

Deanna Herron

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CALENDAR FOR JULY, 1862.

Moon's Phases.	BOSTON. Lat. 42° 21' N	NEW YORK. Lat. 40° 42' N	WASH'TON. Lat. 38° 53' N
	D. H. M.	H. M.	H. M.
First Quarter..... 4	6 6 ev.	5 54 ev.	5 42 ev.
Full Moon..... 11	8 54 mo.	8 42 mo.	8 30 mo.
Third Quarter..... 18	0 29 ev.	0 17 ev.	0 5 mo.
New Moon..... 26	4 21 ev.	4 9 ev.	3 57 ev.

Day of M.	Day of W.	BOSTON.	NEW YORK.	WASHINGTON.
		Sun. sets.	Sun. sets.	Sun. sets.
1 Tu	4 26 7 40	10 0	4 31 7 35	9 59
2 W	4 26 7 40	10 25	4 32 7 35	10 25
3 Th	4 27 7 40	10 52	4 32 7 35	10 53
4 Fr	4 27 7 39	11 21	4 33 7 34	11 22
5 Sa	4 28 7 39	11 52	4 33 7 34	11 55
6 S	4 29 7 39	morn.	4 34 7 34	morn.
7 M	4 29 7 39	0 31	4 34 7 34	0 35
8 Tu	4 30 7 38	1 17	4 35 7 33	1 22
9 W	4 31 7 38	2 16	4 36 7 33	2 21
10 Th	4 31 7 38	3 24	4 37 7 33	3 29
11 Fr	4 32 7 37	rises.	4 38 7 32	rises.
12 Sa	4 33 7 37	8 16	4 39 7 32	8 13
13 S	4 34 7 36	8 48	4 39 7 31	8 46
14 M	4 35 7 36	9 15	4 40 7 31	9 15
15 Tu	4 36 7 35	9 42	4 41 7 30	9 43
16 W	4 37 7 34	10 7	4 42 7 29	10 9
17 Th	4 38 7 34	10 35	4 43 7 29	10 37
18 Fr	4 39 7 33	11 3	4 43 7 28	11 7
19 Sa	4 39 7 32	11 34	4 44 7 27	11 39
20 S	4 40 7 32	morn.	4 45 7 27	morn.
21 M	4 41 7 31	0 12	4 46 7 26	0 17
22 Tu	4 42 7 30	0 56	4 47 7 25	1 1
23 W	4 43 7 29	1 43	4 48 7 24	1 48
24 Th	4 44 7 28	2 38	4 49 7 23	2 43
25 Fr	4 45 7 27	3 35	4 49 7 22	3 40
26 Sa	4 46 7 26	sets.	4 50 7 22	sets.
27 S	4 47 7 25	7 38	4 51 7 21	7 35
28 M	4 48 7 24	8 5	4 52 7 20	8 4
29 Tu	4 49 7 23	8 31	4 53 7 19	8 31
30 W	4 50 7 22	8 57	4 54 7 18	8 58
31 Th	4 51 7 21	9 24	4 55 7 17	9 26

THE DRESS QUESTION.

IT MUST BE MET.

As teachers of Physiology and the laws of health, we can not consistently ignore the subject of clothes. The dress question, in its hygienic bearings at least, comes clearly within our province, and we can not shirk it if we would. Its inevitable reiterations will be sure to bring us to a stand at every turn, till we shall have fairly met it and put to rest the problems involved by a satisfactory solution.

We do not wish to shirk the dress question, and shall try to meet it fairly and discuss it candidly. We shall not be expected, we trust, to exhaust the subject in a single article. It will be something gained if we shall succeed in setting clearly before the reader the general principles which must guide us in the discussion, and thus put him on the road to correct conclusions.

A THREE-SIDED PROBLEM.

The dress question, like most other questions, has more than one side. It must be looked at from several points of view. It is an esthetic and a social as well as a hygienic question, and our conceptions of it will be necessarily incomplete and liable to mislead, unless we examine it in each of these aspects.

We dress, or at least we *should* dress—

1. To make ourselves comfortable;
2. To adorn our persons; and
3. To satisfy the requirements of society.

Some may perhaps object to our third proposition. "If we dress comfortably, healthfully, and tastefully," it will be said, "society has no right to require anything more, and we are not bound to consult its prejudices." We advocate no slavish worship of fashion—no abject adherence to customs known to be unnatural and pernicious; but we do insist that society can not be left wholly out of sight even in our dressing-rooms. Good morals embrace good manners, and good manners require us to manifest a decent respect for the opinions of those around us, however incorrect we may believe those opinions to be. The rules which might govern our conduct as isolated individuals (were isolation possible in the midst of society), are modified by our relations to others. We are sov-

ern individuals, with certain "inalienable rights," but we are also members of that greater individual, society, and our rights can not conflict with the duties which grow out of that relation. A degree of conformity is an implied condition in the social compact. The primitive custom of the Sandwich Islands may fulfill all hygienic and esthetic requirements, but, although the climate might favor it, we should have no right, in the light of social law and social duty, to introduce it into the streets of Havana or New Orleans.

The principle just stated and illustrated has another and an important application, as will be shown further on.

FUNCTIONS OF DRESS.

The first and most important function of dress is to clothe and thereby protect our bodies, and promote our comfort and health. Its second primary function is to ornament—to adorn our persons—and thus please the eye with beautiful forms and artistic combinations of lines and colors. These two ends we believe, when rightly understood, will always be found to harmonize perfectly; the fittest or most comfortable and most healthful dress being that which is most graceful or becoming. Hygienically and esthetically, then, the question is narrowed down to

FITNESS.

A costume, to fulfill properly either of its important functions, must possess *fitness* in forms, materials, and colors, to the person of the wearer, and to the conditions of time, place, and occasion on which it is worn. Let us look at a few of the more important applications of this law.

1. *Sex in Dress.*—The absurdity of dressing men and women alike will be apparent to any one at all familiar with anatomy and physiology, or with the outlines of the human figure. "Some have contended," Mrs. E. Oakes Smith says, "that there should be no difference in the dress of the sexes. I think that a moment's reflection will convince us that this is a mistaken taste. As a general rule, we are shorter than the other sex, and I am sure we do not wish to seem only a poorer sort of men." Another reason why the women should not adopt the male costume is, that if a change is to be made, she can easily in-

vent something far more artistic and beautiful. With the exception of that abomination, the "stove-pipe hat," our costume is far more comfortable and far less open to physiological objections than that of woman, as fashion generally prescribes it; but there is much room for reform, and we advise our sisters not to assume our trowsers till we shall have made them more graceful and becoming than they are at present.

2. *Individual Distinctions.*—There should be fitness to the individual as well as to the sex. We instinctively know that the young and the old should not dress alike. Neither should the tall and the short, the grave and the gay, the tranquil and the vivacious. Tall women should not wear longitudinal stripes, nor short ones flounces and horizontal stripes. The colors worn should be determined by the complexion, and should harmonize with it and with each other.*

3. *Time and Place.*—One's costume should be suited to the circumstances under which it is worn—there should be fitness to time and place. No lady would think of wearing her winter clothes in summer, or her summer clothes in winter. For a similar reason—because the law of *fitness* requires it—she should have one dress for the parlor, and another, and a different one, (in form as well as material) for the kitchen, the garden, and the field.

We might point out other applications of the law of fitness in dress, but these will serve our present purpose. Carried fully into practice, this law would give us a pleasing

VARIETY IN COSTUME.

in place of the uniformity which now so generally prevails. We should see no two persons dressed precisely alike, unless two can be found between whom no point of difference, either in physical or mental character, can be discovered.

But it is time to come to the grand practical question for the answer to which we know the fair reader has been eagerly looking forward.

WHICH SHALL WE WEAR?

The long, flowing skirts of the ordinary style of dress, or the tunic or curtailed skirts of the bloomer or American costume?

We prefer that you should answer this question for yourself in the light of the general principles (believed to be correct) which we have laid down in the foregoing paragraphs. They will lead you to a sound conclusion, we think; but we have no objection to giving you the benefit of our own application of these principles.

OUR ANSWER.

"Which shall we wear?" In one word, *both!* Each, *in its place*, is fitting and beautiful.

Here is the esthetic principle which underlies our reply, as expressed by a distinguished artist: "Simplicity and long, unbroken lines give dignity, while complicated and short lines express vivacity. Curves, particularly if long and sweeping, give grace, while straight lines and angles indicate power and strength." Long, flowing, and even trailing skirts have their place in the drawing-room and the parlor, where they fulfill

* The reader will find this subject discussed at length in "HINTS TOWARD PHYSICAL PERFECTION, OR THE PHILOSOPHY OF HUMAN BEAUTY." See advertisement.

the requirements of the law of *fitness*, and where they are far more graceful and beautiful than any short dress can possibly be. Attempt to climb a mountain, ramble in the woods, or work in the garden, dressed in these flowing skirts, and you will be likely to be reminded of the trite maxim, that "circumstances alter cases." The long dress, so graceful in the parlor, loses its *fitness*, and consequently its beauty, in the fields, and becomes as ungraceful as it is uncomfortable. Here you want a costume which will not fetter your lower limbs; which will leave your hands and arms at liberty; and in which you can count upon safely running the blockade of a double row of briars. Some kind of a short dress—not the mannish coat and pantaloons, however, but something feminine and graceful—is here in order. This dress should be varied to suit the wearer's style of beauty in form, complexion, and other characteristics, and may be made very pretty and very comfortable.

THE SOCIAL QUESTION.

The short dress, or some modification of it, would be the most appropriate one for a shopping excursion on the street, especially when the street is flooded with water and mud; but here we come in direct contact with that respectable old fogey, "Society," and must say, "by your leave," before venturing to make any startling innovation. Society is not likely to grant that leave at present. It will permit you to shorten your skirts *just a little*, and will make no objection to any exhibition of pretty ankles that the circumstances of the case may render necessary. You must do the best you can in your pursuit of dry goods, etc., under difficulties.

So far as your own person is concerned, you may, perhaps, safely set public opinion at defiance. You can probably appear in the street of any of our cities or towns in a short dress without being mobbed; but by doing so you subject yourself to a species of social outlawry which must detract from your usefulness as well as from your comfort. Granting, then, for argument sake, that you have a *right* to wear the new costume on the street, is it *expedient* to do so? Do you not lose more than you gain?

And there is another thing to be considered. You are perhaps actively engaged in promoting other reforms. Is it either expedient or right to shut yourself out of families and communities, otherwise open to you, and thus curtail your influence, by carrying to their last results your notions of what is abstractly best in dress? You have a right, perhaps, to sacrifice your comfort, but not, we think, your usefulness. Dress reform, in its hygienic bearings, is but a branch of health reform. We must not sacrifice the whole to a part.

A short dress or tunic, trowsers, gipsy hat, and stout shoes should form a part of every woman's wardrobe, and be worn (with the social limitations we have mentioned) whenever and wherever circumstances may render them most fitting and proper. In the privacy of her own home, during those portions of the day when calls are not in order, in her garden, and in the woods and among the mountains, a woman has surely a right to dress as she pleases. If society should call her right in question here, she may properly enter the plea of want of jurisdiction. She is not amenable in these places to the laws of fashion.

DON'T MISUNDERSTAND US.

In recommending our fair readers to retain in its true place the long, flowing drapery of the present female costume of the civilized world, we speak in general terms, and without reference to any particular fashion which may now be in the ascendant. We are no advocates of the terrible abuses connected with fashionable dressing. We have seen too much of the injurious, nay, *fatal* effects of corsets and tight waists; of multitudinous skirts, dragging heavily upon the hips; of fettered legs and pinioned arms. Wear no dress, whatever be its name, which has a tendency to destroy health or hinder the complete and harmonious development of the body. Even "Society," conservative as it is, will allow you, if you insist upon it, to avoid the abuses we have hinted at. They are not inseparable from the long dress, though generally more or less connected with it. With the short dress for a walking and working costume, you may wear the other, properly fashioned and fitted, a portion of each day with ease and pleasure and without harm. The general diffusion of physiological knowledge and the cultivation of correct tastes will finally bring even old fogey "public opinion" over to our side, and all men and women will be permitted to dress at all times and in all places as the eternal laws of beauty and fitness shall dictate, without shocking anybody's sense of propriety; but *festina lente*—"hasten slowly"—is an ancient motto which the modern reformer may adopt with the greatest profit. Fashion is too strongly entrenched to be overcome by a direct attack. With patience and perseverance a "flank movement" may be executed, and our end attained without loss.

General Articles.

HERE Contributors present their own Opinions, and are alone responsible for them. We do not indorse all we print, but desire our readers to "PROVE ALL THINGS," and "HOLD FAST THE GOOD."

HOME PRACTICE OF THE WATER-CURE.

BY SOLOMON FREASHE, M.D.

THUS far the Water-Cure has won most of its triumphs in chronic diseases, not that it is any less efficacious in acute diseases, but for the reason that it has been practiced mostly in establishments where it is generally inconvenient or impossible for those sick with acute disorders to go. While a water-cure establishment is the best place for all chronic invalids, and the only place where many of them can regain their health, acute diseases must be treated at home. Some of these can, no doubt, be better treated at an establishment, but they can all be treated well at home with such conveniences as can be found in every household. It is often said by physicians that it is inconvenient to treat patients at their homes; and by patients and their friends that it is troublesome and takes more labor than it does to give drugs. I grant there is some truth in this. It requires more labor on the part of both the friends of the sick and the physician to give a wet-sheet pack than a dose of arsenic; but the labor is a small matter after all; and if the Water-Cure is right and druggery wrong, the difference in labor should not be taken into the account, and where people are in earnest, or where there is dangerous sickness and there is faith in our system of practice, it is not considered. Some years ago, epidemic dysentery, of a very fatal type, prevailed in the vicinity of our water-cure establishment. The Allo-

pathic physicians who were treating all the cases, were losing many patients. In one family of seven persons, consisting of father, mother, and five children, three of the children had died, and all the rest of the family were sick, the mother dangerously so. After much consultation among themselves and their friends, it was concluded they could fare no worse and might fare better if they were to try the Water-Cure. I was sent for, and took charge of the five remaining ones of the family, and had the good fortune to see them all restored to health. The good success of the water treatment in these cases created considerable excitement in the neighborhood, and I was called to see as many patients as I could attend to while the dysentery prevailed in the locality. The treatment not only fulfilled my most sanguine expectations, but such was the confidence created in it by those who witnessed its effects, that I found it about as easy to treat the patients at their homes, as it would have been to treat them at the establishment. Every recommendation was promptly carried into effect without thought of trouble. So I have always found it in home practice, where the patients and their friends have been in earnest, and have confidence in the means employed. I have found it very different sometimes, where the opposite of this has been the case—where the patient can not see how this bath is going to do any good, or of what account it is whether he eat one thing or another, without regard to quality or quantity, and the friends of the patient are equally doubtful or equally unbelieving. I mention these things to show that where there is knowledge, or faith and earnestness in the Water-Cure system, its home practice is not impossible or even difficult. And as nearly all acute diseases must be treated at home, and as I am anxious that all should be treated by the Water-Cure, I wish to impress this upon the minds of the people. There are many who say if they could have a Hydropathic physician they would gladly employ one; but they do not feel competent to take charge of the sick, even of their own families, themselves. There is much force in this. There is a scarcity of Water-Cure physicians. There should be one in every neighborhood, but there is not at present, nor will there be for a long time to come. One reason of the scarcity is, that our system is yet new, and there has not been time to educate a sufficient number of physicians. Another reason is, the prevalent belief in drugs makes it hard for a physician who gives no drugs to do a living business in every locality at once. Such, however, is my faith in the superiority of the Water-Cure in acute diseases, that I believe any energetic physician of fair intelligence, with a good knowledge of his profession, can settle down in almost any locality, and in time do a successful business. Patience may be required. The minds of the people must be indoctrinated with the truth; and sooner or later some cases—probably some given over to die by other physicians—will become his to treat; and a few opportunities of this kind will enable him to demonstrate the superiority of his system of practice, and the number of his calls will increase. One disadvantage Water-Cure physicians will always labor under, as compared with drug phy-

icians is, while the latter will each succeeding year have his business increased by the bad treatment of former years, the former by his treatment will put his patients in harmony with nature, and enlighten them on the laws of life, the conditions of health, and the true means of cure; so that each succeeding year will find his patients and their families in a better condition, and better able to take care of themselves than they were in the preceding year. But from the smallness of their present number, Water-Cure physicians will have a much wider range for their practice, and may thus have all they wish to do.

So long as the present system of drugging and the unphysiological habits of civil life continues, there will be much chronic disease and need for water-cure establishments; but before our system will be placed upon a proper footing, and in a position to make rapid progress, the people must know and feel that in cases of emergency, or when it is necessary, they can be treated at home. As there are not Water-Cure physicians enough at present to supply this want, those who have faith in our system of practice must depend on themselves to a considerable extent. But there will be cases in almost every family where the need of a physician will be felt; and this need, at present, can only be supplied in many localities by calling on physicians at a distance; and this course can generally be pursued with advantage by the present telegraphic and railroad facilities to, almost, annihilate time and distance.

There are now a goodly number of Hydropathic practitioners located through the country, engaged exclusively in home practice whose services could be had at a distance of hundreds of miles, and many of the physicians connected with establishments would visit patients at their homes at long distances. This course, from the expense attending it, and the delays incident to it, would not well supply the place of a physician located in the neighborhood; but it would be much better, and in the end much cheaper, all things considered, than to employ a drug physician. I would, therefore, advise all who may read this article, to inform themselves as well as they can, by reading the *TEACHER* and *Water-Cure* books, and depend upon themselves as far as they can, and they need have no fear of not doing well enough in ordinary cases; when a physician is really needed, get a Water-Cure physician, if there is one within reach to be had.

While it may not be necessary for all chronic invalids to go to a water-cure establishment, as many can be cured at home, nor for all acute cases to be treated at home, such should be the general rule; and until we can supply the proper conditions for the treatment of nearly all acute cases at home, our cause will not progress so fast as it should do. There is here a vast field unoccupied, and while it is true that the Water-Cure has heretofore won more of its triumphs in chronic than in acute diseases, it is not because it is more efficacious in the former than in the latter, but because greater attention has been bestowed upon the one than the other. While, from my situation, my own practice has been more in chronic than in acute diseases, I have

always found it equally servicable in the latter, and have full faith that it will yet take its proper place in this class of diseases; and in proportion as it supplants the drug practice, will chronic disease diminish, till ultimately there will be little of it, and consequently little need of water-cure establishments.

GRANVILLE WATER-CURE, GRANVILLE, OHIO.

LIFE AT A CITY WATER-CURE.

If the reader indulges the idea that life at a water-cure in the city or in the country is a stupid, frigid, formal, unsocial affair, I beg leave most respectfully to undeceive him. If he imagines that he will be forced to feed on potato-parings, sawdust puddings, and milk skimmed on both sides and split down in the middle, he is mistaken. If he supposes that the society at a "cure" consists of men and women whose longitude of face and flatness of chest distinguish them from the rest of the race, I wish to inform him that he indulges an error. Walk or ride with me to the famous establishment located at 15 Laight Street. A few years ago, the brace of buildings which now stand side by side, like wife and husband here, were considered palaces fit for the abode of merchant princes. Dr. Cox then preached in the neighborhood. No cars trundled past, day and night, like shuttles weaving the warp of the country with the woof of the city. The up-town portion of the city was not even laid out in lots. Two miles of brick and marble had not been added to Broadway, and yet these buildings are not old nor dilapidated.

Let us go in. Ring the bell. A girl with golden ringlets and an Irish accent answers the call, and ushers you into the sitting-room below, or the ladies' drawing-room above. You ask for the proprietor. Dr. Trall being absent just now, Dr. Miller makes his bow. He is a stout, well-built man, of middle age, whose full-orbed face indicates good appetite and good digestion. You follow him into his seven-by-nine sanctum, and find a comfortable seat in an easy-chair. Are you ill, the doctor will give a diagnosis of your case, and put you at once on the road to health. If you are well, and desire to find a first-class boarding-house, he will strike a bargain with you, and you can have hotel fare, or vegetable fare, or both, as you please.

Two different tables are spread each day. Let us go in and dine. The tables, like linked sweetness, are "long drawn out," and extend the entire length of the dining-hall. Both sides of this pair of tables are lined with men, women, and children. Some of them are celebrities. That fine-looking man, with a bronzed face and hair touched with silver, is Mr. Fabens, formerly a United States consul. He and his accomplished lady and children board here. That fresh-looking young gentleman, with such electric eyes and ruddy cheeks, is a Canadian. He is connected with the press. I have the impression he is a shorthand reporter. That tall, healthy, sunny-faced man, with an unmistakable Scotch face and accent, is Mr. Stuart, the editor of the *Scottish American*. Near the head of the table sits a tall, pale, intellectual young man, who has just re-

turned from the Holy Land. His name is Williams, and he has made a sensation here by his able and interesting lectures. Just across the table is Senator Low, a distinguished jurist, who understands the laws of health and the laws of nations. He believes in living up to his own constitution and the constitution of his country. Notice that sensitive man, with large eyes and a long beard; his name is Cushman, and he is an artist of the highest order of merit. Few can equal him in singing a song or telling a story. Near him sits Miss Bennett, a young lady of exquisite taste and rare talents. She looks like Jenny Lind, though much younger. There are doctors, lawyers, clergymen, editors, merchants, mechanics, farmers, manufacturers, clerks, students, and others; but I do not purpose to publish a directory.

Now see what a quantity of good things are smoking upon the table—green peas, “fresh” beans that have been preserved during the winter, cracked wheat-corn cooked in a variety of ways, white bread, brown bread, fruit-sauce, milk, etc. Do you lack pluck, here is a full dish of “grit” you can eat at your leisure. Are you inclined to be bibulous, here is an abundance of the lacteal (do not spell it *lack-tail*) fluid; or, if you prefer pure soft water, the *aqua pura* is here. I am a novice here, and have, likely enough, omitted to name the best dishes on the table; but the proof of the pudding is in the eating. Eat and drink and be merry, and do not die to-morrow if you can help it; for there is even in this life something worth living for. At the table spread an hour ago you found hotel fare. If you are more of an animal than you are an angel—as I frankly confess I am—you would prefer a seat at the board that is loaded with boiled, baked, and roasted meats.

Having supplied the inner man, let us walk leisurely about the Cure. Miss C. is singing and playing on the piano, and she performs admirably; but we will not be tempted to stray from our determination. Cushman has told a story to the gentlemen in the sitting-room, and they are in a roar of merriment. Lawrence is busy as a bee in a garden of roses. He is determined to get up an entertainment of the first class for the amusement of the million in this city. He will succeed. Who ever failed that wore red whiskers? We are to have Cushman, the genial man of genius; Miss Bennett, the American Jenny Lind; Mrs. (somebody—for my life I can not think of her name, but she is a sweet singer, and her soul lights up her face with rapturous emotions when she warbles like a bird endowed with emotion); and the famous Indian girl, a sweet singer—I believe they call her Invoice, or Invocation, or some other strange name. James G. Clark, the poet, soldier, and ballad singer, is to join the staff, with several others. All these persons are here, so that we have jolly times.

That room, looking somewhat like a gymnasium, is a Movement-Room, where Dr. Wier squares round shoulders, develops and enlarges narrow chests, straightens crooked limbs, strengthens weak bodies, and adds many years to the lease of the lives of his patients. There goes Mr. Jones, a wide-awake, active man of business. He will introduce us to Miss Higgins, the female

physician, a lady of rare attainments and unquestionable skill; and to his own amiable lady, who superintends the culinary department of the establishment, and she sees to it that every article of food is sweet and sound, and cooked by the tidiest cooks, and in the best manner. I can not in a single slap-dash, harum-scarum letter give a description of the various apartments—the college hall, the gymnasium, and the various kinds of bathing rooms—so I will put in a plug, stop the pen-leak, and promise to write better next time.

G. W. BUNGAY.

WATER-CURE, 15 LAIGHT ST., NEW YORK.

CHOLERA INFANTUM, OR SUMMER COMPLAINT.

BY JAMES O. JACKSON, M.D.

THIS is a morbid condition of the human body, for the most part exhibited among children, and in the United States appears to a greater extent and in a more efficient manner during the months of July and August than any other months in the year. Medical men of high repute declare that it is not indigenous to our land, though it is said to be more destructive than in most of the countries of Europe. In some of our cities, during some seasons, and, in fact, ranging over a number of years, the disease was so destructive as to kill about ten per cent. of all the children in those cities, under five years of age. This was the case in the city of Philadelphia, between the years 1835-39. In New York, between January 1819 and 1835, statistics show that the number of deaths from this disease alone were two thousand nine hundred and fifty-eight. Children under four months of age, and over two years of age, it would appear by statistics, are less liable to it, the disease showing itself with more virulence during the period of the coming of the first set of teeth. Under this rule the second summer of the child's life is one to which, under unfavorable surroundings, there is more liability to its having it and less probability of its recovering from it.

The two most powerful predisposing causes are generally said to be the irritation of the nervous system set up by teething, and the use of improper food. To the first of these I should give but little heed, believing that as dentition is a natural process, there should not necessarily connect with it such disturbance of any of the other organs in their functional exercise as to render the health of the subject of teething sensibly affected thereby. I know that the effort to which the organism is subjected in the production of teeth is accompanied by modifications of the mucous membrane of the alimentary canal, but I am not satisfied that if during this period the life of the child was healthy in other respects, and if it was fed upon proper food, and at proper times, there need be any fear that such abnormal manifestations as are seen in this disease would appear, or if they did appear, would be at all dangerous.

Writers on this subject describe the ailment as attended in most cases with vomiting or purging, and not unfrequently with both, accompanied with fever of remittent type, sometimes also with spasmodic convulsions, followed by rapid emacia-

tion of the body. My own experience has led me to note that diarrhea is the more common symptom in the first stages of the disease, not by any means commonly followed by vomiting, but soon followed by fever. In advance stages of the disease, the matter passing from the bowels is of a thin, watery nature, quite offensive, and in the more advanced conditions tinged with blood. I have very seldom been called to a case where, upon proper inquiry and investigation, I have not found the provoking cause to lie in inefficient clothing of the lower extremities of the body. I do not give as much significance as most physicians do to the irritation of the mucous surface arising from dentition, nor to improper food, nor to miasmatic atmosphere. I confess to skepticism as to the general efficiency of these causes in the production of disease. What may have been the results of observation by other physicians, I have only such means of knowing as they have made public, but one fact stands prominently before my mind, which is, that of children who have reached such age as to be running about upon their feet, and to be privileged to out-of-door exercise, there are five girls who have summer complaint to one boy; and I ascribe this difference almost entirely to the difference of clothing of the lower limbs of the sexes; boys from the time they begin to run about being permitted to wear trousers, and girls being uniformly dressed so as to suffer great chilliness in the morning and evening from the exposure of their lower limbs. Cutaneous circulation under such circumstances is seriously interfered with, congestions of the mucous membrane take place, and then if the stomach and bowels have been at all predisposed by the eating of unwholesome food to take on irritation or inflammation, the circumstances are all favorable to such exhibition. There is no period of human life when dress should occupy the attention of the thoughtful more than during the period of childhood. This period of human life is one wherein great susceptibilities exist. Children are capable of great enjoyment. Nature is daily unfolding to them her mysteries. Life is never monotonous to them. When weary, they readily go to sleep; when awake, everything is fresh and new, and the brain exhibits great activity. Thus they are peculiarly susceptible to take on abnormal conditions, and these are almost always of a purely physical nature, having reference to the body. The mental faculties become involved and show derangement only after the bodily health has become disturbed. One of the most important prerequisites to the health of a child, therefore, is to keep up the natural conditions of its circulation; and in a climate such as prevails throughout the Northern, Middle, and Western States of our Union, clothing forms by no means an unimportant item in the considerations that bear upon the subject of health. I would not underrate the worth of other hygienic means, but I am sure that this disease would show itself much less frequently, if parents were as careful in respect to preserving healthy conditions of the skin and external circulation, as they might readily be, if thought were turned to the subject. I have never yet lost a patient by this disease, and as perhaps my treatment growing out of my view of the originating cause has been somewhat peculiar,

I offer it to the attention of the readers of the *HYGIENIC TEACHER*, not by any means wishing to convey the impression that the formula below is appreciable to all cases of this disease without any variation, but that with such modifications as each case may seem to demand, it constitutes a general prescription, in the light of which I proceed to treat a child whenever it is sick with this disease.

If, upon examining the patient, I find that the bowels are subject to frequent purgings, I order them to be cleansed and kept clean by injections of tepid water. On the other hand, if purging is not frequent, and vomiting exists, I order the child to drink quantities of warm water, provided it is old enough to be influenced by any suggestion that I may offer. If too young for this, then I order for it, for a period of from one to five minutes, a bath as high as 95 degrees, to be followed by a wet-sheet pack extending over a period of fifteen minutes, this followed by a bath as cold as 80 degrees for one minute, the whole body of the child being immersed and rubbed with the hands of its attendants, though not harshly, while in the bath, and wiped dry upon coming out. If the child is in conditions not to take this, in its stead I apply warm cloths over the region of the stomach and bowels, alternating them with cold ones. I have found this to be very effectual in checking vomiting and purging. Where fever is an accompanying and marked symptom of the case, I suggest wet-sheet packing, followed by a tonic bath. The head should be kept cool by the application of wet cloths. The social conditions of the child should be of the quietest order. Its nurses should be those members of the family toward which it has the greatest attachment, if it is old enough to have any consciousness on the subject. The room in which it is sick should be free from impure air, and should be light. After the symptoms have become modified, and the bodily conditions are evidently improved, food should be given in a fluid form and only in quite moderate quantities for some little time.

A course of treatment in the main like this, followed up by the good sense of those who have the handling of the patient, will be found to be very much better than the system of drug medication.

After all, it is a poor way of living to be compelled to deal with sickness. The best way is not to get sick, and when parents come to study the laws of health and life with such assiduity and earnestness, as for the most part persons study the laws for the accumulation of wealth, there will be very much less sickness in their families, and especially of this country, than is now seen.

I was very much impressed with a fact, copied lately from an English paper, reported to have been stated by Mr. George Catlin, a citizen of the United States, and a man who has spent a large portion of his life in studying the habits of the American Indians. He says, that in a village of two hundred and fifty persons, after the chief of that clan and his wife had consulted awhile together over the answer to his question, how many children had died during the last ten years, or within their memory, they declared they could

recollect only three, one was drowned, one was killed by the kick of a horse, and the other by the bite of a rattlesnake. In a tribe of fifteen hundred persons, at Mr. Catlin's request, the chief made like inquiry among his people, and was unable to learn of the deaths of any children except by accident, within the memory of one of them. In a tribe of Madans, numbering two thousand, Mr. Catlin was told that the death of a child under ten years of age was very unusual, and he says this was confirmed by the very small number of skulls of children found in any of the Indian burial grounds of North America. Now, an English writer says, that in London, in a population inside of two millions, there die in one year young children enough to make an unbroken line of corpses lying head to foot for a distance of over eight miles, and medical statistics go to show that in some of our own cities, even a greater proportion than this of the children born, die under five years of age.

Let parents study the laws of Health, bring their children up under simple habits, train them to regularity and carefulness, while as yet they give them their freedom, and especially train their girls to better habits of exercise, and we shall see a better condition of things than we now see. It is remarkable to observe how large a proportion of the diseases which now have to be combated, and treated by medical advisement and skill, can be avoided by simple reference to the laws of health and life. Sickness, which is so common in most families, can give way to conditions of health, which are now so occasional, and thus the great law of relation to life obtain in measurably full force, so that health should be the ordinary condition, and sickness only an incidental or casual condition of human existence, and children who now die, and whose deaths are ascribed to the providence of God, might be enabled to live to grow to manhood and womanhood, to live useful lives, and die only when aged, and thus change entirely the exhibition of God's providence by simple obedience to the conditions of living which He in his infinite wisdom and goodness has imposed.

WAS IT PREACHING?

BY HULDAH ALLEN, M.D.

DOCTOR TRALL—One week ago, when I came here to spend a few days, I was asked to lecture. I had not taken my lectures along; but I was willing to talk to the people, and to talk with them, whenever and wherever they would meet for that purpose. A storm came, which made still worse the bad roads; and I did feel sorry that I must leave the neighborhood without teaching the only way of cure and showing the ruinous nature of medicines. But, comforting myself with the reflection, that here was a chance to cultivate the submissive spirit, the subject was dismissed.

Now, please imagine my consternation, when on Saturday evening I was told notice had been circulated, that Huldah would preach in the school-house the next day instead of Elder M—. Well, well, *preach!* The heart sank a little.

But, why not preach? Yes, new as was the idea to me, why not preach? Many times in the past year I had said mentally, "Here I am, ready to do whatever work comes to me for the enlightening of the people." And now that I am, without either my knowledge or consent, appointed to preach, I will preach, if God please.

Accordingly the next day, at their usual hour for religious service, I met twenty-four men, women, and children. The hearers understood their business; and they did it admirably.

A religious hymn was well sung. It seemed to burst forth spontaneously, like the melody of birds. Learning that they did not expect any other religious services, I told them that health being the result of obedience to God's laws, it was a religious subject, in importance second to none; as without such obedience to physiological law, and its necessary effect—health—life would fail of its purpose, and no human being could honor or praise his Creator. Neither as a community, nor as individuals, shall we be healthy till we make health a matter of conscience. When we regard health as a religious duty, and consider sickness a natural effect of sin, then, gradually, we shall modify our habits, aspire to higher life, and by persistent effort attain it.

Then I called attention to the conditions of healthy life. Certain conditions are necessary to the lowest forms of life. The simplest vegetable, to manifest its mode of life, must have moisture, heat, and light; and when it is sick, it needs for its recovery only what it uses for healthy growth. When people wish to cure a sick tree they do not poison it with alcohol, opium, calomel, lobelia, or aconite. In this case, they heed the suggestions of common sense. But, as soon as man is sick, he is poisoned. In reference to the sick man, common sense is not regarded. Must man be poisoned because he has disobeyed the laws of health? In health, man needs pure air, food, exercise, rest, sleep, mental influences, sunlight, and water for drink and cleanliness. When sick, he needs these things and influences adapted to his condition; and for the recovery of health he can use nothing else.

Why are medicines given? I spoke of the relation of medicines to the living body, of their disastrous and fatal effects, of the action of the vital power against them, as in cases of scarlet fever, diphtheria, etc., and of the proper way to treat disease—aiding its design, instead of trying to thwart it.

In such a way, Doctor, I talked. Was it preaching? The twenty-five listened with close attention, apparently interested. One of them, a child of eleven years, said to me, "I like to hear you talk; I understood all you said." You know how mortifyingly large is my Approbativeness; but such words from the mouth of babes and sucklings are delicious.

I am pleased with this small beginning. Gladly would I have spoken to five thousand; but I am as glad to have spoken to that twenty-five. God bless the words! I did what I could.

Now, I am ready to speak again, wherever two or three shall gather to hear the truth.

P. S.—I hope this report of small doings will move many to do likewise. Who responds?

RAILROAD MUSINGS—No. 11.
THE AMERICAN COSTUME.

BY H. H. HOFFE.

[CONTINUED FROM THE JUNE NUMBER.]

I WOULD that the readers of this journal might seriously consider what I have said and shall say on the subject of a reform in dress for Woman. Though the argument take a colloquial rather than a didactic form, and though it was made as herein described, in a railroad car instead, of a pulpit or rostrum, to me, and I trust to those who heard it, and I pray God to those of you who may read it, it be as and may bear the proof of intrinsic truthfulness. Having already presented the argument in favor of a change in dress for Woman so far as TASTE is concerned, allow me to present what I said based on considerations having reference to HEALTH. I therefore proceed to say, that the first point worthy of note was what are the *laws* which regulate her conditions in this respect. Is it true that, in general terms, they are the same as apply to persons of the male sex, having only incidental or special application growing out of her sexual relations? Or, on the other hand, is it true that they are in general terms quite different from those which apply to men, and only have special relations in common with those laws which generally apply to the other sex? I think no better way of determining this can be found than to fall back on analogy, because we are educated to determine the principles upon which woman is to regulate her life from the *position* she occupies, instead of determining the position which she should occupy in all matters pertaining to her welfare, from the general principles upon which her nature is organized. So, by reason of our education and our prejudices in this direction, we can not safely conclude and settle the question in our own minds, without we pass beyond the influences growing out of her position, and seek to determine just what are the *laws* which should govern her, by reasons lying outside of that position. Analogy may therefore help us materially. Let us see in what direction and to what extent it may assist us. To do so we must pass into the sphere of animal organisms below that of man. As far as my observation is concerned, in all the animal tribes which are organized on planes sufficiently elevated to give them distinct and positive qualities or characteristics, thus enabling them to show predispositions or direct habits of character, the rule obtains, in the main, that the male and the female live within the same sphere, and operate in all matters pertaining to their own preservation and the production of their offspring on principles in common. True, they have their *special* relations. These are seen to exist more vividly and in more marked degree in the habits and conditions of life of the female; but whether the animals be subjected particularly to the dominion of man, or those which subserve only an indirect purpose to his benefit, this rule is all-pervading and perpetual. Take two instances which may illustrate the point as well as a greater number. The horse is an animal marked by sex. His organic constitution and his relations to life in functional exhibition are nearer to or more like those which man shows, than that of any other

animal of which I have knowledge, though he is separated of course by great difference in physical build, and is vastly inferior in the range of what we term the higher faculties. Yet so great are the similarities, that physiologists determine the class of organs, and the offices which these organs are called upon to fill, to be very nearly the same in both; and pathologists, or writers on disease, determine the range of morbid conditions to which man and the horse are subjected to be about the same. How, then, do we in all matters pertaining to life and health, or, in other words, how do we, in considering what are the proper uses to which the bodies of horses may be put, determine the sphere which the male and female may appropriately fill? Do we not, as a general fact, proceed upon the hypothesis, that what it is proper for us to make the male horse do, it is equally proper for us to make the female horse do, always excepting those special relations which have reference to the reproduction of the species.

Thus, though a horse in a given instance be of the female gender, she is subjected to all the conditions to which we subject an animal of the same species of the male gender. The food she eats is in the main the same; the care she gets is also the same; the work she does is the same; the uses to which she is put are the same. We recognize her sexuality and its relations, but these are *special*, and except when in our judgment it is useful to us that they should predominate, we relate ourselves to her in all the uses and availabilities of her nature, not from the point that she is a horse of the female gender, but that she is simply a horse having qualities of character belonging to that species, which—though a female—she holds in common with any other animal of the same species. There are certain distinguishing marks of sex, and these having been imposed upon her by Nature, we feel ourselves quite satisfied in being able to trust her. Of all the domestic animals, I know of none, save the cow, to which we do not relate ourselves on this principle, and it will not answer for us to deny its applicability even here, for the cow being an animal appropriated, especially under her domesticity, to the purposes of supplying to us an article of food, is most manifestly turned out of the range of her natural relations to life, and is made in large measure to sustain artificial conditions. It only requires a moment's thought to see that naturally—that is, under the law of constitutional development—cows would not give milk by any means to the degree which under our training they are made to do. The wild cow of the plains—the female buffalo—gives milk not one fourth as long as our domestic cow. Supposing, then, that the cow was not made to answer *our* special ends, in the giving of us food, but was permitted to live upon principles that are perfectly natural to her, the question immediately arises in the absence of this particular use to which we put her, to what *other* uses might she be put? In such a case we should have to fall back upon the inquiry, whether she might not be made a beast of draught, and whether, if thus made, instead of subserving the purposes of furnishing us milk, her size might not be increased so that there would be no more difference between a draught ox and draught cow, than between a draught horse and draught mare?

It would not take me long to answer that question.

Now, throughout the whole domain of organized animal nature, I think a fair and candid observation will lead to the conclusion, that the general principles upon which life depends and is to be worked up, are the same in regard to both sexes, special conditions intervening for special ends, but always answering a measured and limited purpose. If this be true, does it not go a good way to show how artificial, conventional, unnatural, and therefore false, the relations to physical life are which we impose upon woman? And if it is true, does it not also show that to the degree that her physical relations are unnatural, and therefore false, they must have great weight in determining her character? In my judgment, so influential are these in the sphere of character, that they practically settle the whole question.

I do not know but I may be thought quite impolite, not to say ungallant, in affirming that the difference in character between men and women is immense, and greatly to the disadvantage of the latter. I can not express to you my sense of this difference. I have no language to describe it. Men are infinitely above women in character. Strictly and philosophically speaking, women in general have no character, because they have no positive qualities. Their virtues are for the most part negations, and it is but reasonable to expect that they should be so. From their childhood to the day of their death they are *acted upon*. Their sphere of life is so narrow, and the objects in which they may interest themselves are so few, that compared with those which challenge the attention and regard of men, it can scarcely with propriety be said that strength of character belongs to them. I do not believe this is natural, that is, I do not believe it is according to the Divine arrangement. On the other hand, I insist that it is entirely in violation of the Divine plan, and is purely a matter of human invention, and is beyond all power of description, wicked. I can conceive of no greater outrage than an enemy of mine could commit upon me than to mutilate me, cutting off my hands, breaking my legs so as to make me a helpless cripple, putting out my eyes, destroying my sense of hearing, severing my nerves of taste, palsyng my sense of touch. What terrible loss, or losses, either or all these would be to a man! One can not think of it without a shudder, and of them all, the loss of none would be greater than the loss of power to walk or handle things.

Now, what do we do to women? We take them in childhood, and we educate them after such a plan that not a single special sense which they possess holds anything like the same use to the development of their natures and the unfolding and education of their higher powers as it holds to a person of the opposite sex. Can anything be more wicked? Think of the immense resources of happiness that can be brought home to the consciousness of a human soul by means of a well-cultivated and thoroughly educated eye; yet there is not a woman in this country whose organ of vision holds such relation to external objects, no matter how well she is educated in other respects, as does the eye of a man. No woman sees things as a man sees them. Her intellect does not use

the organ of vision as a man's does, and for the very good reason that she is taught from her earliest consciousness always to determine the exercise of any of her special senses in the light of the fact of her sex, so that in respect to matters of sight there are a thousand objects lying all around, and a thousand things transpiring, from which she turns away, feeling that while they may be, and doubtless are matters of interest to men, they constitute subjects which to her are forbidden. I venture to say that if you have a son and a daughter, or if any of these persons around me have children of both sexes, that this matter is just as sure to exhibit itself in this particular direction, as you are sure to give it your observation.

Boys everywhere feel themselves at liberty to know anything and everything which is going on. A healthy curiosity in a boy is regarded as one of the best evidences of intellectual promise that he can show, and in truth a parent proud of his boy will forgive an unhealthy curiosity quicker than he will almost any other fault. But you take a girl, have her show the same desire to master all knowledge that your boy shows, your own influence, and that of society, with that of the church—and I had almost said that of the government—would be invoked to check it. Everywhere she is reminded that she has a *special* organism, and that *this* determines the *sphere* in which *she* is to move, and that within it she must keep herself, for beyond it, it is improper for her to go. She can not live out of doors to any degree without constantly being liable to be brought into contact with things, objects, and subjects which necessarily involve the activity of every special sense with which she is endowed, and this activity involves in large measure the exercise of her reflective faculties, thus enlarging the sphere of her knowledge. To the degree that she acquires general knowledge, by the law of God must she throw her special relations to life into the back ground, narrowing the influence which they must have in the development of her character. If, while a child, she does this, she puts on characteristics so common to humanity as to be known all over the neighborhood as a "tom-boy," that is, as a girl in whom the characteristics common to boys predominate. To break this up, every parental and social influence is brought to bear upon her. When it succeeds, and her whole nature is crucified, and she grows up abnormally, she is regarded as a *proper* woman, particularly well fitted to fill *her* sphere. Among the inventions that have been ingeniously gotten up to this end, is that of the present style of dress which woman wears. Nothing has a more deteriorating influence upon the development of her physical frame; nothing is better calculated to render life in the open air unpleasant; nothing more directly calculated to force her into the house, and keep her there, than to wrap up her form in such a style of dress as our women wear—a very nice and cunningly contrived means to an end which in my judgment is beyond all possible calculation condemnable.

Let us see if I am extravagant in this matter. In the first place, as I have before said, a woman is a human being of the feminine gender, constructed constitutionally like unto a man, but with specific differences, in other words, she has

like intellectual, moral, and physical faculties. Like man she has five senses and no more, and these the same in nature and in kind with his. She has two eyes, and man has no more; these answer or should answer for her the same purpose as for him. She has two ears, so has a man, and no more, and these organs are intended to subserve in her case exactly the same purpose as in his. She has two hands, and on them the same amount of fingers, and their organic structure and uses are or should be the same as his. She has the sense of smell, and her sensorial power is affected by the activity of this sense just as his is. Like him she has the organ of taste. The means which nature has provided for keeping her alive are the same as his. He eats food and digests it, and it nourishes him; she has to do the same thing. They both need air to purify their blood. He becomes fatigued by physical exercise, so does she, and in both instances sleep is necessary to the thorough repair of the system against the waste which under daily labor it undergoes. Like him she has the organ of speech. Like him she is affected by considerations in her internal or external life. In the main, then, her *preservative* forces relate themselves to her organism after the same plan, and under the same rules as do his. The diseases from which she suffers are for the most part the same as his, and though her peculiar organism is liable to diseases to which his is not liable, his organism is also liable to diseases to which hers is not, and it requires more ingenuity, and more logic than I possess, to tell me why by reason of the difference in his special organism he should be entitled to position, universal sympathy, individual and social liberty, when the closest analysis most manifestly shows that in much greater degree they hold things in common than things separate, and that, as I have before said, their points of diversity are as nothing when compared with the things wherein they agree. Now, it being true, that the sum total of a woman, including the development of her physical organism and the culture of her intellectual and spiritual faculties, is by a Divine arrangement subject to laws which in their nature are the same as those that are applicable to man, I think I have a right to inquire by what rule of propriety, or by whose authority, she is subjected, from her childhood to the close of her life, to influences that are opposite to those to which man is subject in all that pertains to his education and culture. Certainly the difference between her opportunities and his could not be greater between two creatures, who every way were different in organization, and purpose, and end.

As I mingle with persons of my own sex, I often have occasion to say of an individual man, "He is very imperfectly developed. Not half of his strength is drawn out. He has a great deal of force in him, which, after his fashion of living and his manner of education, lies useless;" and I really think that the great majority of men, with all their advantages, die without having had opportunities, or if these were theirs, without using them so as to bring out one half the real power with which the Creator had endowed them. But if this is true in regard to man, to how much greater degree is it obviously true of woman. Take two illustrations of this. First, in matters pertaining to physical culture. Second, to the culture of her higher nature. For the purpose of this argument, woman in civilized society may be divided into two classes. Those who work and do not think, having to work so hard that they can not think, and those who neither work nor think, being mere floats on the surface of society, moved here and there by forces which originate without their volition, and against which they have no well-organized means of resistance.

No man can prize physical culture more than I

do. In itself considered, however, I do not value it very highly. It is for the reflex benefits that I give it so large a place in my esteem. What is the condition of the working women of this country? Their duties almost, if not altogether, lie in the house. Occasionally among our immigrant population you will find women who perform duties that lie out of doors as well as in the house; but even then they are subjected to their performance in violation of the laws of health and the proper increase of physical strength. I have seen German women dig up the soil in their gardens, and every time they put their spade into the earth they had to lift their frocks out of the way, in order to get their feet on to the shoulder of their spades to press them into the soil. Long, dangling, nasty skirts were about their legs clear to the ground, and notwithstanding these so evidently impaired the efficiency of their labor, they felt themselves *bound* to wear them, thus in reality, by the style of their dress, being compelled to expend four times the muscular strength to do a given amount of work than was absolutely necessary. But the German and Irish manual-labor women of our country form but a very small portion of the whole number, and with the exception of these two classes, women in the United States who work, work altogether in the house. Now, determining their sphere in the light of the laws of their organism, and not in view of the laws of society, who for a moment can justify such a position? Out-of-door-life with all its attendant and subjective influences is as necessary to a woman as it is to a man. God never made any human being to *live* in a house. It shows how far we have departed from the great principles of His government for us, that we have set apart one half of the human race, and *doomed* them, as I say—*consecrated* them, as you would say—to *live* in houses. No human being—man, woman, or child—can for any great length of time *live* in a house and have health. Without health one can not have power, and without power one can only be useless. Every day should bring with it in the life of every woman a class of duties that involve her in active exercise out of doors, and this whole question of dress would settle itself according to the laws of the true taste, one of the elements of which is necessarily utility, the moment that the question of sphere for *her* should be so rearranged in the public mind as to involve her in labor, the proper performance of which should compel her to daily exercise in the open air. I defy you to conceive of any work to be done, or any education to be secured by exercise out of doors, which it would be proper, or fit—if you like that term better—for a woman to undertake to do, dressed as woman usually dresses. Only increase the round of her labor, and enlarge the sphere of her activity so as to involve her in regular, well-systematized and habitual duties in the open air—but these by no means to the neglect of her household duties—and this question of the American Costume is settled by a law of necessity. "You yourself, madam [addressing the lady opposite to whom I sat], you yourselves, ladies [turning to the ladies who were standing all around me], you gentlemen who have wives and daughters, you, all, will agree that if a woman is to work in the open air, and has diversified industry to which she is to address herself, involving the performance of various things, her present style of dress is quite incompatible with ease or grace, or the successful performance of them. Why, this you find sufficiently illustrated in the mere household duties which have to be attended to."

It may be that women are not aware of the discomfort to which long skirts necessarily subjects them, for, having been brought up to wear them from girlhood, they have no means of judging of their comparative injurious effects; but any man who has always worn pantaloons, and never worn long skirts, could settle in a moment the question of their great want of adaptation to any uses to which the human body should be put, demanding activity of the organs of locomotion.

[TO BE CONTINUED.]

LETTERS FROM THE PEOPLE.

MESSRS. FOWLER AND WELLS—*Gents:* My subscription for the W.-C. JOURNAL having expired, we wish to renew it. We are firm believers in the doctrines which it teaches, and the knowledge that we have gained from its pages (and from the works of Drs. Trall and Shew) has saved in our family many dollars that otherwise would have been spent in drug medication. A friend of ours has been unwell for two years; he has been under medical treatment part of the time; he experienced the usual results of drug medication, by getting worse instead of better. We conversed with him on the subject of Hydropathy, and loaned him some Water-Cure publications; after reading "Physiology, Animal and Mental," he commenced the good work of reformation by giving up the use of tobacco; he says he thinks he is on the right track now—and as a proof of it, he sends in his subscription for the HYGIENIC TEACHER for one year. Yours, etc.,
C. S. C.
BUFFALO, ERIE COUNTY, N. Y.

* * * If the people would only take the trouble to make themselves acquainted with the laws that govern health, they would soon be convinced that the Allopathic method of treating disease is a monstrous humbug, to say the least. A good lecturer upon Health Reform could do much in this part of the country, in the way of arousing up the people to a sense of the great evil that flows from drug medication. Already many in this part of the West are becoming disgusted with the "destructive art" of healing the sick, and are going over on the side of Health Reform. The drug doctors here, as elsewhere, have a great horror for the Hydropathic method of combating disease. In fact, it seems to be a great mystery to them, that people will attempt to criticise their mode of *t*ying to heal the sick. *Surely* Allopathy is on the wane.
PLAINFIELD, IND. L. C. H.

MESSRS. FOWLER AND WELLS—My husband and myself have concluded that we must have the "Hydropathic Encyclopedia," and we send you three dollars, for which you will please send us that book by return of mail. We have taken the W.-C. JOURNAL three years, and have commenced on the fourth, and being alone in this neighborhood, have had to pay one dollar for each volume, and think it very cheap at that; for, next to our God, we believe it has been our best and truest friend. We have not made use of any medicine since we have taken it; we receive its monthly visits with the greatest of pleasure, and have made it our counselor on all subjects pertaining to health, and have found it to be an unerring guide; the cheeks of our two little ones glow with the roses of health, and our friends all admit that they are the most healthy children in the neighborhood; and yet they will persist in dosing their own little ones; they say to us, "Your notions about Water-Cure will all do very well until you get sick, and then you will be as ready to take medicine as any of us." But we shall see; we do not believe we shall be sick much, so long as we live in accordance with the teachings of the JOURNAL. If we should, however, we have found a far better way to get well again, than by swallowing poisonous medicine. Previous to our taking the JOURNAL, we were sick quite as much, perhaps, as our neighbors; and like them, we thought our only remedy was in pills and various other kinds of medicines, but since we have abandoned the use of those things, and have tried to understand more fully the laws of Nature, and to practice her teachings, we have become a great deal more healthy, and we wish you to accept our warmest thanks for the happy change. We intend to scatter our JOURNALS over the neighborhood, and use our utmost endeavors to extend its circulation. I would to God that every mother could have it and derive as much benefit from it as I have.
Respectfully yours,
A. E. F.
MIAMI COUNTY, IND.

We send specimens gratuitously with pleasure but our friends must not be disappointed if they do not receive the particular number desired. We do not make any numbers to serve us as specimens, but intend that any month's issue shall be a fair index of the year, and consequently use for distribution those of which we have a surplus after supplying subscribers.

Publishers' Column.

AGENTS holding certificates, are desired to return them for renewal, that they may be made to correspond with the change in name from WATER-CURE JOURNAL to HYGIENIC TEACHER.

OUR NEW NAME.—Our brethren of the press will render us under additional obligations by introducing us to their readers under our new name. And if they can conscientiously say anything favorable of the WATER-CURE JOURNAL as it has been, we will endeavor not to be too much elated by the compliment. And if, on the other hand, they have found anything to *blame*, we will submit to censure graciously, and endeavor to correct any errors that may be pointed out.

We desire to call attention to the advertisement, in this number of the TEACHER, of Dr. Edwards, who has for many years been distinguished in the profession of dentistry in this city. This gentleman has taken rooms in Dr. Trall's Water-Cure, and the patients and guests of that Institution and others, who may choose to call upon the Doctor, may be sure of having a good job done for them. *He warrants all his work*, and is thoroughly qualified to do anything in the line of his profession.

HYDROPATHY IN SCOTLAND.—During the recent visit of Fowler and Wells to Scotland, they visited the Hygienic Establishment of Dr. Archibald Hunter, at Gilmore Hill, Glasgow. Dr. Hunter is a thorough Reformer, and his establishment is admirably adapted to the treatment of all the various diseases, acute and chronic. The citizens of Glasgow are fortunate in having the services of so able a man, and it will be to their cost if they do not give him extensive patronage.

HORTICULTURAL DEPOT.—By advertisement it will be seen that Mr. C. B. Miller has established a headquarters for all things in the horticultural line at 634 Broadway. Lovers of flowers and fruits, and books that teach how to cultivate them, will be obliged to restrain their desires when visiting him, for they will see many pleasing things, and be very likely to want them all. Call on him and see if it isn't so.

TOO LATE.—Articles for the TEACHER from Dr. Gleason, Dr. Day, Dr. Goodell, and others, received too late for the present number, will appear in August.

SEE BARTLETT & LESLEY's advertisement Refrigerators in another column.

PRESENT SUBSCRIBERS are our main reliance. Those who know the utility of the TEACHER will work for it, and recommend it to their friends and neighbors, that they too may participate in the benefits of its teachings.

J. B. S.—There may be no particular injury done to the teeth by sleeping with the mouth open, but, on many accounts, it is best to keep it closed in sleep, and breathe through the nose.

Literary Notices.

A LIFE'S SECRET; a Story of Woman's Revenge. By Mrs. Henry Wood. T. B. Peterson & Bro., Philadelphia. 8vo. paper. Price 50 cents.

Mrs. Wood has, in an eminent degree, a talent for writing interesting stories. Those who have "Earls Heirs," "East Lynne," and others of her productions which have been widely circulated, will desire to read his last and best.

INFANTRY TACTICS FOR SCHOOLS; Explained and Illustrated for the use of Teachers and Scholars. Barnes & Burr, New York. Price 50 cents.

The infantry tactics are here given in a plain, understandable style, and technicalities are avoided so far as possible. We commend the book to those schools who intend to drill.

THE MORAL SAYINGS OF PUBLIUS SYRUS, a Roman Slave. From the Latin. By D. Lyman, Jr., A.M. A. J. Graham, New York, publisher. Price 50 cents.

Publius Syrus, a native of Syria, was taken to Rome a prisoner about forty years B.C. The readiness of his wit and repartee so pleased his master, that he gave him not only his freedom, but an education; and he became the first of mimic writers. The mime was a kind of play something like the pantomime of the present day, combining with a kind of drama the best mimicry, in which real characters were represented. Syrus added to it trite sayings, useful truths, and noble maxims. None of his plays complete have been preserved, but some lover of his writings collected a series of extracts, which fortunately have withstood the destroying tooth of time, and are now presented to us in attractive form by Mr. Graham.

As an index of what the rest may be, we quote a few sentences, and the reader will probably be surprised, as we were, to find some of them have attained an age of nineteen centuries, which are generally supposed to be of much more modern origin. We quote at random.

A service is well rendered when the receiver can remember it.

The crime of a parent should never be a prejudice to the son.

Money is a servant if you know how to use it; if not, it is a master.

I have often regretted my speech; never my silence.

Not the criminals, but their crimes, it is well to extirpate.

The greater will be lost if the less is not saved.

If you are a mariner, let landmen's business alone.

A small loan makes a debtor, a great one an enemy.

When gold argues the cause, eloquence is impotent.

Intemperance is the physician's provider.

A rolling stone gathers no moss.

Everything is worth what its purchaser will pay for it, etc.

DIPHTHERIA—Its Nature, History, Causes, Prevention, and Treatment on Hygienic Principles, with a Résumé of the Various Theories and Practices of the Medical Profession, by R. T. Trall, M.D. New York: Fowler and Wells, 3-6 Broadway, Publishers. 12mo, cloth. Price, postpaid, \$1.

The increasing prevalence of this terrible disease, and its surprising fatality under the drug medication, even when treated by the most experienced and skillful physicians, renders welcome anything that tends to throw light upon its true nature and successful treatment.

The Water-Cure, or, more properly, *Hygienic*, practitioners claim to be much more successful in their mode of treatment than others have been, and Dr. Trall, who is well and favorably known as one of the leaders in this school, offers this work to the public not only as an exposition of the true pathology and proper management of Diphtheria, but as a record of all that is important that has been ascertained in relation to the disease and its treatment to this time.

A Dollar sent to FOWLER AND WELLS, 308 Broadway, New York, will secure a copy by return mail.

THE INDIAN SCOUT; or, Life on the Frontier. By Gustave Aimard. T. B. Peterson & Co., Philadelphia. 8vo. paper. Price 50 cents.

M. Aimard, the author of this book, is well known to American readers through his former stories of "Indian Life"—among which are "The Trail Hunters," "Border Rifles," "The Flower of the Prairie"—and others. It is a little singular that a Frenchman should choose such subjects to write upon, but it is done, and well done.

SONGS OF THE CHURCH; or, Hymns and Tunes for Christian Worship. A. S. Barnes & Burr, New York. 8vo. \$1 50.

From the preface we learn that this work "is designed for use not only in the services of the sanctuary, but also in the social meetings of Christians, in the Sabbath school, concert, and in the family." The selection of music is very fine.

PAUL FERROL. By the author of IX Poems by V. W. J. Middleton, New York. Price 75 cents.

A well-written story, containing more than appears at first sight. The authoress (Mrs. Clive) has a knowledge of human nature, and how to portray it far exceeds the majority of writers.

PRIMARY ARITHMETIC. By Charles Davies, LL.D. Barnes & Burr, New York. Price 15 cents.

Just the book for children. Presented properly, a child will learn half there is in it without having any idea of studying at all.



NEW YORK, JULY, 1862.

WATER.

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

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

OUR NEW NAME.—The "WATER-CURE JOURNAL" is among the things that were. Henceforth let no devotee of drug medication charge upon us the one-ideaism of "water treatment" for all the ills that flesh is heir to; let no nervous and blood-forsaken invalid shiver in his shoes at the mention of "Cold Water-Cure;" and let the medical journals of the popular system no longer mislead the people with the stereotyped misrepresentation that "Hydropony" professes to cure all diseases with water alone."

Words are things. The masses are prone to be governed by the sound rather than to inquire into the sense of titles, and phrases, and technicalities. We have long seen and deplored the disadvantages of a misnomer, and our friends have examined lexicons and ransacked encyclopedias to find a name which should be exactly true, precisely explicit, ever progressive, and never require any further modification or change.

In unfurling our new banner to the breeze, we do not disclaim, retract, nor recede from any principle we have ever advocated in any book or journal. We have always contended and explained that our system—the True Healing Art—is *Hygienic*, not *Hydropathic*, although water always was, and always will be, prominent among its remedial appliances. Our purpose in circulating a messenger of health among the people is to educate them in the principles of this system, and this journal is, therefore, literally and truly, "THE HYGIENIC TEACHER."

HYGIENIC SURGERY.—There are, and will be, for months, and perhaps years to come, thousands of wounded soldiers in our camps and hospitals; and many lives and millions of dollars could be saved by

the adoption of "water dressings," and such attention to nursing as constitutes the essential part of Hygienic medication. The leading indication of cure in the treatment of wounds and injuries of all kinds, aside from the merely mechanical operations of the surgeon, is to regulate the inflammation. The inflammation itself is a process of reparation; it is essential to restoration; it is nature's method of cure. But it may be excessive, and defeat its own purposes, or it may require, in order to be successful, careful attention to temperature, ventilation, diet, and all the surrounding circumstances of the patient. In all ages of the world there have been surgeons of eminence who have testified that "water dressings" were not only superior to all the medicated washes, liniments, lotions, and sedatives of the materia medica, but were all that could be of use in any case. All that is required for the most successful treatment of a wound or injury is a regulation of the temperature of the part, and certainly nothing is more convenient, so cleanly, so comfortable, as simple wet cloths for this purpose.

There is no curative virtue, no healing power in drugs or poisons, nor even in Hygienic agencies, whether applied externally or taken internally. All healing power is inherent in the living organism. All that a physician can do properly, is to supply the proper materials and conditions for the successful exercise of this *vis medicatrix nature*.

This grand fundamental principle explains how and why it is that surgical maladies are so much less dangerous when proper attention is paid to Hygiene, and when no drug medicines of any kind are employed. One Florence Nightingale, to see to the sanitary conditions of a hospital, the air, the water, the food, the bathing, the quiet, the cleanliness, etc., will save more lives than a regiment of drug doctors, with their bleedings, and blisterings, and leechings, and poulticings, their calomel, and antimony, and opium, and quinine, and whisky, etc., etc.

TYPHOID FEVER IN THE ARMY.—The following paragraph appeared not long since in one of our daily papers:

THE SICKNESS AT YORKTOWN.—The houses in Yorktown—fourteen all told—are occupied as typhoid hospitals. The average of deaths is ten a day out of four or five hundred patients.

This rate of mortality is not only perfectly awful, but wholly unnecessary. We

do not believe these patients die of typhoid fever, but of drug medication. We notice in one of the papers that double rations of quinine and of whisky are now allowed the soldiers. Has not this extra allowance something to do with this extra mortality? If we wished to secure to a gentleman officer or fellow-soldier a double chance of dying of typhoid fever, we should recommend just such double rations. General Scott, Gen. McClellan, Gen. Butler, and other high military officers, have testified that intoxicating liquor is the chief cause of demoralization and inefficiency in our armies, and also one of the chief causes of sickness. But what will a regiment of Scotts amount to, so long as the medical profession have a theory that grog is good and quinine is ditto.?

GREAT COUNTRY AND GREAT DOSES.—A correspondent of the *Tribune* writes under a recent date:

Sad news comes to us concerning our army in Tennessee. It seems that nearly every soldier that goes there is at once seized with a bad dysentery, which is usually attributed to the water of that region. The warm weather is adding to this the typhoid, the bilious, and another fever, to which the natives give the name (said to be very graphic,) of *Breakbone*, in which every bone in the body feels as if it were broken.

It is a cousin-german to the typhus. Between all these it is said that at least twelve thousand of our braves in the Southwest are prostrate.

It is less than doubtful, too, whether our Northern physicians understand the peculiar forms of these fevers; though it is not doubtful that the doses are proportioned to the greatness of our glorious fabric, as Dr. Holmes would say; that the American eagle screams over doses of thirty grains of calomel, and the star-spangled banner waves over quantities of castor-oil, jalap, and quinine, suggestive of our glorious lakes and incomparable rivers.

A HYGIENIC HOSPITAL.—Hospitals for the treatment of sick and wounded soldiers are being opened in New York, Newark, Philadelphia, Baltimore, and other places, on an extensive scale, and the indications are that a still greater number will now be wanted. And as many of the patients believe in and prefer Hygienic to drug treatment, we submit that it is their right to have it, and the duty of government to provide for it, or at least to permit it.

While in Washington, in February last, we were assured by many intelligent persons belonging to the army, that a large proportion of invalid soldiers feared the doctor's drugs more than they did the rebels' bullets. And we saw in the Alexandria hospitals many typhoid fever patients, in all stages of the disease, and of convalescence, who had been treated without a particle of medicine (how and why this

happened we may explain hereafter), all of whom were doing well; and we were assured by those who knew, that no death of fever had occurred where the patient had taken no medicine.

In view of these facts, and of the facts also that eminent Allopathic physicians have testified to the superior safety and efficacy of "water treatment," we suggest, to whom it may concern, the propriety of establishing an hospital where those who prefer may be treated Hygienically. We will provide competent physicians without charge. The physicians of our school will be very glad of such an opportunity to demonstrate to the world the better way of managing diseases. Proper nurses can also be easily procured. Indeed, all that is wanting to put the pretensions of our system to the proof, is a disposition on the part of the powers that be. Of course, "the profession" will oppose this project, as they would oppose a proposition to empty all of their drug shops into the sea. But, if their system is the best, what have they to fear? If not, why should it not be superseded?

TYPHOID AT FORTRESS MONROE.—Of a list of seventy deaths in the hospital at Fortress Monroe, forty are reported as the result of typhoid fever, the remainder being cases of pneumonia, dysentery, bronchitis, diphtheria, and wounds. We have no shadow of doubt that if the hospital there had been managed in the Hygienic instead of the drug system, nine tenths of the cases would have recovered.

ANOTHER NEW DISEASE.—The *Lawrenceburg (Ind.) Register*, of a late date, contains the following editorial paragraph:

AN ALARMING EPIDEMIC.—We were informed a few days since that a disease of a singular and alarming character has made its appearance within the past few weeks, in the southwestern part of this county. Medical men of eminent ability have as yet been unable, as we are informed, to determine its true character. The patient, as a general thing, is attacked with a dizziness and an effusion of blood to the head. In a few hours after this, the smaller blood-vessels become ruptured, so that the blood wastes away and diffuses itself through the system, and in a short time the sufferer presents the appearance of having been bruised from head to foot. They continue in this condition from fifteen to thirty-six hours, and then die. Two deaths occurred in Dillsborough, on Tuesday night last, from this disease, and two or three more in that immediate vicinity during the week. The epidemic, we are told, prevails to such an extent, that it is causing alarm among the people of that section. This is certainly new in the catalogue of diseases.

The disease is very clearly one of the numerous and ever-changing phases of putrid typhus fever. We have read a similar account of the same malady in more

than a score of places in half a dozen years, and in each instance it was stated that the most eminent physicians did not know what to call it, and were at a loss what to do for it. When medical men have a correct theory of the nature of any disease, they will have no difficulty in determining the true character of any epidemic the first time they see a case of it.

SWILL MILK.—The Legislature of the State of New York enacted a law, on the 23d of April last, providing for the punishment of persons who adulterate milk, or who sell and traffic in impure and unwholesome milk. The *Tribune* calls this an excellent law, "which we understand it is the intention of a committee of gentlemen in this city to enforce. They only await time for parties interested to know that such an act is now the law, and that it must be obeyed."

We differ slightly with the *Tribune*. We fully appreciate the excellence of the law, and have no doubt of the good intentions of the committee, but that the law will be obeyed we are utterly faithless. Those who own distilleries are men of wealth, and the business of manufacturing swill-milk is very profitable; and it has been sometimes suspected that men who are chosen to execute the laws are like unto other men, and it is said that all men have their price. At any rate, we are of opinion that, somehow or other, it will so happen that rich men will continue to grow richer, in murdering the innocents by the traffic in "adulterated, impure, and unwholesome milk," the statute in such case made and provided to the contrary nevertheless and notwithstanding.

PLEURO-PNEUMONIA AND CARBUNCLE.—The *British Medical Journal* has the following paragraph, which we copy for the special comfort and consolation of those of our fellow-beings who love beef and hate carbuncles:

DISEASED CATTLE.—In a report just issued by the Registrar-General of Scotland, he calls the attention of the public to the fact that ever since pleuro-pneumonia broke out among the cattle of this country, a few years since, the returns of mortality have shown that carbuncle, a disease formerly very rare, has become comparatively common. Dr. Livingstone observed in Africa, that if the flesh of animals who die from pleuro-pneumonia is eaten, it causes carbuncle in the persons who eat it; and that neither boiling nor roasting the flesh, nor cooking it in any way, gets rid of the poison. It is true that if such cattle are ever sold for food, they are killed before they fall victims to the disease naturally, but still the poison is in them. The report suggests, as a subject for inquiry, whether the new form of dis-

ease which we term diphtheria may not be partially induced by the use of diseased flesh.

LECTURES IN BALTIMORE.—We gave a course of six lectures in the United Presbyterian Church, corner of Madison Avenue and Biddle Street, the fourth week in May. The lectures were given in the afternoon, and our audiences, as we had expected, were composed of nearly all ladies. Among them we found several who were well posted in the principles of our system, and who were deeply interested in the discussion of health-reform subjects. At our suggestion, they determined to organize a society, and have frequent meetings for mutual improvement, and to extend a knowledge of Hygienic medication among the people of their neighborhood. Those who took the matter in hand, though few in number, are of the right stamp—earnest, intelligent, and energetic, and will, in due time, we predict, occasion a revolution in the medical treatment of one part of the Monumental City. Among them is Mrs. M. A. D. Jones, M.D., who graduated at the last term of the Hygieio-Therapeutic College. Mrs. Dr. Jones is an admirable teacher, a capable practitioner of the Hygienic system, and an able exponent of its principles. She has lectured on Anatomy and Physiology with credit and acceptance; and those who listen to her lectures on the True Healing Art, will derive both pleasure and profit therefrom.

THE INFLUENCES OF MALARIA.—A correspondent of the *N. Y. Tribune*, writing from the Army of the Potomac, near Richmond, Va., says:

Whisky rations are now served out to the soldiers morning and evening, to counteract the influences of the malaria.

Did anybody ever think what this phrase "counteracting the influences of malaria" means? What are the "influences" of malaria? A very brief analysis of the subject will show the nonsensical absurdity of the expression. Malaria is the poison which occasions fever. It is the cause of the disease, and the effort to expel the malaria is the disease itself. This being so—and this no medical man will undertake to controvert—the "influence of the malaria" can have no other meaning than *the process of purification*. Should this process of purification be counteracted with whisky or with anything else? Why, common sense would say, let the living system purify itself of the malaria if it can.

To Correspondents.

Answers in this department are given by Dr. TRALL.

DIETETIC EXPERIMENTS.—C. F., Amsterdam, N. Y. 1. "How do you reconcile Dr. Windship's experiments concerning the value of animal food, with those of Dr. Alcott and Sylvester Graham? 2. Should one be sleepy before retiring?"

1. We do not reconcile irreconcilable things. One may as well drink brandy-and-water, and declare, conscientiously, too, as the result of his experience, that brandy was very strengthening, and that no person could have permanent health and vigor on water alone as a beverage; while another, whose drink is pure water and nothing else, and has been for years, can as honestly testify that water is more invigorating than brandy. Experience proves nothing, unless it is based in some demonstrable law or premise.

2. Yes.

RHEUMATIC GOUT.—S. S. S., Burlington, N. J. Keep the swollen and painful joints covered with a wet towel, renewed as often as it becomes very warm, and take the wet-sheet pack for an hour daily. Do not use milk, grease, nor salted meats. Drink no hard water.

CHRONIC LARYNGITIS.—D. B., Woodstock, Vt. As we often have occasion to say in these columns, we do not pretend to be "consumption-curers." This business must be left to the quacks, who get fees and riches by deluding and swindling the sick and dying. Consumption must be prevented, not cured. We do, however, occasionally cure a desperate case; but such is the exception, not the rule. Your case we regard as entirely hopeless.

CHRONIC RHEUMATISM.—O. B. Y., Mystic, Conn. "I am troubled with chronic rheumatism, mostly in the hip, back, and shoulders. Have had it more or less for seven or eight years. Have tried many kinds of medicines with little or no benefit. Please send me the Hydropathic remedy."

The Hydropathic "remedy" is packs, plunges, douches, abreibungen, umschlags, etc., with air, food, drink, exercise, rest, sleep, clothing, passion influences, etc. It would be rather inconvenient to send all of the things to you. But if you will send us a proper statement of your case—your symptoms, personal habits, manner of life, occupation, medicines you have taken, etc., we will tell you what to do for yourself.

HAY ASTHMA.—E. A. R., Lebanon Springs. The immediate cause of this affection is congestion of the liver, induced by overheating the body. As it usually occurs in the haying or harvesting season, it has received the appellation of "hay asthma." It is liable to recur at the same season for many years.

The dripping sheet, sitz-baths, wet-girdle, and a strict and abstemious diet are the remedial measures.

HOW TO MAKE DOCTORS HONEST AND FAITHFUL.—It is a self-evident fact that it is not in consonance with the pecuniary interests of the physician to have the community healthy, nor to cure his patient in the shortest possible time. It is desirable, therefore, to adopt some method that shall make the interests of the community and of the doctor harmonize—that shall make them identical, that we may feel sure of enjoying the largest possible amount of health, even if we are compelled to call in a physician. The Chinese—who, by-the-by, do not seem to be so far behind the rest of mankind in most things of a practical character—seem to know how to make hygiene the great aim of the doctor, and it is not improbable that we would be the gainers by copying from their system of employing physicians, as we have from their systems of doing many other things. They pay the doctor a regular salary, when the patient gets sick this salary is stopped and not paid him again until his patient is restored to health. If we were to adopt this system, a cotemporary thinks that "fevers would have their quietus in short meter, palpitations cease their quakings in a jiffy, agues gladly doff the white feather, and consumptions be nipped in the bud. People would go about in the very redundancy of health, and they and the doctor live till they would be ashamed to look each other in the face." We would like to see the experiment tried.

RAMBLING REMINISCENCES—No. 11.

BY R. T. TRALL, M.D.

A DEMONSTRATION ON THE DOGS.

SINCE our visit to Peoria, last December, an Allopathic physician of some celebrity in that place has, as we are informed, been testing the truth of some of our dietetic doctrines in experiments on the canine race. He procured a couple of dogs, fed one on fine flour, and the other on coarse or unbolted flour, to see what would come of it. His object was to disprove the principle we announced, that neither man nor animals could long maintain health on a diet of fine flour exclusively. Well, the result was just what common sense should have taught him, without a resort to "cruelty to animals." The unfortunate dog whose farina was fine or superfine, soon showed unmistakable manifestations of giving up the ghost, while the more lucky quadruped whose rations were of the nature of "coarse fodder" kept about, wagged its tail, and barked "bow, wow," as though nothing had happened. The experiment was not working to suit the doctor nor to please the dog—we mean the dog first hereinbefore mentioned—and so the doctor killed the dog, as we fear he sometimes does his patients, though not, as we believe, with the same weapons or motives. We have the charity to believe that, when he administers his drug-poisons to his patients, he intends to save their lives; and if they happen to go the way of the murdered dog, we exculpate the doctor from all malice in the matter. He is mistaken in his vocation; his system is a false one, although he may honestly believe it. And his acts of manslaughter (we say nothing here of dogslaughter) are excusable homicide. But will the doctor honestly own up, now that his demonstration on the dogs has confirmed our theory and refuted his own?

BARKING BEHIND THE FENCE.

Cowardly curs have a way, as we have frequently had occasion to notice, of yelling vociferously and valorously when they are conscious of being out of harm's way. And some men there are who are as bold as a regiment of lions when there is none to oppose, or molest, or make afraid. And we have heard of doctors of the school we most particularly oppose, who have remained as whist as a prudent mouse while we were lecturing in their places, and saying to the people in a public way all manner of evil things against the system which they advocate and practice, who have since mustered up the courage to say many hard things of us and of our teachings and doctrines.

We are informed that one of the doctors of Peoria has been in a perfect rage on several occasions since our visit to that place, although while we remained there he was as quiet, orderly, and well-behaved a medical gentleman as one could wish to see. He became so indecently boisterous on occasion at a religious meeting, in railing about our sayings and doings there, that the better sense of the ladies and gentlemen present had to silence him.

Such conduct needs no comment. And we have only to remark, that Dr. — had several weeks' notice of our intention to lecture in Peoria,

with a statement of the principles we should advocate and the doctrines we should oppose and controvert, and a special invitation to be present, hear what we had to say, and make objections as publicly as we presented our arguments. Why did he decline this opportunity, and rave about us when we were a thousand miles away?

LIBELING THE PROFESSION.

At Wabash, Indiana, several medical gentlemen of different drug-schools attended our lectures. Among them was an Allopath of extensive practice, and, as we were informed, reported to be the best-educated physician in Wabash County. On seeing our programme in the streets, announcing that, among things which we should explain, would be the mysterious problem of the *modus operandi* of medicines. He declared that our announcement was a "foul libel on the profession," as well as a "gross falsehood, for," said he, "no man can explain the *modus operandi* of medicine." Well, we did explain it, and the same veritable M.D. listened to it; and after hearing our explanation he was, with other physicians present, asked to state objections, if any he had. He was also civilly and politely informed that we would respond to any questions which he or his medical brethren would ask, did they desire any further information on the subject.

The doctor did not avail himself of the privilege, but very impertinently took the occasion to make a random speech—a talk for buncombe, as the politicians say—if laudation of his own practice; and he dwelt with especial emphasis on the fact that he didn't give but very little calomel, nor much powerful medicine of any kind. His demonstration was an effort at special pleading in favor of his own peculiar way of using drug-medicines, with no attempt to defend his system or assail ours.

After the doctor had concluded, we called his attention to the principles in issue between us. Was he prepared to admit or deny the propositions we had advanced? Then the doctor flew into a great fury, and began to call names, and, after declaring that the doctrines we had advocated were as "false as h—ll," he started for the door, cheered, applauded, and followed by some half dozen "nice young men," who had the mannerisms which in New York are characteristic of "rowdy boys." As he was retreating we informed him that our business and calling were to discuss scientific questions with gentlemen, not to bandy epithets with blackguards. And this only enraged him the more. On arriving at the outside door, his courage seemed to have reached the boiling-over point, and he intimated that if we would come out he would settle the hash with us in the street. This we understood to be a very polite intimation that he could fight better than he could argue; but as we were not "the fighting editor," and fearing that our adversary might prove more formidable in fisticuffs than in science, and believing also that in this particular instance discretion was the better part of valor, we very respectfully declined the invitation.

HUNTINGTON, INDIANA.

Than this place, we have never seen a more doctor-ridden and drug-cursed community. And the masses of the people appear to be so thor-

oughly wedded to their idols, so stupidly quiescent under the Juggernaut which is crushing them, that there seems to be but little hope for the present generation. The place contains some two thousand inhabitants and some eight or ten drug-doctors. We have never yet become acquainted with a place in which the physicians were so largely disproportioned to the people, that the latter were not remarkable for ignorance and indifference to all matters pertaining to health and disease. We never faced so sickly-looking an audience, nor did we see, in any place on our Western tour, more horrid specimens of ruined constitutions as the results of drug-medication.

LAW AND PHYSIC.

At Huntington the doctors came out in unusual force, so far as numbers were concerned. After our lecture the first evening, no less than three of them were on the floor at a time asking us all manner of questions, some relevant, more irrelevant, some foolish, and some ridiculous. But all were unimportant. Not one of the doctors met, or offered to meet, the issues we had presented; but directed all their efforts and energies to asking us questions on collateral subjects, as though if they could by any possibility ask any question on any subject which would puzzle us to explain, druggery would triumph and Hygeio-Therapy be ruined forever. There was an entire absence of everything like candor, fairness, or truth-seeking. The *animus* of all they said and did seemed to be to weaken the impression we had made, or might make on the minds of the people, by confusing them with meaningless technicalities. So far from trying or offering to teach the people anything useful, they seemed anxious only that we should not impair their faith in drugs and drug-doctors.

Two of the doctors—and these two did the most in the asking of questions—had each a lawyer at his elbow, to assist him in shaping his questions so as to bother us; and when we took occasion to ask a question back, the cunning lawyers would often whisper to their M.D. clients, "Don't answer;" and one of the lawyers took the business entirely out of his client's mouth, and commenced asking the questions himself. With the shrewdness and professional tact of gentlemen whose vocation it is very often to make the worse appear the better reason; to convict an innocent man if possible; and to clear a criminal by fair means or by foul—to get the case any how, right or wrong—one of the lawyers (said to be one of the best in the place) asked us several questions so worded as to involve us in a contradiction if we answered Yes or No, and then insisted on a *direct answer*—"No dodging." We did not dodge; nor did we fall into the trap so dextrously prepared. On the contrary, we showed the absurdity of such questions by referring to the premises we had laid down; and so discomfited was the lawyer, that on the next evening he left the doctors to their fate, without offering them any further assistance.

AN ALLOPATHIC VICTORY.

Since we left Huntington we have been informed that the drug-doctors of the place claim to have achieved an important triumph in our

discussions, and that some of the people there agree with them. They shall have the full benefit of their achievement, so far as an exact statement of the facts will aid them. On Saturday evening, after we had lectured nearly two hours, and debated with three or four physicians, and answered all of their questions, wise and otherwise, till half-past ten o'clock, the question was asked, "How do you explain the effects of aqua fortis applied to the skin, if medicines do not act?"

We replied that this was one of the best illustrations we could make, of the fact that medicines did not act at all, and that all of the action was on the side of the living organism; but as it was then too late, we would, if some one would recollect and remind us of the question at the conclusion of our next lecture, answer it fully. The next happened to be Sunday, and our lecture was at three o'clock P.M., and our subject, "The Gospel of Health." The people listened very attentively for nearly two hours, when it began to grow dark. No one reminded us of the deferred question, and it being Sunday we did not desire nor call for any controversy, and as that was our last lecture (we left early on Monday morning, pursuant to previous engagements), the subject was passed over. And this was the boasted victory. The doctors had asked a question which we did not answer! A friend of our system, as he professes to be, has written us that a large proportion of the audience were dissatisfied because we did not answer this question "according to promise." To this we have only to say, they may take it out in *dissatisfaction*. But to show how small, frivolous, insignificant, and mean this whole affair is, we will just mention that we did explain fully the *modus operandi* of blisters to the skin; no doctor and no person controverting our explanation or taking any exception to it; and this explanation will apply precisely to the *modus operandi* of aqua fortis or nitric acid. Can a physician, who would cavil at such things, and seek to mislead, bamboozle, and humbug the people in this way, have any mind, heart, or soul above that of the mousing pettifogger, who would for a very small fee, swear that a guilty thief was a marvelously proper man; or, for a consideration, affirm that an honest man had been guilty of all the crimes in the decalogue? And can a people who are so easy to be deluded, be much better than hopeless cases, so far as health-reform is concerned? Before a people can be saved, they must be prepared for salvation.

REQUIEM OF HEROES.

How sleep the brave who sink to rest,
By all their country's wishes blest!
When Spring, with dewy fingers cold,
Returns to deck their hallowed mold,
She there shall dress a sweeter sod
Than Fancy's feet have ever trod.
May they rest in peace,
In peace forever rest!

By fairy hands their knell is rung;
By forms unseen their dirge is sung;
There Honor comes, a pilgrim gray,
To bless the turf that wraps their clay;
And Freedom shall awhile repair,
To dwell a weeping hermit there!
May they rest in peace,
In peace forever rest!

HYDROPATHY IN SURGICAL CASES.

In recently looking over my notes of practice for some years back, my attention was arrested by the particulars of a case, which at the time of its occurrence impressed me very forcibly with the fact of the great superiority of Hydropathy to the usual drug-treatment, not only in the treatment of the usual forms of disease, both acute and chronic, but also of surgical cases as well.

The patient was a lad of about five years of age when I was first called to see him, who, a year previous, while at play with an older boy, had received a stroke with a club across the leg which resulted in a fracture of the tibia, or largest bone of the leg, near the center of its shaft. The fracture not receiving the proper surgical attention at the time of its occurrence, the bone never united, or healed, but the limb remained swollen and painful, until the constant irritation resulted in an ulcer at the point of the fracture. And still the inflammation extended and increased, involving the whole extent of the limb from the knee to the foot, and two other ulcers opened near the ankle joint.

In the mean time, by the continued irritation and pain, the child's general health became much impaired, and medical advice and aid was from time to time solicited, its recommendations administered and its remedies applied. But all to no purpose.

Irritation of the lungs ensued, a distressing cough set in, accompanied by night-sweats and emaciation.

At this juncture of the disease the child was taken to a physician of considerable surgical celebrity, and his aid implored to avert the impending danger. He replied to the inquiries of the anxious parent concerning the feasibility of his art to render aid in such a case, that the child was then too weak to bear an operation for the removal of the diseased bone (a point of which was then protruding externally), but for him to go home and apply poultices to the limb as had been done a considerable portion of the time for the preceding six months.

But the health of the child rapidly failing, and all his symptoms growing daily more hopeless, the parents finally resolved, as a *last resort* (as is unfortunately the case in so many instances), to try Hydropathy. But sympathizing matrons and observing dames all said, despondingly, it was too late now to try new remedies, as the child would die. But parental solicitude and hope for the safety and restoration of a beloved child was not to be thwarted, in this instance, by vague apprehensions and ungrounded prejudice, as is too often the case. The father came and had a consultation in reference to the case. After visiting the child, I expressed a hope which I thought there were still grounds for entertaining, that he might yet be restored to health. With bounding heart and expressions of joy the parents announced their willingness to contribute their mite to any means which it appeared plausible would contribute to so desirable a result. A daily wet-sheet pack of an hour and a half when there was not much fever, and of much shorter duration when there was, followed by a tepid ablution, and a tepid towel-bath morning and

evening while standing in a common wash-tub (for the treatment was applied at the home of the patient), together with compress to chest at night, and constantly to the affected limb, constituted the general course of treatment which we pursued, which was varied more or less from time to time, as the circumstances seemed to require. The diet was abstemious and strictly vegetarian, eschewing meat, butter, and all kinds of grease.

This course of treatment in a little over three weeks had so modified the irritation of the lungs, mitigated the night-sweats, purified the blood, and invigorated the general health, that I deemed it safe and proper to operate upon the leg, which I did, removing a section of the tibia four and a quarter inches long, extending from the point of the fracture up to the junction of the shaft of the bone with its head, at which point, by absorption and the ulcerative process, it had become detached. This operation being performed without the use of anesthetics, not deeming their employment advisable on account of the debility and irritation of the lungs, it was of course very painful and depressing to one already so debilitated as was this little sufferer at that time. Yet under a continuation of the same general plan of treatment as that pursued previous to the operation, he soon began to rally again, and to improve more rapidly than before, and so continued to improve until the bloom of health, the smile of joy, and the agility of buoyant youth had again capacitated him for the usefulness and pleasures of life, and the promotion of the joys of the family circle. Nature, with her incomparable resources, had so far supplied the loss of the bone by new osseous formations, that the change is scarcely perceptible either in form or utility.

DR. W. N. HAMBLETON.

PITTSBURG WATER-CURE.

SCARLET FEVER.

In our June number we made an extract from the New York *Sun* relative to the treatment of the scarlet fever hygienically. In the next number of the same paper appeared the following:

SCARLET FEVER—ALLOPATHIC TREATMENT.

We yesterday published the treatment for this dangerous disease, upon the Hydropathic system, accompanied with the views and opinions of Water-Cure practitioners as to the merits of their practice. Their course of treatment is so simple, that in default of the advice of one of their practitioners, a parent can, with much confidence, undertake the care of a case of scarlet fever, although such advice is preferable, and should, if possible, be obtained. We append herewith remarks, and treatment recommended, by a judicious Allopathic physician. No parent should resort to it without competent medical advice, except to administer baths and water applications where recommended.

Scarlatina is a contagious and eruptive fever, affecting more or less the whole mucous membranes of the system. It occurs under three forms, *simplex*, *anginosa*, and *maligna*. The distinguishing characteristics of each type readily present themselves to the experienced practitioner. The "*simplex type*," as its name indicates, is little more than a simple fever, but presenting the marked characteristics of this peculiar disease—in the debility, nausea, scarlet tinges, and tendency to the mucous membranes of the throat. It runs its course about the ninth day. The second form, "*anginosa*," is marked by an aggravated condition of all the simplex symp-

toms. The fever is more intense, the tongue is deep red, the throat is swollen and troublesome, with a sense of stiffness about the neck. The eruption on the third day is slight and the tendency inward, with vomiting, diarrhea, or constipation. The eruption sometimes disappears suddenly, and its return is uncertain. In this stage of the disease death is very common in young children, as their organic constitution is but partially developed and poorly capable of withstanding any disease.

Scarlatina maligna, the third manifestation of this disease, comes on like the last, except that the symptoms are of a graver type from the first, and the patient is liable to sudden death before any eruptions or local symptoms come on. The throat is very troublesome; the eruption is of a livid hue and irregular in its appearance; the tongue has a brownish or black look, and respiration is difficult. These symptoms are followed by diarrhea, delirium, convulsions, coma, and death. The sequels of this disease are very numerous, always leaving their mark on some portion of the body. Dropsy, diarrhea, partial deafness, bronchitis, and abscesses are among some of the evils that follow in its train.

TREATMENT.—In *scarlatina simplex* a mild emetic given at first will have a very favorable effect. If the bowels are constipated, mild cathartics must be employed. The patient must be kept warm in bed, with spare diet, cooling acid drinks, and when the surface of the body is hot and burning, sponging with cold water and friction with coarse towels are the principal means to be relied on. In the two other forms of the disease, "*anginosa* and *maligna*," the treatment must be varied to meet the symptoms. If there is violent cerebral excitement, leeches should be applied. If the vital powers are low, it may be necessary to give wine, beef tea, cinchona, capsicum, etc., from the commencement. The throat always requires great attention; a gargle containing muriatic acid or chloride of soda should be used, or an infusion of red pepper in a pint of vinegar and water; with young children these must be applied with a swab.

The bowels should be cleared regularly by mild aperients or enemas. Cool water sponging, and anointing the whole surface of the body with lard, have been found useful. But in malignant cases a stimulating treatment has been found most successful. When the throat shows an indication to gangrene, the tinct. capsicum, pyroligneous acid, or sulph. zinc, must be carefully applied. Belladonna is used as a preventive, given in solution of three grs. of the extract to an oz. of water. Three drops is a dose for a child one year old.

During convalescence, the patient should be carefully protected from cold, and the use of tepid baths, with blanketing and friction over the whole surface, be continued.

It must be well understood from the first, that this is a most treacherous disease in all its forms of manifestation; the apparently mild and simple case suddenly and unexpectedly assumes the malignant form, and the grave claims its victim before the danger is fully realized. This is more particularly the case with young and healthy children, who have apparently mild attacks, while the disease is evidently eating out the vital system. This, more perhaps than any other disease, has smiled at and defied the teachings of science in all countries, and quackery, with its noisy pretensions, becomes hushed and silent at the bedside of the scarlet-fever sufferer.

Being apparently desirous of giving a fair hearing to all sides, in order that the public might be benefited by the comparison and instruction, they subsequently published the following:

THE WATER TREATMENT OF SCARLET FEVER.

The painful increase of this disease leads us to adopt every mode of disseminating useful information in regard to it, and having lately pub-

lished a mode of treatment recommended by an Allopathic physician, we append herewith a reply from an experienced Water-Cure practitioner:

SCARLET FEVER—A COMMUNICATION.

Editor of the Sun—I am very glad to see that there is least one editor of a daily paper in this city who feels disposed to present to his readers some ideas as to the safest and best method of treating this "most treacherous disease," as a late correspondent of yours, designated as a "judicious Allopathic physician," chooses to call it.

It is a subject of the deepest importance to every household in the land, and nothing could be a greater cause of rejoicing to the few Hygienic physicians in this country than to have a full, free, and candid discussion of all the different systems of medical treatment for this disease.

Let us by reports of cases, and by all the arguments we can bring to bear upon the subject, try and satisfy those who have the care of this disease to learn the safest method of treating it.

There are some things recommended by Allopathic practitioners which we of the Hygienic practice regard as extremely pernicious, and as long as the Allopathist employs such things as remedies, we do not wonder that he regards scarlet fever as a "most treacherous disease in all its forms," and that the "grave claims its victim before the danger is fully realized."

Your Allopathist correspondent says that in simple cases of the fever, mild emetics and cathartics may be employed with favorable results. The question first arises, What is scarlet fever? From what is thus far known upon the subject, it is generally believed to be caused by the introduction of a peculiar poison into the system, which ferments, incubates, or hatches, and thus spreads through the whole system, and the fever or disease consists in the efforts of the vital powers to get rid of the poison by throwing it out of the system. And how do they do this? Not through the bowels, kidneys, or lungs, but in the best, easiest, and most effectual, and, in fact, the only way it can be eliminated, which is through the skin. All the efforts of the vital powers are at work for that object and employed in that direction. And, suppose a medicine is introduced in the form of an emetic or cathartic, what will be the result? Why, simply the effort of the vital powers will be changed from the elimination of the poison which produced the fever, to the expulsion, by vomiting, of the emetic or by purging of the cathartic, which are more deadly enemies to the system than the disease itself.

It is a common thing under this kind of treatment for the eruption to be entirely suppressed, and the disease to "strike in," as the old ladies say, and it is in these cases that our judicious Allopathic practitioner has observed, "Is more particularly the case in children who have apparently mild attacks while the disease is evidently eating out their vital systems." The rest of the treatment recommended in mild cases is good so far as it goes.

But in the treatment of the *anginosa* and malignant forms he says: "If there is much cerebral excitement, leeches should be applied." Where? What for? Will he please tell? True, by taking away one tenth part of the child's blood, you may diminish one tenth part of the cerebral excitement, but as the "blood is the life," is not his life or vital power proportionately decreased? Oft repeated head-baths of cool or cold water, with wet cloths applied to the head frequently changed, is a much safer and more effectual mode of reducing the cerebral excitement.

The wine, cinchona, and capsicum he recommends where the "vital powers" are low, we object to decidedly. We hold that they do not add one particle to the actual strength of the vital powers. They are not assimilated or in any way transformed into vital tissue, but on the contrary are poisons to be got rid of, and the vital force is thereby diverted from the expulsion of the fever poison to the elimination of these.

We never use them in our practice, and believe we lose far less cases than the same number of practitioners of any other school. Dr. Trall was fifteen years a regular Allopathic practitioner, gave emetics, cathartics, wine, capsicum, etc., and he has practiced very extensively as a Water-Cure physician, and he says he has far better success without than with the use of any medicines.

Dr. Prescott, of Portland, Maine, has, as he expresses it, practiced forty years in the "Wilderness of Pills and Powders," and fifteen years as a Hygienic physician. He says he does not lose in proportion one case now where he lost ten formerly, and that the only cases he has lost since he adopted the Water-Cure practice, were those who have taken so many poisonous drugs as to have changed the remedial action from the fever poison to that of the medical poison, and occasionally a feeble, scrofulous child who had not vitality enough to live under the best circumstances.

Then the Allopathic physician says the throat requires especial attention. To my mind, and to all who have thoroughly investigated the subject it is proved that those especial attentions of which he speaks had better never be given if the recovery of the patient is desired.

The mucous membrane of the throat, the tonsils, and pharynx are inflamed, are red, swollen, and very sore. But what does our judicious Allopathic practitioner propose to do for it? Why, apply muriatic acid, the chloride of soda, or an infusion of red pepper and vinegar, any one of which, if applied to the skin or mucous membrane for any length of time, would produce an inflammation. He not only proposes to apply these powerful irritants to the tender and inflamed surface, but he recommends their being applied with a swab, so as to create a still greater inflammation.

Is it any wonder "that this disease, perhaps more than any other, has smiled at and defied the teachings of (such) science in all countries, and quackery, with its noisy pretensions, becomes hushed and silent at the bedside of the scarlet-fever sufferer?"

A much more rational method of treating this throat affection, in my judgment and according to my own and the experience of many of the physicians of the school of practice to which I am connected, is to apply, externally, cold wet cloths, often changed, alternated occasionally with hot fomentations. Bits of ice and ice shaved fine should be held in the mouth, and back in the throat as far as possible, till it melts. In this way the pain is arrested, the heat and inflammation subdued, and thus saving the necessity of introducing the subsequent treatment recommended for gangrene.

The anointing of the whole body with lard is very objectionable; good sweet cream is much better, and not half so disagreeable, but by no means essential. Sponging the body with cool water as often as the surface becomes hot and dry, will be much more agreeable and produce far better results.

If the fever is high, pulse strong and full, and skin hot, the wet-sheet pack may be used with great benefit. The sheet may be wrung out of tepid, cool, or cold water, according to the degree of heat of the surface. The patient should lie in the pack till he becomes warm, which varies from ten to sixty minutes. They should seldom, if ever, be longer than an hour, usually twenty to thirty minutes is long enough. When warm enough, they should be taken out and go immediately into a bath. When the latter is employed, only a part of the body should be exposed at a time. Each of these baths should be given as quickly as possible, and be immediately followed by rubbing with a dry sheet or towels. If the skin continues hot and the fever high, the pack should be repeated.

A cool head bath should be taken before going into the pack, and a cold wet cloth kept on the head. It should be changed as often as it becomes warm. The feet must be kept warm, which

may be done by applying bottles of hot water, hot bricks, warm cloths, etc., or taking a hot foot-bath before the pack may be sufficient to insure this very necessary condition. If at any time a sense of chilliness is felt, the patient should drink a glass of water as hot as he can bear comfortably.

Give the patient all the water to drink he wishes, either cold or warm. The food should be light, little if any for the first three days. Then corn, oat or Graham meal gruel, with ripe, stewed, or baked fruit, etc., may be given.

The bowels should be moved occasionally by thorough injections of tepid water. Keep the room well ventilated—plenty of fresh air is *all-important*.

If these simple, and as we believe rational directions are followed, and all poisons excluded, there will be far less mortality than at present, and those numerous sequelae which our judicious friend says are always leaving their marks on some portions of the body, such as dyspepsias, diarrheas, partial deafness, bronchitis, and abscesses, will seldom, if ever, occur.

E. P. MILLER, M.D.

15 LAIGHT STREET, NEW YORK.

THE HEALTH OF OUR GIRLS.

From the "Atlantic Monthly."

AMONG the lower animals, so far as the facts have been noticed, there seems no great inequality, as to strength or endurance, between the sexes. In migratory tribes, as of birds or buffaloes, the males are not observed to slacken or shorten their journeys from any gallant deference to female weakness, nor are the females found to perish disproportionately through exhaustion. It is the English experience that among coursing-dogs and race-horses there is no serious sexual inequality. *Ælian* says that Semiramis did not exult when in the chase she captured a lion, but was proud when she took a Moness, the dangers of the feat being far greater. Hunters as willingly encounter the male as the female of most savage beasts; and if an adventurous fowler, plundering an eagle's nest, has his eyes assaulted by the parent-bird, it is no matter whether the discourtesy proceeds from the gentleman or the lady of the household.

Passing to the ranks of humanity, it is the general rule, that, wherever the physical nature has a fair chance, the woman shows no extreme deficiency of endurance or strength. Even the sentimental physiology of *Michelet* is compelled to own that his elaborate theories of lovely invalidism have no application to the peasant-women of France, that is, to nineteen-twentieths of the population. Among human beings, the disparities of race and training far outweigh those of sex. The sedentary philosopher, turning from his demonstration of the hopeless inferiority of woman, finds with dismay that his Irish or negro handmaiden can lift a heavy coal-hod more easily than he. And while the dream is vanishing of the superiority of savage races on every other point, it still remains unquestionable that in every distinctive attribute of physical womanhood the barbarian has the advantage.

The truth is, that in all countries female health and strength go with peasant habits. In Italy, for instance, *About* says, that, of all useful animals, the woman is the one that the Roman peasant employs with the most profit. "She makes the bread and cake of Turkish corn; she

spins, she weaves, she sews; she goes every day three miles for wood and a mile for water; she carries on her head the load of a mule; she toils from sunrise to sunset without resting or even complaining. The children, which she brings forth in great numbers, and which she nurses herself, are a great resource; from the age of four years they can be employed in guarding other animals."

Besides this may be placed the experience of *Moffat*, the African missionary, who, seeing a party of native women engaged in their usual labor of house-building, and just ready to put the roof on, suggested that some of the men who stood by should lend a hand. It was received with general laughter; but *Mahuto*, the queen, declared that the plan, though hopeless of execution, was in itself a good one, and that men, though excused from lighter labors, ought to take an equal share in the severer—adding, that she wished the missionaries would give their husbands medicine and make them work.

The health of educated womanhood in the different European nations seems to depend mainly upon the degree of conformity to these rustic habits of air and exercise. In Italy, Spain, Portugal, the women of the upper classes lead secluded and unhealthy lives, and hence their physical condition is not superior to our own. In the Northern nations, women of refinement do more to emulate the active habits of the peasantry—only substituting out-door relaxations for out-door toil—and so they share their health. This is especially the case in England, which accordingly seems to furnish the representative types of vigorous womanhood. "The nervous system of the female sex in England seems to be of a much stronger mold than that of other nations," says *Dr. Merei*, a medical practitioner of English and Continental experience. "They bear a degree of irritation in their systems, without the issue of fits, which in other races is not so easily tolerated." So *Professor Tyndall*, watching female pedestrianism among the Alps, exults in his countrywomen: "The contrast in regard to energy between the maidens of the British Isles and those of the Continent and of America is astonishing." When *Catlin's* Indians first walked the streets of London, they reported with wonder that they had seen many handsome squaws holding to the arms of men, "and they did not look sick either;"—a remark which no complimentary savage was ever heard to make in any Cisatlantic metropolis.

There is undoubtedly an impression in this country that the English vigor is bought at some sacrifice—that it implies a nervous organization less fine and artistic, features and limbs more rudely molded, and something more coarse and peasant-like in the whole average texture. Making all due allowance for national vanity, it is yet easy to see that superiority may be had more cheaply by lowering the plane of attainment. The physique of a healthy day-laborer is a thing of inferior mold to the physique of a healthy artist. Muscular power needs also nervous power to bring out its finest quality. Lightness and grace are not incompatible with vigor, but are its crowning illustration. *Apollo* is above *Hercules*; *Hebe* and *Diana* are winged, not weighty.

The physiologist must never forget that Nature is aiming at a keener and subtler temperament in framing the American—as beneath our drier atmosphere the whole scale of sounds and hues and odors is tuned to a higher key—and that for us an equal state of health may yet produce a higher type of humanity. To make up the arrears of past neglect, therefore, is a matter of absolute necessity, if we wish this experiment of national temperament to have any chance; since rude health, however obtuse, will in the end overmatch disease, however finely strung.

But the fact must always be kept in mind that the whole problem of female health is most closely intertwined with that of social conditions. The Anglo-Saxon organization is being modified not only in America, but also in England, with the changing habits of the people. In the days of Henry VIII. it was "a wyve's occupation to winnow all manner of cornes, to make malte, to wash and ironyng, to make hay, shere corne, and in time of nede to help her husband fill the muchpayne, drive the plough, load hay, corne, and such other, and go or ride to the market to sell butter, cheese, egges, chekyns, capons, hens, pigs, geese, and all manner of cornes." But now there is everywhere complaint of the growing delicacy and fragility of the English female population, even in rural regions; and the king of sanitary reformers, Edwin Chadwick, has lately made this complaint the subject of a special report before the National Association. He assumes, as a matter settled by medical authority, that the proportion of mothers who can suckle their children is decidedly diminishing among the upper and middle classes, that deaths from childbirth are eight times as great among these classes as among the peasantry, and that spinal distortion, hysteria, and painful disorders are on the increase. Nine tenths of the evil he attributes to the long hours of school study, and to the neglect of physical exercise for girls.

This shows that the symptoms of ill-health among women are not a matter of climate only, but indicate a change in social conditions, producing a change of personal habits. It is something which reaches all; for the standard of health in the farm-houses is with us no higher than in the cities. It is something which, unless removed, stands as a bar to any substantial progress in civilization. It is a mere mockery for the millionaire to create galleries of Art, bringing from Italy a Venus on canvas or a stone Diana, if meanwhile a lovelier bloom than ever artist painted is fading from his own child's cheek, and a firmer vigor than that of marble is vanishing from her enfeebled arms. What use to found colleges for girls whom even the high-school breaks down, or to induct them into new industrial pursuits when they have not strength to stand behind a counter? How appeal to any woman to enlarge her thoughts beyond the mere drudgery of the household, when she "dies daily" beneath the exhaustion of even that?

And the perplexity lies beyond the disease, in the perils involved even in the remedy. No person can be long conversant with physical training, without learning to shrink from the responsi-

bility of the health of girls. The panacea for boyish health is commonly simple, even for delicate cases. Removal from the books, if necessary, and the substitution of farm-life—with good food, pure air, dogs, horses, oxen, hens, rabbits—and fresh or salt water within walking distance. Secure these conditions, and then let him alone! he will not hurt himself. Nor will, during mere childhood, his little sister experience anything but benefit, under the same circumstances. But at the epoch of womanhood, precisely when the constitution should be acquiring robust-strength, her perils begin; she then needs not merely to be allured to exertion, but to be protected against over-exertion; experience shows that she can not be turned loose, can not be safely left with boyish freedom to take her fill of running, rowing, riding, swimming, skating—because life-long injury may be the penalty of a single excess. This necessity for caution can not be the normal condition, for such caution can not be exerted for the female peasant or savage, but it seems the necessary condition for American young women. It is a fact not to be ignored, that some of the strongest and most athletic girls among us have lost their health and become invalids for years, simply by being allowed to live the robust, careless, indiscreet life on which boys thrive so wonderfully. It is fatal, if they do too little, and disastrous, if they do too much; and between these two opposing perils the process of steering is so difficult that the majority of parents end in letting go the helm and leaving the fragile vessel to steer itself.

Everything that follows in these pages must therefore be construed in the light of this admitted difficulty. The health of boys is a matter not hard to treat, on purely physiological grounds; but in dealing with that of girls, caution is necessary. Yet, after all, the perplexities can only obscure the details of the prescription, while the main substance is unquestionable. Nowhere in the universe, save in improved habits, can we ever find health for our girls. Special delicacy in the conditions of the problem only implies more sedulous care in the solution. The great laws of exercise, of respiration, of digestion are essentially the same for all human beings; and greater sensitiveness in the patient should not relax, but only stimulate, our efforts after cure. And the unquestionable fact that there are among us, after the worst is said, large numbers of robust and healthy women, should keep up our courage until we can apply their standard to the whole sex.

In presence of an evil so great, it is inevitable that there should be some fantastic theories of cure. But extremes are quite pardonable, where it is so important to explore all the sources of danger. Special ills should have special assailants, at whatever risk of exaggeration. As water-cures and vegetarian boarding-houses are the necessary defense of humanity against dirt and over-eating, so is the most ungainly bloomer that ever drifted on bare poles across the continent a providential protest against the fashion-plates. It is probable, that, on the whole, there is a gradual amelioration in female costume. These hooded water-proof cloaks, equalizing all

womankind—these thick soles and heavy heels, proclaiming themselves with such masculine emphasis on the pavement—these priceless india-rubber boots, emancipating all juvenile femininity from the terrors of mud and snow—all these indicate an approaching era of good sense; for they are the requisite machinery of air, exercise, and health, so far as they go.

The weight of skirts and the constraints of corsets are still properly made the theme of indignant declamation. Yet let us be just. It is impossible to make costume the prime culprit, when we recall what robust generations have been reared beneath the same formidable panoply. For instance, it seems as if no woman could habitually walk uninjured with a weight of twelve pounds of skirts suspended at her hips—Dr. Coale is responsible for the statistics—and as if salvation must therefore lie in shoulder-straps. Yet the practice can not be sheer suicide, when the Dutch peasant-girl plods bloomingly through her daily duties beneath a dozen successive involucre of flannel. So in regard to tight lacing, no one can doubt its ill effects, since even a man's loose garments are known to diminish by one fourth his capacity for respiration. Yet inspect in the shop-windows (where the facts of female costume are obtruded too pertinaciously for the public to remain in ignorance) the light and flexible corsets of these days, and then contemplate at Pilgrim Hall in Plymouth the stout buckram stays that once incased the stouter heart of Alice Bradford. Those, again, were to those of a still earlier epoch as leather to chain-armor. The Countess of Buchan was confined in an iron cage for life for assisting to crown Robert the Bruce, but her only loss by the incarceration was that her iron cage ceased to be portable.

Passing from costume, it must be noticed that there are many physical evils which the American woman shares with the other sex, but which bear with far greater severity on her finer organization. There is improper food, for instance. The fried or salted meat, the heavy bread, the perennial pork, the disastrous mince-pies of our farmers' houses are sometimes pardoned by Nature to the men of the family, in consideration of twelve or more hours of out-door labor. For the more sedentary and delicate daughter there is no such atonement, and she vibrates between dyspepsia and starvation. The only locality in America where I have ever found the farming population living habitually on wholesome diet is the Quaker region in Eastern Pennsylvania, and I have never seen anywhere else such a healthy race of women. Yet here, again, it is not safe to be hasty, or to lay the whole responsibility upon the kitchen, when we recall the astounding diet on which healthy Englishwomen subsisted two centuries ago. Consider, for instance, the housekeeping of the Duke of Northumberland. "My lord and lady have for breakfast, at seven o'clock, a quart of beer, as much wine, two pieces of salt fish, six red herring, four white ones, and a dish of sprats." Digestive resources which could entertain this bill of fare might safely be trusted to travel in America.

[TO BE CONTINUED.]

Agricultural.

PROPAGATION AND CULTURE OF APPLES.

BY L. A. ROBERTS.

[AMERICAN INSTITUTE PRIZE] ESSAY.]

ALTHOUGH apple-trees are sometimes successfully propagated by layers and cuttings, undoubtedly the best method is from the seed, and the best manner is as follows:

Take the seeds from nice, fair apples, grown on thrifty trees, always preferring seedlings; wash them entirely free from the flesh of the fruit and dry them slowly, carefully, and thoroughly. The cleaning is conveniently done by first rubbing the core or pomice through a coarse sieve, and afterward macerating or stirring it in a vessel of water, when the pomice will float and can be skimmed off, while the good seeds sink. It is common to take ordinary pomice from a cider mill, but in so doing you are more likely to get seeds from poor fruit grown on unhealthy trees than from such as you would desire.

Some persons plant the seed in the pomice without cleaning it; in such cases the seed is often destroyed by the malic acid of the fruit.

It has been held that stocks raised from the seeds of crab-apples were more hardy than from those of cultivated fruit. While this is doubtful, it is certain that stocks from such seeds are almost certain to be of slow growth, and to make but small trees. We can not, therefore, recommend their use.

SEED-BEDS.

Prepare seed beds by trenching or plowing a soil of sandy loam, at least 18 inches deep; make it rich with well rotted manure, and under no circumstances use raw or unfermented animal manure, for it will certainly breed insects, as well as destroy the young roots. Sow the seed, in the autumn, in drills from twelve to eighteen inches apart. Cover not more than one inch deep with finely pulverized soil, and spread a thin mulch of some light substance to keep the ground moist and prevent the weeds from growing. The seeds will commence coming up early in the spring, and continue to do so for several weeks. Seeds may be planted in the spring, in which case they must have been carefully kept through the winter in a slightly moist condition. This can be done by keeping them in a cool place in boxes of sand just wet enough to keep the seeds from drying.

The plants should not be allowed to stand closer in the rows than one in about two and one half inches. Careful attention to them when quite young will save much future labor and insure a better growth. Weeds should not be allowed to show themselves, and the ground should be kept mellow by frequent stirring, and moist by gentle watering, if necessary.

When the young trees, generally designated as stocks, have attained a diameter at the ground of about three eighths of an inch—which they should do in one year from planting—they should be transplanted to the nursery. The transplanting may be done in the autumn or in the spring. It is sometimes well and necessary to let stocks re-

main eighteen months in the seed-bed to attain proper size for planting. Those that do not attain that size in two years, may as well be rejected as worthless.

THE NURSERY.

Select for a nursery, ground that has not been previously used for that purpose; a sandy loam, easily worked, is best. It should be level, or if inclined the inclination should be slight, regular, and southerly. Thorough drainage is indispensable. It should be sheltered from the bleak north and westerly winds of our northern winters by some natural barrier—a hill or a belt of trees. We shall not recommend that the soil be *very* highly manured, or, at least, made much richer than the orchards into which the trees are to be finally set, as if it is, the trees, when planted out, are usually checked in their growth and make comparatively but little progress for two or three years. If you are not prepared to make your orchard rich, do not over-manure your nursery, and what you do put on should be thoroughly mixed with the soil by trenching or plowing at least ten inches deep—fifteen would be still better, and the whole subsoiled fifteen inches more. Avoid the use of animal manure, so far as possible, using ashes, muck, well-decomposed leaf-mold, bone-dust, and things of like nature instead.

TRANSPLANTING.

Transplant from seed-bed to nursery in the fall. Raise the plants from the seed-bed carefully with a spade placed at such a distance and inserted so deep as to do as little injury to the roots as possible. Prune off all small fibers; they will never work again, but decay and transmit disease to the tree. Cut the tap-root and all others that show an exclusively downward tendency, and prune off all broken or bruised roots with a smooth cut. Open trenches running north and south, and sufficiently far apart to admit of easy culture with a cultivator or horse-hoe, without injuring the trees, say from three and a half to four feet. Set the trees eighteen inches apart in the trenches; put the earth slowly and carefully about them that it may come in contact with all the roots; press it gently with the foot, using care not to displace the tree so as to make the row crooked. Set a trifle—say an inch lower in the ground than they stood before, for the soil will settle about them. Cut back to a vigorous bud one foot above the ground.

If the stocks have made a good growth, they will be ready for budding in one year from transplanting.

It is perhaps unnecessary to note that whenever care in culture has produced improvement in fruit, seedlings from such fruit sometimes improve on their parentage and furnish us with something still better. But there is a strong tendency for them to return to their wild or native character.

The chances for getting good fruit from seedlings are so few that from the earliest time of which we have horticultural knowledge, artificial methods for preserving and propagating varieties have been employed, among the principal of which are budding and grafting. We prefer the former for several reasons, among which are:

1st. It can be done when we have more leisure than in spring, the time when most kinds of graft-

ing must be attended to. Root grafting is an exception, and has its advantages.

2d. In grafting, we are obliged to use two or more buds on one stock; in budding, only one. This, when propagating rare varieties, is sometimes important.

3d. If the first operation does not *take* or grow, we can re-bud. Grafting, illy performed, spoils the stock.

4th. Budding can be done more expeditiously than grafting.

5th. Root grafting can be done in winter, and consequently is not subject to the first objection; but when scions of strong and rapidly-growing varieties are grafted on seedling stocks, they are very liable to burst the bark near the point of junction.

BUDDING.

The most successful mode of budding with which we are acquainted may be summed up as follows:

Select a branch, the terminal bud of which is plump and full. Usually, at least two buds from each end thereof are imperfectly developed, and should be rejected. Cut off the leaves, leaving about half of the foot-stalk attached to the branches (fig. 1). Holding the small end toward you, with a sharp, thin-bladed knife, cut out the buds, leaving about half an inch of bark above and below the *eye*, as the bud proper is technically called, cutting just deep enough to secure a little wood under the eye. It is not necessary to remove the wood from the bud in working the apple, although with some kinds of fruit-trees it is important to do so.

The best budding-knife is a small one, with a thin blade, rounded at the end, around half of which the edge extends the remainder of the end, and an inch therefrom on the back being quite thin. The lower one-third part of the blade is left dull, that the fore-finger may clasp it. An old-fashioned Barlow knife, with the end properly ground into shape, makes a good budding-knife. A knife of this pattern was first exhibited at the Farmers' Club of the American Institute, in 1859, by A. S. Fuller, of Brooklyn. It has been very properly designated "Fuller's Budding Knife."

On the north side of the stock, four inches above the ground, make a horizontal incision through the bark, being careful not to cut into the wood of from a quarter to a half inch in length; from the middle of this incision make an incision of an inch downward, so that both incisions, taken together, shall resemble the letter T (fig. 2). Without removing the knife, insert the back of the blade under the bark, and loosen it to the horizontal incision by an upward movement. Lift the bark on the other side in the same way, using care not to injure the alburnum or substance between the inner bark and the wood. Take hold of the foot-stalk of the leaf and insert the lower end of the bud you have prepared as above, under the bark at the opening



FIG. 1.



FIG. 2.

formed by the junction of the incisions, and gently push it down to near the bottom. The bark above the bud should now be cut so as to make an exact joint with the upper part of the horizontal incision, and the whole bound with threads of bass bark, woolen yarn, or some other soft material, so that every part of the bud shall be covered ex-



FIG. 3. FIG. 4. FIG. 5. FIG. 6.

cept the eye (figs. 3, 4, 5, 6). The bud should be inserted on the *north* side of the stock to protect it and the young shoot from the direct rays of the mid-day sun.



FIG. 7. Budding is usually most successful when done in August or September. Just the proper time is when the terminal bud of the stock is about half formed. So soon as a union has been formed between stock and bud, which will be in about two weeks, the strings should be loosened, and when the union is complete, usually in from three to four weeks, they should be removed altogether. In the ensuing spring the stock should be cut down to within six inches of the bud. To this remaining part the shoot from the bud may be tied as it grows, until it has become sufficiently wooded to sustain itself, when the stock should be cut smooth diagonally downward from the place where the bud was inserted (fig. 7).

ROOT GRAFTING.

Should it be desired to pursue this plan for propagation, it should be done before planting in the nursery, the trees should be taken up in the autumn, the tap-roots cut off six inches below the top, and the bottom part thrown away. Grafts on the lower part will grow, but they will not make first-rate trees.

Pack the stocks away, with the roots in sand, to keep them moist until such time as it is convenient to graft them.

Procure scions of ripe wood, firm and fully matured, from thrifty, productive trees in the fall, before very cold weather, and keep them in sand or moss moist, but not wet, in a place too cool for the buds to swell, but do not allow them to freeze.

When ready to use them, cut the scions in pieces of two or three buds each. With one upward stroke of a sharp knife, cut the stock from the crown or point where the root and top join at such an inclination that the length of the cut will be about four times the diameter of the stock. Select a scion as near the size of the stock as possible, and cut it



FIG. 8.

at the same inclination with a downward stroke (fig. 8). Place the two inclined surfaces together in such a way that the outer edge of the wood of each piece will come in contact with that of the other in as many points as possible without regard to the external portions of the bark. Bind the parts firmly in this position with strips of paper on which grafting wax has been spread.

A more perfect contact of the parts can be obtained, and the chances of displacement lessened, by inserting the knife across the cut of both stock and scion and splitting them through the center (fig. 9—by an error in this engraving, it is made to look as if a piece were taken out of the wood, whereas it shows only a split) so far that their parts can be sprung apart and admit the shorter end of each into the split thus made in the other (fig. 10). The edges of the wood should be adjusted, and the waxed paper applied as before (fig. 11).



FIG. 10.



FIG. 11.

The best grafting wax is made by melting together four pounds of rosin, two pounds of bees-wax, and one and a half pounds of tallow. When thoroughly melted, pour it into water, and when cool enough to handle, work it thoroughly in the hands, remembering always that too much working won't injure it. The consistency of the wax is changed by the quantity of tallow used. It is applied to paper or cloth with a brush, after having thoroughly worked as above described, and then re-melted.

Every person should make his own wax, as, when improperly made, it does great injury to the trees.

After having grafted as described, the stocks should be replaced in sand. When the season is sufficiently advanced, they should be transplanted to the nursery in the same way as if directly from the seed-bed.

When trees in the nursery seem of feeble growth, or grow too luxuriantly from over-manuring, they will be improved by being cut back one third of their growth, and it is sometimes advantageous to repeat this operation twice, and even three times. The first cut should be downward from a strong, healthy bud; the second time it should be from a bud on the side of the tree opposite the one cut from before, in order to preserve a direct, upright growth.

When the tree has attained the height at which you desire the main branches to start—say from four to six feet, it should be stopped by pruning the ends, that from three to six lateral shoots may be developed.

Too much care can not be had in the keeping and culture of a nursery. Weeds *must* be kept down and the ground kept mellow.

As an example of the way a nursery should be kept, it gives us pleasure to refer to that of Mr. William Reid, at Elizabeth, N. J., whose rule is to "take time by the forelock." He keeps all weeds, not down, but *away*, by keeping the ground stirred so often they do not have a chance to get up.

Annual top dressings of ashes, shell lime, muck, road scrapings, leaf mold, are any of them serviceable, and still better would be a compost of the whole.

THE ORCHARD.

In locating an orchard, the first thing to which attention should be directed is the selection of a proper soil; for although some varieties of apple-trees thrive well on all the different soils, from a stiff, clayey loam to a coarse gravel. That which seems best adapted to the family at large is a rich, warm loam, with just enough sand to make it easily worked on a gravelly sub-soil. A true loam is for the most part readily soluble in water, and probably derives its name from its smoothness and softness. In this and more northern localities, a southeastern exposure, with a gentle slope, is best; next a southwestern; then south; while further south, a more northerly aspect is favorable. There are but few locations, if indeed there be any, that would not be improved by thorough underdraining.

An analysis of the apple-fruit and wood shows that it contains a large proportion of potash, soda, lime, and phosphoric acid. It is well if a soil can be found containing these substances in a proper condition to be taken up by the roots; if not, they must be supplied by the application of such manures as contain them.

Too much care can not be taken to bring the ground in proper condition before transplanting the trees from the nursery, and every dollar spent in thoroughly pulverizing and mixing the soil will be paid back ten-fold. It is impossible to go too deep, for try your best, and roots will penetrate beyond.

The distance apart at which apple-trees should be planted, depends very much upon the variety, some being naturally of an upright growth, others more branching. It being desirable to keep all varieties so pruned as to grow so near the ground as possible, we should never advise planting less than twenty-five feet apart, and think thirty preferable. If, however, you are determined to have fruit and other crops in the same field, the distance should be greater. We can not, however, recommend this plan.

For setting in the orchard, select trees four or five years from the bud straight and thrifty, with low branches—say from four to five feet above the ground. At this age they should be from one and a half to two inches in diameter, and from six to eight feet high. Those trees that require seven or eight years to attain this size, show, either from disease or neglect, too slow a growth, and are worse than worthless.

Transplanting on proper soil is best done early in the fall, as the roots will get in place and commence growing in the winter, ready to give

the tops a good supply of food in the spring. On wet, heavy soils, however, spring planting is preferable.

Take the trees up carefully, in order to cut and bruise the roots as little as possible. Shelter them from wind and sun. Examine carefully every portion of the roots, remove all parts that are in any degree mutilated, and cut in others, always remembering to cut upward in such a manner that the incision will be on the lower side of the root, where it will be more likely to come in direct contact with the soil. If cut downward, the rootlets will not start so readily, and the ends will be very likely to decay in consequence of the water that rests on them as it settles.

It is impossible to give definite directions as to shortening in the top. That it should be done to some extent seems evident, when we remember that the tree has been deprived of a portion of its roots, through which the top receives its sustenance. Generally, then, first prune to bring the tree into proper shape; next, shorten the limbs to balance as near as may be the amount of root that has been removed, cutting most those shoots that have a decided upward tendency, for the larger the space of ground you can make the branches of an apple-tree cover, other things being equal, the larger will be your crop of fruit.

The ground having been previously prepared, holes for the reception of the roots should be made, and let them be so large that there will be no cramping or crossing thereof that did not exist in the nursery, and the deepest at the outside; first, to invite the roots from the surface; second, that the earth may not sink away, take the center of the tree down till it shall be lower than some parts of the root adjacent. Put in the earth slowly and carefully, being sure that it touches every portion of all the roots, pressing down that which is on top firmly with the foot to fix it in its place. The tree should be planted at the same depth it stood in the nursery.

Three stakes, to keep the tree in its place, should be planted at a distance of at least one foot from the tree, and equidistant from each other. The fastening should be of a material that will not chafe the bark, and be so loose as to allow a vibration of two inches in every direction.

We desire to impress the idea that no matter how perfect may be the tree, or how well adapted and prepared the soil, carelessness in planting will more than balance these advantages, and the orchard will prove a failure.

Better pay a competent, careful man ten dollars an hour for doing the work properly than to have it done as it most usually is, for nothing.

We have before noted our objection to cultivating other crops in orchards, and we do not believe the highest success can be attained when this is done. We would have the whole field kept mellow by frequent plowing and horse-hoeing, going deeper as you leave the trees. If any crops are cultivated, preference should be given to roots and hoed crops. Wheat is injurious, and rye should never, under any circumstances, be allowed; and never suffer a plow to come nearer than ten feet to the tree, under any consideration. Keep all weeds down for this distance by stirring the soil often with the fork and spade.

The practice of mulching trees, except perhaps for the first year or two after planting, we look upon as a choice of evils made by those who are unwilling to cultivate properly. Mulching will inevitably engender insects that will injure the tree, and with proper culture, is not at all necessary. It is a saving of labor at the expense of the tree.

From the first planting, the orchard requires the watchful eye of the cultivator, that it may be kept properly pruned. When is the best time to prune? has been well answered—whenever you see it necessary. In the spring, before the leaves start, there is more leisure, the bare branches better show their deformities, and encroaching limbs are more readily discovered. But whenever pruning is necessary, then prune, keeping in mind that the great object is to keep the limbs from coming in contact with each other to prevent too thick growth, to preserve a good shape to the tree, and to encourage a great spread thereof.

All pruning should be done with a sharp knife, and the wound left as smooth as possible. With proper attention, it will never be necessary to remove a limb with a greater diameter than one inch. As the properties of the soil are constantly being used, they must be as constantly returned by proper manuring.

GRAFTING.

When trees bear their first fruits, we are often disappointed therein, as it frequently happens that whereas we had expected the best varieties, we only find those that are entirely worthless. Carelessness in selecting the scion from which the buds are taken is the chief cause of this trouble. When this occurs, we have, to make the tree of any use, to resort to grafting.

The physiological rules which govern propagating by grafting are the same as in budding, namely, inserting on one tree or stock a portion of the wood, with a bud attached, of the variety desired, in such a manner that a perfect union will be formed between them.

The manner in which grafting is usually performed on trees of any considerable size is known as cleft grafting. Cut the branches square across with a fine saw, and smooth them off with a sharp knife. They are then split down about two inches with a sharp knife driven with a hammer or mallet, and a wedge inserted to keep the cleft open (fig. 13). Take a scion with two or three buds, and cut the lower end in the form of a

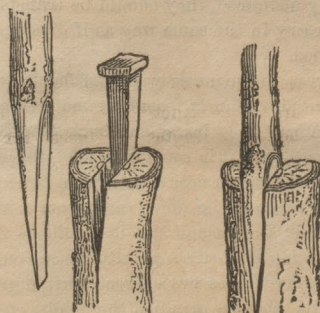


FIG. 12. FIG. 13.

FIG. 14.

wedge, being careful to leave the edges smooth (fig. 12). Adjust the scion on the outer side of the stock, so that the inner bark and stock of the

scions shall come in direct contact, and withdraw the wedge (fig. 14). Cover the end of the stock



with grafting wax, allowing it to lap over the end about an inch. Rub it down smoothly, so as to make the joint between the scion and stock air and water tight, and entirely cover the cleft in the stock. When the stock is of sufficient size, say two inches, or more, in diameter, a scion may be inserted on both sides (fig. 15). The weaker one may be taken off after the first year. The highest branches should be grafted first, and not more than one third, or, at most, one half, of the tree should be grafted at one time, as some leaves are necessary to assimilate sap for the sustenance of the tree.

Miscellaneous.

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HEALTH is the natural condition of living beings; disease is a state contrary to nature.

In the relations of man to the universe, health is harmony; discord is disease.

Pain is the harsh grating of discordant action.

The natural life is one of uninterrupted health, with longevity, vigor, and happiness; the natural death is the gradual and painless decay of the system in old age.

Health comes from obedience to natural laws; disease is the result of their violation.

Man must know himself to comprehend nature; he must study nature to understand himself; his highest comprehension of God comes from his knowledge of himself, nature, and their relations to each other.

The study of man and nature is the study of health.

Health, the highest revelation of God in nature, is the fountain of strength, beauty, intellect, and happiness.

Health is the greatest of blessings, it includes all others; it is also the simplest and most easily attained.

Health comes of itself, but we are at great pains to get our diseases. Health comes from the simple life of nature, disease from the artificial life of civilization.

A state of disease is but a partial life; a sick man is more or less dead; health is the fullness of life.

Sunshine, heat, air, water, food, and exercise are the chief necessities of life.

People who are deprived of sunlight grow like potato-vines in a cellar. Darkness is the cause of many fatal diseases.

Warmth is a condition, as well as a result of vitality. The rule of temperature is to keep comfortable. Long chills exhaust a low vitality.

Heat and cold, up to a certain point, stimulate the vital powers; carried too far, they are alike debilitating.

Clothing, night and day, should give sufficient warmth, with perfect cleanliness, freedom of motion, and free transpiration. Feather-beds, cotton comforters, oil-cloth and India-rubber clothing, are civilized abominations.

No air is fit to breathe which has been breathed before, unless it has first mingled with the whole body of the atmosphere.

In breathing the air of a crowded and unventilated room, you inhale the breaths of other people, and not only get less oxygen than you require, and more carbonic acid than is good for you, but you also take in their noxious effluvia, diseased emanations, and impurities.

There is no disease which may not be caused or aggravated by breathing impure air. The air of a crowd of filthy and sickly human beings causes cholera infantum in children, typhus in adults, and scrofula, consumption, and countless diseases in all.

Most diseases enter and leave the system through the lungs. It takes all the vegetables of the earth to purify the air that the animals corrupt.

Health is purity; and purity is a condition of health. Every pore of the skin, every globule of the blood, and every fiber of the system need to be washed every day with pure water.

The law of food is, that man should eat *what is good for him*, at such times, and in such quantities as nature requires.

To eat too little, or too much; too seldom, or too often, is trifling with the powers of life.

Activity of mind and body, of every organ, faculty, and passion, is the reality of life, and the necessity of health.

Exercise consists of the regular and successive activity of every organ and function.

All that gives health, promotes happiness—all that gives happiness, promotes health.

GIVE AND RECEIVE.

HEARTS there are oppressed and weary,

Drop the tear of sympathy;

Whisper words of hope and comfort,

Give, and thy reward shall be

Joy unto thy soul returning,

From this perfect fountain-head;

Freely, as thou freely givest,

Shall the grateful light be shed.

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Knowing that there are many invalids desirous of availing themselves of opportunities for restoration to health, of a higher grade than those which hitherto they have been permitted to use, knowing also by our own personal experiences how readily distrust arises in regard to so-called Health Establishments, we feel justified from personal knowledge and observation in commending "Our Home" to such of them as are desirous to recover from their sickness under the use of means which involve no drug medication, but only a practical enforcement of the laws upon which health and life depend.

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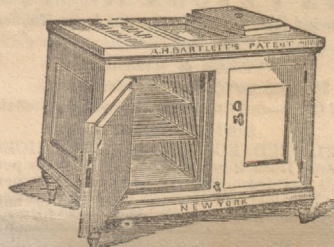
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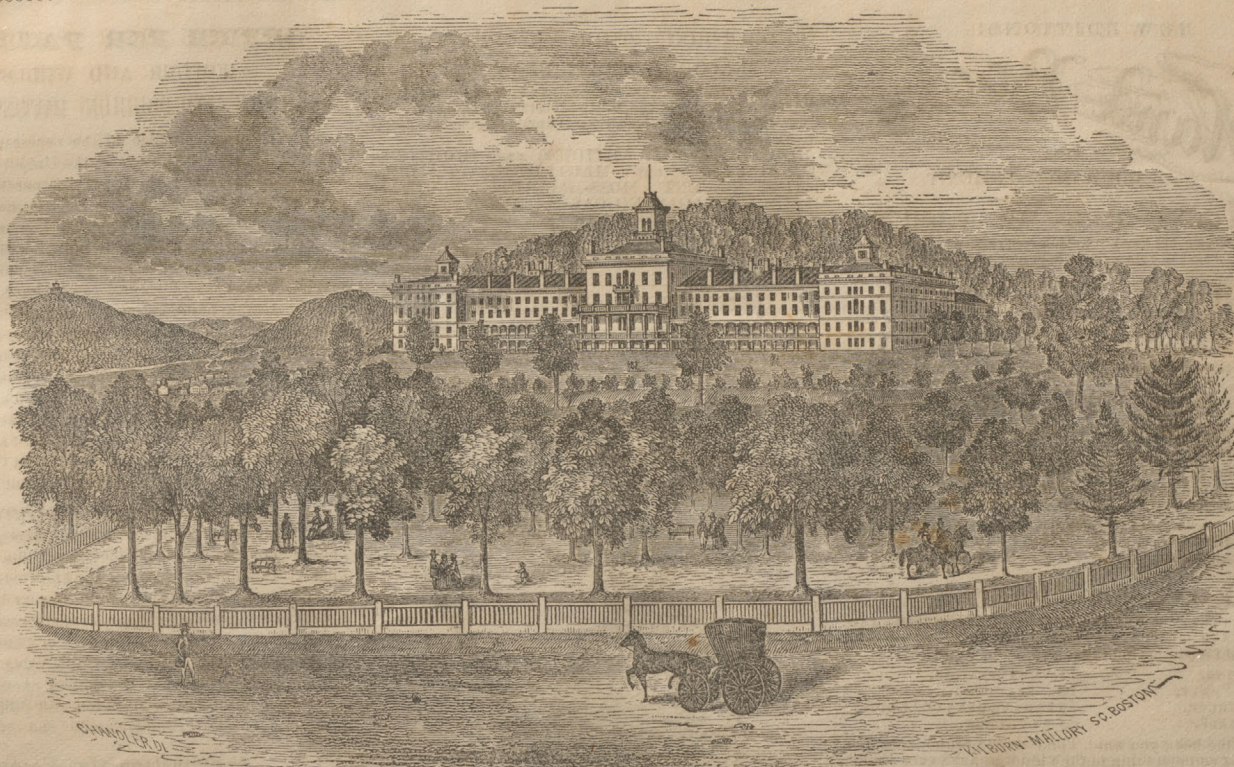
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THE second baby show at the American Museum, under the auspices of P. T. Barnum, is, as we write, in full operation; we have just come from there. We didn't attend the first one, and if we continue to be free-will agents, we think we never will another one. We are disinclined to witness the torture of any animal, and that of the *genus homo* in particular. The Museum is, as a general thing, well ventilated, but if the baby show was out doors in this hot June day, and so great a crowd collected in so small a space, extra ventilation would be required to keep the air in breathable condition. It is bad enough in any of the rooms, but in one of the saloons occupied by the infantry and the big snakes in common, in order that their snakeships may be kept comfortably warm, a fire is burning. We have seen women heated by hard work, by rapid walking under the scorching rays of a summer sun, by cooking

over a hot fire, but we think we never saw a more perfect specimen of a heated woman than one who, standing on the platform in close proximity to the stove, was tossing her baby to keep it from bawling. The baby was right; any baby that wouldn't yell under such circumstances should have been ruled out of the show for want of sense.

But about the babies. They number 118. Small and large, fat and lean—homely and handsome, single, twins, and triplets—of all ages, from a few weeks to five years. We didn't stay long enough to be able to give a minute description of them, neither do we profess to be a judge of babies, but taken in the aggregate, it is our opinion that in any lot of 118 children taken as they may be picked up miscellaneously, there will be more good-looking ones than here exhibited. But we don't blame the children. They look exceedingly well, considering—and we think they must resemble their grandmothers—some distant relative. If they looked like their mothers, there would not have been so many good-looking ones as there are. There are some half a dozen of the women who wouldn't be noticed in a crowd as positively ugly. But we only saw one that was really good-looking, and she said she was ashamed of herself.

Seriously, baby shows, are in our opinion, conducive to no good. We can not see the least possible use to be gained by them, but, on the other hand, much harm. If the exposure of these children to the fatigue and foul atmosphere attendant upon this exhibition does not entail disease and short lives on some of them, the generally received laws of physiology are at fault. The children will inevitably suffer from the pride and cupidity of their parents.

Mr. Barnum, we have no objection to your

making money. Stick to your chicken shows and your dog shows, your dwarfs and your giants, your whales and your sea lions, your Albinos, lightning calculators, and your million and over of other curiosities, including the Quaker gun, and the club that killed Capt. Cook, but do have mercy on the babies and let this be the last baby show.

FORT AND FORTRESSES—A correspondent of the *Savannah Republican* thus defines the difference between the two: There is but one fortress in the United States—Fortress Monroe; all the other fortified places defending our harbors are called forts. The distinction between these two terms is very wide. All fortresses are forts, or fortified places; but all forts are not fortresses. All colleges are schools; but schools are not colleges. The relation of forts to fortresses is that of minor to major. A fort may be simply an advanced work to protect the extended lines or walls of a fortress. Generally fortresses are extensive *encientes* for the reception of garrisons, and built for the protection of cities. In the United States, no extensive fortified places, with large garrisons, have been constructed for the defense of cities. Fortifications in this country have had reference principally to harbor defense. Fortress Monroe, with its capacity for a garrison, was constructed for the defense of the important navy yard of Gosport and Norfolk, now in the possession of Virginia or the Confederate States. The construction of the extensive walls of a fortress involves the highest science of engineering. Not so with forts. The former implies polygons, bastions, curtains, glacés, covered ways, planks, scarps, counterscarps, ravelines, redans, redoubts, and the whole vocabulary of engineering science. Add to this idea of a vast *enciente*, or circumvallation, to containing a large garrison of troops, and a fortress rises to its proportionate majesty.