Castile soap, and various other articles recommended, and had reason to be dissatisfied with all."

Our readers can test the matter for themselves. We believe sulphur an excellent agency for the destruction of the animalculæ which destroy teeth.

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The Laws of Health.

Monthly, 50 Cents a Year.

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Editor & Publisher.

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☞ All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., JULY, 1880.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place, increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems, special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing, eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

Cures and Cure-Alls.

"Can you cure my consumption?" cries one, "Can you cure my dyspepsia?" says another, "Can you cure diabetes in any stage of the disease?" asks another, all of which betrays the popular opinion with reference to disease and its treatment. The world ought to know in this age of enlightenment that there are no specifics, no cure-alls for any diseases that afflict human beings. The simplest disease that ever was might be fatal in a given case, and the most desperate disease that ever afflicted a human being, may be curable in another case. We have frequently cured pronounced incurable diseases, and we have known of patients dying from sheer exhaustion, a sort of snuffing out, because the vital power necessary to continued life did not exist. The last stage of any serious disease is total exhaustion of the organ or organism, and no disease within the knowledge of man is curable in that stage. Other stages of all diseases may be curable in a given case, or incurable in another case, all depending upon the vitality of the patient. It is vitality or vital force that brings men into existence, that causes them to grow, maintains them in vigor and restores them to health, if anything does; and if this vitality is abundant a patient may recover from almost any disease short of destruction of a vital organ, while if vitality is constitutionally deficient the scratch of a pin or a simple laceration of flesh, may end in death. That physician who undertakes to cure diseases without reference to the constitutional capacities of the patient, is doomed to defeat in many cases, and doomed to be disappointed by the recovery of the patient in many other cases. The only true way is to treat patients according to the power which they have, and not according to the name of the disease. The nature of disease is much more important than its name, and the nature of disease is described by the constitutional capacities of the patient quite as much as by any other consideration.

I do not know whether your dyspepsia is curable or not, I presume that it is. Ninety-nine cases out of every hundred are entirely curable if they will do what is necessary to be done. I do not know whether your diabetes is curable or not until I have examined the case, but the majority of cases is entirely curable under proper treatment, though some will fail under the best treatment in the world. So with your consumption, or any other disease. Those diseases which have been previously supposed incurable are being continually cured by the processes employed at the Mountain Park. But we have no specifics. We have no panacea, but obedience to natural law. It was ordained in the economy of creation that man should live through a certain stage of existence, and live he will in the natural order of things, if the causes of destruction are avoided. If men will obey natural law they will get the results of obedience, but if they will disobey, if they will violate the laws of health, they must suffer the consequences.

One of the most serious evils connected with the system of drug medication is that it holds out a delusive hope, and offers an inducement to violation of natural law. Thousands on thousands go to destruction, blindly eating and drinking, gratifying their appetites and their passions, all because of an indefinite opinion that they can hire a man who calls himself a physician, to relieve them of the results of their wrong-doing. The swallowing of a little nauseous medicine is supposed to have a magic but indescribable influence. It is supposed that God has provided remedies for diseases, that he proposes to relieve men of the results of their transgressions; an opinion which is so utterly fallacious that intelligent and thoughtful people must reject it. My friend, if you would have health you must live healthfully, or if you fail you must suffer the consequences of your delinquency. God has provided that men may grow out of their difficulties; that is to say, that he offers to erring mortals the chance to try again. They have failed in obedience in the past, but he says, "turn ye, turn ye, why will ye die?" By patient continuance in well doing you may, if not recover what you have lost, at least attain to a new condition and a new lease of life. You may have become diseased as the result of past transgressions. There is no use of mourning over the past; commence now to live correctly, and nature will by virtue of the inherent forces in the organism, overcome the evil conditions and restore you again to health and vigor.

But the man who advertises a panacea, or a specific, or promises to cure a disease, without reference to whom the patient is, or without knowing the patient, either proves his ignorance or his dishonesty. Intelligent, conscientious and responsible physicians, the world over, agree that a patient's chances for cure must be decided upon the facts of the case, and not because of the name which he or some one else has given his disease. His consumption may be curable or incurable; his catarrh may be curable or incurable; so with his dyspepsia, his diabetes or any other disease. They may be curable or incurable, and whether the one or the other depends upon the constitutional capacity of the patient to live and grow into health. Swallowing drugs to cure disease, is a plan of tickling a patient's fancy, while he pays you his money therefor. If he recovers it is in spite of the drug, and if he dies, his friends and neighbors get together and sing,

"God moves in a mysterious way
His wonders to perform."

There never was a greater libel on divinity than charging back upon Him the causes of the death of the people. The God of love is just as responsible for death and disease, as He is for hell and torture, and any theology, philosophy, or vain speculation, which throws the responsibility back upon Him, is a false theology, philosophy, or speculation. Men dig their own graves, curse their own bodies, destroy their own souls, all the while deluding themselves with the belief that some one else is responsible.

Fat and Flesh.

The motive power of the human organism resides in its flesh, and hence to have good, healthy tissue in abundance is a desirable condition. Fat, however, is not flesh, possesses no vitality, and performs no functions other than that of lubricating the tissues. The various muscles that move upon each other require to be protected against friction, and layers of fat is the means provided by nature therefor. Enough fat is very desirable, and enough should give fullness and roundness to the tissues, but repletion or excess is not by any means to be desired. If there is any choice between fatness and leanness we would always prefer to be lean.

But there is a state of the system represented by the term corpulence, which

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does not simply mean excess of fat, but of flesh as well. The actual pathological condition grows out of a disparity in action between the organs which build up tissue and the organs which break it down. In every animal organism the two processes must be carried on. The material which has been used, and consequently devitalized, must be broken down and carried out in order to make place for new material, and the new material must be carried in and appropriated to supply the needs of the organism. In health, these processes exactly balance each other in the adult man. If, for any reason, either process is interfered with, health must sooner or later decline. The condition of corpulence represents continued digestion and assimilation with deficient action of the organs of excretion. The absorbent vessels fail to suck up the old waste matters and throw them into the circulation, to be carried out by liver, kidneys, bowels, lungs, skin, etc.; while the stomach continues as usual to take in the material.

Corpulence is an unfortunate condition for any man. To be compelled to carry around with one ten, twenty, forty, or one hundred pounds of matter which can be of no possible service to him, but must be a serious burden, is a very undesirable condition, and every means should be employed to obviate the difficulty. Dr. Hammond, and various other authors and experimenters, have proved that alcohol, tea, coffee, cocoa, tobacco, opium, etc., reduce the waste of tissues, and hence tend to increase the condition of corpulence which we mention. It is a well known fact that the rum-drinker becomes bloated; it is equally true that the use of the other agencies mentioned tend to the retention of waste matters, even if they do not increase the activity of the organs of supply. Sugar, butter, starch, etc., tend in the same direction; while the fruits, vegetables and grains which are not excessively starchy, supply the needed nutriment. Whoever would reduce corpulence, should avoid all those substances which tend to its production. Corpulence represents feebleness, and hence nutritive-cure processes tend toward cure.

The water-cure is an important agency in this treatment, it being fully conceded the use of water tends to the breaking down of tissue and the increase of activity of the organs of excretion.

The movement-cure is an important means both of invigorating the system, and of reducing the volume of soft, useless flesh.

Sun-light is also a very important agency, and sun-bathing peculiarly serviceable. In fact, all the processes of a true hygienic medication are important, and scarcely a case need fail of entire relief. We have treated the disease frequently, and always with abundant success.

Drug Medication.

Dr. Walter:—What is your opinion of bathing and greasing the patient daily in case of scarlet fever, the greasing being with the skin of the hog, to keep the poison from floating in the air, that people might not take the disease? Would not sweet oil do as well if the greasing is resorted to? Quinine was employed to reduce the fever; would not water be better? Alcohol to get up strength, and iron to make blood; will it make blood, and will alcohol keep up the strength? There was kidney trouble, and buchu and nitre were administered every three hours, and for the stomach, pepsin. What is your opinion as to the benefits to be derived from pepsin? Please give us your views on these subjects

A READER.

Answer. The questions cover the whole ground of drug medication, and to answer them fully would require a volume. My lecture on THE GREAT DELUSION will show pretty clearly what my opinion is of stimulating processes, and the platform of principles set forth in this paper speak in no uncertain terms of such processes as are here employed.

In the first place, scarlet fever is the name given to a disease representing a great and positive commotion in the vital system, as the result of the introduction therein of a specific poison. The commotion represents a violent effort of the vital instincts toward relief, and this relief will be obtained provided the patient has sufficient power to endure the process, purify the system and recover from the effects.

Large quantities of these impurities are eliminated through the skin, the proper outlet therefor. The patient's recovery demands this elimination, and to grease the skin of the patient in an attempt to prevent it is worse than empirical. Oiling a patient in fever is frequently serviceable, and olive oil is the proper unguent. The oiling is for the purpose of lubricating the sweat glands, moistening the skin and reducing the heat, and not for the purpose of preventing exhalations. If the oiling or greasing does prevent exhalations from the skin, then it is bad practice. The fever means primarily an extraordinary activity of the vital organs, representing an effort at purification. This activity of the vital oagans is not always to be deprecated, but the heat which necessarily results from over-activity should be evaporated as rapidly as possible. The temperature of a human being is normally about 98 degrees. If it falls much below that, or rises much above, danger is always to be apprehended. In fever there is increased heat, and if this heat is allowed to accumulate, destruction of tissue and of life may follow. The natural method of maintaining the normal heat of the body is through radiation from the moist surface. In health, when the activities are increased and heat evolved in greater degree than usual, the person perspires so that the heat is carried away as fast as it is produced. In fever, on the other hand, the skin becomes hot and dry, and radiation therefrom takes place slowly, notwithstanding the production of heat is greatly increased. As a result, accumulation follows and destruction of structure and of life is possible.

Water is the natural means by which heat can be freely and promptly evaporated from any substance. The blacksmith dips his hot iron in water when he wishes to cool it; so the physician may dip his patient in water if he would cool him. Even old school physicians agree that bathing, packing and pouring are the most efficient means of reducing the temperature of the body, and either may be employed steadily, almost continuously, in vigorous patients if the heat remains above the normal standard. To wrap a patient in wet sheets, and over the wet sheets flannel blankets, to keep him from too severe extremes of temperature, is the best known means of evaporating the heat from a fevered patient, of restoring the natural moisture of the skin, or of rendering fluid the excretions which have clogged up the perspiratory glands, and hence of restoring those conditions which favor the return to health.

Quinine is a poison, and is not calculated to reduce fever, but rather to increase it. It is employed to keep up the patient's strength, or to break up periodicity in fever.

Alcohol is the grand representative deceiver. It whips up strength only to exhaust it. It weakens the patient by expending his strength; it never strengthens him through saving it. Why these substances should be employed as they are is a marvel to any thoughtful man whose mind is turned in the right direction. I would ask the physician, does the strength which a patient apparently has, cure him; or is it that which he really has that cures him? Alcohol gives the appearance of strength, but no sane physiologist will undertake to prove that it gives him any real strength. It makes him feel strong while it is actually weakening him, as my lecture on the Great Delusion will show.

As to the value of iron with which to make blood, I would say the theory is all nonsense. Indeed, no physician seriously believes it. He calls his medicine an iron tonic in answer to a popular theory that iron makes people strong, while the leading and important parts of the compound which he calls iron, are poisonous acids. No physician ever undertook to give iron pure and simple to any patient, for to do so would be the height of folly. Iron is given as pepsin is, not that the iron or the pepsin amount to anything, but that in combination with the other poisons they are administered to produce the effects. The virtue is ascribed to the iron or the pepsin, because the patient readily will grasp at the term as conveying the idea of something good. If it were plainly stated that pepsin is largely hydrochloric-acid and other destructive agencies; and iron means muriatic acid,

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hydrochloric-acid, or some other poisonous acid, the patient would not be so readily deceived. Let any man examine the medicine which is claimed to be iron, and see how much iron he can find. These solutions are given for the purpose of producing certain appearances in the patient which will please both patient and friends and physician. For instance, the iron tonic has a powerful effect in irritating the blood corpuscles, and giving to them an appearance of redness. It also, by operating through the nervous system, increases the flow of blood to the head and also to the surface of the body, thereby giving the florid complexion. The acid stimulates the stomach and makes the patient feel stronger, and on all hands those who trust to appearances are led to believe that the iron tonic is serviceable. Buchu and nitre are stimulants to the kidneys, and every stimulant is a substance which compels the organ to put forth extraordinary activity for the time, only to have it feebler and less active as a necessary reaction. The age of stimulation must disappear before the light of reason, just as the season of purging and bleeding has done.

How to Get Sick.—No. 3.

By J. A. Tenney. M. D.

Deficient Breathing.—Statistics show that one-fifth of all mankind die from consumption alone, and one-third of all from tubercles in various parts of the body, including the lungs. In Philadelphia last year, consumption and tuberculous diseases carried off more than one-third of all who died. Dr. R. Gregg, of the Buffalo College of Physicians and Surgeons, who has made consumption a life study, says that it would take 450 years of yellow fever epidemics, such as we had in the south in 1878, to equal the mortality from consumption in a single generation in the United States alone; and it would take 750 years for such epidemics to equal the devastation produced in one generation in the United States by tuberculous diseases. As all these affections spring from deficient breathing more than from all other causes combined, the importance of discussing the matter in journals of health will at once be seen. To consider all the causes of deficient breathing would make many articles; we can only briefly refer to errors in dress as a cause of lung diseases and female complaints.

No one can comprehend the evil results of tight-lacing as the physician does in his everyday practice. Restricting the breathing is one of the shortest roads to debility and lung difficulties, not to mention other diseases which make people helpless and miserable. It is a well-known fact that every organ in the body must occupy its normal position in order to perform its function healthfully. The heathen devotee places his arm above his head, and in a year or two loses the power to use it at all. The same is true if any organ is crowded out of its natural position. Imagine, then, the condition of a woman's digestion or breathing, if she reduces her waist to two-thirds its natural size, crowding the lungs upward, and the bowels and pelvic organs downward! All these organs are enfeebled, the victim suffers from sexual weaknesses and indigestion, general debility ensues, when the lungs, because they are so restricted in their movements, become the seat of chronic inflammation, and death closes the scene. So universal has the displacement of all the bodily organs of women become, that a demonstrator of anatomy in a prominent New York medical college recently called several students away, when they were trying to decide the location of some of the organs of digestion in a female subject, telling them that no woman has any of the organs of the trunk in a normal position!

No woman will ever admit that she dresses tightly. To find one who would admit it, would be as difficult as to find a man who is not as much in favor of temperance as anybody! But every woman who wears corsets restricts her breathing, and many women do it who do not wear them. Tight dresses are as bad as corsets; but it is absolutely impossible to wear the latter without hindering the breathing in a marked degree, while it is possible to have dresses look neat without their being a source of injury to those who wear them. The only safe rule is to be able to button the dress with the lungs full of air, without being obliged to pull the dress together. The people of this country need to be educated upon this subject as much as they do upon the matter of intemperance, or any other vice.

But when we speak to sick women upon the subject, they will say, "I would like to dress sensibly, but my dressmaker makes a fuss if I do not have my dresses cut over corsets; then corsets give shape to the waist, and I do not feel that I can stay together when I take them off." The dram drinker feels as though he could not stay together if he abstains from his daily or hourly glass; the tobacco user is wild if he is deprived of the weed to which he is wedded; but these facts only show slavery to be a destructive habit. We should not argue on the side of slavery, but on the basis of freedom. But women will continue to obey their dressmakers and public opinion among women; for intelligent men regard corset wearing an abomination. Henry Ward Beecher says on this point:

"Do you suppose that I am such a fool as to suppose that anything that I could say against fashion would make one ribbon's difference? If it were the fashion to turn the toe under the heel, you would go on tip-toe for all that I could say; and if a wasp-like waist is the fashion, though the physicians may talk against it, and say it is destructive to health, if some Parisian harlot has got up that fashion, it would go and all the world would have it. Fashion is even barbaric, grotesque and uncomfortable, but to its behests you must all conform. I don't say this to help you any; I say it to relieve myself. 'Do not conform to the vanity of fashion,' it is my duty to say; but I say it with the consciousness that I am a voice crying in the wilderness."

The truth is to be spoken, let people do what they will. Wendell Phillips once said before the committee of the Massachusetts legislature upon the liquor question, "To use a street phrase, I am not *green* enough to suppose that anything I can say will change the action of this committee; I only stand here and do my duty as a citizen of the state of Massachusetts." So whatever vices and follies people fall into, the only thing for public teachers to do, is to warn and wait. We laugh at the Chinese woman for deforming her feet, and the Flatheaded Indians for misshaping the skull; while we deform the trunk, the most vital part of the whole system, producing such hideous deformity as would put an artist in pain, while at the same time it tortures women out of existence, and entails diseases upon both male and female posterity; and the only redress any one can have for this great wrong is to proclaim against it, and see the folly go on. There is surely great opportunity to learn patience from the Ruler of the universe.

Questions Answered.

By Robt. Walter. M. D.

Question. What are the physical and intellectual effects for good and ill, of a moderate use of coffee?

Question 2. Is it a good plan to take a daily cold hand-bath on rising in the morning?

Question 3. Upon what terms, and under what conditions might a young medical student take one or two years' course of study with you? I am studying medicine under an allopath, but heartily disbelieve in the system of drug medication. G. A. H.

Answer. The active principle of coffee is a poison, and as such excites the general nervous system to increased functional action, and in doing so tends to the exhaustion of vital power. A man cannot have the same power which he uses, and as coffee enables him to use power more freely than he otherwise would, it reduces the amount of this power which he actually possesses. Secondly, it tends to break up the true relations between the organs of excretion and the organs of nutrition. In other words, it prevents the breaking down of effete tissues, and the carrying of them out of the system, and thereby tends to increase the weight of the man while at the same time it obstructs his nutrition. It makes his flesh old and tough, but causes it to be deprived of that active, vigorous, highly vitalized condition which belongs to the healthy person. It tends to harden the liver, while it reduces considerably its functional activity.

Answer 2. A daily hand-bath is decidedly injurious to all persons more particularly to those of studious or sedentary habits. It excites the nervous system to increased expenditure of power, just as coffee does, and so tends to exhaustion. It also contracts the capillary blood vessels and

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drives the blood back upon the internal organs, and in the great majority of cases establishes a congestion of them.

The question would better be stated, what good does a cold bath do? And let the advocate of it rack his brains for reasons for its use. The practice is extreme, injurious and even absurd. A man in health should bathe for cleanliness and for nothing else, and cold water is not by any means the best cleanser. A warm bath two or three times a week is the better plan.

Answer 3. I am not prepared at present to receive students, on any terms. When the institution has been thoroughly built up and the system established in human consciences so that we can make a business of teaching it, we shall do so. In the meantime, as we abhor half-way measures, and possess a great antipathy to doing things which we cannot properly do, we are not prepared to teach our system except to those who come as patients or assistants, willing to take what they can get.

FOUNTAIN SYRINGE. What advantage has the large size over the smaller?

Answer. There is no advantage except that it holds more water, and hence is much more convenient. To fill once will be sufficient for any case, and is thus convenient and agreeable. A convenient instrument, such as the fountain syringe, is very desirable, because there is everything in saving the patient's strength. To have worry and inconvenience in taking an enema is to neutralize its beneficial effects. We advise our friends always to purchase the No. 2, if not the No. 3; the No. 1 is really too small for convenience. There is no basin of fluid required, and no guide book necessary. Any person with ordinary judgment will use it without directions. It is a simple and convenient instrument, embodying the plainest mechanical principles, nothing about it that can possibly get out of order, and with care may last a lifetime.

Question. What do you think of electro-magnetism for nervous exhaustion? Davis', Kidder's and Gaiff's,—which is the best?

Answer. Electro-magnetism may be serviceable in certain conditions, but in the great majority of cases it is an injury. Electricity is a powerful agent, and may be employed as a stimulant, but it can give no permanent satisfaction to use it empirically, or without a clear conception of what is undertaken to be done. It is no cure-all. It has no curative virtue. It is an agency which is efficient in the hands of a physician who understands how to employ it. In ninety-nine cases out of a hundred it damages the patient who undertakes but does not understand how to employ it.

Question. Wife has had the catarrh in the head for years, but always recovering from slight colds, until this spring a little worse cold, and continuous hawking or clearing of the throat night and morning. What will give relief? Her age is 44, sanguine-bilious temperament, never knows when to stop work until exhausted. Drinks pretty strong tea, has a weak stomach of late, etc., etc.

Answer. It is impossible to cure a person of a disease which represents exhaustion of the vital forces, while the causes of the exhaustion are maintained. This lady's vital forces are continually being depleted; immediately, by hard work, but back of that is an important cause. A person who lives correctly as to diet and drink, will not exhaust himself, except under very great pressure of circumstances. To continually and persistently over-work and become exhausted is evidence of an excited and unbalanced condition of the nervous system, and this is readily produced by the use of strong tea. If this lady will give up the use of tea, she will quit working so hard, and if she will do both, she will accumulate vital power in time, and come to have better health. In the meantime, I have no doubt that she will suffer, but if she has the courage to endure, she will win. On the other hand, if she has no faith and prefers to follow the old course, of course the disease will increase upon her, and in time she will become a confirmed invalid.

Question. My feet gall, and get sore around the toes, and have a red or purplish color. They sweat a good deal, and if I keep my boots on late at night they are dry around the toes, and I cannot bear the cover on them at night. The skin has a hard, dry, glossy appearance. What can be done? S. C. K.

Answer. Your blood is in a very impure and feverish condition, and as a consequence the skin is fevered and liable to crack and give severe trouble. The liver is particularly at fault. I advise you to change your habits of living so as to live healthfully; eat plain, wholesome food, but twice a day if you are engaged in sedentary occupations, drink nothing but pure soft water; avoid all spices and stimulants of whatever kind; abstain chiefly, if not wholly, from the use of common salt; get abundance of rest; have a bath twice a week in warm water; be well rubbed while in it, and after coming out sleep all you can; throw away care and strive to enjoy yourself. If you will give up some of the cares, anxieties and labors which fret and worry you, and be correct as to diet, your feet will cease to give you trouble.

Question. What course would benefit a chronic inactivity of the bowels? Also, how remedy an occasional spitting of food after eating. Is the latter caused by the former, or are both symptoms of a general debility? READER.

Answer. You have dyspepsia, as evinced by the constipated bowels and the rejection of food. Thorough kneadings and percussions of the abdomen is one of the best means in the world for increasing activity of the bowels and building up digestion. Hot fomentations over the stomach and liver twice a week for 15 minutes each, followed by warm full bath, is very desirable. The wet abdominal bandages are also indicated. The patient should have full-bath twice a week, a sitz-bath once a week, with thorough rubbings. Should take abundance of rest, sleep all he possibly can, avoid anxiety and care, and patiently follow out a quiet, unexciting life for a length of time, and we believe his dyspepsia will disappear.

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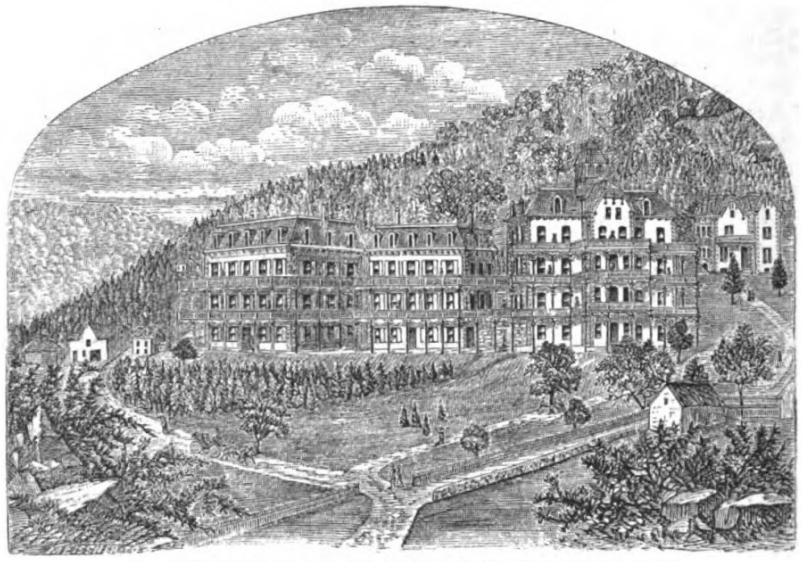

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VOL. III. READING, PA., AUGUST, 1880. No. 4.

Water;—Its Uses and Abuses.

BY ROBERT WALTER, M. D.

What has been said of inflammation is equally true of fever; indeed fever has sometimes been considered a general inflammation, or inflammation a local fever, the conditions and symptoms being essentially similar in both diseases. In fever, as in inflammation, heat is the prominent symptom. Fever has been denominated a great heat, one of the most dangerous symptoms in any case being a great rise of temperature of the body. The normal temperature of the human body is about 98 degrees, but in a case of fever it rises to 100, 102, 104, 106 and even as high as 110 or 115 degrees. When the temperature rises above 105 degrees, there is great danger to the patient, the heat being well-nigh sufficient to cause disorganization of structure, while it is now generally conceded that as long as the temperature can be maintained at or about the normal standard, there is little or no danger to the patient. To accomplish this result there is no agency known to man that is more efficacious, and at the same time less injurious to the vital powers of the individual, than water properly applied.

This will be more readily appreciated when we consider the cause of this increase of heat. Heat in a human organism is always the result of vital action, and increased vital action of course increases the production of the heat. In health the vital actions are normal. There are no disturbances, no necessity for extreme activity, and what heat is produced is readily radiated from the organism through natural processes. If, however, for any reason, there is increased vital action, say as the result of extreme labor, or the introduction into the circulation of a poison, causing great vital action as a means of purification, the heat will necessarily increase. In a normal state of the body, perspiration follows the increased vital activity as a means of keeping the surface moist and so rapidly radiating the heat, and thus maintaining the normal temperature. In fever, however, there is such a sudden increase of heat that the perspiratory glands become obstructed so that perspiration does not take place, the surface of the body continues to be dry, and radiation takes place very slowly indeed. Of course the heat of the body accumulates thus excessively, from great vital activity in the first place, and by retention of heat consequent upon exhaustion of the moisture of the surface, in the second place.

There are two plans open to the physician, by which the fever may be reduced, and he has the choice between them. The one is to reduce vital action; the other, to increase the radiating power of the body. The former plan we oppose. Vital action is necessary to the curative process; in other words, it is the natural outgrowth of the peculiar conditions of the organism, and, in general terms, it should not be stopped.

To radiate the heat from the surface of the body, is the true treatment in any case, and water-cure processes are the most efficient means possible. The first thing to be done in any case of fever, is to give the surface of the body a good soaking. The hot bath is the safe process in all cases. It is a mistake to suppose that cold water is necessary whereby to radiate heat. Water of any temperature will moisten and soften the skin and cause radiation therefrom. If the temperature of the body continues at a high point, let the patient be wrapped in wet sheets wrung out of water of a pleasant temperature, and cover him with dry blankets so as to keep his skin in a moist, soaked condition by the water. A damp skin radiates heat with great rapidity, so that the temperature of the body may be maintained at or near the normal point. The hot full bath is especially indicated where there is chilliness, or where the circulation has not been developed. But where the temperature is high and the circulation vigorous, the wet sheet pack continued from half an hour to an hour and a-half, is of more service in any case of fever, ten times over, than any process of medication the world has ever seen. The pack should be followed by a sponging with tepid water, or by immersing the patient in a full bath of 90 degrees. He may then be wrapped in a dry sheet and laid in bed to perspire, if possible.

Cold water, we say, is not necessary in any case. Every blacksmith knows that if he dips his red hot iron into hot water, it will be cooled thereby. So, even hot water will cool a fevered body, while water of a mild temperature will be more effective than water of lower temperatures. The object is not to cause a temporary radiation from the hot surface, but to soften and moisten the dried tissues, so that the heat may be constantly radiated from the moist surface.

The bath and pack fulfill other indications. In every case of fever the sweat glands become swollen and dried, and the impurities which should be carried out therewith, are retained to the poisoning of the currents of life. By soaking the skin thoroughly, and reducing the heat, and particularly in connection with manipulations, the glands are softened and moistened, and the impurities which have become sticky therein, are liquefied and readily carried out.

Another important physiological fact must not be forgotten, namely: that through animal tissues the process called endosmose and exosmose is being constantly carried on, which means interchange of fluids through animal membranes. In other words, while a fluid is being withdrawn from a body, the process is wonderfully facilitated by the absorption of an equal amount of fluid. In order that the impurities of the blood may be freely eliminated through the skin, it is very serviceable that pure water should be at the same time absorbed in their place. If opportunity for this process is supplied, purification of the blood and tissues will take place with great rapidity.

During this process, as in all other processes of water-cure, the head should be kept cool by the application of cold, wet cloths. The feet should be kept warm, whereby circulation to the surface and extremities shall be facilitated. The tendency of circulation is always to the vital organs in action, while the surface and extremities are usually depleted of vital forces. In such cases, hot applications to the feet, hands, legs and arms, with cold applications to the head and other central organs are indicated.

How to Get Sick.—No. 4.

BY J. A. TENNEY, M. D.

Alcoholic Stimulants. The idea is about exploded that alcoholic liquors are food, or that they in any way tend to nourish the human system; on the contrary, they waste all the bodily energies and destroy life. If people will persist in using stimulants because they have a taste for them, let them do it; but they ought not to have the sanction of medical men for any such destructive practices.

When men have spent their lives in hugging a delusion, it is often hard for them to give it up; so those who have taught that alcohol is food, now ease off by claiming that it prevents the waste of tissue, if it does not nourish the system. But it does not by any means follow that alcohol benefits the system because it prevents waste. It is like the old recipe for curing smoky chimneys, which consisted in laying the fuel upon the grate with precision, being careful not to light it. The plan was also said to be the best known to save fuel! Pouring water into the fire box of a stove or railroad engine will prevent waste of coal; it also diminishes heat and consequent business. So to the extent that we prevent waste in the human system, do we hinder the changes

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which are absolutely essential to life and health. The most healthful condition exists when nourishment and waste balance each other.

It is true that a drunkard can live a long time without food; that drinking habits make a man corpulent; and it is also true that when any great epidemic comes upon any community, the drunkards, who have retained the waste which ought to have been expelled from the system, are the first to fall a prey to the ravages of disease, *because* of the retention of waste matter. Such was the case when cholera prevailed in Montreal forty years ago; nearly every drunkard in the city had the disease, and few of them survived.

So patent is the fact that the use of liquors is death producing, that the life insurance companies of Great Britain make a difference in the rates of insurance between the temperate and those of drinking habits. From a careful collection of statistics, they have learned the other side of the water that among 1,000 drinkers and 1,000 non-drinkers, taken at random at twenty years of age, the drinkers lived upon an average thirty-five years and six months, and the non-drinkers sixty-four years and two months; those who abstain wholly living nearly twice as long as those of drinking habits.

Most people would be astonished if they knew to what an extent women use stimulating drinks in our cities. There is little doubt that there are more women who use stimulants in some form than there are who abstain from them. The early rulers of Rome found it impossible to prevent men from drinking wine, so they directed their energies toward preventing women from getting into the same practice, making wine-bibbing for them a punishable offence. One man found his wife slyly drinking from a jar, and his righteous indignation caused him to beat her to death at once with a stick. His action was excused, if not approved of, by the authorities. Cato ordered that men should kiss women, in the interest of the public, in order to learn whether their breaths were tainted with liquor, confining this kissing, however, to relatives; but as relationship was not to be very accurately defined in those days, very likely such restrictions were not considered burdensome. At all events, history shows that the requirement by men of superior virtue in women is not confined to the present generation.

But a great many people flatter themselves that they do not belong in the same category with liquor drinkers, because they only drink beer and similar beverages, which they consider harmless. Lager beer is even recommended as a tonic, healthful drink by many doctors, who ought to know better. But the constant use of beer is even worse than the occasional use of stronger drinks. Says Dr. Crothers, the editor of the *Quarterly Journal of Inebriety:*

"In appearance the beer-drinker may be the picture of health, but in reality he is the most incapable of resisting disease. A slight injury, severe cold, or shock to the body or mind, will commonly provoke acute disease ending fatally. Compared with inebriates, who use different forms of alcohol, he is more generally diseased. The constant use of beer every day gives the system no time for recuperation, but steadily lowers the vital forces. It is our observation that beer-drinking in this country produces the very lowest forms of inebrity, closely allied to criminal insanity. The most dangerous class of tramps and ruffians in our large cities are beer-drinkers. It is asserted by competent authority that the evils of heredity are more positive in this class than from alcoholics. If these facts are well founded, the recourse to beer as a substitute for alcohol only increases the danger and fatality following its use."

Alcohol in any form, from beer and cider to whiskey and brandy, is an irritant, producing inflammation of the stomach and bowels, contraction and hardening of the brain, fevers, corpulency, consumption and death. Instead of its being a means of saving life, it kills strong men on every hand, cutting down the fairest and noblest, as the flowers fall before the mower's scythe. Let the young be taught that alcohol in any form whatever is a poison instead of a food or a medicine; then if they choose to drink it, let them take the matter in their own hands like other suicides.

Old Age and its Dangers.

That man who has passed through the usual vicissitudes of life and attained his fourscore years, has been either peculiarly fortunate, or possessed of peculiar good sense. The opportunities to contract disease, which shall bring about death, are so numerous, and the chances so great, that it is somewhat remarkable to have escaped. In childhood the human being is peculiarly susceptible to dangerous conditions and circumstances. There is accident which shall take the little one off, there is carelessness of nurses, thoughtlessness of friends, ill-advised management of parents and, what is frequently worse, a terribly false and destructive medical practice to contend with. If a child should escape all these and reach intelligent man or womanhood with the constitution unimpaired and a reasonable degree of longevity indicated therein, he is pretty safe up to the stage of old age, provided he is reasonably careful in his habits. Old age, like childhood, has its feebleness, and hence the chances for disease and death are greatly increased thereby. The danger does not now come from carelessness of nurses or thoughtlessness of parents, but more largely from a foolish but so-called scientific intermeddling with the vital processes themselves. As the vital powers begin to decline, ailments of greater or less importance begin to show themselves, and too often the doctor with his violent processes steps in to end the scene. These ailments are of themselves, perhaps, of little account. They are simply annoying and inconvenient concomitants of old age, and not at all destructive to the general health if they are not mismanaged.

Two cases who have lately come under my care give point to these statements. A gentleman of 75 years of age, and his wife of equal age, have been the victims of mal-practice and have suffered almost the loss of life thereby. The husband was suffering from inflammation of the fauces, or back part of the mouth, symptomatic of inactive liver, failing circulation, etc., but in no way dangerously or even painfully diseased. He was induced, however, to invite the services of a physician, who, without rhyme or reason, undertook to cauterize the parts. If we were to write a volume on the evil of doctoring effects while the causes remained, we could not too strongly deprecate this practice. This inflammation was the result of a generally feeble condition of the circulation, and to undertake to cauterize the parts in the attempt to prevent the local exhibition of the general disease, was just as wise as it would be to undertake to stop a leak in a hogshead of water, by pasting a little putty on the outside.

By continual cauterization of this patient's throat his voice was well-nigh destroyed, cough was induced, and a serious threatening of lung disease followed. Under such circumstances he appeals to a physician engaged in a somewhat different mode of practice and the result was a thorough repetition of violent processes in the shape of Turkish baths. For 90 times he was heated, sweated, soaked, shocked and manipulated until the flesh was pretty well stripped from his bones and the greatest feebleness followed. It is a peculiarity of this treatment, however, that during the months in which it was being employed, he was continually encouraged, and it was not until the physician surrendered the case and baths were withdrawn, that the patient sunk into the greatest feebleness and lassitude, hardly able to creep about for the lack of the stimulant, and continued in this way through many weary months and even years, until he had recuperated from the serious processes of depletion to which he had been subjected. Though now 75 years of age he is still in moderately vigorous health, but the original disease has not been removed. He, nevertheless, feels that his constitution has been terribly shaken, and that he can hardly hope for entire recovery from the effects of such violent processes. We advise to him quiet, rest and patience. "What can't be cured must be endured." Old age is upon him, and though by moderate, reasonable, common-sense methods, he can be quietly but steadily improved in health, and thereby made very comfortable indeed, he must never expect to regain the vigor or activity of youth. He has done well to escape with his life, and he should now be content to creep along to the end slowly and steadily, and with patience and perseverance and good judgment he may yet out-live thousands of younger people, who are less careful or less gifted with vital capacity.

The wife, 75 years of age, is a precisely similar case. Suffering from a little skin disease, which can be said simply to be a little troublesome, she applied first to one physician and

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then to another. The first failing to benefit her, the second does even worse, and gradually, but certainly, she is reduced in strength and flesh, and vigor of mind and body, until she feels the powers of life slipping away from her. Under circumstances of discouragement, therefore, and anxiety, she flies to the Mountain Park, where she hopes to build up her shattered health, by mild, patient, common-sense methods. We can give her encouragement. "All God loveth he is constantly healing." The constitutional capacity still remains for long life, and with simple, sensible processes, combined with abundance of rest, pure air, good food, her days may be indefinitely lengthened.

The reader will infer the impropriety of doctoring local affections locally. All local diseases are but manifestations of general derangement; are, indeed, but the effects of causes lying back in the system, and the plan of doctoring these effects without reference to the causes is utterly unphilosophical and must be unsuccessful. Old age, if found in the ways of righteousness, should be a pleasure to any man, but he should be content with his lot, not seeking, by vain expedients, to avoid the inevitable conclusion of a life well spent.

Food and Morals.

It is generally conceded that beer is brutalizing, wine impassions, whiskey infuriates, and eventually weakens the powers of the mind. There are few intelligent people who doubt that these poisons undermine and destroy the moral natures of those who use them. Many will also admit that the use of tobacco blunts the finer sensibilities of the mind. Certainly no one can use the weed without feeling a sense of selfishness, in making himself disagreeable to all the refined, who may chance to be forced into his company.

It is not so generally believed—what we hold to be true—that tea, coffee and condiments, also have an injurious effect upon the moral nature. But confirmed tea and coffee drinkers are almost always nervous and peevish, especially if they have highly wrought nervous organizations. Coffee drinking seems to develop in this class of women a passion of acting the part of a persecuted saint, which is often little less than a mania. Tea drinking causes sick headaches, dyspepsia, melancholy, and even insanity. Pepper, cinnamon, cloves and salt, derange the digestion by inflaming the stomach, while sugar, butter and fats clog the liver, in either case causing melancholy, peevishness, debility, and many other mental and physical troubles that make life unbearable to the patient, and to those with whom he associates.

These condiments are almost universally used in great quantities, and it may be questioned whether they do not aggregate more misery, mental and physical, than alcoholic stimulants, which are not so universally used. It is astonishing to see how few are willing to live simply in regard to diet; and by simply, we mean living upon what is food, without the addition of excitants, which do not serve the purpose of food in any sense. The question is as pertinent now as when it was first propounded, "Wherefore do ye spend money for that which is not bread?" Why do people waste the best part of their lives and estate upon habits that tend only toward mental, moral and physical disease and death?

Healthful Cookery.

The art of cooking in such way as to render palatable food without introducing into it unhealthful condiments, is a difficult one to acquire. The difficulty lies, however, more in the eater's appetite than in the baker's skill. An appetite which has been depraved by the use of spices, condiments, stimulating drinks, for years, cannot be satisfied with healthful food. Indeed, such person should not expect to be satisfied. It is impossible to have healthful appetite if one has lived as people ordinarily do. Perverted tastes are the necessary concomitant of adulterated food, and cooks who have well learned the art of covering up their mistakes by a little additional spice, have necessarily produced perverted appetites. A change for the better requires patience, perseverance and self-denial: No art or genius can render this unnecessary. The epicure who has delighted himself with gastronomic indulgences for years, will have to fast or take the consequences. The gourmand has no choice but to eat to live, or to live to eat, and it is peculiarly true on this subject of eating and drinking, that self-denial is one of the chief virtues. Habit is everything. The most nauseous and destructive substances may be sought for with eagerness if the appetite is once trained thereto. But otherwise, and as tastes are cultivated for unwholesome things, the love of the pure and the good is correspondingly destroyed. No man can serve God and mammon in the matter of eating any more than in other respects. "If he holds to the one he must reject the other, etc."

Healthful cookery presupposes the rejection of all spices; even salt, sugar, butter and milk must be used sparingly. Hygienic cookery admits the use of these in slight degree, not so much as a necessity to healthful food, as a requirement of appetites which need to be transformed to the healthful standard. We propose in this journal, from month to month, to give recipes for healthful cookery, and we advise our readers to strive to inaugurate new methods in the kitchen and dining-room.

What the People Think of Us.

The Mountain Park never enjoyed a greater prosperity than it does to-day. Invalids from all parts of the continent visit us, and many are enthusiastic over the prospects of returning health. We are in the new building, pretty comfortably situated, though not entirely finished, but what is surprising is that faster than we can get our rooms ready, the guests are waiting to fill them. Elder Meyers, and his wife, of Oaks, Pa., are with us, the latter for treatment. The Elder has been enthusiastically recommending our place. In a long article in the *Primitive Christian*, which will, no doubt, be copied in numerous other papers, he describes our place, system of treatment, and gives his impressions thereof. We make some extracts from his communication, which will be interesting to our readers.

The Table.

"Special pains are taken by the Doctor to get the best of everything for table use. They have different kinds of good, sweet bread; they also have meat, eggs, butter, potatoes, milk, grains, vegetables and fruits of all kinds. In short, the table lacks in no respect. Such things as ought not to be eaten by the patients are clearly pointed out by the Doctor in his lectures through the week. These lectures constitute an important feature of the institution. They embody a broad scope of facts in regard to our eating, drinking, sleeping and habits of life in general.

Mode of Treatment.

"The Doctor makes no use of drugs. He is strongly opposed to all kinds of drug-medication. He looks upon drugs as the great bane in the medical profession. A combination of cures comprises his mode of treatment. He has what are called water-cure, diet-cure, movement-cure, with a host of other health-giving appliances. Kneadings, percussions, rubbings, manipulations, etc., are also employed in certain cases. Electricity and magnetism are made use of in certain cases where they are required. All the foregoing appliances comprise a system of treatment which the Doctor has well studied, and in the use of which marvelous results follow.

Sunday Services.

"Services are held at the place every Sunday. The Doctor does most of the preaching himself, though chance times such who may be at the home, who are engaged in the gospel ministry, are called upon to preach, but the Doctor does not insist on a patient preaching when he has reason to believe it may not do the patient good.

Doctor Walter.

"This sketch would be incomplete did we not say a few words in regard to the Doctor himself. He is an exceedingly practical, far-seeing, common-sense man, and the wonderful success with which he has met in the past and is still meeting, gives him a world-wide fame as a medical philosopher. He stands in the very van, as it were, of the great therapeutic movement of this enlightened nineteenth century. The principles set forth by him cannot help but meet the sanction and approbation of every sensible man. He is a scholar, Christian and gentleman. Those who get his diagnosis of a case are sure to get the best to be had. We take pleasure, therefore, in recommending this great institution to the public at large. Should any of our brethren or sisters wish to come to an institution of this kind, we advise them to correspond with the Doctor. Here the consumptive, the dyspeptic, the depleted and nervous, may expect to recover."

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The Laws of Health.

Monthly, 50 Cents a Year.

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Editor & Publisher.

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☞ All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., AUG., 1880.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place, increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems, special and general, while at the same time they tranquillize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising breathing, bathing, eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

Fasting and Dr. Tanner.

Dr. Tanner has undertaken to live 40 days and nights in total abstinence from all food, and he has at the present writing succeeded for 22 of the 40 days, and what is remarkable, has suffered comparatively little from the trial. The evidences, however, are that his long abstinence is beginning to tell upon him, and we venture to express doubt of his ability to live much beyond the 40 days unless he soon returns to the habit of human beings. A man in certain conditions of disease might live 40 days without eating, but we doubt if it be possible for a person in vigorous health to accomplish so remarkable a task. We can but admire, however, the pluck, energy, and we believe, devotion to a principle, that has induced the doctor to make a martyr of himself. We hope that he may succeed, if not in fasting forty days, at least in convincing the medical profession that it is not necessary that a man should stuff himself three or four times a day in order to live. There never was a more ridiculous fallacy than to suppose that a man will die if he abstains from food for a few days. The ignorance of the people, not only, but the total subjection of reason to appetite, of the profession, was surely proved by the predictions of medical men, that a week or ten days would finish Dr. Tanner. We have never doubted his ability to live four or five weeks without eating; but to return to health and vigor after a six-weeks' fast is more than we expect.

And yet moderate fasting is not destructive to life or health. On the other hand we hold it to be one of the most powerful agents in many cases toward the improvement of nutrition, and consequently of health and vigor. Obstruction of the circulation, as the result of excessive feeding, or as the result of suppression of external circulation from changes of temperature, etc., is one of the most prominent causes of disease, and fasting, whereby the vital powers shall be permitted to free themselves, is one of the most efficient means for recovery. We have made remarkable cures, and one of the most remarkable that we ever performed was on a lady who, under our direction, abstained from food entirely for four days. She was a helpless invalid, and, according to her physician's diagnosis, hopelessly incurable, and yet in three weeks she was restored to good health. The process involved fasting, in connection with bathing, manipulation, etc., by which circulation and nutrition were restored. One of the greatest errors of the medical profession to-day consists in the habit of stuffing patients whether they can use the food or not. Appetite we hold to be the language of nature. When the appetite fails the evidence is clear that the food cannot be used; and instead of pressing the stomach with nauseous compounds, if the physician would but undertake by common-sense methods to restore circulation to the general system, thereby making a demand for food, appetite would follow, and good digestion would wait thereon. As it is, medical practice is sunk in the deepest darkness in this respect. Patients are stuffed even to the extinction of life, when a little opportunity given to the vital forces to reassert themselves might save them.

Dr. Tanner has proved by his experiment that the people are not so dependent upon food as is generally imagined. The error grew out of the common habit of stimulation on the part of both people and profession. No man is so dependent upon food or some other staying influence, as he who eats or drinks stimulating substances. Who does not employ stimulants will live 24 hours without food, and suffer no serious inconvenience; but if he is addicted to coffee, tobacco, alcohol or highly seasoned foods, he needs to return to his stomach every few hours the substances which will keep up its activities. Dr. Hammond is to pay Dr. Tanner a thousand dollars if the latter succeeds in his undertaking. Though Hammond should save his thousand dollars, Tanner will, nevertheless, have proved Dr. Hammond to be one of the poorest and wildest medical philosophers of the age. No man has done more to sustain the practice of stimulation, increase drunkenness, exhaust the vital powers of the patient, and bring about gluttonous excesses than he. And yet he wonders why it is that gastric and nervous diseases are continually on the increase, all the while failing to recognize the fact that his practices are producing just what he has undertaken to restrain.

We venture again the prediction that Dr. Tanner will not live long beyond his experiment, and yet he is not likely to die for two or three weeks yet. Possibly we may be called upon to congratulate the Doctor on his recovery after his long fast, though in common with most physicians we doubt his ability to endure.

Infant Dietetics.

Another hopeful sign of the times is shown in a discussion among the physicians on the subject of frequency in feeding infants. "Dr. C. E. Page, Biddeford, Me.," so says the Boston *Journal of Chemistry*, "has been charging that excess in diet is one of the chief causes, if not the principal cause, of the excessive mortality during the first two years of life. Dr. Page urges that there is no logical or philosophical reason why infants should be fed oftener than adults; that their stomachs are as large proportionately as those of adults, their food better adapted to the requirements of their organism than much of the food used by grown people, and that if men in the performance of arduous labors, mental and physical, working hard with body and brain 10, 12 or 15 hours out of the 24, were perfectly nourished and sustained on three, and in thousands of cases on two meals per day, new born infants with only normal growth to provide for could not require more than three meals of appropriate food. He claims that the excessive fat, so generally regarded as the sign of a healthy babe, is simply a proof of the ability of the digestive organs to go on for a time digesting more food than is required for simple growth, the excess going to the production of fat tissues, which he rightly claims is, at any stage of life after infancy, universally regarded as itself a disease. This condition, he urges, is no less disease in infancy, and tends to check the real, normal growth, and that all excessively fat babies are only cured through a longer or shorter period of non-growth, or a violent sickness, which strips them of the fat, if not of life. In proof of his faith in the three meal system, he has made a test case of his own infant now six months old, and who has had but three meals a day since her birth in December, 1879. The following is his description of her condition and progress:

"Her physical condition has been perfect throughout. She has uttered no cry of pain indicative of stomach or bowel disturbance, and has caused me no moment of anxiety or uneasi-

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ness since the hour of her birth. For ease and comfort and muscular strength she has been a marvel to all who have observed her from day to day. There has been a complete escape from the fat disease, with the pasty complexion so common to infants. The body and limbs have lengthened by normal growth, while remaining well covered and rounded with muscle and flesh, and the complexion has been and remains brown and ruddy, like that of any human being, perfectly nourished, who spends much of the time, as she has, in the open air, during the winter as well as since spring began. There has been entire exemption from hiccough, throwing up, colic, constipation, diarrhœa, and in fact from all the endless variety of disturbances commonly supposed to be the natural and unavoidable experience of a pioneer in this world of sin and disease. Her breakfast at 6, dinner at 12 and supper at 6 are taken with a keen relish, fully satisfying her appetite and keeping her throughout the twenty-four hours without any exhibition of hunger or lack of nourishment. Her sleep has been perfect, sound, and continuous from soon after supper to near breakfast time. From the beginning she has been put down wide awake a few minutes after supper, with no occasion for disturbing her or her attendants until her awakening in the morning. This also implies that she sleeps in garments as free and unconfining, and with the same security as to cleanliness, as is the case with healthy adults. In short, she has been a delight to herself and to us, fully meeting my most sanguine expectations, in a scientific point of view, thus far throughout her young life. While other infants have to be kept in arms much of the time to pacify them, or to be quieted by the breast or bottle every hour or two through the day, our 'three-meaier' is a joy unto herself, requiring little more attention, except in the matter of locomotion, than a healthy kitten.

"As to the normal growth of an infant from birth, I hold peculiar views. Every one knows the *common* rate of increase of weight during the first four weeks of infant life,—a pound a week. During the nine months of fœtal growth the increase, except in the case of monstrosities, is about 0.37 ounce per day, or 2.59 ounces per week. Why it should be thought rational for this ratio to be increased six or seven hundred per cent. directly after birth is beyond my comprehension. In spite, or because, of this hot-house forcing during the first few months, the average weight at, say, five years is much less than if the rate of pre-natal growth had been kept up throughout these years.

"In a pamphlet soon to be published I shall endeavor to present the whole subject of infant mortality and the general and particular treatment of infants and young children, with a view of preventing in great measure the undue proportion of sickness and death during the first years of life, and I solicit correspondence from physicians and others who are alive to the importance of this subject."

These are substantially the views long held, and the practices advocated by the editor of this journal. Our own experience in the care and training of children proves that twice a day is amply sufficient for children after the second year, and three times a day previous to that age. Our children are healthy, lively, active and vigorous, and not one of the three has ever had a serious stomach or bowel difficulty since birth. The bowel diseases which carry off thousands, and which Dr. Page declares result from overfeeding, are entirely unknown in our family. We are confident the Doctor is right, and commend his ideas to all our readers. For a time the question was undecided with us as to the age at which we should break up the three meals and insist upon feeding the children two meals per day. Previous to the change there was considerable disturbance during the hours of sleep. Wakefulness, crying and tossing in bed were of common occurrence, until, having fully decided that the time had come for a change of diet, the supper was dropped, with the consent of the children, and the most quiet and profound sleep has uniformly since prevailed. From 8 o'clock in the evening until 6 in the morning the older ones are certainly lost to themselves and the world in the arms of morpheus. We believe that any child at two years of age will do better on two meals per day than upon three, and that infants, after the first few weeks at any rate, will do much better upon three meals a day than oftener.

Tobacco—A Moral Question.

We have long been of the opinion that all substantial improvement must come through the cultivation of the religious nature. While men are lax as to right and duty, the race must sink deeper and deeper into degredation and wretchedness, and this laxity will surely be relieved only through the cultivation of conscience. It is one thing to know the truth, and quite another thing to do it. With the former science has to do. Here we must look for the attainment of truth upon all questions connected with physical life. To religion, on the other hand, we must look for the stimulus which shall induce us to the practical application of the truth once it is understood. We regard it as a hopeful sign of the times that the churches are taking in hand the tobacco question. At the last Methodist Conference, so says *The Primitive Christian*, an additional question was adopted by a vote of two to one, to be asked all candidates for the ministry. The question is, "Will you wholly refrain from the use of tobacco?"

If every minister of every congregation in the United States would but prove by his example the impropriety and the moral obliquity connected with the use of this filthy weed, a great step would be taken toward blotting out one of the greatest evils of the times. Tobacco is the hand-maid of alcohol. Together they are dragging down to destruction, earthly as well as eternal, thousands of the human race. German Baptists, sometimes called the Dunkards, are working in the same direction, as is shown by the following query, which was discussed at their late annual meeting: "Is it according to the gospel for a brother who indulges in the filthy fashion of the use of tobacco, (except for medical purposes,) (?) to reprove a sister who indulges in the vain fashion of the world in dress?" Our Dunkard brethren are very sensitive on the subject of dress; we are glad to know they are becoming equally sensitive on the subject of tobacco. They have our hearty sympathies in their efforts to drive from their society the use of this filthy weed.

Ague and Quinine.

The ague season is near at hand, and so those living in malarial districts will soon be preparing themselves with bottles of quinine and teaspoons, to guard against the miasmatic poison. Quinine is said to be a specific for malaria, some even believing that it unites with the miasmatic poison in the blood, as alkali unites with oil and forms soap; but such an idea is eminently nonsensical. Any poison that is violent enough to confuse the nervous system, so to speak, will prevent chills to a greater or less degree. Before quinine was discovered, arsenic and opium were relied upon for this purpose; yet they were not as efficient as quinine, because they are not such powerful tonics to the nervous system.

Anything that will prevent chills is a specific as much as quinine. Violent emotions will often break them up effectually. We once knew a lady who was invited to take dinner with a neighbor on a fourth of July. The hour set for the dinner was also the appointed time for an ague shake; but the anticipation of chicken fixings was too much for the ague, so she passed it by for that day. The nervous system was as effectually diverted as it would have been if she had taken quinine, with none of its injurious effects.

A similar plan of averting the paroxysm has been suggested by Prof. Speed, of the Hospital Medical College, Louisville, Ky. He asserts that if any one will vigorously ride a saddle horse for an hour before the regular time for a chill, it will be averted. It may recur, however, when the same plan must be resorted to again. But anything that is not poisonous, that will effectually prevent the paroxysms, is infinitely to be preferred to quinine, for that drug always injures the nervous system greatly, and often more than the disease itself. The best plan is to give the patient a bath at 100 degrees when the chill first commences, increasing the temperature after he is in it to 110 degrees, or as hot as it can be borne, and continuing the bath until the patient is warm. After the fever begins he should be placed in a pack and kept there until it begins to abate. If it is very violent, it may be necessary to change the packing sheet once or twice during the process. After the pack, wash the patient off and put him to bed. This plan has the preference over all others, in that it eliminates the malarial poison from the system, so that in a short time the patient may hope to be rid of both the chills and their causes in the worst cases; which cannot be the case where reliance is placed solely upon quinine.

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Bringing up Babies by Hand.

It is a very common thing for American mothers to be unable to supply their new-born babes with natural nourishment. Of those who fail in this respect, the large majority have a small development of the mammæ, while a few are in such feeble conditions that their milk would prevent the growth of the children they may chance to have. In either case, the only alternative is to feed the infant from a bottle.

Statistics show, that more than one-third of all the deaths that occur, are among children less than one year old! If such mortality should affect pigs or poultry, all the agricultural societies in the land would be holding meetings to agitate the question, and to search out a remedy. We question whether a national fast would not be announced to "stay the plague."

Of every hundred children born, twenty-five die in infancy; and the large majority of these die from excessive feeding, as is shown conclusively by the reports of obstetrical societies. Rickets, marasmus, thrush, etc., are most generally caused in this way. The reason why the lower animals rear their young so successfully is because they have not intelligence enough to kill them. It has been shown that too many meals and too much food given at a time have more to do with the mortality of infants than the quality of the food given.

It often becomes a serious question what food to give to a feeble child that must be brought up by hand. Cow's milk, diluted with an equal quantity of water, or more, if the child is very feeble, is a good substitute for the mother's milk; but in some cases, cow's milk is not tolerated by the child's stomach. In such cases, oatmeal or Graham gruel, cooked for two hours and strained through a cloth, is sometimes found to be better suited to the infant's condition. In rare cases, Mellin's or Ridge's food for infants, will be found indispensable for a time. After the teeth begin to form, a mixture of sea moss farina with cow's milk is sometimes tolerated better than the milk alone. Some nurses recommend diluted cream for very feeble infants; but cream has a tendency to clog the liver, cause constipation, and often troublesome and even fatal sore mouth. As a rule, babies ought not to be fed oftener than once in three hours; but if their digestion is very feeble, it may be well to feed them small quantities once in two hours. Oftener than that would generally be over feeding. If the child has proper diet at the right times, all such so-called helps in the nursery as soothing syrups may be dispensed with. No intelligent mother, who values the good of her child more than her own temporary comfort, will resort to such vile drugs under any circumstances.

What Hygienic Living Does.

The reports which we receive from former patients or friends are very encouraging, and too numerous to enable us to make note of them, but a letter, just come to hand, suggests an idea that may be of service:

"My brother, H. S. L., and sister, Mrs. W., were with you last summer. My brother weighed 117 pounds in August. He came to Princeton, N. J., and remained during the winter, and by the holidays he weighed 167 pounds. He is completely restored to health. My sister, although not well, has much improved. By injudicious study for eight years, four of which were spent in Princeton College, N. J., I began to fail in health. Sleeplessness was my great ailment. It began to return on me when I was at Princeton last fall. Upon the urgent request of my brother, I subjected myself rigidly to your rules of eating but twice a day, and the articles of food cooked in the way you advise. I very rapidly recovered, and have not been troubled in the least with sleeplessness since soon after I commenced your way of living; besides my general health has been much improved."

The lady mentioned ought to have good health, and would if she would only patiently do what is necessary. We regret that she has been so anxious to get well in a minute that she has not obtained the results desired.

Here is from our old friend Vincent McBride, of Washington, Pa., who came to us about eighteen months ago, reduced to helplessness, brought by his brother, suffering from chronic diarrhœa. He says: "My health is good now, able to make a good harvest hand. I often think of the Mountain Park, and my speedy recovery from chronic invalidism to good health."

Long may he flourish. If we remember right, he gained over fifty pounds of flesh in a few months, and his health is permanently restored.

What They Say.

Received your LAWS OF HEALTH. It is a most excellent paper, sound and practical.

G. E. NORCROSS, M. D.

Each number of THE LAWS OF HEALTH seems to be better than its predecessor.

GEORGE F. RANSOM.

If we live and prosper, we propose to make this doubly true during the coming fall and winter. We do not mean that THE LAWS OF HEALTH shall grow dull or stupid with age.

Questions Answered.

BY ROBT. WALTER, M. D.

Question 1. What is the cause of pin-worms, and how can they be cured?

2nd. Can you give us instructions in the process of kneading the bowels? Can it be done without an attendant? H. P. D.

Answer 1. Pin worms are the result of indigestion and are to be cured only by restoring the digestion perfectly. Abstinence from food for a day, and then the use of only the plainest and most wholesome foods in great moderation for a week or two, in connection with thorough kneading of the bowels, with injections of warm water, and rest, sleep, exercise and all hygienic processes, by which the food material shall be used and appropriated instead of remaining in the bowels and breeding animalculæ. For food use hard Graham bread and a little fruit, without any vegetables whatever.

2nd. The bowels are to be kneaded as one would knead bread, by pressing upon them from above with one hand and following the course of them with the hands alternately for one, two or three minutes. It cannot be done readily except by an attendant. The next best thing to kneading of the bowels is percussions of them, and this the patient can readily do himself. By percussion we mean slapping or moderately pounding the whole abdomen. It should be commenced gradually, or else soreness and injury may result. The bowels will become accustomed to kneading and percussion, so that very much can be taken, and they will be greatly strengthened thereby.

Question. Is bathing in sulphur water harmful? I mean sulphur water in a creek, which comes from dumping the coal dirt in it.

Question 2. I am much troubled with constipation and use an Empire syringe, and always have to go a short distance before I empty the contents of the bowels. Is there any harm in retaining the water five minutes or more?

Answer. Sulphur in the water is a decided objection to it, making it poisonous if existing in great quantities. If existing in minute degree, it might be better to bathe in sulphur water than not to bathe at all, though bathing in the water of any creek of the ordinary temperature is not a good thing for any person in poor health. To get benefit from bathing, the water should be of the right temperature; ordinarily, luke-warm, and should be taken in a warm room, with such conveniences and appliances as to save the patient's strength and not exhaust it.

Our friend who is striving to recover health at home is learning to prove how futile home-made processes are. In other words, he is attempting to do a work while he does not possess the tools to do it with. He must be partially unsuccessful. There is no injury to come from retaining the water in the bowels for five or more minutes.

SUPERFLUOUS HAIR. I am annoyed with hair on my face, and belonging to the gentler and vainer sex, am naturally anxious to learn of a successful depilatory.

Answer. I know of none. Better make up your mind to endure what nature has given you, rather than employ doubtful methods which may make the matter worse.

Question. I am supposed to have weak lungs, and when compelled to work in the dust, as with a threshing machine, I almost involuntarily shut my mouth and breathe through my nose. I soon feel a sense of oppression, which causes me to avail myself of the first opportunity to get into pure air where I can open my mouth and breathe freely. I have seen stout, full-breasted men go into the dust with their lips parted, and stand there for half a day at a time with apparent impunity. Which is the better way?

Question 2d. Why is it that persons having whooping-cough, measles, etc., will not take the same disease a second time?

Question 3d. In child-birth, what should be done to alleviate pains after delivery?

Question 4th. Is canned fruit healthful food, or is dried fruit any better?

Answer. Inasmuch as you have weak lungs you should keep out of the dust. The plan of

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shutting the mouth and breathing only through the nose is the proper plan at all times, whether in the dust or out of it. You suffer from oppression and seek the air because the nostrils are contracted or stopped up with catarrh. I advise you to use them so as to increase their capacity and be enabled to breathe with the mouth closed. Breathing through the mouth is a bad habit for anybody in any place and at all times.

Answer 2d. Persons are not likely to become affected the second time with the contagious diseases mentioned simply because the sensibility, or susceptibility of the tissues have been destroyed in the first process, so that the second process cannot follow for want of that susceptibility. If a person maintains absolutely pure blood and is highly vitalized, he will not be likely to have these diseases the first time any more than the second; or if he does have them they will be so slight as to be of little account. The best preventive of disease is good health, which may come from hygienic living.

Answer 3d. This question is properly one for the physician at the bed-side. I cannot answer it so as to be serviceable to the reader, because I do not know in a given case what the cause of the pain might be. If a patient is treated properly before and during delivery the after-pains will be of little account. It is only when they live unhealthfully, suffer agonies during delivery because of unhealthful conditions, that after-pains continue. They must be treated upon the merits of the case and not in accordance with any theory.

Answer 4th. Canned fruit is healthful food when properly canned, and dried fruit is healthful food when properly dried. There is no better food ever eaten than good dried apples or peaches. I know of no choice between dried or canned, unless it be a matter of taste. Dried fruit is frequently, if not usually, more readily digestible by dyspeptics, than fresh, stewed fruit.

BLANCHARD-FOOD HEALTH FOOD CO. Is it good?

Answer. Our correspondent is considerably mixed. There is Blanchard Food Co., and a Health Food company. The Blanchard food we consider nothing more or less than a disguised form of drug medication. The Health Food Co. of New York deal in good food material; just as good, and perhaps a little better than can be obtained at any good grist mill in the country.

HEADACHE. A little boy wants to know how to get rid of headache. His brother has it so bad that he runs and screams. He wants to know what ails him. Grandmother has disease of the heart. He wishes to know what will become of her. To all of which we answer, that each and all should read the LAWS OF HEALTH, and profit by its teachings. Boys that have the headache ought to learn to eat good food twice a day, without anything between meals, and live generally according to the laws of health.

PARE'S ENGLISH PAD. Please give us your opinion of it as a remedial agent.

Answer. We know nothing of it. We only presume that it is another form of drugging a patient. If I were thinking of employing a pad, I should ask the advocate of it to explain how it was going to cure me. I am of the opinion that he would have a difficult task to explain it to one who is conversant with the effects of drugs.

RECEIPTS FOR COOKING. A lady desires some receipts for cooking: to which we answer, send and get our cook-book, which is sold at thirty cents. It will give a large number of receipts. We regret that we are unable at the present time to write up the subject of cooking.

OVARIAN TUMORS. You will please give treatment for ovarian tumors? The lady is getting weaker, reads your paper with great interest, tumors are of three years' growth, etc. Patient thinks sitz baths would benefit her; what do you think?

Answer. This lady will be benefited by processes which build her up into better health. The sitz bath would be a proper agency, I believe, for this purpose, but to employ the sitz-bath with the idea that it has any curative virtue for ovarian tumors, would be to do the patient injury rather than good. An occasional sitz-bath would be serviceable, probably, in building up the general health, improving the nutritive processes, and hence preventing the supply of devitalized material which causes the tumors to grow. A course of treatment at a good hygienic institution where the patient shall be built up and not run down, is the proper plan. If she cannot go to an institution she should have home treatment for this purpose, and to enter upon it intelligently is an important point. She should have the advice and prescription of a competent physician, and should frequently consult him during the process of treatment. We give home prescriptions to meet such cases, charging therefor $5.00, with $1.00 for each subsequent letter of advice.

Question. What is the cause of children having a very bad breath in the morning when they rise from bed? Is there help for it, and what is the best remedy?

Answer. Indigestion is the immediate cause of the difficulty, and eating hearty suppers probably the predisposing cause. Let your children live upon two meals a day of good wholesome food, avoiding excesses in every respect, and in my opinion they will not be troubled with bad breath. They should have a bath twice a week in warm water, and should sleep in well ventilated rooms, have a complete change of clothing every night, with thorough kneadings of the abdomen daily. It would be very strange if bad breath and all other symptoms of indigestion would not disappear under this treatment.

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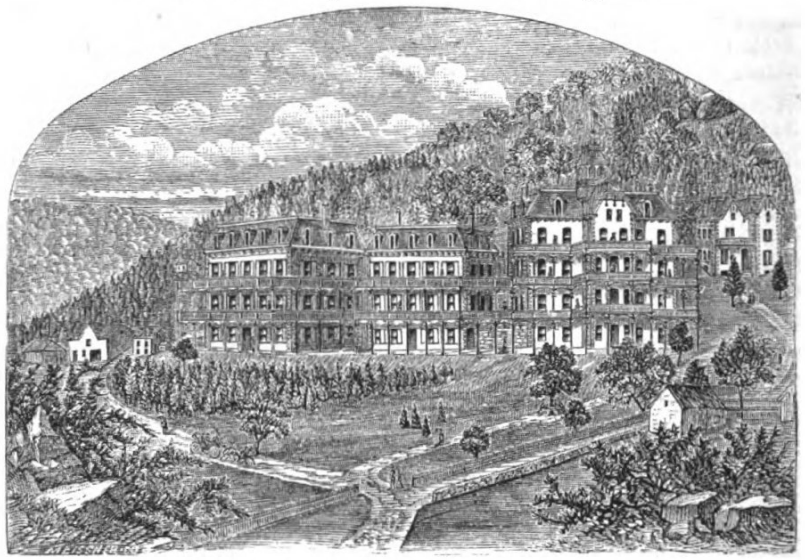

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The Water-Cure we employ in great moderation, its evils, which have been numerous, having consisted chiefly in the excesses to which it contributed.

The Movement-Cure is, if possible, however, a very much more important appliance, and here it is employed to build up debilitated human organisms with a success that we believe is not found elsewhere; at any rate we have succeeded by our combination, in restoring health to persons who had failed of recovery at the best movement-cure institutions in the country.

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TERMS.—These range from $7.00 to $14.00 per week, according to room occupied; but very feeble persons cannot be received at less than $9.00. These prices include all necessary expenses in ordinary cases, including board, lodging, fire, lights, &c., saving first examination fee, $5.00, and carriage from depot 25 cents, and 25 cents for each trunk, and personal washing which is done in neighboring cottages at 50 cents a dozen. Parties requiring extra large rooms or meals in room, extra nursing, &c., will be charged extra.

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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. III. READING, PA., SEPTEMBER, 1880. No. 5.

Water;—Its Uses and Abuses.

BY ROBERT WALTER, M. D.

CHRONIC DISEASES. The water-cure finds its chief significance in the treatment of acute diseases, of which inflammations and fevers are the grand representatives, nearly all forms of acute or sudden illnesses being represented by or depending upon these conditions. We trust that the reasons already given for the administration of water in these cases are amply sufficient, and hence we pass to a consideration of the treatment of chronic ailments.

The chronic disease means simply one which has existed a sufficient length of time to become fixed in the system with some degree of permanence. Chronic diseases are usually preceded by acute attacks, and are most generally caused by bad treatment of the latter. The theory of the schools is to cure one disease by producing another, which, in practice, means the subduing of the acute form by substituting in its place the chronic. An acute inflammation is an active one, while chronic inflammation means a passive condition. A fever which is pronounced or decided in its character is properly named according to its symptoms, but when there is simply a feverish condition, whether connected with obvious local disease or not, a chronic form is properly recognized. Acute disease means, in general terms, an active campaign on the part of the vital forces against the offending causes; while a chronic disease is a subdued, sullen or inactive condition against the same causes. Water-cure is peculiarly serviceable in the treatment of acute diseases, because the conditions to be met are peculiarly such as suggest the use of water, while in chronic diseases the influence is less obvious and the effects less satisfactory. Nevertheless, bathing is not to be eschewed. One of the first conditions of disease, whether acute or chronic, is unbalanced circulation; that is, excess of blood, or congestion, in some parts with deficiency in others, the excess usually being in the central portions, while the deficiency is found in the surface and extremities. A bath, hot, warm, or cool, according to the conditions, with proper rubbings and manipulations, is one of the best appliances for restoring the equilibrium. The deficiency in the surface results in coldness and feebleness therein, while the bath in connection with the rubbing, tends to warm and, consequently, to fill up the depleted blood-vessels. Congestion is a term generally applied to excess of blood in the venous capillaries, while the same blood found in the arterial capillaries and smaller arteries, in connection with vital activity, would be termed inflammation. An inflammation at one part of the body induces a deficiency of blood and consequently deficient action in another part, and this no matter whether the inflammation be passive or active, whether it be concomitant of acute or chronic disease. A chronic inflammation is to be treated in the same way as is an acute inflammation, with this exception, that it is more often necessary to use hot appliances for the purpose of relaxing, soothing or softening the irritated parts, to be followed by cool applications as in the acute condition.

A chronic feverishness, whether dependent upon liver and stomach derangement, upon catarrh of any of the organs, upon bronchial or lung difficulties, or from whatever cause, will be greatly relieved by the use of mild baths. There is one fact, however, that is never to be forgotten, in this connection, and that is that whereas it may be entirely proper to bathe a patient daily, or oftener in acute diseases which are soon to be relieved, chronic ailments, whose process of cure must extend over weeks or months, must take into consideration the fact that bathing appliances, if not used in great moderation, will deplete the vital powers of the patient, and thus counteract the good effects that might otherwise be obtained. I think the greatest mistake of hygienic practitioners has been in employing baths too frequently and persistently in the treatment of chronic invalids. There is no justification for the frequency generally indulged. All experience proves that depletion in greater or less degree follows the use of a daily bath in almost every case. Or, if there is not actual depletion, there is nothing gained by the frequent repetition, a single bath accomplishing all that can usually be accomplished by a repetition of it. In general terms, the best effect of a bath is not experienced during the day in which it is taken; but the succeeding, or even the second day thereafter, the system responds fully and completely, and thereafter the patient is prepared for a repetition. We are opposed on general principles, to the repetition of a bath before the effects of the preceding bath have pretty well passed away. In the treatment of chronic invalids, therefore, all our experience goes to argue in favor of the bath once, twice or three times a week, according to the patient's conditions, and particularly the vigor which he possesses. It is seldom that a patient will endure more frequent baths than these without becoming excited or stimulated thereby, and stimulating processes we hold to be processes of depletion, notwithstanding the patient may seem to be strengthened. Indeed, in the treatment of chronic invalids, we employ bathing as much for cleanliness as for any other consideration. And we rely upon manipulations, massage, as means for actual curative effects, even more than upon baths. True, the effect of a bath does not end with simple cleanliness; on the other hand we recognize in it a powerful aid toward improvement of circulation, if used carefully and discriminately, as we have before urged.

The full-bath we look upon as an appliance superior to all others as a general form of treatment. In the first place it permits the most thorough cleansing of the body; in the second place, it is soothing to the system; in the third place, the patient being immersed from foot to head, is secured thereby from draughts of air, which might produce chilliness, and, fourthly, the whole system is called upon to respond generally to the temperature of the bath, whatever it is, thereby preventing unequal distribution of blood. The full-bath may be hot as can be borne, continued from three to ten minutes; but in this form it is very relaxing and often soothing, reducing the feeling of strength on the part of the patient, and possibly depleting his vigor in other respects. When employed for, say two minutes at 90 degrees, it is a simple cleansing process, but very effective in equalizing the circulation in connection with thorough rubbings and manipulations. This bath may be employed once or twice a week, and in my opinion, answers all requirements for cleanliness in ordinary cases. Where there is heat consequent upon irritation or inflammation of any organs situated in the pelvis, as in cases of piles, uterine or other sexual difficulties, the sitz-bath is recommended to be taken once or twice a week, or in some cases oftener, according to the vigor of the patient and the conditions of the disease. The temperature should, in general terms, be about 90, or even as low as 85 degrees, and may be continued from 5 to 15 minutes, 10 minutes being an average.

In connection with the sitz-bath it is often wise to employ the hot foot-bath if the feet are at all cold, though we advise other forms of warming the feet as a general practice. A walk of half a mile, if the patient is vigorous, or thorough rubbings or toasting of the feet by the fire, are methods that are sometimes superior to the use of the hot foot-bath, for unfortunately, the hot foot-bath when frequently repeated tends to a debility of

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the capillaries in the feet, and consequently reduced circulation in them rather than increased circulation.

A prescription for baths, therefore, in the great majority of chronic cases, where there are no special local ailments, would comprise two mild full-baths and one sitz-bath per week, or one full-bath and two sitz-baths, according as the pelvic organs are involved or not. Of course, an unlimited variety of appliances may be indicated in peculiar cases. Packs, compresses and bandages are frequently serviceable in chronic cases as well as in acute, and, in general terms, meet similar conditions. Under the head of baths this subject will be described more fully.

The Tobacco Question.

We are glad to know that our German Baptist friends are not just now beginning, but have long been opponents of the tobacco habit, as the following from an honored correspondent shows; and we trust that they will continue to urge the truth upon their communicants until not one of that respected denomination shall be tainted with the filthy habit of tobacco-using.

August 13, 1880.

Dr. Robert Walter:

RESPECTED FRIEND:—In vol. 3, No. 4, page 29, of "THE LAWS OF HEALTH," you make the expression, in reference to the German Baptists, "Our Dunkard brethren are very sensitive on the subject of dress; *we are glad to know they are becoming equally sensitive on the subject of tobacco.*"

One who is not well posted in the German Baptists' history would conclude from that part of your expression which I have italicized that they were heretofore not "sensitive on the subject of tobacco." That such is not the case I will copy their minutes on the tobacco subject as far back as I have them.

Article 1, of their Annual Meeting of 1817, reads thus: "Concerning the use of tobacco, it was in union considered, that if a member should be contaminated with it, such should be admonished to quit it; and if it would not be stopped, such a member could not be elected to any office in the church."

In 1822, query 7: "Concerning the abuse of tobacco. This has been before the meeting already before this, and was always considered a shamefully bad habit, (German untugend), and everything bad, says the Apostle, is sin, and sin defileth the body; and another Apostle says, that your bodies, together with soul and spirit, shall be holy."

Query 12, 1827: "Concerning members who engage in the raising of tobacco? Considered, that members should have nothing to do with such things, by which so much mischief is done, and so many men (and women too) are led captive, as is the case with tobacco."

Query 5, 1839: "Whether a brother may be intemperate with strong drink or tobacco? No."

The tobacco subject was under consideration since on different times, and the church has always expressed its disapproval. It is however to be regretted that all which has heretofore been done has not better succeeded in stopping it. There are still some addicted to it to the pain of many saints, but the *body* of the church are unfriendly to it. Hoping this to be sufficient to show that the German Baptists are not just becoming sensible on the tobacco subject, I remain your well-wishing friend,

GEO. BUCHER, V. D. M.,
Cornwall, Lebanon Co., Pa.

How to Get Sick.—No. 5.

BY J. A. TOBEY, M. D.

Errors of Diet.—It is impossible to describe all the errors of feeding in an article of ordinary, or even extraordinary length; we have only room to portray some of the greatest, and their injurious effects.

Among the worst dietetic habits are tea and coffee drinking. These substances are bad enough of themselves, but are rendered doubly injurious by extensive adulteration, both in the material used, and in the coloring. Perhaps it is not generally known that black and green tea are from the same plant, the black tea leaves being colored first by turmeric, to make them yellow, when they are treated with fine glue, Prussian blue and gypsum, triturated together. Very few of the tea leaves used by the Chinese are thrown away, but they are colored and sold for fresh tea. Reliable analyses of the tea of commerce have also shown that much of it is composed of the leaves of the elm, oak, willow, poplar, elder, beech, hawthorn, sloe and other trees, colored and seasoned with iron, plumbago, chalk, sand, indigo and gum, besides the drugs before mentioned.

But if tea is not adulterated, it is a poison all the same. It is said that tea-tasters often take into their mouths the infusion of half a pound of tea daily, and it is well known that they suffer from a peculiar disorder of the nervous system, consequent upon such a practice. This disease shows itself in sleeplessness, irritability, loss of appetite, inability of the stomach to digest food, and general nervous prostration. If a great quantity of tea is such a marked poison, it is clear that using a moderate quantity every day will cause its effect to accumulate, producing the same effect, though taking a longer time to accomplish it. Tea and coffee play upon the nerves as one plays upon a violin; but the strings wear out, and the more they are irritated abnormally, the sooner will the end come.

The condiments, which enter so largely into the ordinary dietary, are useless or poisonous, and most of them are adulterated. Sugars are composed of glucose and chloride of tin. Baking powders are made of preparations of soda and alum, the latter substance being used instead of cream of tartar, because it costs only about one-tenth as much. If people use large quantities of bread made with such powders, the alum it contains is sufficient to weaken the strongest digestion.

Food that is cooked with sugar or salt goes through a similar process to that which hides are subjected in the vats of a tannery. The hides have the water extracted from them through the action of oak or hemlock bark; foods cooked in salt or sugar are tanned in a similar way, being made leathery and indigestible. A glance at the dietary of nine-tenths the inhabitants of the United States is shocking to the intelligent mind. They usually make their breakfasts of hot coffee, raised white biscuit, and griddle cakes with butter and syrup. The coffee irritates the nerves into a tonic condition. The biscuits are partially destroyed through fermentation and the action of carbonic acid, and are also filled with the alum contained in the baking powder. Then they are saturated with butter, making the whole as indigestible as is the butter itself. The griddle cakes are made from fine flour, raised with the same villainous baking powder, shortened with butter or lard, and cooked upon a greased griddle until the fat is thoroughly baked into every atom of the flour; then they are eaten with syrups, which are composed of glucose, (which is manufactured from old linen, treated with sulphuric acid,) and the chlorides of tin, iron, calcium and magnesia.

The dinner is usually the most wholesome meal of the day, because it is made up of meat and vegetables; yet these are often cooked in salt, and are served with salt, pepper, and a host of other indigestible, and even poisonous seasonings. The supper is made up of cake, the quintessence of all abominations, unwholesome pastry, and preserves, which sugar has had a chance to pickle through and through for months or years.

We submit whether this category is not enough to account for a large proportion of the deaths now ascribed to a mysterious Providence. The art of destroying wholesome food in the process of cooking and serving is brought to the highest degree of perfection in our country, and adding poisonous condiments, often in nearly as great quantities as the so-called food, is a science by itself.

The world never needed teachers upon any subject more than upon this one of diet. Such is the prevailing practice, that when most people go to a health institution where the matter of wholesome food is made a study, and where the ordinary abominations are ruled out, they spend much time and vitality in rebelling against arrangements that are founded in the highest reason and common sense; allowing not only their propensities, but their intellects also, to be ruled by habits that tend inevitably to physical ruin. They would still, if left to themselves, saturate their blood with unvitalized material, which clogs all the functions of the body, and renders the victims liable to take on all the diseases of which impure blood is the forerunner.

A Warning Voice from the Other World

LANCASTER, Penn., Aug. 16.—Miss "Tillie" Mateer, age eighteen years, was walking with a gentleman near Mount Joy yesterday afternoon, when a spark from the latter's cigar set fire to her dress, and she, becoming alarmed, started to run. A gentleman who was driving toward her jumped out of his carriage and wrapped a blanket around her, but she was so badly burned that she died shortly afterward.

Moral: Don't walk with young men who smoke.

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Tobacco.

By Ernest Wellman, M. D.

As a disease-producing agent tobacco is only second to alcohol. True, it has never caused the amount of suffering that alcohol has. It does not steal away a man's senses, rob him of his intellect, lash his passions into fury, and demonize him as does its elder brother. It rather stupefies his intellect, deadens his moral sense, degrades his finer sensibilities, and lowers him in the scale of being. While alcohol goads men to the commission of terrible crimes, tobacco rather operates to the omission of great duties. The one, when freely used, brutalizes, while the other simply degrades.

A prominent feature in the use of tobacco is, that it paves the way for the use of alcohol. Ninety-five per cent. of the users of alcoholic liquors among men are tobacco users. Indeed, it is difficult to find a victim of alcohol who is not also a victim of tobacco. The narcotic so stupefies and weakens that it causes instinctive cravings for the stimulant that excites to action and apparently strengthens. The immediate effects of these two seem opposed to each other, though the ultimate results are essentially similar.

Tobacco using is a vile habit, and is thus incompatible with health. It is a dirty habit, and cleanliness is an important rule of health. It taints the atmosphere, befouls the breath, blackens the teeth, pollutes the mouth, besmears the lips, bespatters the floor, soils the clothing, poisons the blood, and renders every man who uses it offensive, in greater or less degree, to those who do not use it.

Tobacco-using weakens a man's self-respect. Not only has he an indefinable feeling—a half-conscious sense that he is a transgressor; but he is constantly having paraded before him intimations of his guilt.

No Smoking Here

reminds him that he is the victim of a filthy habit. He is not tolerated among his fellows. He must have a place to himself, away from more cleanly folks, where he can smoke and spit, and spit and smoke, and enjoy this sensuous indulgence, which claims priority over things natural, noble, and pure. He is a slave to the vile appetite. He feels he cannot forego its demands. Without tobacco, neither food, drink, clothing, sleep, agreeable society, generous impulses, or noble desires are at all appreciated.

Tobacco blunts the senses. The sense of taste is demoralized, smell is in many cases almost destroyed, touch is rendered abnormal, hearing uncertain, and it is now positively affirmed that blindness has in many cases occurred from atrophy of the optic nerve, because of its use.

Tobacco-using may be the cause of almost any nervous disease known. M. Decaisne, a French physician, says, that out of eighty-three inveterate tobacco-users, twenty-three suffered from narcotism of the heart (temporary suspension of its beats), twenty-one of whom were promptly cured by its disuse. The writer has met with many such cases.

Paralysis, as the result of tobacco-using, is of frequent occurrence. D. M., a merchant of wealth and influence in one of our interior cities, became afflicted four years ago with loss of speech and partial paralysis of the right side. He was a vigorous man, in the prime of life, (40), but gradually the paralytic difficulty increased until he was unable to attend to business. He is able to walk about, attend to his own wants, comprehend what is said to him; but he can speak but two words, Yes and No. He is interested in the news of the day, but he cannot read more than a paragraph at a time. He utterly fails in the use of either spoken or written language. He came to me for treatment. The intermittent pulse suggested the difficulty—he was an inveterate smoker and chewer of tobacco. I put him into the sun-bath for fifteen minutes, at the end of which time a strong, sickening odor of tobacco filled the entire room.

Tobacco was his bane, and I assured him that if he would surrender that, there was every probability that he could be cured. But he had been taught that the cause of his difficulty was a clot of blood in the substance of the brain; and back of that immediate cause he could not go. The clot probably existed, but there was every reason to hope that it might be absorbed if the *cause of the clot* could be removed. Tobacco-using had weakened the brain and its blood-vessels, and business cares had taxed him, until, under great pressure, these blood-vessels gave way, and allowed the blood to ooze out into the brain. He failed to comprehend the real cause of his difficulty, and so remains an invalid. He was unwilling to surrender his idol in an experiment in which he had no faith. It appeared never to enter into his thoughts that the same cause that occasioned the clot in the first place, would surely reproduce it if it were removed. And in this respect he reasoned just as the millions do every day. Sickness visits them, and they seek here, there and elsewhere for a cure; but never seem to imagine it possible that the cause that originally produced the disease, would reproduce it with vastly greater ease, even if they got cured. The whole plan of medical treatment, as we have it to-day, corresponds precisely to an attempt to dip the ocean dry, while the rills and rivers continue to pour forth unceasingly their contents.

This gentleman's case strongly suggests softening of the brain, a disease always connected with the use of nervines in some shape. Tobacco is a powerful agent in its production.

"Trembling, which is one of the usual symptoms of acute, is also a common result of chronic nicotism. A very distinguished Parisian physician had hands which shook so much he could not write. Whenever he remained without tobacco for a length of time these tremblings disappeared. Another case, mentioned by Blatin, is noteworthy. A man, forty-five, consulted him respecting violent and numerous attacks of vertigo. Whenever he felt one of these approaching, he was obliged to lie down, wherever he might be, in order to avoid falling. In the country, when he had plenty of exercise, they were less frequent than when in town, where his occupation was sedentary. Cessation from tobacco quickly restored him. A physician of fifty-two was afflicted with the same disagreeable symptoms, and was also cured by abstinence. The habit had become so strong that he could not resist at times the temptation to slight indulgence; but finding that these returns to tobacco were immediately followed by his old painful attacks he renounced it forever."—*Popular Science Monthly.*

The *Hartford Courant* says: "Recently, at the Polytechnic School in Paris, one of the professors, on inquiry, found that in each grade in the school, the students who did not smoke outranked those who did smoke, and the scholarship of the smokers deteriorated as the smoking continued. On account of several trustworthy reports of such a nature, the Minister of Public Instruction in France issued a circular to the directors of colleges and schools, forbidding tobacco to students, as injurious to physical and intellectual development."

"Tobacco and insanity are closely connected. It is stated upon the best authority that of those who become insane from the supposed use of spirituous liquors, eighty-seven per cent. also use tobacco. Two Belgian physicians, Drs. Grishaw and Hagan, have, after careful collation of facts, stated the following as the proportion which the consumption of tobacco bears to insanity in Belgium. From 1818 to 1830, the consumption of tobacco was twenty million kilogrammes, and ten thousand insane persons annually.

	Tobacco.	Insane.
In 1832—	80,000,000 kilogrammes	16,000
In 1852—	112,000,000 "	22,000
In 1864—	180,000,000 "	44,000

—*Harper's Weekly.*

Thus we might quote facts and statistics to an unlimited extent, proving clearly the effects of tobacco, but *cui bono?* Enough has been said to satisfy those who desire earnestly and conscientiously to arrive at the truth.

Yet the inevitable objection will be made. These evil effects of tobacco are the results of its immoderate use, and not of a proper use of it. We acknowledge the fact. The proper use of tobacco would never injure any human being any more than the proper use of anything else. But what is the proper use? To befoul a man's breath, poison his blood, turn his mouth into a chimney, his jaws and glands into a manufactory of spittoon filth? No; but to poison bed-bugs, destroy sheep-ticks, and the like. Why should any man ever chew or smoke tobacco? It is not food, nor drink; neither is it clothing; nor can it ever serve any useful purpose in the human organism. It is simply a vile, nasty, slavish indulgence; a sop to Satan, a bid to evil genii, and without one single word to be said in extenuation of the crime of using, manufacturing, or selling it. Until that word is said, we are done.

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J. A. TENNEY, M. D.,
Associate Editor.

☞ All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., SEPT., 1880.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan.—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems, special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing, eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

Dr. Tanner.

The long fast has ended as we predicted it would, successfully; but we admit to some disappointment as to the doctor's ability to immediately retain food. Though he had been vomiting continually for days, up to the end of the fast, he, nevertheless, was able to drink half a pint of milk and eat a large slice of watermelon without any apparent difficulty, and soon thereafter repeat the doses of victuals until one would suppose he had a stomach capable of enduring anything, notwithstanding its long season of depletion. The question has now been asked, what good will come of it all? Even Dr. Hammond, who was most loud in his declarations of the impossibility of the performance of such a feat, admits that the fast was a genuine one; and though it is not claimed that everybody could perform a similar feat, it must be apparent to physicians generally that man's dependence upon food has been greatly overrated. Food is not, by any means, of first importance; air and water certainly precede it. If the doctors will hereafter cease stuffing their patients when the system is already gorged with material, the fast will not be without its uses.

We are not of the opinion, however, that fasting matches will become popular, and though here and there an occasional enthusiast may strive to imitate the doctor, the generality of mankind will certainly avoid his example.

Cholera Infantum.

Though the season is rapidly slipping by when this disease is likely to occur, our present remarks may, nevertheless, be serviceable to parents, particularly in the southern states. Cholera infantum is a disease of infancy, occurring between the ages of three months and two years, takes place during the heat of summer, June and September being likely to have numerous cases. The disease commences usually with diarrhœa, but following it after a longer or shorter time is vomiting, which, in fatal cases, continues steadily to the end; but when the disease terminates favorably, ceases, leaving only the diarrhœa behind. Sometimes the disease is exceedingly violent and rapid, vomiting and purging being almost incessant. The stomach refuses to retain anything, and in the intervals between the vomiting the patient suffers great feebleness and distress, with pain in the stomach and bowels. After a time the vital powers begin to fail, perspiration increases, with a cool, clammy skin, pallid and shrunken features, insensibility amounting at length to coma, and death in three or four days. We will not occupy our space, however, in describing all the symptoms, as the treatment is essentially similar in all these bowel difficulties.

THE CAUSES.

The causes of the disease are, undoubtedly, the inhalation of impure air, drinking impure water, or the eating of impure food. Whatever will deprave the blood and tissues will, under the influence of heat, tend to a violent disturbance of the vital functions, producing violent efforts of the alimentary canal to relieve the system. The causes suggest the remedy. Pure air, pure water, pure food, or even abstinence from it for a time, in connection with a cool, dry atmosphere, will always bring relief in curable cases. Abstinence from food we hold to be an important measure, because to introduce food into the stomach already irritable enough to eject it, is simply to keep up the irritation and to exhaust the vital powers. To drink hot water is frequently serviceable, and applications of hot fomentations to the stomach and bowels are very excellent in their effects, to be followed by the wet abdominal bandages, particularly in cases of feverishness. Let the stomach be soothed and quieted by the drinking of hot water, the bowels be thoroughly cleansed by the use of warm water enemas, the hot fomentations or wet abdominal bandages over the stomach and bowels be worn, and enjoin complete rest. We have no faith in the morphine, laudanum, mustard poultices, brandy, nitric and muriatic acids, mercurial pills, with other powerful medicines used by the profession. Our readers will find that the mild bath occasionally, in connection with the processes just described, will be infinitely more efficacious than the drugs. Physicians admit that notwithstanding the supposed value of the drugs, cool weather is, after all, the best curative, and the wisest part of the treatment is to save the patient's strength until the cool season arrives. With this view the use of the powerful medicaments before mentioned must certainly be disastrous.

After the patient's vomiting has ceased, gruel made of milk, boiled and thickened with white flour, will often be very grateful. It should be used, however, quite sparingly at first. Let the anxious mother try these measures, and have faith and courage and patience, and she will succeed better than the physicians generally do.

Disease and Darkness.

The majority of people shut up their best rooms against the sunlight, as if they regarded it as an enemy. Sunlight will fade carpets and upholstery, and darkness will keep out flies; so people keep their minds upon these points, and never stop to question the practice of living in rooms into which a fly is too wise to enter.

Our bodies are imperceptibly exhaling wornout, effete matter, during every moment of our existence; and in the unventilated rooms of nearly all the houses in the United States, these impurities remain during the day and night. These rooms are carpeted, and the carpets retain in great degree the effete material. If the sunlight were allowed to penetrate this unwholesome collection of noxious vapors and gases, they would be in a large measure dispelled. No inhabited rooms are free from the need of being thoroughly disinfected every day, and direct sunlight is one of the best depurating influences in existence. But rooms where both air and sunlight are excluded are necessarily places where the causes of pestilence are being continually bred. People who live in them wonder why they have such frequent headaches. It surprises them that they are so bilious, and feel good for nothing all the time. They conclude that their blood must be impure, so they seek relief in the so-called blood purifiers that flood the market, which are composed of very poor whiskey made bitter with Peruvian bark, and sweetened with poor molasses, concocted to meet the demand growing out of such ignorance. They take some gallons of the stuff, by the tablespoonful, while they go on repeating the causes of their ailments to the end of the chapter.

Every house should be properly ventilated without causing drafts. This can

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be properly done only through expensive arrangements which are now beginning to be employed by the more advanced thinkers; but approximate results may be obtained by placing a board as long as a window, and two or three inches wide, under the lower sash of each window, thus allowing the air to come in freely between the upper and lower sash. Then no room should be considered fit to be inhabited unless the sunlight is admitted freely every day. It is almost impossible to have as pure air in dwellings as we find out of doors; but houses are a necessary evil, and knowing them to be such, we should take all the more care to make them as conducive to health as possible.

Overworked Brains.

With scarcely an exception, men and women of sedentary employments make the mistake of supposing that they can endure confinement for eight or ten hours a day year after year, coupled with intense mental labor, without injury. The greed for gold sometimes holds its victims fast to such wasting work, but oftener the mental workers are pushed by the needs of those dependent upon them for support; or the labor is so laid out in quantity, that those of weak vitality cannot perform it so as to compete with stronger people. If the latter is the case, it is difficult to make conditions what they should be; yet it should be considered that nothing is gained in the long run by crowding nature beyond the limit of endurance. Sickness and inability to work will come after a time, and all that was supposed to be gained will be lost, and often much more with it.

Take less of work and more of recreation. Get out upon the ground and breathe air that has never been breathed. Above all, get away from the scenes of care and perplexity once or twice a year, long enough to forget all their harassing circumstances. It is better to lose a little time in play than to waste it in the grave. A few days or weeks breathing seaside or mountain air will do more to get the black out of the blood, and dark thoughts out of the mind, than a year's striving to overcome the conditions which surround the mental worker, while he remains in them.

Physical exercise, when it can be made into diversion, will work like a charm in curing peevishness and despondency, which are the common result of close mental work in confined apartments month after month. It has been said that if Eve had only been occupied with her housework, as she ought to have been, instead of letting her mind run in a wrong direction, a great deal of trouble would have been saved to all of us; and perhaps it is not too much to say, that if people would occupy themselves wisely, giving to each department of their natures its appropriate exercise, all disease, as well as crime, would be avoided.

Colds.

A morbid sensitiveness in the skin is always the cause of these disturbances. This sensitiveness is often consequent upon living too much within doors, in closely confined, overheated rooms, for heat applied for a long time to the whole surface of the body is most debilitating. When a person has been weakened in this way, the slightest exposure to cold, especially if the cold affects but a small part of the body, will so unbalance the circulation in the capillaries that they refuse to work, until their purifying functions must fall upon the lungs and other internal organs of the body.

Too much bathing is a cause of this difficulty. The pioneers in water-cure practice taught that we should take at least one bath a day; and even now, we find people who do not consider themselves decently clean if they do not have a wash all over every morning. But there is not one person in a hundred who would not be injured by such constant bathing. Tho skin is excited into too great activity, which inevitably results in debility. People with no more than ordinary vital power will after a while find themselves so morbidly sensitive that they cannot bear the slightest exposure without taking cold. Bathing twice a week in tepid water is sufficient for any healthy person in summer time, and once a week is often enough for winter.

When the first symptoms of a cold show themselves, the patient should get into a hot full bath at 100 degrees, which should be gradually increased in temperature to 105 degrees. After he is thoroughly warm, he should come out of the bath and lie down in bed for a while, giving the skin opportunity to resume its normal action. Drinking hot water from time to time will be a valuable help. Abstinence from food for a meal or longer will often be of great service; and full, deep breathing should not be neglected. In the great majority of cases, colds treated in this way at the outset would be entirely averted.

We desire to call the reader's attention to the advertisement of The Mountain Park, on the last page. Winter is coming, when thousands will suffer dangerous diseases, and perhaps succumb to the unfavorable influences consequent upon the cold and stormy weather, with improper heating and ventilation. The old plans of heating dwellings are almost worse than nothing; but with scientific methods health may be secured at one season quite as well as at another. The large expenditures by the Drs. Walter, in securing perfect arrangements for the winter treatment of invalids, should bring their results to both patient and physician. The coming winter we propose to make a more than ordinarily successful one; and shall succeed if results at all correspond with efforts.

"Wherefore do ye Spend your Money for that which is not Bread?"

I have assumed the fact thus stated by the Prophet, which is justified by all human experience, and the lesson is applicable in all departments of life and to all individuals, but to none more than to those who dress without reference to the right or wrong of dress. Much may be said against male attire, but much more against that worn by females, and more particularly in dressing the upper portions of the body. The desire to present a fine bust is so great that reason has been overwhelmed, conscience silenced, and disease and disaster have followed in the wake. A person should dress so as to get the benefits thereof and avoid the evils; in the majority of cases the ladies have reversed the operation. Within the chest is situated the heart and the lungs, the two most important organs of the body, the former engaged in pumping up the blood for service in the varied parts, while the latter inhales the air, which supplies the vital fluid with its chief vital element, while they exhale a destructive acid in its place.

The lungs are not the active breathing organs, the work being performed almost wholly by the muscles which surround them. This fact will be more readily appreciated when it is remembered that if we make an incision beneath the ribs and allow the air to enter, breathing instantly ceases; that is, the lungs consist of a spongy substance which is operated upon by air and muscle, but which does not operate upon either. When the ribs are raised by virtue of contraction of the muscles to which they are attached, and the diaphragm descends by virtue of contraction of its muscles, there is a tendency to vacuum within the walls of the chest, so that the air pressing in through the trachea with a pressure of 15 pounds to the square inch, fills every air cell as these become expanded by the pressure. The alternate relaxation of these muscles causes the air to be forced out again, and so the process of breathing is carried on. How much a person breathes, therefore, is decided almost wholly by the vigor of the breathing muscles. If these are vigorous, active, well sustained, the person will breathe vigorously, and grow in strength and vigor, but if for any reason they are depleted of power, or their functions are interfered with, of course the breathing is correspondingly diminished, and feebleness and ill health must in time result.

The muscles become strong from free action, but if they are impinged upon, cramped, interfered with, their action is impeded and their strength necessarily decreases. I do not believe it possible for a corseted waist, no matter how much the woman may protest that her corsets are loose, can long retain within it vigorous respiratory muscles. Consumption, that dread scourge which carries off nearly

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one-half the adult race, is wonderfully aided, both in man and in woman, by the corsets which the mothers and daughters wear. This fact ought to be sufficient to deter the vain and loving ones from thus making martyrs of themselves and of posterity; but it is not, and hence we must call their attention to a living death which results from the same causes.

By crowding upon the respiratory organs above, the diaphragm is caused to descend upon the stomach, the stomach upon the bowels, the bowels upon the pelvic organs, including the uterus, etc., causing a displacement of the whole abdominal contents; and then comes the aches and the pains, the headaches and the backaches, the feebleness and the wretchedness, the doctors and drugs, the groans and the moans, and the end is not yet. It were often well if the end did come sooner than it does. After uterine displacement comes supports of various kinds, and these induce irritations, inflammations, ulcerations, and the doctors grow fat while the women grow lean and wretched, feeble and impoverished. "Wherefore do ye spend your money for that which is not bread?" Wherefore is this earth filled with the dead and the dying if not in answer to these wicked whims? The record of human life on earth is the most disastrous record that can well be conceived of. The child is alive and bright for a few days. If he escapes ailments that sweep from the earth one-half the human race before they reach 10 years of age, and should attain to maturity, it is only to pass through a short stage of wooing, loving, honeymoon, pain, sorrow, sickness, for a few months or years, and death. Perhaps one or two offspring are left to mourn the untimely end, to come up into the world as eager and ambitious for effort, but as reckless and unskilled, as fanciful and erring in thought and feeling as the progenitor, to record the same history and so keep up an ever recurring process of birth, folly, marriage and foolery, disease and death, unto the end. Is there no standard of right, or no power to discover one? Can the present generation not learn by the history of the past without repeating the previous folly? We are impelled with the sense, however, that it is not so much what is right that is needed to be known, as the disposition to do what is right. The Apostle was surely correct in declaring that "the carnal mind is enmity against God, is not subject to the law of God, neither indeed can be."

Questions Answered.

By Robt. Walter, M. D.

I am having considerable trouble with my hands; the palms are very red and hot and the flesh is very sore, so that it hurts me to hold a knife firmly enough to cut a piece of bread. They smart, throb and burn all the time, and it is painful to put them in warm water, though they feel good when they are in cold water. They were in the same condition three years ago, and the doctor gave me a salve, told me to bathe in tar water, and take internally Donovan's Solution, a powerful poison. This time I do not wish to go to the doctor; what should I do? I strive to live hygienically, with the exception of working too hard, and that I am obliged to do. I have not used tea and coffee for years, and I have recently given up butter and sugar. I do not wear corsets, long skirts nor high-heeled shoes.

Question 2nd. Last spring my little girl was sick with lung fever and I gave her a warm full bath, and kept putting her feet in warm mustard water every few hours, and put an oil silk jacket lined with cotton on her. Would it have been better to put cold wet compresses on her lungs? I have kept woolen stockings on her so far; would you keep them on the remainder of the summer?

Question 3d. Do you think it would do me any good to take a pack once or twice a week? I have never dared to give the children one when they had fever because I never saw it done and never heard of such a thing until I read of it in your paper, and when I asked our regular physician about it he seemed offended, and said if I would not give the medicine he had left he would have nothing more to do with the case.

Mrs. M.

Answer. The trouble in your hands results from great derangement of the liver, whereby is an impure and inflammatory state of the blood. Medicine may temporarily relieve the difficulty, for it is always a substance which temporarily relieves difficulties by permanently fastening the conditions upon the patient. You were cured by the medicine once; perhaps you could be again, but it will only be to have it return in worse conditions hereafter. You do not live hygienically, because rest is one of the prominent hygienic conditions. Patients who overwork ought not to expect to recover health. Bathing appliances are serviceable in connection with rest, and packing would be good for you if you had time to rest and live correctly in other respects, but to pack a tired or exhausted woman is to do her injury and not good. Hygienic treatment undertakes to remove the causes of disease, whether these causes are internal or external. One of the chief causes of your difficulty has been overwork, no doubt. Our methods cannot relieve you of the results of your continued overwork. "Cease to do evil and learn to do well," is the hygienic command, and there is no way that I know of that you can be relieved of your responsibilities to God and nature in respect to work. I do not believe that you are called upon to overwork, or that you do your duty in doing so.

Your treatment of your little girl was reasonably good. If you had put her into a hot full bath, placed cool compresses on her chest, covered by dry ones, kept the feet warm by hot bricks; or if she had much fever, put her in a pack in addition, your treatment would have been even more successful.

Be careful to keep the extremities warm all the year round, whether by woolen stockings or otherwise. Your physician was right enough in refusing to manage a case that he did not have control of; and this I must say, even though I consider his methods entirely wrong. No physician ought to be called upon to be responsible for results when he does not have full control of the case. Until you learn to be able to treat your children yourself you will have to live in a state of uncertainty, or succeed in finding a hygienic physician to whom you can apply. I have no doubt, however, from the knowledge you gain from this journal, you can manage your children even better than the physician has ever done.

Question 1. I feel an irritation in the bronchial tubes, which causes a hacking cough without expectoration. My throat is slightly sore and husky. I am paler than usual; feel chilly and indisposed to exertion. Appetite not good.

Question 2. Is sun-bathing injurious after a meal, or during "period." Kindly inform as to best time, and other matters pertaining to it.

Answer. Your symptoms are not assuring. It is quite possible that tubercles are already lodged in the lungs, and that dread disease consumption is being fastened upon you. You should put yourself, if possible, under the care of a good hygienic physician, in a good institution. There would be no objection to a careful examination by an old school physician, but do not, by any means, follow his processes. To do so will be to permanently render you incurable. You need hygienic treatment, not drugs, and though a physician educated after the manner of the schools may diagnose your disease correctly, he is the worst possible adviser, much worse than if he had never been inside college walls. Education is a grand thing if it be education into the truth, but education into error is worse than ignorance.

Answer 2nd. After a meal is not a good time for bathing, but there is no positive objection to it during menstrual period. A sun-bath may be taken in the middle of the forenoon by exposing the whole body, except the head, to the direct rays of the sun for from 15 to 30 minutes, commencing with the former and gradually increasing.

Question. What is the cause of children having a very bad breath in the morning when they rise from bed? Is there help for it, and what is the best remedy?

Answer. The symptoms indicate indigestion, and quite possibly the existence of worms. The true cure is proper diet and manipulations of the bowels, with occasionally hot fomentations over them, followed by the warm full bath. Let the child eat but twice or, at most, three times a day, and only of good, wholesome food, eating nothing between meals. Knead his stomach and bowels as you would knead bread twice a day, three hours after eating. Give him manipulations of the whole surface every evening before retiring. Let him have a warm full bath twice a week, preceded by a hot fomentation across the bowels and stomach for ten minutes. We believe the difficulty would be removed promptly.

Question. I am in feeble health; I have a tumor in the uterus and another in the right ovary;—can you recommend a promising remedy or prescription?

Answer. Living healthfully is the best cure for these as for any other difficulties. The tumor would cease growing and perhaps be reduced in size, or entirely cured, if the patient was in good general health. In all such cases the tumor is but a symptom of a general disease. In many cases the patient can be decidedly benefited and the tumor rendered comparatively

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harmless by hygienic processes without an operation. In other cases an operation is advisable. I could not give you a more decisive answer unless I gave a personal examination.

Question. When a child is sick and has no particular fever on going to bed, if the fever runs high during the night would you wake the child up and give it a wet sheet pack, if it is sleeping quietly? MRS. G. H. M.

Answer. I would prefer to put on wet abdominal bandages under such circumstances. These are among the best appliances for feverish children. If the child gives evidence of severe illness, there is no objection to waking it up in the night, and giving it proper treatment. If the fever is decidedly high a pack would be all right, though the wet abdominal bandages would usually be sufficient.

Question. Will you please inform me whether the tape-worm is a very common affliction; also how the symptoms differ from those of other diseases of the digestive organs?

Answer. The tape-worm is not a common affliction, but cases do, nevertheless, occur. The symptoms are very similar to those of other diseases of the digestive organs. There are furred tongue, foul breath, nausea, or even vomiting, irregularity of bowels, flatulence, griping pains in the abdomen, a general uneasiness, curious sensations. There is, also, scratching of the anus, and picking of the nose; grinding of the teeth during sleep; headache, with giddiness; noises in the ears, twitching of the limbs, etc., etc. The existence of any or all of these symptoms does not necessarily make certain the existence of tape-worm, but if they exist careful examination should be had. A patient suffering from these symptoms should have careful hygienic treatment, which should comprise particularly thorough kneadings and percussions of the abdomen. If the symptoms are not abated, the patient had better apply to a good physician, who will, no doubt, undertake, first, to determine the existence of the worm, and, second, to expel it. Of course, I should recommend a good hygienic physician as best competent to remove the difficulty without injury to the patient.

Question. I am troubled very much with sleepiness, or drowsiness. I cannot read in the evening a half hour without falling asleep. I am a book-keeper, and it is with great difficulty I can keep awake between the hours of three and four in the afternoon. I walk home to dinner every day, a distance of about a quarter of a mile from my place of business. I do not think I eat too much, nor very objectionable food. My diet consists of about the following: Breakfast—Coffee, very weak; stewed tomatoes; potatoes boiled in milk; Graham bread; oat-meal mush, etc.

Dinner—meat, potatoes and all other vegetables. Supper—very light, sometimes only a dish of fruit and a piece of dry Graham bread, or a dish of oat-meal mush and a cup of tea, very weak.

Can you tell me what is the matter with me and suggest a remedy, as I am afraid the small stores of knowledge I have will soon depreciate, if I cannot improve them by reading and study. An early answer in the LAWS OF HEALTH will oblige ALPHA.

N. B.—I do not use tobacco in any form, nor touch alcoholic liquors.

Answer. There is one fact in connection with this letter which is very important, namely: that the patient is ambitious to put forth his strength in gaining knowledge, and that without reference to whether he can endure the labor or not. The symptoms indicate incipient dyspepsia, but are in themselves curative. That is to say, the sleepiness from which the patient suffers is the true means by which he is to be restored. He is engaged in a sedentary occupation, and his general system is not invigorated by sufficient exercise, so that after eating a hearty meal the stomach abstracts the vital power from the brain in order to carry on digestion, and for the time being he is properly required to rest. He is not willing to do so, and seeks some form of relief. A stimulant to the digestive organs would bring the relief temporarily, but only by fastening that dreaded disease, dyspepsia, upon him. What the patient needs is exercise to build up the muscular system. Ordinary exercise will expend his power too freely, and hence he should restrict himself to thorough movement-cure operations every day. If he will do this, and in the meantime rest and sleep all he can, I will guarantee to him greatly improved health. He should, for a short time at least, allow his brain to rest, and his vital powers to become concentrated upon the digestive organism. Daily kneading and percussion of the abdomen would be very desirable. Atwater's Gymnasticon, sold by L. L. Atwater, Auburn, N. Y., would be a very excellent thing to have.

Question. Will you please state whether baldness can be cured, and if so, the remedy? The gentleman is in good health, and has been bald about 12 years, occasioned, probably, by overheated brain.

Answer. Baldness is the result of an unhealthy condition of the scalp. It may be caused by over-action of the brain, causing a morbid heat of the scalp; or by wearing close hats, living in unventilated rooms, etc. Whether the difficulty is curable or not depends upon a variety of considerations. It is not proper to say that any disease is curable. We cure patients and not diseases. The gentleman who has been bald for twelve years may hardly expect complete recovery, unless by a radical and complete change of habits, and even then there will be doubt. Thorough rubbings of the scalp with the fingers frequently dipped in cold water, in connection with rest from business and opportunities for the very best health in other respects, offer the best hope of recovery.

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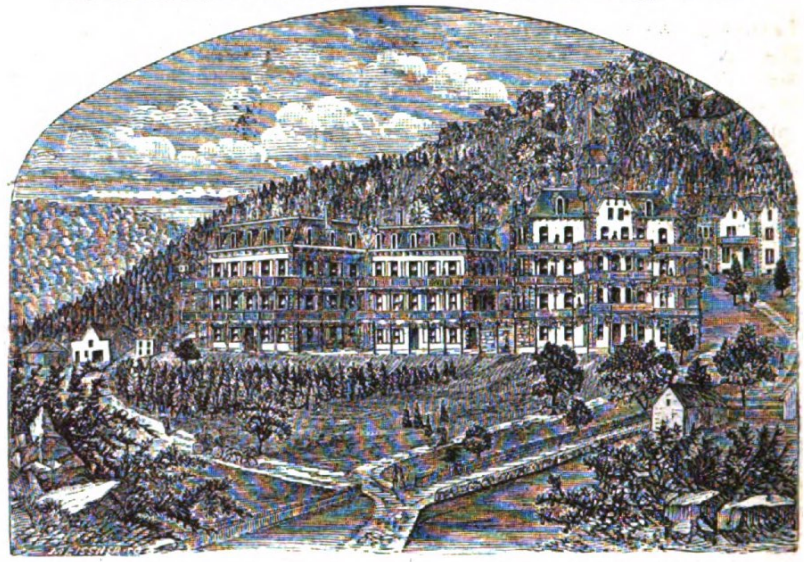

FALL AND WINTER TREATMENT.

THE question is often asked, when is the best time for the hygienic treatment of invalids? and our reply has always been, *when they are sick*; and if the conditions can be rendered equally favorable there is little choice between the different seasons of the year. Spring, summer, autumn and winter, sickness will occur; and any good hygienic institution requires arrangements and appliances adapted to all seasons. During the summer these need not be very complex, expensive or troublesome; but as the fall advances and the winter appears, new conditions are imposed and new requirements are to be met. At this season

THE GREATEST PROBLEM

of healthful living for northern climes, that of heating and ventilation, is necessarily forced upon us; and well would it be for physician and patient if the difficulty could be fully appreciated and intelligently met. But how seldom it is! In nothing connected with hygienic living and treatment is equal ignorance or carelessness displayed. Indeed we assert that hygienic treatment is a fallacy, a misnomer, absurdity, when attempted to be carried on in buildings heated by the ordinary cast-iron stove, without any system of ventilation except the open window.

STOVE-POISONED AIR

is necessarily the result, and as Dr. Dio Lewis truly says: "Stove-poisoned air is one of the greatest causes of ill health to northern people." Of course, under such conditions, recovery by hygienic methods is well-nigh impossible.

The Drs. Walter became fully convinced of these truths some four years ago, and have since applied themselves with earnestness and vigor to the establishment of an institution which should permit hygienic treatment to be fully and successfully conducted at all seasons of the year. For the summer months our location is known to be unsurpassed, if indeed equaled on the continent. Wernersville is rapidly coming to be *the* great health resort. The air of our hillsides is the purest and dryest to be found this side of Colorado. We are above the dew-point; the soil is remarkably porous, the strata lying perpendicular; the water is pure and soft from living springs, high above contaminating influences; the scenery is declared by travelers to be equal in beauty to anything in Europe or America, and the surroundings, in general, such as to delight the beholder. In addition the climate is, for this latitude, extremely mild and equable, the thermometer at this point not having fallen as low as zero for several years, though in the unprotected valleys beneath us, five or six degrees below zero is occasionally found. In a word, we have all the natural advantages for

A GREAT WINTER RESORT

and we do not mean to be behind as to acquired facilities. During the past four years we have carefully and judiciously expended over NINE THOUSAND DOLLARS in heating, ventilation and plumbing, and we therefore reasonably infer that we are unsurpassed in this respect on the continent.

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THE SYSTEM OF TREATMENT

is also a serious question. That which is advocated in this journal is a successful system. It restores health with the greatest certainty and in the least possible time, so that since its introduction by the Drs. Walter seven years ago, its popularity has increased with amazing rapidity. All the forms heretofore employed separately and empirically are combined in one great system on new and original principles, which, though introduced by the Drs. Walter, are now being everywhere adopted, by which their value is recognized and importance conceded. They are applied with certainty, precision and effectiveness only at this place.

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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. III. READING, PA., OCTOBER, 1880. No. 6.

Food;—What and How we Shall Eat.

BY ROBERT WALTER, M. D.

Historical argument continued. The fallacies of a strict vegetarianism will be more readily pointed out by reference to the facts and arguments out of which the conclusions have been drawn. Among the early vegetarian advocates was Dr. William A. Alcott, cotemporary with Graham, and a voluminous writer upon hygienic subjects. "Alcott on Vegetable Diet," now before us, a volume of 300 pages, published in 1853, undoubtedly exercised a very considerable influence toward the ingrafting of vegetarianism upon the hygienic system, and a short criticism of this work will be in order to show that the conclusions did not legitimately follow the premises.

Alcott commences his work by a statement of results obtained by himself. "Twenty-three years ago," he says, "I was in the first stage of tubercular consumption, and evidently advancing rapidly into the second. The most judicious physicians were consulted, and their advice, at length, followed. I commenced the practice of medicine, traveling chiefly on horseback, and though unable to do but little at first, I soon gained strength enough to perform a moderate business, and to combine with it a little gardening and farming. At the same time, I laid aside my feather bed and slept on straw; abandoned spirits and most kinds of stimulating food. It was not, however, until 19 years ago that I abandoned all drinks but water, and all flesh, fish, and other highly stimulating and concentrated aliments, and confined myself to a diet of milk, fruits, and vegetables." The doctor continues to show that he was interested on dietetic and hygienic subjects, and that he applied his ideas to his own case, and gained very decided results. Indeed, he was restored to comparatively good health, and lived, I believe, to a considerable age.

The reader will readily infer, however, that the facts in this case do not necessarily argue vegetarianism. This gentleman changed his manner of living, traveled, chiefly on horseback, combined with it a little farming and gardening, laid aside his feather beds, the use of ardent spirits and most kinds of stimulating food; also tea and coffee, and confined himself to plain vegetables, fruits and milk. His experience is properly cited in favor of hygiene, though not in favor of strict vegetarianism. By hygienic methods of living he was preserved to life and restored to comparative health, but at no time does he assert that he was a strict vegetarian. Though he abandoned the use of flesh, he adhered to the use of milk, and there is not the slightest evidence to show that his abandonment of the moderate use of flesh meats had anything to do with his improved health. He made too many other radical changes that might account for the improvement, to leave his testimony of any value in favor of strict vegetarianism.

At about this time other physicians had become excited upon the subject, and throughout the country there was a disposition to investigate the matter of diet, and Dr. Milo L. North, of Hartford, Conn., addressed a circular to the editor of the *Boston Medical and Surgical Journal*, asking for the experience of persons who had undertaken to test the question. Alcott's volume is made up largely of answers to the questions propounded, but in the great majority of cases, if not in all of them, there is nothing decisive in these answers. These parties who are cited as vegetarians did, in general, desist from the use of tea, coffee, ardent spirits, etc., while they did not wholly desist from animal food. While they refused the alcohol, they admitted the eggs and milk, which in a very large sense take the place of flesh meats. The testimony was almost universal that improved health followed the adoption of these hygienic measures, and we read and accept Dr. Alcott's work as furnishing most satisfactory proof in favor of hygienic as against unhygienic methods of living.

That these men would have been benefitted by a vegetarianism which they did not follow, because they were benefitted by a hygiene which approximated thereto, is not shown. "Extremes meet, and the truth is found between the extremes." A moderate course of diet will tend to the improvement of health; whereas extremes, even to the strict vegetarianism of some of the radicals on the one hand, or the free use of animal food, on the other, may be detrimental to health. It is unfortunate for Graham and Alcott's theories that their researches did not partake of the quality of strict science. I say it is unfortunate. Perhaps I had better have said it were fortunate for themselves personally, because later investigators supplied what Alcott and Graham failed to supply, and lost health and life as a consequence. For strict vegetarianism became a pronounced fact in this country, and notwithstanding it was ingrafted upon the most careful hygiene in other respects, the most disastrous results followed. So true is this that a strict vegetarianism is almost unknown to-day in this country; or, if known at all, I venture to assert that the experimenters do not represent in their persons any reasonable degree of health. From ten to twenty years ago, numerous parties were going through the crucible of experiment, and death, disease and feebleness, were, in general terms, the result. To-day those who are left have returned to more moderate measures, and, as a consequence, retain fair or excellent health. Moderation in the use of food, air, water, exercise, and, indeed, in all other respects, we hold to represent the true hygiene. Hygiene means health, and health will follow the practical application of its principles; but extreme measures, excited imaginings, and violent changes, are no part of a true hygiene.

Living Testimony. We would gladly cite the experience of numerous apostles of vegetarianism, were it not that there are so many prejudices which enter into this subject, that we can hardly do so without offense. The leaders of the vegetarian movement who are yet living have, we believe, all receded from their former ground, and whatever may be the excuse therefor, we are certain, because of our acquaintance with them, that improved health and vigor has been the result. Fowler, Jackson, Hurd, Heald, in connection with ourselves, have found that a return to flesh meats in very moderate degree has been truly advisable in our own experience. So, whatever excuse may be offered, the fact exists nevertheless, that improved health has followed the change. One man, and many of his family, died victims to the rigid vegetarianism which he himself did much to promote. I refer to Dr. Trall. One member of his family is still living, but I believe does not pretend to follow out his teachings. Indeed, a personal knowledge of the facts assure me that improved health and a steady progress away from the grave, followed a change of diet in the case of this only living son; and if there is to-day to be found a single consistent vegetarian possessed of health and strength, who at any previous time had been a flesh eater, we are not acquainted with such an one.

Sylvester Graham himself lived and died a most noted warning against his teachings in this respect. Dying in the prime of life, his friends were called upon to explain the remarkable fact, and Dr. Alcott, better competent, perhaps, than any one else to give the correct version, writes thus in the *American Vegetarian* of September, 1852:

"When a person becomes so far advanced in a course of habitual irritability as to forget the rules of common prudence, and lifts up his voice

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as a trumpet in the very street against family preferences and family alliances, he is certainly in a fair way to mental aberration, if not physical destruction. I will not, indeed, say that Mr. Graham fretted himself to death, but there is every reason to believe that he yielded to an amount of depressing passion and feeling which would be sufficient to destroy an ordinary constitution."

Dr. Alcott cites this fact as an explanation of his early death, when, to our mind, it only proves the results of his plan of diet. Nervous exhaustion, and consequently nervous irritability, inevitably follows any plan which does not supply the system with needed nutriment, and that Mr. Graham should have suffered nervous irritability even to the extent of mental aberration, is one of the strongest possible arguments against his system of diet. No excuses, no plausible theories, will explain away the terrible fact that not only Graham but Trall fell victims in the same way. As Graham's habit of life and thought grew to be deranged as age advanced, so Trall in the latter years of his life was mentally, physically and spiritually, anything but what his friends would desire. Irritability, restlessness, nervousness, ill-temper and even hypochondria, were prominent characteristics. He who did so much toward teaching hygiene to the world, needed to begin and learn its first principles himself.

Let none imagine that we are arguing in favor of an unlimited use of animal food. We believe the free use of it one of the most powerful agencies toward ill-health, and if ever a true hygiene shall prevail upon the face of the earth, we believe that a moderate vegetarianism will be a component part of it. The American people indulge the use of flesh meats in excessive degree. There is no proper excuse for it. The fruits of the earth were originally the food of man, and to-day they will be found to be altogether superior to flesh meats as staple articles of diet. The re-constitutionalizing tendency of habits long indulged, is the only philosophical reason for the use of flesh meats at all. Those who have been flesh eaters for generations cannot hope to become radical vegetarians in a day, and who would impose such revolutionary measures upon a human constitution, will prove his ignorance by his failure. What we want in life is reform, not revolution. What we should seek is growth into better conditions, not a violent wrenching of the vital forces by forced measures. Growth, development, improvement, is heaven's ordained way of elevating the human race until it attains the standard of truth, righteousness, health, and holiness, to which it is destined. For God himself never undertakes to violate human instincts and the laws of human life, even to save a sinner from eternal destruction.

"Never give up; 'tis the secret of glory,
Nothing so wise can philosophy teach;
Think of the names that are famous in story,
Never give up is the lesson they preach."

How to Get Sick.—No. 6.

By J. A. Tennet, M. D.

Impure Air. It matters little what food is eaten, or how well it is digested, if it is not changed by coming in contact with pure air in the lungs. The air we breathe should be pure enough to readily impart oxygen to the blood, and at the same time absorb the material to be expelled from the lungs, just as a sponge, when fresh, absorbs water. But when the atmosphere is in certain conditions, it not only fails to do these things, but it also introduces poisons into the circulation, which are productive of great mischief.

Breathing specific contagions, like those which cause small-pox, scarlet fever, measles, etc., are generally avoided as much as possible, so little need be said on that point; there are other poisons inhaled that are much worse. For three years yellow fever has raged to a greater or less extent in several cities of the south; although it has been so much less prevalent this year than for two years past, that it has attracted little notice comparatively. It is not definitely known what the cause of yellow fever is, but it is believed to be some poison found in water. Memphis, that has been visited with the terrible scourge more than any one city in the south, had so defective a system of drainage as to be the subject of general comment. It has been pretty conclusively shown in New Orleans and other southern cities that a vast amount of filth in the streets does not seem to favor the yellow fever epidemic particularly, and everything seems to point to some poison in connection with water as the cause of the difficulty.

People are roused to a great pitch of excitement if such an epidemic as cholera or yellow fever visits a portion of the country, and kills a few hundred or thousands of people in a few months. But there are diseases which arise from bad atmospheric conditions, and which carry off people by the tens of thousands, that are scarcely noticed, because they are slower in their operation. Malarial poisoning is one of the most prolific causes of disease known, and its power is not at all confined to any particular locality; for from New York to the Gulf, and from New Jersey to the far west, there is scarcely a state exempt from its influence. If the ordinary manifestations of malarial poisoning, chills and fever, were the only results arising from it, it were far better; but it appears as a complication in a great number of diseases, making them fatal, when they would otherwise be mild in their character.

There is no doubt that the true nature of malarial poisoning has been discovered. It has been found to arise from a species of plants called *palmellæ*, that grow mostly in swamps and low lands. These plants give off spores that so irritate the nervous system as to produce the most violent symptoms of fever, cold, hot, and sweating paroxysms. Malarial poisoning does not often occur upon high ground, or near the seashore, probably because the ozone of the atmosphere is more abundant in these places than elsewhere. Ozone is the greatest known enemy to all germinal life of a low order of vitality.

How to counteract this great source of disease is a greater question than it is to decide how to quell yellow fever epidemics. In the south, perhaps it may be done by planting the magnolia and eucalyptus trees, for these are known to neutralize the malarial poison. In the north these trees will not grow, hence some other plan must be followed. Intermittent fever is contracted during the fall months principally, and especially after the heavy rains of July and August. If people who live in malarious districts will go away from home the first of July, and remain absent until the time of frost, they will go free from the ague If this cannot be done, sleeping in the upper rooms of a house, and being careful not to sit upon the verandas, or otherwise being exposed to the outside air in the evening, will generally do much toward preventing the disease; for the malarial poison is heavy enough to remain near the ground during the night, and the sunlight dissipates it pretty effectually. But it is better for those who live in such districts to change their residence, if they are particularly susceptible to malarial influence. There is room enough in this country for its inhabitants to live within the next two or three hundred years, so they do not need to stay where they are being constantly poisoned to death.

We might mention many other sources of poisoning the atmosphere, such as sewers, slaughter houses, cesspools, etc. One common method of polluting the air ought to be mentioned. The majority of people in the country leave their outhouses in such an abominable condition as to make them an intolerable nuisance even to passers-by on the highway. It is impossible for people to maintain a good degree of health where such nuisances exist. Those who endure them must be ignorant of the fact that a little dry earth, such as may be scraped up in the road almost any summer's day, is as good a disinfectant for such purposes as can be found anywhere, at any cost. Regulations against such breeders of pestilence ought to be made and enforced in the country, as are found necessary in cities and large towns.

But the most intolerable and extensive odor of all is the tobacco smoke that we are obliged to breathe on every hand. It is so common that scarcely any one notices it, and a man would be looked upon as a lunatic if he asked the authorities to have it abated. So universally is this fumigation practiced, that it may be said of our country as it has been of Ger-

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many—"human nature is smoked dry by tens of thousands of square miles." It poisons the blood of those who use it, causing heart disease, apoplexy, nervousness, dyspepsia, and all the train of nervous diseases, whose name is legion. Hotels, steamboats, railway trains and sleeping rooms are made as filthy as the inside of an old pipe, poisoning all who may be so unfortunate as to be obliged to occupy them with the sensual, selfish victims of the vile habit. More needs to be said against this universal nuisance than against any other, because it is so near the eyes of all that it escapes their notice. We talk of the hideousness of slavery, that was once such a stain upon our national reputation; but the slavery of our people to tobacco is infinitely worse than southern slavery ever was, because it is so universal, and likely to continue through all time. What can be more humiliating to a woman than to find such a disgusting habit placed between her heart and the man she loves? And what can be more degrading to a man than the continual consciousness that he is disgusting the senses of all refined people? But the sensibilities of tobacco users become blunted to such reflections, and their eyes are blinded to the terrible physical effects that follow in the wake of this miasm; but its tendency is none the less deadly to the best powers of body and mind.

Will Power in Disease.

It is a common observation that when business men retire from active life, if it is at an advanced age, they do not live long after such retirement. Cheerful occupation makes all the difference between their retaining the full possession of even their physical powers, and their falling into decay. The fact also comes to the cognizance of physicians quite often, that great numbers of people die because they have nothing to live for; so it is not strictly true that an abundance of native vital power will always preserve one to old age. A great deal depends upon the power that lies back of the body, and uses the material form as its instrument.

There was never a better truism uttered than the scriptural declaration, "the spirit of a man beareth his infirmities." The results of mental effort in abstaining from food for a much longer period than has heretofore been considered possible, are now fairly before the public. It has long been supposed that no one can be deprived of food for a longer time than from ten to twenty days, and still go about, without resulting in death. But Dr. Tanner has shown that where people die from fasting in that time, it is owing entirely to mental succumbing in the majority of instances. In his lecture upon his great fast, he declares it as his opinion, that it is what is in a man that cures him from his diseases, and not what is done from without. Every man of common sense engaged in treating the sick knew this before, but the world is no worse off for a simple demonstration of it occasionally, made so prominent that the public are obliged to stop and consider it.

We apprehend that the great faster will accomplish this much by his heroic feat. People will not hereafter be so ready to give up their lives because they are subjected to great privation in this respect; and we apprehend that unnumbered lives have been lost at sea, upon rafts and in open boats, that might have been saved if they had only held out a little longer in hope of deliverance. If in the future the shipwrecked are saved by faith, born of this voluntary privation on the part of a resolute man, good will come from it through all time; and if only a few should thereby be induced to exercise a little more resolution in severe illnesses, and thus save themselves after the doctor's skill has been exhausted, the public can well afford to bear the exhibition of such child's play as fasting matches, which are the fool's best comment upon the matter as a sensational performance.

The Care of the Teeth.

By B. D. Towns ND M. D.

There is much difference in the quality of teeth of different persons. There are teeth to be compared to refined gold that loses nothing by melting. Such teeth, with any care, will outlast the owner. Again there are teeth not worth the name. The difference is explained; first, by the constitutional capacities of the person; second, by his habits. Man's abuse of his teeth is exceedingly common, and, of course, the teeth are injured thereby. The biting of wires, pins, and the cracking of nuts, etc., with the teeth, is an abuse of them. Eating too much sugar, vinegar, all hot breads, especially salted, saleratus bread, unripe fruits, hot soups, and drinking frequently of unboiled cold water, each of which may and, indeed, does often cause a sour stomach, and the sour stomach causes the teeth to rot. The habit of irregular and unwholesome eating is often begun at from one to three days of age, and kept up generally until death. Such persons should eat less frequently, drink less frequently, avoid the use of sugar, molasses, salt, hot soups, and all drugs, and food of any kind that is indigestible. Then should you have odontolithus, or tartar of the teeth, go to an honest dentist and require him to carefully clean off with a clean, bright scaler, all the tartar crust from the teeth. But in no case must he scrape the enamel of the tooth so as to cut it in the least. Thereafter use a soap made of clean beef suet, clear potash, or lye and water, without rosin or salt. This will make hard soap, as hard as any soap need be. Make a little lather on this soap with a tooth-brush twice a week, and brush the teeth thoroughly with it. Other days use water only wherewith to brush the teeth, but use soft water, if possible. Never brush the teeth beyond one minute in each twenty four hours.

When using a tooth brush first brush across the teeth, then by rolling the brush on the gums to the ends of teeth brush endwise. Always clean the inside of the teeth as much as the outside. Should the gums be tender or bleeding, try one drop of spirits of camphor and one spoonful of water once a week. Salt and water once in three months. A good goose-quill toothpick after eating every day is advisable, but keep all sticks, needles, pins, etc., from the teeth. Never bite off the sewing thread, or use the teeth for any such uses.

The Use of Underclothing.

The majority of people require to wear undergarments for protection from the inclemency of the weather that is now about to arrive. Canton flannel is the the most economical and will give the best service of any form of undergarment. There is no advantage in favor of woolen goods over the cotton for persons in ordinary health, while the woolen being not easily washed without causing shrinkage, is apt either to be worn until it becomes decidedly unclean, or be ruined and unfitted for use by washing. Such undergarments should be washed, certainly, once a week, and should never be worn more than half the time during the week; that is, an undergarment that is worn through the day should never, under any circumstances, be worn at night, while the gown which is worn at night should always be hung up to air during the day. The airing of clothing through the night and through the day is an important means of preserving the body clean and wholesome, and should not be neglected. Close-fitting undergarments are in no sense as serviceable as those which are loose. A close-fitting garment prevents a retention of air between the skin and the garment, and confined air is one of the best possible non-conductors of heat. A little air confined next to the skin will keep the skin very much warmer than will any clothing that was ever invented. So true is this that a crocheted garment knit as loosely as a horse net will keep a man as warm as a heavy undershirt. Indeed, the writer prefers to use very loose crocheted undershirts, when he uses any, and finds that they are warmer, pleasanter, lighter, and in every way more agreeable and wholesome than any other that he ever wore. Above all let your undergarments be loose, so that there shall be an abundance of space for air.

WANTED.

Back numbers of the Laws of Health, of Vol. I, No. 1, 5, 6 and 7, May, September, October and November, 1878. We will pay ten cents per copy for a few copies of the above named numbers at this office.

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one-half the adult race, is wonderfully aided, both in man and in woman, by the corsets which the mothers and daughters wear. This fact ought to be sufficient to deter the vain and loving ones from thus making martyrs of themselves and of posterity; but it is not, and hence we must call their attention to a living death which results from the same causes.

By crowding upon the respiratory organs above, the diaphragm is caused to descend upon the stomach, the stomach upon the bowels, the bowels upon the pelvic organs, including the uterus, etc., causing a displacement of the whole abdominal contents; and then comes the aches and the pains, the headaches and the backaches, the feebleness and the wretchedness, the doctors and drugs, the groans and the moans, and the end is not yet. It were often well if the end did come sooner than it does. After uterine displacement comes supports of various kinds, and these induce irritations, inflammations, ulcerations, and the doctors grow fat while the women grow lean and wretched, feeble and impoverished. "Wherefore do ye spend your money for that which is not bread?" Wherefore is this earth filled with the dead and the dying if not in answer to these wicked whims? The record of human life on earth is the most disastrous record that can well be conceived of. The child is alive and bright for a few days. If he escapes ailments that sweep from the earth one-half the human race before they reach 10 years of age, and should attain to maturity, it is only to pass through a short stage of wooing, loving, honeymoon, pain, sorrow, sickness, for a few months or years, and death. Perhaps one or two offspring are left to mourn the untimely end, to come up into the world as eager and ambitious for effort, but as reckless and unskilled, as fanciful and erring in thought and feeling as the progenitor, to record the same history and so keep up an ever recurring process of birth, folly, marriage and foolery, disease and death, unto the end. Is there no standard of right, or no power to discover one? Can the present generation not learn by the history of the past without repeating the previous folly? We are impelled with the sense, however, that it is not so much what is right that is needed to be known, as the disposition to do what is right. The Apostle was surely correct in declaring that "the carnal mind is enmity against God, is not subject to the law of God, neither indeed can be."

Questions Answered.

By Robt. Walter, M. D.

I am having considerable trouble with my hands; the palms are very red and hot and the flesh is very sore, so that it hurts me to hold a knife firmly enough to cut a piece of bread. They smart, throb and burn all the time, and it is painful to put them in warm water, though they feel good when they are in cold water. They were in the same condition three years ago, and the doctor gave me a salve, told me to bathe in tar water, and take internally Donovan's Solution, a powerful poison. This time I do not wish to go to the doctor; what should I do? I strive to live hygienically, with the exception of working too hard, and that I am obliged to do. I have not used tea and coffee for years, and I have recently given up butter and sugar. I do not wear corsets, long skirts nor high-heeled shoes.

Question 2nd. Last spring my little girl was sick with lung fever and I gave her a warm full bath, and kept putting her feet in warm mustard water every few hours, and put an oil silk jacket lined with cotton on her. Would it have been better to put cold wet compresses on her lungs? I have kept woolen stockings on her so far; would you keep them on the remainder of the summer?

Question 3d. Do you think it would do me any good to take a pack once or twice a week? I have never dared to give the children one when they had fever because I never saw it done and never heard of such a thing until I read of it in your paper, and when I asked our regular physician about it he seemed offended, and said if I would not give the medicine he had left he would have nothing more to do with the case.

Mrs. M.

Answer. The trouble in your hands results from great derangement of the liver, whereby is an impure and inflammatory state of the blood. Medicine may temporarily relieve the difficulty, for it is always a substance which temporarily relieves difficulties by permanently fastening the conditions upon the patient. You were cured by the medicine once; perhaps you could be again, but it will only be to have it return in worse conditions hereafter. You do not live hygienically, because rest is one of the prominent hygienic conditions. Patients who overwork ought not to expect to recover health. Bathing appliances are serviceable in connection with rest, and packing would be good for you if you had time to rest and live correctly in other respects, but to pack a tired or exhausted woman is to do her injury and not good. Hygienic treatment undertakes to remove the causes of disease, whether these causes are internal or external. One of the chief causes of your difficulty has been overwork, no doubt. Our methods cannot relieve you of the results of your continued overwork. "Cease to do evil and learn to do well," is the hygienic command, and there is no way that I know of that you can be relieved of your responsibilities to God and nature in respect to work. I do not believe that you are called upon to overwork, or that you do your duty in doing so.

Your treatment of your little girl was reasonably good. If you had put her into a hot full bath, placed cool compresses on her chest, covered by dry ones, kept the feet warm by hot bricks; or if she had much fever, put her in a pack in addition, your treatment would have been even more successful.

Be careful to keep the extremities warm all the year round, whether by woolen stockings or otherwise. Your physician was right enough in refusing to manage a case that he did not have control of; and this I must say, even though I consider his methods entirely wrong. No physician ought to be called upon to be responsible for results when he does not have full control of the case. Until you learn to be able to treat your children yourself you will have to live in a state of uncertainty, or succeed in finding a hygienic physician to whom you can apply. I have no doubt, however, from the knowledge you gain from this journal, you can manage your children even better than the physician has ever done.

Question 1. I feel an irritation in the bronchial tubes, which causes a hacking cough without expectoration. My throat is slightly sore and husky. I am paler than usual; feel chilly and indisposed to exertion. Appetite not good.

Question 2. Is sun-bathing injurious after a meal, or during "period." Kindly inform as to best time, and other matters pertaining to it.

Answer. Your symptoms are not assuring. It is quite possible that tubercles are already lodged in the lungs, and that dread disease consumption is being fastened upon you. You should put yourself, if possible, under the care of a good hygienic physician, in a good institution. There would be no objection to a careful examination by an old school physician, but do not, by any means, follow his processes. To do so will be to permanently render you incurable. You need hygienic treatment, not drugs, and though a physician educated after the manner of the schools may diagnose your disease correctly, he is the worst possible adviser, much worse than if he had never been inside college walls. Education is a grand thing if it be education into the truth, but education into error is worse than ignorance.

Answer 2nd. After a meal is not a good time for bathing, but there is no positive objection to it during menstrual period. A sun-bath may be taken in the middle of the forenoon by exposing the whole body, except the head, to the direct rays of the sun for from 15 to 30 minutes, commencing with the former and gradually increasing.

Question. What is the cause of children having a very bad breath in the morning when they rise from bed? Is there help for it, and what is the best remedy?

Answer. The symptoms indicate indigestion, and quite possibly the existence of worms. The true cure is proper diet and manipulations of the bowels, with occasionally hot fomentations over them, followed by the warm full bath. Let the child eat but twice or, at most, three times a day, and only of good, wholesome food, eating nothing between meals. Knead his stomach and bowels as you would knead bread twice a day, three hours after eating. Give him manipulations of the whole surface every evening before retiring. Let him have a warm full bath twice a week, preceded by a hot fomentation across the bowels and stomach for ten minutes. We believe the difficulty would be removed promptly.

Question. I am in feeble health; I have a tumor in the uterus and another in the right ovary;—can you recommend a promising remedy or prescription?

Answer. Living healthfully is the best cure for these as for any other difficulties. The tumor would cease growing and perhaps be reduced in size, or entirely cured, if the patient was in good general health. In all such cases the tumor is but a symptom of a general disease. In many cases the patient can be decidedly benefited and the tumor rendered comparatively

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harmless by hygienic processes without an operation. In other cases an operation is advisable. I could not give you a more decisive answer unless I gave a personal examination.

Question. When a child is sick and has no particular fever on going to bed, if the fever runs high during the night would you wake the child up and give it a wet sheet pack, if it is sleeping quietly? MRS. G. H. M.

Answer. I would prefer to put on wet abdominal bandages under such circumstances. These are among the best appliances for feverish children. If the child gives evidence of severe illness, there is no objection to waking it up in the night, and giving it proper treatment. If the fever is decidedly high a pack would be all right, though the wet abdominal bandages would usually be sufficient.

Question. Will you please inform me whether the tape-worm is a very common affliction; also how the symptoms differ from those of other diseases of the digestive organs?

Answer. The tape-worm is not a common affliction, but cases do, nevertheless, occur. The symptoms are very similar to those of other diseases of the digestive organs. There are furred tongue, foul breath, nausea, or even vomiting, irregularity of bowels, flatulence, griping pains in the abdomen, a general uneasiness, curious sensations. There is, also, scratching of the anus, and picking of the nose; grinding of the teeth during sleep; headache, with giddiness; noises in the ears, twitching of the limbs, etc., etc. The existence of any or all of these symptoms does not necessarily make certain the existence of tape-worm, but if they exist careful examination should be had. A patient suffering from these symptoms should have careful hygienic treatment, which should comprise particularly thorough kneadings and percussions of the abdomen. If the symptoms are not abated, the patient had better apply to a good physician, who will, no doubt, undertake, first, to determine the existence of the worm, and, second, to expel it. Of course, I should recommend a good hygienic physician as best competent to remove the difficulty without injury to the patient.

Question. I am troubled very much with sleepiness, or drowsiness. I cannot read in the evening a half hour without falling asleep. I am a book-keeper, and it is with great difficulty I can keep awake between the hours of three and four in the afternoon. I walk home to dinner every day, a distance of about a quarter of a mile from my place of business. I do not think I eat too much, nor very objectionable food. My diet consists of about the following: Breakfast—Coffee, very weak; stewed tomatoes; potatoes boiled in milk; Graham bread; oat-meal mush, etc.

Dinner—meat, potatoes and all other vegetables. Supper—very light, sometimes only a dish of fruit and a piece of dry Graham bread, or a dish of oat-meal mush and a cup of tea, very weak.

Can you tell me what is the matter with me and suggest a remedy, as I am afraid the small stores of knowledge I have will soon depreciate, if I cannot improve them by reading and study. An early answer in the LAWS OF HEALTH will oblige ALPHA.

N. B.—I do not use tobacco in any form, nor touch alcoholic liquors.

Answer. There is one fact in connection with this letter which is very important, namely: that the patient is ambitious to put forth his strength in gaining knowledge, and that without reference to whether he can endure the labor or not. The symptoms indicate incipient dyspepsia, but are in themselves curative. That is to say, the sleepiness from which the patient suffers is the true means by which he is to be restored. He is engaged in a sedentary occupation, and his general system is not invigorated by sufficient exercise, so that after eating a hearty meal the stomach abstracts the vital power from the brain in order to carry on digestion, and for the time being he is properly required to rest. He is not willing to do so, and seeks some form of relief. A stimulant to the digestive organs would bring the relief temporarily, but only by fastening that dreaded disease, dyspepsia, upon him. What the patient needs is exercise to build up the muscular system. Ordinary exercise will expend his power too freely, and hence he should restrict himself to thorough movement-cure operations every day. If he will do this, and in the meantime rest and sleep all he can, I will guarantee to him greatly improved health. He should, for a short time at least, allow his brain to rest, and his vital powers to become concentrated upon the digestive organism. Daily kneading and percussion of the abdomen would be very desirable. Atwater's Gymnasticon, sold by L. L. Atwater, Auburn, N. Y., would be a very excellent thing to have.

Question. Will you please state whether baldness can be cured, and if so, the remedy? The gentleman is in good health, and has been bald about 12 years, occasioned, probably, by overheated brain.

Answer. Baldness is the result of an unhealthy condition of the scalp. It may be caused by over-action of the brain, causing a morbid heat of the scalp; or by wearing close hats, living in unventilated rooms, etc. Whether the difficulty is curable or not depends upon a variety of considerations. It is not proper to say that any disease is curable. We cure patients and not diseases. The gentleman who has been bald for twelve years may hardly expect complete recovery, unless by a radical and complete change of habits, and even then there will be doubt. Thorough rubbings of the scalp with the fingers frequently dipped in cold water, in connection with rest from business and opportunities for the very best health in other respects, offer the best hope of recovery.

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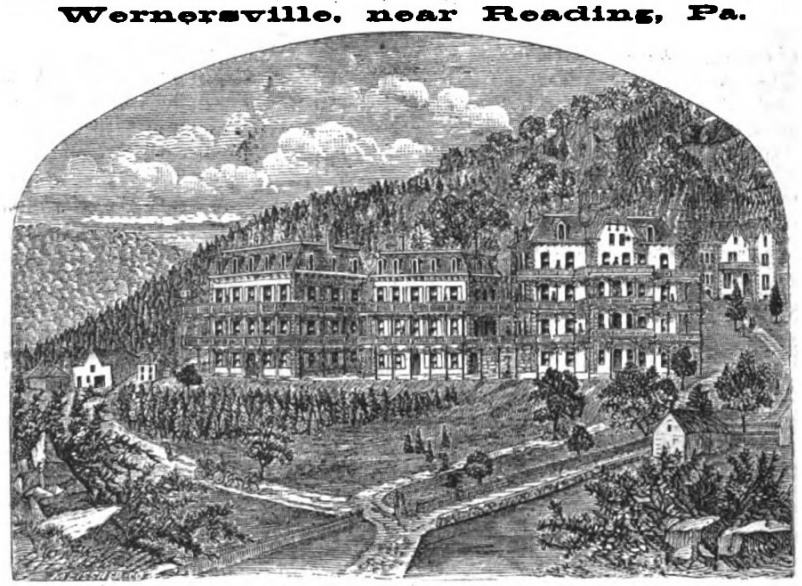

FALL AND WINTER TREATMENT.

THE question is often asked, when is the best time for the hygienic treatment of invalids? and our reply has always been, *when they are sick*; and if the conditions can be rendered equally favorable there is little choice between the different seasons of the year. Spring, summer, autumn and winter, sickness will occur; and any good hygienic institution requires arrangements and appliances adapted to all seasons. During the summer these need not be very complex, expensive or troublesome; but as the fall advances and the winter appears, new conditions are imposed and new requirements are to be met. At this season

THE GREATEST PROBLEM

of healthful living for northern climes, that of heating and ventilation, is necessarily forced upon us; and well would it be for physician and patient if the difficulty could be fully appreciated and intelligently met. But how seldom it is! In nothing connected with hygienic living and treatment is equal ignorance or carelessness displayed. Indeed we assert that hygienic treatment is a fallacy, a misnomer, absurdity, when attempted to be carried on in buildings heated by the ordinary cast-iron stove, without any system of ventilation except the open window.

STOVE-POISONED AIR

is necessarily the result, and as Dr. Dio Lewis truly says: "Stove-poisoned air is one of the greatest causes of ill health to northern people." Of course, under such conditions, recovery by hygienic methods is well-nigh impossible.

The Drs. Walter became fully convinced of these truths some four years ago, and have since applied themselves with earnestness and vigor to the establishment of an institution which should permit hygienic treatment to be fully and successfully conducted at all seasons of the year. For the summer months our location is known to be unsurpassed, if indeed equaled on the continent. Wernersville is rapidly coming to be *the* great health resort. The air of our hillsides is the purest and dryest to be found this side of Colorado. We are above the dew-point; the soil is remarkably porous, the strata lying perpendicular; the water is pure and soft from living springs, high above contaminating influences; the scenery is declared by travelers to be equal in beauty to anything in Europe or America, and the surroundings, in general, such as to delight the beholder. In addition the climate is, for this latitude, extremely mild and equable, the thermometer at this point not having fallen as low as zero for several years, though in the unprotected valleys beneath us, five or six degrees below zero is occasionally found. In a word, we have all the natural advantages for

A GREAT WINTER RESORT

and we do not mean to be behind as to acquired facilities. During the past four years we have carefully and judiciously expended over NINE THOUSAND DOLLARS in heating, ventilation and plumbing, and we therefore reasonably infer that we are unsurpassed in this respect on the continent.

Our system of ventilation is through hot-air flues, specially constructed, by which a powerful draft from every room, with two or three exceptions, is kept up, so that the air of the room is necessarily changed every few minutes. The system of heating is by steam, direct and indirect radiation combined; Silver's patent chimney and ventilator in the parlors, one of the best arrangements in the market for combined heating and ventilation, consisting of open grate and furnace combined, and wrought iron furnaces of most improved pattern. The main building and the cottage to the right of it being heated by steam, the other two by furnaces, with the open grates as before stated in the parlors. With these arrangements, in connection with the admirable climate, the pure air and pure soft water, with new buildings most complete in all their arrangements, we are prepared to offer to the public what we conceive to be the best institution on the continent for the treatment of invalids at any season of the year, and particularly during the winter.

The best is always the cheapest, and the Drs. Walter mean to maintain, unchallenged, the lead which they have honestly won in the matter of hygienic treatment.

THE SYSTEM OF TREATMENT

is also a serious question. That which is advocated in this journal is a successful system. It restores health with the greatest certainty and in the least possible time, so that since its introduction by the Drs. Walter seven years ago, its popularity has increased with amazing rapidity. All the forms heretofore employed separately and empirically are combined in one great system on new and original principles, which, though introduced by the Drs. Walter, are now being everywhere adopted, by which their value is recognized and importance conceded. They are applied with certainty, precision and effectiveness only at this place.

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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. III. READING, PA., OCTOBER, 1880. No. 6.

Food;—What and How we Shall Eat.

BY ROBERT WALTER, M D.

Historical argument continued. The fallacies of a strict vegetarianism will be more readily pointed out by reference to the facts and arguments out of which the conclusions have been drawn. Among the early vegetarian advocates was Dr. William A. Alcott, cotemporary with Graham, and a voluminous writer upon hygienic subjects. "Alcott on Vegetable Diet," now before us, a volume of 300 pages, published in 1853, undoubtedly exercised a very considerable influence toward the ingrafting of vegetarianism upon the hygienic system, and a short criticism of this work will be in order to show that the conclusions did not legitimately follow the premises.

Alcott commences his work by a statement of results obtained by himself. "Twenty-three years ago," he says, "I was in the first stage of tubercular consumption, and evidently advancing rapidly into the second. The most judicious physicians were consulted, and their advice, at length, followed. I commenced the practice of medicine, traveling chiefly on horseback, and though unable to do but little at first, I soon gained strength enough to perform a moderate business, and to combine with it a little gardening and farming. At the same time, I laid aside my feather bed and slept on straw; abandoned spirits and most kinds of stimulating food. It was not, however, until 19 years ago that I abandoned all drinks but water, and all flesh, fish, and other highly stimulating and concentrated aliments, and confined myself to a diet of milk, fruits, and vegetables." The doctor continues to show that he was interested on dietetic and hygienic subjects, and that he applied his ideas to his own case, and gained very decided results. Indeed, he was restored to comparatively good health, and lived, I believe, to a considerable age.

The reader will readily infer, however, that the facts in this case do not necessarily argue vegetarianism. This gentleman changed his manner of living, traveled, chiefly on horseback, combined with it a little farming and gardening, laid aside his feather beds, the use of ardent spirits and most kinds of stimulating food; also tea and coffee, and confined himself to plain vegetables, fruits and milk. His experience is properly cited in favor of hygiene, though not in favor of strict vegetarianism. By hygienic methods of living he was preserved to life and restored to comparative health, but at no time does he assert that he was a strict vegetarian. Though he abandoned the use of flesh, he adhered to the use of milk, and there is not the slightest evidence to show that his abandonment of the moderate use of flesh meats had anything to do with his improved health. He made too many other radical changes that might account for the improvement, to leave his testimony of any value in favor of strict vegetarianism.

At about this time other physicians had become excited upon the subject, and throughout the country there was a disposition to investigate the matter of diet, and Dr. Milo L. North, of Hartford, Conn., addressed a circular to the editor of the *Boston Medical and Surgical Journal*, asking for the experience of persons who had undertaken to test the question. Alcott's volume is made up largely of answers to the questions propounded, but in the great majority of cases, if not in all of them, there is nothing decisive in these answers. These parties who are cited as vegetarians did, in general, desist from the use of tea, coffee, ardent spirits, etc., while they did not wholly desist from animal food. While they refused the alcohol, they admitted the eggs and milk, which in a very large sense take the place of flesh meats. The testimony was almost universal that improved health followed the adoption of these hygienic measures, and we read and accept Dr. Alcott's work as furnishing most satisfactory proof in favor of hygienic as against unhygienic methods of living.

That these men would have been benefitted by a vegetarianism which they did not follow, because they were benefitted by a hygiene which approximated thereto, is not shown. "Extremes meet, and the truth is found between the extremes." A moderate course of diet will tend to the improvement of health; whereas extremes, even to the strict vegetarianism of some of the radicals on the one hand, or the free use of animal food, on the other, may be detrimental to health. It is unfortunate for Graham and Alcott's theories that their researches did not partake of the quality of strict science. I say it is unfortunate. Perhaps I had better have said it were fortunate for themselves personally, because later investigators supplied what Alcott and Graham failed to supply, and lost health and life as a consequence. For strict vegetarianism became a pronounced fact in this country, and notwithstanding it was ingrafted upon the most careful hygiene in other respects, the most disastrous results followed. So true is this that a strict vegetarianism is almost unknown to-day in this country; or, if known at all, I venture to assert that the experimenters do not represent in their persons any reasonable degree of health. From ten to twenty years ago, numerous parties were going through the crucible of experiment, and death, disease and feebleness, were, in general terms, the result. To-day those who are left have returned to more moderate measures, and, as a consequence, retain fair or excellent health. Moderation in the use of food, air, water, exercise, and, indeed, in all other respects, we hold to represent the true hygiene. Hygiene means health, and health will follow the practical application of its principles; but extreme measures, excited imaginings, and violent changes, are no part of a true hygiene.

Living Testimony. We would gladly cite the experience of numerous apostles of vegetarianism, were it not that there are so many prejudices which enter into this subject, that we can hardly do so without offense. The leaders of the vegetarian movement who are yet living have, we believe, all receded from their former ground, and whatever may be the excuse therefor, we are certain, because of our acquaintance with them, that improved health and vigor has been the result. Fowler, Jackson, Hurd, Heald, in connection with ourselves, have found that a return to flesh meats in very moderate degree has been truly advisable in our own experience. So, whatever excuse may be offered, the fact exists nevertheless, that improved health has followed the change. One man, and many of his family, died victims to the rigid vegetarianism which he himself did much to promote. I refer to Dr. Trall. One member of his family is still living, but I believe does not pretend to follow out his teachings. Indeed, a personal knowledge of the facts assure me that improved health and a steady progress away from the grave, followed a change of diet in the case of this only living son; and if there is to-day to be found a single consistent vegetarian possessed of health and strength, who at any previous time had been a flesh eater, we are not acquainted with such an one.

Sylvester Graham himself lived and died a most noted warning against his teachings in this respect. Dying in the prime of life, his friends were called upon to explain the remarkable fact, and Dr. Alcott, better competent, perhaps, than any one else to give the correct version, writes thus in the *American Vegetarian* of September, 1852:

"When a person becomes so far advanced in a course of habitual irritability as to forget the rules of common prudence, and lifts up his voice

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as a trumpet in the very street against family preferences and family alliances, he is certainly in a fair way to mental aberration, if not physical destruction. I will not, indeed, say that Mr. Graham fretted himself to death, but there is every reason to believe that he yielded to an amount of depressing passion and feeling which would be sufficient to destroy an ordinary constitution."

Dr. Alcott cites this fact as an explanation of his early death, when, to our mind, it only proves the results of his plan of diet. Nervous exhaustion, and consequently nervous irritability, inevitably follows any plan which does not supply the system with needed nutriment, and that Mr. Graham should have suffered nervous irritability even to the extent of mental aberration, is one of the strongest possible arguments against his system of diet. No excuses, no plausible theories, will explain away the terrible fact that not only Graham but Trall fell victims in the same way. As Graham's habit of life and thought grew to be deranged as age advanced, so Trall in the latter years of his life was mentally, physically and spiritually, anything but what his friends would desire. Irritability, restlessness, nervousness, ill-temper and even hypochondria, were prominent characteristics. He who did so much toward teaching hygiene to the world, needed to begin and learn its first principles himself.

Let none imagine that we are arguing in favor of an unlimited use of animal food. We believe the free use of it one of the most powerful agencies toward ill-health, and if ever a true hygiene shall prevail upon the face of the earth, we believe that a moderate vegetarianism will be a component part of it. The American people indulge the use of flesh meats in excessive degree. There is no proper excuse for it. The fruits of the earth were originally the food of man, and to-day they will be found to be altogether superior to flesh meats as staple articles of diet. The re-constitutionalizing tendency of habits long indulged, is the only philosophical reason for the use of flesh meats at all. Those who have been flesh eaters for generations cannot hope to become radical vegetarians in a day, and who would impose such revolutionary measures upon a human constitution, will prove his ignorance by his failure. What we want in life is reform, not revolution. What we should seek is growth into better conditions, not a violent wrenching of the vital forces by forced measures. Growth, development, improvement, is heaven's ordained way of elevating the human race until it attains the standard of truth, righteousness, health, and holiness, to which it is destined. For God himself never undertakes to violate human instincts and the laws of human life, even to save a sinner from eternal destruction.

"Never give up; 'tis the secret of glory,
Nothing so wise can philosophy teach;
Think of the names that are famous in story,
Never give up is the lesson they preach."

How to Get Sick.—No. 6.

By J. A. Tenney, M. D.

Impure Air. It matters little what food is eaten, or how well it is digested, if it is not changed by coming in contact with pure air in the lungs. The air we breathe should be pure enough to readily impart oxygen to the blood, and at the same time absorb the material to be expelled from the lungs, just as a sponge, when fresh, absorbs water. But when the atmosphere is in certain conditions, it not only fails to do these things, but it also introduces poisons into the circulation, which are productive of great mischief.

Breathing specific contagions, like those which cause small-pox, scarlet fever, measles, etc., are generally avoided as much as possible, so little need be said on that point; there are other poisons inhaled that are much worse. For three years yellow fever has raged to a greater or less extent in several cities of the south; although it has been so much less prevalent this year than for two years past, that it has attracted little notice comparatively. It is not definitely known what the cause of yellow fever is, but it is believed to be some poison found in water. Memphis, that has been visited with the terrible scourge more than any one city in the south, had so defective a system of drainage as to be the subject of general comment. It has been pretty conclusively shown in New Orleans and other southern cities that a vast amount of filth in the streets does not seem to favor the yellow fever epidemic particularly, and everything seems to point to some poison in connection with water as the cause of the difficulty.

People are roused to a great pitch of excitement if such an epidemic as cholera or yellow fever visits a portion of the country, and kills a few hundred or thousands of people in a few months. But there are diseases which arise from bad atmospheric conditions, and which carry off people by the tens of thousands, that are scarcely noticed, because they are slower in their operation. Malarial poisoning is one of the most prolific causes of disease known, and its power is not at all confined to any particular locality; for from New York to the Gulf, and from New Jersey to the far west, there is scarcely a state exempt from its influence. If the ordinary manifestations of malarial poisoning, chills and fever, were the only results arising from it, it were far better; but it appears as a complication in a great number of diseases, making them fatal, when they would otherwise be mild in their character.

There is no doubt that the true nature of malarial poisoning has been discovered. It has been found to arise from a species of plants called *palmellæ*, that grow mostly in swamps and low lands. These plants give off spores that so irritate the nervous system as to produce the most violent symptoms of fever, cold, hot, and sweating paroxysms. Malarial poisoning does not often occur upon high ground, or near the seashore, probably because the ozone of the atmosphere is more abundant in these places than elsewhere. Ozone is the greatest known enemy to all germinal life of a low order of vitality.

How to counteract this great source of disease is a greater question than it is to decide how to quell yellow fever epidemics. In the south, perhaps it may be done by planting the magnolia and eucalyptus trees, for these are known to neutralize the malarial poison. In the north these trees will not grow, hence some other plan must be followed. Intermittent fever is contracted during the fall months principally, and especially after the heavy rains of July and August. If people who live in malarious districts will go away from home the first of July, and remain absent until the time of frost, they will go free from the ague If this cannot be done, sleeping in the upper rooms of a house, and being careful not to sit upon the verandas, or otherwise being exposed to the outside air in the evening, will generally do much toward preventing the disease; for the malarial poison is heavy enough to remain near the ground during the night, and the sunlight dissipates it pretty effectually. But it is better for those who live in such districts to change their residence, if they are particularly susceptible to malarial influence. There is room enough in this country for its inhabitants to live within the next two or three hundred years, so they do not need to stay where they are being constantly poisoned to death.

We might mention many other sources of poisoning the atmosphere, such as sewers, slaughter houses, cesspools, etc. One common method of polluting the air ought to be mentioned. The majority of people in the country leave their outhouses in such an abominable condition as to make them an intolerable nuisance even to passers-by on the highway. It is impossible for people to maintain a good degree of health where such nuisances exist. Those who endure them must be ignorant of the fact that a little dry earth, such as may be scraped up in the road almost any summer's day, is as good a disinfectant for such purposes as can be found anywhere, at any cost. Regulations against such breeders of pestilence ought to be made and enforced in the country, as are found necessary in cities and large towns.

But the most intolerable and extensive odor of all is the tobacco smoke that we are obliged to breathe on every hand. It is so common that scarcely any one notices it, and a man would be looked upon as a lunatic if he asked the authorities to have it abated. So universally is this fumigation practiced, that it may be said of our country as it has been of Ger-

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many—"human nature is smoked dry by tens of thousands of square miles." It poisons the blood of those who use it, causing heart disease, apoplexy, nervousness, dyspepsia, and all the train of nervous diseases, whose name is legion. Hotels, steamboats, railway trains and sleeping rooms are made as filthy as the inside of an old pipe, poisoning all who may be so unfortunate as to be obliged to occupy them with the sensual, selfish victims of the vile habit. More needs to be said against this universal nuisance than against any other, because it is so near the eyes of all that it escapes their notice. We talk of the hideousness of slavery, that was once such a stain upon our national reputation; but the slavery of our people to tobacco is infinitely worse than southern slavery ever was, because it is so universal, and likely to continue through all time. What can be more humiliating to a woman than to find such a disgusting habit placed between her heart and the man she loves? And what can be more degrading to a man than the continual consciousness that he is disgusting the senses of all refined people? But the sensibilities of tobacco users become blunted to such reflections, and their eyes are blinded to the terrible physical effects that follow in the wake of this miasm; but its tendency is none the less deadly to the best powers of body and mind.

Will Power in Disease.

It is a common observation that when business men retire from active life, if it is at an advanced age, they do not live long after such retirement. Cheerful occupation makes all the difference between their retaining the full possession of even their physical powers, and their falling into decay. The fact also comes to the cognizance of physicians quite often, that great numbers of people die because they have nothing to live for; so it is not strictly true that an abundance of native vital power will always preserve one to old age. A great deal depends upon the power that lies back of the body, and uses the material form as its instrument.

There was never a better truism uttered than the scriptural declaration, "the spirit of a man beareth his infirmities." The results of mental effort in abstaining from food for a much longer period than has heretofore been considered possible, are now fairly before the public. It has long been supposed that no one can be deprived of food for a longer time than from ten to twenty days, and still go about, without resulting in death. But Dr. Tanner has shown that where people die from fasting in that time, it is owing entirely to mental succumbing in the majority of instances. In his lecture upon his great fast, he declares it as his opinion, that it is what is in a man that cures him from his diseases, and not what is done from without. Every man of common sense engaged in treating the sick knew this before, but the world is no worse off for a simple demonstration of it occasionally, made so prominent that the public are obliged to stop and consider it.

We apprehend that the great faster will accomplish this much by his heroic feat. People will not hereafter be so ready to give up their lives because they are subjected to great privation in this respect; and we apprehend that unnumbered lives have been lost at sea, upon rafts and in open boats, that might have been saved if they had only held out a little longer in hope of deliverance. If in the future the shipwrecked are saved by faith, born of this voluntary privation on the part of a resolute man, good will come from it through all time; and if only a few should thereby be induced to exercise a little more resolution in severe illnesses, and thus save themselves after the doctor's skill has been exhausted, the public can well afford to bear the exhibition of such child's play as fasting matches, which are the fool's best comment upon the matter as a sensational performance.

The Care of the Teeth.

By B. D. Towns nd M. D.

There is much difference in the quality of teeth of different persons. There are teeth to be compared to refined gold that loses nothing by melting. Such teeth, with any care, will outlast the owner. Again there are teeth not worth the name. The difference is explained; first, by the constitutional capacities of the person; second, by his habits. Man's abuse of his teeth is exceedingly common, and, of course, the teeth are injured thereby. The biting of wires, pins, and the cracking of nuts, etc., with the teeth, is an abuse of them. Eating too much sugar, vinegar, all hot breads, especially salted, saleratus bread, unripe fruits, hot soups, and drinking frequently of unboiled cold water, each of which may and, indeed, does often cause a sour stomach, and the sour stomach causes the teeth to rot. The habit of irregular and unwholesome eating is often begun at from one to three days of age, and kept up generally until death. Such persons should eat less frequently, drink less frequently, avoid the use of sugar, molasses, salt, hot soups, and all drugs, and food of any kind that is indigestible. Then should you have odontolithus, or tartar of the teeth, go to an honest dentist and require him to carefully clean off with a clean, bright scaler, all the tartar crust from the teeth. But in no case must he scrape the enamel of the tooth so as to cut it in the least. Thereafter use a soap made of clean beef suet, clear potash, or lye and water, without rosin or salt. This will make hard soap, as hard as any soap need be. Make a little lather on this soap with a tooth-brush twice a week, and brush the teeth thoroughly with it. Other days use water only wherewith to brush the teeth, but use soft water, if possible. Never brush the teeth beyond one minute in each twenty four hours.

When using a tooth brush first brush across the teeth, then by rolling the brush on the gums to the ends of teeth brush endwise. Always clean the inside of the teeth as much as the outside. Should the gums be tender or bleeding, try one drop of spirits of camphor and one spoonful of water once a week. Salt and water once in three months. A good goose-quill toothpick after eating every day is advisable, but keep all sticks, needles, pins, etc., from the teeth. Never bite off the sewing thread, or use the teeth for any such uses.

The Use of Underclothing.

The majority of people require to wear undergarments for protection from the inclemency of the weather that is now about to arrive. Canton flannel is the the most economical and will give the best service of any form of undergarment. There is no advantage in favor of woolen goods over the cotton for persons in ordinary health, while the woolen being not easily washed without causing shrinkage, is apt either to be worn until it becomes decidedly unclean, or be ruined and unfitted for use by washing. Such undergarments should be washed, certainly, once a week, and should never be worn more than half the time during the week; that is, an undergarment that is worn through the day should never, under any circumstances, be worn at night, while the gown which is worn at night should always be hung up to air during the day. The airing of clothing through the night and through the day is an important means of preserving the body clean and wholesome, and should not be neglected. Close-fitting undergarments are in no sense as serviceable as those which are loose. A close-fitting garment prevents a retention of air between the skin and the garment, and confined air is one of the best possible non-conductors of heat. A little air confined next to the skin will keep the skin very much warmer than will any clothing that was ever invented. So true is this that a crocheted garment knit as loosely as a horse net will keep a man as warm as a heavy undershirt. Indeed, the writer prefers to use very loose crocheted undershirts, when he uses any, and finds that they are warmer, pleasanter, lighter, and in every way more agreeable and wholesome than any other that he ever wore. Above all let your undergarments be loose, so that there shall be an abundance of space for air.

WANTED.

Back numbers of the Laws of Health, of Vol. I, No. 1, 5, 6 and 7, May, September, October and November, 1878. We will pay ten cents per copy for a few copies of the above named numbers at this office.

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Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

J. A. TENNEY, M. D.,
Associate Editor.

☞ All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., OCT., 1880.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging, stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids, therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place, increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems, special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing, eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

Small-Pox.

Two hundred years ago this was a most dreaded disease, and it is not wonderful that such quackery as vaccination should have obtained great repute. Anything that promised immunity from this dreadful scourge would be adopted, even though the cure was possibly as bad as the disease. Steadily, though slowly, however, the evils of vaccination have been exposed, and its value as a preventive depreciated, until now the only claim is, that to be vaccinated from pure lymph and under proper conditions, if it is done frequently, may possibly save us from having the disease, or if we do have it, to cause it to be of a mild form.

We can give to our readers a better preventive, however, in the form of careful dieting, with pure air and pure water. One of the physicians of Drs. Walter's Mountain Park, after having lived hygienically for several months, was exposed to small-pox and took on the disease while at college, but was, nevertheless, not detained from her studies more than two weeks, and was not confined to bed more than one day. There was no pitting, no evidence of serious disease, and, indeed the attack was lighter than the lightest varioloid imaginable. The preventive in this case was not vaccination but hygienic living. If our readers will eat only pure food, and drink pure water, and breathe pure air, and submit themselves to general hygienic conditions, they will, as a consequence have pure blood, and hence may defy the small-pox as well as the vaccinators. Pure blood is an infinitely better preventive of disease than cow-pox lymph can be; and it is certainly preferable.

Damp Weather;—Getting Wet.

We see that the papers are discussing this subject somewhat, and we are glad to add our mite of information on the subject. We hold that the general horror of dampness, night air, and even getting wet, though having its origin in human experience is, nevertheless, a subject of less importance in itself than is generally imagined. It is not the getting wet that is important, but who it is that gets wet. It is not damp air, but who it is that is exposed to the dampness that tells the story. Getting wet may be a positive advantage, though it is generally injurious. The old water-cure practitioners sometimes dressed the patient in thin under-clothing, and sent him out in the hardest rain storm to have a walk of a mile or two until he became thoroughly soaked, and such treatment if administered to the proper patient at the proper time, was not injurious. But for a person of obstructed circulation, and generally dyspeptic or consumptive habits, to be exposed to wet feet or to sleep in damp apartments, or to go out at night and sit about on benches, perhaps engaged in moonlight courting or some other interesting or exciting occupation, would still further obstruct the circulation, reduce nutrition, and perhaps establish positive disease; but for a strong and healthy man to be afraid to walk a mile or two, or drive in the night air, or to go into hysterics over the fact of getting the feet wet or being sprinkled with a little shower of rain, is great nonsense. A healthy man may be soaked to the skin in a rain storm, but if he will immediately repair to his rooms, change his clothing and rub himself dry, it will likely do him good rather than harm. Or it may dry on his back, provided he is sure to keep warm. Getting chilled, whether from damp air, wet clothing, or any other cause, is a serious and sometimes dangerous practice, and may end in disease and death. After all, good circulation is what is needed, and that which will improve circulation in one man, may destroy it in another. That which, because of debility, is destructive to the health of one person, may be positively beneficial to another, as a means of developing his capacities.

What is true of dampness and rain is true with regard to exercise and food, and, indeed, all other habits and conditions of men. The exercise which is beneficial to one may be destructive to another. Everything must be determined by a wise reference to the man's conditions. The healthy, vigorous, robust person is made more robust and vigorous by these little taxations of wind or weather, by exercise, by coarse food, even if it be difficult of digestion, while the feeble person is rendered still more feeble. As the winds, turbulent and violent though they may be, but cause the oak to root more firmly, so these taxations but strengthen the individual man, provided he is in a condition to endure them. As the winds, on the other hand, may tear up the oak and lay it low, so exposure, dampness, cold, labor, etc., may destroy health and even life. If the people were educated into a few simple physiological facts they would be able to take advantage of atmospheric changes to improve health and vigor, rather than become victims of them to the destruction of health and vigor.

Dry Rubbing.

A correspondent wishes us to state the points in regard to this hygienic practice, how often it is to be indulged, the best article to rub with, special benefits, etc.

By dry rubbing we mean, in general terms, manipulations of the surface of the body, and by manipulations we mean the grasping of the flesh in the palm of the hand, and pressure upon it connected with friction. Let the patient be stripped, laid on a bed and covered with a blanket or two, and then an attendant may grasp an arm near the shoulder in both hands, press upon and rub the part, move downward, and so go over the limbs, making alternate pressure and relaxation until the whole arm has been manipulated from the shoulders to the tips of the fingers. An agreeable sensation with warmth should follow, showing improved circulation in the part. The other arm should be treated in the same way. Then each of the legs. Finally, the chest and abdomen should be thoroughly manipulated. Then the back should undergo the same process. The rubbing should cause motion and pressure in the muscles of the body clear down to the bones.

The dry, warm hand is the proper article for rubbing. If the patient must rub himself, it cannot, of course, be done so effectually, and he will likely content himself with friction upon the skin. Friction is serviceable but will not compare in efficiency to the manipulation of the flesh of the body. From ten minutes to half an hour may be employed in this process, but in no case should the time exceed half an hour. The majority of cases will be benefited by less vigorous and less prolonged rubbings.

The benefit to be derived is improved circulation, and as a result, improved nutrition. It is one of the best hygienic appliances, not to be employed, however, as a cure-all any more than is bathing, or

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other variety of movements, but as a part of a system of treatment which shall tend to develop circulation and nutrition throughout the organism. The bedridden invalid should be rubbed and manipulated daily. In many cases it might be done oftener, especially if the patient is feeble and only a part can be treated at a time. One-half hour daily to a feeble invalid would be a superabundance, generally speaking, and this had better be done at two different times, say morning and evening, than to be applied all at once.

Lead Poisoning.

A lady writes: Several cases of sickness have come under my observation, caused, as physicians say, from drinking water that has run through lead pipes. I have heard that the pipes become coated, which prevents any ill effects. What is your opinion?

Answer. Impure water may deposit some of its impurities upon a pipe and so prevent the oxidation of the lead, but pure spring water running through a lead pipe will most certainly become poisoned by the chemical action which takes place. Paralysis and kidney difficulties are very likely to follow the use of such water. Lead pipe is wholly unfit for the carrying of water that is to be used for any purposes, and I should advise our readers never to allow a plumber to introduce it into their houses. Plumbers use the pipe because it is easily worked, but we always insist that it is unfit for any purpose except to carry away waste water.

Fall Fevers.

Probably the heat of summer, because of its debilitating influence upon the whole system, is a great cause of these disturbances. During the summer months also, the majority of people suffer from constipation, because the heat causes such excessive action in the skin, that the bowels are robbed of their proper amount of vital force. But the skin is not sufficient to eliminate all the worn-out matter from the system, hence it accumulates in the blood, and fevers, whose tendency is always toward purifying the blood, are the natural result.

In addition to this cause, many people are not wise enough to diminish in summer time the amount of food they are accustomed to eat in the winter and spring. No one can appropriate as much food in the heat of summer as in midwinter, and if it is taken into the system, it taxes all the vital energies to expel the unusable material. Food that is imperfectly digested will clog every organ in the body as effectually as will retained broken down tissue, and after a time, the superfluous material creates a general disturbance, involving every fibre in the body; for in fevers every filament and cell in the vital economy is affected.

But probably one of the chief exciting causes of these difficulties is that to which they are generally ascribed, viz.: low water. It has been demonstrated that mud contains vegetable poisons of a virulent character, which are communicated in abundance to the small amount of water usually found in wells in the latter part of the summer. The system is able to expel this kind of poison, like all others, for a time; but after a while, bilious or typhoid fever sets in, and the patient's recovery will depend wholly upon his vitality and the amount of poison imbibed.

The best remedy in any disease is to remove its cause; and now, when the penalties of wrong doing are upon people in these directions, it is a good plan to decide upon hygienic conduct for another year. The utmost care should be taken of bowel digestion during the summer. Plain foods should be used, to the exclusion of those forms that are concentrated. The bowels should be kept free with enemas, if necessary, and care should be taken that the quantity of food shall correspond to the season of the year. Then the wells should be thoroughly cleared out in the early summer, when there is such a flow of water as to cleanse them completely afterward. Wherever fall fevers occur, some or all of these precautions have been neglected.

Secret Remedies.

The people need constantly to be reminded that the most powerful things in nature are the simplest things; and that the best remedies they can possibly have, when they are sick, lie all about them, within the reach of every one.

> "A man's best things lie nearest him;
> Lie close about his feet;
> It is the distant and and the dim
> That we are sick to greet."

It is wonderful what a charm the hidden and unknowable have for most sick people. They will follow a pretender, who advertises himself as an ignorant Indian, much sooner than they will go to a physician who knows as much as any one, and can give a reason for his practice. The man who advertises most, and makes the largest promises, is liable to have the most business. All this arises from the fact that people in general do not understand that there are limitations to human power in the treatment of disease. They are always on the alert to accomplish impossible things. If they have an abscess forming, they do not consider that it must necessarily gather and break, in the natural course of things; but they insist upon its being stopped right there. They do not see why inflammation and suppuration in the lungs cannot be stopped immediately, and if an educated physician tells them it cannot be done, they will employ a man who never studied at all, but who promises all manner of impossible things, and follow his directions for a year, or during life. On account of this demand for the impossible, a large class of men have sprung up, who live entirely upon the credulity of the people, taking advantage of their necessities, and giving dishonest opinions and false hopes, in return for the people's money. The patent medicine venders in this country are just this sort of confidence men. The more they advertise, and the louder their promises, the greater will be their sales. If the advertising is kept up, the sale of their stuff will continue, for its sale does not depend at all upon its success after it is taken. If it does not have any apparent effect, it makes little difference. Some one else will read about it and try it too, until every credulous man in the country has been taken in by it.

The greatest public need is teachers. The people need to know the dividing line between the impossible and the possible. Then they need to learn that little or no confidence can be placed in those who advertise secret remedies. A true physician has no secrets from the world. He is always ready to impart his knowledge to others, that all may be made better by it. He is employed by his patients, not because he withholds from them a knowledge of his methods, but because, from his experience, he can apply remedies better than they. A man who has secrets in medicine, that he will not communicate to the world, is either an impostor, or an enemy to mankind, instead of a benefactor.

How to Remove Fat.

Corpulency is always unpleasant, and those afflicted with it are often ready to do anything, or to believe anything, that promises relief. Within a few years, anti-fat remedies have been advertised in a large number of our newspapers, whose publishers know, or ought to know, that the condition of obesity cannot be permanently reduced by drugs. People spend large sums of money upon liquids said to restore hair to bald heads, to make a luxuriant growth of whiskers upon a youth's ambitious upper lip, and to do many other desirable but impossible things. If all the money spent in answering lying promises of this kind were applied to the public debt, it would be canceled in a very short time.

But it will be asked: "Is there no remedy for excessive fat?" Sometimes there is; but it cannot be permanently removed with drugs. When fat is deposited in an excessive degree, it is owing to weakness in the absorbents, or lymphatic system. Drugs produce weakness in these organs. If they seem to stimulate absorption for a time, they reduce it in the end. The only successful method of curing this, or any other morbid condition, is in restoring the general health. Special forms of food do not increase or reduce fat. The old notion that "as a man eateth, so is he," is exploded. There is not a shadow of truth in the

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notion that different forms of food give a man qualities corresponding to themselves. Eating pork does not make a man swinish, any more than eating fish will enable him to live under water, or eating chestnuts will make him a wooden head. Pork fat starves and poisons the system, as do fats of every kind. If they increase the fattening tendency, it is because they weaken the general health, so the morbid condition flourishes without any hindrance. No healthful food properly used is injurious to fat people. The best rule to follow is to select such food as will best supply the needs of the system, so as to insure perfect health.

Fat people generally suffer from constipation. Some starchy foods relieve this condition by causing distension, and consequent action of the bowels. Oatmeal mush, Graham bread and fruit are excellent for this difficulty. If they are not sufficient, enemas of warm water should be taken daily. There is a prejudice in the minds of many against taking enemas. They think they will get wedded to the habit, reasoning about them in the same way as they do in relation to cathartic pills. But they do not have any such tendency as drugs. It does not harm a person any more to take an enema every day during life than it does to drink. Its tendency, on the contrary, is toward a healthful action of the bowels, and the more of them are taken, within certain limits, the less need there is of their being used.

Poor circulation also goes with an excess of fat. Movements should be taken every day, to make the blood go rushing through every capillary, washing out all the accumulated impurities, and nutrifying the organs of depuration. A judicious diet, regulating the bowels, proper bathing, and movements properly administered will do everything to reduce fat that can possibly be done. It is not at all uncommon for rightly conducted health institutions to decrease a fat person's weight twenty or thirty pounds, and in some cases fifty or sixty pounds have been permanently removed.

Foot Covering.

One of the most important things connected with healthful living is warmth to the feet, and this can only be obtained through the winter months by properly clothing them. To this end the loosest kind of boots and shoes are the warmest. The air which is confined inside of a loose leather boot tends more to the warmth of the feet than the leather itself does, or even the stocking. A loosely-knitted stocking, however, is often very desirable, but frequently will allow the foot to be colder if the boot is tight, than if no stocking is worn and the boot is correspondingly loose. Let every one who would have warm feet through the coming winter, wear loosely-fitting boots. Cloth boots for indoors, of course, are always superior to leather boots. The cloth permits the exhalations from the feet to be carried off, and so keeps them dry, while the leather, in general terms, retains these exhalations and keeps the feet damp and uncomfortable. For this reason slippers, though the upper part of the feet are not covered at all, are often warmer than the stoutest boots which retain all the moisture.

Whooping Cough.

By Robt. Walter, M. D.

This is one of the serious diseases of childhood, which is scarcely avoidable. It is regarded, usually, as an infectious disease, dependent upon a specific poison, which may be spread through the atmosphere by an affected person, or be conveyed by kidney, bowel or lung excretions. Most generally it exists in an epidemic form, but is not necessarily so. Like measles, scarlatina and small-pox, the second attack is seldom observed. Whooping cough exists in three stages. In the first stage there is simply a violent cough with more or less fever; running from the nose, sneezing, redness of the eyes, etc. During this stage the symptoms are not sufficiently definite to determine the disease; but as the second, or spasmodic stage is developed, there can be no doubt as to what is the matter. The patient suffers from severe paroxysms of coughing, in which sometimes there is almost strangulation. The cough is of a spasmodic, convulsive, violent character, which prevents the patient from proper inhalation of air. As the spasm declines, a characteristic whoop results from laborious inhalation. The paroxysm is terminated usually, by the expectoration of thick, viscid, clear fluid, discharged either through the nose or mouth. Not unfrequently vomiting occurs at the same time. Of course, after such violent efforts, the muscles of the chest are likely to become sore, and cause considerable suffering to the patient. The paroxysm continuing, and interfering seriously with respiration, congestion of the brain is often produced, and the blood becomes dark and venous from want of proper aeration. In severe cases, bleeding from the eyes, nose, mouth, ears or rectum, sometimes takes place, and also involuntary discharges of urine and feces. Also, hernia, or prolapsus of anus, or convulsions.

There is much difference among patients as to the violence of attacks. Children of vigorous constitutions, especially if they live carelessly as to diet, are more liable to serious attacks than those who are feeble, or more hygienic in habits. As a rule, the disease begins in a mild form and gradually intensifies for two, three, or four weeks, when it attains its maximum, and then gradually declines until it disappears. In the third and last stage the coughing fits become less frequent and less intense; the expectoration more easy, vomiting ceases, and the general health improves. Finally, the cough stops entirely, and the patient is convalescent.

The complications and *sequelæ* are sometimes very serious, but are due, generally, to mismanagement of the case. Bronchitis, collapse of lobes of the lungs, rupture of air vessels, pneumonia, pleurisy, consumption, croup, convulsions, cerebral apoplexy, meningitis, hernia, and various stomach and bowel diseases, either follow or are directly connected with the disease. All the authorities agree that whooping cough is always a serious disease, so much so as to call for a guarded prognosis. Death is not by any means infrequent; or dangerous concomitant maladies uncommon. The danger is always aggravated by very early age, as in infancy; by teething, constitutional feebleness, etc. The pathological condition in whooping cough is properly a catarrh of the mucous membrane of the air passages, attended with congestion. Some authorities, however, believe it to be connected with a morbid condition of the vagus nerve.

Treatment.

The treatment as applied by physicians of the old schools, consists in the varied forms of drugging, for the purpose of allaying the paroxysms of cough, loosening the secretions, and toning up the system. The use of chloroform and ether are sometimes advised; and among the various specifics are found alum, nitric, muriatic, or sulphuric acids; cochineal, arsenic, strychnine, bromide of potassium, infusion of clover, and repeated emetics; metallic salts, namely: salts of copper, iron, zinc and sulphur; cauterization of the larynx with nitrate of silver; counter irritation to the chest; friction with opium, belladonna, and other liniments. And yet, notwithstanding these violent poisons, it is admitted that the disease will run its course, continuing from six to eight or ten weeks, and that dangerous complications or *sequelæ* are liable to follow, even if the patient does not die. We advise no such reckless and unphilosophical practice. Whooping cough is, to be sure, a serious disease, but it is rendered all the more serious by the plans advocated. When a disease will run its course in spite of the use of violent remedies, where is the philosophy of endangering the future health of the patient by the employment of these remedies? If parents would be patient, and doctors have more sense than to indulge every vain experiment, whooping cough would become infinitely less serious.

At the present time we have under care several severe cases, who are doing well, and yet no form of drug-medication has or will be employed. The treatment is, first, to keep the patient in healthful conditions. If there is fever, a warm bath at night, before retiring, is admirable; to be followed, perhaps, by the wet abdominal bandage around stomach and bowels, and wet compress over throat and lungs. As the disease progresses, and the paroxysms of coughing become severe, hot fomentations to the chest and throat are very serviceable, to be followed by the cool, wet compress, to be worn all the time. The patient should not be exposed to extremes of temperature, but should in all respects be required to live hygienically. Diet is an important matter. In this respect, the patient should be restrained from eating indigestible foods, not only, but from frequent or excessive eating at any time. Two meals a day, never more than three meals, of plain food, eaten at regular hours, is the proper

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plan. The bowels should be freely moved, if necessary, by injections of warm water daily. Rubbings over the stomach, bowels and chest, are all desirable. The fomentations may be applied behind between the shoulders occasionally, while the cool wet compress is laid over the chest. Above all, keep the feet and hands warm. Let the patient breathe pure air, and be gently nursed through the disease. Under hygienic treatment, though the disease is annoying and troublesome, we do not consider it at all dangerous. Never so, unless it be in exceedingly feeble children, or newly born infants; and the usual *sequelæ*, or complications seldom, if ever, arise. When they do, they must be treated upon their merits.

Photographic Views.

We have had taken some fine photographic views of our institution, one as it looks from the foot of the hill, giving a magnificent view of the buildings; the other from the hillside behind, taking in the varied buildings, and giving a view of the valley beneath. Either of these pictures would afford pleasure and instruction to any person interested in our institution, or in the work which we try to do. They are sold at 50 cts., sent post paid to any address.

The Silver Ventilators.

We are receiving inquiries as to these, particularly as to our opinion with reference to them since introducing them into our Institution. We have to say that so far they have worked admirably. We have a splendid draft, plenty of heat, and admirable ventilation. What the cold winter weather may tell we cannot now say, but will report as the winter advances.

Questions Answered.

By Robt. Walter, M. D.

Question. Is cocoa or chocolate a healthy drink, particularly for the young?

Answer. Neither is healthy. Perhaps they are not as injurious as tea or coffee, but they are decidedly unwholesome for the young. There is a liking for them just as for tea or coffee, because the effects are similar.

Question. Is honey an article of food, or is it a medicine and useful to the human system? Is there any virtue in bumble bee honey, which some people use?

Answer. No, we venture to say there is no virtue in it whatever, and though honey in itself will not be as injurious as many things used, it is apt to be a too concentrated food. It is food, however, not poison.

Question 3d. Is Royal baking powder, or any other powder, good for raising various kinds of bread and biscuit? If not, what would you offer as a substitute?

Answer. The baking powders are all positively injurious. In the first place, I would not offer any substitute but would use unleavened bread. In the second place, we can get very nicely raised bread by properly mixing Graham flour with water and baking it in a hot oven. Our hygienic cook books will explain the matter fully.

Question 4th. Why are my feet and hands generally cold, and how can I remedy the difficulty?

Answer. You suffer from feeble circulation, probably dependent upon obstruction of the liver, or congestion of some other internal organ. The only way to be relieved is by building up the general health, and that is to be accomplished through a hygienic regimen. Movement-cure exercises are among the best appliances for aiding to obtain this result, while the feet and hands are at the same time warmed. To warm the extremities by exercise is of tenfold more service than by the application of heat, in water or otherwise.

Question 5th. Are Turkish or Russian baths good? If so, how often should they be taken to be of benefit?

Answer. Turkish baths are good, and Russian baths are good in their place, but they are at the present time being most wretchedly abused. People are being scalded to death with them every day, yet when properly employed they may be serviceable. They are to be used according to the conditions of the patient, for the purpose of accomplishing some definite object. Taking them at random, if only once, twice or thrice a week, is bad practice. What this reader wants is not to experiment with these empirical methods, but to put himself under the care of a good hygienic physician who will prescribe for him intelligently, and apply for him proper methods of treatment.

Question. In cases of dyspepsia does the stomach require longer time for digestion than in health, or does the inflamed coat, anxious to be rid of aught that irritates, work quicker, even if not so well as in sound health?

Answer. All cases are not alike. The inflamed and irritable stomach may be over active and digest poorly a large quantity of food in a short time, but in ordinary chronic dyspepsia, the stomach requires much longer time for digestion than in health. This is peculiarly so when stimulating and irritating substances are withheld and the patient is striving to recover by hygienic methods.

Question. For such a stomach, in the hottest weather, what is the best drink; a hot, warm or cold one?

Answer. Ice cold drinks are decidedly injurious. Warm drinks are nauseating and hot drinks are heating. The hot will do less mischief than the cold. I advise the drinking of little fluid during the hot weather, and then hot or cold as is agreeable. When there is what is called internal fever the drinking of cold water only aggravates the thirst

Question. Does repeated belching, with marked taste of any article of food previously taken, as watermelon or tomato, prove that such fruit or vegetable disagrees with the stomach, and therefore ought not to be used? J. B. R.

Answer. Not necessarily. Stomachs will often reject in this way the most healthful food possible. The indication is dyspeptic conditions, not unhealthfulness of food.

Question. I am in the habit of sleeping with my hands above my head. Is this injurious or deleterious? *2nd.* Where can I get the best work on diseases and their treatment hygienically? *3rd.* If I were to send you $1, would you place it to my credit and send therefor the Laws of Health for the year 1881, and premium No. 1, Health by Exercise? *4th.* Do you think that you could give a prescription for home treatment of a case of seminal weakness of eight years' standing, that would restore an individual to health? J. M. C.

Answer 1st. Sleeping with the hands above the head is not necessarily injurious, though it is an awkward position and may obstruct the circulation of the blood. *2nd.* Trall's Hygienic Hand-Book is the most comprehensive work on the treatment of invalids. It is hardly sufficiently popular, however, for the common people. *3rd.* We would be pleased to receive your money, credit it to you for the coming years, and send you the premium you desire. *4th.* I could give you a home prescription that would be of benefit to you, but I could not promise cure in a case that I have never seen. Such serious cases require usually, the best care and treatment of a physician, and this cannot be had at a distance.

Question. Can you recommend a healthful cook and parlor stove, for burning coal? We have been using a stove that warmed only the upper part of the room, leaving great discomfort about the floors. We wish one that can throw out heat without burning up the air and producing carbonic acid gas. I suppose Silver's Ventilators are only adapted to furnaces.

D. M. A.

Answer. I do not know of any combinaton of cooking and parlor stove in one, that I can recommend. Silver's Ventilators are open grates of peculiar arrangement for heating as well as ventilating. They are not easily introduced into a building already erected. There are various arrangements in the market for heating which are passably good, though I do not know the names of any of them. There is a Baltimore heater, I believe, which allows the passage of pure cold air in upon the stove, to be circulated through the room, which will be excellent. There is the open ventilating stove, called the fire on the hearth, manufactured in New York, which is a most admirable heater. The common Russia iron heater, costing four or five dollars, will admirably heat a room provided a ventilating attachment such as is explained in the Laws of Health of last year, November number, be provided. Read my articles on heating and ventilation published last year, and you will get very suggestive ideas.

Question. Please inform a subscriber what causes a difference of development in the same body. For instance, a person in good health, with all his faculties vigorous, has the right side of his body much smaller in size and less vigorous than the left. Even the nerves in the right arm seem weaker, etc.

Answer. The difficulty undoubtedly is due to some obstruction in the circulation of nervous influence to the right side of the body. It is impossible to say in a given case what might be the difficulty. A person who is left handed would be likely to develop the left side at the expense of the right side, and *vice versa* if he is right handed. Some obstruction at the base of the brain on the left side might cause deficient development of the body on the right side. I could not give a more particular answer without a careful examination of the case.

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as a trumpet in the very street against family preferences and family alliances, he is certainly in a fair way to mental aberration, if not physical destruction. I will not, indeed, say that Mr. Graham fretted himself to death, but there is every reason to believe that he yielded to an amount of depressing passion and feeling which would be sufficient to destroy an ordinary constitution."

Dr. Alcott cites this fact as an explanation of his early death, when, to our mind, it only proves the results of his plan of diet. Nervous exhaustion, and consequently nervous irritability, inevitably follows any plan which does not supply the system with needed nutriment, and that Mr. Graham should have suffered nervous irritability even to the extent of mental aberration, is one of the strongest possible arguments against his system of diet. No excuses, no plausible theories, will explain away the terrible fact that not only Graham but Trall fell victims in the same way. As Graham's habit of life and thought grew to be deranged as age advanced, so Trall in the latter years of his life was mentally, physically and spiritually, anything but what his friends would desire. Irritability, restlessness, nervousness, ill-temper and even hypochondria, were prominent characteristics. He who did so much toward teaching hygiene to the world, needed to begin and learn its first principles himself.

Let none imagine that we are arguing in favor of an unlimited use of animal food. We believe the free use of it one of the most powerful agencies toward ill-health, and if ever a true hygiene shall prevail upon the face of the earth, we believe that a moderate vegetarianism will be a component part of it. The American people indulge the use of flesh meats in excessive degree. There is no proper excuse for it. The fruits of the earth were originally the food of man, and to-day they will be found to be altogether superior to flesh meats as staple articles of diet. The re-constitutionalizing tendency of habits long indulged, is the only philosophical reason for the use of flesh meats at all. Those who have been flesh eaters for generations cannot hope to become radical vegetarians in a day, and who would impose such revolutionary measures upon a human constitution, will prove his ignorance by his failure. What we want in life is reform, not revolution. What we should seek is growth into better conditions, not a violent wrenching of the vital forces by forced measures. Growth, development, improvement, is heaven's ordained way of elevating the human race until it attains the standard of truth, righteousness, health, and holiness, to which it is destined. For God himself never undertakes to violate human instincts and the laws of human life, even to save a sinner from eternal destruction.

"Never give up; 'tis the secret of glory,
Nothing so wise can philosophy teach;
Think of the names that are famous in story,
Never give up is the lesson they preach."

How to Get Sick.—No. 6.

By J. A. Tenney, M. D.

Impure Air. It matters little what food is eaten, or how well it is digested, if it is not changed by coming in contact with pure air in the lungs. The air we breathe should be pure enough to readily impart oxygen to the blood, and at the same time absorb the material to be expelled from the lungs, just as a sponge, when fresh, absorbs water. But when the atmosphere is in certain conditions, it not only fails to do these things, but it also introduces poisons into the circulation, which are productive of great mischief.

Breathing specific contagions, like those which cause small-pox, scarlet fever, measles, etc., are generally avoided as much as possible, so little need be said on that point; there are other poisons inhaled that are much worse. For three years yellow fever has raged to a greater or less extent in several cities of the south; although it has been so much less prevalent this year than for two years past, that it has attracted little notice comparatively. It is not definitely known what the cause of yellow fever is, but it is believed to be some poison found in water. Memphis, that has been visited with the terrible scourge more than any one city in the south, had so defective a system of drainage as to be the subject of general comment. It has been pretty conclusively shown in New Orleans and other southern cities that a vast amount of filth in the streets does not seem to favor the yellow fever epidemic particularly, and everything seems to point to some poison in connection with water as the cause of the difficulty.

People are roused to a great pitch of excitement if such an epidemic as cholera or yellow fever visits a portion of the country, and kills a few hundred or thousands of people in a few months. But there are diseases which arise from bad atmospheric conditions, and which carry off people by the tens of thousands, that are scarcely noticed, because they are slower in their operation. Malarial poisoning is one of the most prolific causes of disease known, and its power is not at all confined to any particular locality; for from New York to the Gulf, and from New Jersey to the far west, there is scarcely a state exempt from its influence. If the ordinary manifestations of malarial poisoning, chills and fever, were the only results arising from it, it were far better; but it appears as a complication in a great number of diseases, making them fatal, when they would otherwise be mild in their character.

There is no doubt that the true nature of malarial poisoning has been discovered. It has been found to arise from a species of plants called *palmellæ*, that grow mostly in swamps and low lands. These plants give off spores that so irritate the nervous system as to produce the most violent symptoms of fever, cold, hot, and sweating paroxysms. Malarial poisoning does not often occur upon high ground, or near the seashore, probably because the ozone of the atmosphere is more abundant in these places than elsewhere. Ozone is the greatest known enemy to all germinal life of a low order of vitality.

How to counteract this great source of disease is a greater question than it is to decide how to quell yellow fever epidemics. In the south, perhaps it may be done by planting the magnolia and eucalyptus trees, for these are known to neutralize the malarial poison. In the north these trees will not grow, hence some other plan must be followed. Intermittent fever is contracted during the fall months principally, and especially after the heavy rains of July and August. If people who live in malarious districts will go away from home the first of July, and remain absent until the time of frost, they will go free from the ague If this cannot be done, sleeping in the upper rooms of a house, and being careful not to sit upon the verandas, or otherwise being exposed to the outside air in the evening, will generally do much toward preventing the disease; for the malarial poison is heavy enough to remain near the ground during the night, and the sunlight dissipates it pretty effectually. But it is better for those who live in such districts to change their residence, if they are particularly susceptible to malarial influence. There is room enough in this country for its inhabitants to live within the next two or three hundred years, so they do not need to stay where they are being constantly poisoned to death.

We might mention many other sources of poisoning the atmosphere, such as sewers, slaughter houses, cesspools, etc. One common method of polluting the air ought to be mentioned. The majority of people in the country leave their outhouses in such an abominable condition as to make them an intolerable nuisance even to passers-by on the highway. It is impossible for people to maintain a good degree of health where such nuisances exist. Those who endure them must be ignorant of the fact that a little dry earth, such as may be scraped up in the road almost any summer's day, is as good a disinfectant for such purposes as can be found anywhere, at any cost. Regulations against such breeders of pestilence ought to be made and enforced in the country, as are found necessary in cities and large towns.

But the most intolerable and extensive odor of all is the tobacco smoke that we are obliged to breathe on every hand. It is so common that scarcely any one notices it, and a man would be looked upon as a lunatic if he asked the authorities to have it abated. So universally is this fumigation practiced, that it may be said of our country as it has been of Ger-

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many—"human nature is smoked dry by tens of thousands of square miles." It poisons the blood of those who use it, causing heart disease, apoplexy, nervousness, dyspepsia, and all the train of nervous diseases, whose name is legion. Hotels, steamboats, railway trains and sleeping rooms are made as filthy as the inside of an old pipe, poisoning all who may be so unfortunate as to be obliged to occupy them with the sensual, selfish victims of the vile habit. More needs to be said against this universal nuisance than against any other, because it is so near the eyes of all that it escapes their notice. We talk of the hideousness of slavery, that was once such a stain upon our national reputation; but the slavery of our people to tobacco is infinitely worse than southern slavery ever was, because it is so universal, and likely to continue through all time. What can be more humiliating to a woman than to find such a disgusting habit placed between her heart and the man she loves? And what can be more degrading to a man than the continual consciousness that he is disgusting the senses of all refined people? But the sensibilities of tobacco users become blunted to such reflections, and their eyes are blinded to the terrible physical effects that follow in the wake of this miasm; but its tendency is none the less deadly to the best powers of body and mind.

Will Power in Disease.

It is a common observation that when business men retire from active life, if it is at an advanced age, they do not live long after such retirement. Cheerful occupation makes all the difference between their retaining the full possession of even their physical powers, and their falling into decay. The fact also comes to the cognizance of physicians quite often, that great numbers of people die because they have nothing to live for; so it is not strictly true that an abundance of native vital power will always preserve one to old age. A great deal depends upon the power that lies back of the body, and uses the material form as its instrument.

There was never a better truism uttered than the scriptural declaration, "the spirit of a man beareth his infirmities." The results of mental effort in abstaining from food for a much longer period than has heretofore been considered possible, are now fairly before the public. It has long been supposed that no one can be deprived of food for a longer time than from ten to twenty days, and still go about, without resulting in death. But Dr. Tanner has shown that where people die from fasting in that time, it is owing entirely to mental succumbing in the majority of instances. In his lecture upon his great fast, he declares it as his opinion, that it is what is in a man that cures him from his diseases, and not what is done from without. Every man of common sense engaged in treating the sick knew this before, but the world is no worse off for a simple demonstration of it occasionally, made so prominent that the public are obliged to stop and consider it.

We apprehend that the great faster will accomplish this much by his heroic feat. People will not hereafter be so ready to give up their lives because they are subjected to great privation in this respect; and we apprehend that unnumbered lives have been lost at sea, upon rafts and in open boats, that might have been saved if they had only held out a little longer in hope of deliverance. If in the future the shipwrecked are saved by faith, born of this voluntary privation on the part of a resolute man, good will come from it through all time; and if only a few should thereby be induced to exercise a little more resolution in severe illnesses, and thus save themselves after the doctor's skill has been exhausted, the public can well afford to bear the exhibition of such child's play as fasting matches, which are the fool's best comment upon the matter as a sensational performance.

The Care of the Teeth.

By B. D. Towns ND M. D.

There is much difference in the quality of teeth of different persons. There are teeth to be compared to refined gold that loses nothing by melting. Such teeth, with any care, will outlast the owner. Again there are teeth not worth the name. The difference is explained; first, by the constitutional capacities of the person; second, by his habits. Man's abuse of his teeth is exceedingly common, and, of course, the teeth are injured thereby. The biting of wires, pins, and the cracking of nuts, etc., with the teeth, is an abuse of them. Eating too much sugar, vinegar, all hot breads, especially salted, saleratus bread, unripe fruits, hot soups, and drinking frequently of unboiled cold water, each of which may and, indeed, does often cause a sour stomach, and the sour stomach causes the teeth to rot. The habit of irregular and unwholesome eating is often begun at from one to three days of age, and kept up generally until death. Such persons should eat less frequently, drink less frequently, avoid the use of sugar, molasses, salt, hot soups, and all drugs, and food of any kind that is indigestible. Then should you have odontolithus, or tartar of the teeth, go to an honest dentist and require him to carefully clean off with a clean, bright scaler, all the tartar crust from the teeth. But in no case must he scrape the enamel of the tooth so as to cut it in the least. Thereafter use a soap made of clean beef suet, clear potash, or lye and water, without rosin or salt. This will make hard soap, as hard as any soap need be. Make a little lather on this soap with a tooth-brush twice a week, and brush the teeth thoroughly with it. Other days use water only wherewith to brush the teeth, but use soft water, if possible. Never brush the teeth beyond one minute in each twenty four hours.

When using a tooth brush first brush across the teeth, then by rolling the brush on the gums to the ends of teeth brush endwise. Always clean the inside of the teeth as much as the outside. Should the gums be tender or bleeding, try one drop of spirits of camphor and one spoonful of water once a week. Salt and water once in three months. A good goose-quill toothpick after eating every day is advisable, but keep all sticks, needles, pins, etc., from the teeth. Never bite off the sewing thread, or use the teeth for any such uses.

The Use of Underclothing.

The majority of people require to wear undergarments for protection from the inclemency of the weather that is now about to arrive. Canton flannel is the the most economical and will give the best service of any form of undergarment. There is no advantage in favor of woolen goods over the cotton for persons in ordinary health, while the woolen being not easily washed without causing shrinkage, is apt either to be worn until it becomes decidedly unclean, or be ruined and unfitted for use by washing. Such undergarments should be washed, certainly, once a week, and should never be worn more than half the time during the week; that is, an undergarment that is worn through the day should never, under any circumstances, be worn at night, while the gown which is worn at night should always be hung up to air during the day. The airing of clothing through the night and through the day is an important means of preserving the body clean and wholesome, and should not be neglected. Close-fitting undergarments are in no sense as serviceable as those which are loose. A close-fitting garment prevents a retention of air between the skin and the garment, and confined air is one of the best possible non-conductors of heat. A little air confined next to the skin will keep the skin very much warmer than will any clothing that was ever invented. So true is this that a crocheted garment knit as loosely as a horse net will keep a man as warm as a heavy undershirt. Indeed, the writer prefers to use very loose crocheted undershirts, when he uses any, and finds that they are warmer, pleasanter, lighter, and in every way more agreeable and wholesome than any other that he ever wore. Above all let your undergarments be loose, so that there shall be an abundance of space for air.

WANTED.

Back numbers of the LAWS OF HEALTH, of Vol. I, No. 1, 5, 6 and 7, May, September, October and November, 1878. We will pay ten cents per copy for a few copies of the above named numbers at this office.

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The Laws of Health.

Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

J. A. TENNEY, M. D.,
Associate Editor.

☞ All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., OCT., 1880.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging, stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids, therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place, increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems, special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing, eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

Small-Pox.

Two hundred years ago this was a most dreaded disease, and it is not wonderful that such quackery as vaccination should have obtained great repute. Anything that promised immunity from this dreadful scourge would be adopted, even though the cure was possibly as bad as the disease. Steadily, though slowly, however, the evils of vaccination have been exposed, and its value as a preventive depreciated, until now the only claim is, that to be vaccinated from pure lymph and under proper conditions, if it is done frequently, may possibly save us from having the disease, or if we do have it, to cause it to be of a mild form.

We can give to our readers a better preventive, however, in the form of careful dieting, with pure air and pure water. One of the physicians of Drs. Walter's Mountain Park, after having lived hygienically for several months, was exposed to small-pox and took on the disease while at college, but was, nevertheless, not detained from her studies more than two weeks, and was not confined to bed more than one day. There was no pitting, no evidence of serious disease, and, indeed the attack was lighter than the lightest varioloid imaginable. The preventive in this case was not vaccination but hygienic living. If our readers will eat only pure food, and drink pure water, and breathe pure air, and submit themselves to general hygienic conditions, they will, as a consequence have pure blood, and hence may defy the small-pox as well as the vaccinators. Pure blood is an infinitely better preventive of disease than cow-pox lymph can be; and it is certainly preferable.

Damp Weather;—Getting Wet.

We see that the papers are discussing this subject somewhat, and we are glad to add our mite of information on the subject. We hold that the general horror of dampness, night air, and even getting wet, though having its origin in human experience is, nevertheless, a subject of less importance in itself than is generally imagined. It is not the getting wet that is important, but who it is that gets wet. It is not damp air, but who it is that is exposed to the dampness that tells the story. Getting wet may be a positive advantage, though it is generally injurious. The old water-cure practitioners sometimes dressed the patient in thin under-clothing, and sent him out in the hardest rain storm to have a walk of a mile or two until he became thoroughly soaked, and such treatment if administered to the proper patient at the proper time, was not injurious. But for a person of obstructed circulation, and generally dyspeptic or consumptive habits, to be exposed to wet feet or to sleep in damp apartments, or to go out at night and sit about on benches, perhaps engaged in moonlight courting or some other interesting or exciting occupation, would still further obstruct the circulation, reduce nutrition, and perhaps establish positive disease; but for a strong and healthy man to be afraid to walk a mile or two, or drive in the night air, or to go into hysterics over the fact of getting the feet wet or being sprinkled with a little shower of rain, is great nonsense. A healthy man may be soaked to the skin in a rain storm, but if he will immediately repair to his rooms, change his clothing and rub himself dry, it will likely do him good rather than harm. Or it may dry on his back, provided he is sure to keep warm. Getting chilled, whether from damp air, wet clothing, or any other cause, is a serious and sometimes dangerous practice, and may end in disease and death. After all, good circulation is what is needed, and that which will improve circulation in one man, may destroy it in another. That which, because of debility, is destructive to the health of one person, may be positively beneficial to another, as a means of developing his capacities.

What is true of dampness and rain is true with regard to exercise and food, and, indeed, all other habits and conditions of men. The exercise which is beneficial to one may be destructive to another. Everything must be determined by a wise reference to the man's conditions. The healthy, vigorous, robust person is made more robust and vigorous by these little taxations of wind or weather, by exercise, by coarse food, even if it be difficult of digestion, while the feeble person is rendered still more feeble. As the winds, turbulent and violent though they may be, but cause the oak to root more firmly, so these taxations but strengthen the individual man, provided he is in a condition to endure them. As the winds, on the other hand, may tear up the oak and lay it low, so exposure, dampness, cold, labor, etc., may destroy health and even life. If the people were educated into a few simple physiological facts they would be able to take advantage of atmospheric changes to improve health and vigor, rather than become victims of them to the destruction of health and vigor.

Dry Rubbing.

A correspondent wishes us to state the points in regard to this hygienic practice. how often it is to be indulged, the best article to rub with, special benefits, etc.

By dry rubbing we mean, in general terms, manipulations of the surface of the body, and by manipulations we mean the grasping of the flesh in the palm of the hand, and pressure upon it connected with friction. Let the patient be stripped, laid on a bed and covered with a blanket or two, and then an attendant may grasp an arm near the shoulder in both hands, press upon and rub the part, move downward, and so go over the limbs, making alternate pressure and relaxation until the whole arm has been manipulated from the shoulders to the tips of the fingers. An agreeable sensation with warmth should follow, showing improved circulation in the part. The other arm should be treated in the same way. Then each of the legs. Finally, the chest and abdomen should be thoroughly manipulated. Then the back should undergo the same process. The rubbing should cause motion and pressure in the muscles of the body clear down to the bones.

The dry, warm hand is the proper article for rubbing. If the patient must rub himself, it cannot, of course, be done so effectually, and he will likely content himself with friction upon the skin. Friction is serviceable but will not compare in efficiency to the manipulation of the flesh of the body. From ten minutes to half an hour may be employed in this process, but in no case should the time exceed half an hour. The majority of cases will be benefited by less vigorous and less prolonged rubbings.

The benefit to be derived is improved circulation, and as a result, improved nutrition. It is one of the best hygienic appliances, not to be employed, however, as a cure-all any more than is bathing, or

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other variety of movements, but as a part of a system of treatment which shall tend to develop circulation and nutrition throughout the organism. The bedridden invalid should be rubbed and manipulated daily. In many cases it might be done oftener, especially if the patient is feeble and only a part can be treated at a time. One-half hour daily to a feeble invalid would be a superabundance, generally speaking, and this had better be done at two different times, say morning and evening, than to be applied all at once.

Lead Poisoning.

A lady writes: Several cases of sickness have come under my observation, caused, as physicians say, from drinking water that has run through lead pipes. I have heard that the pipes become coated, which prevents any ill effects. What is your opinion?

Answer. Impure water may deposit some of its impurities upon a pipe and so prevent the oxidation of the lead, but pure spring water running through a lead pipe will most certainly become poisoned by the chemical action which takes place. Paralysis and kidney difficulties are very likely to follow the use of such water. Lead pipe is wholly unfit for the carrying of water that is to be used for any purposes, and I should advise our readers never to allow a plumber to introduce it into their houses. Plumbers use the pipe because it is easily worked, but we always insist that it is unfit for any purpose except to carry away waste water.

Fall Fevers.

Probably the heat of summer, because of its debilitating influence upon the whole system, is a great cause of these disturbances. During the summer months also, the majority of people suffer from constipation, because the heat causes such excessive action in the skin, that the bowels are robbed of their proper amount of vital force. But the skin is not sufficient to eliminate all the worn-out matter from the system, hence it accumulates in the blood, and fevers, whose tendency is always toward purifying the blood, are the natural result.

In addition to this cause, many people are not wise enough to diminish in summer time the amount of food they are accustomed to eat in the winter and spring. No one can appropriate as much food in the heat of summer as in midwinter, and if it is taken into the system, it taxes all the vital energies to expel the unusable material. Food that is imperfectly digested will clog every organ in the body as effectually as will retained broken down tissue, and after a time, the superfluous material creates a general disturbance, involving every fibre in the body; for in fevers every filament and cell in the vital economy is affected.

But probably one of the chief exciting causes of these difficulties is that to which they are generally ascribed, viz.: low water. It has been demonstrated that mud contains vegetable poisons of a virulent character, which are communicated in abundance to the small amount of water usually found in wells in the latter part of the summer. The system is able to expel this kind of poison, like all others, for a time; but after a while, bilious or typhoid fever sets in, and the patient's recovery will depend wholly upon his vitality and the amount of poison imbibed.

The best remedy in any disease is to remove its cause; and now, when the penalties of wrong doing are upon people in these directions, it is a good plan to decide upon hygienic conduct for another year. The utmost care should be taken of bowel digestion during the summer. Plain foods should be used, to the exclusion of those forms that are concentrated. The bowels should be kept free with enemas, if necessary, and care should be taken that the quantity of food shall correspond to the season of the year. Then the wells should be thoroughly cleared out in the early summer, when there is such a flow of water as to cleanse them completely afterward. Wherever fall fevers occur, some or all of these precautions have been neglected.

Secret Remedies.

The people need constantly to be reminded that the most powerful things in nature are the simplest things; and that the best remedies they can possibly have, when they are sick, lie all about them, within the reach of every one.

> "A man's best things lie nearest him;
> Lie close about his feet;
> It is the distant and and the dim
> That we are sick to greet."

It is wonderful what a charm the hidden and unknowable have for most sick people. They will follow a pretender, who advertises himself as an ignorant Indian, much sooner than they will go to a physician who knows as much as any one, and can give a reason for his practice. The man who advertises most, and makes the largest promises, is liable to have the most business. All this arises from the fact that people in general do not understand that there are limitations to human power in the treatment of disease. They are always on the alert to accomplish impossible things. If they have an abscess forming, they do not consider that it must necessarily gather and break, in the natural course of things; but they insist upon its being stopped right there. They do not see why inflammation and suppuration in the lungs cannot be stopped immediately, and if an educated physician tells them it cannot be done, they will employ a man who never studied at all, but who promises all manner of impossible things, and follow his directions for a year, or during life. On account of this demand for the impossible, a large class of men have sprung up, who live entirely upon the credulity of the people, taking advantage of their necessities, and giving dishonest opinions and false hopes, in return for the people's money. The patent medicine venders in this country are just this sort of confidence men. The more they advertise, and the louder their promises, the greater will be their sales. If the advertising is kept up, the sale of their stuff will continue, for its sale does not depend at all upon its success after it is taken. If it does not have any apparent effect, it makes little difference. Some one else will read about it and try it too, until every credulous man in the country has been taken in by it.

The greatest public need is teachers. The people need to know the dividing line between the impossible and the possible. Then they need to learn that little or no confidence can be placed in those who advertise secret remedies. A true physician has no secrets from the world. He is always ready to impart his knowledge to others, that all may be made better by it. He is employed by his patients, not because he withholds from them a knowledge of his methods, but because, from his experience, he can apply remedies better than they. A man who has secrets in medicine, that he will not communicate to the world, is either an impostor, or an enemy to mankind, instead of a benefactor.

How to Remove Fat.

Corpulency is always unpleasant, and those afflicted with it are often ready to do anything, or to believe anything, that promises relief. Within a few years, anti-fat remedies have been advertised in a large number of our newspapers, whose publishers know, or ought to know, that the condition of obesity cannot be permanently reduced by drugs. People spend large sums of money upon liquids said to restore hair to bald heads, to make a luxuriant growth of whiskers upon a youth's ambitious upper lip, and to do many other desirable but impossible things. If all the money spent in answering lying promises of this kind were applied to the public debt, it would be canceled in a very short time.

But it will be asked: "Is there no remedy for excessive fat?" Sometimes there is; but it cannot be permanently removed with drugs. When fat is deposited in an excessive degree, it is owing to weakness in the absorbents, or lymphatic system. Drugs produce weakness in these organs. If they seem to stimulate absorption for a time, they reduce it in the end. The only successful method of curing this, or any other morbid condition, is in restoring the general health. Special forms of food do not increase or reduce fat. The old notion that "as a man eateth, so is he," is exploded. There is not a shadow of truth in the

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notion that different forms of food give a man qualities corresponding to themselves. Eating pork does not make a man swinish, any more than eating fish will enable him to live under water, or eating chestnuts will make him a wooden head. Pork fat starves and poisons the system, as do fats of every kind. If they increase the fattening tendency, it is because they weaken the general health, so the morbid condition flourishes without any hindrance. No healthful food properly used is injurious to fat people. The best rule to follow is to select such food as will best supply the needs of the system, so as to insure perfect health.

Fat people generally suffer from constipation. Some starchy foods relieve this condition by causing distension, and consequent action of the bowels. Oatmeal mush, Graham bread and fruit are excellent for this difficulty. If they are not sufficient, enemas of warm water should be taken daily. There is a prejudice in the minds of many against taking enemas. They think they will get wedded to the habit, reasoning about them in the same way as they do in relation to cathartic pills. But they do not have any such tendency as drugs. It does not harm a person any more to take an enema every day during life than it does to drink. Its tendency, on the contrary, is toward a healthful action of the bowels, and the more of them are taken, within certain limits, the less need there is of their being used.

Poor circulation also goes with an excess of fat. Movements should be taken every day, to make the blood go rushing through every capillary, washing out all the accumulated impurities, and nutrifying the organs of depuration. A judicious diet, regulating the bowels, proper bathing, and movements properly administered will do everything to reduce fat that can possibly be done. It is not at all uncommon for rightly conducted health institutions to decrease a fat person's weight twenty or thirty pounds, and in some cases fifty or sixty pounds have been permanently removed.

Foot Covering.

One of the most important things connected with healthful living is warmth to the feet, and this can only be obtained through the winter months by properly clothing them. To this end the loosest kind of boots and shoes are the warmest. The air which is confined inside of a loose leather boot tends more to the warmth of the feet than the leather itself does, or even the stocking. A loosely-knitted stocking, however, is often very desirable, but frequently will allow the foot to be colder if the boot is tight, than if no stocking is worn and the boot is correspondingly loose. Let every one who would have warm feet through the coming winter, wear loosely-fitting boots. Cloth boots for indoors, of course, are always superior to leather boots. The cloth permits the exhalations from the feet to be carried off, and so keeps them dry, while the leather, in general terms, retains these exhalations and keeps the feet damp and uncomfortable. For this reason slippers, though the upper part of the feet are not covered at all, are often warmer than the stoutest boots which retain all the moisture.

Whooping Cough.

By Robt. Walter, M. D.

This is one of the serious diseases of childhood, which is scarcely avoidable. It is regarded, usually, as an infectious disease, dependent upon a specific poison, which may be spread through the atmosphere by an affected person, or be conveyed by kidney, bowel or lung excretions. Most generally it exists in an epidemic form, but is not necessarily so. Like measles, scarlatina and small-pox, the second attack is seldom observed. Whooping cough exists in three stages. In the first stage there is simply a violent cough with more or less fever; running from the nose, sneezing, redness of the eyes, etc. During this stage the symptoms are not sufficiently definite to determine the disease; but as the second, or spasmodic stage is developed, there can be no doubt as to what is the matter. The patient suffers from severe paroxysms of coughing, in which sometimes there is almost strangulation. The cough is of a spasmodic, convulsive, violent character, which prevents the patient from proper inhalation of air. As the spasm declines, a characteristic whoop results from laborious inhalation. The paroxysm is terminated usually, by the expectoration of thick, viscid, clear fluid, discharged either through the nose or mouth. Not unfrequently vomiting occurs at the same time. Of course, after such violent efforts, the muscles of the chest are likely to become sore, and cause considerable suffering to the patient. The paroxysm continuing, and interfering seriously with respiration, congestion of the brain is often produced, and the blood becomes dark and venous from want of proper aeration. In severe cases, bleeding from the eyes, nose, mouth, ears or rectum, sometimes takes place, and also involuntary discharges of urine and feces. Also, hernia, or prolapsus of anus, or convulsions.

There is much difference among patients as to the violence of attacks. Children of vigorous constitutions, especially if they live carelessly as to diet, are more liable to serious attacks than those who are feeble, or more hygienic in habits. As a rule, the disease begins in a mild form and gradually intensifies for two, three, or four weeks, when it attains its maximum, and then gradually declines until it disappears. In the third and last stage the coughing fits become less frequent and less intense; the expectoration more easy, vomiting ceases, and the general health improves. Finally, the cough stops entirely, and the patient is convalescent.

The complications and *sequelæ* are sometimes very serious, but are due, generally, to mismanagement of the case. Bronchitis, collapse of lobes of the lungs, rupture of air vessels, pneumonia, pleurisy, consumption, croup, convulsions, cerebral apoplexy, meningitis, hernia, and various stomach and bowel diseases, either follow or are directly connected with the disease. All the authorities agree that whooping cough is always a serious disease, so much so as to call for a guarded prognosis. Death is not by any means infrequent; or dangerous concomitant maladies uncommon. The danger is always aggravated by very early age, as in infancy; by teething, constitutional feebleness, etc. The pathological condition in whooping cough is properly a catarrh of the mucous membrane of the air passages, attended with congestion. Some authorities, however, believe it to be connected with a morbid condition of the vagus nerve.

Treatment.

The treatment as applied by physicians of the old schools, consists in the varied forms of drugging, for the purpose of allaying the paroxysms of cough, loosening the secretions, and toning up the system. The use of chloroform and ether are sometimes advised; and among the various specifics are found alum, nitric, muriatic, or sulphuric acids; cochineal, arsenic, strychnine, bromide of potassium, infusion of clover, and repeated emetics; metallic salts, namely: salts of copper, iron, zinc and sulphur; cauterization of the larynx with nitrate of silver; counter irritation to the chest; friction with opium, belladonna, and other liniments. And yet, notwithstanding these violent poisons, it is admitted that the disease will run its course, continuing from six to eight or ten weeks, and that dangerous complications or *sequelæ* are liable to follow, even if the patient does not die. We advise no such reckless and unphilosophical practice. Whooping cough is, to be sure, a serious disease, but it is rendered all the more serious by the plans advocated. When a disease will run its course in spite of the use of violent remedies, where is the philosophy of endangering the future health of the patient by the employment of these remedies? If parents would be patient, and doctors have more sense than to indulge every vain experiment, whooping cough would become infinitely less serious.

At the present time we have under care several severe cases, who are doing well, and yet no form of drug-medication has or will be employed. The treatment is, first, to keep the patient in healthful conditions. If there is fever, a warm bath at night, before retiring, is admirable; to be followed, perhaps, by the wet abdominal bandage around stomach and bowels, and wet compress over throat and lungs. As the disease progresses, and the paroxysms of coughing become severe, hot fomentations to the chest and throat are very serviceable, to be followed by the cool, wet compress, to be worn all the time. The patient should not be exposed to extremes of temperature, but should in all respects be required to live hygienically. Diet is an important matter. In this respect, the patient should be restrained from eating indigestible foods, not only, but from frequent or excessive eating at any time. Two meals a day, never more than three meals, of plain food, eaten at regular hours, is the proper

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plan. The bowels should be freely moved, if necessary, by injections of warm water daily. Rubbings over the stomach, bowels and chest, are all desirable. The fomentations may be applied behind between the shoulders occasionally, while the cool wet compress is laid over the chest. Above all, keep the feet and hands warm. Let the patient breathe pure air, and be gently nursed through the disease. Under hygienic treatment, though the disease is annoying and troublesome, we do not consider it at all dangerous. Never so, unless it be in exceedingly feeble children, or newly born infants; and the usual *sequelæ*, or complications seldom, if ever, arise. When they do, they must be treated upon their merits.

Photographic Views.

We have had taken some fine photographic views of our institution, one as it looks from the foot of the hill, giving a magnificent view of the buildings; the other from the hillside behind, taking in the varied buildings, and giving a view of the valley beneath. Either of these pictures would afford pleasure and instruction to any person interested in our institution, or in the work which we try to do. They are sold at 50 cts., sent post paid to any address.

The Silver Ventilators.

We are receiving inquiries as to these, particularly as to our opinion with reference to them since introducing them into our Institution. We have to say that so far they have worked admirably. We have a splendid draft, plenty of heat, and admirable ventilation. What the cold winter weather may tell we cannot now say, but will report as the winter advances.

Questions Answered.

By Robt. Walter, M. D.

Question. Is cocoa or chocolate a healthy drink, particularly for the young?

Answer. Neither is healthy. Perhaps they are not as injurious as tea or coffee, but they are decidedly unwholesome for the young. There is a liking for them just as for tea or coffee, because the effects are similar.

Question. Is honey an article of food, or is it a medicine and useful to the human system? Is there any virtue in bumble bee honey, which some people use?

Answer. No, we venture to say there is no virtue in it whatever, and though honey in itself will not be as injurious as many things used, it is apt to be a too concentrated food. It is food, however, not poison.

Question 3d. Is Royal baking powder, or any other powder, good for raising various kinds of bread and biscuit? If not, what would you offer as a substitute?

Answer. The baking powders are all positively injurious. In the first place, I would not offer any substitute but would use unleavened bread. In the second place, we can get very nicely raised bread by properly mixing Graham flour with water and baking it in a hot oven. Our hygienic cook books will explain the matter fully.

Question 4th. Why are my feet and hands generally cold, and how can I remedy the difficulty?

Answer. You suffer from feeble circulation, probably dependent upon obstruction of the liver, or congestion of some other internal organ. The only way to be relieved is by building up the general health, and that is to be accomplished through a hygienic regimen. Movement-cure exercises are among the best appliances for aiding to obtain this result, while the feet and hands are at the same time warmed. To warm the extremities by exercise is of tenfold more service than by the application of heat, in water or otherwise.

Question 5th. Are Turkish or Russian baths good? If so, how often should they be taken to be of benefit?

Answer. Turkish baths are good, and Russian baths are good in their place, but they are at the present time being most wretchedly abused. People are being scalded to death with them every day, yet when properly employed they may be serviceable. They are to be used according to the conditions of the patient, for the purpose of accomplishing some definite object. Taking them at random, if only once, twice or thrice a week, is bad practice. What this reader wants is not to experiment with these empirical methods, but to put himself under the care of a good hygienic physician who will prescribe for him intelligently, and apply for him proper methods of treatment.

Question. In cases of dyspepsia does the stomach require longer time for digestion than in health, or does the inflamed coat, anxious to be rid of aught that irritates, work quicker, even if not so well as in sound health?

Answer. All cases are not alike. The inflamed and irritable stomach may be over active and digest poorly a large quantity of food in a short time, but in ordinary chronic dyspepsia, the stomach requires much longer time for digestion than in health. This is peculiarly so when stimulating and irritating substances are withheld and the patient is striving to recover by hygienic methods.

Question. For such a stomach, in the hottest weather, what is the best drink; a hot, warm or cold one?

Answer. Ice cold drinks are decidedly injurious. Warm drinks are nauseating and hot drinks are heating. The hot will do less mischief than the cold. I advise the drinking of little fluid during the hot weather, and then hot or cold as is agreeable. When there is what is called internal fever the drinking of cold water only aggravates the thirst

Question. Does repeated belching, with marked taste of any article of food previously taken, as watermelon or tomato, prove that such fruit or vegetable disagrees with the stomach, and therefore ought not to be used? J. B. R.

Answer. Not necessarily. Stomachs will often reject in this way the most healthful food possible. The indication is dyspeptic conditions, not unhealthfulness of food.

Question. I am in the habit of sleeping with my hands above my head. Is this injurious or deleterious? *2nd.* Where can I get the best work on diseases and their treatment hygienically? *3rd.* If I were to send you $1, would you place it to my credit and send therefor the Laws of Health for the year 1881, and premium No. 1, Health by Exercise? *4th.* Do you think that you could give a prescription for home treatment of a case of seminal weakness of eight years' standing, that would restore an individual to health? J. M. C.

Answer 1st. Sleeping with the hands above the head is not necessarily injurious, though it is an awkward position and may obstruct the circulation of the blood. *2nd.* Trall's Hygienic Hand-Book is the most comprehensive work on the treatment of invalids. It is hardly sufficiently popular, however, for the common people. *3rd.* We would be pleased to receive your money, credit it to you for the coming years, and send you the premium you desire. *4th.* I could give you a home prescription that would be of benefit to you, but I could not promise cure in a case that I have never seen. Such serious cases require usually, the best care and treatment of a physician, and this cannot be had at a distance.

Question. Can you recommend a healthful cook and parlor stove, for burning coal? We have been using a stove that warmed only the upper part of the room, leaving great discomfort about the floors. We wish one that can throw out heat without burning up the air and producing carbonic acid gas. I suppose Silver's Ventilators are only adapted to furnaces.

D. M. A.

Answer. I do not know of any combinaton of cooking and parlor stove in one, that I can recommend. Silver's Ventilators are open grates of peculiar arrangement for heating as well as ventilating. They are not easily introduced into a building already erected. There are various arrangements in the market for heating which are passably good, though I do not know the names of any of them. There is a Baltimore heater, I believe, which allows the passage of pure cold air in upon the stove, to be circulated through the room, which will be excellent. There is the open ventilating stove, called the fire on the hearth, manufactured in New York, which is a most admirable heater. The common Russia iron heater, costing four or five dollars, will admirably heat a room provided a ventilating attachment such as is explained in the Laws of Health of last year, November number, be provided. Read my articles on heating and ventilation published last year, and you will get very suggestive ideas.

Question. Please inform a subscriber what causes a difference of development in the same body. For instance, a person in good health, with all his faculties vigorous, has the right side of his body much smaller in size and less vigorous than the left. Even the nerves in the right arm seem weaker, etc.

Answer. The difficulty undoubtedly is due to some obstruction in the circulation of nervous influence to the right side of the body. It is impossible to say in a given case what might be the difficulty. A person who is left handed would be likely to develop the left side at the expense of the right side, and *vice versa* if he is right handed. Some obstruction at the base of the brain on the left side might cause deficient development of the body on the right side. I could not give a more particular answer without a careful examination of the case.

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BOOKS FOR SALE.

We are prepared to supply all works upon health and kindred subjects at publishers' prices. The following list of standard works are at prices from one-half to one-fourth of what has heretofore been charged. The cost of book-making, or the profits of the manufacturers certainly seem to have been wonderfully reduced:

Shakespeare's Complete Works; 1197 pages, finely bound in cloth, sent by mail, postpaid, $1; with Laws of Health one year, $1.40.

Bunyan's Pilgrim's Progress, complete, with fine illustrations, 70 cts.; with Laws of Health, postpaid, $1.10.

Geikie's Life of Christ; 900 pages, nicely bound in cloth, 70 cts.; with Laws of Health, postpaid, $1. 0. This work, on its first publication, was sold at $8.

Health by Exercise (Taylor's Movement-Cure); 400 pages, bound in cloth, 50 cts.; with Laws of Health, postpaid, $1.00.

Leaves from the Diary of an Old Lawyer; a great temperance work, cloth and gilt, 400 pages, $1.

Wedlock, or the Right Relation of the Sexes, by Wells, $1 00.

Hygienic Hand-Book, by Trall, being a condensed guide to hygienic practice, $1 75.

The Mother's Hygienic Hand-Book by Trall, a most excellent work, $1.00.

Stories and Ballads for the Young; a most excellent work for holiday gifts, $1.00.

The Story of Paul and Virginia, 50 cts.

Robinson Crusoe, 50 cts.

Cecil's Natural History, including beasts, birds and insects, three volumes bound in one, $1.50.

Lectures on the Science of Human Life, by Graham, 700 pages, $2.00.

New Physiogomy, or Signs of Character, by Wells, $4.00.

PAMPHLETS.

Outlines of a Common Sense System, by Dr. Walter, free.

The Nutritive Cure; a new edition will be ready by January first, 20 cts.

Plain Facts for Thinking People, sent free on receipt of postage at the rate of 10 cts. per hundred.

Four valuable lectures published as supplements to the Laws, twenty large octavo pages, for 12 cents. Everyone interested in hygienic treatment should read these lectures.

Heroism, by Dr. Tenney, a very excellent little pamphlet, 5 cts.

PHOTOGRAPHS.

Dr. Walter, 20 cts. Mrs. Dr. Walter, 20 cts. Dr. J. A. Tenney, 20 cts.

Photograph of the Mountain Park from the rear, taking in the view of the valley in front, 50 cts; also one looking from the valley to the mountain, 50 cts.

Sums less than $1 may be sent in postage stamps, and, if properly directed, will almost invariably reach us. One dollar or over, should be sent by registered letter, or by post office order on Reading.

Address,

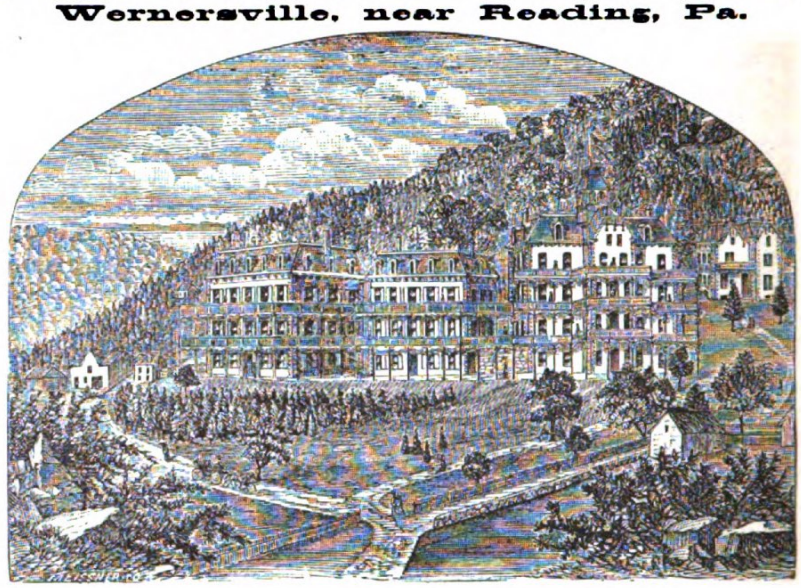
ROBERT WALTER, M. D.,
Wernersville, near Reading, Pa.

A NEW PREMIUM.

We propose to offer to subscribers to the Laws of Health, photographic views of the Mountain Park, 10 by 12 in size, sent postpaid, by mail. We have two views, one of the buildings behind, including the valley in front; the other from the valley, taking in the mountain with the buildings. They will be sent as premium to every subscriber to the Laws of Health who encloses 75 cts. for subscription and premium.

DRS. WALTER'S MOUNTAIN PARK,

Wernersville, near Reading, Pa.



FALL AND WINTER TREATMENT.

The question is often asked, when is the best time for the hygienic treatment of invalids? and our reply has always been, *when they are sick*; and if the conditions can be rendered equally favorable there is little choice between the different seasons of the year. Spring, summer, autumn and winter, sickness will occur; and any good hygienic institution requires arrangements and appliances adapted to all seasons. During the summer these need not be very complex, expensive or troublesome; but as the fall advances and the winter appears, new conditions are imposed and new requirements are to be met. At this season

THE GREATEST PROBLEM

of healthful living for northern climes, that of heating and ventilation, is necessarily forced upon us; and well would it be for physician and patient if the difficulty could be fully appreciated and intelligently met. But how seldom it is! In nothing connected with hygienic living and treatment is equal ignorance or carelessness displayed. Indeed we assert that hygienic treatment is a fallacy, a misnomer, absurdity, when attempted to be carried on in buildings heated by the ordinary cast-iron stove, without any system of ventilation except the open window.

STOVE-POISONED AIR

is necessarily the result, and as Dr. Dio Lewis truly says: "Stove-poisoned air is one of the greatest causes of ill health to northern people." Of course, under such conditions, recovery by hygienic methods is well-nigh impossible.

The Drs. Walter became fully convinced of these truths some four years ago, and have since applied themselves with earnestness and vigor to the establishment of an institution which should permit hygienic treatment to be fully and successfully conducted at all seasons of the year. For the summer months our location is known to be unsurpassed, if indeed equaled on the continent. Wernersville is rapidly coming to be *the* great health resort. The air of our hillsides is the purest and dryest to be found this side of Colorado. We are above the dew-point; the soil is remarkably porous, the strata lying perpendicular; the water is pure and soft from living springs, high above contaminating influences; the scenery is declared by travelers to be equal in beauty to anything in Europe or America, and the surroundings, in general, such as to delight the beholder. In addition the climate is, for this latitude, extremely mild and equable, the thermometer at this point not having fallen as low as zero for several years, though in the unprotected valleys beneath us, five or six degrees below zero is occasionally found. In a word, we have all the natural advantages for

A GREAT WINTER RESORT

and we do not mean to be behind as to acquired facilities. During the past four years we have carefully and judiciously expended over NINE THOUSAND DOLLARS in heating, ventilation and plumbing, and we therefore reasonably infer that we are unsurpassed in this respect on the continent.

Our system of ventilation is through hot-air flues, specially constructed, by which a powerful draft from every room, with two or three exceptions, is kept up, so that the air of the room is necessarily changed every few minutes. The system of heating is by steam, direct and indirect radiation combined; Silver's patent chimney and ventilator in the parlors, one of the best arrangements in the market for combined heating and ventilation, consisting of open grate and furnace combined, and wrought iron furnaces of most improved pattern. The main building and the cottage to the right of it being heated by steam, the other two by furnaces, with the open grates as before stated in the parlors. With these arrangements, in connection with the admirable climate, the pure air and pure soft water, with new buildings most complete in all their arrangements, we are prepared to offer to the public what we conceive to be the best institution on the continent for the treatment of invalids at any season of the year, and particularly during the winter.

The best is always the cheapest, and the Drs. Walter mean to maintain, unchallenged, the lead which they have honestly won in the matter of hygienic treatment.

THE SYSTEM OF TREATMENT

is also a serious question. That which is advocated in this journal is a successful system. It restores health with the greatest certainty and in the least possible time, so that since its introduction by the Drs. Walter seven years ago, its popularity has increased with amazing rapidity. All the forms heretofore employed separately and empirically are combined in one great system on new and original principles, which, though introduced by the Drs. Walter, are now being everywhere adopted, by which their value is recognized and importance conceded. They are applied with certainty, precision and effectiveness only at this place.

THE TERMS.

These are as low as at any other respectable institution. They range from $7.00 to $14.00 per week, according to room occupied; but very feeble persons cannot be received at less than $9.00. These prices include all necessary expenses in ordinary cases, including board, lodging, fire, lights, &c., saving first examination fee, $5 00, and carriage from depot 25 cents, and 25 cents for each trunk, and personal washing which is done in neighboring cottages at 50 cents a dozen. Parties requiring extra large rooms or meals in room, extra nursing, &c., will be charged extra.

Our OUTLINES OF A COMMON SENSE SYSTEM, 48 pages, sent free, gives a full description of our place, as well as methods of treatment. Enclose stamp for further information, addressing

ROBERT WALTER, M. D.,
Wernersville, near Reading, Pa.

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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. III. READING, PA., NOVEMBER, 1880. No. 7.

Food;—What and How we Shall Eat.

BY ROBERT WALTER, M. D.

The advocates of vegetarianism have frequently referred to the vigorous constitutions of European peasantry as being an argument in favor of their system. But Europeans are not vegetarians. Neither Irish, Scotch, English, German, French or Russian, who have been exhibited as specimens of manly vigor, have ever restricted themselves to the use of vegetable food. It is true, however, that they have eaten animal food very sparingly, chiefly because of its cost. The Irish or Scotchman cannot afford the beef, mutton, or even pork, so common in America; but is confined by his poverty to his potatoes, barley or oatmeal. Such food, direct from the soil, and quite concentrated as to nutritive material, supplies the needed means of sustenance at a very moderate expense indeed. The Irishman or the Scotchman, the Russian or the German, the Dane or the Swede, will live upon a few cents' worth of the cereal productions of the earth; while if he ate freely of animal food, the cost would exhaust his means. The health and vigor of these classes are not disputed, but that they argue in favor of hygiene and not of a strict vegetarianism, is just as certain as that health and vigor have any connection with diet. European people in general are less subject to diseases, other than those directly attributable to bad air and water, than are the American people; and to this extent we believe the argument is in favor of the restricted use of animal food, which is common to European countries, as against the very free use of it by the American people; but it does not argue vegetarianism. We know of but one class of people on the globe that are strictly vegetarian in their habits of eating, namely: the Brahmins of India, but we fail to discover that they represent in their lives and characters any qualities which might be considered desirable of attainment by a flesh-eating American. True, Sylvester Graham shows that the upper classes of Hindostan are the only ones restricted by their religion to a vegetable diet, and that these are much the superior of the lower classes, which indulge in flesh meats. But this proves nothing; for while in India the upper classes are restricted in their diet, in Europe the same classes are not; and yet in both cases they are the superior in intelligence, manliness and vigor, as against the lower classes which are restricted in the one case and are not in the other. The facts are evidently not dependent upon diet, but upon superior opportunities in other respects. Diet does not seem to enter into the question at all; and Sylvester Graham's arguments to excuse the effeminate and indolent Hindoo, are very fallacious in other respects. If the facts of Hindoo degradation result from bad government and false religion, as he says they do, why do they not produce precisely the same effects in people of other nationalities? The Hindoo can hardly be said to live under a more despotic government than the serfs of Russia, or to be the subjects of more vile habits than the semi-barbarous people of other climes; and yet while the latter indulge occasionally in the use of flesh meats, they represent a degree of strength and vigor, and capacity for achievement, that is infinitely superior to that of the Hindoo.

The fact is, vegetarianism may be right or wrong, but the arguments which have been advanced by its advocates are specious, and will not stand careful examination. There is much to be said against the free use of animal food, but the vegetarians will have to bring new facts, or will have to manufacture a new stage of existence for human beings, before the rigid, extreme and radical positions which some have taken will be proved to be correct.

A NEW THEORY OF DIET.

Careful investigations upon this subject of diet for nearly twenty years have induced us to the conception of a new theory, which will explain all the facts, and which will answer to the requirements of a true science. This is explained by what we term the law of accommodation, that which enables a living organism to accommodate itself to existing circumstances. Intelligent men cannot doubt that when an organism becomes accommodated to certain conditions, whether it be of food or climate, clothing or social surroundings, it is restricted for the time being to its conditions, and can be changed only through gradual processes. Evolution, as this is explained by scientists, may not be true; but the existence of this law of accommodation is demonstrated not only, but it is conceded that man's capacities and qualities of character and constitution are determined by his habits of life, as these have been upon him for generations, rather than by any decree of the Creator. "Visiting the iniquities of the fathers upon the children, and showing mercy unto thousands of them that love me," expresses the idea. Indulgences become habits by repetition, and habits become constitutional capacities, and constitutional capacities are transmitted from father to son, and so by continuous exercise in a certain direction, become as thoroughly a part of the man as anything can be. Man's diet is determined by the facts of his paternity, the circumstances of his bringing forth, and not by any supposed decree of thousands of years ago. What was the original diet of man is of no consequence to us. We do not comprise any part of the first inhabitants. The food of a man is determined by his birth just as truly as his intellectual and moral capacities are. That the latter can be improved by education we do not dispute, so we do not dispute that a man's diet may be improved; but that we cannot transform a Calmuck or a Hottentot, an Esquimax or a Greenlander into an earnest and thoughtful, intelligent and learned American by any process of education which shall operate upon the individual, is proved by all facts, as well as by the principle which we have just urged. So the stomach can be educated as the brain can, but the capacities of stomach digestion cannot be suddenly transformed to suit the whim of physiologist or physician. The capacity to use food is determined by the conditions of life of one's ancestors, and improvement can take place only through gradual processes. The Hindoo may be healthy and vigorous upon a strictly vegetarian diet, for aught we care; but that does not prove that the restless, nervous, ever-on-the-alert American can prosper on the same diet. The Irishman may thrive upon potatoes, but that is no evidence that a Chinaman can do the same. A Scotchman may grow tough and wiry upon his native oatmeal or peas, but that proves nothing as to the proper diet of the North American Indian. Though it is not strictly true that "what is one man's meat is another man's poison," the aphorism is, nevertheless, suggestive of a great truth. What one man, or one class of men may thrive upon, may be utterly inadequate for another class of men; and so, the value of food is to be determined by its influence upon the people who use it, and not in answer to any supposed decrees.

How to Get Sick.—No. 7.

BY J. A. TENNEY, M. D.

Why certain diseases are contagious or infectious no one knows. There is a class of men who talk glibly about the germ theory of disease, as though such a theory had an existence. An hypothesis is a supposition or conjecture, having its origin in a man's brain. When a large number of facts prove his supposition to be a correct one, then his hypothesis becomes a theory. This notion about dis-

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eases being caused by germs, which multiply within the human organism, and produce all the phenomena of disease, may be a correct one; but sufficient facts have not been produced so far to dignify it by the name of a theory; it is only an hypothesis. Whether it is true or not, the notion is being accepted by a large number of practitioners, who jump at conclusions before they become established by facts, and without doubt, thousands will be drugged to death, receiving upon themselves the consequences meant for the disease-producing germs, before the hypothesis is shown to be true or false.

Why living on board a crowded ship will produce ship fever, or living in unventilated houses will develop typhus fever, is not known; all we know is, that the peculiar agent known as *crowd poison*, which is produced by great numbers of persons being crowded together, will cause these and other dangerous diseases.

There is a good deal of dispute among authors as to whether certain diseases are contagious or are infectious. There is only a slight difference in the signification of these terms. By infection is meant an outside influence, or a poison that causes disease by inhalation; while contagion is a poison that produces disease in a person who is brought in contact with one affected by it. Milk-sickness, glanders, hydrophobia, and some skin diseases, are classed among the diseases that are purely contagious; while yellow fever is a pretty good example of an infectious disease; for, unless the poison which causes it is breathed, it can scarcely do any harm.

Most epidemics are either contagious or infectious, but not all. Influenza is neither contagious nor infectious in any sense. No one knows how the causes of epidemics travel about the country; but it is known that there is no evolution connected with them; that is, one specific contagion always produces a particular disease. The poison that causes scarlatina never produces small-pox; and the cause of measles is never changed into a cause of chicken-pox or whooping cough. Epidemics do not always depend upon the season of the year, or the weather. Small-pox rages both in winter and summer, and cholera may affect communities during hot or cold weather, in moist air and dry.

Epidemic diseases commence fiercely, soon reach their height, and then speedily decline. Remedies have sometimes become famous for these difficulties, because they happened to be employed when the disease was at its height, and the patient was upon the eve of recovery in the natural course of things.

A great deal has been said on both sides about vaccination as a preventive of small-pox. Those who oppose vaccination say that there is great danger of introducing poisons into the blood that will cause a *living* death, worse than death by small-pox; that some die from the effects of vaccination, and others from varioloid, in spite of vaccination. On the other hand, those who support this method of prevention say that with care there is no necessity for introducing anything but the vaccine virus into the blood, direct from the cow; that but a very small fraction of people die from the effects of vaccination, or from varioloid; the fraction being so small as to be only an exception, and not a rule, so that the process may properly be considered a preventive of a terrible disease.

People in general will probably go on as they have been doing in this matter; but a glance at first principles will show the intelligent a better way. If the vaccine virus introduced into the blood does any good at all, it is done by causing a disturbance that expels those matters in the blood that the small-pox poison rouses up into diseased action. If these can be expelled by introducing a poison, the work can surely be done better by healthful living. The whole business of vaccination is another illustration of the tendency among people universally to place most dependence upon things they know the least about. They will leave those agencies that are as sure as anything in nature, and give a lifetime to experimenting with the untried. It is the case of Naaman acted over and over again, who scorned to wash in the Jordan for his disease, but was willing to do some great thing.

It would be well for those who go among contagious diseases to remember, that there is a circle of contagion surrounding the patient, at a distance of not more than three or four feet from the bedside; if visitors are careful to keep outside of this circle, they will not be liable to take the disease upon themselves. If, in addition to this, they would be careful to live healthfully in every respect, those at least who have inherited constitutions endowed with good vitality need not fear zymotic contamination.

Salt.

It is amazing to learn how much ignorance exists in relation to this substance, which is surely common enough to have its properties known. Most persons believe that its use is absolutely necessary to health; and this view is not confined to the common people, but is shared by medical teachers, who ought to know better. Recently we heard a professor of physiology in a prominent medical school assert that the use of salt is essential to good health; that the animals on the western plains, and in the wilds of Africa, are constant visitors to salt springs; that cattle kept without salt fall away in flesh and strength; that criminals have been tortured by being deprived of this substance, more than by any other means, &c.

The writer of this article abstained wholly from the use of salt for fifteen years, commencing its disuse during a period of invalidism. During this time he was constantly hearing the declaration that he would not survive abstinence from it a year. But he did grow into comfortable health, in spite of both salt and croaking.

Cattle have been taught to live without salt, and that over and over again, without injury to them. To be sure, taking it away suddenly will cause temporary wasting; just as the sudden disuse of arsenic will injure the habitual user of that drug. These scientific professors do not mention the fact, that the native American Indians ate no salt, until in company with the "fire-water," it was introduced among them by the white men, while it remains to be shown that either of these adjuncts of civilization have improved the red man's condition.

The use of salt is one of the greatest hindrances to animal digestion. Its essential nature is shown by the fact, that two tablespoonfuls taken into the stomach will produce death in a man, unless it is expelled by vomiting. But it will be said that salt and other such minerals compose a large part of the solid tissues of the body, as the bones, hair, teeth, etc. Granted; it proves too much, however. The phosphates of lime and soda; the chlorides of magnesia and iron, and a host of other mineral substances, are found in the body by chemical analysis after death; but they are not therefore put upon our tables, to be used as seasonings. All these minerals, including salt, exist in the food taken, in exactly the right quantities, and taking them in a free form is excess; besides, it has never been shown that any of these mineral substances can be appropriated by animals; they must be organized into plants before they can be used by animals.

The peasants of Styria drink water impregnated with arsenic. They become robust, and have very fair complexions; but they are nevertheless developed out of the world in a few generations. Arsenic makes them live too fast. If the same drug is fed to horses, it will make their coats smooth and silky, as nothing else will; but when once let down from this condition, nothing in the world will ever make their hair shine again. If arsenic eating is practiced by either men or animals, its sudden disuse will cause more trouble than to drop the use of salt. An argument based upon this fact for the daily use of arsenic would be as amusing to people in general as the reasoning in favor of salt is to those who discard the article.

The only thing that can be said in favor of the use of salt as a condiment, is that it has been used by so many generations of our ancestors, that dropping it suddenly leaves permanent unpleasant effects. We must endure it then as a necessary evil, as society endures despotic governments, standing armies, onerous taxes, &c. These cannot be eradicated until education and development have shown us glimpses of a higher life. But the fact that these evils are not easily eradicated is no reason why we should seek to find excuses for their continuance. They should be condemned, let people do what they will. So in regard to salt. If this substance causes scurvy among sailors, and a troublesome skin disease among cattle, let it so be stated. If Dr. Hayes preserved his men in the Arctic regions

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from the diseases that weakened and disabled the sailors that attended all previous Arctic explorations, by giving them canned fresh vegetables, and the fresh flesh of the Arctic deer, instead of salt meats, then let the facts appear; and if salt causes constipation, and all its train of diseases, and gets both men and animals under such bondage by its use that it causes serious disturbance if taken away, like arsenic or morphia, the facts cannot be made too public; but do not attempt to palm off upon us sophistical arguments in defence of its use.

Practice of Medicine.—No. 1.

By Robt. Walter, M. D.

By medicine is understood the healing art. The popular idea that drugs alone are signified is an erroneous one. A more correct knowledge of the qualities of drugs will show that they are not medicines at all. Medicine is that which "doeth good," and it is never properly used with any other idea. If a substance proves beneficial to the patient, it is medicine; otherwise, it is not. Drugs we hold to be agents of mischief, not of good, and hence they are properly not medicines.

The true art of healing is directed to the cure of *patients*, and not simply to the cure of *diseases*. The practice of the schools, to cure one disease by producing another,* is an utterly fallacious one, and does not describe true medical science. To restore patients to health, to build up their vital vigor, to relieve them of all causes of disease, on the other hand, constitutes the true healing art. The *disease* is not to be cured, except by a removal of the causes, because as long as the causes exist, the disease should continue. To cure patients by the removal of the causes of disease, however, represents the highest science.

What is Disease?

We should never undertake to treat a thing until we know what it is. Its nature, causes and tendencies are of the first importance. To treat it, after the fashion common to the schools, which have the most erroneous ideas of its nature, and the most misty conceptions of its causes and tendencies, is to be defeated in any attempt to benefit the patient; and hence, we insist upon clearly comprehending the nature of the difficulty, as well as its causes, that we may remove the latter so that the former may cease. Any reader of medical works would suppose that disease is a something flying in the air, carried from place to place in ships or in clothing, that it is ever watching its chance to pounce unawares upon some victim, and that its nature and tendencies are destructive to the patient's life. The idea of the professors is that we must kill the disease or it will kill the patient, and so the most powerful poisons are employed to kill out this *indefinite something* that has never been seen, and whose existence is known only by its effects. A clear conception of the nature of the difficulty, and of what has been done, would save tens of thousands of lives every year.

Disease is an action of the living system. It occurs in living organisms and nowhere else, and its nature is determined by its symptoms and by the causes which produce it. Two things are necessary to the existence of disease in any case: First, vitality in the organism; and, second, a morbific cause introduced therein, or an agency brought in contact with the vital principle that is calculated to obstruct its operations. The disease is the action which follows, as the result of this contact, in which the vital instincts strive to rid themselves of the offending causes, or to carry on their operations in spite of the obstruction. Disease is, therefore, a vital war, an organic commotion, an effort of the living system to preserve itself, defend its autonomy, or repair damages. Disease is therefore a vital process, and a necessary one, as long as the causes of disease persist. War is right if evil cannot be removed by other means, and hence organic war, or disease, is right if the morbific causes are upon the patient.

To put the matter more clearly, we might show that the action of the living system, called disease, is the result of a conjunction of causes, and that the *disease* may be cured (not the patient) by a removal of either of the causes. The vitality of the organism is the motive or operating cause, and the morbific agency is the obstructing cause. A removal of either of these will cure the disease. All drug physicians operate upon the plan of removing the vital principle, the operating cause, either by destruction or by determining to other parts; while the obstructing cause is often allowed to remain untouched. To remove the vital cause of disease, nothing is more certain than violent poisons, and this explains their employment by the physicians of drug schools. "Our most violent poisons are our best remedies," says Dr. Martyn Paine, *Institutes of Medicine*, page 541, a fact which can only be explained upon the principle that they most certainly and rapidly kill out the vital principle which produces the disease. The physician, supposing the disease to be something which must be killed, and finding that a poison will do it with the greatest rapidity and certainty, employs the poison, often to the destruction of the patient's life. If he were cognizant of the fact that the disease itself represents the life-powers of the patient, and that in killing out the disease he was killing out the vital powers, he would readily see how utterly unphilosophic is the practice of poisoning the patient because he is sick. Sometimes, however, deadly poisons are not used, and then the principle of counter-irritation is brought into operation. This means that when the vital powers are engaged in a struggle at a particular point of the organism, causing pain and commotion at that point, they may be determined to a different location by imposing upon the vital system a new cause for vital struggle. Counter-irritation always means counter-injury. There is an injury at one point, and the vital powers are concentrated to its removal, causing annoyance to the patient; and so the physician is called in to produce an injury at another point, thus dividing the vital operation, and distracting the patient's attention, as well as the attention of the vital instincts, from the original difficulty to the new difficulty that has been produced!

That diseases are cured through the employment of medicines, or surgical operations, we do not dispute; but we do assert that they are cured through the reduction or destruction of the vitality which produces them, or determination of it in other directions. Such plans we hold to be utterly fallacious, unscientific, and destructive to the best interests of the patient. The human race has suffered untold miseries because of a lack of knowledge on the part of physicians as to what constitutes the disease. Physicians have multiplied with wondrous rapidity, and medical schools have sprung up like weeds in uncultivated soil, and all manner of theories have been advocated and practices indulged, until earth has become a very charnel-house; and all this notwithstanding our scientific professors admit that "of the essential nature of disease nothing is known." They profess to be equally ignorant as to the methods by which medicines operate, and with these two fundamental principles of medical science utterly unsolved, and, indeed, while no attempt is being made to solve them, they go on blindly poisoning patients to death in the vain attempt to kill out something which is in reality, the vitality or living principle of the patient. And hence that diseases are cured, while the patients are killed, is a monstrous fact.

A true science of medicine would show different practices and produce different results. Comprehending the nature of disease, and explaining in general terms the modes of operation of all medicines, it undertakes to remove the morbific or obstructing causes of disease, while the vital powers are relieved or improved. Vitality itself is the true cure for diseases, and in connection with hygienic agencies or conditions, will succeed in removing the morbific causes, and restoring health whenever this is possible. Drugs are always destructive to the vital powers of the patient. Hygienic agencies are constructive, preservative, and they cure patients at the same time that they cure diseases. Surely, the reader can perceive a huge difference between the principles, as well as the practices of the schools, and those comprehended in the term Hygienic Medication.

* In the treatment of diseases, therefore, we do but substitute one morbid action for another.—*Paine's Institutes of Medicine, page 542.*

The First Frost.

The October elections have already passed when the first frost has just arrived at the Mountain Park. We have been growing beans, tomatoes and other tender vegetables in our garden up to the present time; but at length the sere and yellow leaf is here, and we begin to prepare for winter. We feel very comfortable in our new home, the heating and ventilation being such as gives great satisfaction every day. What could be more pleasant than to sit by the open fire, with the blazing wood piled thereon, and the heat therefrom distributed to every part of the room as equally as though it were midsummer! The old open fire-place was possessed of terrors nearly as great as those belonging to the king of winter, for while one side was roasting the other was freezing; but with our superb ventilators, the temperature is equally distributed, and comfort is the word to all. Our steam apparatus is working admirably, and we propose to have Florida with us all the year.

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The Laws of Health.

Monthly, 50 Cents a Year.

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☞ All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., NOV., 1880.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan.—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture: while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems special and general, while at the same time they tranquilize the brain and nervous systems thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

THAT was a rich but candid statement of Prof. Wallace, Dean of Jefferson Medical College, quoted elsewhere, which we commend to the reader's attention: "You will grow old," he says, "and die before you learn whether any of it ever did any good." There are some people simple enough to believe that doctors purge and bleed, blister and poison, and put their patients through other tortures, because of a *knowledge* on their part that the patients are to be benefited thereby. We have long known, and persistently urged, that this is not the case. They treat the patient in this manner because they do not know what else to do Something must be done, for every doctor knows that the patient will continue under his care just as long as he seems to be doing it, and no longer. If he does not know of a successful way of treating his patient, therefore, he is compelled by the necessities of his practice to adopt the unsuccessful plan, and pursue it with the same energy, patience and persistence as he would if he knew that he was doing right.

"The science of medicine is more demonstrative than is generally imagined," says Dr. Dunglison, a celebrated author, "and when it is not so, it is often better to do nothing." "To obtain the patient's faith," he says, "is an important *desideratum*,"—an honest statement, which suggests the true reasons for the violent and exhaustive practices of the schools.

Can words speak plainer than these words of Dr. Wallace, quoted as they fell from his lips, or than those of Dr. Dunglison, from his *Therapeutics and Materia Medica*, a standard work? And yet with these admissions, the sick and suffering one, who is too feeble to reason, and too anxious to exercise common-sense, will blindly and uncomplainingly endure the most torturing methods, all the while hoping against hope, that by some means or other, unknown to physician or patient, good results may be obtained. When will the people exercise a little common-sense, and refuse to trust their cases to those who admit that they are not to be trusted?

Diseases of Women.

The notion is widespread, that every woman who has diseases peculiar to her sex, must be subjected to a thorough private examination, and then be treated locally with all manner of medicaments. If a physician should refuse to go through with all this fashionable nonsense, he might be branded as a quack, the inference being drawn that his reason for daring to differ from the regular practice, is that he knows nothing of anatomy, and so does not comprehend the necessities of the case. It might be for the interest of all concerned to read a statement made before his class recently by Prof. Wallace, Dean of the Jefferson Medical College in Philadelphia, and Professor of Obstetrics and Diseases of Women and Children. He said:

"No one knows the best plan of treating uterine diseases; there is the greatest possible diversity of practice in the profession. The quacks give hot injections, and such mild remedies, and their patients get well; while the regular doctors apply astringents, and burn out these delicate organs with the strongest acids known to man, and give every variety of treatment between these extremes, and *you will grow old and die before you learn whether any of it ever did any good.*"

Such a statement, from so high an authority, ought to have influence among those who are afflicted with such ailments. We happen to believe that on account of feminine delicacy, such examinations often greatly aggravate the existing disease. Yet if they should be the means of relief in the end, no reasonable person could object to them. The whole matter turns right here. Physicians must be young in experience if they believe that patients with these diseases get well under regular treatment. We make no charge against the regular profession. Its wisest members are the freest to admit that they do not know much about it, and that the art of healing the sick is in its infancy. They are also ready to confess that the greatest discoveries have been made by men of mean pretensions. A young man of twenty-five years discovered the property of contractility in bone, and compelled the most learned physicians of Europe to admit his discovery. Edison was educated in a telegraph office, and sometimes speaks of the time when he did not possess decent clothing. He says, "At that time I was not interviewed!"

But education does not necessarily harm people, if they can only keep the freshness of investigation from being pickled by the opinions of other men. Oliver Wendell Holmes says, "Book-learning is a good thing for the upper story, if there is plenty of common sense in the basement." The worst habit a physician can form is to receive as a finality the results arrived at by other men. We are not benefited, but rather made helpless by the

"Faith that like an infant's hand
Shuts whatsoe'er by chance is placed therein."

We believe that if fashion in medical treatment could be laid aside, and a little independent investigation made, the fact would appear that the majority of sick women would recover faster, if their physicians as well as their internal organs were allowed to retire to private life.

Health and Study.

Health is the birth-right of every man, and though many sell it as cheaply as Esau did, it is not the less valuable, therefore.

The pursuit of knowledge is equally a birth-right, because through it comes power, prosperity and happiness. Education, however, can be of little service to the man who is not possessed of health. Without physical and mental vigor the knowledge of the schools will be of little account; without the capacity to appreciate the relations which varied forms of knowledge sustain to each other, and to apply these, education stands for nothing. But given health, strength, vigor, the normal condition and the natural right of every man, education comes to be a power, to develop and train to conditions and capacities which ally him to the Omnipotent. A man can accomplish anything if he knows how; and the knowing how comes as the result of the possession of vigorous faculties in the first place, and a correct training of these to their proper uses.

The recovery of health, and the pursuit of knowledge, however, are incompatible. Sad it is that so many thousands of students, earnest and ambitious in the search of knowledge, are possessed of so feeble health as to cause them to be largely unsuccessful. A thorough and vigorous pursuit of both, cannot exist at the same time. While the man is striving for health he needs to rest and recuperate, and while he is seeking knowledge he needs physical and mental activity as

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the means thereto. We advise all invalid students that "one thing at a time" is the road to success.

"One thing at a time, and that done well,
Is an excellent rule as many can tell."

If you are out of health, surrender your studies absolutely, for the time being, and recover good health, so that when you have succeeded you may return to the pursuit of knowledge with redoubled energy. Study is a process of expenditure of power. Recuperation is a process of saving power. Any intelligent man can see that they are not compatible with each other.

Calomel and the Lancet

Fifty years ago it was the fashion to administer calomel to everybody, for every disease, and not only was blood-letting practiced in the incipient stages of inflammation, but it was also the fashion to be bled in the spring to avoid the diseases of the heated term, and to be put through the same process in the fall to preserve the health through the winter. People generally have become strongly prejudiced against the employment of either of these processes, and they would probably be surprised if they knew that both measures are still taught in medical colleges, and are prescribed to the fullest extent by the majority of regular physicians that the community will allow.

But one idea has been given up forever. No intelligent physician gives calomel any longer to stir up the liver and cause a flow of bile. This may be set down as a gain to humanity. As long as it was held that calomel aided the liver to act, so long would the multitude with torpid livers walk into the doctor's sanctum and swallow the poison. But a French physician has discovered that although calomel will cause the expulsion of fecal matter different from that produced by any other cathartic, yet such fecal matter does not contain bile, and if bile is expelled at all, it is because it already existed in the intestinal tract. So all the salivation that has ever caused the tongues of the millions to protrude in order to jog their stupid livers; all the softened jaws and teeth that have dropped out; all the decayed bones and rheumatic pains that have cursed humanity as a result of taking this drug have been in vain; for it is now conceded that calomel never acted on the liver at all! Let no one hereafter "rise and get up and say" that medicine is not a science!

Drug-doctors say that "blood-letting has gone out of fashion." It seems to escape their reasoning that perhaps the consequences which follow the use of the lancet have caused a feeling of prejudice against it in the minds of the people. Perhaps fashion has its freaks in regard to medical practice, as well as other things; but it must also be admitted that the opinion of the masses is sometimes right. We apprehend that the logic held forth in favor of blood-letting would not all of it necessarily tend to bring the practice into general favor.

Said the venerable surgeon Dr. Gross in a recent lecture: "In the first stages of inflammation you should open a vein where the flow of blood will not be less than two and one-half to three ounces to the minute, and should abstract from fifteen to twenty ounces of blood, or until there is a strong indication of syncope. If the syncope or fainting becomes persistent and disagreeable, lift up the patient's arms, or hang him up by the legs, if necessary. If he continues to sink, and dies, why you must let him; you cannot help it."

That even exceeds the old epigram, written concerning a doctor by the name of Isaac Lettsom, by a man acquainted with his heroic practice:

"If folks get sick and send for me,
I physics, bleeds, and sweats 'em;
If after that they choose to die,
Why then they must.
I. Lettsom."

The ridiculous and tragic sides of the matter are very easily seen. Perhaps there is another side that ought to command our attention; if there is, some one would oblige us by pointing it out.

England's Vaccination Laws.

The English people are peculiarly stubborn, determined and resolute; and when they have set their heads upon a certain thing, they push along in spite of all difficulties and obstacles. Dr. Jenner introduced vaccination into England a couple of centuries since, and the general dread of small-pox was and is so great that this plan of prevention, futile as it may be, is, nevertheless, adopted in the blind hope of success. The most stringent laws have been passed, compelling every child to be vaccinated, whether the parents are conscientiously opposed to the practice or not. And the rigor and determination with which the laws are enforced ought certainly to drive small-pox from the British islands, if vaccination would do it. But there are thousands of intelligent individuals within the British realms, who believe that vaccination is an evil, and compulsory vaccination an unmitigated tyranny.

Out of this feeling has grown "The London Society for the Abolition of Compulsory Vaccination," with office at Gray's Inn Chambers, 20 High Holborn, London. The society publishes the *Vaccination Inquirer*, sent post paid to the United States 20 months for $1.00.

We are in hearty sympathy with the principles of this society, feeling that there are better ways of preventing small-pox; and suggesting that if one-half the energy was employed in preventing the use of whiskey, tobacco, and other foul beverages and habits that cause people to fall easy victims to small-pox, vaccination would be found to be wholly unnecessary.

Vaccination is admitted to be an evil, by its most earnest advocates, but these operate upon the plan, nevertheless, of doing evil in the present in the hope of avoiding evil in the future. The Laws of Health is pleased to direct their attention from time to time to present evils as being entirely sufficient to account for the mortality which attends small-pox, diphtheria, scarlatina, and varied other diseases.

A little of the philosophy of Socrates infused into the spirit of English legislation, would improve things. When this grand old philosopher was condemned to death for his principles, he made the declaration, "No man knows what death is, and yet men fear it as though it were the greatest of evils, which is just the difference with me. As I know not what death is, so I do not pretend to any knowledge; but this I do know, that disobedience to any power better than myself, or to any truth, is an unmixed evil, and hence I will never commit a wrong in the present in the hope of avoiding a possible evil in the future." Small-pox is not by any means the worst evil that can befall a human being.

How to Have a Clear Complexion.

By L. Jones Price, M. D.

It is just as easy to have a clear complexion as a muddy one, provided you know how. The skin is one of the most important organs of the body, and when in a healthful condition, with pure blood circulating through it, engaged in its own proper work, it will be clear and healthful. But if the circulation in it be poor, and the blood filled with biliary matters which become lodged in the skin, or which are finding their exit from the body through it, the dark, muddy, sallow complexion is the result. The rough and sallow skin is always an evidence of the retention of waste matters in the blood, which causes the skin in attempting to eliminate them to become overworked and clogged, causing itching, burning sensations, pimples, boils, etc. Cosmetics, powder, or paint, often advertised for beautifying the skin, cannot remedy the essential difficulty; but, on the other hand, aggravate it. It is the sweat and oil glands which carry out the impurities, and if these are clogged, or dried up by powders or paints, pimples, blotches and moles are thereby increased. As with other vain expedients of the medical world, the more cosmetics that are applied the greater does the difficulty appear. It is for this reason that the devotees of fashion soon lose their natural color of skin, so that paint and powder are necessary to make the complexion at all presentable.

In order to have a clear complexion it must be borne in mind that the quality

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of the blood and circulation, and hence the healthfulness of the skin, is determined, first, by the materials which are introduced into the system, and, second, by the thoroughness of action of the purifying organs. Proper food in proper quantity, used at judicious intervals, is of utmost importance. People who do little work either of body or brain, should not eat as much as those who work hard. The more vigorously machinery is used, the more oil is needed; and, contrariwise, the less work the less oil. So with the human machinery, the more work the more food. The hygienic dietary is of importance to good health, and hence, to a clear complexion; and whoever would have good health, can afford to regulate his habits in consonance therewith.

To keep the system perfectly free from waste matter, is the next important point. This is done by using the lungs vigorously all the time, and by keeping up a free action of the bowels, as well as of the liver and kidneys. The lungs are great purifying organs, removing from the blood the dark, carbonaceous matters, and supplying the red corpuscles in their place. Whoever would have a clear, florid complexion, therefore, must breathe vigorously. The bowels are equally great organs of purification, and if they are not freely moved every day, matter is retained therein, which may be reabsorbed into the circulation, poisoning the centers of life. The skin under such circumstances will be called upon to do, in part, at least, the work of the bowels, and no skin can be clear, clean and healthy which is engaged in the process of eliminating fecal matter. An action of the bowels daily, should be no more neglected than eating, and even if there should be a free action twice a day no person need worry. The kidneys are also great organs of elimination, and should be maintained in vigorous conditions, so that the urinary materials shall be promptly removed; otherwise the skin may be called upon to eliminate these, and, of course, under such circumstances, the results cannot be very satisfactory to the person. Urine should never be retained in the bladder after the desire to void it. As with the feces, it may be reabsorbed and great evils result therefrom. The liver secretes from the blood large quantities of biliary matters, which will be retained to be cast out through the skin, if this organ is not in vigorous action; hence, every man should see to it that he has a healthy condition of the liver. But then, again, the skin itself has its own proper functions to perform, which should be performed vigorously, in order to healthful conditions. If the sweat glands are obstructed in their operations, and perspiratory matters retained, of course the skin will have a dirty, muddy appearance, and therefore the complexion anything but pleasing to the eye.

Thorough rubbing and bathing two or three times every week, over the whole surface of the body, whereby the skin is invigorated, and lungs, bowels, liver and kidneys sympathetically affected, is a very important hygienic habit. Physiologists, we believe, agree that soap should not be used, or, if at all, sparingly, and that for the purpose of removing any accumulations of dirt from without. Many soaps are adulterated with chemicals that injure the skin, and hence whoever uses soap should be careful as to its character.

To sum up, therefore, in a word, the conditions for a clear complexion, a clean skin, a healthy, ruddy glow, eat good food in proper quantity; attend to the securing of a vigorous action of the lungs, bowels, kidneys, skin, so that all waste matters shall be eliminated as fast as produced; so that, with pure blood, pure secretions, and a good circulation, a clear and healthy skin is necessarily obtained.

Questions Answered.

By Robt. Walter, M. D.

A friend of mine thinks a person may eat anything which he craves and it will not hurt him; what is your opinion? P. T. L.

Answer. It would be just as reasonable to suppose that he might drink anything that he craves, say anything he wishes or do anything he fancies, and have it all right. The fact is, man's appetite for food is no more reliable or reasonable than an appetite for drink, or his desire for gratification in a dozen other ways. Any man who yields himself up to the gratification of his appetites and passions is a ruined man.

Question. Will you tell me what ails me, and how to get well? The following are the symptoms: when my stomach is empty an unpleasant, fidgety feeling comes on that organ, which is relieved greatly by exercise in the open air. Sometimes the feeling comes on before the stomach is empty, but never just after a meal The feeling is distressing but not painful. It unfits me for duty or enjoyment. It comes by spells. The last time I had it was nearly a year ago, until to-day it is here again. By dieting I am relieved. Is it dyspepsia?

Answer. It is, undoubtedly, the veritable old-gentleman, and what you need to do is to follow out all possible means of building up the general health.

Question. Our little boy two years old has lowering of the bowels slightly, after each operation. Our physician's treatment does no good. He says he will outgrow it. Will you give me some directions for him in your next journal? He was teething when it first came on, with looseness of the bowels. M. M. C.

Answer. Your physician is probably correct in his statement, but the boy may be greatly helped by careful rubbings of the bowels every day, by attention to diet, and all other hygienic considerations. The difficulty is essentially one of weakness, and whatever will strengthen the digestive organism, and the bowels in particular, will tend to cure this difficulty. The child will probably outgrow it if you are careful.

Question. What is the effect of raw eggs? In nervous exhaustion, is there generally a need of more albumen? Is there a truth connected with the idea that such persons need more hydrocarbon material? Several eminent medical writers state that this idea is now gaining ground. What is your opinion in regard to nerve food? J. B. P.

Answer. Raw eggs are not essentially different as food from cooked eggs, and, if used at all, are to be used in great moderation.

It is not true that there is a need of more albumen in cases of nervous exhaustion, for the reason that in nine cases out of ten of nervous exhaustion, there is deficient action of the liver, and hydro-carbons, including sugar, fats, albumen, must go through a process of preparation in the liver, before they are appropriated in the general system. The liver, being already overtaxed, should have less work furnished it, rather than more. The best treatment for nervous diseases is to restore good circulation, and consequently good nutrition, throughout the system. No particular kind of food will do this. Rubbings, manipulations, moderate bathing, careful diet, pure air, pure water, pleasant surroundings, and, indeed, a general hygienic life, will do ten times more than any specialties in food will ever do. Special articles of food in any disease, is not, in general terms, to be recommended. They have no curative virtue, and are only used by advice of persons, physicians or otherwise, who have exhausted their skill in every other direction, and usually to the injury of the patient, and hence advise the food as a last despairing effort. The folly and recklessness of such advice is only another evidence that the advisers don't know anything valuable about the subject. My lecture on *How to be Strong* supplies ideas which will be a thousand fold more valuable in the cure of nervous diseases, than any specialties in diet.

Question. I am suffering from deafness, and having visited one of our best eye and ear doctors, he would not give me much encouragement, because of my age, but gave me a prescription to snuff up my nose. I have thought that warm water and a little castile soap to wash out my ears, then take my fountain syringe with warm water and syringe the ears, and take my fingers and put them into my ears and shake the hand so as to make the ears vibrate, in connection with manipulations around the ears and neck, would benefit me. What do you think of my suggestions? H. K.

Answer. Your suggestions are good. I am satisfied that they will do your ears no harm, but will tend to improvement of circulation, and consequently of nutrition, and the improvement of hearing therein. Your deafness, no doubt, is the result of catarrh, by which the membranes of the ear have been thickened and inflamed, and become less sensitive to sound than normally. A little salt and water to rinse out the nostrils daily, and the same, or castile soap and water to the ears, with manipulations of the parts, is, I believe, your best treatment. I cannot say, considering your advanced age, that your hearing will be greatly benefited, though it may be.

Question. Is it beneficial to a person to drink a cup of warm water immediately after rising in the morning, whether they are troubled with indigestion or not? H. T. J.

Answer. It is beneficial to drink immediately on rising, either hot or cold water, according to the conditions of the person. If there is furred

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tongue, nausea, or general derangement of stomach and liver, a tumbler of hot water is usually better than cold; but if the patient is in good health, a glass of cold water is usually grateful and of benefit. There is no particular gain in drinking, except to quench thirst; but if there is no great thirst on rising, it is better to do the drinking that is needed at this time than while eating breakfast. If a person uses a good deal of watery fruits, mushes, etc., he may not need to drink at all, but if he does drink, early in the morning, or before dinner, and during the evening, are better times than at or immediately after meals. The latter is decidedly improper.

Question. Which is the best way to quit drinking tea—to stop gradually, or immediately? I have quit several times for a few days, but feel nervous and restless. Use neither alcohol, coffee, nor tobacco. H. V.

Answer. I should suppose, from what you say, that you should cease immediately and entirely the use of tea. We do not advise persons who are using a number of stimulants, such as tea, coffee, tobacco, alcoholic drinks, etc., to stop all of them at once, but to break off one by one; but as your habits are so good in other respects, I see no reason why you should not absolutely desist from the use of tea. Of course, you will be nervous for a time, because the tea makes you so. But cease entirely, and the nervousness will disappear in time.

Question. Our little boy, nearly three years old, sometimes goes to sleep without his supper, and gets nothing until morning. Will this be injurious to him? IVAN.

Answer. Not by any means. Your boy is better without supper than with it, and I would advise you to give him two meals a day instead of three. Your subscription expires Jan., 1881.

Question. Which is the best time of day for horseback exercise? J. M.

Answer. That depends upon the person's habits, hours of business, etc. The morning, however, is, in general terms, the most desirable time for outdoor exercise. During the fall, when the mornings are cold, but the midday pleasant, the latter might be more suitable.

Question. What course of treatment should I give my children for malarial disease, showing itself in chills, and sometimes in other ways, while we are compelled to live in a malarious district?

Answer. First, be particularly careful as to their diet, which should consist largely of grains and fruits, with milk in moderation. Butter, sugar and flesh meats should be used very sparingly, if at all; as, also, salt and all spices. Second, see that they do not expose themselves to very early morning, or late evening, outside air. See to it, also, that they occupy sunny and well ventilated rooms. A room on the south side should, by all means, be obtained if possible, and curtains and blinds should not obstruct the sun's rays. Third, be particular to keep the bowels free, by enemas of tepid water if necessary. Be sure, also, that the water which is drunk is pure. Fourth, if at any time a chill should occur, see that the patient is wrapped in hot blankets, with hot bricks or bottles at the feet, sides and arms; and when the fever occurs, wrap him in the wet sheet pack until the fever begins to subside. After the pack, wash off in tepid water, rub thoroughly, and cover up in bed. After the sweating stage has subsided, give the patient a good dry rubbing, and let him be dressed in clean clothes.

Persons who live in malarious districts are required to be more strict and particular as to hygienic habits than those who are able to breathe ordinarily pure air. Eating, drinking, working, sleeping, all affect the general health, and whatever tends to reduce the general health, tends to malarial diseases, if such air is breathed. Instruct the patients, also, to breathe only through the nose. This is said to be, of itself, a preventive.

Question. Please give the treatment for removal of tetter in an infant six months of age, which is in good health otherwise. Not too fat. J. C.

Answer. This child's case may be the result of a variety of causes, and should be removed only by removing the causes. Washes or salves should not by any means be employed, nor anything more than washing with warm soft water and a little castile soap. Vaseline may be used after the washing as a lubricant and to exclude air. The milk which the infant uses may be impure, or the patient be constitutionally scrofulous, or the air breathed be faulty. If the child nurses, the difficulty may be in the food which the mother or nurse eats, or the water she drinks, or the air she breathes. Try to secure perfectly hygienic habits in every respect, and if the condition continues make up your mind to endure it until nature cures it without drugs.

Question. How large a proportion of potatoes should form the diet of young children, and are they a suitable diet during gestation?

2nd. What is indicated by bathing being followed by great heat and burning? A. B. S.

Answer. The potatoes are good food, and may be used freely by young children, or by prospective mothers. Of course, we do not suppose that they are sufficiently enticing to induce any parties to live on them entirely. They may be used quite freely.

Answer 2nd. When a person feels great heat and burning after a bath, I should say that the indication is simply a good reaction, and that the bath may be repeated three or four times a week to advantage. There may be an unhealthful condition of the whole system, which will be relieved by the bath.

Question. Can a case of catarrh of seven or eight years' standing, in a man twenty-five years of age, who works ten hours daily in a well-ventilated shop, be completely cured without leaving off work? *2nd.* Is salt and water snuffed up the nose, of any use in such a case, and how should it be taken? *3d.* Can catarrh be cured while suffering from dyspepsia, or dyspepsia while suffering from catarrh? H. A.

Answer. Catarrh of several years' standing is not likely to be properly cured while the patient continues steadily at work. He needs rest and hgyienic treatment as a means. *2nd.* Salt and water may be serviceable in cleansing the nostrils, and may be used of a mild temperature every morning, but it will never cure. *3d.* Catarrh is usually symptomatic of stomach and liver derangement, and if the patient is to be properly cured, he must be cured of all his ailments at the same time. Hygienic treatment will cure him of dyspepsia, catarrh, liver complaint and all other ailments, at the same time; because one such disease is always connected with and dependent upon the other. The hygienic physician does not cure diseases, as do drug doctors; he cures patients. He does not devote his time and intelligence to the discovery of separate ailments, and the applying of remedies therefor, but employs his energies to the building up of the patient into vital vigor, and when the patient becomes thoroughly vitalized, he is well of all diseases. In our treatment, the dyspepsia would be relieved at the same time that the catarrh was being relieved, and all other symptoms and ailments would correspondingly be removed. We advise this gentleman to try a course of hygienic treatment.

Question. Nearly a year ago you made promise of a new book; are we still to look for its publication? Is it soon forthcoming? *2nd.* Do you regard the chewing of bitter roots, bark and herbs, as wholesome for a dyspeptic? REV. H. T. C.

Answer. My book is in process of preparation, and I hope before another year to have the first volume in the hands of the people; a second volume will soon follow, we hope. *2nd.* The chewing of bitter roots and herbs is not wholesome for dyspeptics, nor any one else. They have medical qualities in them, which means that they tend to derange the vital functions. Whatever is medicinal, as these are, is so because they are opposed to the vital principle.

Question. My husband has salt rheum, with erysipelas, a difficulty which is very troublesome. He takes sitz-baths, packs, etc., but have not found anything which soothes the inflamed parts equal to pitch pine tar. Do you object to it? Would you bathe in lemon, cranberry, or apple water? Would you recommend an egg with lemon juice before breakfast, or hot lemonade before breakfast? MRS. E. D. M.

Answer. A wash made from pine tar and water, would be excellent for the inflamed parts. There is no objection to using the pine tar in any other form. Bathing in lemon, cranberry or apple water, would not probably do any harm; I do not know that it would be of any service. Lemon juice, or hot lemonade, would not be of any injury before breakfast, if used in moderation. Perhaps the egg would not. But really this case is too serious to be trusted to a superficial examination, your husband ought to seek the services of a hygienic physician.

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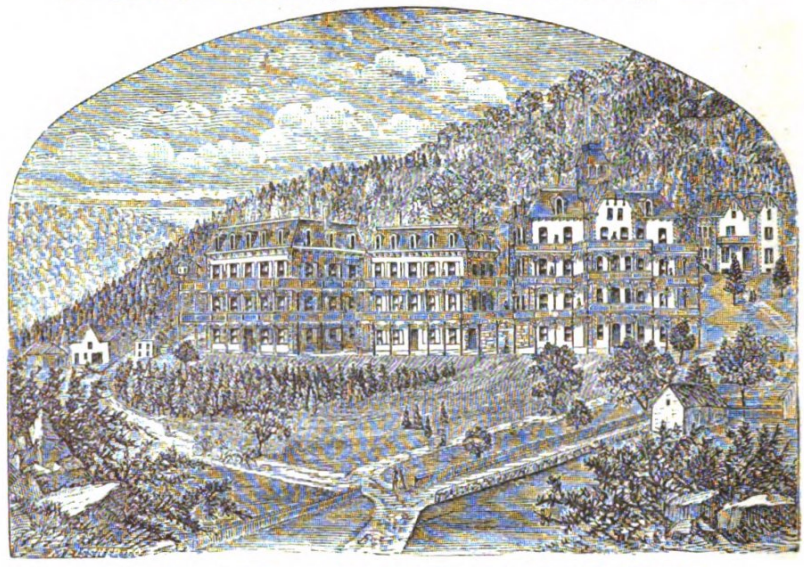

FALL AND WINTER TREATMENT.

THE question is often asked, when is the best time for the hygienic treatment of invalids? and our reply has always been, *when they are sick*; and if the conditions can be rendered equally favorable there is little choice between the different seasons of the year. Spring, summer, autumn and winter, sickness will occur; and any good hygienic institution requires arrangements and appliances adapted to all seasons. During the summer these need not be very complex, expensive or troublesome; but as the fall advances and the winter appears, new conditions are imposed and new requirements are to be met. At this season

THE GREATEST PROBLEM

of healthful living for northern climes, that of heating and ventilation, is necessarily forced upon us; and well would it be for physician and patient if the difficulty could be fully appreciated and intelligently met. But how seldom it is! In nothing connected with hygienic living and treatment is equal ignorance or carelessness displayed. Indeed we assert that hygienic treatment is a fallacy, a misnomer, absurdity, when attempted to be carried on in buildings heated by the ordinary cast-iron stove, without any system of ventilation except the open window.

STOVE-POISONED AIR

is necessarily the result, and as Dr. Dio Lewis truly says: "Stove-poisoned air is one of the greatest causes of ill health to northern people." Of course, under such conditions, recovery by hygienic methods is well-nigh impossible.

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A GREAT WINTER RESORT

and we do not mean to be behind as to acquired facilities. During the past four years we have carefully and judiciously expended over NINE THOUSAND DOLLARS in heating, ventilation and plumbing, and we therefore reasonably infer that we are unsurpassed in this respect on the continent.

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THE SYSTEM OF TREATMENT

is also a serious question. That which is advocated in this journal is a successful system. It restores health with the greatest certainty and in the least possible time, so that since its introduction by the Drs. Walter seven years ago, its popularity has increased with amazing rapidity. All the forms heretofore employed separately and empirically are combined in one great system on new and original principles, which, though introduced by the Drs. Walter, are now being everywhere adopted, by which their value is recognized and importance conceded. They are applied with certainty, precision and effectiveness only at this place.

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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. III. READING, PA., DECEMBER, 1880. No. 8.

"Do Thyself No Harm."

BY REV. JOEL SWARTZ, D. D.

The voice which shouted this kindly appeal from the cell of a midnight dungeon at Philippi to a frightened man who, in a fit of desperation, was about committing suicide with a drawn sword, sends the same injunction to forbear self-injury to every one of the race.

The appeal is so sharp and compendious that it may be taken as a maxim of self-duty. It not only forbids suicide, but everything looking that way. It as much condemns self-destruction or self-injury by *slow* as by *rapid* processes. And its wisdom is as much insulted, and its justice outraged, by practices and habits which tend to the ultimate destruction of life, as if death were sought by the speedy execution of the sword or halter. Nor is the force of this requirement exhausted by a careful observance of the means of physical safety. It has even a higher authority when applied to our mental and moral constitution. Indeed, it is satisfied only when all the members and faculties of body and soul are placed under its strict guardianship. To do ourselves no harm requires that we shall be watchful against every influence and tendency which may either mar the symmetry, impair the beauty or endanger the health of the body, cloud or enfeeble the intellect, dull or pervert the sensibilities, enslave the will, blunt the moral perceptions or, in general, do any injury to any power or faculty with which the Creator has endowed us. So the maxim forbids self-injury, not only for physical, but preeminently for moral reasons.

We, perhaps, see very readily the reason of the ethical rule that we shall do no harm to our neighbor, but do not so readily see that we are first and more imperatively bound to do no harm to ourselves. "Thou shalt love thy neighbor as thyself," presupposes as the primary condition of rightly loving others, that we first rightly love ourselves.

He who is, in any degree, regardless of a proper self-care, is, in that degree, untrustworthy as to any charge of the interests of others. There is then a noble and true selfishness, but this is a selfishness which is not intent on self-interest to the hurt or damage of another, but, by means of a true self-love, to interpret and and respond to the rightful claim of all fellow-beings.

This being the nature and scope of the duty, how shall it be fulfilled?

1. It is of primary importance that this self-guardianship should be *intelligent*. What a wonderful charge this thing we call ourselves is! What a complexity of members and faculties, and how subtle and delicate their functions and actions! A child put in charge of a locomotive would not have so much machinery to handle, and such forces to control, in that complex and mighty engine, as he has in himself.

If the engineer needs to know something of the powerful contrivance which he is expected to handle and use, how much more does the power within, which must control and direct the forces of life, need to know something about the laws of life, the best means of maintaining healthful action, and if disordered, how best to regain good and normal condition. Now, it is the beneficent aim of this journal to impart just this kind of knowledge. And it is not too much to say that a man who "would keep the whole law and not offend in any point," is bound by high moral considerations to read such literature as this, and from motives of neighborly love strive to give it a wide circulation.

2. Proper self-care should be looked upon as a *moral and Christian duty*. A man ought to "preserve his vessel in sanctification and honor." He must not abuse himself by excesses, intemperance or any immoderation. He must not only practice a wise restraint upon all his appetites, propensities and passions "for wrath but also for conscience' sake"—he must avoid all injurious indulgence, not only because of the "pains and penalties" connected therewith, but because it is wrong, immoral, degrading to the rational spirit, and offensive to God.

He should exercise not only this negative care as a moral duty, but seek to know how best to exalt, refine, invigorate and improve his powers and faculties. He must make conscience of trying to be well and keep well. We are not prepared to announce the broad proposition, "It is a sin to get sick," but we do say it is a sin to be intemperate, or even neglectful of the best means of knowing our whole duty as to the way in which to be and keep well. We may no more trust the whole matter and care of our health to the medical profession, than we may trust the keeping of our consciences, and the salvation of our souls, to the clerical profession. "Work out *your own* salvations," binds us to be intelligent and conscientious about diet, medicine, health, the laws of life, no less than to know our Bibles and to pray. It is not the highest kind of wisdom to shut our eyes, and swallow down the pills and powders of the doctors without asking any questions, as it is not the highest kind of piety to shut our eyes and take without questioning all the dogmas of the preachers. We ask the preacher for a reason of the hope and faith which are in him, before we are willing to accept his teaching, why shall we not demand the same thing of our doctors? What better right has the doctor to practice his dignified professional reserve upon me, in refusing to answer my questions about his medicines, and the reason why I should take them, than the preacher has in enforcing his dogmas upon my acceptance in the same way? My primary, inalienable right, and duty to do myself no harm, forbids that I should any more surrender my intelligence and conscience to the doctor with no other reason than this, "The doctor knows and you must ask no questions," than I should to a minister of religion, who may also be said to know, and should not be questioned. "Prove all things, hold fast that which is good," is another and equally important Scriptural maxim.

The Practice of Medicine.—No. 2.

BY ROBT. WALTER, M. D.

The Beginnings of Disease.—"Avoid beginnings," the French say; "remove them promptly," the physician would advise. Disease is comparatively easy of prevention, and in its incipient stages may frequently be controlled, and readily cured.

In the beginning they are simple and uncomplicated vital actions, immediately connected with the cause, which if promptly discerned may generally be removed; but the human organism is wonderfully complex, each part being connected with every other part, in such an intricate and complete union, that any action in any department must necessarily induce corresponding action in other departments, so that no matter how simple the disease may be in its incipient stage, it often becomes exceedingly complicated and dangerous. Diseases are, indeed, almost infinite in variety and symptom, so much so as to awe the superficial observer, as well as tax the knowledge and ingenuity of the most talented practitioner. Though numerous and diversified, they are, nevertheless, when subjected to careful examination, found to consist of a few constituent forms of derangement, which, by operating through this complex organism, produce an almost infinite variety of morbid conditions. A cause operating in one department may produce exhibition of disease in quite another department, and a simple obstruction, easily removed if recognized, may so mislead the practitioner by a distant exhibition of symptoms as to forestall its removal. It

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is, therefore, important that the elementary constitution of disease shall be understood.

Irritation is, undoubtedly, the initial process in all diseases. General medical observation has suggested, if not proved, this truth, and the true theory of disease, as heretofore set forth, offers undoubted evidence of its correctness. Self-preservation is the first law of life, out of which spring all vital actions, whether these are described as disease or health. This law is, therefore, an important element in the production of disease; the other necessary element being the morbific cause, a cause offensive or injurious to the vital instincts, which is properly denominated, the irritant. Irritation is therefore a vital action, self-preservative in kind, resulting from contact, immediate or otherwise, with the morbific cause, and is hence properly the great representative disease.

Of course, such an important vital action cannot exist without involving corresponding results, and among these we have, first, congestion. We learn this as the result of observation, and it is demonstrated as a logical conclusion from the nature of disease. A burn, scald, sprain, bruise, wound, even normal labor of a part, induces increased flow of blood to that part, and if the irritation or labor be excessive, blood is accumulated at the point in corresponding degree. We have, thus, essentially, congestion, which means the accumulation of blood at a point as the result, first, of increased action therein, and, second, as enfeebled condition of the blood vessels, which by relaxing, fail to send the blood forward. Of course, whenever blood accumulates at a given point in excessive degree, there must be deficiency of it at other points, and hence congestion, which means, in reality, unequal distribution of blood, as well as irritation, is a necessary and fundamental part of every known disease, a fact which is important to remember whenever we undertake to treat it.

If this increased flow of blood is connected with intense irritation, in connection, generally, with pain, heat, redness and swelling, we have inflammation, for inflammation is properly described as excessive irritation. Of course, additional effects, both at its seat and in other parts of the organism, result from this inflammation, so that it is properly considered as passing through several stages, each of which will be discussed hereafter.

When inflammation is severe the general system becomes sympathetically affected, and symptomatic fever necessarily follows.

Fever has been described as a diffused inflammation, but more properly it is an excitement of the general system, dependent upon either local or general causes. In this state we have an altogther more complicated condition of things than in either of those which we have mentioned. The whole vital system has now become deranged, and a general organic warfare has been established. The vital organs which heretofore operated to the carrying on of the physiological functions, have now become so engaged in the general commotion that these are partially or wholly suspended. Physiological action has now given way to pathological—health has surrendered to disease—and frequently the struggle becomes so intense that exhaustion, disorganization and death follow. Of this, however, we will speak hereafter. At present, we may consider fever in the same category with irritation, congestion and inflammation; and thus we have four elementary diseases, which, according to variety, combination and location, furnish a basis for every known disease; and who will learn to treat these successfully, will, on general principles, be a successful practitioner.

Having, therefore, examined these constituent forms of disease carefully, comprehended their nature and tendencies, described their symptoms and suggested the proper methods of treatment, we will be in a position to take up and discuss the individual diseases which afflict human organisms.

Irritation.

"Any morbid excitement of the vital actions not amounting to inflammation, is denominated irritation." The irritant may consist of:

First, Noxious agents introduced into or brought into contact with the organism. Poison is a generic term applicable to these causes, and drug medicines are the most complete classification of poisons known. Miasmas and contagions are also included. So are many substances used simply to gratify morbid appetites; such as alcohol, tobacco, tea, coffee, cocoa, opium, arsenic, etc. Of course, these should be avoided if health would be maintained.

Second, Retained excretions. These are frequently causes of irritation. If for any reason the organism is overworked, the vitality depleted, or the vital instincts so engaged in combating the noxious agents already mentioned, that the organs of excretion, those whose functions it is to take up and carry out of the system the waste matters, fail to do so, retained excretions come to be a most important cause of irritation and consequent ill-health. Among chronic invalids, they invariably exist. Liver, kidneys, bowels, skin, lungs, either one or all of them, fail to perform their functions efficiently, and the matters are consequently retained to poison the centers of life and produce irritation and such diseases as depend thereon. These retained excretions are, in general terms, impurities existing in the circulation, which make what is popularly termed impure blood. The methods of treatment will be indicated hereafter.

Third, Improper relations to the ordinary health agents. The abuse of the ordinary agents of health may also produce irritation; air, light, water, food, exercise, electricity, social excitements, etc., when improperly related to the human organism, may become causes of irritation and of more serious diseases. This may be done directly through excess, or they may produce irritation through reactions from a previously depressed condition; for instance, a normal degree of heat suddenly applied to a part previously greatly depressed through the application of cold, may produce as serious irritation through reaction as excessive heat would ordinarily cause. Light also may be an irritant, or water as in baths, or exercise when excessive.

Another very important mode of producing irritation, congestion, and numerous diseases which follow, is through the operation of depressing influences upon one part of the body, reducing the circulation therein, and causing irritation and consequent congestion at some other point. This is, indeed, one of the most important agencies, as is illustrated by the influence of cold upon the surface of the body, contracting the blood-vessels, and forcing the blood upon the internal organs. The blood itself being supplied in excessive degree, becomes an irritant, and hence internal irritations, congestions, inflammations, etc., are of common occurrence. Chronic inflammation of the mucous membrane, including irritation and congestion thereof, is one of the most common conditions among men, consequent upon exposures which have checked the external circulation; upon retained excretions, which have been forced inward thereby; and upon deficiency of vital power, which has prevented a full reaction to the surface and extremities, whereby the internal organs are relieved.

Food;—What and How we Shall Eat.

By Robert Walter, M D.

The facts of experience, we have said, must determine the kind of food suited to the persons using it. It must be admitted, however, that experience is often unreliable, and therefore we are contented to admit great differences of opinion on the subject of food. Our vegetarian friends have urged all manner of arguments against the use of flesh meats; among others, that it stimulates the passions, thereby tending to degrade men from the high moral and intellectual positions which they properly occupy, to the more animal states. The use of pork is supposed to make men hoggish, while beef makes them warlike and cruel. I do not know that they have also argued that mutton makes us lamb-like, or fowl, chicken-hearted. A dog deprived of animal food is said to become gentle and good-natured; while if fed upon it he is savage and cruel. Our observation goes to show that there is some truth in the statement, but we are disposed to consider that the docility of the animal results from want of the proper nourishment, rather

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than from any peculiar quality possessed by the food. In the same way the energy, positiveness, and even warlike disposition of the Anglo-Saxon, may be tamed into submissiveness through deprival of his roast beef.

It may be true, however, that different kinds of food tend to the development of peculiar qualities of organization; but that they can produce an immediate transformation in the character of the eater, except by enfeebling him, we cannot believe. Certainly the elementary constitution of food offers no justification for such belief. The chyle, which is absorbed into the circulation, and thereby produces blood and tissues, is the same, as far as science can determine, whether the person feeds upon vegetable or animal food. The elements are the same in each. The vegetable feeds upon soil and air, and so becomes food for the animal; while the animal includes in his organization matters derived from the vegetable and air, and whether man eats food in the one combination or the other, matters not as far as elementary constitution is concerned. No chemist or physiologist has ever been able to determine from the chyme, the chyle or the blood anything of the character of the food eaten. There is therefore no essential difference as far as the elements are concerned between beef and mutton, the grains and pork, the fruits and fowl, between flesh meats and the vegetable foods consumed by man.

The Nutritive Values of Food.

A supposed superior nutritive value of vegetable food is another argument used in its favor. The criterion has been the chemists' tables, and not the effects of the food upon the persons using it. A sudden disuse of animal food, the person being restricted to vegetables, causes him generally to lose flesh and apparent strength, a fact which would naturally argue against the superior nutritive value of vegetable diet; but the value of this fact is supposed to be vitiated by the declaration that flesh foods being stimulating, tend to produce apparent and not real increase of strength. This might be true with regard to strength, but how *flesh* can be apparent and not real is not so clear. It must be remembered, however, that the stimulating properties of flesh meats are about as doubtful as the superior nutritive value of vegetable food. The arguments in either case rest on assumptions, and though there may be truth in those assumptions, we are not prepared to admit that they are wholly true. Flesh meats, it is said, contain not more than 35 to 38 per cent. of nutritive material, the balance being water and waste. Wheat, rye, oat-meal, corn-meal, barley, rice, etc., on the other hand, are shown to contain from 80 to 90 per cent. of nutritive material, and the inference is sometimes drawn that, therefore, these substances are worth twice as much, in an alimentary point of view, as flesh meats are. The argument, however, is fallacious. The chemists' tables are no proper criterion of the nutritive value of food, nor of its healthfulness. They may describe the commercial value, but the effects to the person eating them cannot be determined in this way. The chemists show that wheat, rye, oat-meal, corn-meal, barley, rice, beans, peas, lentils, etc., are concentrated food; that is, that there is a large amount of solid nutritive material, with little water and waste; while in the case of flesh meats, there is a smaller amount of solid nutritive material, with a large amount of water.

There is no advantage to the health, however, in the one case, or disadvantage in the other. Nothing is to be gained, in a nutritive point of view, by concentrating a large degree of solid nutritive material in a given bulk. Apples, pears, strawberries, potatoes, which contain less than one-fourth of solid material, are none the less wholesome therefor; nor is beef, mutton, fowl, which contain but one-third, for this reason of any less value as aliments. For if a man eats an article of food which contains much nutritive material, he will eat less of it; while by eating that which is diluted with water, his appetite will demand, and his digestive organs receive, a greater quantity, while the labor of the stomach, or the capacities of the system, will properly be measured by the amount of nutritive material received, and not by the bulk. If a man eats articles which contain large quantities of water, he is therefore, supplied with this necessary fluid, and does not need to add more in order to make the food palatable, digestible, or to supply the wants of the system. On the other hand, if he eat wheat, rye, peas, beans, etc., in their dry state, he will be enabled to eat but little, and water must be supplied in considerable quantity in order to dilute these nutritive materials, and permit the formation of chyle and blood which may be circulated.

But cooking changes very decidedly the relative proportion of water in food. Flesh in the raw state contains two-thirds water, while wheat contains less than one-fourth, but when they are cooked, ready for eating, the meat will have lost much of its water in the process of cooking, while the wheat will have absorbed water, so that the two, when prepared for the table, very closely approximate each other in nutritive value. Indeed, it is a fact generally known, that foods which are very watery are generally rendered less so by cooking, and consequently are improved in nutritive material thereby, while other foods, such as the grains, which contain little water, receive more or less of it in the process of cooking, and thus are rendered less concentrated. The concentrated condition of wheat, rye, corn, peas, beans, etc., render them correspondingly valuable in a commercial point of view, but they are not therefore any the more healthful; and while the water in flesh meats reduces their commercial value, they are not necessarily injured in healthfulness thereby. The nutritive value of a thing is no criterion of its healthfulness, and most certainly the commercial value is not. Mush, which contains three-fourth or more of water, is not therefore any less wholesome than bread; nor are gruels, which are nine-tenths water, any less healthful than hard, dry rolls, which may contain but one-tenth water.

The tables given by chemists, therefore, of the nutritive value of food, are not worth a straw; for the reason that they do not consider the water to be nutritive material, even though it fills a more important want of the organism than any other substance. In determining the relative nutritive values of food, all foods should be analyzed in an equally dry state, if the water is not to be considered; or if analyzed while in their usual conditions, the water must be accepted as equally important as any other element. By this means we will get different results. A pound of dried beef will be found not less concentrated than as much dried bread, or dried fruit than an egg; fresh beef, less nutritive than any other food. It is more than suprising that physiologists and chemists have not discovered the error of their analyses, in these respects, or having done so, have failed to make it clear to some modern health reformers.

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READING, PA., DEC., 1880.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising breathing, bathing eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

Epidemic Notions of Disease.

It is not epidemic diseases of which we wish to speak, but epidemic notions. Fashion in medicine is as contagious as fashion in anything else. When some one invents a new medicine, or discovers a new idea which is plausible, it goes like wildfire, and from one end of the land to the other, there is constant experimenting with reference thereto. This will more readily be appreciated when it is known that the physician's resources are so often exhausted in the treatment of stubborn cases that he is glad to catch at any new idea. The invention of instruments, however useful in themselves they may be, has contributed much to this sort of reckless practice. Thirty years ago the laryngoscope was invented, an instrument giving the practitioner the power of examining into the exact conditions of the larynx. Of course, every progressive physician must purchase an instrument; and having the instrument, he must use it; and examining the larynx, he must find something; and finding something, he must treat it, and hence continual swabbing of the throat for supposed laryngeal inflammations and ulcerations was a practice which is properly termed epidemic.

Soon after this the speculum was invented, and every progressive physician found the need of one. Then he must use it, and discover something, and treat the patient accordingly. For nearly twenty years physicians have been treating uterine ulcerations, with a universality and persistency which would lead one to infer that the disease is almost universal; and hence will be perceived how startling is the statement lately made by Dr. Mears, a professor in Jefferson Medical College, that "uterine ulceration is a very rare disease." Once or twice in a large practice, he informs us, we may expect to see it, but the pretensions and suppositions of the general practitioner, as to the existence of this disease, in the numerous cases treated, is a delusion. Correct, we say.

Progress.

What is disease? This is the question which we frequently undertake to answer, and we believe we have given a concise, pointed, and correct definition. Strange to say, the old school professors are learning something therefrom, but as they have not succeeded in getting the idea clearly through their wigs, they come the next thing to it by suggesting that disease itself is probably a physiological action, or perhaps, what is better, a sort of modified health. Just what they mean by modified health they hardly know, but we are glad to note that such expressions indicate a step in the right direction. We commend to them this definition: that disease is vital action with reference to things abnormal, or, in other words, is abnormal vital action, because of abnormal conditions or morbific causes; while health is normal vital action, because of normal conditions and circumstances. The medical world moves, and by and by we have no doubt that a better system will prevail than the plan of poisoning people because they are sick.

Ague and Quinine.

The ague has been universally prevalent the present autumn, and the usual amount of quinine has been administered—by the teaspoonful. No reason is given for its use, except that it breaks the chill, or prevents its recurrence. Perhaps most people would be contented with this, and no questions asked; but suppose an obscure, unpleasant effect followed the administration of the drug, what then? It is not claimed that the quinine lessens the amount of malarial poison, which permeates every part of the system; the drug only lessens the susceptibility of the nervous system to the influence of the miasm, upon the same principle that putting out a man's eyes will prevent his seeing suffering, or making him deaf will prevent his hearing profanity. This is called science. It is said that there is no remedy for ague but quinine,—that there is no substitute for it in nature.

But the regular professors admit that there is a condition of the disease in which quinine fails. This is chronic malaria, when the system is so thoroughly poisoned by both malaria and quinine, that the largest doses of the drug, produce only a temporary effect. In such cases, arsenic is recommended; when that fails, the vapor bath. That is very much like the Irishman who, when asked by his employer if he had trimmed his apple orchard, replied, "I have cut the trees all down, and shall trim them out to-morrow." Common sense would suggest trying the milder remedy first.

Baker, in his graphic account of the sufferings of his party from ague, while they were exploring the river Nile, states that his entire stock of quinine had become worthless from some cause, and the whole party were so overcome by the disease, that it could not proceed. A native told him of a remedy relied upon by the inhabitants there, which consisted of a simple vapor bath. It was tried, with the most gratifying success. The party went on its way rejoicing. Dr. Livingstone, in his book, gives an account of a similar experience, and found the same vapor bath a friend in need. This remedy has the advantage over quinine, in that while it does not shatter the nervous system, it has the positive excellence of helping the system to expel the malarial poison.

Heroic Practice.

It is natural that people when they are sick should desire to be cured in the shortest possible time; and it is as true now as it was in the time of Shakspeare, that some

> "Diseases desperate grown
> By desperate appliance are relieved;"

but heroic practice is not confined to these. People with trifling ailments demand to be cured at once, whether it is possible or not. Physicians are but human, and so they yield to the entreaties of the sick, and give as violent remedies as they dare, often doing more injury ten times over than the disease would do if left to itself.

A few years ago, calomel was the main dependence in all diseases because it changed certain conditions of the system quicker than anything else. Change of any sort is grateful to a sick person, so that the practice went on for a time without a question. It was thought to have more influence with a sluggish liver than any other drug, merely because the feces of those who took it had a different color than those that followed the administration of any other cathartic, which difference was ascribed to an extra flow of bile. Calomel was prescribed by the teaspoonful, causing salivation, loosened teeth, necrosis of the bones, and in many cases stiffening of the joints for all time. It is now admitted by the profession that calomel does not increase the secretion of bile at all, and that the former practice of administering it was wholly unscientific and barbarous.

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Another practice that was a twin brother with calomel in those times was bloodletting. It was considered vastly more efficacious in inflammatory conditions than even calomel It was taught even to within a very short time, that when blood was taken from a vein, and its surface presented a buffy color, after coagulation had taken place, the indication was a high degree of inflammation, and that more blood should be taken, until this appearance ceased. But it is now known that inflammation is only one of many influences that produces this buffy coat

Coagulation of the blood is due to the fibrin which it contains, which separates from the serum and red and white globules, in from ten to fifteen minutes after the blood has left the body. If the fibrin is separated slowly, the red globules, being the heaviest substance in the blood, except the fibrin, sink to the bottom, leaving the white globules and serum at the top, giving this part of the blood a buffy color. If the coagulation is rapid, the red globules remain at the top, as well as the bottom of the fluid. If a small quantity of either acid or alkali is added to the blood, it will retard this process of coagulation, and produce the buffy coat; while if a large quantity of either acid or alkali is added, the process of coagulation will cease altogether. How many people, with acid or alkaline blood, have been bled to death for the lack of this little item of knowledge, cannot be determined.

Thus one by one the violent processes of treatment are being shown to be destructive and erroneous. The time will come when people will learn that health cannot be forced by such heroic practice. Disease has been looked upon as an enemy, to be annihilated at all hazards. But it is coming to be seen that disease in an organ is not essentially different from a state of health, except that it shows itself in an increased or diminished activity. In the words of Prof. Chapman, in his opening address before the students of the Jefferson Medical College in Philadelphia, at its present session,

"Gradually the strict demarkation between physiology and pathology has been broken down, and with the fusion of the two studies a rational pathology and a rational treatment are being slowly developed."

This rational treatment, if we mistake not, will discard the practice of taking up assumptions, or jumping at conclusions, in the matter of giving dangerous drugs to the sick, or in administering other processes, which the riper knowledge of the future shall show to be vastly worse than useless.

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A New Contributor.

We commend to our readers the article by the Rev. Dr. Swartz, of Philadelphia, to be found on our first page. We are greatly pleased to be able to announce that an article from his pen may be expected every month for the coming year. We hope to add other important contributors, so that the reputation of our journal may be more than sustained.

Fall and Winter Treatment at the Mountain Park.

We notice the recurrence of a foolish practice, namely: that persons who are invalids put off the effort at recovery until a more convenient season. We wish that all parties knew how much better opportunities can be had for the recovery of health at the Mountain Park during the fall and winter, than during the summer. The expense will certainly be much less this winter than it can be during next summer. The habit of crowding during the hot months, will necessarily compel us to maintain good prices during these times; while, for the winter, we propose to be very liberal in our terms. Do not put off for the more convenient season. It may never come, and if it does, the expense will necessarily be increased.

Nurses.

It is universally acknowledged that skillful nursing does more to restore the sick to health than the services of the physician; yet it is a matter of surprise how little effort is made to prepare people for such a work. Medical colleges and medical societies have existed in this country from its earliest history, while it has been only a few years since the first school for nurses was established. Medical societies exist in almost every county; while if we did not read of the institutions for the training of nurses, we should hardly be aware of their existence. Who will take this matter in hand, and undertake to supply such a crying need? If the fees of the medical professson depended upon such establishments, we should forthwith see them springing up in every county, at least, in the land. But unfortunately there is no greater incentive to their construction than the welfare of the people.

As the world goes, nursing the sick is usually done by the patient's friends. Sometimes this is well, and oftener it is not. The treatment is usually directed by a physician, whose orders are often as grossly misunderstood as in the case where a doctor ordered leeches to be applied, and when he returned to inquire as to the effect produced, was informed by the good man's wife, that after swallowing three, he positively refused to take any more of them.

When a man gets sick, he naturally desires to have his wife, if he has one, take the care of him. And as it has been the study of her life to please him, it might naturally be expected that she will fail to exercise any authority over his morbid appetites. Every physician of experience has seen a great many instances where his patients died from want of proper control during the commencement of the convalescing period.

But it will be said that the time will never come when any other person will supplant a wife in the care of her sick husband; very well, that is just the point. Let every young woman learn how to take care of the sick; a work for which women are preeminently fitted by nature. Why should it not be considered as important a part of the education of every young woman as playing the piano, or talking French? Let them learn the art of caring for the sick as an essential part of their education. If there are no institutions at hand, where it can be learned to advantage, send them to some of the hygienic institutions that have been eminently successful in restoring those that the doctors have given up to die, and let them learn the methods employed. There they can learn how to prepare the little niceties that will be exactly adapted to weakened digestive powers; to administer hygienic treatment; and to furnish the conditions that do so much for the patient, while the doctor is getting the credit—a credit undeserved unless he prescribes them; then such admissions as the following, by the venerable physician and surgeon, Dr. Gross, will not need to be made: "We slay our patients by sins of omission and sins of commission; and many of those that are left alive die by the wayside for the lack of good nursing."

How to Get Sick.—No. 8.

BY J. A. TENNEY, M. D.

Want of Sleep. Sleep is a suspension of every function of the body that depends upon consciousness. The circulation, respiration and digestion go on, but with decreased vigor. A slight action of the nerves of motion is preserved. Thus, if the skin is pricked during sleep with a pin, there will be an involuntary drawing away of the part. This is called the reflex action of the spinal cord; but the brain and spinal cord are one continuous body, hence this peculiar function belongs to the brain.

During sleep nutrition goes on in the substance of the brain in a much larger degree than during wakefulness. Every organ in the body is capable of performing its duty without repair for a certain length of time. When the muscles are used vigorously for a long time, there is a feeling of exhaustion in them, which shows that the waste of tissue exceeds the supply. If labor is carried on with insufficient periods of rest, the muscles waste; yet under favorable circumstances they will become vigorous again. So, during our wakeful hours, the brain is so put upon the stretch, that it has no time or opportunity to supply its own waste, except in a limited degree; but the night takes away the influences that stimulate it to action, so that it contracts upon its blood vessels, as some animals curl up in a corner to rest, and becomes dormant.

All experience shows that the night is the time for this process to be carried on

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in the most successful manner. People can and do turn night into day, but the practice results sooner or later in debility and disease. The light of the sun stimulates the brain, and prevents, in a measure, the molecular changes that constitute the nutritive process. Other influences probably play some part; but the chief reason why debility results from the attempts to get sleep in the daytime, is that the sun, while it is on the same side of the earth as the sleeper, stimulates the brain to action.

But a great many people in our country attempt to turn night into day, especially in cities. It is utterly impossible for any one to sleep in the early part of the night in these places. It is the custom to be out until a late hour; and business men and women are obliged to be up early in the morning. The result of all this is slow suicide. The brain is robbed of time and opportunity to repair itself; and debility comes to every part of the body, while very little attention is directed to its cause.

We hear it stated now and then, that people do not need more than eight hours of sleep. There is about as much sense in a statement like this as there would be to say, that a man can live upon sixteen ounces of food per day; or that every man can perform the same definite amount of work. Some can do more, and some less; some can live upon twelve ounces of food a day, as Louis Cornaro did for the latter forty years of his life, and died between ninety and one hundred years of age; and some can live if they do not have more than four or five hours' sleep in the twenty-four; but these are exceptional cases. Some require ten hours of sleep in a day, and some can live comfortably upon six; there is no rule except the needs of the individual. Very few people in this country sleep too much; the fault is in the opposite direction.

Want of sleep produces anemia of the brain, and so weakens the action of the whole nervous system. Wasting of all the tissues of the body follows, and the person grows irritable in temper, nervous, neuralgic, sleepless; and then a long train of evils follows, including doctors, who administer anodynes and hypnotics, that cause a temporary lull in the unpleasant symptoms, but increase the difficulty thereby. The probable reason why chloral will induce sleep temporarily, is because it is an astringent to brain fibre; but its effect is only temporary, and not curative. All such agents increase the sensitiveness of the brain to morbid influences.

Eight or nine o'clock is a good hour for retiring in winter, and nine or ten in summer. The habit of going to bed early, formed early in life, and adhered to, is better than any inheritance ever left to a person; and the opposite course will inevitably bring upon the reckless victim disease and regret.

Three Meals a Day.

By L. Jones Price, M. D.

One of the reasons offered in behalf of eating three times a day, is—that the stomach is constantly secreting gastric juice; that one of the constituents of this gastric juice is lactic acid, and if food is not introduced into the stomach often enough, these juices, lactic acid especially, irritate its mucous membrane, and are also absorbed into the circulation and thereby cause untold mischief. This argument is really used by allopathic physicians who are classed among the intelligent and liberal. If they cannot offer some better argument in favor of the three-meal system than this they must not be surprised if some people adopt the two-meal system. All our standard physiologists state explicitly that the gastric juice is *not* always present in the stomach; but is only secreted *after the introduction of food into it.* Experiments on Alexis St. Martin, who had a permanent gastric fistula, caused by a gunshot wound of the stomach, were made by Dr. Beaumont, which proved conclusively that the stomach contained nothing during the intervals of digestion but a small quantity of mucus and sometimes a little gas, and that the gastric juice would not flow unless food or some substance was brought into contact with the mucous membrane of the stomach. So that it is not necessary to eat too often in order to keep the stomach and nerves from becoming irritated. The chief reasons for eating so often as some people eat, are *depraved appetites* and *habit.* Because a *disordered* stomach calls for food is no evidence that the system needs it, any more than a similar appetite of the drunkard proves that he should have more alcohol. The stomach became disordered from improper eating, just as the man became drunk from improper drinking. If the habit is created of supplying the stomach with food twice a day, the stomach will not call for it oftener. We who eat but twice daily seldom think of the third meal, and when we do it is not with any desire to partake, but as a useless bygone habit more injurious than beneficial. Most dyspeptics have felt a peculiar feeling of "*goneness*," or a weak craving sensation about the stomach at certain times of the day, which they generally attribute to hunger; but if nothing is eaten at that time, appetite soon disappears, and there is no desire for food. Such an experience results from exhaustion on the part of the stomach, and all that it needs is *rest* for twelve or twenty-four hours, and thereafter a supply of food less often.

In behalf of the two-meal system it can be said, that the body *can be* supplied (providing proper food is used) with *all* the food necessary for the maintenance of good, vigorous health twice daily; that the plan engenders less work upon the vital organs; that the vital force expended in the disposal of the extra meal can be used to much better advantage in other directions; that all the secretions can be kept in much purer conditions, thereby lessening the chances for being affected by exposure to infectious and contagious diseases; and that the digestive organs are less burdened, have longer intervals for rest and recuperation, and consequently can be preserved in good conditions for a much longer time than otherwise, thus giving to a person (other things being equal) a much longer lease of active and useful life.

Questions Answered.

By Robt. Walter, M. D.

A chronic dyspeptic finds his stomach exhibiting a sensitiveness as to kind and quantity of food that he has not before noticed for years. Hitherto he could take almost any food with apparent impunity so far as that organ was concerned; is this a mark of returning health and vigor, or the reverse? Fortunately the doctor can speak both from theory and experience. Perhaps it should be added that the general health of the person seems improved. R. B. J.

Answer. We consider such increased sensitiveness a decided evidence of improvement. One of the worst forms of dyspepsia is that in which the stomach is too far depleted and relaxed to give any evidence of its failure to perform its work. Thousands of persons whose digestive systems are thoroughly broken down and who are suffering from varied ailments which originate in the stomach, never imagine the true cause. A vigorous and healthy stomach is always alive to the needs of the system, and when the proper food is furnished in proper amount, it will be satisfied; but when wrong food and improper amount are furnished, it will give evidence of dissatisfaction. The gentleman's stomach is no doubt enjoying an improved tonicity and vigor, and his health will undoubtedly continue to improve. The doctor has had large and varied experience in this respect, and could tell some wonderful stories from actual experience, of the peculiarities of the digestive functions.

Question. What would you advise to relieve piles that are troublesome three or four times a year?

Answer. Piles are symptomatic of deranged stomach and liver, particularly in such cases as result in a thick and impure condition of the blood. What is needed is good health. If the person afflicted will be careful to maintain the best conditions of health in general, he will avoid the piles. When the first symptoms of piles begin, I would advise abstinence from food for an occasional meal. If the patient should live upon one meal a day for a few days, or should otherwise reduce the quantity of food very much, great improvement would follow. Tea, coffee, tobacco and spirituous liquors are to be absolutely foregone, and, indeed, all the habits of life should be hygienic if the person would be saved from this very troublesome disease.

Question 1. Do you consider pop-corn healthful food?

Question 2. My little girl three and one-half years old wets the bed badly, although I take her up two or three times every night. What shall I do? She has had no such trouble until within a year.

Question 3. My little boy, five years old, has the piles. What shall I do for him?

Mrs. G. H. M.

Answer 1. Simple pop-corn, without any admixtures, is entirely healthful as food. Indeed, it is just as good when popped as it is when ground.

Answers 2 and 3. Both your little girl and boy indicate by their conditions an inherited tendency to disease of the mucous membrane. There is, probably, an irritable condition of the bladder, and possible want of tone in the sphincter; as there is, also, an inflamed condition of

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the lower bowels in the case of the boy. A wet abdominal bandage to the little girl every night, might be serviceable; or, before retiring at night, a hot fomentation over the lower part of the abdomen, repeated two or three times, followed by the bandage. The boy's trouble must be treated according to his conditions from time to time. Never allow his bowels to become constipated, or, if they do, have them moved by enemas of tepid water. Anoint the inflamed part with glycerine or vaseline, and try to restore him to good health.

Question. What treatment would you advise for summer complaint in children?

Answer. This question is pretty fully answered in September number under the head of Cholera Infantum. Care as to diet, warm wet cloths to the abdomen, but if there is much feverishness let them be followed with cool, wet cloths. The patient should not be permitted to eat between meals, and only a reasonable amount of good wholesome food at any time.

Question. Five years ago, while preparing to whitewash my kitchen, I burned my hand badly with lime. The skin is now very thick and hard on the inside of my hand, and cracks and bleeds so that I cannot hold a needle at times. I have used external applications of vaseline, iodine and salves, and taken a great deal of arsenic internally. Do you know of any way to cure it? MRS. E. B.

Answer. My advice is to stop taking the arsenic, once and for all. Vaseline is an excellent application, but the iodine and salves I would not use. What you need is to have your stomach and liver restored to perfect conditions. I think if your blood were pure, and the general tendency to inflamation in the system relieved, that your hand would be improved. What you need is a course of hygienic treatment, and I do not think that anything short of that would relieve you of your distressing ailment.

Question. Will you please give us your opinion of the effects of whiskey, iron and quinine, in a bad case of diphtheria? Also, swabbing the throat till it bleeds? E. R. A.

Answer. The whiskey, iron and quinine are prescribed because the physician does not know what else to do. He certainly could not justify the treatment if he knew the effects, but so long as the people are ignorant of these, destructive practices will be continued. Swabbing the throat is all nonsense in the majority of cases, and to continue it until it bleeds is barbarous practice.

Question. Is it improper to eat apples before breakfast and between meals? 2nd. I am much troubled with incontinence of urine, mostly at night by being compelled to get up. I drink nothing but water, eat meat sparingly; but I eat many apples, mostly raw. 3d. Can I take a full bath safely in a room up stairs where the stove is just below and the pipe comes through and warms it? I am not delicate and I can bear the cold, but I do not know if it would be better than not to take a bath at all.

Answer. There is no objection to eating an apple or two before breakfast, but eating between meals is decidedly objectionable, on account of the quantity eaten as much as for any other reason. If you eat an hour after breakfast you will be likely to overeat, but half an hour before a meal is unobjectionable. 2nd. The incontinence of urine might suggest an irritable state of the bladder, but more likely is the evidence that you eat too many apples. I suspect that you are making a glutton of yourself by eating excessively of raw fruit. Two or three apples a day are sufficient for any one, and many persons can not eat more than one with benefit. 3d. There is no objection to your taking a tepid bath in the room you speak of, provided you do not get chilled or catch cold. A bath, to do you good, should improve your circulation. Before taking it, be careful that you are thoroughly warmed all over, particularly the feet and hands. Then, after taking the bath, rub dry and go to bed, or dress very warmly and have a walk.

Question. I am uneasy about the ringing in my ears, very similar to that produced by quinine. It is loudest in the morning before rising, and interferes some with my hearing. It is more troublesome after a day's ride in a buggy, or after severe mental exercise. Please inform me what the origin of the difficulty is, and what is the remedy. W. E. S.

Answer. It is difficult to say what the cause of the difficulty is. The condition is undoubtedly congestion, and possibly chronic inflammation of the membranes in the vicinity of the ear. Exposure might aggravate it. So might mental labor. Possibly, it may have been caused by quinine taken heretofore; but whatever the cause, careful habits of health are necessary to its removal. It is a local expression of a general disease, and must be treated correspondingly.

Your subscription expires next April.

Question. Last summer you gave me a home prescription for my baby's bowels. The difficulty is passing away, but she is now troubled with constipation, necessitating enemas. I have fed her cow's milk by mixing with one-third strained oat-meal, one-third water, one-third milk, with some cream. This I give her twice a day, at 10 A. M. and 6 P. M., and twice a day I nurse her, at 2 P. M. and 6 A. M., and at 12 at night, and although fed thus frequently she is not satisfied, and shows the greatest desire for some substantial food; frets whenever she sees others eating. She is eight and a half months old, has no teeth. What can I give her in lieu of the oat-meal? She sometimes suffers from a sour stomach. How can I prevent it?

Answer. Give her cow's milk without oat-meal and without cream. Simple, new cow's milk. You certainly do not feed her too much nor too often. I think quite likely a change of food to milk, or perhaps a little bread and milk, or a little farina, or such food as may agree with her, would be an improvement. Cream might tend to constipation; so I advise you to feed her liberally of such food as she can eat, and continue to use the enemas along with rubbing and kneading of the bowels until the constipation is relieved. You may try sifted Graham gruel in place of oatmeal.

Question. I have been troubled every winter since my childhood with an itching on my arms and legs, which varies according to the severity of the weather. It is worse on the inside of my knees and elbows. Seldom spreads below the knees. Looks like fine heat. Never occurs in summer but in cold weather, and annoys me much. Can you tell me the cause, and suggest a remedy?

Answer. The difficulty results from a humor in the blood connected, no doubt, with imperfect digestion and torpid liver. What you need is to be restored to thorough health. Oiling the parts might be of service, but I presume as long as your system is in its present condition, you will suffer more or less.

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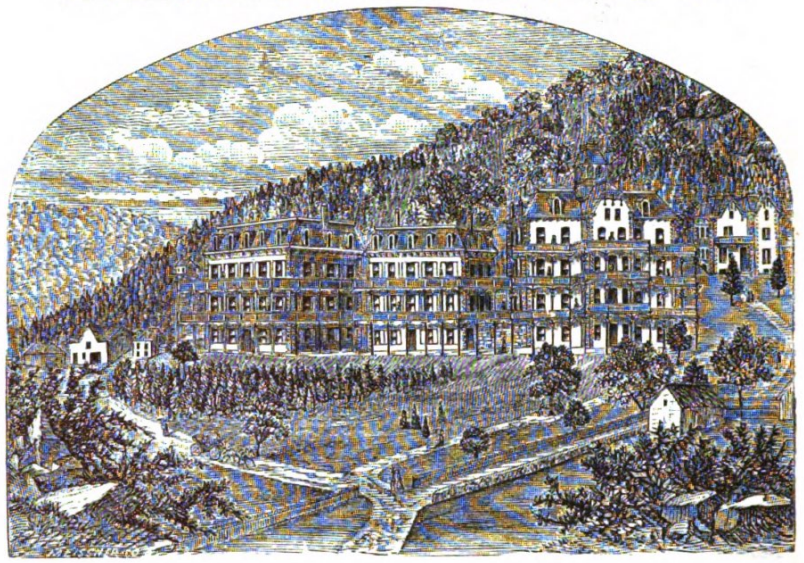

FALL AND WINTER TREATMENT.

The question is often asked, when is the best time for the hygienic treatment of invalids? and our reply has always been, *when they are sick*; and if the conditions can be rendered equally favorable there is little choice between the different seasons of the year. Spring, summer, autumn and winter, sickness will occur; and any good hygienic institution requires arrangements and appliances adapted to all seasons. During the summer these need not be very complex, expensive or troublesome; but as the fall advances and the winter appears, new conditions are imposed and new requirements are to be met. At this season

THE GREATEST PROBLEM

of healthful living for northern climes, that of heating and ventilation, is necessarily forced upon us; and well would it be for physician and patient if the difficulty could be fully appreciated and intelligently met. But how seldom it is! In nothing connected with hygienic living and treatment is equal ignorance or carelessness displayed. Indeed we assert that hygienic treatment is a fallacy, a misnomer, absurdity, when attempted to be carried on in buildings heated by the ordinary cast-iron stove, without any system of ventilation except the open window.

STOVE-POISONED AIR

is necessarily the result, and as Dr. Dio Lewis truly says: "Stove-poisoned air is one of the greatest causes of ill health to northern people." Of course, under such conditions, recovery by hygienic methods is well-nigh impossible.

The Drs. Walter became fully convinced of these truths some four years ago, and have since applied themselves with earnestness and vigor to the establishment of an institution which should permit hygienic treatment to be fully and successfully conducted at all seasons of the year. For the summer months our location is known to be unsurpassed, if indeed equaled on the continent. Wernersville is rapidly coming to be *the* great health resort. The air of our hillsides is the purest and dryest to be found this side of Colorado. We are above the dew-point; the soil is remarkably porous, the strata lying perpendicular; the water is pure and soft from living springs, high above contaminating influences; the scenery is declared by travelers to be equal in beauty to anything in Europe or America, and the surroundings, in general, such as to delight the beholder. In addition the climate is, for this latitude, extremely mild and equable, the thermometer at this point not having fallen as low as zero for several years, though in the unprotected valleys beneath us, five or six degrees below zero is occasionally found. In a word, we have all the natural advantages for

A GREAT WINTER RESORT

and we do not mean to be behind as to acquired facilities. During the past our years we have carefully and judiciously expended over NINE THOUSAND DOLLARS in heating, ventilation and plumbing, and we therefore reasonably infer that we are unsurpassed in this respect on the continent.

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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. III. READING, PA., JANUARY, 1881. No. 9.

Food;—What and How we Shall Eat.

BY ROBERT WALTER, M. D.

Impure Food. Purity in food is a very desirable quality. That which contains the necessary elements of nutrition in an organic compound, unadulterated with obstructing matters, is the highest ideal. The delicate organs of the human frame should not be rendered abnormal, and their functions irregular, by introducing among them unnecessary matters. Examining food from this standpoint, the arguments are largely in favor of the vegetable as against the animal. The reasons for this we will strive to state clearly and succinctly: First; flesh always includes matters which, during the life of the animal, were in process of rejection from its organism. Carbonaceous, biliary, fecal, ureal and perspirable elements exist in every living animal, just ready to be taken up by the lungs, liver, bowels, kidneys and skin, to be expelled from the system, which, when eaten in the flesh of the animal, are received by the eater, not as food, but as obstructions to interfere with vital operations. These matters of themselves are not of great account, for, of course, they must exist in a given portion of structure in very minute proportion, and hence flesh meats need not be rejected for this cause.

Accidental or incidental impurities may, in like manner, be found in the flesh of animals, and thus, when eaten as food, be introduced into the organism of the eater, and produce most serious consequences. The disease called Trichinosis is an example. It is caused by animalculæ being introduced into the organism of the eater of pork. Trichinæ may exist in other animals; but pork is the medium through which it is usually introduced into the human system. Only a few days since we were called to view a patient in whose system, chiefly in the muscles, millions of these minute living beings were to be found, producing the most serious and painful symptoms. Loss of appetite, vomiting, diarrhœa, fever, pain with every movement of muscle, suggested the disease; but a removal of a part of the muscle, and subjecting it to view through the microscope, which revealed thousands of these animalculæ, was the unerring diagnostic symptom. The possibility of contracting this incurable disease ought to be sufficient to deter any intelligent and thoughtful man from eating this abomination called pork, which is condemned by both natural and divine law. The trichinæ are developed in the hog because of his filthy habits. He is essentially a scavenger, eating all manner of filth, and is, therefore, fit food only for scavengers.

The Mosaic laws with reference to food were not unreasonable. The propriety of abstaining from pork as food is not dependent upon any arbitrary decrees, but exists in the nature of things; and just as truly so, before and since the Mosaic dispensation, as during that period. The Mosaic law in this respect simply affirmed a law of nature. Indeed, as we reason, the laws of Moses with regard to food have never been superseded by any better system. Typical and ceremonial laws received their fulfillment, and hence properly passed away with the introduction of a nobler religion, but we are not ready to admit that the new religion was ever intended to secure to man the right to crowd his organism with filthy food, or debauch it by filthy indulgences. The Christian is no longer under the law, to be sure; and his salvation is not directly dependent upon the conditions of the body, but food that was once unfit, has not become, by any religious consideration, good for human beings. The introduction of the Christian religion has neither altered the habits of the hog nor the laws of physiology. Pork is an abomination now, as it always has been, and is properly classed with those other abominable indulgences, the use of tobacco, alcohol, &c. Those who consider eating to be the chief end of man, as well as those who are thoughtless, heedless and reckless of health, and perhaps of life, will no doubt continue their ham, but the intelligent hygienist will at once and forever abandon such dangerous food if he has not already done so.

THE FATTENING OF ANIMALS.—The usual plans of fattening animals are among the most important means of rendering such food unfit for human use. The whole process is a disease-producing one; and even if the fattened animal gives no evidence of the existence of disease, the causes are, nevertheless, so existing in the flesh as to be communicable to the blood of the eater, to produce various derangements of the organism. Though the flesh of the hog under the usual conditions were ever so healthful, the overgrown, obese, impure conditions in which it is usually offered for our use, render it a certain cause of disease. Filthy stys, swill, decaying animal and vegetable matters, even vegetables and grains in excessive degree, are known to render him unhealthful. The hog not only, but the ox or sheep that roams the fields, breathing the pure air, drinking the pure water, having both pure food and abundance of exercise, may represent a high degree of health, and possess flesh and blood of comparatively high degree of purity; but when the same animal is caged within a dark stall or sty, fed upon slops and grains, breathing the foul air of the stables, deprived of exercise, until his system becomes loaded with half organized and half vitalized material, we have an entirely different state of things.

But even when the materials, air, water and food, are the best, the process of fattening is still necessarily disease-producing. Fattening means excessive alimentation, with deficient excretion; a condition in which, while food is introduced in excess of the needs of the system, the waste and devitalized matters that should be removed through lungs, bowels, liver, kidneys, skin, &c., are retained as so much irritating matter. The animal becomes sluggish, heavy, and inactive, as well as obese, conditions very widely different from those possessed by him while roaming the fields and feeding upon his natural food. The art, indeed, seems to be to crowd the animal until there is real danger of his dying by disease, and then slaughter him for human food. The hog is truly supposed unfit for slaughter until he has become loaded to the greatest extreme with superimposed fat. If he can be made to weigh 500 to 1000 pounds, instead of retaining his normal size and weight, his flesh is considered all the more valuable, and cattle that are fed until the extreme condition of obesity is attained, are not only increased in marketable value by the increased weight, but the flesh is sold at an additional price per pound. It is proper to remark that such flesh is utterly unfit for human use. And it is more than surprising that the thoughtless multitude not only, but the physicians who are led by them, should never have suspected it.

That the fat state is the unwholesome one is proved by the conditions that must be observed in the fattening process. The food must be both abundant and concentrated, and the animal gorged with it to his fullest capacity. Exercise must be reduced to the lowest point or wholly prohibited. The process will be all the more complete by exclusion of sunlight; and in all respects the skill of the feeder will be exhibited by reducing to the lowest point those conditions and activities which tend to vigorous excretion, and consequent purity of flesh. To retain and add all that is possible, without producing obvious disease and death, is the object sought.

AGENTS wanted to solicit subscriptions for this journal. Address the Editor.

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How to Get Sick.—No. 9.

By J. A. Tenney, M. D.

Occupation. Some occupations are from their nature productive of disease, while others require more or less care to protect those engaged in them from evil consequences. There is no occupation that is entirely free from exposure to the causes of disease; but they may generally be averted by a little care and forethought.

Workers in quicksilver mines, match factories, bleacheries, coal mines and cotton mills, are liable to disease from slow poisoning. Quicksilver volatilizes slowly when exposed to the air, and its fumes, constantly inhaled, will break down the strongest constitutions. Those who are exiled to Siberia, and made to work in the quicksilver mines there, know perfectly well that it means death for them in a very few years.

Those who work in match factories are liable to have caries of the lower jaw, from breathing the fumes of phosphorus, or phosphoric acid. Why this poison affects the lower jaw and no other part of the bony framework of the body is a question for the curious to solve; the fact remains that so extensive caries often occur in the same way, that the whole lower jaw must be removed to cure the difficulty. Straw bleacheries produce irritation in the lungs, from the fumes of burning sulphur, or sulphurous acid. Chronic pneumonia is liable to follow, ending in death.

Miners are liable to disease in a variety of ways. In most coal mines they are obliged to breathe coal gas, which is the product of slow decomposition of coal for centuries. Ventilating machinery diminishes the danger from this source, but still a certain admixture of the gas remains in the air breathed by the miner. The fine particles of coal dust permeate every portion of the body, irritating every tissue, especially the lungs. But without doubt, one of the greatest causes of consumption, which is so prevalent among miners, is the deficiency of sunlight, which necessarily attends their labor. It has been demonstrated over and over again that living in darkness will slowly but surely cause the formation of tubercles in the lungs; and when once formed, their expulsion causes death in the vast majority of cases, by causing the destruction of the lung tissue.

Operatives in cotton mills are particularly liable to consumption. In England the tendency toward this disease is more marked than in this country, on account of the adulteration of the sizing used for the warps with a species of clay. This makes a fine dust that is very irritating to the lungs.

Other occupations are injurious to health, unless carefully managed, as painting, photography, etc. Musicians and lawyers do not generally live to be old, because their occupations call for great outbursts of vitality at irregular seasons. It is next to impossible for people in general to have good health without steady employment. An even life tends toward longevity; but an intensive one produces morbid appetites, dissipation and decay.

One would naturally suppose that farming would promote longevity more than any other occupation. Farm work is mostly out of doors, in the pure air and sunlight, and every power of mind and body is brought into action under favorable circumstances. Farmers live to be old; but their wives are liable to suffer from the monotony of isolated life. Insane asylums are peopled by farmer's wives more than by any other class of people. Variation in occupation and society is absolutely necessary to mental and physical health. If we attempt to disregard these laws of our natures, we could easier emigrate to the moon than escape their consequences.

The best condition for a long and useful life is to have neither great poverty nor great riches. Every person should have a steady occupation, that will call for a moderate amount of exertion each day. If vital power is not used in work, it will go out in dissipation; if it is not trained to do service for its possessor, it is liable to bring disease and suffering upon him.

The Chemistry of Our Food.

The division of foods into nitrogenous and non-nitrogenous is a convenient one, though not possessing the full physiological significance that Liebig ascribed to it. Nitrogen is one of the "organogens," and enters largely into the composition of the animal tissues. It is an important constituent of the muscular system, which cannot be built up or repaired without it. It must therefore be supplied to the body in some form or other.

There is no lack of the element in its uncombined form. We live at the bottom of an atmospheric ocean, four-fifths of which consists of nitrogen. It is continually surging through our lungs, which inhale and exhale more than four tons of it every year. But of this enormous amount that enters and leaves our bodies, not a single grain is available for purposes of nutrition. It goes out as it comes in, nitrogen pure and simple, answering no other end than to dilute the oxygen, which, though it forms but a fifth of the air, is alone the true "breath of life."

The fact is that nitrogen, if it is to nourish the body, must be supplied in some organic combination. Indeed, this is true of the great bulk of our food, the portion that is inorganic being comparatively insignificant in amount, though indispensable to the welfare of the system. This immutable law of nature is the basis of the relations of the animal and vegetable kingdoms. Animals do not possess the power of converting the elements found in the mineral kingdom into their own bodies; therefore they are wholly dependent for their supply of nutriment upon the vegetable creation. It is the great function of plants to convert mineral matter into those highly complex or "organic" substances which, as has been stated, constitute the chief nutriment of the whole animal kingdom. The vegetable *organizers*, the animal *disorganizers*. The plant takes into its mechanism mineral matters, the constituents of which it recombines, so as to produce from them sugar, starch, woody fibre, and the various other so-called "vegetable" substances. The animal takes into its organism these vegetable substances, reorganizes them into its tissues, or structures, and subsequently disorganizes them, and reduces them to their original mineral or inorganic condition.

The nitrogenous foods are often called "albuminoids," because albumen may be considered the representative or "type" of the group. The other leading albuminoids are fibrine and caseine, or fibrin and casein, as the words are now more commonly written. Albumen is a solid that cannot be crystalized, soluble in water up to 140° F., at which temperature it coagulates, that is, becomes insoluble. The white of an egg is the most familiar example of it, the boiling of the egg the simplest illustration of its solidification by heat. It is also found in the juices of plants, often in great abundance. Fibrin is a hard, horny substance, the chief constituent of the muscular tissue of animals. It is found in solution in the blood, and coagulates or "clots" soon after the blood is drawn from the body. The gluten of wheat flour is mainly composed of albumen and fibrin, or "vegetable fibrin," as Liebig called it. Casein (which takes its name from the Latin word for *cheese*) is found in solution in milk. It is precipitated or coagulated in the form of curd by acids, and by rennet. "Vegetable casein" is abundant in peas, beans, and other leguminous seeds. There are various other albuminoids, but they all resemble each other so closely that many chemists believe them to be identical in composition. It would be out of place to dwell upon them in this familiar outline of the subject.

Albumen, fibrin, and casein contain from 15 to 17 per cent. of nitrogen, with 53 or 54 of carbon, 20 to 23 of oxygen, and about 7 of hydrogen. The small remainder of about 1 per cent. is made up of sulphur and phosphorus, though some authorities say that there is no phosphorus in casein.

Gelatine is a nitrogenous compound which differs in some respect from those already mentioned. It is obtained only from animal products, especially from bone, and its most striking property is that its solution in water gelatinizes or

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"jellies" upon cooling. It forms the basis of soups. Chondrin is a similar compound obtained from cartilage, or "gristle." The question whether these substances have any nutritive properties has been much discussed, and settled alternately in the affirmative and the negative. The latest decision reached by a committee of the French Academy of Sciences is in the affirmative, and rests upon so firm a foundation of experiment and research that it is not likely to be reversed again.

It has been said that there is no vegetable gelatine. The jelly obtained from fruits and certain other vegetable substances is wholly different, being a non-nitrogenous compound, known chemically as pectine.—*Journal of Chemistry.*

The Artificial Drinking Habits of Society.

By P. R. Russell.

The artificial, needless and damaging drinking habits that have grown up in civilized society are *awful.* This drink, *drink,* on all sides and all occasions, until thousands seem to act and feel as tho' the "chief end of man" is to quaff down the throat, as much delicious and stimulating drink, as the poor stomach can contain. When the food is nourishing, and normal, but little drink of any kind is called for, as the fruits, vegetables, and well-cooked fresh meats, and fish and milk furnish all the fluid nature will call for, especially if milk is made use of, and we are not exposed to heat, fatigue, or much perspiration. More than 50 per cent. of our best food, is pure water, and those who live hygienically and are not diseased or exposed to much heat, or hard toil, will hardly have occasion for frequent drinks of any kind, perhaps not for several consecutive months. The writer has long made it a rule of life to live according to the known laws of health, and to drink water only, and only when nature calls; and for the last three months nature has made no demand for beverage of any kind. I find the calls of this kind are verv infrequent. Our drinking habits, to be right, should be strictly normal,—never for intoxication, never to soothe and exhilarate the mind, never to hurry the process of eating, by washing the food down half masticated, never with our food, to gratify a morbid appetite; nor should we ever drink to obtain some cordial or condiment in the drink that will tickle the palate. These habits are all abnormal and wrong, and should be instantly and forever abandoned by all who wish to be right,—right with God, and right with themselves. We should drink for only one object, and that is, to respond to the calls of nature, and she calls, in her normal state, for pure cold water. Indeed, all drink when purified and separated from the befouling elements, is water; all else is foreign, intrusive and to be rejected.

How far has society, even in what are called Christian lands, drifted away from the simplicity of nature in their drinking habits! These habits, to the scandal of the Christian religion, are more morbid and intemperate than in pagan lands. No tongue can tell, no pen can describe the delusion and delirium which almost universally prevails on this subject. Most persons, highly esteemed for virtue and wisdom in other respects, debauch themselves with hard drinking,—not perhaps, of intoxication beverages, but of narcotics, which over-work and derange the nervous system, and embarrass and break down the digestive organs. What a list of wretched compounds the cupidity of man has invented to minister to the morbid appetite! Look at the list! Cider, beer, ale, porter, gin, rum, whiskey, chloral, morphine, laudanum, tea, coffee and chocolate, etc. Alas! what a troop of bewitching enemies! As drink they are all needless and evil, but not in the same degree. Tea is not so bad as whiskey; nor is coffee to be compared with morphine. But these are all useless and evil as drinks, some in the comparative, and others in the superlative degree. Over $600,000,000 per year is spent in the United States, for intoxicating drinks, filling the land with vagabonds and madmen. More than $200,000,000 more for the milder and maddening, artificial drinks; enough in a few years to lift the poor all up out of the slough of poverty, and put them in good circumstances. The laboring classes of Great Britain spend 15 per cent. of all their earnings for intoxicating liquors. The other artificial drinks will bring the bill of cost up to 20 per cent. of earnings. The loss in time, skill, and self-inflicted sickness will probably take 20 per cent. more out of their capital. Things are not much better in the United States. To say nothing of other mistakes and follies, the drink-habits of society are shamefully abominable. They plunge thousands into needless poverty, and render them miserable slaves to depraved appetites; and not a few others are hurried on to a premature grave, and while on the road are made half-crazy invalids. A radical reform is needed, one that shall go to the bottom of this appalling evil. This cannot be reached without total abstinence from all *artificial* drinks. Drink only *pure water and this only when nature calls.*

Anæsthetics.

By J. A. Tenney, M. D.

The term *Anæsthetic* was first proposed, by Dr. Oliver Wendell Holmes, to signify an agent that produces insensibility to pain. Ether, chloroform, nitrous oxide gas, naphtha, and several other substances, will produce this condition, inducing such a state of the nervous system, that nothing will rouse it to sensibility until some time has elapsed after inhalation of the substance has ceased.

Anæsthetics have been the greatest possible boon to the human race, in reducing the terrors and nervous shocks attending surgical operations. Because they are so useful, people are liable to fall into the error of supposing that there is no danger attending their use, and so risk their lives and health from insufficient causes; but let it be remembered that there is always danger attending their administration. This danger is greatly increased when there is organic disease of the brain, heart or lungs.

Many demand the administration of these agents, in order to have the most trivial operations performed, in these times, such as the extraction of teeth, the opening of abscesses, etc. This is wrong. Anæsthetics are poisons; and to suspend the functions of animal life, by any means, is a dangerous proceeding, and should not be undertaken for slight causes. There may be an excuse for choosing the less of two evils, but never the greater.

But it will be said, that the inhalation of nitrous oxide gas is perfectly safe. Probably it would not be any safer than ether or chloroform were it not for the fact, that its effect is not lasting. Dr. Roberts Bartholow, an eminent author, in his Materia Medica, page 370, says:

"So far as the exterior phenomena can afford any indication of the nature of the action, the condition produced by nitrous oxide is an asphyxiated state. The blood ceases to be oxygenated, carbonic acid accumulates, and the centres of conscious impressions are rendered inactive in consequence of the deficient supply of oxygen, and the excess of carbonic acid. The rational indications of the nature of the narcosis produced by nitrous oxide are confirmed by physiological experiment. It has been found that the exhalation of carbonic acid is decidedly diminished by the inhalation of nitrous oxide, and that animals live no longer in an atmosphere of this gas than in an atmosphere of nitrogen."

It will thus be seen that the reason why we do not hear of deaths occurring from the effects of this gas as often as from other anæsthetic agents, is probably on account of the very short duration of its effects. Deaths have resulted from its use, and it is not uncommon for it to be followed by nervousness, headaches, and other unpleasant consequences.

Chloroform contains no oxygen, hence it should be administered with a large proportion of atmospheric air. Not more than three and a-half per cent. of what is inhaled should be chloroform. Practitioners keep their attention directed to the action of the heart during its administration, because its depressing effect is exerted first upon the circulation.

Ether is in more general use than any other agent, because it is considered safer than the others; but so many deaths have occurred from its inhalation since it came into such general use, that it may be questioned, perhaps, whether it is really safer than chloroform, if the latter substance is properly administered. No longer ago than within a month, the *London Lancet* recorded the death of a person in England, who died of paralysis of the heart, caused by the inhalation of ether. It has been the habit of practitioners to pay no attention to the action of the heart when ether is administered, but they have directed their minds to the respiration. It appears that it is also liable to cause death by paralyzing the heart.

If patients demand anæsthetics, practitioners will give them. The people should be educated to let them alone except when it is clear that they are the less of evils. The opening of abscesses and the extraction of teeth should be performed without them.

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The Laws of Health.

Monthly, 50 Cents a Year.

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☞All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., JAN., 1881.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan.—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems, special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing, eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

1881. The New Year. 1881.

The Editor sends greeting to all his readers, wishing them A Merry Christmas and a Happy New-Year. The season is bright with happy inspirations. The ambitions must be intensely sordid, even the heart dead, of him who feels not the springs of a new life as the new year dawns upon him. Of the old year he may say,

"He frothed his bumpers to the brim,
A jollier year we shall not see;
And though his foes speak ill of him,
He was a friend to me."

But if this should not be the case; if the year is but a record of sorrow and misfortune, let there be no vain regrets. Fretting over the past will not help the future. "Let the dead Past bury its dead." Drop the sad story of hopes unrealized, ambitions unsatisfied, and let us enter upon a new life, let us strive for nobler achievements.

Let us ring the bells for a nobler theme, a truer life and a better time.

"Ring out, wild bells, to the wild sky,
The flying cloud, the frosty light;
The year is dying in the night,
Ring out, wild bells, and let him die.

"Ring out the Old; ring in the New,
Ring happy bells across the snow;
The year is young, let him go;
Ring out the false, ring in the true.

"Ring out the grief that saps the mind,
For those that here we see no more;
Ring out the feud of rich and poor,
Ring in redress to all mankind.

"Ring out a slowly dying cause
And ancient forms of party strife;
Ring in the nobler modes of life,
With sweeter manners, purer laws.

"Ring out false pride in place and blood;
The civic slander and the spite:
Ring in the love of truth and right,
Ring in the common love of good.

"Ring out old shapes of foul disease;
Ring out the narrowing lust of gold;
Ring out the thousand years of old,
Ring in the thousand years of peace.

"Ring in the valiant man and free,
The larger heart, the kindlier hand;
Ring out the darkness of the land,
Ring in the Christ that is to be."

How Is This?

One by one the petted notions of the schools are being cast to the winds. Bleeding, purging and calomel have had their day; wrapping the fever-stricken patient in hot blankets, closing all the avenues for the entrance of pure air, and keeping him crying for water to quench his thirst, has been for some time relegated to the superstitious past. Little by little the other remnants of barbarism are disappearing. A month or two since we showed how an eminent professor in one of the principal colleges of this state, declared that the violent processes used for uterine inflammations were probably useless. Another one in the same school overthrew the notion, everywhere prevailing, and acted upon by practitioners, that ulceration of the uterus is a common disease; and now we are prepared to report a still more important declaration, from that eminent physician and professor, Dr. Wallace, dean of Jefferson Medical College. Talking about the use of supports for prolapsed uterus, he declared:

"I know that many physicians are ready to swear by the pessary, always and under all circumstances, and of course they use it in these cases, but I now enter a *caveat* to stop the whole thing. *It should never be used at all.* It increases the distension, and never does any good."

Will the thousands who are being victimized by the meddlesome practice of country physicians, stop and think for a few moments? Will they consider that this eminent professor stands at or near the head of the profession in this country, and that he solemnly declares, after twenty or thirty years' use of these abominable instruments, that they are absolutely worthless? But if they were only worthless, they might be tolerated. Our objection to them is not that they fail to do good; it is that they do untold mischief—cause untold miseries.

What can be said of a system of practice which repudiates every few years the teachings of the preceding ones, and has continued uninterruptedly to do so for twenty centuries? Is there any reason to believe that it is more reliable to-day than it was 100 years since? Medical practice has been exhibited in a hundred different phases within the remembrance of the present generation, and to-day the professors are engaged in denouncing the practices of their predecessors. Truly, a system founded without principles and practiced without reason, exposes continually its faults and fallacies.

AN INTERESTING CONVERSATION.

The following, taken in connection with the above, will certainly be interesting to our readers. Dr. B, a young graduate of medicine, was conversing with Mr. S., a college student, on the subject of medicine. Mr. S. says, "I would prefer not to be experimented upon," when Dr. B. replies, "when it is all experiment from A to Izard, what are you going to do about it?"

Yes, reader, what are you going to do about it? Are you going to be experimented upon? Are you prepared to take strychnine and arsenic and calomel and morphine and alcohol and the deadly acids and alkalies, when it is all experiment from A to Izard? Experiment in the hands of correctly thinking men is often an important means of arriving at the truth, but in the hands of those who are *educated* into false processes of reasoning, of course disaster only must follow.

Dr. Chapman, late president of the Medical Society of Philadelphia, formerly an eminent professor in the University of Pennsylvania, declares in his Materia Medica,

"Medical conclusions differ very widely from every other species of evidence. We cheat ourselves with a thousand delusions, and are imposed upon by still more deceptions. It is not necessary that I should enforce this remark by the enumeration of any examples; no one who is conversant with the practice of physic need be told how often his own deductions have proved erroneous and how little confidence is to be reposed in those pompous recommendations with which medicines are everywhere promulgated."

Surely, experiment under such circumstances is a dangerous thing for the patient. But Dr. Chapman speaks still more clearly upon this point, in the following words:

"To trace the relations of a medicine to disease, the exercise of the higher faculties of the mind is demanded, and we at once introduce the spirit of speculation, or what is termed reasoning, in medicine."

Dr. Chapman was a noted physician, philosopher and reasoner, and he clearly perceived that sound reasoning presupposes correct premises, and by admitting that physicians have no premises that are relied upon, he agrees that medical reasoning is simply a process of speculation. The spirit of speculation, he says, "*is termed reasoning in medicine.*"

Reader, close your eyes, open your mouth, and swallow it down, asking no questions; and when you get desperately

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ill, and the last agonies come over you, remember that you have been subjected to experiment which has no basis but a delusion of the imagination, growing out of medical speculation.

Let us have light. Medical empiricism can only exist in the darkness of ignorance. The fifteenth century was no more fatal to true religion than is the nineteenth century to true medical science, and the thunderings of a Luther, Melancthon or Calvin scarcely more important in their influence upon mankind than the teachings of the LAWS OF HEALTH.

Manipulations.

It is astonishing how rapidly this system of treatment has been adopted by the profession. Seven years ago, when the Drs. Walter first introduced it at the Mountain Park, it was almost unheard of, but since that time great changes have taken place. Though not by any means the only agency of cure which we employ, it has, nevertheless, attracted attention more than the other influences, and the physicians have readily adopted it, in answer, no doubt, to their observations of the results. We were pleased greatly to listen to a clinical lecture upon the subject of club feet by a noted old-school professor—the professor taking particular pains to prove that the principal published works on surgery were wholly wrong in their treatment of this deformity. These generally recommend separating the contracted tendons in early infancy, say between the second and third month, a practice which this professor strongly condemned, declaring that in nine cases out of the ten the club foot in the child can be entirely remedied by daily manipulations; and if parting the tendon should be necessary, it ought not to be done earlier than the second or third year. Manipulations, however, he urged as the important treatment in all cases. The professors do not admit, of course, and perhaps are not conscious of the fact that the Drs. Walter were among the first to introduce this plan of treatment as a part of general medical practice; and of course we are delighted to see it so readily adopted.

Too Much.

Some years ago Artemus Ward wrote an account of a visit to the Mormons, in which he said he met sixteen widows of a Mormon elder. Each one laid one of her hands in his, making seventeen hands in all. Then they "hove sixteen sighs of different size." He asked them, "Why is this thus? Why this thusness?" They said, "Thou wilt soon gonested away." He replied, that "when he got ready, he usually wentested." Then they asked him to marry them, and he declined. They asked him again, and he declined again. Then they said, "Oh! cruel man! this is too much, too much!" He said that was just his idea; it was altogether too much. It was on account of the muchness that he declined!

This incident is brought to mind by an article in a recent number of the *Michigan Medical News*, describing the Salisbury plan of treating consumption. The writer says:

"In 1858, Dr. Salisbury had ready for the press a work, in which he describes his experiments with over 2,000 swine. They were fed in various ways, but 1026 were fed on food filled with yeast. In ten weeks' time 246 swine died. 104 of them were examined after death, and all were found to have in the lungs the disease known as consumption. * * * * * Again, Dr. Salisbury took healthy men—hired by the day—and fed them as he fed the thousand hogs. In every case consumption of the bowels was induced in from 10 to 15 days. Can the candid and unprejudiced student in medicine ask for more?"

We should think not. We are certain that we should be satisfied with a great deal less. Pray how did the doctor know his patient had consumption of the bowels? Did he wait for them to die, so he could hold a post mortem examination? If so, did he commit manslaughter in the interest of science? Or was he so sure he could cure the difficulty after it was produced, that he was not afraid of experimenting with such a deadly malady?—like the man who always threw his patients into fits when he did not know what was the matter with them; because he had a medicine that was "death on fits," and so a cure was effected? There is a kind of "muchness" about the matter that we would like to have explained.

Colds and Pneumonia.

We are asked for the treatment of a cold settling on the lungs and producing cough. During the last month we have had several severe cases to deal with, and they have all been treated successfully and fully restored by the means which we herewith recommend. In these cases we diagnosed pleuro-pneumonia, cases in which the pleura and lungs were both involved. Most violent cough, pain, difficult breathing, and even typhoid symptoms were manifest. The treatment consisted: first, in restoring circulation to the surface and extremities. This was accomplished by wrapping the lower half of the body in blankets wrung out of hot water, and covering the patient warmly. Hot cloths were at the same time laid between the shoulders behind, and cloths wrung out of cold water laid over the chest in front, and frequently changed, more particularly in such cases as showed difficulty of breathing. This treatment continued for half an hour, when the patient was sponged off, dried and rubbed thoroughly, warm bricks placed to the feet, and cool compresses maintained over the lungs. As complete rest as possible was enjoined. The patient abstained from food for from one to three or four meals. Usually, no subsequent treatment for that day was necessary, except the cool compress to the chest, covered with dry flannel cloths, and preserved in position all the time, being changed once in three or four hours. The succeeding day the treatment may require to be repeated, or with a decided abatement of symptoms a sponge bath, as the fever begins to rise, may be all that is required. The compress should never be omitted, however, until recovery is complete. Severe cough may be relieved by hot fomentations to the chest for fifteen minutes, followed by the compress. The feet are always to be kept warm, and the head and chest cool. The bowels should be evacuated by enemas of tepid water. Every case was completely restored, without any remaining symptoms or sequelæ whatever. The patient cured on this plan is permanently well as far as the disease has affected him.

For less violent colds, less vigorous treatment would be required. The hot bath and abstinence from food for a meal, cool compress over the chest, possibly preceded by a hot fomentation for ten minutes, is usually all-sufficient. When the patient is feverish, cool him off with a sponge bath of warm or tepid water. Be sure that his extremities and surface are kept warm.

Contagious Diseases.

Every one is interested in the prevention and cure of contagious diseases. There is a general impression abroad that they cannot be wholly prevented, and when once in operation, there is a chance of the patient being incurable. Small-pox has long held the people in terror, and, of late years, diphtheria has come to be a most dreaded monster. Scarlatina, measles, bowel complaints, typhoids, are also subjects for anxiety. Small-pox is attempted to be prevented by vaccination, on the principle that if you establish a similar disease you may possibly prevent an exhibition of the real disease at some future time. We are opposed to vaccination, because we know of a more certain and rational means of prevention.

All these diseases are the result of impurities in the system, and can be absolutely prevented by keeping the blood and tissues perfectly pure. Physicians generally may not be willing to go as far as this statement would carry us, but their practice and teachings lead us in the same direction, as we shall show.

When a really intelligent physician is called to treat a case of diphtheria, or even small-pox, he investigates into the quality of the air that has been breathed, and the water that has been drunk, and if he is still more intelligent, he will examine into the quality of the food eaten. Bad air and bad water, it is agreed, produce conditions for typhoids, small-pox, diphtheria, and, if these are withheld, the diseases will be reduced to a minimum. Parallel reasoning would indicate that impurities may be taken in the

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food eaten, just as truly as in the water drunk, or the air breathed. We have known serious cases of disease to grow out of the eating of impure food. Where the air has been extra good, and the water absolutely pure, diphtheria of the most deadly kind has, nevertheless, existed. A case in point: A young lady, who breathed really pure air, and drunk the purest spring water, was attacked with the disease, and the false membrane covered not only the throat and fauces, but extended over the roof of the mouth and gums between the teeth, and, though previously in the most vigorous health, she died.

Narrow minded physicians are thus led to believe that diseases may be produced without the causes which sanitarians cite as necessary. In this young lady's case, we are satisfied that the cause consisted in the food eaten, rather than in the water drunk or the air breathed. This young lady was in the habit of eating excessively of unwholesome food. A bowl of drippings from roast beef was not too much for her strong stomach, and while frequently indulging in such hearty and impure food, (because the drippings from the beef must necessarily contain the chief constituents of impurities which are always found in flesh meats), so rendered her blood impure and inflammatory, that under the slightest provoking cause diphtheria was produced of the most malignant kind. If people will live hygienically not only as to the air they breathe and the water they drink, but as to the food they eat, and their general habits of life, they need have no fear of diphtheria, small-pox, typhoid, scarlatina, etc. If they should become exposed and take on the disease, the attack will be so mild that under any reasonable treatment recovery is certain. Diphtheria may be incurable in a given case; in another case it may be entirely curable, and the difference is explained wholly by the previous habits of life of the patient. This young lady's extra good health and strong digestive powers were the occasion of her death. A person of feeble stomach never could have violated the laws of health as she did, and hence never could have become the victim of so malignant a disease.

Hygiene pays as a means of prevention, and as a means of cure. We believe in working carefully to the prevention of all diseases, small-pox included, but we advise our readers not to be content with vaccination, or with breathing pure air or drinking pure water. Let them scrutinize carefully their habits of eating, and so come to have pure, highly vitalized blood.

Alcohol.

When a housewife places the white of an egg in water over a hot fire, she knows that the process of boiling will harden it and turn it white in a minute or two. Just why this effect is produced, perhaps she never stops to ask herself, but merely lets it go for a fact. Let every woman who reads this article put the white of an egg into a small quantity of alcohol, without heating it at all. She will notice the same effect produced after a little that resulted from the action of heat. The white of an egg is composed of a substance called albumen, which hardens in hot water, or in alcohol at an ordinary temperature.

The brain and nerves are almost entirely composed of this substance, albumen. So if the brain is immersed in alcohol, it soon hardens. The anatomist takes advantage of this fact, and hardens the brain with alcohol before examining some important portions of it that would otherwise break down beneath his touch.

Without doubt, poisons that tend to unite with dead tissues and destroy them, will, after a time, produce a similar effect upon living structures, if they are brought together constantly. If acids are applied to the skin, their action is resisted by the vital force for a time; but after a while vitality leaves the part, and the acid corrodes the tissues. So alcohol will gradually diminish vital resistance, and the brain and nerves will become hardened and contracted during life, as a limited experience in the dissecting room will show any one, in the persons of those who died from chronic alcoholism.

This tendency toward coagulation of the albumen in the brain which alcohol produces, creates the phenomena of stimulation and intoxication. The nerve force resists the enemy as long as possible, and then it succumbs, and the victim sleeps the sleep of intoxication. The constant repetition of the irritation destroys the power of resistance, and the brain hardens.

Other and more remote effects follow the use of this poison, which are referable to the lowering of nervous power in the various organs affected. Hardening and contraction of the kidney, called cirrhosis, Bright's disease of the kidneys, and tuberculosis of the lungs, are common effects of alcoholism, which end the life of the victim, unless the irritation of the brain gives rise to fatal delirium tremens.

Every mother should understand what she is doing when she gives the compounds found in the drug stores to her children when they are sick, or when she takes stimulants herself when she has a nursing child. The tendency to permanent alcoholism may be fixed in the constitution of a child at this period, which may never be eradicated.

The Brethren.

We have been sending the LAWS OF HEALTH to the ministers of the Brethren Church for two or three months, in response to a request by a member of that denomination, who has paid us therefor. Three additional numbers are due, and when they are sent the paper will be stopped unless it is ordered by these ministers. We would be greatly pleased to have them all become subscribers, and to this end will furnish it to them at half price, or 25 cts. for each person. Any other ministers can be supplied at the same price. We notice that some of the brethren are anxious, fearing that we mean to send in a bill by and by. We wish to disabuse their minds entirely upon this point. The paper that they are receiving has already been paid for, and we would be happy to have them continue to receive it if they will order it on the terms mentioned.

A Prophecy Fulfilled.

"You, no doubt, remember Mr. P., who spent about three weeks with you during the summer. You also remember, no doubt, that you told him that unless he stayed on and continued treatment, he could not live until spring. He was buried last Sabbath." The above extract is from a patient who was at that time suffering from the same disease as Mr. P. was, incipient consumption, but who did stay on and is now in comfortable health.

Consumption is one of the most delusive diseases in the world. If properly treated from the beginning, it is as curable as any other organic disease; but, unfortunately, it deludes the patient into the belief that there is little the matter with him, and he continues his business or indulgences until he is beyond recovery. Mr. P. ought to have been in comfortable conditions of health to-day, and might have been, if his friends, as well as himself, could have exercised a little faith and a little care.

Dr. Thos. F. Hicks, late superintendent of the health institution at Vinemont, is for the present at Drs. Walter's Mountain Park, where he may be addressed. He will continue the publication of *Life and Health*, in contemplation of establishing a business of his own in the future.

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Questions Answered.

BY ROBT. WALTER, M. D.

Question. I am suffering from nightly emissions and cannot sleep in the fore part of the night, and have general ill health all the time. Can you give me any safe remedy?

Answer. You are to be restored to health, if at all, by building up the general health, and to this end you need a course of hygienic treatment in an institution. Your diet, your exercise, bathing, and, indeed, all your habits must be regulated according to your conditions, and this requires the immediate oversight of a

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physician of experience. We advise you to come to our institution and place yourself under our care, with the full expectation of being restored to health. We have no specific nor cure-all that we can offer to you.

Question. Can you recommend a good gymnasium that we can place in the house for daily exercise?

Answer. Atwater's Gymnasticon is a very excellent thing, sold by L. L. Atwater, Auburn, N. Y. Price, $10. It is cheaper, and, I believe altogether better than the health-lift. A health-lift will cost you from $50 to $150.

Question. Will you please give your treatment for a cold, accompanied with soreness over the chest, and cough.

Answer. The first thing to be done is to discover the cause of the cold. If there is constitutional tendency to colds, then the general health must be built up. Ordinarily, to fast a meal or two, have a hot bath, go to bed for the day, place a wet compress over throat and chest, being well covered up, will relieve the patient promptly. The treatment may be repeated each day until relief is obtained. Careful diet, in connection with abundant rest, is needed.

Question. I have what the doctors pronounce heart disease. Have been afflicted for several years, and for the last year the blood rushes to my head, and occasionally to my nose, and is dark red. I have some purple on my face. What do you think is the cause?

Question 2. What is good to remove dandruff from the head? K. G.

Answer. Your symptoms might indicate heart disease, but to what extent, it is impossible for me to say. Sometimes persons suffering from stomach and liver derangement have functional derangement of the heart sufficient to produce very serious symptoms, but whether yours is an organic or functional disease, I cannot say. The treatment employed at the Mountain Park, is calculated to relieve and permanently cure either kind, if the case is not too far advanced. I have myself been restored from supposed incurable heart disease by the processes here employed. The plan, in a word, consists in restoring as perfectly as possible the capillary circulation, whereby the heart is relieved of much of its labor and allowed to recuperate by resting. The tendency of all organs is to resume normal operations as soon as the causes of disease are removed, and the causes of the worst heart disease are almost wholly overwork of the heart, consequent, usually, upon obstructions in the capillary circulation. I advise the patient to come to the Mountain Park and have a course of treatment.

Answer 2. Dandruff may be removed by washing the scalp with castile soap two or three times a week, removing the dandruff by careful use of the comb and rubbing the scalp with vaseline. Other days rub the scalp with the tips of the fingers wet frequently in cold water.

Question. Do you consider that there is any objection to dates and figs simply because they are sweet? E. A.

Answer. By no means. They are among the most wholesome foods. Sweet things which are produced from the soil are entirely proper to be eaten, but crystalized sugar is a substance very different from sweet fruits. I know of no objection to the latter, though many objections might be raised to the former. We advise moderation in all things.

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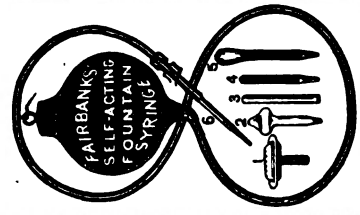

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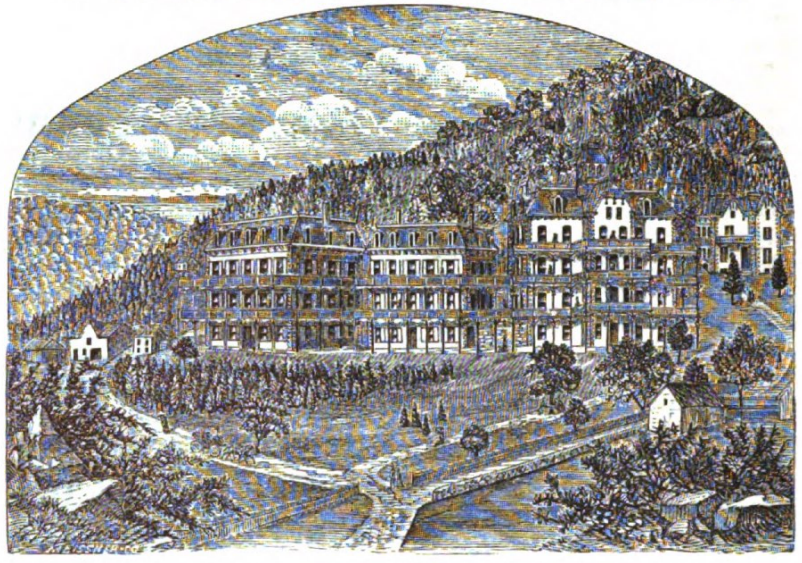

FALL AND WINTER TREATMENT.

The question is often asked, when is the best time for the hygienic treatment of invalids? and our reply has always been, *when they are sick*; and if the conditions can be rendered equally favorable there is little choice between the different seasons of the year. Spring, summer, autumn and winter, sickness will occur; and any good hygienic institution requires arrangements and appliances adapted to all seasons. During the summer these need not be very complex, expensive or troublesome; but as the fall advances and the winter appears, new conditions are imposed and new requirements are to be met. At this season

THE GREATEST PROBLEM

of healthful living for northern climes, that of heating and ventilation, is necessarily orced upon us; and well would it be for physician and patient if the difficulty could be fully appreciated and intelligently met. But how seldom it is! In nothing connected with hygienic living and treatment is equal ignorance or carelessness displayed. Indeed we assert that hygienic treatment is a fallacy, a misnomer, absurdity, when attempted to be carried on in buildings heated by the ordinary cast-iron stove, without any system of ventilation except the open window.

STOVE-POISONED AIR

is necessarily the result, and as Dr. Dio Lewis truly says: "Stove-poisoned air is one of the greatest causes of ill health to northern people." Of course, under such conditions, recovery by hygienic methods is well-nigh impossible.

The Drs. Walter became fully convinced of these truths some four years ago, and have since applied themselves with earnestness and vigor to the establishment of an institution which should permit hygienic treatment to be fully and successfully conducted at all seasons of the year. For the summer months our location is known to be unsurpassed, if indeed equaled on the continent. Wernersville is rapidly coming to be *the* great health resort. The air of our hillsides is the purest and dryest to be found this side of Colorado. We are above the dew-point; the soil is remarkably porous, the strata lying perpendicular; the water is pure and soft from living springs, high above contaminating influences; the scenery is declared by travelers to be equal in beauty to anything in Europe or America, and the surroundings, in general, such as to delight the beholder. In addition the climate is, for this latitude, extremely mild and equable, the thermometer at this point not having fallen as low as zero for several years, though in the unprotected valleys beneath us, five or six degrees below zero is occasionally found. In a word, we have all the natural advantages for

A GREAT WINTER RESORT

and we do not mean to be behind as to acquired facilities. During the past our years we have carefully and judiciously expended over Nine Thousand Dollars in heating, ventilation and plumbing, and we therefore reasonably infer that we are unsurpassed in this respect on the continent.

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The best is always the cheapest, and the Drs. Walter mean to maintain, unchallenged, the lead which they have honestly won in the matter of hygienic treatment.

THE SYSTEM OF TREATMENT

is also a serious question. That which is advocated in this journal is a successful system. It restores health with the greatest certainty and in the least possible time, so that since its introduction by the Drs. Walter seven years ago, its popularity has increased with amazing rapidity. All the forms heretofore employed separately and empirically are combined in one great system on new and original principles, which, though introduced by the Drs. Walter, are now being everywhere adopted, by which their value is recognized and importance conceded. They are applied with certainty, precision and effectiveness only at this place.

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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. III. READING, PA., FEBRUARY, 1881. No. 10.

Small-Pox—Variola.

This is one of the most important of the exanthemata, diseases characterized by eruption on the surface. It is both highly contagious and infectious, so that persons living in a community in which small-pox prevails are liable to an attack, if their systems are in any way debilitated or impure. The best protection against small-pox is perfect health and vigor, as is suggested by the fact that when persons are inoculated, that is, have the virus of small-pox actually introduced into the circulation by puncture of the skin, they do not usually have a severe attack, while in some cases, nevertheless, death occurs, the difference, no doubt, being chiefly due to the conditions of blood and tissues of the different parties. When inoculation is done, it is intended to be done when the patient is in the best health, while if he contract the disease by exposure, it is always because his health is poor or blood impure; so that in the former case the attack will be a light one, unless a mistake is made as to his health, while in the latter case it is always severe, and one-fourth of such cases die under ordinary treatment. We do not advise inoculation any more than we do vaccination. Inoculation was formerly practiced, causing generally a mild attack, which prevented a possible severe attack in the future, but it kept up a continual condition of small-pox in the community, and so is not now employed, vaccination being preferred. By vaccination we mean inoculating the patient with cow-pox, producing vaccine disease, which is said to be a protection against small-pox. That it is not a protection is abundantly evident from the fact that its advocates declare that re-vaccination is necessary to protection, and elsewhere in this journal will be noticed the statement of a physician who, while arguing strongly in favor of vaccination as a preventive, claimed that he had been vaccinated ten times, and was going to have it done the eleventh time. The absurdity of such a position is evident to any thinking mind. If vaccination is a sure preventive, then why repeat it an indefinite number of times.

The advocates of vaccination, however, when driven from the position that it is a protection, claim that it greatly reduces the danger of the disease if the vaccinated person should be attacked. The opponents of vaccination show by statistics that this is not true, and a single illustration will tend to prove the same fact. In England, the most stringent laws, compelling every child to be vaccinated, under severe penalty of fine and imprisonment for refusal, and authorizing physicians to do it at the public expense, are in operation, and yet, Dr. Robert's *Theory and Practice of Medicine*, an English work, declares "the proportion of deaths from small-pox is exceedingly high, averaging about one in three," while Dr. Wood, an American author, in his *Practice of Medicine* declares the mortality to be about one in four.

If the mortality in England is one in three notwithstanding compulsory vaccination, and in America one in four without compulsory vaccination, the dullest intellect can see how fallacious the argument that vaccination reduces the mortality of the disease.

"Small-pox may be met with at any age, but the lower classes suffer the most," says Dr. Roberts, "for obvious reasons," while "the negro and dark races generally suffer very severely." Indeed, persons in moderate circumstances, and whose habits of life are healthful, are rarely attacked, or, if they are, readily recover, the serious cases being confined to persons of unhealthful habits whose blood and tissues having become foul, furnish good soil for the development of the poison. The mortality of small-pox under hygienic treatment is not more than one in ten by actual experience, and persons who live healthfully have it so lightly as to render it but a trifling ailment. One of the physicians of this institution, while at college was attacked, but was not confined to her bed, and was not severely ill for more than two or three days. She suffered scarcely more than any person would be likely to suffer from a severe cold, and yet she had never had vaccine disease, the boasted preventive.

The first symptoms of small-pox occur in from seven to twelve days after exposure, at which time the disease actually commences *suddenly*, with chills followed by fever, the temperature rising rapidly and reaching from 104 to 106 degrees before the eruption appears. This is termed *the primary fever*. During this time there is more or less uneasiness or pain about the stomach, with nausea and vomiting; severe pain in the middle of the back, with debility; a general sense of illness, etc. Headache is usually complained of and the face is flushed and the carotids throbbing, restlessness, delirium, stupor, coma, even convulsions being sometimes present. In about three days from the onset of the disease, pimples begin to appear on the face, sometimes about the wrists, and occasionally extend over the whole body. These pimples begin as bright red spots, enlarging and becoming more elevated. It forms a distinct papule on the second or third day, well defined, flattened at the top, having a peculiar solid, hard feeling, compared to that of a shot or mustard seed under the skin. This changes to a vesicle, and about the fifth day a depression forms on the top of the pock, while the contents gradually become purulent. About the eighth day the pustule is at its height, and has arrived at the stage of maturation, when it either ruptures, or shrivels and dries up without rupturing.

Secondary Fever. When the eruption appears the primary fever rapidly subsides, and the temperature falls nearly to the normal state in moderate cases. But when suppuration commences, secondary fever sets in, caused by and symptomatic of the inflammation and suppuration in the skin. This fever often begins with chills, as before. Pulse frequent, and there is much thirst, while the temperature rises as in the primary stage.

Small-pox is usually divided into distinct and confluent. In the former case the pocks are distinct from each other, while in the confluent form they run into each other. Distinct small-pox occurs in persons of vigorous constitution, and is usually accompanied with high fever and other indications of vigor in the system. Confluent small-pox, on the other hand, represents a more distressing condition, consequent upon great impurity of the system, or feebleness of constitution. The eruption appears somewhat earlier than in the distinct variety, but it is not attended with the complete subsistence of fever as in the former. It is deeper and somewhat erysipelatous in character. The mucous membrane suffers much more than in the distinct variety. The fauces, nostrils, larnyx, trachea, are inflamed and often very much swollen.

Treatment. The treatment of small-pox has been as varied and as changeable under old school practice as that of other diseases, varying, indeed, from the extreme of heating and stimulating measures to the very opposite plan of cooling and debilitating the system. Calomel and colocynth, senna and salts, saline carthartics, castor oil, opiates, blisters, are the methods generally recommended. These plans we hold to utterly fail of benefit to the patient, and in many cases do very decided injury. The treatment which we recommend and which has been proved efficacious in many cases, is as follows:

When the patient first becomes afflicted, treat him according to his symptoms without reference to the disease with which he is afflicted, for, really, in the first stage it is impossible to diagnose it. When chills begin, see that the patient is thoroughly

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warmed by being covered up in bed, with hot bricks or bottles of water to the feet, legs, thighs, hands, etc., and as the fever rises and attains its height, place the patient in a wet sheet pack, the sheet being lightly wrung out of cool water; or, when the fever is very high, two sheets, so as to retain a good deal of water, are better than one, wrap him in the wet sheet pack, but do not cover him too thickly. The pack is to be employed for gently cooling him, not for heating or sweating him. See that his head is kept cool by a frequent application of cold cloths. After he has lain in the pack an hour, or thereabout, take him out, sponge him off with cool water, rub him dry, and let him go to bed. During this stage he should eat nothing. The pack will have reduced his fever considerably, but it will rise again, and hence the pack may be repeated daily until the eruption appears. As the fever now subsides, no packing is necessary. Light food in moderate quantities is now admitted. Abundance of fresh air must be secured. The apartment must be kept cool, and the patient must also be kept in a cool, equable temperature. A large room should be appropriated to his use, and a comfortable condition should be maintained day and night. The patient should drink abundantly of pure water, which should not be hot, however. Cold wet cloths should be kept on the head and face wherever there is inflammation and swelling. To prevent pitting, the pocks should be covered with fine flour or chalk powder, or something to protect them from atmospheric air. The patient should not be permitted to scratch them.

The secondary fever is the result of suppuration going on in the skin, but it should be treated in the same way as the primary fever. If the fever is high and the conditions inflammatory, the wet sheet pack may be employed daily for 40 to 60 minutes; but if there is a tendency to coldness of the extremities and low fever, a sponging of the surface of the body once or twice a day is preferable to the pack. The extremities should be kept warm, if necessary, by hot bricks and the patient should be comfortably cool, if possible. Light gruels, and even some solid food may be admitted after the eruptions have taken place, and as the patient becomes convalescent he should be carefully nursed, but over-feeding should be carefully guarded against. Patience and good nursing, with an abundance of pure air, pure water and moderate diet, are among the most important agents. Hot drinks, stimulating beverages, and all plans for heating, stimulating and exciting the patient, must be resolutely foregone. If there is restlessness and feverishness, with considerable vigor, the sponging may be employed in the evening in preference to other times, which will often secure rest for the night. Wet compresses applied over the pustules will keep them cool and prevent too great inflammation and pitting. Oiling the face has been recommended to prevent pitting; it will do no harm. In the majority of cases the wet sheet pack will be unnecessary for the secondary fever, the cool sponging once or twice a day being preferable.

The Hygienic Value of Faith.

By Rev. Joel Swartz, D. D.

The fundamental necessity of faith in order to our spiritual healing, is heartily believed in by all who found their creed upon the teachings of the New Testament; but the value of faith in its relations to our bodily health is not so clearly apprehended, and so certainly believed in. Now whilst we do not wish to exhibit the matter of physical healing as of equal importance with the health of the soul, or to assert that faith as an agent of bodily restoration has the same prerogatives that are accorded to it in the Gospel, as a medium of eternal life and salvation, yet we do wish to assert that in the economy of nature, and by virtue of the constitution with which the Creator has endowed us, it has a most important function in the matter of our physical sanity and our temporal well-being.

Now, much as this faith principle may be discarded and derided in this age of rationalism and materialism, we assert that it is the indispensable condition of even our temporal well-being, leaving entirely out of view, for the present, its spiritual value. Did not the members of society have faith in each other they could not possibly live together. If the husband did not have faith in the virtue and fidelity of his wife, and if the wife could not trust the honor of her husband; if children could not believe in the kindness and veracity of their parents, and parents could not trust their children, how could the family bond endure for a day?

No greater evil could possibly befall society than a spirit of mutual distrust and suspicion. Let men lose faith in common honor, the obligations of contracts, the pledges of friendship, and it is not necessary to say all the machinery of life would be unhinged, and order and government and business would be impossible. When men affect to despise the faith principle in human nature, and the simple ingenuous trust of human hearts in the invisible and intangible, they know not what they do.

Now, that which revelation makes the condition of our spiritual well-being, and which is found to be fundamental in science and the very life-bond of society, cannot, likely, be indifferent as an agency or condition of our physical well being. Faith will be seen to have a most important hygienic value when we consider

1st. The fact that it puts us into right relation to the conditions of health. The very nature of faith is receptive. It is the soul's open, outstretched hand, reaching for help. It is the expression of dependence where help is proffered, and it is that which connects dependence with power, and weakness with omnipotence. The patient who lacks faith in the virtue or the availability of means, who distrusts remedies and physicians, will not seek the means of health or submit to the conditions of healing; but animated by a strong faith, the sufferer, instead of sitting down in despair, will make every possible endeavor to avail himself of the means of recovery. He will endure any fatigues of travel, drink any nauseous draughts, submit with fortitude to any physical tortures in the hope of getting well. Now it were sheer folly and madness to despise the vigor and value of such a principle, however we may regret, at times, its misdirection, and pity the misfortunes to which it may ignorantly and unhappily lead. The hygienic value of faith may be further seen:

2d. When we reflect upon its value as a tonic power. Despair relaxes, weakens and destroys, but faith stimulates, invigorates and quickens its subject. It is a tonic wholly different, too, from those physical stimulants which arouse only to cast down, which intensify only to paralyze in the end. Unlike these, it imparts vital force or is the sure means of its accumulation. It banishes depressing gloom, drives away relaxing fears, it breathes deeply, pulsates joyfully, sends the sluggish blood to the extremities, arouses all the vital functions with its own glad inspirations. Out of weakness it is made strong, it waxes valiant in fight with all morbific tendencies, and puts to flight armies of alien forces that but for it would invade, destroy and capture the citadel of life.

History furnishes abundant and most convincing illustrations of the power of faith in disease. What fact, better known and more uniform, than that if a soldier, wounded or sick in war, lets go of the hope of life, and begins to doubt that he will ever see home and friends again, he almost certainly realizes his worst expectations? And, on the other hand, how often have men almost miraculously recovered, when they were hopeful and held fast to life with the grasp of a firm faith? The same truth is constantly illustrated in the common sick room, and every practicing physician has witnessed the salutary effects of faith as a curative power.

Furthermore, if this faith in things natural is supplemented and heightened by faith in things divine, its effects will be all the more powerful and valuable. Let the sufferer rest in the sweet and calming assurance of the love and presence of an Almighty Friend, who orders all things well, in the belief that our present light afflictions work for us a far more exceeding and eternal weight of glory, and that beyond the brief present there is

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a bright home where sickness and sorrow never come, and need any one be told that such a faith is full at once of repose and strength, of patient endurance and courageous resistance, of sweet submission and divine fortitude? And what can be of more value to the patient simply as a hygienic remedy, than such a faith?

Intoxicating Liquors as a Medicine.

By P. R. Russell.

Some fifty or sixty years ago the opinion was almost universal that intoxicating liquors were a necessity to health and happiness; that men could not endure daily toil, care and exposure, without being sustained with alcoholic stimulation. This delusion has been exploded, and it has passed away from the minds of all candid and intelligent thinkers. If men do, and will cleave to the dram, it is not because they believe it is a necessity of life and strength. But there is a relic of this old delusion still remaining. It is believed still, by millions, that in some way, alcohol is a good and necessary medicine—bad to use in health—but a blessed remedy for disease. After many years of examination, observation and self-experiment, I am fully convinced that alcoholic medication is an appalling and most destructive evil; one that fatally bars the temperance cause, and keeps the tippling cup passing around, scattering firebrands, arrows and death on all sides. Let us see:

1. The delusion may be seen in the fact now conceded, and we may say, demonstrated, that *alcohol is a deadly poison.* Pereira, a French chemist, says: "The effects of alcohol in man are those of a rapid and fatal poison"—"a caustic irritant poison." "To whatever part of the body alcohol is applied, it causes contraction and condensation of the tissue, and gives rise to pain, heat, redness, and other symptoms of inflammation." He declares the remote or constitutional effects to be "excitement, intoxication, and coma, or true apoplexy." He names several diseases which it generates instead of healing, as mania, delirium, tubercles of the liver, inflammation and schirrus of the stomach, granular disease of the kidneys, etc. Yet, strange to say, for these very diseases, the same deadly poison which is the *cause* is administered as the *cure.* Alcohol, taken into the stomach, always irritates and disturbs the mucous membrane and the nervous system, in proportion to the quantity taken. A little excites; a little more stimulates; a little more exhilarates and sets the brain reeling; a little more, and the mind becomes bewildered, and the body reels to and fro; a little more, and the body becomes senseless and helpless; a little more, and death ensues.

Is such a poison to be given to a sick man as a healing medicine? The very idea is preposterous. If deadly poisons are ever to be given, let them be administered to the hale and hearty, who can better bear them; but the sick should be tenderly cared for, soothed, and put in every possible way on the line of the laws of health, and never drugged with poisons under any pretense or to any extent. It is cruel and barbarous to poison a poor invalid because he is sick. Disease is not an entity, a root, a sprout, a substance, a demon to be killed and ejected. On the contrary, it is a weakness of the organs which needs strengthening—a derangement which needs correcting, a defect which needs supplying. The more intelligent physicians of all schools will tell you that *medicine never cures;* that nature always does her own curing; that all that remedies can do is to *help remove* obstacles, and put the patient under favorable circumstances, so that nature can work.

I admit that so long as the drug system of dealing with diseases exists, alcohol is a great convenience, and almost a necessity. So long as quacks and charlatans can fill their pockets by sending forth their miserable nostrums as panaceas for all diseases, and the poor sinking invalids, catching at straws, will buy these vile compounds, so long alcohol will be in demand to dissolve and preserve the drugs. The whole witchery of pharmacy passes off like moonshine without alcohol. Then, again, alcohol seems to be very convenient to satisfy the ignorant and morbid mind and more morbid passions of a certain class of patients. They need perhaps no medicine, but instruction; to have their habits corrected, and to be put in harmony with the laws of their nature. But to tell them so, and leave them without *something to take,* would be to repel them, and send them post haste after another doctor. In such a case, alcoholic medication, with a few brown-bread pills, satisfies and retains the patient. As he sips the medicine from day to day, his stimulated and semi-intoxicated brain and nerves *feel better;* and when he neglects the catholicon, he feels a *goneness* in his stomach, and resorts again to his medicine, knowing it is doing him so much good. He loves the doctor, and loves the medicine, and cleaves to the dreadful delusion till he fetches up in his coffin.

2. The theory which is the very basis of alcoholic medication is that *the sick need stimulation, and that alcohol is a healthful and much needed stimulant.* For instance, the weak convalescent, just coming up from a fever, is supposed to need a little *stimulant,* and the doctor says, Give him a little wine or brandy, two or three times a day.

But what is a stimulant? Especially, what is *alcoholic stimulation?* It is not food—not something to be digested, assimilated to the tissues of the poor, jaded, exhausted body. It is an irritating poison, taken into the weak stomach of a weak and sickly patient. How does it operate? It is an enemy. It is a fiery, dangerous enemy. The moment it arrives, it begins to annoy and irritate; and the whole nervous system arouses to eject the intruder, and the alcohol is cast out through every avenue. This stern and vigorous effort of nature to rid herself of the enemy *is the stimulation,* which is always followed by reaction and exhaustion, in exact proportion to the irritating stimulation. Nature will not submit of any fraud here. She will make reprisals for all outrages. Stimulation is not feeding, resting, and grooming the jaded horse, but applying the spur and lash, and driving on till the poor animal drops dead in his harness. Dump a viper on the floor of your sitting room, when the family are gathered around the fireside, and you will have poisonous stimulation. All will feel the nervous shock, and rouse up for safety, and an effort will be made to *eject the enemy.* That is stimulation in the family circle. Alcoholic drinks are a similar stimulation in the animal economy.

It is amazing to hear people call alcoholic stimulation "keeping up the vitality." Was there ever greater nonsense? "Keeping up vitality" by administering poison to a jaded, exhausted stomach. "Keeping up the vitality," by introducing a deadly enemy, which must be ejected or life is lost! The whole thing is a muddle of whim and false philosophy. You might as well attempt to fly to the moon by jumping into a basket, and raising yourself up by the handles. The feeble, exhausted system wants not irritants nor stimulants of any kind. It cannot bear them. They are malignant foes in disguise. Rest, plain, simple, nourishing food, sunshine, pure air, hand-rubbing, gentle exercise, kind attentions are wanted, and in all things to be put on the sunny side of life.

The whole system of stimulation, especially when internally applied, is false in theory, and exceedingly pernicious in practice. If the circulation is partial or sluggish, an equilibrium may be restored by friction, hot fomentations, and various other appliances; and no damage is done, no injurious reaction takes place.

In short, the whole theory of alcoholic stimulation to "keep up vitality," is being given up by the more considerate physicians. If we are shut up to the necessity of making use of intoxicating liquors, either as a beverage or a medicine, the dilemma is a sad one indeed. If we go on and attempt to drink *moderately,* at our own discretion, about nine in ten will become drunkards in spite of all wishes to the contrary, and multitudes who use it "only as a medicine" will find themselves ruined body and soul, forever. Then, again, it is almost an impossibility to obtain pure liquors of any kind. Liquors obtained here and there, and of the best dealers, have been analyzed, and almost invariably found to be adulterated. Prof. Auchey, of the University of Nebraska, reports the results of a chemical analysis of many well-known and popular brands of whisky, and he found they were all adulterated with benzine, sugar of lead, strychnine, strontia, oil of almonds and potash. Let the dram-drinker then know, that, while he is attempting to stimulate his poor jaded system with poisonous alcohol, he is also maddening and destroying himself with the sugar of lead, and strychnine. More hereafter.

Vineland, N. J.

The Nutritive Cure.

We regret to be compelled to announce that our Nutritive Cure is not yet ready and cannot be before probably March 1st, when it will be duly announced.

Our large work on the same subject, about 400 pages, is well on the way, and we hope by April to be able to offer it for our readers' use. It will give, we believe, the best and most comprehensive system of hygienic treatment for invalids ever placed before the public, condensed, philosophic, practical. It will be sold at from $1.00 to $1.50.

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The Laws of Health.

Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

J. A. TENNEY, M. D.,
Associate Editor.

☞All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., FEB., 1881.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.

2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.

3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.

4. Bleeding, purging, stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.

5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.

6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.

7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.

8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous system comprise the organs of expenditure.

9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while

10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous system.

11. All processes are to be employed to invigorate the muscular systems special and general, while at the same time they tranquilize the brain and nervous systems thus producing quiet content and rest.

12. The Nutritive cure embraces these principles, and by representing a scientific combination of exercising breathing bathing eating, sleeping, resting, clothing &c., is the only scientific system of medication in existence.

Revolution.

The air is filled with it. In nearly every department of human thought and effort there is a general uprising against accepted theories and practices, and new thoughts are advanced and new plans advocated. Re-organization is the order of the day. The telephone, phonograph, microphone, photophone, electric light, etc., have followed each other with bewildering rapidity, until the people are being gradually prepared for more important and fundamental reforms, not the least among them being that which is advocated in this journal. And this is as it should be; human conditions are constantly changing and human needs varying, while the truth in no department has been so definitely settled that there is not room for further discovery. Things grow worthless with the using and should be gotten out of the way or rearranged, and new things substituted better suited to the times. As every dwelling room, or every man's desk, becomes littered with waste and requires continual processes of re arrangement, so systems by their use become covered with litter which should be frequently and promptly removed.

"The Problem of Human Life."

This is the title of a new and important work, by an unknown author, which is of more startling significance than any which has appeared for a long time. It is a review of the six great modern scientists: Darwin, Huxley, Tyndal, Haeckel, Helmholtz, Mayer, and undertakes to overthrow most of the accepted theories of modern science, not even sparing some that have been unquestioned for centuries. Heat, light, electricity, magnetism, etc., are no longer admitted to be modes of motion, but are declared to be refined, intangible substances; while thought itself is equally declared to be a refined, invisible, yet substantial something, emanating from and produced by the brain; and as a basis of proof for these revolutionary ideas, the author undertakes to show that sound, which for centuries has been conceded to be the effect of waves on the auditory apparatus, is a real, though invisible substance, emanating from the thing sounded in accordance with unknown laws of radiation. The argument is like this:

As the world is inhabited by beings so infinitesimally small that the unaided senses cannot perceive them, and the universe is constituted of worlds so vast in extent, and limitless as to boundaries that the human eye cannot appreciate them, so matter exists in the solidity and grossness of platinum, the heaviest of metals, through all grades to the invisible atmosphere, and other gases equally invisible, to sound and thought, which like odor, are so sublimated and refined that the keenest sight cannot perceive their existence as substances. The theory is a startling one, and yet it explains so many facts otherwise unexplainable, and is put forth with such elaborateness and apparent reason, that we are half disposed to accept the teachings, premature as such acceptance might seem to be. The work is an elaborate defense of Christianity, as against the attacks of modern science, and it is successful to the extent that it exposes the weakness of the positions taken by the advocates of secularism. It is published by Hall & Co., 26 East 9th St., New York, and is a large octavo volume of 500 pages, price $2.00, postage 25 cents; may be ordered through this office.

THE INSTITUTE OF HEREDITY.

But now comes a more suggestive innovation; if not in thought, at least in practice. "The Hub of the Universe," sometimes called Boston, is the center of a new institution with the above name, a prospectus of which has come to hand. The list of officials is an imposing one, and the general idea, misty, ill stated and indefinite though it is, seems to be in the right direction. We judge that the intention is to arouse intelligent thought on the subject of generation, to spread knowledge of sexual subjects among the people—knowledge which they very much need—and so make the begetting of children a subject of conscience and not alone of mere blind impulse. If this is the idea, if education and training, if the spread of information on important subjects connected with human well-being is the object, we wish the institute *God-speed*. The world needs just such an association, and if conducted in the right spirit, occupying its own proper sphere, without despising and repudiating collateral agencies, it will do good. We are not sure, however, that this is the case. The ideas set forth in the prospectus are certainly a mass of incongruities, and betray such a complete lack of systematic thought, and of definite knowledge upon the subjects treated, that we are surprised that great names should be attached to such a manifesto.

The avowed object is the amelioration of the conditions of human society, the same object which hundreds of other associations are engaged in promoting, but how this is to be brought about is not so clear. Indeed, while the association criticises "the cumbersome and inefficient methods of church and state," we are led to feel that if church and state had been as indefinite and impracticable as this association would seem to be, they would have failed much worse than they have. "The profoundest thinkers are convinced," we are told, "of the futility of all means hitherto employed to put an end to, or any effective check upon, the diseases and sufferings with which humanity is burdened." If this is the case, we certainly have a bad state of things and the profound thinkers are in an unfortunate dilemma. We advise our reformers, however, that a bold leap "out of the frying pan into the fire," will not help them, nor any who go with them. We quote again:

"Few, if any, think in advance what sort of people it is desirable to have born and live here," and we are constrained to ask, what does this mean? Does it mean that wicked people must not be born? and if they are, must not be permitted to live? and do the patrons of heredity consider themselves the proper judges of who shall live and beget their kind, and who shall not? These reformers, in one breath seem to forget that "like begets like," while in the next sentence they would seem to base their system upon the knowledge of the fact.

But after a general casting to the winds of all the plans at present in operation for human improvement, they offer us in a nutshell the gist of the whole matter, in these words:

"To use another simile: instead of vainly trying to straighten a forest of crooked trees, we propose the planting of such good seed in such soil that the trees will grow straight from the start."

Shades of Malthus! What do they mean! Have they discovered some secret alchemy by which the good seed is to be produced, and do they propose a new creation whereby to obtain the good soil? Surely these reformers have been lifted

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off their feet, and their breath taken away, by the greatness of the task which they have set themselves to do, and in the meantime, being utterly helpless, having no philosophy, no definite conception of what they are undertaking, they beat the air as a drowning man struggles in the water. We advise them, that until they have a rational philosophy, which will at least hold together, and not become the butt and ridicule of every thinking man, they refrain from sneering at church and state, "with all their vast, complicated and cumbrous machinery, enforcing their empirical methods with terrible penalties and at tremendous cost, with the most wretched results." If church and state were half as empirical, indefinite and incoherent as this manifesto of the principles of the institute of heredity is, they would be worthy of their ridicule.

In saying all this we do not wish to throw obstacles in the way of the association, for we trust wiser counsels will prevail and more careful statement be made. Great names will not avail in this day to shield even important associations from the results of reckless claims or preposterous suppositions. If this association proposes to aid in educating the people into a proper use of their own bodies, to instruct them into better ways of living, thinking and acting, we wish them God-speed; but we advise them to remember that children are what parents are, "only more so," and that the true way to have a happy, healthy and prosperous posterity is for us to commence at home, and make the parents happy, healthy and prosperous, and that Sabbath schools, common schools, church, state, &c., are doing a work that will not be superseded nor equaled by The Institute of Heredity.

THE LAWS OF HUMAN DEVELOPMENT AND PROGRESS

by T. W. Taylor, M. D. 316 pages, large octavo. Published by E. H. Meyers, M. D., Columbus, Ohio.

And here is another candidate for public favor, full of suggestions, wise and otherwise. The spirit of this author is unquestionably the same that animates the patrons of *The Institute of Heredity*, and the teachings are not essentially different. To give the reader an idea of this spirit, we quote:

"This idea of the natural depravity of man has been handed down through untold generations, and has directed the minds of men away from the various causes and influences that are constantly operating upon him, and leading him away from the paths of virtue and moral rectitude; hence, but little progress has been made toward the rational exposition of man's conduct and actions. Never, until science laid bare the workings of the inner temple of man, and traced every motive and influence that operates upon the human will back to its source, was any *real* progress made toward a satisfactory and rational exposition of man's conduct."

We are sorry for both author and publisher that such arrant nonsense can occur in the second page of the work. He must be intensely stupid who cannot recognize the fact that man is by nature depraved. If we had no better arguments to bring in proof of human depravity than the author has that "science has laid bare the working of the inner temple of man, and *traced every motive and influence that operates upon the human will back to its source*," our positions might readily be overthrown in a sentence as weak as the above; but the author himself offers all the proof that we could wish to establish this fundamental truth in sociology. Let us first, however, allow him to establish more clearly his position on this point, so that his own arguments shall not be used in vain:

"Whatever may be said of the natural depravity of man, woman's nature ever impels her to the performance of the Christian graces."

Indeed! his experience among women must surely have been very delightful. We had always thought if a man wanted to get the largest possible amount of natural depravity into the least possible compass, he would seek it in the person of some nervous, irritable, cantankerous specimen of the female sex.

But to show more completely how logically illogical our author is, and how blind a man can be who wants to be, we quote from page 168:

"One single act of disobedience may set on foot a train of evil influences which will bring physical and moral ruin upon a whole family, and may be handed down through numberless generations."

Is there no natural depravity in this? The *Institute of Heredity* teaches the same, and yet I suppose its patrons would spurn the idea that man is naturally depraved. If a single act of disobedience can produce such ruin as we know it can, is not natural depravity fully and unquestionably established; or is it a fact that some men, if not all, have never been tainted with the results of disobedience? Were the author's parents always pure, and has he never sinned, and if they have been "pinks of perfection," how was it with the grand sires and grand-dames, descended no doubt from the predatory Anglo-Saxon, warlike Celt, voluptuous Greeks, or acquisitive Jews? If depravity has not become general, then what becomes of the effects of the multitude of acts of disobedience to moral law; and if woman has nothing within her but "the Christian graces, ever impelling her to acts of love and kindness," can it be admitted that she ever had any father?

We desire to sympathize with every effort of man for improved conditions and nobler life, and we would welcome into the field of human improvement every earnest thinker and worker, but we do beg of our authors to discover for themselves the logic of their positions before they put pen to paper.

Tobacco and Heart Disease.

The latest medical decision is that tobacco does not cause affections of the heart; but the reasons given to support the statement are rather amusing. Dr. Bartholow, who is considered an authority, in his recently published work on materia medica, page 429, says:

"When a lethal dose (of tobacco) is administered to an animal, the action of the heart continues after respiration has ceased. Its cavities are usually found empty, or containing black fluid blood. Tobacco is not, therefore, a cardiac poison, and the depression of the circulation noted when full medicinal doses are administered are doubtless due to the interference with the pulmonary functions."

His argument is, that tobacco cannot produce disease of the heart, simply because it does not produce death in that way when it is taken in an overdose. But two or three facts will show how empty this is of logic.

There is no fact better established than that the long continued use of alcoholic drinks will cause a hardening and contraction of the lobules in the liver, ultimately causing death by the disease called *cirrhosis*. Chronic alcoholism will also produce Bright's disease of the kidneys. But a poisonous dose of alcohol does not affect either liver or kidneys in particular. It suspends the action of the nerve centres presiding over the respiration and circulation, and so these functions cease. No one would accept it as scientific reasoning, if a man should assert that alcohol cannot produce Bright's disease or cirrhosis, because neither the kidneys nor the liver are materially disturbed by a poisonous dose of alcohol. It should be borne in mind, that long continued, moderate doses of any poison, will produce different effects from a fatal dose. This is almost self-evident.

Tobacco is a powerful depressant to the nervous system. Its first effects are those of a stimulant; afterwards it is a paralyzer. In both cases it wastes nervous energy to a great degree. In many persons the disturbance produced in the nervous system by this poison will cause severe and continued palpitation of the heart; and so, if the poison does not affect the heart directly, it does indirectly by depleting the whole nervous system. Irregularity of the heart's action will cause narrowing of the valves, and all the evils that follow.

It is not claimed that tobacco will cause heart disease in every one who uses it; neither will the use of alcoholic drinks cause fatal diseases of the liver or kidneys in every one of drinking habits; but a large number of people do die from these causes, and no one can tell whether it will be his turn next or not, unless he lets such poisons alone religiously.

AGENTS WANTED. The Nutritive Cure, 400 pages, will be ready and for sale by April 1st, 1881.

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Vaccination.

HAVERFORD COLLEGE.

DR. WALTER:

Respected Friend:—From the last number of the LAWS OF HEALTH I learn that you consider vaccination unnecessary, affirming no doubt truly, that if a person always breathed pure air, drank pure water and ate wholesome food, there would be no danger of his contracting a serious case of small pox, diphtheria, or any of the so-called contagious diseases. Now not one person in a hundred, hardly in a thousand, possesses the requisite knowledge to detect impurities, and if he did cannot always choose just what he shall breathe, drink and eat. Because in an ideal state we could avoid such diseases by judicious care, are we to neglect a prevention which, it is an undeniable fact, has diminished the prevalence of small-pox, so that from being an almost universal disease, as it was a hundred years ago, it now attacks only that small proportive of the population who have taken no precautions to prevent it? L. C. S.

1, 14, '81.

In reply to this communication we would ask the writer if she considers it right to do evil that good may come, and if it is not right in the moral world, whether there is justification for the act when you deal simply with physical life? Is it right to cure one disease by producing another? Is it right to poison the pure blood of the little child with a loathsome virus, in the expectation of possibly preventing a serious disease in the future? This writer asserts as "an undeniable fact that vaccination has diminished the prevalence of small-pox, so that from being an almost universal disease, as it was a hundred years ago, if now attacks only that small portion of the population who have taken no precautions to prevent it;" and I would remark, if this lady's theory is as correct as her statement of facts, there is not much reliance to be placed upon it. In the first place, it was anything but a universal disease a hundred years ago, and in the second place, the vast improvement in the habits of physical life have unquestionably had much to do in reducing both the frequency and fatality of small-pox, but how much no human being can tell. Sanitary measures for its prevention have been employed, and so has vaccination, and the result is a considerable reduction in the number of cases as well as in the fatality; but to say that it attacks only that small portion who have taken no precautions to prevent it, is so at variance with all the facts that we are surprised that an intelligent reader should make the statement. In England the physicians are commissioned by the government to vaccinate every child, and a refusal to permit vaccination is punished with severe fines and imprisonment. Who is it, then, that will assert that the prevalence of small-pox in England is for want of vaccination? In America there might be some excuse for its prevalence, because we have no such rigid laws, and yet both the prevalence and mortality of small-pox is greater in England, we believe, according to the population, than in America. Indeed, the doctors do not assert that vaccination is a preventive of small-pox, but some of them assert that re-vaccination is. But here is one physician who thinks that a man should be vaccinated ten times and yet not be safe, and he is a strong advocate of the practice. Dr. Lionel Smith Beale, F. R. S., in a lecture on the 9th of December, in London, on the germination and production of diseases, says:

"I firmly believe that if we had satisfactory legislation, we should in five years succeed in stopping small-pox. The way to prevent it is, of course, by vaccination. I have myself been vaccinated ten times and I am about to be vaccinated again, as small-pox is now rife."

We see that Dr. Beale is not satisfied to compel the vaccination of every child in the land; he wants to have it done twice, thrice or ten times over, when he thinks there will be a reasonable chance of stamping the disease out of the country. It is unfortunate for the doctor that he has proved too much. The very fact that he has been vaccinated ten times, and yet is afraid that he will get the disease if it is not done at least once more, proves that he has no abiding faith in vaccination as a preventive.

How to Get Sick.—No. 10.

BY J. A. TENNEY, M. D.

Constipation. This is a disease in itself, and may also be a cause of nearly all the morbid conditions to which the human organism is liable. It is oftener brought on by neglect than from any other cause, and that is why attention should be continually called to the matter.

People think of digestion (if they think at all) as being so entirely beyond the control of the will, that it does not need to be brought into the domain of the intellect; but this is not the case. There is no habit or function of the human body but requires care and forethought in order to prevent diseased action. A great many diseases arise more from want of thought than from direct physical transgression. This is emphatically true in the disease under consideration.

A regular time should be set apart for evacuation of the bowels every day of one's existence. If such a time is set, it will surprise any one to see how promptly nature will perform her part of the duty; and we do not hesitate to say, that there is scarcely a habit that can be formed by young people that will have a greater effect upon their health and usefulness through life.

But many feel that they have not the time to devote to this duty, so they wait for the urging of nature, which lags more and more, for reasons which are perfectly obvious to any one acquainted with physiological law. At length a physician is called in, and the patient is questioned for the first time in his life in regard to what is of the utmost concern to him from babyhood. After the horse is stolen, a lock is placed upon the door. After the crime is committed the criminal is arrested. When a man's health is so far undermined that all the medical skill in the universe can at best only mitigate the suffering that must always exist, then he learns that the whole might have been avoided. It is hard to learn navigation by drowning, or to get physiological knowledge by dying for it. These matters should be mentioned in better season.

There are other causes of constipation, such as the use of fine flour bread, salt, spices and condiments, sedentary life, and many other habits that derange digestion. Constipation, in turn, may cause almost any disease, except affections of a specific nature. One of the first results of constipation is piles. The hemorrhoidal veins contain very few valves, and so, as they are distended by accumulated fecal matter, they become permanent tumors, that give rise to great discomfort and mischief. Besides, retained excretions poison the tissues with which they come in contact.

To the careful reader the remedy is sufficiently obvious. "Cease to do evil, and learn to do well." Then a daily enema of warm water, with abdominal kneading, plenty of general exercise, plain diet, and good hygienic conditions in all other respects, will cure as far as the difficulty is curable.

Death from Trichinosis.

Franz Adolph Exler, a German, twenty-five years old, and a butcher by trade, died Saturday at Bellevue Hospital from trichinosis, caused by eating raw ham and pork. He was admitted November 22, as a rheumatic patient, but admitted to Dr. Moller that he had eaten raw bacon and other meats. A fortnight before his death he was attacked with vomiting and fever for three days, followed by sharp pains all over his body. The day after his admission Dr. Moller cut into his shoulder muscles, and took out a small trichina, undeveloped. When the pain ceased fever increased, and the patient grew weak. He slept little, became delirious, and gradually died from exhaustion. Two days after Exler's death an autopsy was made; trichinæ were found in all the muscles except those of the heart. In one grain of muscle were found fifteen or sixteen undeveloped trichinæ, and Dr. Moller estimates that at least 50,000,000 infested the body. Exler, whose father, C. Exler, lives at No. 9 Hohenthal-strasse, Dresden, came to New York in April. In October he went to work for a butcher in New Rochelle, but was obliged to leave his place in a month on account of illness.—*Tribune.*

Questions Answered.

BY ROBT. WALTER, M. D.

Croup. What treatment would you advise for membranous croup? Mrs. J. C.

Answer. I would treat the patient so promptly that the membrane would not form, and hence the croup would not be membranous. Croup is essentially an acute inflammation of the larynx consequent upon exposure of the person to changes of temperature. Wet feet, sudden cooling off when the person has been perspiring, etc., are liable to produce the disease. The first thing to be done is to re-establish circulation in the surface and extremities, and for this pur-

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pose a hot full-bath is the appropriate means, continued for five to ten minutes. Then take him out and place him in a wet sheet pack, which should be continued for from thirty to sixty minutes; then take him out, rub him well with a wet towel, put him to bed with a hot brick at his feet, and cold compress on his head and throat. While in the pack he may have cold, even ice-cold compresses also on his throat and head if the inflammation is severe. If the fever is not subdued by the pack, put wet abdominal bandages on the patient, and keep him well covered in bed, with cold compresses applied to the throat, changed every five to fifteen minutes. Almost invariably the breathing by this time will have become easier and the patient relieved. This treatment may be repeated the following day or night, if necessary. Be careful to keep the patient in the house for a few days, or until complete recovery is established. The food should be light, consisting mostly of gruels; and water should be given to drink freely.

Question. My son, fifteen years of age, lost the use of his left arm when one year old; was very sick with summer complaint. It has never wholly recovered, being smaller than the other. Could you give me any advice how to improve it?

Question 2. I am troubled with canker sores in my mouth. Please tell me the cause and remedy in your next paper. Mrs. H. F. H.

Answer. Your boy should follow out all process of improving the health, and should in addition have thorough manipulation of the arm every day. He should bathe twice a week, have abundant out-door exercise, eat hygienic food twice a day, and in general live healthfully.

Answer 2. Your canker sores undoubtedly come from a scrofulous condition of the system, and I cannot recommend other than careful habits of life, for the purpose of building up the general health.

Question. What is the so-called disease, gravel? 2. What are its usual causes? 3. How can it be cured? E. C. E.

Answer. Gravel is a disease occasioned by small concretions similar to sand or gravel, which form in the kidneys and pass along the ureters to the bladder, from whence they are expelled through the urine. The causes originate in the digestive or assimilative systems, no doubt. The concretions depend immediately upon a combination of uric acid and animal matter. The disease is to be cured by restoring the general health. In the meantime, the excruciating pain frequently caused by the passage of the stones through the ureters may be relieved by the hot bath and hot fomentations over the parts, with the drinking of abundance of hot water which shall keep up a perspiration.

Question. What is the difference between electricity and magnetism, and how can people who are easily magnetized withstand the influence when out amongst people? D. A. H.

Answer. The editor of THE LAWS OF HEALTH knows most everything, but he cannot tell what electricity is nor what magnetism is. We know very well what some persons claim them to be, namely: different modes of motion; but we are not prepared to admit the correctness of so-called science in this respect. Nor can we tell how best to resist the influence of magnetism when among people; unless it be to keep one's self in the most positive and self-satisfied condition possible, thereby refusing to submit to the wishes or feelings of others.

Question. I am very much troubled with rumbling of the bowels, so much so that I shrink from going into company. My bowels are moved regularly twice a day, as has always been my habit, and I have no dyspepsia or other ill health. I eat sweet potatoes twice a day, for breakfast and dinner, and drink two or three glasses of cold water at dinner, but do not use coffee, and take very weak tea. Can you recommend any remedy for my mortifying trouble, and oblige a subscriber to your valuable paper?

Answer. I would omit, by all means, the two or three glasses of cold water at dinner; they are probably the cause of the trouble. I advise you not to drink at meals at all, but if you do, let it be hot water. Hot fomentations over the abdomen twice a week, previous to the regular bath, would be an aid toward improvement.

Question. Our little girl is ruptured a little, and we have been obliged to have her bandaged ever since she was was born, and she will soon be eleven months old. We made a kind of salve, cooked from white oak bark, which seems to help her some, but we think it very slow in healing; what shall we do?

Answer. I advise you to draw the parts closely together with court plaster laid in strips in various directions, each strip across the other. The white oak bark is a severe astringent and should be used, if at all, very sparingly.

Question. What course would you pursue with a little girl who has St. Vitus' dance, very slightly shown by twitching eyelids, mostly? Will it hurt her to go to school and study moderately?

Answer. St. Vitus' dance is almost invariably caused by feebleness or overtaxation of the nervous system, and study, of course, adds to the difficulty. By all means, withdraw her from school, and employ hygienic measures for her recovery. Give her a good warm bath twice a week, with thorough rubbings. Give her manipulations of the flesh daily. Let her eat abundantly twice a day, but she should avoid salt, sugar, butter, and much milk. What she needs is outdoor life and pleasant surroundings.

Question. I see in one of your papers that you say the eating of apples a half-hour before breakfast is not injurious, but before dinner it is; on what grounds do you make the distinction.

Answer. We have no recollection of ever saying such, and we do not think that there is any real distinction to be observed. I advise the inquirer to read what we *have* said again more carefully.

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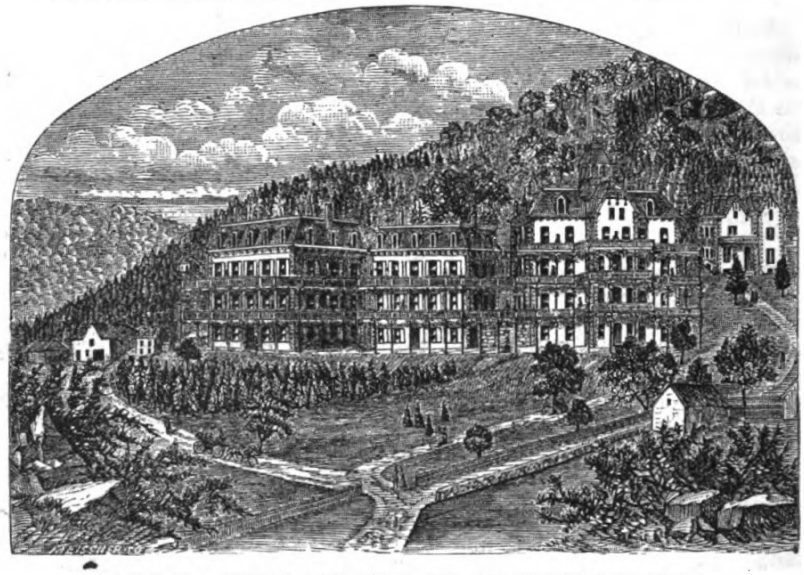

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THE GREATEST PROBLEM

of healthful living for northern climes, that of heating and ventilation, is necessarily forced upon us; and well would it be for physician and patient if the difficulty could be fully appreciated and intelligently met. But how seldom it is! In nothing connected with hygienic living and treatment is equal ignorance or carelessness displayed. Indeed we assert that hygienic treatment is a fallacy, a misnomer, absurdity, when attempted to be carried on in buildings heated by the ordinary cast-iron stove, without any system of ventilation except the open window.

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VOL. III. READING, PA., MARCH, 1881. No. 11.

Scarlatina.

BY ROBT. WALTER, M. D.

Like measles, small-pox and diphtheria, scarlatina is highly infectious, being produced by a specific poison, communicated from a person affected, through the medium of air, clothing, etc. The peculiar poison seems to exist primarily in the epithelium, which is shed from the skin, and may be conveyed great distances in varied ways Going into an infected house or neighborhood renders one liable to contract the disease, and it may be communicated through the mails to distant parts of the country, or through clothing that may have been in an infected house months previously. Rooms in which the disease has been are never safe from the infection unless they have been thoroughly disinfected; hence, a family in which the disease exists, cannot be too careful to prevent its spread even weeks and months after all traces of the disease may have disappeared. A second attack rarely occurs. Young children are chiefly affected, say between the ages of three and four years; but, of course, younger or older ones are never safe from the disease.

There are three kinds of scarlatina mentioned in the books; scarlatina *simplex*, scarlatina *anginosa*, and scarlatina *maligna*. The former is the simple scarlatina, occurring in patients in ordinary health and not as the result of any peculiarly impure state of the system. The second is the same disease with the addition of severe throat difficulties. Inflammation, swelling, ulceration, with offensive and irritating discharges from the nostrils, mouth and lips being sore and cracked. This kind occurs chiefly in patients of scrofulous habit of body; or who from exposure, or bad habits of living, have tendency to throat diseases. *Malignant scarlatina* is different from the others simply in that it occurs in persons of debilitated constitutions, or whose blood and tissues are very impure. Hence, in this disease, as in all others, good health is the best protection from a severe attack, and the best security for prompt recovery.

The disease is said to consist in three stages: First, the invasion stage; second, the eruptive stage; and third, the desquamative stage. There is also what is called the incubation stage, including the period which exists between exposure to the infection, and the actual onset of the disease, which may extend from six to eight days, the only symptoms being that the child is, perhaps, a little ailing, languid and restless. Scarlatina, like most other fevers, begins with chilliness, followed by fever in which the temperature rises rapidly to 104 degrees, or more. The skin feels hot and dry, the face flushed and the pulse frequent. Sore throat is often complained of, and tenderness is felt about the chest, while the neck is frequently stiff. Vomiting is often present, and there is much thirst, with total loss of appetite. The tongue is usually furred and red at the tip and edges. Pains in the limbs, lassitude, frontal headache, restlessness, are generally present. Delirium often occurs at night, and sometimes sudden convulsions, or coma, usher in the disease. This state of things does not last for more than from one to four days before a rash occurs, which marks the beginning of the eruptive stage. The rash appears, as in all other such diseases, about the neck and upper part of the chest; but it spreads rapidly to the face, and over the trunk and limbs. It begins as minute bright red points, which run together and form patches, which often cover a large portion of the surface. The color is usually of a bright scarlet, or a boiled lobster or raspberry hue, which becomes darker as the case progresses. At the fourth or fifth day from the commencement of the illness the rash usually is at its hight, and begins to fade from that to the sixth day, generally disappearing from the ninth to the tenth day, when desquamation or the third stage sets in. The patient often experiences a sensation of heat or burning, and there may be itching, or a sensation of tingling. Swelling about the throat, with more or less redness internally, is generally present, the surface being dry, and covered with a tough mucus. The tonsils may be ulcerated. There is pain, and difficulty of swallowing. The glands about the angles of the jaw are enlarged and painful. The mucous membranes of the nose and mouth, as well as the conjunctiva of the eye, are often red and inflamed. Pulse is often very frequent, and the temperature sometimes rises to 108 or more degrees.

The third stage begins about the ninth or tenth day, and the external cuticle peals from off the surface of the body. At this period there is a general cessation of symptoms, except about the throat, the pulse and the temperature often falling below the normal point. At such times, no treatment is required but rest and careful diet. These symptoms, of course, may some or all of them be quite severe or trifling, as the case may be correspondingly serious, or simple.

In the second form of scarlatina, the throat symptoms are very important and serious. There is deep inflammation of the tissues, with redness, tending to a dark hue, the back part of the mouth being much swollen, while sticky mucus covers the surface, and sometimes diphtheritic-looking patches are visible. Ulceration often follows, and sometimes gangrene, which may spread extensively, and involve the larynx. Suppuration may take place in the glands of the neck. The breath is extremely disagreeable, and the soreness, stiffness and swelling render swallowing, as well as an examination of the mouth and throat, exceedingly difficult and distressing. The rash is usually delayed in its appearance. Mouth and lips are sore and cracked. Nausea, vomiting and diarrhœa frequently exist. Of course, such a case indicates an impure condition of the system, particularly in connection with scrofulous habit of body.

In *scarlatina maligna* there is much prostration, restlessness, sleeplessness, delirium, followed by convulsions, stupor, or coma. The pulse is feeble, rapid and irregular. The circulation is greatly obstructed, and sometimes hemorrhages occur. Respiration is hurried, and the tongue is dry and brown. Occasionally the patient is so feeble, while the conditions of the disease are so severe, that there is hardly vitality to secure high fever, or any other symptoms except those which indicate great debility, depression, and approaching death.

Causes of Scarlatina. The exciting cause, we have already seen, is a specific poison, but the more important causes are the predisposing ones. Impure food and water, foul air, want of cleanliness, and generally unhygienic conditions about the house, predispose to severe attacks of the disease. Hygienic living is therefore important as being, if not absolute protection against the disease, certainly security against the worst forms.

Treatment. To establish circulation throughout the body is the first important consideration in this, as in all other diseases. Indeed, nearly all acute diseases begin with chilliness in connection with fever, and as we treat diseases according to the symptoms, the treatment is the same, no matter what the disease is going to be. When a patient has a chill, he should be immediately warmed up by being placed in a hot bath, particularly if the surface is dry and harsh. By immersing in water, the surface of the body is thoroughly warmed, the blood determined from the internal congested organs, and the symptoms of congestion and obstruction correspondingly removed. If the patient becomes hot and feverish, follow immediately by the wet sheet pack, in which the patient is wrapped carefully in several layers, consisting of, first, a dripping wet sheet; second, two blankets;

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third, a comfortable; each tucked around the body so as to prevent the external air from chilling the person. The patient may be retained in the pack for 35 to 60 minutes, when he should be taken out, sponged off, rubbed dry, and placed in bed with cold wet cloths to his head, and hot bottles or bricks to the feet. If any throat symptoms have appeared, place cool wet compresses over the swollen or inflamed parts, frequently re-wet. This treatment may be repeated the succeeding day, and every day until the rash is fairly established. After the fifth or sixth day, an occasionally sponging of the surface will be amply sufficient as long as the fever continues. After this subsides, there is nothing required but careful nursing and occasional rubbing of the surface. The bowels should be thorougly evacuated by enemas of warm water daily; thirst should be freely quenched by water freely drunk, but solid food should be abstained from for the first two or three days, and, indeed, little besides gruels should be eaten until the fever has subsided. The throat symptoms are, of course, important ones, and require special treatment. We advise the employment of hot fomentations, alternated with cold wet compresses, and at night, poultices over the inflamed and swollen parts. The point is to keep these parts cool and moist so as to mitigate the inflammation and reduce the swelling. Holding bits of ice in the mouth and swallowing the water, will tend to cool the inflamed fauces and throat. Cauterizing, leeching, and, indeed, all other irritating processes must be absolutely foregone. To soothe, cool and soften the inflamed surfaces, is all that can be done to protect against increased danger. The inhalation of steam is frequently very serviceable toward allaying irritation and inflammation of the fauces and throat. If there is much nasal catarrh a nasal douche of one pint of water in which a few drops of carbolic acid is dissolved is useful.

How to Get Sick.—No. 11.

By J. A. Tennet, M. D.

Nervous Exhaustion. Probably the most universal and powerful cause of disease is secret vice. It affects the high and the low, the rich and poor, the religious person and the forsaken outcast. A tendency to its practice is usually inherited, just as an aquatic bird inherits the tendency to swim. It is without doubt, the most universal evil known. During our late war, almost everybody thought that the waste of life and money connected with it was the greatest possible calamity to the nation; but it was never to be mentioned in comparison with the use of alcoholic stimulants. Then again many people are spending their lives in the war against liquor selling and liquor drinking; but they do not in any sense compare with the vice in question, in carrying wasting destruction wherever it goes, and that is everywhere; and yet the greater evil has only here and there one to cry out against it.

The evils that are most common escape common notice, just as the phases of the moon are scarcely heeded, while an eclipse, which is scarcely more wonderful, commands great attention. When the first death occurred in the town where the writer of this article was born, it was related that all the inhabitants stood along by the side of the way with uncovered heads; but after deaths had multiplied, they were almost unnoticed. If a person is drowned in a small town, more attention will be directed to it than was ever directed to the fact, that a wasting, destructive vice is sapping the vitals of all the young people in the community. Much effort is made every year to stay the progress of intemperance, and with more or less success; but the greater evil is only occasionally alluded to by a few writers of books, and in fewer public prints; and thus the evil goes on without limit, that might, in part at least, be prevented. "These ought ye to have done, and not to have left the other undone."

In the present condition of things, the most direct way to reach the evil is to make a constant appeal to parents to do their duty by their children. If they, through practicing the same vice in their youth, bequeathe to their offspring a tendency to practice what will undermine all the energies of body and soul, it would seem that they can do no less than to give a word of warning to their children, and so shield them from the evils that they themselves have experienced. But from a false delicacy, or it may be a fear that the young will thereby be taught the practice if it is mentioned (when in fact they have learned it long before) the matter is never broached, and the death-producing vice sweeps on unrestrained, the constitutions of young people are weakened, the system shows a loss of nervous energy, and after a time, some organ weaker than the rest becomes disorganized, and the patient dies, without having the real cause of the trouble guessed at, perchance. We do not hesitate to affirm that this cause engenders more diseases than all other causes combined, including the use of tobacco and alcoholic drinks. The cause of the drunkard's death is known to all; but those whose health is undermined by secret vice are buried with no thought as to the primary cause of all the trouble.

But the question will arise, "If the inherited predisposition is strongly marked, can anything counteract that tendency?" It is a hard question to answer. In some cases it would be very difficult, if not impossible. But this much may be done: Those who do not inherit a strong predisposition to the vice may be prevented from learning it from others, by a little timely warning. In this way, in a few generations, the evil might be eradicated from society in a great measure. Everybody drank intoxicating liquors a little over half a century ago; but now a large class are total abstainers. The evil in question might be limited, at least, by a little well directed effort. If a man who plants a tree for posterity is a public benefactor, surely one who prevents the spread of such a vice in even one family has not lived in vain.

As before stated, every disease may have this as an indirect cause, by its lowering the vital power; but it also directly causes many diseases. Some of the worst of these are general debility, Saint Vitus' dance, insanity, epilepsy and consumption. The last three of these are incurable when thoroughly established; in the first stages they are sometimes curable, if the patient can be induced to "cease to do evil, and learn to do well."

The first step towards eradicating any evil is to induce people to reflect upon it earnestly, and as the matter deserves. If the people in general could see this matter from the standpoint of the conscientious physician, they would certainly take such steps as would control the evil in a measure at least. What is wanted is education, *education*, EDUCATION upon these matters. False delicacy has done its best (and its worst) for a long time; let the other plan be tried for a reasonable period, and let us then compare the results of the two methods.

Intoxicating Liquors as a Medicine.

By P. R. Russell.

It has been seen in the last number that the common notion that vitality can be sustained by alcoholic stimulation, is a dreadful delusion, as void of common sense as of truth. Vitality can never be sustained by whip or spur. It must have nourishment, rest, and in other respects be put on the sunny side of life. It can never, in the nature of things, be sustained by the exhausting process of nervous excitement. The jaded horse may be put over the road for a while by whip or spur, when rest and food are needed; but this process of "*keeping the vitality*" will soon use up the remaining vitality, and the noble animal will drop in the harness. This nonsensical delusion, I am glad to see, is passing away from the minds of thinking men; but other errors for a while may keep the bottle passing around in medical practice. Dr. Edward Curtis, I see, in an article in the *N. Y. Tribune* abandons the stimulation theory, and thinks he has discovered that *alcohol* is food. He says:

"It is capable of being conserved and utilized as a force-producer, in which case there is no visible disturbance of the normal functions. Such action cannot be distinguished either by the drinker or the physiologist from that of a quickly digestible fluid food, and is no more an excitement or "stimulation," followed by recoil or depression, than is the action of a bowl of soup or a glass of milk." I think the Doctor had not his eyes fairly open when he made this discovery. But what if it be demonstrated, at

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last, that alcohol *is food;* that it digests somewhere and somehow, and is assimilated? What then? Is this the *only* article of food? Are we obliged to eat or drink it? Rats, mice, serpents, cats, dogs, opium, fox-glove, and nightshade are food in a sense. The blood of poisonous reptiles is also food. But are we shut up to the necessity of eating or drinking every abomination which contains the elements of food? Many articles which contain more or less food are filthy, disgusting, or are compounded with poisonous elements, damaging to the stomach, and perilous to health and life. All such articles of food should be abjured.

But I deny that alcohol is food. Chemists and physiologists have demonstrated over and over again, that alcohol *passes through the system unchanged.* Let us hear a little of the testimony of these witnesses.

Dr. W. B. Carpenter says: "Alcohol can not supply anything which is essential to the due nutrition of the tissues."

Dr. E. Smith, F. R. S., says: "Alcohol is not a true food. It interferes with alimentation."

Prof. Lehman, in his "Physiological Chemistry," says, "We cannot believe that alcohol belongs to the class of substances capable of contributing toward the maintenance of the vital functions."

Prof. Moleschott, in his work on the "Chemistry of Diet," says: "Alcohol does not deserve the name of an alimentary principle."

Dr. T. K. Chambers says: "It it clear that we must cease to regard alcohol as in any sense an aliment."

Dr. Markham, F. R. S., says: "Alcohol is not a food in the eye of science."

Dr. Henry Monroe says:

"If a person take an ounce of alcohol, it is immediately thrust out again as an intruder by every eliminating organ of the body in greater or less quantities. Is it reasonable to suppose that the body will treat one portion of alcohol as a rogue and vagabond or an inveterate foe, and retain the other portion as a welcome friend, when the action of alcohol must ever be the same? Can alcohol build up or repair nitrogenous tissue, when it does not contain a particle of nitrogen in its composition? It is an acknowledged fact that nitrogenous food nourishes the body in the sense of assimilating itself to tissues; alcohol does not. Plastic food feeds the blood cells; microscopic investigations show that alcohol destroys them. Food excites in health to normal action; alcohol tends always to feverishness, inflammation and abnormal action. Food gives force to the body; alcohol excites reaction and wastes force in the first place, and in the second, as a true narcotic, represses vital action and corresponding nutrition."

Dr. F. R. Lees, who has devoted a life-time to the study of the effects of alcohol upon the human system and upon human society, sums up the results of his investigations as follows:

"Alcohol is utterly foreign to the human body and its normal wants; and it never gives power like food, nor aids in circulation like water, nor produces heat like oil, nor purifies like fresh air, nor helps elimination like exercise—an agent the sole perpetual and inevitable effects of which are to arrest blood development, to retain waste matter, to irritate mucous and other tissue, to thicken normal juices, to impede digestion, to lower animal heat, to deaden nervous filament, to kill molecular life, and to waste, through the excitement it creates in heart and head, the grand controlling forces of the nerves and brain."

If alcohol, after all, is found to contain *food* (and it is admitted that sweet wines and beers do contain some little aliment in the saccharine matter), it is poisonous, irritating, maddening food, that *bedevils* men and women, sinks them below the brutes, and converts them into maniacs and incarnate demons. Shall we eat it? Shall we drink it? Has not an all-wise and benevolent Creator supplied us with a rich variety of meats and drinks without resorting to the maddening cup? No one thing which ever enters the human mouth so maddens and ruins men. Liebig says it is *fuel* as well as "respiratory food." It is fuel on fire. So is a fever. So is the sting of the asp. So is a little member, the tongue, sometimes; it is "set on fire of hell." This kind of food and fuel is not a necessity of humanity, as hundreds of thousands who "touch not, taste not, handle not," can testify. Alcohol burns to the lowest hell, but it is not necessary to warm the Christian heart.

Dr. Hammond, in his inaugural, on assuming the presidency of the N. Y. Neurological Society, as reported in the *Tribune*, maintains a very different theory from that of Dr. Curtiss, and that is that alcohol is not food in itself, but is in a certain degree a substitute for food. He says that when taken in moderate quantities it checks the waste of the system, and so preserves the tissues. He tells us that if imbibed too freely, it is fearfully damaging, leading to a dreadful catalogue of diseases, and to a kind of frenzy and delirium which he calls "dipsomania," or "mithomania." Still he thinks many persons need, and should daily use, this disease-engendering and mania-making drink; that they may properly take it to their dinner-table, and imbibe as their judgments may dictate. He and some others would put our young men not on the safe ground of total abstinence, but would have them, each for himself, *learn how to drink moderately.* This is just what all the poor drunkards for ages have been trying to do; and in the school of moderate drinking they have plunged into ruin by millions. How many more millions shall pass over the cataract before these gentlemen will have done with their speculating and conjuring up pleas for this wholesale slaughter?

A Sample Case.

In a recent case of death where poisoning was suspected, investigation disclosed that the attending physician, judging the patient to be suffering from bilious colic, had administered to him within twenty-four hours from thirty to forty grains of calomel, some morphine, tincture of belladonna, two blue mass pills, two doses of Velpeau mixture, some brandy and still other remedies. A testifying physician said he considered that these doses would be extremely dangerous even to the most healthy person, and we should think as much. It is such cases as this that make converts to homœopathy, and bring into good repute Macbeth's resolve, "Throw physic to the dogs, I'll none of it."—*Examiner and Chronicle.*

Some Pleasant Remembrances.

We clip from an exchange the following which speaks for itself:

From Brother D. C. Moomaw.

Dear Primitive:

It is a precious oasis in this dark desert of sin, this lovely place known by the significant name of "Mountain Home," and under the efficient management of Dr. Walter. I spent the second Sunday there and found as pleasant and genial company as one can see in any thousand miles travel. Bro. S. Keim and his amiable wife and their little jewel, Cora, sister Engle, of Maryland, Bro. Bowman, of Rockingham, Va., brother Miller, of Somerset, Pa., and a few score of others including our brother B. C. M. constituted an association of hearty invalids quite refreshing to look upon. I may write you again on the same subject.

Food and Health.

This is the title of a new weekly published at New York by Amelia Lewis; a large, quarto journal, devoted to the discussion of health subjects. Price, $3.00 per year.

We wish the editor could distinguish the difference between food and poison, and refuse to advertise a patent medicine under the deceiving title of "brain and nerve food." The whole advertisement is deceptive, tricky and dishonest, and a publisher should know the fact, or be convicted of ignorance on subjects of prime importance. When a man claims for his patent compound that "it gives vitality to the insufficient bodily or mental growth of children, and prevents fretfulness as it promotes good health to brain and body," he is either consummately ignorant, or is willfully wicked; and when he says it is "the only preventive of consumption," his lying goes beyond all bounds.

We would be glad to see *Food and Health* prosper, as such journals are sadly needed, but they ought to reject from their columns all advertisements of quack compounds, whether these claim to be food or medicine.

THE GOSPEL PREACHER, Ashland, Ohio. Published weekly, at $1.50 per year. A very excellent religious paper. Seems to be established on a firm basis, and is calculated to be of much service to the people. It is got up in excellent form; 16 pages, quarto, and is filled with very interesting reading matter. Address, *Gospel Preacher*, Ashland, Ohio. See advertisement in another column.

Life and Health.

This is an excellent little bi-monthly devoted to the discussion of health topics, edited and published by Thos. F. Hicks, at 30 cents a volume of six numbers. We wish it every success. Address the editor, Wernersville, Pa.

WANTED.—A Cook,

At Drs. Walter's Mountain Park. A healthy vigorous woman, who will receive good wages, a comfortable home, and, if necessary, be taught our system of cooking. She should have, however, some previous knowledge of cooking. We are prepared to pay from $10 to $20 per month for a first-class woman. Women without previous knowledge can be received to learn the system if they are in good health.

Address, ROBT. WALTER, M. D.

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The Laws of Health.

Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

J. A. TENNEY, M. D.,
Associate Editor.

☞All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., MAR., 1881.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems special and general, while at the same time they tranquilize the brain and nervous systems thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

The Temperance Question.

The temperance world has lately become greatly excited over the temperance question, particularly as the result of a lecture by the Rev. Chancellor Crosby, who advocates wine and beer drinking as the true temperance, and, in doing so, makes the most violent, and, in many cases, absurd charges against the temperance reformation. He has given us new ideas of morality and expediency; has denounced the pledge as "a most pernicious instrument for debauching the conscience," forgetting that he has pledged himself in various ways to church, to wife, to university, etc. The word temperance used to designate the total abstinence system is also said to be a false use of the word, and is denounced in the strongest language. The Chancellor forgets that temperance means total abstinence from everything bad, and a moderate use of that which is good. He also declares that beer and wine are essentially different from rum and whiskey, notwithstanding that all physiologists agree that the alcohol in the one is the same as the alcohol in the others, the difference being solely a difference of quantity. He has taken up the stale and worn-out statement that alcohol is food, quoting a physician whom no man intelligent upon the question would think of quoting. He says the total abstinence system is "the cause of drunkenness in our land and the general demoralization in Christian communities." The temperance men he characterizes as "bull-dozers," the whole system being a system of "intimidation;" and it is astonishing that here and there men who had not the courage to speak their convictions before have found a tongue and are prepared to pat Crosby on the shoulder and say "well done." If they are pleased that Crosby has been bold enough to speak his sentiments, we are sure that temperance men have no reason to be sorry. Crosby has given a better lift to the temperance reformation than he dreamt of. He has aroused a spirit of determination and resolution which will not be readily quenched until prohibition is accomplished. The intelligent, thoughtful, practical American people will not forever be led to destruction simply because their fathers have gone that way. It is a monstrous anomaly that the drinking traffic of this country costs us in taxation more than all other things combined. The public debt of the United States could be paid off in one year if total abstinence principles could prevail, and the money saved be applied thereto. It has been shown by late statistics that 84 per cent. of the criminals, who are supported by the community in prisons and penitentiaries, are criminals because of drinking customs.

We are pleased to note that progressive Kansas has had a prohibitory clause inserted in its constitution, so that it is a fundamental law of the state that liquors shall not be manufactured or sold for drinking purposes. Massachusetts is still agitated on the subject, while Maine has enjoyed the benefits of a prohibitory law for years. President and Mrs. Hayes have helped on the temperance reform very decidedly by their bold and conscientious stand. During inauguration day on March the fourth, there will be no liquor sold in Washington, unless it be in violation of the law, and we pray that our new President and wife will have courage enough to follow the example of their immediate predecessors and banish wine from the table of the White House. A temperance convention is about to assemble at Harrisburg to discuss the problems of the hour, and the editor hopes to be one among the number of earnest ones who will work for better days and for truer ideas. After all, however, the hygienic system will be found to be the true temperance system, and whoever becomes affiliated with it will of necessity be the truest and staunchest of temperance men.

Proving Too Much.

It is often amusing to read the advocates of error of one kind and another. Last month we saw how a noted physician, arguing that vaccination was a preventive of small-pox, declared that he had himself been vaccinated ten times and was to be vaccinated the eleventh, never imagining that the fact of his numerous vaccinations proved that he did not himself believe that vaccination is a preventive. To-day we desire to exhibit for the reader's pleasure an equally grotesque position of a writer who is lauding common-salt as the sum of everything good.

SALT.

Salt helps to make bile, the natural purgative of the body. So corned beef, salt mackerel, salt pork and cod fish should be eaten at least once or twice a week.

Nothing that we eat is more valuable than salt, nor could anything except bread be more missed. Animals, in fact, will travel distances and brave great dangers to obtain it. On the coast of Sierra Leone, brothers will sell their sisters, husbands their wives, and parents their children, for salt. In the district of Accra, on the Gold Coast of Africa, a handful of salt is the most valuable thing upon earth after gold, and will purchase a slave or two. Salt with the Bambaras is such a luxury that to say of a man, "He flavors his food with salt," is to imply that he is rich. No stronger mark of affection can be shown in Muscovy than the sending of salt from the tables of the rich to their poorer friends. Spilling salt was held to be an unlucky omen by the Romans, and the superstition has descended to ourselves. Leonardo di Vinci availed himself of this tradition in his famous picture of the "Lord's Supper," to indicate Judas Iscariot by the salt-cellar knocked over accidentally by his arm. When we say of a shiftless fellow that "he does not earn his salt," we unceremoniously allude to an ancient custom among the Romans. Among them a man was said to be in possession of a "salary" who had his "salarium," his allowance of salt money, or of salt, wherewith to savor the food by which he lived. Thus salary comes from salt—and in this view of the word how many there are who do not "earn their salt."

It has long been a favorite argument of the advocates of salt that a human being will die "eaten of worms" unless he has salt in his food; and though *this author* does not so declare, he does show that the people of Africa have very little salt to eat, and, no doubt, tens of thousands of them never taste it; and if salt was so valuable during the days of ancient Rome that only the rich could have it, how is it that the poor could live at all?

Thus we find that one tradition upon which the advocates of error found their systems, kills other traditions which are supposed to be equally fundamental. The German prisoners who were eaten of worms and died because they were debarred of salt, is surely quite mythical if what this writer says of the Romans be true.

Another beautiful argument in this excerpt is worthy of notice; namely, that salt helps to make bile. We are well aware of one thing; namely, that many persons suffer from excess of bile, and if salt helps to make it, we have, perhaps, a suggestion of some of the causes of biliousness. The first thing for such writers to inquire should be, is it desirable to increase the flow of bile by the use of salt? And the second question is, does the salt

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actually increase the flow of bile? We are not satisfied with assertions such as these, but would prefer to have arguments. While we do not argue that salt is inadmissible in the human economy, we do dispute that it is a necessary food, and we are of the opinion that it is used in great excess by the people generally.

Sleeplessness.

It is pretty difficult to reconcile people to the practice of lying awake habitually through the long hours of the night. The mind does not take to it naturally. Those who are afflicted with insomnia invariably demand something that will make them sleep. If they lie awake, they grow more and more nervous every moment. The mind is filled with terrible fancies, and the sufferer sees insanity and a thousand horrors gaining ground upon him at every tick of the clock. He calls a physician, who gives him chloral, and for the time being he is quiet.

If chloral would overcome the condition, or if its effect were permanent, the case would be different; but its effect is only temporary, and it does nothing whatever toward removing the cause of the trouble. After the drug has been used for a long time melancholy takes possession of the patient, or the kidneys suffer from its use. In the long run the use of chloral is very unsatisfactory, and it often causes troubles quite as bad as that which it is designed to remove.

In the first place, it should be borne in mind that sleeplessness is not a dangerous affection. Many suffer from it for a long period, and no evil results follow if they only refrain from worrying about it. But no time should be lost in finding out its cause. This may be overwork, worry, or the use of stimulants, as tea, coffee or tobacco. Women who sleep in the same bed with husbands who use tobacco are sometimes made sleepless by that poison. Many who suffer from insomnia can remember that before they were troubled in this way they were in the habit of dreaming of their work. When people do this they are overworking their brains, and are in danger of becoming sleepless.

After the cause is sought out and removed the sufferer should have a warm full bath at bedtime three times a week. On other days upon retiring, he should have a dry rubbing with the hands of an attendant, kneading and manipulation of every part of the body. This should occupy ten or fifteen minutes. This practice distributes blood and nerve currents to all parts of the body, and may be relied upon to effect a cure.

The Vaccination Question Once More.

The anti-vaccinationists have been holding a congress in Paris for the purpose of devising means for opposing compulsory vaccination. The following letter from Prof. F. W. Newman, a noted English reformer and writer, is worthy of insertion because of the plain and pointed truths which it sets forth. We feel like saying "Amen!" to everything in Prof. Newman's letter:

From Prof. F. W. Newman.

Dear Sir,—You ask of me a letter to be read at the approaching Congress in Paris against Compulsory Vaccination. I have no special acquaintance with small-pox, or with what is called vaccine. I have no child to protect against blood pollution. But I have seen an infant miserably perishing from erysipelas induced by the surgeon's puncture, and the mother wasted by watching day and night over the babe's agonies. As an Englishman, and a man of common sense, I deplore and denounce this tyrannical, this usurping law. To forbid perfect health, as the law does, I hold to be beyond the legitimate power of any legislature, *extra vires*, as the phrase is. Still, it would not seem my special duty to step forward, were not the richer classes of England so fatuously bent to obey the medical faculty in this and other equally shameful, if not more shameful, demands, while the newspaper Press seems so frightened about anything which should split up the Liberal Party, that they act the very illiberal part of inserting the subtle and often false statements of the advocates of this tyranny, and habitually refuse admission of replies. You and I know that this is not at all the way of strengthening the Liberal Party. To say, "Down with Truth and Justice except where we can use them as pleas for our own predominance," is to undermine that predominance. Men twenty years my junior can remember the enormous changes of medical practice. At the age of twenty-seven I had 220 leeches put upon me, and in remembering it I wonder that I am still alive. But it was according to the rule of that day. Bleeding and purging, setons and Epsom salts, cupping and every form of depletion, were then the fashion, and the thing approved (thirty, forty, fifty years before Count Cavour was bled to death). Then followed a system of wine and brandy-and-water, with all vegetables but bread forbidden. Strychninè became a favourite; mutton chops, wine for children of tender age, wine for low fever, brandy for the new disease of bronchitis. Fatal bronchitis increased in proportion as brandy was given for a remedy, and still the physicians said the patients had not enough brandy (an old gentleman known to me had his stomach under three eminent doctors so ruined by this remedy that he died of starvation). Now, the most eminent in the faculty see all this, or nearly all this, to be wrong. Of course they do not like to blame their *confreres* too plainly, but it is clear to all outside that the tide is turned. The leaders understand that attention to diet is worth all the drugs in the world, whether to prevent or to cure. Evidently, medicine (by the avowal, indeed, of its most honoured practitioners), is a very unstable art, with no just pretence to science. It is changeable nearly as fashion. Yet our upper classes and our legislators bow to its despotic claims as much as did their ancestors to the mediæval clergy. And what is their now avowed theory? They are driven out of their original doctrine (which yet they often repeat to the ignorant) that vaccination is a sure preventive of small-pox; they say it prevents for an unknown time as long as the effect sticks in the constitution, but no longer, therefore we ought to be revaccinated at the end of this unknown time. However ignorant our M. P.'s are of medicine, they ought surely to see that such a theory is a contemptible absurdity. It claims to keep us in perpetual cow-pox in order to prevent a contingent small-pox; it cries out against healthy infants as dangerous to the public health. But so fallen in good sense are our upper classes (a portentous sign that they are about to fall heavily indeed), that they listen to this nonsense, and plant the lancet of the surgeon, poisoned with they know not what of the corruption falsely called lymph, in the veins of innocent children.

At the same time, the medical profession refuses to try those remedies for small-pox which, by manifold attestation, show that it is very tractable; and while their own statistics prove that the years of prevalent small-pox are rather years of less than of greater mortality, they dare to claim that vaccination saves thousands of of lives (80,000, according to an eminent chemist —an M. P.) "When water chokes," says an old Greek proverb, "what shall we drink after it?" When truth, and wisdom, too, but choke an M. P., what can enlighten him? Solomon said, "A rod for a fool's back;" apparently that will come to our aristocracy, as has come to many national orders before now. But France has cast off her incubus, and may haply be before us in shaking off this pernicious and oppressive folly. I am, yours truly,

(Emeritus Professor) F. W. Newman.

To Wm. Tebb, Esq.

[For the Laws of Health.]

"Tobacco is the Filth Which Borders the Stream of Intemperance."

By Rev. Joel Swartz, D. D.

A river there is whose brimming steep bank
Is fringed with a border insufferably rank;
A slimy and filthy and oozy offense,
A loathing and horror to every sense.

The torrent itself is treacherous and deep,
And under its fury are millions asleep,
Who tempted its borders and found that its waves
Were the whirl of swift eddies that dance o'er their graves.

This "River of Death," wherever it flows,
The traveler at once infallibly knows,
For its billows of fire are lurid and red,
And roll with the slain of innumerable dead.

Its moan is the wail of a dolorous pain,
And its current is tinged with the blood of the slain;
It trends like a serpent through deserts of sand,
And rolls its huge waves through the pride of the land.

As far either way as the vision can reach
Its banks are a blasted and desolate beach;
Along them a crowd innumerable sit,
And in the dark stream incessantly spit.

They snuff and they puff, they puff and they chew,
And over them stretches a vapor of blue;
So rank are its fumes they seem every whit
Like breathings exhaled from the depths of the pit.

And as you approach still nearer the brink,
They chew and they smoke and they smoke and they drink,
The snuffing and chewing and smoking come *first*,
And then comes the *drink* to assuage the keen thirst.

With little distinction from every rank,
The multitudes come and press to the bank;
The rich and the great, the learned and fair,
With the base and the vile affiliate there.

Sometimes near the lines of the beach-thronging crew,
When the wind sweeps aside the vapor of blue,
You may see the "black coat," the soft silken hat,
The gold-headed cane and the snowy cravat.

And you'll think of the seat where the scorners do sit,
And the smoke of their torment and the woes of the pit,
And the oaths and the fumes of the drink-tainted breath,
And the filth will betoken the portals of Death.

The Nutritive Cure.

We have to regret that this work is not yet ready for the public. Our labors have so interfered with work upon it, while we have so enlarged and improved it, that we have been unable to have it ready as soon as we expected. It is entirely re-written, more than twice as large as formerly, and yet will be furnished at the same price, 20 cents. It will certainly be ready before April 1, 1881, and will be mailed as soon as possible to all who send their orders.

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Christ and Disease.

By Rev. Joel Swartz, D. D.

It is a significant fact that Christ was never sick. His experience, in this respect, was almost as singular as in regard to sin. "He was without sin." He was absolutely an exception to the whole of humanity in the respect that "he did no sin, neither was guilt found in his mouth." It may not be equally true that he was the only one of our race who had no sickness. For it may be, however very unlikely, that some have been so fortunate as to have had no bodily ailment or disease. When we remember that it was sin "that brought death into the world and all our woe," and that "sin is the transgression of the law," we can hardly understand why a perfectly sinless being should be sick. It would seem evident that he could not be sick from any disregard, on his own part, of those sanitary and moral laws whose violation is the fruitful cause of our ailments and disorders. To such a nature as that of Christ it must have seemed that the violation of physical and natural law, such as the indulgence of any appetite, passion or propensity to the extent of immoderation, would have in it an element of moral turpitude and so be necessarily impossible in the behavior of a being who is "holy, harmless, undefiled and separate from sinners." We cannot help but feel that a Messiah, sick, disordered, leprous in body, could not be the absolutely clean, pure and helpful one that now he is. We are willing, indeed, that he shall "bear our griefs and carry our sorrows," that he shall be "bruised for our iniquities, suffer the chastisement of our peace," for this has in it God-like sympathy and helpfulness, and is worthy of the highest and holiest of all beings; but to be chastised, afflicted and bruised for his own iniquities, or if it please better, for his ignorant or wanton violation of the laws of nature upon whose wise and judicious observance depends the fact of physical health, is not congruous with any moderate conception of him as a pure and holy being. It follows, too, from this, that it is not becoming to say the least, that any one who professes to be a disciple of this pure and chaste and temperate Christ shall be given to indulgences which could not be thought of as belonging to His behaviour without involving a damaging depreciation of His standing before us as the sinless one, the ideal man.

Let any one whose tastes and judgment have not been wholly vitiated by debasing indulgences answer whether he could, without suffering a sensible shock to his reverential feelings for Christ, imagine Him as a "wine bibber," as a "riotous eater of flesh," as a chewer and smoker of tobacco. Take only the latter indulgence, for happily the influence of Christ's life and gospel have so far refined and ennobled the body of those who profess to be his followers, that they condemn the former as immoral and unworthy the life of a Christian, and conceive that Christ should be found, as many who call themselves by his name, with his mouth defiled with the inky, rancid impurities of a quid of tobacco, or his breath loaded with the stench of a cigar. The writer confesses to such an abhorence of these vulgar animal indecencies, that he could neither reverence the character nor believe in the divinity of a person who should be found capable of such filthy abominations. Now, whilst he does not expect so high a standard, practically attained, though, by consistency, aimed at, in his fellow Christians, he must say it requires no small effort to respect the professions of those who claim to "have the mind that was in Christ," when by their monstrously filthy tobacco-chewing, puffing and spitting, they outrage every sentiment of decency, cleanliness and purity which the heart's best love seeks and finds in Him whose example is our rule of conduct, as His teachings are the law of our life.

Conceive for a moment, ye lovers of tobacco, what impression would the personal Christ make, were He to descend upon earth and again humble Himself to walk among men, if He were to be found defiling those lips, that once so overflowed with love, with your overflowing tides of reeking saliva, and puffing from a mouth, once so full of grace and truth, those suffocating volumes of vile smoke which ye are so forgetful as often to breathe in the very faces of the sick whom you would comfort, or the inquiring whom you would point to the Lamb of God. How often has decency recoiled and withdrawn from the too near presence of even ministers who sought to whisper into the listening ear of the sick or the anxious of heart some well-meant, but stench-burdened, and so intolerable words of comfort and instruction?

One cannot imagine that Christ was such a teacher and comforter without a revulsion of feeling. Had he been, he could not have impressed the world as one too pure to be corrupted, too clean to be sick, too white to be tainted with the befoulments of fleshly lust.

Diseases of the Eye.

By J. A. Tennet, M. D.

Aside from the diseases of this organ that arise from dissipation, there is a class of affections that are caused by congenital malformation. Unfortunately, this condition is usually neglected until troublesome, and even dangerous diseases grow out of it.

A normal eye is nine-tenths of an inch in diameter from before backward. If it is more than this measurement, the person is near-sighted; if this diameter is less, far-sightedness is the result. The former is an inherited condition; the latter is the result of old age. Near-sightedness, which is called in technical language *myopia*, is almost always associated with another malformation called *astigmatism*, which is a failure of the eyes to see alike, from an inequality of the surface of the ball in front.

These conditions of the eye cause a person to continually exert the muscles of accommodation in order to see anything. The result is the same as would happen if one should hold out an arm horizontally all day. Before night it would be very tired, and if persisted in the operation would cause severe inflammation. But people who are near-sighted and have the fault of vision called astigmatism also, go to a vender of eye glasses, who knows no more of these morbid conditions than a Virginia spider does of the North Pole, and get spectacles that may correct the near-sightedness; but the other difficulty goes on uncorrected. After a while the one affected finds himself unable to do work with his eyes, and this usually happens after disease consequent upon the unnatural straining of the muscles in question has brought about incurable defect of vision.

The diseases caused in this way are, progressive absorption of the middle coat of the eye, or *choroid* membrane, opaque deposits in the eye that permanently obstruct vision, and hemorrhages upon the retina, which cause irremediable blindness. The only remedy for these conditions is prevention. It is the simplest common sense that if the eyes do not see alike, spectacles that will fit one eye will not fit the other. The eyes must be measured and fitted, as shoes are fitted to deformed feet. We cannot insist upon it too strongly, that *near-sighted people should never go to ordinary sellers of spectacles and buy their glasses.* They will get themselves into trouble sooner or later if they do. But if taken early by a skilled oculist, these defects can be practically remedied with spectacles suited to the case, and the eyes made to do good service through life.

Questions Answered.

By Robt. Walter, M. D.

Question. I would like to know something of your bill of fare for invalids? A. J. T.

Answer. This subject will be fully answered in our work on the Nutritive-Cure, which will be published shortly; about 400 pages, price $1.50.

Question. What will cure warts of long standing?

Answer. Burn them with caustic, trim them off with a knife, or any such means to produce stimulation in the capillaries of the parts.

Question. How do you most effectually cure or relieve tooth-ache?

Answer. Pulling the tooth is the only sure way. If it is caused by a feverish condition of the system, consequent upon colds, restore circulation to the surface by the nutritive-cure methods.

Question. What do you think is the cause of weak eyes, and what treatment do you recommend? Will eating too much salt in the food cause the difficulty?

Answer. I do not think the salt would be alone sufficient, though it might aggravate the

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difficulty. Weak eyes are generally the result of a scrofulous condition of the system, representing particularly congestion of the mucous membrane. To restore the patient to good health is the only treatment that will be effective.

Question. What would you advise for continual soreness of the nose, just inside, at the tip, accompanied by a rushing noise in the left ear, with a soreness in the throat on the left side, sometimes extending to the ear?

Answer. If this condition occurs in the same person that has the weak eyes, the cause is catarrh; in other words, chronic inflamation of the mucous membrane in the nostrils and along the eustachian tube, and of the eyes. The patient can be restored only by processes to build up the general health. Catarrh is essentially a general disease with a local expression.

Question. For six or eight months I have quit drinking tea or coffee, but occasionally take a cup. Whenever I do so, however, the effect upon me is very much stronger than when I was in the habit of using these drinks regularly. Is this a favorable symptom, or does it indicate general weakness of the nervous system?

Answer. The symptom, of course, is favorable. It always follows the disuse of stimulants. The longer a man continues stimulants the less effect they have, and the longer he discontinues them the greater the effect if he returns to them, on the principle that a very little tobacco will first exhilirate and then make deathly sick a person who has not used it; while another person may take great quantities of poison into his system with slight effect. The fact is that no man gets any better permanent action of brain or body from the use of stimulants than he gets without them, as nature always fortifies herself by becoming less excitable the longer used. If you will continue to abstain from tea and coffee, you will find just as much activity and vigor as though you used them.

Question. What do you think is the cause of cancer? I have heard of a certain physician attributing it to tomatoes, and the people of the vicinity, having become alarmed, abstain from them.

Question 2. Would you advise any one to abstain entirely from salt in eating vegetables, or sugar in very sour fruit?

Question 3. Do you intend to give your method of treating chronic and acute diseases, together with your system of right living, in your new work?

Answer. The physician who says that tomatoes is the cause of cancer proves his bigotry or his ignorance. Cancer was quite as common before tomatoes were grown as it has been since, and hence the connection between the two is destroyed. There is nothing, we believe, in tomatoes to cause cancer any more than there is in any other fruit.

2. There is no need of entire abstinence from salt or sugar, but I would advise every one to use them in minimum degree.

3. I do propose to give my system of treating both acute and chronic diseases in my forthcoming work.

Question. My brother, 64 years of age, weighs 200 pounds; temperament, lymphatic-vital; alimentiveness large. Fifteen months ago he had a paralytic stroke on the right side, losing the use of the right arm and leg. Both are very much swollen. About a year ago he had a second attack. He cannot stand alone, nor take a full step. Mind somewhat impaired. Please tell us through the LAWS how to treat him.

Answer. Remove the cause and the effect will cease. I judge that excess in eating and drinking, with lack of exercise, etc., has brought about his present difficulty, and that the cure is to come through close dieting, with proper passive exercise. He could live on one, or at most two, meals a day to advantage, of food composed of Graham bread, a little sub-acid fruit, oat-meal mush, and occasionally a little meat or vegetables, and he should drink only water. If he has the courage to diet himself, he will be improved. He should then have thorough manipulations of the body every day, the flesh being rubbed and squeezed for a half-hour at a time. He should have a full bath twice a week, being well rubbed; abundance of sleep, exercise by carriage riding, and abundance of pure air. Indeed, the principles of the nutritive cure as explained in our new work, which will soon be ready, should be carefully followed.

Question. What are your views upon compound oxygen treatment?

2nd. How would you treat a severe case of malignant diphtheria?

3d. What do you think of the medical theory of counter irritation? E. C. E.

Answer 1. The manufacturers of compound oxygen claim that it is a combination of oxygen and nitrogen, differing from the natural combination, the oxygen being increased while the nitrogen is reduced. Youman's chemistry says that any other combination of air than the natural combination, would be dangerous. Starkey says that the artificial combination is superior to the natural one. Oxygen is the portion appropriated by the lungs, and the effect of concentrated air is very much the same in kind as that of concentrated food, an increased quantity of material with reduced power on the part of the organs to appropriate the material. Compound oxygen, if continuously used, would inevitably reduce the capacity of the lungs, but in the meantime it is a great stimulant to the vital forces, and hence to rapid exhaustion of them. As a system, it is as good as any other drug system.

Answer 2. I would treat malignant diphtheria according to the conditions. The malignancy depends upon the previous bad habits of the patient. He who eats bad food, drinks impure water or breathes impure air until the whole organism is poisoned, will have malignant diphtheria if he has it at all. Under such circumstances he may be incurable. The best treatment is pure air, pure water, with no food for a day or two, the wet sheet pack to reduce the fever, cold compresses on throat to reduce the inflamation, or ice alternated with hot fomentations. The disease deserves most careful treatment at the hands of an experienced physician.

Answer 3. I am not in favor of counter irritation, because I do not believe in irritation at all. Irritation is properly treated by soothing appliances, not by counter irritations, and if these appliances cannot be made directly to the irritated part, they will, nevertheless, be effective if applied to parts that are in sympathetic connection with the irritated parts. We soothe internal irritations by applying soothing methods to the external skin. Counter irritation means to cure one disease by producing another, which is unphilosophical and unsuccessful. My new work on the nutritive cure will explain this subject very fully.

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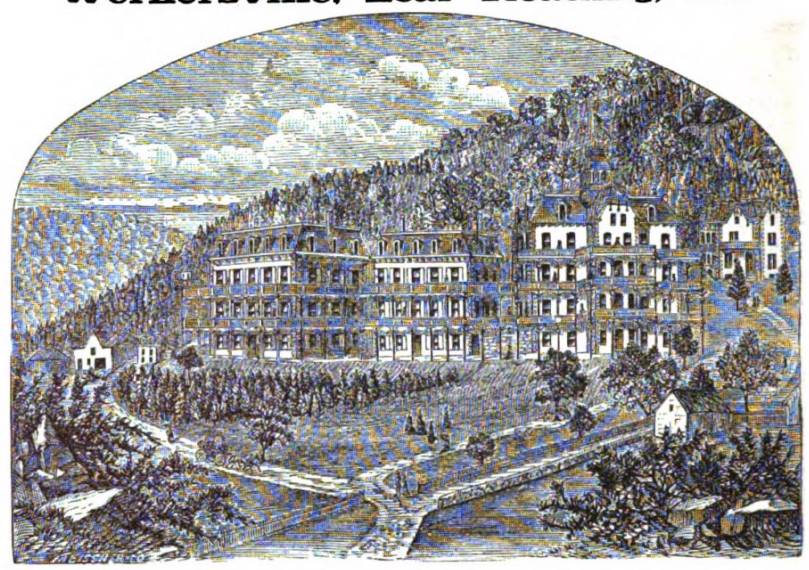

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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. III. READING, PA., APRIL, 1881. No. 12.

Measles—Rubeola.

BY ROBT. WALTER, M. D.

This is another infectious and tedious exanthema. Like scarlatina and small-pox it is conveyed in clothing, etc., as also through the medium of the atmosphere, and occurs mostly in children. A second attack rarely occurs. It is a disease chiefly of cold and damp seasons. The attack begins usually in about eight days after exposure, during which time there are no prominent symptoms. When the disease actually sets in, it does so somewhat suddenly, with chilliness and occasional convulsions. Then follow the ordinary symptoms of fever, which, however, is not very severe, the temperature rising to 101, 102 or 104 degrees, the child in addition being languid, restless and nervous, and may be delirious at night. The symptoms of catarrh are generally very prominent in this disease, which suggests, often, the existence of simple cold. The eyes are inflamed, water runs from them, lids are swollen, and there is a dislike for light. Catarrhal discharge from the nose with frequent sneezing, and sometimes nose-bleed occur. A sense of tightness and even pain are experienced over the eyes. The throat is generally sore and red, and the voice hoarse, though these symptoms are not prominent. There is often more or less bronchial catarrh, indicated by tightness and uneasiness over the chest, with frequent cough, quick breathing and wheezing sounds. Pain and tenderness are sometimes complained of about the stomach, and there may be considerable vomiting. Bowels are generally constipated, though there may be tendency to diarrhœa. On the fourth day after attack, we may look for the rash to make its appearance. It may, however, appear on the first, or be delayed to the seventh or eighth day. It begins usually on the face, then spreads to the trunk and limbs. Commencing with small, scattered red points, these enlarge to the size of a small pea, and become perceptibly raised and papular, eventually being flattened at the summit. The eruption tends to form patches of an irregular, circular shape, in some cases being so abundant as to form extensive, irregular, but well-defined patches, generally red, but with elevations upon them. The tint is variously described as rose-colored, dark raspberry, lilac, yellowish red. Pressure removes it temporarily, leaving a slight yellowish hue. This rash goes on increasing for about twelve hours, and then declines in the same order in which it appeared. The elevations subside, and only a reddish or coppery discoloration remains, the latter continuing for some time. The cuticle desquamates or peals off in fine powdery scales wherever the eruption has been considerable. Occasionally, especially under bad treatment, the eruption suddenly recedes. With the eruption, the face and hands are often swollen and puffy, and there is frequently much itchiness and irritability of the skin. The catarrhal discharge generally increases during the progress of the eruption. The conjunctivæ and mucous membrane of the nose, mouth and throat are more or less inflamed, and ulceration is occasionally excited, with various discharges. Deafness is now and then noticed. The tongue is much furred, usually moist, and presents a few enlarged papillæ, and clean in patches. Sometimes it tends to be dry and brown. In some cases, however, there is no eruption, the disease being exhibited only as fever and catarrh. In other cases there is no catarrh, and even fever is sometimes absent. In other cases the disease is very malignant as the result of the previous unhealthy state of the patient. Typhoid symptoms are present with severe nervous disturbance, and irregularities in the eruption. There is great depression and prostration, with weak, frequent and irregular pulse; cold extremities and dry and brown tongue, and sordes on the teeth and lips. Picking at the clothes, convulsions, delirium of a low and muttering character, or stupor are generally observed at a very early period. Sometimes hemorrhages take place, and there is extensive bronchitis, pulmonary congestion, or occasional pneumonia. In such cases death usually occurs from exhaustion, coma, or smothering.

Cases occuring in patients who have been living unhealthfully, or when improperly treated, are followed frequently by serious sequelæ, such as affections of the respiratory organs, sometimes a cough continuing for years after recovery from the disease. Chronic bronchial or laryngeal catarrh, croups, pneumonia, consumption, and occasionally gangrene. Inflammations about the eyes, nose or ears sometimes follow. The glands of the neck or other parts are sometimes permanently enlarged. Chronic diarrhœa, acute Bright's disease, etc., are not uncommon.

Treatment. In ordinary measles the treatment is not only simple, but readily effective to the recovery of the patient. The disease is not ordinarily a dangerous one, and we believe only the feeblest constitutions, or the very worst previous habits, or great mismanagement, can cause a case to end fatally.

When the chills first occur, place the patient in a hot bath, and give him thorough rubbings. If the fever rises considerably, and there is much heat, the warm bath should be followed by a wet sheet pack for thirty or forty minutes; or, if this is inconvenient, a cool sponging, the patient being immediately covered up in bed and kept comfortably warm. In all cases, the head should be kept cool and the feet warm, the former by wet compresses placed over the forehead, and the latter by hot bricks to the feet if necessary. A wet compress placed over the throat and chest, covered with dry cloth, is very important to relieve irritation of the respiratory organs. Hot cloths laid over the eyes, nostrils, and lower part of the forehead, followed by cool ones, will be serviceable in relieving the catarrh. The patient should be kept in bed in a well ventilated room, allowed to drink abundantly of pure water, but be restrained from the use of much food for a few days. Indeed, gruels, and such like unstimulating foods should be employed during the whole course of the disease, and care should always be taken to prevent the use of very much solid food until convalescence is completed. The wet abdominal bandage may be used constantly, as well as the wet compress over the throat and chest, and the sponging may be repeated every day or evening until the fever has subsided. If there is vomiting, the patient should eat nothing until the stomach symptoms have subsided for some time, but hot water may be occasionally drank to settle the stomach; sometimes sips of ice cold water or ice may be swallowed. If there is diarrhœa the bowels may be cleansed daily with injections of tepid water. If there is oppression or tightness about the chest, fomentations may be employed over it. Acid drinks are sometimes serviceable. If the throat is very much inflamed or irritated, the patient should inhale steam, say from the spout of a kettle. During convalescence, and for a considerable time after recovery, the greatest care should be maintained to prevent exposure. Unless this is done there is great danger of fastening bronchial or lung disease upon the patient, which may remain with him for life. Pure air, however, is always important, and hence thorough ventilation should be secured. The bed in which the patient lies should be changed and thoroughly aired daily. Cleanliness in all respects should be observed, and the patient should, if possible, have a large, airy room to himself.

THE NUTRITIVE-CURE, 20c., send for it.

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How to Get Sick.—No. 12.

By J. A. Tenney, M. D.

Venereal Diseases. These affections are the most terrible in their effects of any diseases that afflict misguided mortals. In the country they are scarcely known, comparatively; but in the city, among the lower classes especially, their ravages are frightful to witness, producing a great variety of the most loathsome disorders, which result in utter physical ruin.

Venereal diseases are the result of impure connection, and commence in the form of ulcers upon some part of the generative organism. These ulcers are called *chancres*, from their resemblance to cancers, and are of two kinds—the *hard* and the *soft chancre*. Sometimes these ulcers are of enormous dimensions, spreading over a surface as large as both hands spread out, and taking a long time to heal. The soft chancre does not infect the general system, but heals like a simple ulcer. The hard chancre does not make its appearance until the whole system is saturated through and through with the venereal poison. The soft chancre is soft to the touch, and has undermined edges; while the hard chancre has sloping edges, and almost always feels hard to the finger, and deep-seated.

These ulcers appear at different periods. The soft ulcer commences about twenty-four hours after exposure to its cause, while the hard, or infecting chancre, does not appear until from ten to fourteen days have elapsed. In from four to six weeks, what are called secondary effects follow the latter form of ulcer. These effects commence in the form of a papular eruption upon the surface, and finally terminate in a great variety of skin diseases. In from a year to eighteen months, on an average, what are called tertiary effects make their appearance. Among the most prominent of these are corroding ulcers of the nose, the palate, throat, ball of the eye, eyelids, ear and bronchial tubes, disease of the spinal cord, causing paralysis of the lower extremities, stricture of the rectum, stricture of the œsophagus, and degeneration in the coats of the blood vessels, often giving rise to their bursting in the ventricles of the brain, and causing death by apoplexy. At best, the unfortunate victim can only hope to eke out a miserable existence the rest of his days, and must inevitably transmit a tendency to decay of the bones to his children, to the third and fourth generations.

These terrible diseases can only be alluded to within the space allowed for this article; but if young men, and young women as well, could only see the ravages of these diseases in our city hospitals, they would need no further instruction upon the subject of chastity, if they are worth saving. It is difficult to believe that there are many people in this world, who would be willing to expose themselves to a most loathsome living decay the remainder of their lives. The young should be instructed in all such matters. All that can concern them should be a part of their education. They should be advised to live above the following of blind impulse, and to give every action in life the thought it deserves. A fearful responsibility rests upon parents in this matter. Said an eminent surgeon, who had spent his life in hospitals, and had treated many thousands of such cases, and therefore knew what he was talking about, "I would not have a microscopic atom of that poison in my blood for all the beautiful women that ever walked the earth and ensnared ignorant men."

There is no light to be cast upon the dark picture; it is all background, as dark as night. The disease, once contracted, is never removed; the only remedy is prevention. The little boy, when asked why the lightning does not strike twice in the same place, replied, "Because it does not need to!" So this disease makes such havoc with one's physical system, that the victim can never be affected by the same cause again, or recover from its blasting effects. It is with the humble hope that some parent may arouse to do his or her duty in warning the young against such a terrible calamity, that this article is written.

The Odium Medicum.

By Rev. Joel Swartz, D. D.

The "*odium theologicum*"—theological hate—has long been proverbial. It is a humiliation and a disgrace to theology, or rather to those devoted to the study of theology, the noblest of all sciences, and one, it should be thought, in which the students would be characterized by the deepest humility and the largest charity, to be compelled to admit that the existence of the proverb which bears in it such a stigma, is founded upon such evidence of fact as to make the charge which it lays upon theologians as undeniable as it is disgraceful. The Inquisition, together with ten thousand other barbarities show what its capacities to hate once were. After these had passed away with the Dark Ages in which they had their origin, the theological hate still continued to linger on and show no little energy by the sharp, not to say savage, controversies which for centuries divided and distracted the church, issuing in the establishing of conflicting sects and schools who mutually and bitterly denounced and excluded each other. It may be admitted that the sects and schools still exist, but the theological hate in which they generally originated is happily gone, or lives, if at all, only on the borders of the church and in her less enlightened sections, or more happily only in the regretful memories of those who recognize the anomaly of a science of "divine things" building itself up on the lava of human passion. The present are times of theological comity and good will, the days of fellowship and cooperation. But how is it about the *odium medicum*? Is it a thing of the Dark Ages, unless these for it be still dark ages? It may be said, in justice, that medical hate has never wrought such terrors in the earth as the theological hate. It has erected no stakes and burned no heretics. But it has succeeded in wonderfully protracting its life and preserving its energy. It exists as a good present illustration of the power of the theological hate after the fires of martyrdom had yielded to the spirit of mutual exclusion. The medical student and practitioner, who is in deep sympathy with his school, neither recognizes or tolerates the pretensions of one of another school. There is no common ground on which they will consent to stand. An allopath who is guilty of such a breech of professional ethics, as to hold a consultation with a homœpath, loses his standing in his school, if not all medical recognition by his brethen. We do not particularly complain of this, perhaps it is only a just way of denouncing and repudiating medical heresy, but the fact exists as an instance of the *odium medicum*. If the distinguished and eminent founder and teacher of the Nutritive-cure were substituted for either the allopath or homœpath in the above illustration, the disciple of either of these schools would feel the *odium medicum* of his sect.

Indeed, so strong is the repugnance of the various medical schools to each other, that they will not only not have any professional dealings with each other, but if a member of one school so far forgets his dignity, and so far seems to discredit the infallibility of his system, as to dare to debate the points at issue between his and an opposing one, especially in the organs of the schools, he is looked upon as a quack and a humbug, and as deserving of excommunication. Is it not the *odium medicum* which utterly suppresses the open, thorough discussion of conflicting opinions, and makes it impossible for such a writer as the editor of this journal to discuss his system with the regular doctors, or for any other one who dares to stand outside and question the principles of the schools, and their practice in fair public debate? Discussion with heretics is unprofessional and cannot be tolerated. In this respect the *odium medicum* differs widely from the *odium theologicum*. The latter has, perhaps, been too ready to take up the cudgel, or, if it please better, the pen; the former, either from fear or contempt, or, if we have not been forgetful all this time—from the love of peace, utterly discards discussion. Still, the non-professional public would, on proper occasion and if conducted in a proper spirit, greatly enjoy and we doubt not profit by a thorough comparison of conflicting systems in public debate.

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Medicinal Tipplers.

By P. R. Russell.

Every land and age have their delusions. The past generation was universally deluded with the notion that intoxicating liquors were an absolute necessity of life and health in exposure; that no man could perform the common avocations of life, or endure hardships of any kind without alcoholic protection. The present generation is deluded with the notion that while intoxicating drinks are needless and dangerous to men in health, they are, nevertheless, a grand catholicon in sickness; that it is bad and immoral to take as a *beverage*; but heavenly wisdom to quaff down the sparkling glass if it be taken as a *nostrum*. How the stomach and brain are able to discriminate, and decide whether the liquor is taken as a *dram* or a *nostrum*, does not appear; but it has been demonstrated thousands of times over that nature does not and will not discriminate, and the "worm of the still" will "bite like a serpent, and sting like an adder," whether it is called medicine or beverage. The effects are the same in both cases. Alcoholic medication, in all its forms, barricades the way. Just so long as trusted physicians teach and practice on the hypothesis that alcohol is a necessity, and the good people accept the doctrine, and stand ready to swallow rum, gin, brandy, whiskey, wine or ale, when they are sick, so long every man, woman and child, will cleave to the "deadly poison" as a necessity, keep it in the family, and resort to the intoxicating cup when it is thought it may be needed. This belief will keep the rattlesnake in the family as a pet and friend; and such reptiles, however poisonous and malignant, will be cherished and reserved for use "in time of need." Crusaders may sing, pray, march and entreat; Washingtonians may sign the pledge and tell their experiences; philanthropists may mourn and sigh over the desolation of intemperance; the ministers of the gospel may reason of righteousness, temperance and judgment to come;" and prohibitory laws may be enacted and enforced; and after all, the wheels of reformation will only, *can only*, oscillate back and forth and make no triumphant progress. All our efforts are and will be like that of Sisyphus in rolling his stone up the mountain side. As soon as the toiling hand is lifted, the stone goes thundering down again. People can never, *never* be saved from a depraved, clamorous, morbid appetite for the accursed thing, so long as they believe that *its use is, at times, a necessity*. This delusion keeps the cup passing around, and leads millions to a drunkard's grave.

The poor tippler signs the pledge, and earnestly resolves that he will never, *never* take another glass, and he runs well for a season. But he is sick, the doctor prescribes a little brandy. He takes it and the old appetite is revived, and he plunges headlong into the gutter again, ruined for both worlds, and thrown upon society as a vagabond and a nuisance. If he attempts to rise a thousand times, borne up by the prayers and helping-hand of philanthropy, he will fall every time the intoxicating cup is passed to his lips as a catholicon. The roadside is thickly strewn with the remains of the ruined victims of alcoholic medication.

All experience proves, however, that of all tipplers the medical is the most hopeless. Others drink on their own responsibility, pushed on by a clamoring appetite and against the entreaties and protests of family and friends; but the medical tippler drinks on by rule, with the consent and advice of his trusted physician, and the encouragement of his wife and other friends; then he feels *better* after every glass, the more his head is worked with the fumes of alcohol, the more he loves and praises the good doctor who prescribes such charming medicine. The sickness becomes more and more chronic, and to every admonition the poor patient replies: "*I have a complaint and must take a little, and I know it does me so much good.*"

This delusion keeps the viper in the family, keeps the bottle passing round, keeps the grog-shop open day and night, and plunges thousands into the slough of drunkenness. One glass taken as a medicine on the part of the reformed inebriate arouses the old dormant appetite to a mania of fury and hurls him to ruin. But the friends of humanity may rejoice that the delusion of the necessity of alcoholic medication is passing away. All hygienic physicians have given it up, and all other classes of intelligent practitioners are prescribing with more and more caution. Some of even old school men are learning that they can get along well without administering it at all; and but few will now urge it as a *necessity*.

Drug Medication.

By J. A. Tenney, M. D.

Ever since the creation, men have endeavored to imitate it by trying to make man out of the dust of the earth. Every now and then they have discovered some inorganic substance, that they have supposed was capable of adding to the vital force. Thus the acid preparations of iron were supposed to enter into the composition of the blood: phosphorous was supposed to feed the brain; alcohol was regarded as food; and various lactates, chlorides and phosphates have been administered to invalids, on the supposition that they were appropriated by the living organism. But there has never been produced a particle of evidence that any such appropriation ever took place; so these assumptions have gradually died, because they lack the vitality of evidence necessary to keep them alive.

Lately a new hypothesis has appeared, which is accepted at once, as were those that have died out in the past. Chemists have succeeded, by heating cyanate of ammonia, in making a substance exactly urea, which is excreted by the kidneys; so henceforth no one can deny that the chemists have mastered the art of manufacturing vitality; of course not.

But let us inquire into the origin of this cyanate of ammonia. We find it to be composed of ammonia and cyanic acid. Ammonia is the product of animal matters in a state of decomposition, being first procured from the decaying horns of deer, and so it was called spirits of hartshorn. Then we find that cyanic acid comes from cyanogen, which is made by heating woolen rags with some other substances, in a retort. So we see that both of the factors in this compound are of animal origin.

But it will be said that ammonia is formed from the union of oxygen with the metal ammonium. Then cyanogen can be made by saturating charcoal with a solution of caustic potash, allowing the air to pass through it. Granted. But the charcoal is an organized substance. So it all amounts to this: By uniting certain organized substances with others that are inorganic a substance is produced that resembles an animal *excretion*. Surely this is a very meek ending of all the assumptions that have been brought forward to support the doctrine that inorganic substances are assimilated in the living organism.

There is no evidence that any inorganic substances ever united chemically with living tissue. But perhaps it will be said that when the nitrate of silver, the sulphate of copper or the chloride of zinc, is taken into the system, it unites with albumen, forming the albuminate of either of these metals. But we have it on the highest authority that these compounds are physical rather than chemical; that is, although the metallic solution permeates every part of the albumen, that substance is not chemically changed.

The whole business of giving drugs to the sick becomes narrowed down to one point; which is set forth in Mark Twain's life of Tom Sawyer. Tom was in deep mental trouble, and so had the dumps. His aunt, being ignorant of the cause of his complaint, gave him large doses of painkiller. One day, she saw the cat turn a series of somersaults, throw everything down in the room, and finally escape through the closed window. Upon a searching examination, Tom finally admitted that he gave the cat painkiller, out of pity for the animal, because he had no aunt to roast his bowels out of him. He justified himself with the conclusion, that it seemed to do the cat good, for he never knew him to get around so before.

Drugs stir up the system to "get around;" that is all they ever do. But it will be asked, "why does the administration of iron increase the number of red corpuscles in the blood?" Merely because it irritates, and so stimulates the organs that make the red corpuscles; that is all. Every practitioner of experience sees patients who are so weak, that iron will not increase these corpuscles at all. If iron could increase the vital force its effects should be most marked in the weakest patients. But no inorganic substance ever did, or ever will increase vital force; it always diminishes vitality, and so every drug is an evil in itself considered. The question whether drugs are ever lesser evils than diseases is the only one open for discussion.

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The Laws of Health.

Monthly, 50 Cents a Year.

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READING, PA., APR., 1881.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing, eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

The Changing Seasons.

The winter has gone and the spring is upon us, and soon the chirping birds will cheer us with the music of their voices, and the flowers will spring from beneath the sod, and the rain and the sunshine shall both water and warm the earth, that it may yield its fruits for the sustenance of man. And then comes the hot summer, and the cool fall when the harvests are gathered, and the cold winter, and thus the never ceasing round of winter and summer, of spring and autumn, reminding us of birth and death, of growth and decay, of the transient life that now is and of the eternal life to come.

The managers of the Mountain Park, of course, are always rejoiced at the approaching seed-time and harvest as the necessary answer to the tasks of the dreary seasons just passed. We have to report that our house is in most excellent conditions, and the prospect for the coming summer better than ever before. The last year has been one of trial, trouble and anxiety, consequent, no doubt, upon the exhausting labors connected with enlarging our business, but in no small degree upon the inexperience, and, perhaps, thoughtlessness of those to whom we had committed important interests. We have to report to our friends that the management of the institution, both in its medical, financial and business departments, is now within the immediate control of the founders of the institution, and we enter upon our labors encouraged and strengthened by the confidence and the support of our friends, and by the general unanimity which has prevailed around our board during the past winter. We mean to work and to succeed. Duty and pleasure when properly understood go hand in hand, and health and happiness we have a right to expect will follow labors faithfully done.

For the coming spring and summer we propose to rest from building, with the exception of an occasional cottage which may be erected under contract, and, though quite a number of men are engaged in preparing the grounds, building walls, making roads and generally improving the appearance of our mountain-side, our business is so arranged that all goes along smoothly and pleasantly.

Who among our readers propose to form a part of our family for the coming summer? We advise all such to come early. The prospects are that the months of July and August will be busy, very busy, and all persons who desire to gain the greatest benefit with the smallest outlay, should come in the early spring, if possible, leaving the summer to take care of itself. The practice of crowding for a few weeks during the hot season is a bad one for all persons concerned. Don't put off. Procrastination is the thief of time. What ought to be done should be done promptly, so that when the evil days come we shall be prepared to meet them cheerfully and honestly. Friends, may we hear from you, all of you who expect to make us a visit, that we may provide fully and freely for your wants.

The Critic Criticised.

The editor was called upon a short time since to criticise severely a work published by a friend because of his inconsistent utterances, and in doing so was led to express the opinion that the largest amount of natural depravity was frequently found in the person of "some nervous, irritable, cantankerous specimen of the female sex." A friend takes us to task, and suggests that we must have had sad experiences with women to make us feel so toward the gentler sex. We can assure our friend that he is mistaken. Our experiences have always been the most delightful, so that with Robert Burns we can speak of "dear, delightful woman" in the highest terms of admiration. But I believe it is a scientific truth that the sweetest things become the sourest when they are soured, that the best things become the worst when they are perverted from their uses, that the noblest natures may become the most debased by bad training or opportunities, and as a result the fact becomes evident to all that a woman's nature may be soured, and in her person she may represent the most desperate evidences of natural depravity. Our argument was not that women are generally depraved, but that depraved specimens may be found, a single one of which will justify us in everything that we have said on the subject of the depravity of man. It was the declaration that "whatever may be said of the natural depravity of man, woman's nature ever impels her to the performance of the Christian graces," that led us to assert that whatever woman's nature may be in its highest conditions, its lowest states can never be called upon as evidence of the non-existence of natural depravity.

We are sorry to be compelled to disagree with our friend in some respects, but we think that no candid man, not even Dr. Taylor himself, will be prepared to re-assert the correctness of the positions assumed in his work on THE LAWS OF HUMAN DEVELOPMENT.

Our friend must not forget that every editor, true to his mission, reserves the right to speak his sentiments fully and freely, without fear and favor, and if he should wound his friends in doing so, he trusts that it has been done only for their good, not to their injury.

Night Sweats.

It is a common opinion that night sweats belong to lung diseases exclusively; but it is not the fact. They often attend general debility, disease of the liver, and other digestive disorders. They depend upon weakness in the nerves that supply the coats of the blood vessels, which weakness may be temporary, as in fevers, or it may be of a chronic character, as in nervous debility.

The coats of the veins and arteries are supplied with nerves that come from the great sympathetic system, which system of nerves controls all functions of the body that are not under the control of the will. For this reason, we know no more about the circulation of the blood than we do of digestion, as far as our consciousness is concerned. If these nerves are weakened from any cause, the blood vessels become relaxed, and the watery portion of the blood oozes through in too great a quantity.

In fever and ague, the paroxysms of fever terminate in violent perspiration; and this condition goes to a greater or less extent with all fevers. So probably the night sweats that attend pulmonary disease are the closing stage of the fever, which increases during the latter part of the day. The relaxation, which recumbency and sleep give, causes a profuse exudation through the skin.

All the remedies recommended by the profession in general are liable to objection. Sage tea and aromatic sulphuric acid are not sure preventives, and atropine leaves a dryness in the mouth which is often more disagreeable than the disease itself. Probably in all cases the sweating can be controlled

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drugs, it could be managed better with hygienic remedies.

In the majority of cases the sweating is the result of over-heated rooms and too much bed-clothing. The patient is made uncomfortable and chilly by the sweating; so more clothing is heaped on, which causes still more perspiration, to be followed with more chilliness, and then some medicine is demanded to stop the result of this imprudence. The remedy lies in taking precautions against this weakness of the skin, by sleeping in as cool a room, and under as little clothing as possible. A change of habit in this respect will often remove night sweats altogether. If it will not, manipulations and rubbings of the whole surface upon going to bed will go far towards removing the difficulty; and we have it upon the authority of no less a practitioner and teacher than Prof. Da Costa of Philadelphia, that manipulations, persistently applied, will indefinitely postpone a fatal termination in even the worst cases of lung disease.

Enlarged Tonsils.

People with scrofulous constitutions are liable to have attacks of quinsy in the early spring months, if they are much exposed to changes of weather. If they take cold, it will be likely to express itself in this way, and is liable to give rise to such inflammation as shall terminate in abscesses. These cause much pain, fever, obstruction to breathing, and other disagreeable consequences. The bursting of such abscesses has been known to produce suffocation.

Suppuration should be prevented, if it is possible. When the trouble first appears in the throat, the patient should have a full bath at 100 degrees for five minutes, when the temperature should be increased to 110 for a few minutes longer. Then take him out of the bath and put him to bed. Fomentations to the throat should be given for fifteen minutes at a time, several times a day, to be followed by ice-cold compresses, or the application of ice itself, pounded and put between the folds of a towel. Hot water should be swallowed, to keep the patient in a gentle perspiration, if it can be done without causing discomfort. The use of atomizers in such troubles is weak and useless. the same may be said of chlorate of potash as a gargle. Measures must be decided in order to produce any effect.

If these measures, well carried out, fail to prevent the formation of pus in the swelling, the matter should be let out with a delicate knife; but no one but an experienced surgeon should attempt this operation, for in this situation there is danger of wounding the carotid artery. It is not generally known that pus possesses properties that make it corrode and break down the tissues around it, and so it should be let out at the earliest possible moment.

Acid Stomach.

One of the most common forms of dyspepsia is attended with acid eructations, which are so disagreeable often, as to make the patient feel that he has one of the most concentrated acids within his stomach that can be produced. He naturally concludes that it will do him harm to allow such a violent agent to remain in his system; so he takes a tablespoonful or so of baking soda in a tumblerful of water to counteract it.

Alkalies taken to correct acidity give only temporary relief; more than this; they make the condition worse in the end. This has been demonstrated thousands of times, and can easily be made clear by reasoning. The gastric juice is an acid secretion, and in this form of dyspepsia, the formation of acid is morbidly increased. If alkalies are taken to neutralize the acid, they do so for the time being, but afterwards increase the difficulty, by the law of exosmosis. This law is that by which a liquid will pass through a membrane to mingle with a different liquid on the other side. So if, from a weakened condition of the stomach, its secretion becomes alkaline, it will cause the blood to pour out an unusual amount of acid in the gastric juice. This is why giving alkalies increases the mischief.

On the other hand, acids have a tendency to prevent this abnormal secretion. If a little lemon juice is taken before each meal, it will be found that the formation of acid will be greatly diminished, or relieved altogether. It is not claimed that this remedy will cure the trouble permanently from one administration, or that it will alone cure it at all. Dyspeptics need to use all the hygienic agencies in order to get well; but as a palliative measure, the use of such a harmless acid as lemon juice is vastly superior to any alkali, because it tends toward the removal of the difficulty, at the same time that it is palliating the symptoms.

The Nutritive-Cure.

Our little volume is, at last, nearly ready for distribution, and we hope that before this journal reaches its readers all those who have subscribed for it will have received it. We believe they will be pleased with it. The matter comprised in it would easily have made a book that would have sold for a dollar if we had chosen to spread it out and make a volume of it; but we have preferred to give the largest amount of matter, good, solid and substantial, for the smallest possible money. Though a large octavo volume, of some 75 pages, it will be sold at the former price, 20 cents. The reader who desires to be posted as to the methods and plans of the Nutritive-Cure, will do well to secure a volume at the first opportunity. Address the editor of this paper.

Common Salt.

One of the first observations made by people in general to one who chooses to live without salt is, that it is necessary to the preservation of meats, hence we should use it to keep ourselves in good condition.

Alcohol will preserve meats much better than salt; yet we see strong men brought to the grave every year by its use. It prevents waste of tissue, by preserving that which is worn out, and preventing its being expelled from the body. So drinking men usually become corpulent. The worn-out tissue that is retained, weakens every organ in the body, until a general collapse closes the scene.

Arsenic will arrest putrefaction in dead flesh to a marked degree; yet it is generally considered to be destructive to life. It is the same property that preserves dead flesh that makes it destroy the living. Its tendency to unite with the tissues is so great, that their vitality goes out in the effort to resist its chemical action. A little investigation will show any one, that to the extent that any substance has the property of preserving dead tissue, to just that extent it is a destructive agent to vitality.

A New Enterprise

FOR THE CHILDREN AT THE MOUNTAIN PARK.

The proprietors of Drs. Walter's Mountain Park have arranged a new attraction for parents having children, who desire to spend some time at a health institution for rest or the recovery of health. We have organized a school on the Kindergarten plan for the training of children from three years of age up to ten or twelve. Our object is not only to furnish opportunities for culture for the little ones, but also to relieve the institution from the constant liability of annoyance from children who may not be properly cared for. Study which is made to be a joy, and work which is really play, will readily be appreciated both by parents and children; and while the mothers are relieved of anxious responsibilities, the little ones are growing and developing after proper methods into useful man or womanhood.

The Kindergarten we propose to be an important feature of Drs. Walter's Mountain Park, and, while we are not seeking patronage in this respect, we, nevertheless, expect to be prepared to accommodate all who may desire to come.

There is considerable expense connected with this method of instruction, which will be borne by the proprietors, who will charge for board, lodging, care and teaching of children under ten years of age in the institution, $5 a week in all cases. Parents who do not desire to have their children in school, will be required to have them under the care of responsible nurses, so that they shall not disturb in any way the guests of the institution.

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What Dyspepsia Is.

A correspondent desires information upon this subject, and also how to cure the disease. In answer we may remark that its phases are quite numerous as the most experienced physician will recognize, and the symptoms sufficiently troublesome for all practical purposes. It is a mistake to suppose that dyspepsia is purely a disease of the stomach; though it originates in that organ, the first indications of it are, nevertheless, found elsewhere. Depression of spirits, gloomy forebodings, irritability, hallucinations, frequently exist as symptoms of the disease long before the patient suspects stomach derangement. Gout, rheumatism, diabetes, marasmus, dullness of intellect, sleeplessness, and many other diseases are properly but symptomatic of deranged digestion.

The causes of the disease may be either mental or physical. Worry, anxiety, excessive labor or taxation, hurried eating, eating unwholesome food, want of sufficient rest, are all causes of the disease, and the cure must come only through regulating the habits of the patient in every respect. All means possible should be brought to bear to invigorate the system, purify the blood, and so improve the nutrition of the patient. Rest of mind, quiet, ease, content, cheerful surroundings, with careful nutritive-cure methods, are the means to be employed for recovery. In many cases, diet is of first importance; in others, rest is most important, but in all cases obedience to the laws of health must be observed. The suggestions found in this journal from month to month will be of great service to any one in improving digestion, invigorating the general system, and becoming so much the more of a man or woman.

Questions Answered.

By Robt. Walter, M. D.

Question. Can concussion of the spinal-cord of four years standing be cured? If so, by what treatment?

Answer. Your difficulty has a more immediate connection with deranged stomach and liver than with the spinal cord, and whether or not the latter has been injured by the accident, I cannot say; but even if it is, the trouble is greatly aggravated by the dyspetic conditions from which you suffer. Your disease is entirely curable, and I advise you to put yourself under hygienic treatment, if possible, that shall restore good digestion. Put the liver in good conditions, and in general build up the health. A course of hygienic treatment for six months, I have no doubt, would be efficacious to your recovery.

Diabetes. *Question.* My boy, nine years old, is troubled with diabetes. Please state cause and remedy.

Answer. Diabetes is a disease of the general system, resulting from faulty digestion and secretion. The pathology of the disease is obscure, but the patient undoubtedly could be restored to health by restoring as far as possible perfect functional action of all the organs. Nutritive-cure processes, which shall improve the nutrition and vigor of the patient, are the only successful means of treatment.

Question. Please inform me in your next number of The Laws what is the best diet for increasing the milk of a nursing mother who has not enough to supply the child, which is now two months old.

Answer. The mother should eat freely of fluid foods, such as gruels made of Graham flour, water and milk; also, of soups; moderately, of eggs and milk, but should avoid sour fruits, salt, pepper, spices, tea, coffee, etc. It may be that no diet will enable the mother to supply sufficient nourishment to her child, in which case she must fall back upon the nursing bottle, and the milk from a single healthful new milch cow who has pure water to drink, pure air to breathe, and good food to eat, not forgetting that great care should be taken to have the milk perfectly clean and pure.

Question 1. Do you answer questions by mail where stamp is sent? *2.* Do you think any one can be cured of catarrh after having had it for a number of years, and who has raised constantly? *3.* Would you advise one to use water, who is much emaciated? *4.* What are your lowest terms per week in your institution? *5.* What makes the whites of the eyes look so yellow and reddish? Does it come from diseased liver and kidneys, or dyspepsia? *6.* What causes the eyelids to look as if they were filled with something, and can it ever be remedied? *7.* What makes the face and nose have such large pores, and can they be removed by strict hygienic living?

Answer 1. We do not undertake to answer questions by mail, even where stamp is enclosed. The answer to this gentleman would cost us for amanuensis about 50 cents, without counting the labor of the editor, who would not consider himself paid by five times 50 cents. We gladly furnish all information that we can through our Laws of Health, however, for the benefit of our readers.

2. Catarrh is entirely curable if occurring in persons of good constitution, who are young enough to admit of thorough and prolonged treatment. Many cases may be cured in a few weeks; others might require years. Whether this case is curable or not, it is impossible for me to say. I should judge that this one patient is suffering from all the ailments mentioned in these questions, and must be cured of the one ailment at the same time that he is cured of the others. In other words, the *patient* should be cured and not the *disease*.

3. Water is a necessary of life, and I do not think any one, whether he is emaciated or not, can very well live without it, and there is no advantage of taking it in the form of tea or coffee, or other beverage other than pure water. But where a patient is emaciated he does not require very frequent bathing, say once or twice a week for cleanliness, with thorough rubbings, will be much better than more frequently.

4. Our lowest terms for treatment is $9 per week for real invalids, at which price we can accommodate many of those who are able to be about and care for themselves.

5. The sclerotic of the eyes are yellow because of biliary impurities in the blood, and reddish as a symptom of congestion of brain. Dyspepsia and liver complaint are usually connected with these conditions. The eyelids, I suppose, are swollen because of want of sleep, and congestion of the nerve-centers. Of course, one such of these ailments can be cured at the same time that the others are.

7. I should judge that the large pores spoken of mean simply that the skin is rough and perhaps swollen as syptomatic of the varied ailments already mentioned. Of course, the patient can be cured if he possesses the constitution and can have the necessary opportunities.

Question. I cannot endure the hot sun in summer without getting much nervous headache and also feel very weak; would you advice me to get some occupation in a store or work-shop, though I have learned no trade except farming.
R.

Answer. I have no doubt that some less laborious occupation than farming under the hot sun will be of benefit to you in the way you mention. What you need is a course of hygienic treatment to restore you to good health. In the meantime you must strive to do as well as you can.

Question. I have read considerably of late years that people who sleep in the same bed draw vitality one from the other. If this be the case, and the man is quite healthy, but uses tobacco, while his wife is always delicate, even before marriage, which would draw on the other's vitality, the man or his wife?

Question 2. If a lady, having had a miscarriage, and very poor health for two years thereafter, should become pregnant though she is still not very strong, would you consider the fact any sign of better health; or would you consider her failure to conceive for the two previous years, evidence of poor health? A. M. E.

Answer 1. I believe that no one knows anything about the absorption of vitality from one person by another. Observation has in some cases suggested the fact that one can live off the other, but which will be the gainer or which the loser in a given case, it is impossible to say. My opinion is that it would be wise for husband and wife to sleep separately, if there is any suspicion of danger, for the impression generally obtained on this subject is that the vigorous person, who, nevertheless, becomes exhausted by his day's labor, does recuperate by absorbing vitality from the weakly one. This fact, if it be a fact, does not seem reasonable. In our opinion, however, husband and wife would always do much better to occupy separate beds.

Answer 2. The failure on the part of the wife to conceive was probably the result of debilitated health, while her present conditions no doubt indicate improvement.

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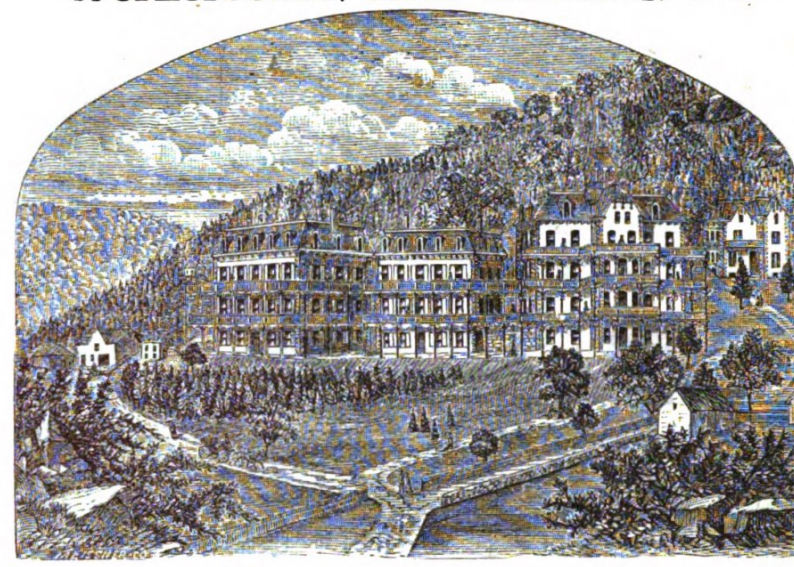

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