2 GAL 139

OLD SERIES—VOL. 51. NEW SERIES—VOL. 1

BOSTON MEDICAL LIBRARY JUL 26 1962

THE HERALD OF HEALTH

AND

JOURNAL OF PHYSICAL CULTURE,

ADVOCATES

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

CONTENTS FOR JULY, 1871.

GENERAL ARTICLES: Page

Mistakes of Temperance Reformers—*O. B. Frothingham* 1
Theories Put in Practice, or Diary of a Physician's Wife—*Mrs. H. C. Birdsall.* 6
Toiling Up the Hill to Fame (A Poem)—*James Burnley* 9
Long Journeys—*Rev. Charles H. Brigham* 10
The Longevity of Man—*E. Ray Lankester*, B. A. 15
Jim's Logic (A Poem)—*Sunne Tinte* 17
How a City Invalid was Cured by a Night in a Farm-house—*Agnes Vernon* 18
Woodland Rambles—*Ellen E. Miles* 24
What Happened to the Little Boy who Would Smoke 26
Growing Old—*Frances Ellingwood Abbot.* 27
Studies in Hygiene 30
Recipes for Wholesome Cooking—Preparations for Invalids; Vegetables 32

EDITORIAL DEPARTMENT:

Lessons from Peter Cooper 33
Evils Besides Intemperance—Diseases Induced by Food 34
How to Make Good Graham Flour—Nutrition, or Rather Strength Stored Up in Food—Marrying for Money 35
How Much Tea and Coffee is Used—How Not to Become a Hero, etc. 36
Interesting Cases of Hereditary Longevity—Sixty Years of Suffering, etc. 37

HOW TO TREAT THE SICK:

Typhus Fever—Constipation 38
Prevention of Small-Pox—Sick Room .. 39

ANSWERS TO CORRESPONDENTS:

How to Keep Cool—Sunstroke, Cure, etc. 40
Headache—Freckles, etc.—Climate for Nervous Diseases—Alcohol 4

NEW YORK:
WOOD & HOLBROOK, PUBLISHERS, 13 & 15 LAIGHT ST.
GENERAL AGENTS—AMERICAN NEWS CO. . . NEW YORK NEWS CO.
$2 per Annum. Single Copy, 20 Cents.

Digitized by Google

Spirometer for Strengthening the Lungs.



A FIRST-CLASS SPIROMETER, with which to enlarge and strengthen the lungs, we are now able to supply the public. It is so arranged that the person using it can measure the capacity of the lungs for air in cubic inches with each test, thus showing their strength and the amount of increase. The value of the careful daily use of such an instrument for those who have Weak Lungs or Incipient Consumption is very great. The inventor of this instrument cured himself of Consumption by its use as have many others, and we have no hesitation in saying that, if rightly used,

IT WILL DO MORE

TO PREVENT

AND CURE

THIS DISEASE

Than all the Medicines of the World.

Every Physician, Student, Sedentary Person, Professional Man, and Family should have one. They are light and portable, and any body can use them.

Sent only by Express. Price, $10. For sale by

WOOD & HOLBROOK,
Nos. 13 & 15 Laight Street, New York.

TALKS TO MY PATIENTS;

HINTS ON GETTING WELL AND KEEPING WELL.

BY MRS. R. B. GLEASON, M. D.

This highly important work, the first of its character, we have every reason to believe, ever written by an American woman, we have no hesitancy in claiming as the best, most complete and

Practical Handbook for the Maid, Wife, and Mother

EVER PUBLISHED.

It contains about 230 pages, handsomely bound in cloth. Price, by mail, postpaid, $1 50.

LADY AGENTS WANTED.

☞ Lady Agents of good moral character can sell hundreds of copies of this work. For further particulars address

WOOD & HOLBROOK, Publishers,
13 & 15 Laight Street, New York.

"THE AMERICAN PIANO,"

MANUFACTURED BY

DOANE, WING & CUSHING,

423 BROOME STREET, NEW YORK.

"For finish and elegant wormanship, as well as for power, elasticity of touch, and sweetness of tone, it stands unrivaled."—*Christian Inquirer, N. Y.*, Dec. 18, 1869.

"Its superior qualities of tone, its excellence of workmanship, and the beauty of its finish are rapidly extending its popularity."—*Christian Union, N. Y.*, Sept. 24. 1870.

"It contains every improvement that goes to make a first-class piano, and it is deservedly popular wherever it is known."—*Standard, Chicago*, Oct 6, 1870

je-tf

Digitized by Google

THE HERALD OF HEALTH

AND

JOURNAL OF PHYSICAL CULTURE.

Vol. 18, No. 1.] NEW YORK, JULY, 1871. [New Series.

PUBLISHED MONTHLY BY WOOD & HOLBROOK, 13 & 15 LAIGHT STREET.

A NEW DISCUSSION OF TEMPERANCE PROBLEMS;

COMPRISED IN A SERIES OF TWELVE ESSAYS CONTRIBUTED BY OUR BEST THINKERS AND WRITERS.

No. IX.—THE MISTAKES OF TEMPERANCE REFORMERS.

BY O. B. FROTHINGHAM.

IT is always an ungracious task to criticize earnest people. There are so few of them when they are all counted; they are so little appreciated, so much undervalued, so bitterly cavilled at, so angrily opposed; so many hard eyes are fixed upon them, so many cruel tongues loosed at them; such multitudes wish them ill; they work so hard and against such odds; they are so lonely, their toil so forbidding; they must deny themselves so many pleasant things, and that pleasantest thing of all, popularity, that earnest men wish to say all the encouraging words they can about them and their labor, doing more than justice, perhaps, to the nobleness of their purposes, and paying glorious tribute to the success of their endeavors.

But, after all, the work is more than the workmen who happen at any particular period to be engaged in it. They must not be glorified at its expense, even if they wish to be, as of course they do not. Their efforts and sacrifices prove that they value the cause more than they value their own self-esteem. They admit themselves fallible by the eagerness with which they modify their old expedients and devise new ones; they know better than any body how far from being completed their work is; they confess themselves disappointed in the results of all their toil, and are ready to accept any amendments that commend themselves to their judgment.

That some mistakes have been made in the methods of conducting the Temperance warfare must be, and is admitted by the best friends of the cause. It was inevitable that mistakes should be made. No reformers know every thing, have all experience, possess unerring judgment, or are free from the disturbing influence of personal feelings. The work they engage in heats the mind till its temperature is disturbed. The feelings are unduly excited, the judgment is warped, the heroism of the moral purpose is impatient of slow consideration, and in proportion to the nobleness of the aim, the intensity of the zeal, and the eagerness of the pursuit, is apt to be the carelessness of the thought and the heedlessness of the method. A cool observer, without a tithe of the reformer's ability, or a scantling of his moral noble-

Digitized by Google

ness may be able to point out many an error in his philosophy and many a defect in his organization.

We are inclined to think that one mistake of the Temperance reformers, a mistake which all reformers share with them, which the Anti-Slavery champions fell into openly, consists in paying little or no attention to the criticisms of their opponents. These judges do not wish us well, they say; therefore we can not listen to them. They are mere cavilers. They make it their business to pick holes in our coats, and to trip up our heels. They neither sympathize with us nor understand us. In their view, our whole movement is a mistake.

But these people are, many of them, intelligent; they understand the world; they know how men are ordinarily reached. Their judgment, though hostile, may be correct, for they are simply telling why it is that the cause makes no progress among the people they know about and deal with. They hate the cause and predict its failure. But is it not worth while to know on what grounds they predict its failure? They are of the unconverted. Shall we not listen to the reasons they assign for remaining unconverted? Their criticisms reveal those reasons. By weighing them the chances are multiplied of overcoming them. They that refuse to hearken to the cavils of their enemies must be content to have them enemies still. One way of disarming opposition, an indispensable, though not of necessity a sure way, is to learn precisely why the opposition exists, and this information is gained by consulting those who make it. That reformers should consult with their antagonists can hardly be expected; but they might and should take measures to ascertain what consultations their antagonists hold among themselves. The good General tries to profit by his foeman's wisdom, and will even employ spies to visit his camp, to ascertain not only what he is planning, but by what defects in his own arrangements the maneuvers are justified. Certain kinds of correction can come only from antagonists, and if what they say is unheeded, the reformer works in the dark. It is all very well to assume them to be wholly in the wrong; but, to do so, we must assume ourselves to be wholly in the right, which is putting forward the claim to omniscience.

And have not the Temperance reformers been chargeable with this grave assumption? Have they not been too dogmatic? Have they not started with a fixed theory which they held and determined to hold under all circumstances and in all emergencies? some theory, or group of theories, which they would not allow to be questioned; the questioning of which was regarded as a sign of disloyalty to the cause?

We are thinking of such a position as this: that *alcoholic drinks being poisonous, the admission of them into the system, in any form, and in any degree, is, according to form and degree, deadly.* Granting the truth of the proposition the truth of it is by no means generally admitted, even by Temperance men, and to maintain it brings on controversy when controversy is particularly undesirable. In this single controversy strength has been employed that would have been of the greatest value in the main battle with Intemperance itself. The literature of the Temperance movement bears marks of this discussion in every volume, in every chapter. Each side calls in science, philosophy, history, wit, sarcasm, and at times the dispute has been so warm and continuous that, to a looker on, it might seem as if the main purpose of the Temperance agitation was less to remove an evil than to debate a proposition.

To say nothing now of the waste of time, intellect, and temper on these polemics, or the improbability that a satisfactory conclusion will be reached, the conclusion would be ineffectual if it could be reached, for it does not bear with the least weight on practical issues. The action of this deadly poison, even were it appreciable in individual cases, is too slow to be considered. A great many physicians insist that the poison is in many cases beneficial, and thousands concur in the opinion, knowing that it is agreeable. For some reason or other sots do not die, but persist in living to a great age in most robust health. Patrick ought, on scientific principles, to be reduced to interior rottenness by his bad whisky, but he lives on, craving more and more ruin. He ought to die from spontaneous combustion, but his only complaint is that his potations have not fire enough in them. Hans imbibes infinite lager and laughs at death, holding lager to be his grand preservative. In the presence of our Irish population, drinking barrels of the vilest alcoholic concoctions in open and secure defiance of the laws that should regulate longevity, and of a German population consuming daily hogsheads of lager beer, without suspecting danger; men, women, and children, scholars and laborers, all swilling together, these fine discussions read foolish enough. Very interesting, no doubt, to such as have time and disposition to be interested in them, but, for practical purposes of diminishing intemperance, worse than unavailing. Appetites are not checked by essays. A devouring passion is not

Digitized by Google

stayed or subdued by disquisitions over the contents of a retort. Intelligent soakers enjoy the scrimmage between John Fisk and James Parton, and postpone their reformation till the day of demonstration, which they feel sure will never come. The unintelligent appeal to the want of correspondence between the apparent fact and the reformer's theory, and the rough common sense of the masses is satisfied with pointing to very able, eminent, and long-lived men who have been free with the bottle, and apparently been none the worse for it.

Reformers are rarely philosophers. Their philosophy usually is nothing but a strong statement of the considerations that make for their side a statement that never fails to start a contrary statement equally strong and just as partial on the other. And so the truly good work they might accomplish remains undone. There is a moral and social mission to be fulfilled by moral and social means, not by *doctrinaires* or dogmatists, but by people of sober sympathies and robust common sense.

Akin to this mistake of spending force on questions of a speculative character, and springing immediately from it, is another, which is even more disastrous in its effects. We refer to the divisions that are allowed to exist and are even fostered among good friends of the cause. The existence of sects among reformers should be discouraged. Differences should be reconciled; divisions should be healed. In a great emergency, all who can by fair means be induced to work together should be encouraged to do so, in order that the moral may be husbanded and combined. Sects in religion are bad enough, but sects in reform are fatal. The regiments in the field understand each other. The power of the Anti-Slavery sentiment of the last generation was greatly impaired by the dissensions among its representatives, the immediate Emancipationists having no patience with the advocates of gradual emancipation, the Abolitionists who refused to take political action denouncing the Free Soilers who voted. But these dissensions were trivial as compared with those of the Temperance men. Here the cliques are legion.

There are the advocates of Total Abstinence, whose motto is, "Taste not, touch not, handle not," and who disapprove of the smallest incidental indulgence, or the most occasional use of intoxicating liquors for medicinal purposes, and there are those that justify a moderate use of light wines, recommend the not too frequent glass of port or sherry by the aged and infirm, and applaud the stimulating whisky and brandy in the sick-chamber. One party believes in running away from temptation in all cases, shutting the ears against the syren voices, even when the syren voices are but distantly heard, flying from possible danger as well as from actual; another party believes in running risks, facing temptation, and gaining character by beating it back. There are those who make no exceptions, but put all stimulating beverages under the ban, and there are those who have faith in hock and claret, and wish well to the efforts at cultivating the vine at home, anticipating a decrease in intemperance from the abundance of cheap native vintages. Neither small nor weak is the army of Prohibitionists, who would make it a crime to sell drink; neither small nor weak is the army of Restrictionists, who are willing to allow the sale under strict conditions. The divergencies crop out in every field of discussion, whether physiological, ethical, social, legal, or religious, and no attempt is made to weaken, neutralize, blend, or reconcile them. If they could be made to give variety and flexibility to the Temperance movement; if they could be rendered available for reaching different kinds of people, meeting different phases of difficulty, or furnishing different species of remedy to a wide-spread, variable, many-sided, many-complexioned disease; if they could be compelled to contribute wealth of suggestion, richness of sympathy, capacity of adaptation to a cause which, as it concerns all sorts of people in all sorts of circumstances, in all degrees of culture and danger, demands the utmost versatility of thought and plan, the differences so bitterly complained of might be subjects of sincere congratulation and means of more comprehensive usefulness. For it is quite possible, indeed it is very certain, that people holding all these conflicting views may be earnest friends of Temperance, and determined foes of intemperance—as well the intemperance of the fashionable dinner and supper-table, the costly intoxication of Burgundy and Champagne, as the coarse intemperance of the dramshop, the cheap and disgusting inebriety of gin. They may all agree in regard to the broad social effects of intemperance, may all feel the evils of it with equal intensity, may all be equally willing to adopt such measures as may be deemed necessary to repress them.

But all who are at all acquainted with the Temperance movement know that such a view of the differences in opinion is not shared by the Temperance champions. The differences are exaggerated, instead of being reduced. They break up the force, instead of consolidating it; they disintegrate; they scatter and frit-

Digitized by Google

ter away energy; the advocates of the several theories are too busy with endeavors to convert each other, to bend their strength on the conversion of the enemy.

These quarrels and bickerings discourage the bystanders, and afford infinite satsfaction to the mocking adversary. It is hard to believe that people are in earnest who are so sensitive on matters of opinion that they will stop to chaffer over them in the critical hour of action. The judicious grieve at the sight, the malignant laugh. The cunning adversary chuckles also, throws in another bone of contention, and industriously pursues his trade. Earnest people are usually bigots. A certain amount of bigotry seems to be essential to the earnestness. The men who go into battle divest themselves of superfluous ideas and make their philosophy as portable as possible. It is a misfortune, more seriously felt in some cases than in others. But it is seriously felt in proportion to the importance of the occasion and the gravity of the issues. It was a terrible calamity in the old Anti-Slavery days, and it is a calamity more deplorable still when such a task is in hand as that of converting men from brute beasts into decent human beings, the greatest task of simple regeneration that was ever attempted. The long-continued existence of these envies and jealousies, these disputations and jarrings, betrays the want of solid moral vigor in the advocates of the Temperance cause.

The mistake of relying on legislative interference, and engaging in political action, has been so much insisted on of late, that it may seem to some unnecessary to dwell upon it here. But the mistake is so serious in itself; it is so fascinating, and so pertinacious that it can not be too often exposed. In fact, it is not one mistake, but a bundle of mistakes. It involves a world of blunders, the most desperate of which is the belief that legislation in social and ethical matters can accomplish any thing in advance of actual moral sentiment. Legislation can do much when it voices, authenticates, and formulates in edict the predominating moral sense of a community. But when it undertakes more than that, when it ventures to give authoritative expression to the moral sense of a small minority, it defeats its own end, and makes the evil worse than it was before. It can not create a moral sentiment that is not yet born; it can not coerce a moral sentiment that is stronger than its own, and is stronger still for being exasperated; and just when the lawmakers need all the sympathy they can command, it rouses against them a storm of opposition. This would be the effect, even if the legislation could be as comprehensive as the nature of the case would permit; even if it gave voice to the general conviction of all who desired the reform.

But it never does this. The legislation always has been, and apparently always will be partisan. If the champions of prohibition enact the law, the champions of license rebel. If the latter contrive to put their conviction into the form of statute, the former utter loud cries of discontent. The Maine Law was resisted and evaded by moderate men. The License Law was attacked by total abstinence people. In this way the legislation represents a minority of a minority, perhaps. The friends of the cause it is designed to further, undermine it and labor to get it repealed; while the vast majority who protest against all legislation on whatever grounds, elude and betray it in every way conceivable.

Thus, to perpetrate a bull, political action fails in the very act of being successful. But this fatal disability does not constitute, by any means, the sole objection to its adoption. It is the bane of all political action that it entangles its engineers in a complication of machinery, the control of which engages their time and consumes their strength, and tempts, if it does not oblige them to forget and forego the main purpose for which the machinery was devised. They must lobby, finesse, compromise, till art becomes artifice, and artifice eats out the soul of sincerity. To choose candidates that will run well they must take such as they can find, not such as they would desire. They must hitch their royal chariot to a trail of donkey-carts and scavengers' wagons, and must consent to travel the high road in caravan with peddlers and thieves. They must adulterate their commodities, attenuate their truth, disguise their intentions, qualify and falsify their purposes, become mendicants and menials, and after all put up with a few crumbs in place of the whole loaf they wanted. Their game becomes a game of chance, and they are fascinated by it, as gamblers always are, till they lose judgment and even conscience in the excitement of the play. The aim now is not to establish a principle, but to establish a party; not to effect a social reform, but to effect a political division; not to abolish an evil, but to elect a candidate. They canvass and cajole; they haggle and hide; they lie about their adversaries, and worse about their friends; they practice deceit and chicanery, raise false issues, use bad arguments, enlist unworthy supporters, demoralize themselves, in

Digitized by Google

short, for what they call a holy cause, and lose at length both cause and character.

The process is exceedingly disastrous. Experience has again and again revealed its tendency to bring reform into disrepute. There is probably no example of a moral reform honestly carried through by politicians. The most conspicuous example in our memory is the Anti-Slavery reform, to which reference has been so often made. The history of the Free Soil party, and later of the Republicans, should give the Temperance men solemn warning. The solid anti-slavery work was done by the Abolitionists, who refused to vote and abstained from partisan associations. The others, when they did not compromise their principles, so diluted them that their virtue was gone, and if they chose their man, discovered very soon that he was not worth choosing.

The cause of Female Suffrage, a cause that, more than any other, calls for moral considerations, has been so far disgraced by efforts to obtain political recognition, that it is all but ruined in the estimation of many thoughtful people. It is all that the wisest and sincerest of its friends can do to maintain its reputation for dignity. Three or four political managers, three or four political experiments, three or four strokes of political diplomacy have come near fatally enmeshing it in intrigue.

There is no charm in the nobleness of a cause that will save it from pollution if it gets into the mire. The champions of truth and virtue must look to their weapons no less carefully than their adversaries look to theirs. They can not afford to discharge any of their force on dirty ropes and greasy pulleys. They need it all, and more, in the good old honest form of conscience.

The recourse to politics is adopted by those who are looking for a short cut to their goal. Weary of the bare contemplation of the long road that leads through moral influence to social reform, half doubting the power of persuasion, appeal, argument, more than half doubting their own capacity to use these instruments of personal conviction, the pioneers in reform, in the spirit of adventurers, call in the help of organized action through the State, foolishly imagining that a popular election will do in a season what the eternal laws require a generation for. And so old and enticing is the infatuation, aided perhaps by love of notoriety, passion for power, craving for fame, private vanity, that the worn-out engine is dragged out time after time and rattled through the streets as if the noise it makes would extinguish the fire.

The zealous reformer no doubt means all for the best, or thinks he does. He intends to keep his great end in view, and never for a moment to lose sight of his principle. But the thing, except with superior minds, is impossible. The end invariably is lost sight of, the principle inevitably is forgotten. Means and ends get confounded together. The means are themselves ends; the ends themselves are means. The right and the expedient, the just and the practicable are inextricably mixed up, so that before long even the well-intentioned man loses his way amid sophistries and casuistries. He uses his ends to justify his means so frequently, that at last his means carry him to ends precisely opposite those he sought at first.

Such are some of the mistakes into which, as we believe, the Temperance people have fallen in their endeavor to bring their good work to a conclusion before its allotted time. If our criticism on them is just, it is no matter for surprise that the Temperance agitation has produced no more effect of late years. The noblest of causes must avail itself of human helps, and must suffer through the weaknesses and errors of its champions. No dignity in a principle will make amends for ignorance, dimness of perception, misconception, or perversity. The noble cause needs the nobler men. John Stuart Mill says, "It is a piece of idle sentimentality that truth, merely as truth, has any inherent power denied to error." The working force of truth lies in the wisdom and will of true men; of men who are true not to a prejudice, or an opinion, or a method, or a party, but to a principle which shall overcome their prejudices, correct their opinions, rectify their methods, and release them from merely party ties.

WATER FOR CULINARY PURPOSES.—The chemical and physical condition of water used for culinary purposes has much to do with health, and is perhaps the oftenest overlooked by the physician in searching for the cause of sickness. We must not suppose that water is only hurtful when impregnated with the salts of lead or other metals; there are different sources of contamination, which produce the most serious disturbances upon the system. Some of these are very obscure and difficult of detection. The senses of taste and smell are not to be relied upon in examinations, as it often happens that water entirely unfit for use is devoid of all physical appearances calculated to awaken suspicion.—*Prof. Nichols.*

Digitized by Google

THEORIES PUT IN PRACTICE;
Or, Extracts from the Diary of a Physician's Wife.

EDITED BY MRS. H. C. BIRDSALL.

WEDNESDAY, *January* 24.

OUR meeting was quite animated to-day, owing to the variety of opinion upon the chosen subject, the respective advantages of the impulsive, demonstrative manner, and its opposite, the calm, self-possessed manner.

I had foreseen some excitement in regard to this matter, for it has often struck me that thoughtful women are very easily roused by a question of temperament, and are quite apt to hold a strong prejudice in favor of their own particular phase of temperament, even while claiming an admiration for their opposites. The Secretary, after listening to an animated discussion, summed up the matter thus: "It is very evident that, as God created an almost infinite diversity in every kind of material growth, so he did in the formation of our minds. We can safely say that no two persons are alike in their mental constitution, and we have the best of reasons for believing that God did not intend that they should be. But He implanted in every one a divine principle of right, by following which all should approximate, in his or her own way, to our common and glorious standard the perfection of all the good and lovely traits which are but faintly suggested in the most excellent human characters. To this end the impulsive, hasty temper should place itself under the control of reason, far enough to keep its possessor from folly and indulgence in violent passions, but not to such an extent as to restrain the hand from the generous action, the tongue from the kind, loving word, etc., which are the outcroppings of this class of temperament.

On the other hand, the calm, quiet person, dwelling upon a lofty height, perceiving just the right course to take upon every occasion, and looking down upon the impulsive errors of others with compassion, should take great care that her calmness does not degenerate into coldness; and that, in her critical observation of others' actions, she herself does not forget the exercise of the three virtues—faith, hope and charity—and that the greatest of these is charity."

Thursday, February 23.—Our plans are often little worth. Instead of doing my spring sewing, I have spent the last month in taking care of Madge, who threw herself into a fearful sickness by the use of Graefenberg Cathartic Pills. She has been a very trying person to do for. It is fortunate for the race of servants that those of their own station seldom come to be in turn the mistresses of servants, if Madge's wants and orders, at the climax of her sickness, may be taken as a fair specimen of their style of superintendence. Henry, understanding the Irish nature pretty thoroughly, as he thought, would not consent to take charge of Madge's case, but insisted, at the first, upon her making a choice among the other physicians in the place. We have greatly enjoyed the observation of the doctor's method of treatment. He possesses in a marked degree the insight into a patient's condition, which enables a physician to judge for himself without dependence upon the testimony of either patient or attendants. A doctor ought to excel, if he possesses this valuable qualification, together with a thorough understanding of the practical part of his profession. Madge's bell is ringing, and I must leave my journal to dance attendance upon her wishes.

Saturday, February 25.—I took a short drive with my pony and cutter this morning, and stopped at Miss Margaret Stanton's, as I had heard of her return with her nephew's children. It seemed very strange to see the little ones in that childless house. I am afraid they may have much to contend with in the way of *unnatural* treatment, though I do not believe they will ever suffer from positive unkindness. They are dear children, the boy bright and manly for his age, and the girl a lovely picture of delicate beauty. They are both affectionate, demonstratively so; and it is curious to see them clinging to Miss Margaret with their loving, petting ways. She is considerably awkward in receiving their manifestations, but does not put them away, and this is a hopeful sign.

Sunday, February 26.—How delightful it is to go to church again after one has been kept from it for a time. Madge is so much better that we considered it safe to leave her in the care of her sister, who has been helping me with the housework for a week. I was thoroughly tired this morning, but felt sure that nothing could rest me more than a quiet participation in our per-

Digitized by Google

fect church service; and I did not find myself mistaken.

How much influence writers, even the most obscure and unpretending, may exert! When a very little girl, I read the story of poor Giles, an English poacher. His wife was a good woman, and, when in the midst of affliction caused by the death of her husband and the transportation of her sons, she continued faithfully to fill her place at church; for, as the writer said, she had learned a lesson, which so many never learn, that the church is the place to go when one is weary, or in trouble and sorrow. So many remain at home to brood over their own sad thoughts, and this but increases their trouble, while entering the church with devout and teachable mind, one is almost sure to gain some new and refreshing view of sacred truths to lead them upward, or to have some dormant thought aroused by the words of the preacher. And this thought suggests the Rev. George M'Donald's books, which, it seems to me, are so powerful in this peculiar way, that of leading people to fairly think out their own thoughts. Every one is more or less conscious, in reading, of having had the germs of the thoughts which give him so much pleasure in his own mind, and the question arises, Why did I not express that idea? It is as much mine as the man's who has put it upon paper. The answer may come, Because I am not to be a writer. This I do not believe to be the reason, but that it is, at least, partly owing to our mental training. From the first, children should be encouraged to express their struggling ideas plainly, and the best education would follow this by teaching a free, natural utterance of thought in conversation, or *impromptu* composition, rather than in the labored, stilted essays which are characteristic of school boys and girls, and which are usually a reproduction of other people's ideas, rather than an expression of their own orignal ones.

Monday, February 27.—Aunt Minerva has just announced to me her *engagement*. She is to be married early in May, and she and the Deacon are going to indulge themselves in a wedding tour among his friends.

March 2.—Yesterday Henry attended a woman in her confinement, and to-day, calling at the house, he found her and the whole family moved away to a village ten miles distant. Surely she is not an instance of the physical degeneracy of American women. I have been with Henry to-day to a house on the mountain, to which he has been called quite often during the winter. Some one member of the family is generally sick, and this may be attributed, in a great measure, to their style of living. We were there at noon, and were so urgently pressed to eat dinner with them, that we could hardly decline. For dinner we had salt pork, fried, and floating in a half-inch of its own fat, sodden boiled potatoes, solid, stiff rye bread, white bad-flavored butter, and some dark-looking preserves. I thought to make a feint of eating some bread and preserves; but, upon making a closer examination of the latter, I discovered that its dark color was partly owing to its being composed in the proportions of one part of black ants and flies to two parts of fruit. The compound probably stood uncovered last fall, without a thought of the effect. It is not surprising that people are continually sick with their stomachs filled with such food! What a contrast to the many homes in which such care is taken in the wholesome and delicate preparation of food! Henry says that he has been trying for the last half year to talk some ideas of the proper quality and composition of food into these people; but they can not comprehend the importance of his views, and look upon them as the whims of a modern doctor. There is one of the family who may possibly be influenced in time, as she is young, and seems to have some aspirations for a better state of things.

Wednesday, March 7.—I was obliged to absent myself from the meeting of the Society today by a grand scene between Madge and her sister, Bridget. The storm has been brewing for some days. Bridget made up her mind that Madge was well enough to help herself a little, and it seems that this morning she refused to do any thing more for her, until she would do something for herself. I allowed the storm to rage for a few minutes, then went to Madge's room, and, as if I had observed nothing unusual, sent Bridget to some work which would occupy her for two or three hours. Madge then poured forth her grievances to me, and, when there was a pause in her cataract of words, I told her that Bridget was partly right, that although she, Madge, was by no means well, she was able to assist herself in some small ways, and need not now be cared for quite like a baby. To turn her thoughts into a more hopeful channel, I proposed to her a visit of a month or so among her friends, as soon as she was able to ride to where they lived. She was soon in better temper, and will probably improve in health with this incentive before her.

Digitized by Google

Sunday, March 11.—What a variety there is in the ways of observing Lent! The uneducated Romanists abstain from the eating of meat, thinking that they are doing something "acceptable to the Lord," and, as compensation to their stomachs, they eat immoderately of eggs and fish, two articles of which they, most of them, are very fond. I have tried to explain the principle of true self-denial to Bridget, who looks with horror upon our plain meat and vegetable dinners, but surfeits herself upon eggs; but I have only succeeded in obtaining a blank stare in reply, or a statement that it would be "No fasting at all, at all, to ate mate, whin it was forbidden by the praste." But in these ignorant, credulous creatures, this is more excusable than in people of culture, many of whom pursue the same course. It is a season which all need, and which would be productive of much good, if it were employed in cultivating the spirit of true self-denial in regard to practices which are hardest for us to overcome. Dr. Hutton gives most delightful Wednesday and Friday evening lectures, which he extemporizes. Although a good sermonizer, he is superior in extemporizing. His impromptu addresses are so full of meaning, so pleasantly personal, that each individual may take some portion of the remarks to himself. He is so searching and discriminating, that he leaves no room for self-deception; and, yet no one can ever accuse him of being denunciatory, for he always applies the healing balm to the sore, wounded heart, and this is where some clergymen fail. Denunciation may not be one of the common errors of the pulpit—indeed, I have heard people of far larger experience than my own, claim that there is a deficiency of this quality in latter-day preaching. But I know that I have suffered personally many a time from the sermons of Mr. Gartney, who formerly preached in Burtonville. In society, he was the most genial, cordial of men, and apparently full of trust in the good intentions of his people; but, when he was in the pulpit, this passed away, and he preached as if nobody could be trusted. It was very disheartening, entering the church with a heart exulting in the sense of God's goodness, ready to take in the bright, happy truths of the gospel; or, when feeling sad and humble, and desirous of consolation and guidance, to be met with the reiterated assertion—"all have sinned and done wickedly," accompanied with the minister's unvaried refrain, if not in these words, at least in this idea: "I dare not believe there is any one, except some distinguished saints, who have turned from the error of their ways, and can hope for everlasting life." To the morbidly inclined, such preaching must be very injurious, for they need bright, cheerful views, instinct with the electricity of spiritual light, to raise them from their torpidity to action.

It seems to me, that it is not more *pulpit* denunciation that preachers need, but more moral courage to go to individual wrong-doers, and say, "Thou art the man." Most country ministers, who are usually brought into closer connection with their people than those in charge of city congregations, are perfectly well aware of the fact, if a man of unworthy character habitually partakes of the communion; but where can a minister be found, who will go to communicants who on week-days deal with wrong measures, or take advantage of their neighbor's ignorance to obtain exorbitant prices for their produce, or who are unfaithful in the most sacred of family relations, or who spend their time in pouring out the venom of a wicked heart upon unsuspicious neighbors, and will reprove them face to face, and will say to them in all love and humility, "You have no right to come to the table of the Lord while you continue your evil doing?" There may be such men, but they are rare.

Tuesday, March 13.—To-day I have had my first ride in my new carriage, which I have not used before on account of the bad traveling. It was made to order, and it would not be surprising if the village boys dubbed it "Noah's Ark," on account of its low, unwieldly appearance; but I do not care, if I can carry out my intention of conferring some pleasure and benefit upon people heretofore unable to take any out-door exercise. Old Mr. Welsh went with me to-day. He was formerly a very active man, but has been kept from exercise for some years, by the loss of his health, accompanied by the loss of property, which has prevented him from even riding. The morning was delightful, somewhat windy, but none too much so for March, as the air was free from the disagreeable, penetrating chill so frequently a quality of March winds. I thoroughly enjoy a dry, warm wind like that of to-day, which reddens the cheeks, and seems to invigorate the whole system. I drove to the top of Eldon Hill, five miles west of the village, and there we had a fine, unobstructed view of the valley. The loveliness of the scene, and the sweetness and warmth of the air seemed to charm Mr. Welsh out of his usual reserve. He is really a remarkable conversationalist. His clear-headedness at eighty-one must be ascribed to his temperate and upright habits

Digitized by Google

Toiling Up the Hill to Fame.

BY JAMES BURNLEY.

TOILING up the hill to Fame,
Foothold daily growing firmer,
Went a youth of humble name,
Buoyed up far above the murmur
Of the flint-eared, heartless world.

Poesy's keen volcanic fire
Swayed his soul in self-willed fashion.
Goaded thus, he seized the lyre,
Tried to tune it to his passion,
But he only charmed himself.

Still he strummed, and journeyed on;
Still the world its ear averted;
Still—interpreted by none—
He and his songs were all deserted,
Cast adrift to die—or fight!

And the youth chose he would fight,
Throat-grip the crowd, make men listen;
Force the film from off their sight,
Till their eyes should flash and glisten
At the dawn of higher life.

So he fought, and lost; but e'er
Sang on with a voice unshaken,
Till he struck a chord so rare,
That its strangeness made men waken
To his presence on the hill.

Chords more sweet he'd formed before,
Chords of higher, deeper teaching,
Chords which Fame had sure passed o'er,
Had not his music tripped, and screeching
Broke the spell and charmed the world.

Then he topped the hill, and there
Fame with laurel wreath did meet him,
Bid him turn from Art, and care
Alone for Noise, and men would greet him
As the mouthpiece of their hearts.

Digitized by Google

Long Journeys.

BY REV. CHARLES H. BRIGHAM.

"WHERE shall we go in the Summer?"—the question which we examined in the last essay of this series—is only subordinate to the consideration of the long journey which every American who can afford it expects and intends sooner or later to make. All good Bostonians will go to Paris, when they die, if not in their life time; but going to Paris by the short Atlantic ferry seems too much like an excursion. Yankees make up parties now to go "round the world" with the same ease that they once made up parties for Niagara, or the White Hills. The expedition of the "Innocents Abroad," which Mark Twain so happily celebrates, is ceasing to be exceptional. If the large sale of Mr. Raphael Pumpelly's Travels proves any thing of American purpose, we may expect that a sleigh-ride of five thousand miles through Siberia will be the rational passion of fashionable travellers from New York and New England. Enthusiasm for African travel has fallen off in these last years. So many martyrs among those barbarous tribes of the coast, and in that malarious climate, have checked the impulse to penetrate the African mystery, and find the blessed Arcadia of the African interior, of which Dr. Livingstone so lovingly discourses. No Sahara parties have issued their prospectus, and the successful operators among the bears and bulls of the Stock Exchange have no fancy for adventure with lions and gorillas in the lands which Du Chaillu has made so romantic. Africa may be ruled out of the field of long journeys, except for some singular enthusiast of science. Even the missionaries are forsaking those pestilent shores, which gad-flies, cannibals, and irreclaimable barbarians have fenced from the way of the white man. A Nile voyage is rather part of travel in Europe than of travel in Africa. A lazy sail on that historic river is not an expedition to fresh fields and pastures new.

The area of attractive journeys is, nevertheless, continually expanding. Dr. Hayes tries to convince his hearers that nothing is more exciting and profitable than a trip to the North Pole; except for fat men, who will be frozen before they get there. He invites all who would vindicate their fame as travellers to assist him in planting the stars and stripes on that supreme point of the earth so near to the ruling star of all voyagers. Has not Mr. Dall opened Alaska to Americans who would heed the words of their grand Senator, and Mr. Kennan made Kamschatka, with its koraks and its volcanoes, as delightful as Thoreau made Cape Cod with its sand banks and its fishermen? Even if St. Domingo shall be spurned by jealous partisans, will not the emphatic testimony of old Ben Wade and his companions turn the keels of voyagers toward that long-neglected gem of the sea? Very opportunely comes the new story of the "Mutiny of the Bounty," which thrilled in their childhood the old men of to-day, and we shall have yacht expeditions to Pitcairn's Island to see the Eden of the ocean and the scene of the innocence of primitive life. Perhaps Mr. Washburn's volumes will draw the curious to Paraguay to see the land so desolated by human monsters. Even Patagonia has a demonstrator, who bids inquirers to come and see the rocks, the penguins, and the giants of that wild end of the continent. The area of travel is now the "wide, wide world," in more than a sentimental sense, the old countries and the new, the near countries and the far, the cold countries and the hot, the lands of kangaroo and reindeer, not less than the lands of ruins and restaurants. Hepworth Dixon, who follows his narrative of the Oneida Communists and the Salt Lake polygamists with an account of the White Monks of Astrachan, is a type of the traveller of this age, and, especially of the genuine American traveller, who is bound by no insular limits or traditions.

But we are not proposing in this essay to point out the attractive ways of travel on the earth, or to decide in any dogmatic style between Ireland and Iceland, Egypt and Australia, the Amoor and the Amazon, Switzerland and the Himalayas. Rather we would offer some "practical observations" on the good and evil of long journeys, and the best method of improving them—on the hygienic and moral value of going far away from home and moving up and down upon the earth. Money-getting men have a certain contempt for the itinerants, which they are not slow to express. The proverb about the rolling stone seems to settle the question, just as the remark of the Presbyterian to his Methodist brother, of Satan going up and down on the earth, seemed to settle the question of an itinerant ministry. To many, long jour-

Digitized by Google

neys seem to be only squandering of time in empty sight-seeing, only a trifle better than the waste of the prodigal who goes into a far country to spend his substance in riotous living. Why should a thrifty merchant, who has a store on Water Street, with an ample stock of salable oil or iron, and a house on Twentieth Street, with brown stone front and furniture of the newest pattern, wish to tumble for weeks upon the deep, or go dawdling among picture galleries, and in dull old churches, where human ignorance and superstition show themselves so painfully, or expose himself to all sorts of discomforts and mischances? Let him go to Saratoga, or the White Mountains, or to California, if he can afford it—travel in his own free and enlightened country where they speak Saxon English, and not barbarous jargon. But in the name of common sense, why should he spend a fortune in carrying his family off to old worn-out lands, or to deserts and icebergs, where there are no palace cars, and only lies and jabber for the tormented ears of a helpless victim? Paterfamilias, who has made his money in selling hides or groceries, may submit, but he sees no good in this "going abroad."

And more candid men than he will admit that long journeys have their inconveniences, and that the pleasure of foreign travel is not unalloyed. In a former essay we mentioned some of the annoyances of railway travel in our own land. Foreign travel has some of these and many more, especially, when one "goes with a party." The late President Felton said to us with a sigh, at a hotel in Switzerland, that he had never realized the full force of the Latin "*impedimenta*," until he travelled among mountains with a party of ladies; that he lost half the beauty of the scenery in anxiety about the "luggage," as the expressive word of the English traveller describes what we call "baggage." Luggage is certainly one of the plagues of long journeys. You can not go without it, if there are many in the party, yet you can not keep it with you without infinite vexation. From the time the trunk is first packed in New York, and six cubic feet made to hold the contents of a bureau and a wardrobe, until the time when it returns scratched and battered, with its heterogeneous mess of old clothes, nick-nacks, guide-books, and photographs, to run the gauntlet of the custom-house, that trunk is a constant and unmitigated nuisance, as you see it tumbled and tossed about, opened and ransacked, weighed so jealously, that every extra ounce may be taxed; the hopeless prospect of making it hold all that it must carry, and the despair when you get with it beyond the reach of vans and porters. And when this trunk has a dozen companions, the plague is multiplied in geometrical ratio. Luggage is the necessary bane of all comfortable journeys, a plague which begins with the first day, and never ends until the journey is finished. If you "send it on," and use only a knapsack for intervening stages, you are all the time anxious lest it should be lost, and you are sure to want it when you are without it. You must have it for the "*table d'hôte*," for calls of ceremony, for the opera, and for change of raiment, in heats or in showers. It doubles the cost of the journey, and yet is indispensable.

Sea-sickness, too, is another of the annoyances of a long journey, which four out of five of all who venture on the deep will be compelled to pass through. We heard a good Canadian once, who had no Irish blood in his veins, vow that he would never cross the ocean until he could "go by land," much as he wished to see the home of his gracious Queen. If Paris is Paradise, it must be reached through this purgatory of an ocean voyage. No remedy has yet been discovered for this wretchedness, so real, yet so impossible to tell in words. Many desperate souls resolve when they set foot upon the pier, after days and weeks of marine misery, that they will dwell abroad and expatriate themselves for ever. If it were only the monotony of those sea-days—the sensation of a prison-house, with a chance of being drowned—it could be borne with. But this, with nausea and the basin besides, is too much for endurance. Yet these things are only the beginning of sorrows. After them comes change of diet, the new cookery and the strange dishes, which vex a well-trained American stomach—garlic, and saurkraut, and haggis, with all sorts of heathenish condiments. Shall we be able to drink the water? Yet our Temperance principles will not allow us to touch the whisky or gin, and we are afraid that there is poison in the wine. There is an awful foreboding of gastric trials, more severe as the journey is longer. If starvation is not feared, there is serious danger that the digestive faculty will be fatally demoralized in the constant change of its habit. How can a respectable New Englander get on in those benighted lands, where codfish is unknown and there is no ministration of pork and beans? And how shall an orderly citizen, whose hours of feeding have always been regular, and who has dined at noonday, reconcile himself to the perverted custom which breakfasts at noon, and dines in the evening? The dietetic practices of foreign

Digitized by Google

lands warn a traveller of the trouble of his voyage.

And how many minor plagues the imagination conjures up! Scotland, the romantic land of castles and crags, and eagles, and battlefields;—yes, indeed, but will they not fine you, if you take a walk on Sunday, or hint that you doubt about the five points of Calvinism? The Lake District, Skiddaw, and Helvellyn, and Grasmere, and Derwentwater, and the Falls of Lodore, and all that;—take a supply of India-rubber coats and umbrellas, if you go there, for it rains all the time! London, the world in miniature;—you will get lost in the fog, and have your pockets picked! The lovely Rhine, with its hanging vineyards, and its wild legends; but think of the bores that fasten themselves to you on that classic stream! Grand, gray old Rome with its three hundred churches, and its palaces, and its columns, and its dear dingy ruins;—the "enemy" is there, and it is a contemptible insect, which is never under the finger that would crush him. Has not each noted city its special annoyance, and, are there not in all omnipresent nuisances—couriers waiting to entrap and swindle; valets de place, taking you always to the wrong places; waiters running in to light your candles at mid-day, so that they shall appear in the bill; facchini by the dozen struggling to appropriate your valise or your carpet-bag; "something for the driver" when you are driven, and something for the obsequious lackey who bows you out of the church or gallery; passports which have to be "*visé*" at an expense of a dollar or two for a stamp and a signature; mouldy rooms, with an odour of the charnel house; impositions in the shops, which ask for an article four times its value, and make you waste your time and temper in haggling over trifles; lies of all kinds and on all subjects—scenery, distances, conveniences, police regulations, white lies and black lies, of princes and beggars and priests—all these nuisances, and how many more, magnified and multiplied as you get farther away from the happy centres of American civilization?

A wise voyager will not refuse to consider these evils of his way, will not set out with the idea that all is to be of rose colour, or that his expedition in these new lands is to be a perpetual picnic and festival. Let him consider the days of darkness, for they will be many. Unless he has a stout and stoic heart, he will be homesick even in the midst of wonders and splendours, and will long for his house in Bridgeport or Smithville, while the frescoes of Italy, or the arabesques of Damascus are around him, as the Hebrews by the rivers of splendid Babylon pined for their home on that narrow hill of lonely Zion. He must expect to be fatigued, to be bewildered, to be imposed upon, to be irritated, to be bored, to get into disputes, to be robbed, to catch malady of the feet and the throat, and to feel heart-sickness as well as sea-sickness, if he wanders far away from his pleasant home. Yet all the nuisances can not offset the substantial good of long journeys to one who would renew his strength and increase his knowledge. A long journey is genuine recreation of soul, not merely temporary exhilaration. It makes a man a new man, gives him a new lease of life, a new epoch in his life. If he has been a hard worker with his hands, it gives him a needful release from toil. If he has overwrought his brain, it rests that organ. It stores the mind with new images, and gives correct ideas of the appearance and relations of things. Mere reading, however full and constant it may be, can not give what comes in through the eye, and through personal contact with the scenes and ways of foreign lands. Memory gets a much more durable and trustworthy supply in foreign travel than in the treasures of the best library. A man who has travelled widely will be an intelligent man, in spite of his defective education in the schools, and will always have something interesting to tell. Foreign travel enlarges sympathies, takes the conceit out of men, hinders bigotry, and gives one larger ideas of human life. It increases the tolerant spirit, while it confirms self-respect.

Some complain that they are not fit to travel abroad, that they do not know enough, that they do not know what they are going to see, and do not know what it all is, or what it means when they see it. The picture galleries, with all those works by the "old masters" will be no more to them, they say, than the coloured lithographs of a Broadway barber's-shop, and they have been so wonted to the houses and churches of a new country that they can not judge of ruins. Undoubtedly, fitness for travel has much to do with its pleasure and profit. It is well to have read history, to be expert in foreign tongues, to have a trained eye, and a cultivated taste. But even a boor will get some good in journeying abroad, and will find himself less boorish after his experience. The most narrow patriot, who treats all foreigners as outside barbarians, will improve the tone of his patriotism by personal acquaintance with these "Fan Qui," these foreign devils. Foreign travel has its benefits for all classes, for runaway apprentrices as much as for graduates of Harvard, for

Digitized by Google

newly emancipated slaves as much as for the children of the first families of Virginia. A Springfield gunsmith may get quite as much from a journey in Europe and the East as a Greek professor, and may be able to give quite as interesting an account of what he has seen. Ralph Keeler and Bayard Taylor are as entertaining in their stories of travel as Prof. Felton or Dr. Prime. Some get more benefit than others, but all get some benefit. Even the most eccentric voyage has its advantage, as the new books about Patagonia and Kamschatka prove. No amount of satire, of John Whopper and Brick Moon stories can nullify the genuine gain which those who have taken any long journey feel in remembering it. Its vexations come as part of the gain; there has been moral as well as intellectual profit in the voyage. Some are fitter for travel than others; but any one is fit for travel who has the courage and the inclination to attempt it.

What we have already said of the benefits and the annoyances of foreign travel may suggest some general rules for long journeys, which are of great importance, trifling as they may seem in connection with so dignified a subject. These rules are of nearly universal application. And the *first* of these rules is, *to set out upon the journey in good health and spirits*, with a good appetite, a regular pulse, elastic muscles, and a cheerful soul. These will do more than any thing else to prevent sea-sickness, to lighten vexations and to make the experiences of travel profitable. Invalids certainly are blessed in going to Europe. Dyspeptics and hypochondriacs are cured often by that remedy, and phthisical patients forget their chronic cough when they get over the sea. One chief purpose of going abroad is to recover health, both for the jaded merchant and the shattered "servant of the Lord." Yet it remains true that a well man will get from his travel much more than a sick man, and that a sound body is a better outfit than shawls and cordials and "gum shoes." No one who can help it should start on a long journey as if he were going to a hospital or to a funeral. Healthy men make the best travellers, as they are always the best companions.

2. A second rule is to *adapt yourself as far as possible to the customs of the country* in which you travel, to do as the people there do, and to take things as they are. That is not John Bull's rule. He must always have his cup of breakfast tea, his slice of toast, and his boiled egg in the morning, though he is in a land where tea is medicine and fowls are few. He must carry his Church and his prayer-book with him, if he goes to Japan or the Arabian Desert. Half the good of journeying abroad is lost by this insular conceit. It is much more reasonable to sacrifice prejudice, and do as the Romans do when you are in Rome, or as the Russians do when you are in Moscow. One need not go away so far from his temperate habits as to guzzle whisky all the time in Scotland, or get drunk daily in Stockholm, or muddle himself in the evenings in Munich with six quarts of beer, or burn his throat with Syrian arrack, because this is the custom of the country, but even the most abstemious man loses something if he travels through all the wine countries, painfully avoiding any sip of the juice of the grape, in the sense that he is a Son of Temperance; if he climbs Vesuvius without refreshing himself with the flavor of the "Tears of Christ" at the Hermitage, or visits Jerusalem without testing the vintage of Eshcol. A man is a fool, who is so persuaded of the sufficiency of his own natural habit and language, that he will not listen to a word of the outlandish foreigners, or visit their idolatrous temples. We knew of an Englishman, who made it a rule in Rome never to go into a Catholic church on Sunday. He could not keep the Sabbath except in the bare Anglican Chapel, beyond the "People's Gate." All such narrow patriotism is pitiful and mistaken. It is better to make blunders in conforming to the customs of the country than to wrap oneself in the mantle of an immaculate nationality. Even a Bostonian will be laughed at, if he undertakes to show the manner and use the tongue of the modern Athens under the shade of the ancient Acropolis, or to pronounce his Greek with the accent of the Boston Latin School.

3. A third rule of foreign journeys, very necessary to comfort and profit, is to be *moderate in sight-seeing*, and not try to see every thing that any one has seen, or to do every thing that any one has done. There are bounds to the ability even of the strongest, and to the endurance even of the most persistent. Omit a few of the palaces in Genoa, and of the churches in Rome, and of the ruins in Egypt, and of the cities in India. See what is best worth seeing, and what is characteristic of the place, but do not torment yourself with the notion that you must see every thing. Not a few travellers compel themselves to be hasty and superficial, because they can sacrifice nothing of their programme. They have only ten minutes for the picture gallery, and five minutes for the market, because they have twenty other places to visit, and must leave by the diligence precisely at

Digitized by Google

1 o'clock. It is a painful confession, no doubt, for a healthy traveller to make to his friends that he has omitted any thing of note in his journey, and he is sure to find from the assurances of these friends that the things which he omitted were just the most important of all. Humiliating as it is, nevertheless, no traveller can be expected to be omnipresent, or to do the work of ten days in one. It is better to see a few things intelligently and thoroughly than to see many things only with a passing glance. Only an idiot will undertake to "do" Germany in a week or Holland in a day. One may write a trustworthy account of the Chinese, without exploring all the provinces and climbing all the pagodas of the Central Flowery Empire.

4. On the other hand, there are eccentric travellers, who pride themselves in saying that they do not care to see what every one else sees, that they wish to be independent, and go in the byways rather than the highways. And we should, against the custom of these, urge the rule, not to *be eccentric*, not to neglect any thing or any place because it has been visited so much or described so often. A Boston physician, in his tour, rushes straight from St. Petersburg to Madrid, disdaining to heed such trodden lands as France and Deutschland. A wiser traveller would have halted in the way. Believe that the trodden ways are the pleasantest. It is a very poor ambition that would try to make things important which the general verdict has long ago pronounced to be of inferior worth. You will find at Damascus the scenes of the Arabian Nights, if you go to the cafés and the mosques, and the bazaars, and the gardens, much more than if you go mousing among hovels and dogs in out of the way lanes; and you will see how Paul was let down in his basket, if you notice all the latticed windows, more easily than in fixing upon some hole in the wall that nobody has seen. Eccentric travellers are disagreeable companions and nobody wants to have them in the party. They bring home very little that any one cares to keep. The new discoveries are usually made by those who go in the old paths, by those who dig on the Esquiline and Palatine hills, and not by those who drain the Pontine marshes.

5. Another rule of comfortable journeying is *to go with a small party*, rather than with a clan. Mark Twain's story tells the miseries of a company compelled to keep together, and how inadequate their Evangelical faith was to their Christian serenity. The best party is of *three* persons only, enough for company, and enough for a majority in case of difference. More than these only increase difficulties and delays. In a party of ten, the chance of trouble is a hundredfold greater. Two congenial companions are worth more than a caravan of associates, for whom you may be responsible, while they are yet not in sympathy with you. You do not want too many associates more than you want too many trunks.

6. And this suggests the rule, not to *be encumbered by superfluous appliances*. Take it for granted when you are travelling in civilized lands, that you can buy or hire what you want to use, and when you are travelling in savage lands that there will be no need to follow the New York fashions or to "dress for dinner." Stout and suitable clothing, that will hold together and shed dust readily, and keep the body warm, is very necessary, but not the latest style, and not any great variety. On a long journey, it is not necessary to "keep up appearances," or to be anxious lest you should meet Mrs. Grundy. Her tongue can do small harm to you, when you are both away from home. Let fashion go while you are travelling, certainly until you get back to Paris, and lay in your stock of valuables for the next lustrum.

7. And this remark seems to call for one more rule, *to buy in every place what is characteristic of the place*, rather than postpone this until you get to Paris. It is easier and cheaper in the end to get what you want "upon the spot." You may not find it in the great centres of traffic and fashion, and may be sorry when it is too late. And in the multitude of new impressions you may forget a great many things which you had resolved to secure. A souvenir of Palestine, bought in New York or Chicago, is none the less a cheat that it came from the Sacred Land.

WARM BATHING.—The warm bath is a grand remedy, and will often prevent the most virulent of diseases. A person who may be in fear of having received infection of any kind, should speedily plunge into a warm bath, suffer perspiration to ensue, and then rub dry, dress securely to guard against taking cold. If the system has imbibed any infectious matter, it will be certainly removed by this process if it be resorted to before the infection has time to spread over the system; and even if some time has elapsed, the drenching perspiration that may be induced in a hot bath will be pretty sure to remove it.—*Family Herald.*

Digitized by Google

The Longevity of Man.

BY E. RAY LANKESTER, B. A., OXFORD.

CIVILIZED man lives in societies, one of the most essential bonds of union in which is the maintenance, to a greater or less extent, by the community of the feeble. The security which the healthy and vigorous man hopes for himself, when grown old and feeble, he naturally extends to others, and thus the aged are fed and protected as the result of a specific habit or characteristic among men (the most barbarous excepted).

Further, the intellect of man renders him utterly unlike animals in much that relates to age; for while he grows feebler in limb, unproductive as a laborer, impotent as a warrior, in all such regards a mere burden on the species, yet the knowledge and experience stored in his great brain is of use to his younger fellow-men, and age is for that reason respected.

Men exist in the most diverse conditions, not only in distant lands and varied climates, but even in the same city, in conditions so diverse, that were any other organism known, to be submitted to an equally great range of external agencies, even the most highly developed, it must either perish, or, if gradually introduced to the change, must so completely modify its structure as to become a new and distinct species. Originating in the East, in a warm but not a tropical climate, feeding on rich and abundant fruits, he has yet gradually spread over the whole world, and does not show any material modification of structure. When circumstances forced him to cold countries, his intelligence made him light a fire and build a house, and cover himself with the skins of other and inferior animals, which he entrapped by cunning, and whose roasted flesh served him as a substitute for the failing fruits. As necessities arose, he learned to build boats, skill of all kinds became his, and his vast knowledge was gradually acquired, and handed down from generation to generation, and passed from man to man by means of speech, which yearly grew more perfect. Meanwhile, he lived in families at first, then in tribes, and still later in societies of various kinds, which have grown, and are daily growing larger, in virtue of which the *individual* struggle for existence is, almost in the most civilized, and must be eventually entirely, abandoned, Darwin's law of survival of the fittest operating through the emulation of hundreds of varied combinations of men as wholes, instead of through the isolated struggles of the units composing them.*

The structural differences which have been produced in men by their distribution over the various parts of the globe, are apparent enough to the eye; perhaps seeming greater than they really are, as compared with differences among other individuals, by reason of our detailed knowledge of the objects compared, when they are men. But these characters of skull-form and hair-form, of complexion and hair-color, and of size, which are what constitute the chief divergencies, other than those of the brain, among men, are not sufficiently constant in races to enable naturalists to ascertain the pedigree of the various nations of the earth, and to group their races by descent.

Potential longevity being dependent on structure (as pointed out early in the essay), and the various races of men not exhibiting constancy in structural character, we can not expect that the various races should exhibit any thing like an approach to *specific* potential longevity. We have, on the contrary, every reason to believe that a man of English race and a man of Fuegian race, who by gradual change in the condition of their ancestors (for sudden change is likely to act injuriously by its mere suddenness†) should be living side by side, would live to the same period of time, that is, have the same potential longevity. But it is true enough that either the Fuegian would be no longer a Fuegian, for he would have abandoned the habits and conditions of life which are his peculiarities, or the Englishman would have ceased to be an Englishman by similar metamorphosis. Buffon, a man of really great insight and philosophical spirit, says: "The man who does not die of accidental causes reaches everywhere the age of ninety or one hundred years. If we reflect that the European, Negro,

* Individual men do not struggle for existence—that is assured to them by society—they struggle to 'get on.'

† Dr. Kane, the American Arctic explorer, and his companions, after residing three years in a high latitude, experienced the most severe injury from the summer heat of the Northern States, and eventually Dr. Kane died from the exhaustion and prostration so produced.

Digitized by Google

Chinese, and American, the civilized man, the savage, the rich, the poor, the dweller in the cities and in the country, differing so much from each other in some respects, all resemble each other in having the same allotment, the the same interval of time to pass from birth to death; that the variations of race, climate, food, conveniences, have nothing to do with the duration of life—we shall discover that the duration of life does not depend on habits, customs, nor on the quality of food. Nothing can change the physical laws which regulate the number of our years." Buffon does not bring forward adequate data to support his statements, and we can not admit the truth of his assertion in its entirety. But we have seen reason to believe that *hereditarily* the power of life in all men (within a few generations) is the same, disease, habits, and customs being dependent on external conditions, and thus longevity is rendered subject to external rather than internal causes, in the case of man; though with these varying external conditions are correlated small structural variations, which may make the longevity, in a certain sense, appear to be dependent on structure, so intimately bound up, so closely corresponding and reciprocal are structure and habit, even when dominated by such an organ as man's brain.

What we are concerned with, then, in the various kinds of man, is not variation in hereditary longevity, but variation in the longevity of groups characterized by different habits, food, etc., and it is not to the race of men, but to the difference of conditions in which they live, that we must direct our attention. Man's brain by its adapting power makes the essential conditions of life much more nearly uniform than would at first be supposed from his varied habitat, the total expenditure in procuring heat, food, safety, and in reproduction together being about the same in most races and classes. Hence we do not look for *much* difference of longevity, even in different climes and different civilizations. It is when we come to extremes, however, such as do exist, in which men are living and not adequately contending with nature by their intelligence, but are getting worsted in the struggle, that we may expect appreciable variation in longevity; the expenditure is increased in one direction without being diminished in another, and consequently the longevity suffers. Thus, while the savages of Polynesia and of many parts of Africa, together with the semi-civilized Mongolidæ, and the highly-civilized Iapetidæ, are, through the action of their brain power, equalized as to potential longevity by equality in respect of accessibility of food and warmth, what the barbarous gain by the diminished expenditure implied in warmth, abundance, and absence of intellectual exertion, being made up to the civilized by the higher evolution both personal and social; yet there are extremes of misery and want, of cold and of heat, to which the most degraded savages are subject, not being sufficiently intelligent to cope with these difficulties, and to which classes of men even in the most civilized communities are born and bred, not allowed by the more fortunate to receive either necessaries or education, which no doubt entail upon these savages and these classes a much diminished potential longevity.

There is then perhaps reason to admit hereditary diminution of longevity in such cases as compared with the mass, though the hereditary character will probably cease to affect the second or third generations after removal from the injurious conditions specified. The same character of temporary heredity appears in families which for some few generations are often remarkable for longevity; or, on the other hand, through disease,* intemperance, or other feebleness in parentage, are equally remarkable for short life. It is in this regard that the question of the average longevity or *mortality* of groups of men to their *potential longevity* deserves to be closely studied. At present, there are no data to solve the question as to the extent or nature of the influence of the one over the other.

We may almost look upon excessively injurious conditions of existence and their effect on individuals as a definite thing comparable to a disease, being just as abnormal as in contrast with the most healthy state known to us; and we may say that no man with the *disease* "Fuegian," or "Esquimaux," or "Australian," would have as fair a chance of long life, however favorable his circumstances, with that exception, as the man who does not labor under the disadvantage of a long ancestry of degraded savagery, and is therefore free from such disease; just as we have no hesitation in saying that a man with hereditary phthisis, scrofulous, or cancerous tendency, has not so fair a chance of long life as the healthy man. And just as in the course of a few generations the offspring of the latter may become quite healthy, so may the offspring of the former, in so far as his hereditary tendency to short life is concerned.

---

† Disease may be regarded as increasing expenditure—entailing abnormal and useless expenditure, often in excess, by causing exhaustion, misdirected nutrition, etc.

Digitized by Google

Jim's Logic.

BY SUNNE TINTS.

'TWAS Jim, with the curly hair,
And the bold, mischievous eyes,
Eyes as black as they were rare,
And the small brown hands besides.
'Twas this metaphysical youth, I say,
Who disturbed his Sunday-school class one day,
And refuted his teacher's logic.

"Why so late?" the teacher said;
Jim replied in surly tone,
"Been in swimming." He grew red,
And was guilty of a groan.
She placed her arm 'round his thin little waist;
He, with Irish wit, and in boyish haste,
Shook off the embrace and the scolding.

"Don't you know it's wicked, Jim?"
"Don't you know it's awful hot?"
He retorted, prim and grim;
"And a glorious bath I got.
"If you was as hot, I'll willingly bet
You'd go into your *bath-tub* and get wet;
So don't call *me* sinful and wicked!"

Argument availed not now.
After this clap of thunder,
To Jim's logic she must bow;
As Jim would say, "knock under."
For the rich and the poor must be purified,
In body and mind, by tub and by tide,
And God's agent is pure cold water.

Digitized by Google

How a City Invalid was Cured by a Night in a Farm-house.

BY AGNES VERNON.

A GREAT many years ago, when I was young, I had been suffering from a low nervous illness, which had reduced me to such a state of debility that I could hardly creep about, and though in no apparent danger, great fears were entertained that, unless something could be done to restore the tone of my nerves, I should sink into permanent invalidism.

Of course I had the best advice, for I was a petted youngest child, idolized by my father and mother and spoilt by my brothers and sisters; and of course the doctors looked very wise, and sometimes shook their heads ominously. They prescribed a course of tonics and cheerful society, with as much amusement as my poor fragile frame could bear; but it was all to no purpose. I did not get worse, but then I certainly did not get better.

I quite believe, though it is so long ago that perhaps I can hardly remember all I suffered, that I unconsciously hugged the state of weakness I was in, and really enjoyed all the fuss that was made about me. I did not intend to be selfish, but I was fast making slaves of all around me, and in a fair way of settling into that most disagreeable and odious of all beings, a weak, fanciful, affected young lady.

I have heard of a young lady being in such a nervous way, from which there seemed no possibility of rousing her, when her system was unexpectedly restored to its natural healthy tone by the breaking out of a fire in the house where she was staying; the shock and fright completely drew her from the constant contemplation of her maladies, and when she recurred to them she found they had vanished into smoke. I am afraid this was the state I was in, and nothing but a good fright or a great trouble would take me out of my selfish self. Fortunately for me, I was soon to have the former.

As I before observed, every means was tried to make me well, but without effect, and then change of air was recommended as a last resource. Then came the consultation as to what place I should visit. One watering-place was considered too hot, another too cold, another would be too quiet, another not quiet enough; indeed, the difficulties were tremendous. I was to have pleasant enlivening society, but must not be excited. I required to be strengthened, but must never be exposed to the least wind or cold: a mild climate was most essential, but on no account must the air be relaxing. Sea-bathing was absolutely necessary, but my nerves could not support the shock of a plunge into the sea; and if I had a sea-water bath in my own room, all the invigorating properties which would be of so much service to me could not be imparted in so small a quantity of water.

Truly my case was perplexing; and the possibility of change of air without killing me on the spot, or bringing on some dreadful illness, seemed quite out of the question; and my last prescription was beginning to be only spoken of with extreme regret from the impossibility of its being carried out.

Things would have gone on in this unsatisfactory manner from week to week, without any chance of amendment, if all the difficulties in the way of the desired change of air had not been removed by an unlooked-for occurrence.

I had a very dear uncle, a country clergyman, who loved me as much as all the rest, but more wisely. He was a bachelor, living in a farm-house in one of the southern counties. All his friends wondered he did not set up housekeeping; but he always said it would be time enough when he married. As every one knew Uncle Hugh was wedded to the lost love of his youthful days, they also knew that answer meant he would never leave the quaint apartments he had inhabited for years in the old-fashioned farm-house.

Now this dear old uncle came to see us unexpectedly, to our great surprise, as he seldom could be induced to leave his hermitage, as we called his country home. As he did not give any reason for his visit, I concluded that, having heard of my precarious state of health, he came solely to see me; and when I was told he was coming to sit with me for a short time, I placed myself in a more languid attitude than usual on my sofa.

It was a lovely evening in July. The day had been sultry, and the heat had certainly tried me very much; but a soft breeze had sprung up within the last hour, and I was feeling more refreshed than I liked to allow when my dear Uncle Hugh came into the room.

I raised my head languidly, expecting him to inquire the first thing after my health. To my surprise he did no such thing, but coming

Digitized by Google

in briskly, kissed me, and said, "Well, Miss Annie, you are enjoying yourself after the heat of the day. I think I will follow your example;" and drawing a settee close to my sofa he threw himself at full length upon it, and gave a little sigh of relief as he gazed out of the window on the somewhat dusky-looking garden of the square in which we lived.

There were pots of lovely flowers in my window, which he soon noticed. These were as bright and fresh as though they were breathing pure country air, for as soon as a plant looked less bright than usual it was replaced by another from an expensive nursery, as it was considered bad for my spirits to have any thing near me but the best that could be obtained. There was also a splendid bouquet of hot-house flowers on my work-table by my side. I had a work-table near me because it was pretty, and my favorite vase of flowers looked better on that than any thing else, but I had neither strength nor spirits for work of any kind.

Uncle Hugh looked curiously at the pots of flowers, and then looked up with a half-amused smile as he said, "Upon my word, Annie, your flowers look as though they were reared and kept in the country, instead of the hot, dusty city. I suppose you do not trust them out of your own charge; no handmaiden, however dainty, could give the care to them they require but your little idle self. Well, dear," he continued, while I was getting more and more paralyzed with astonishment, "it is a beautiful and innocent occupation, but innocent as it is, it must not interfere with all your little daily duties to those around you. I have known some young ladies carry love for their flowers to such an extent that there was nothing to be heard from them, morning, noon, and night but something about horticulture; till at last they became so selfish over this one pursuit that they forgot all the duties they owed to themselves and others, and became the most disagreeable and useless creatures I ever came near. But there, Annie," he said, seeing my eyes filled with tears, though from a very different cause to what I supposed he attributed them, "I did not mean to vex you, dear. I don't think you would ever be so silly as to let one fancy get the better of you; but it is well to be warned, for 'forewarned is forearmed,' you know, dear; and if ever you want to look after your flowers, or indeed any other pet amusement, when you ought to be doing something else, just think of poor Uncle Hugh."

I pouted somewhat at this speech, but made no answer, feeling too angry and injured at no remark being made on my illness, to say a word.

The next evening Uncle Hugh came again, and after a hurried greeting said, "Well, Annie, I have settled with your mother that you shall go back with me to my hermitage. The heat of the city seems to have upset you a little, and we all think a little fresh country air and some farm-house living will set you up nicely, and make you as strong as a milkmaid."

"Uncle, Uncle," I gasped out, "what are you and mamma thinking about?"

"Thinking about, my dear—why, what do you mean? You need not be afraid of putting me to any inconvenience. I know I have a great many silly bachelor habits, but my little niece Annie will put up with them, I know; and I am sure my old Betty will wait upon you—*that is, the little waiting upon that you will require*—with as much propriety as if you were a princess."

I was fairly nonplussed—Uncle Hugh would not or could not understand why I thought I could not go and stay with him, and it seemed useless for me to try and explain. I sighed, and almost cried with impatience and vexation, while Uncle Hugh rattled on, quite unconscious of my uneasiness.

"Mind," said he, "I leave by the 10·30 train to-morrow morning. I would not have fixed such an early hour, but you know there is no railway in my remote regions yet; and when we have finished our journey at the great terminus at Green Bank, we have then a good stage-coach distance to go, and after that a nice little trot in my pony-phaeton; so, unless we want to frighten Betty by arriving in the middle of the night, we must start rather early in the morning. Now, good night; I must be off to pack up, and leave you to do the same, for I own it is short notice. But there, you won't want much finery in my hermitage—two or three frocks that will wash, and a straw hat or two, will be quite enough. Good night again," said he, and off he went.

I felt more and more angry, and too indignant to answer, and walked away to bed as feebly as I could, secretly hoping that the excitement and annoyance would make me too ill to rise in the morning.

The morning came, and I felt much as usual—certainly not worse; so I suffered myself to be dressed in sullen silence.

I was very ungracious to every one when I took leave of them; and I now wonder they had common patience with me.

Dear Uncle Hugh came in a brougham, that

Digitized by Google

I might ride easily, though he said nothing about it then. We were soon at the station and off by the train, with little fatigue and no trouble to me—to my great disappointment, for I felt sure I should be sick with the exertion, and require a great deal of petting and attention, which would worry all about me as much as I could desire.

The railway journey was passed as such journeys always are; then came the stage-coach journey, which was very fatiguing, and I was too tired to feel pleased that I was likely to be quite laid up with the traveling, as I fondly hoped I should be when I left home. At the pretty country inn where the coach stopped, Uncle's phaeton was waiting, into which we were soon packed.

The coach journey was not ended till the long summer day was beginning to close in, and the greater part of our drive in the open carriage was by moonlight. It was a lovely country we passed through, in all the flush of summer. I had never been so far from home before, and was fairly entranced under the influence of the beauty of the night and the scene. I leant back in silent enjoyment, and forgot fatigue, illness, and temper.

After a time the scene changed; the country appeared barren, and we labored up many steep hills, and the country looked weird and ghostly in the moonlight. Uncle told me we were crossing the first of the celebrated chain of hills known as the Dipping Hills, from which by daylight there were glorious views. Not long after this we turned a sharp angle of the road, after having descended a considerable hill, and straight before us could be seen in the dim light the farm-house, sheltered in a basin formed by the surrounding hills. Dogs began to bark, but only barks of recognition and delight, for they all knew my uncle, and were greeting him with all their canine powers of courtesy and welcome. A boy opened the gate and led the horse to the door of the house, where old Betty was waiting to receive us. She seemed very pleased to see my uncle, and hoped the young lady was not very tired. We followed her into a low, dark passage, that seemed to be paneled on each side with black oak. There was no light in it but what the moon shed through the open door. Soon, however, a door was opened from one side, near the end, and a bright flood of light streamed out a welcome to us. In an instant we were in the prettiest, quaintest, and most comfortable room, half-study, half-drawing-room that I ever beheld. I can not describe it further than by saying it was perfect. Only one thing rather startled me—there was a bright fire, though it was the middle of July and the weather was unusually hot.

"Ah!" said my uncle, seeing me look toward the blazing hearth, "you will soon find that we want a fire among these hills, though we are so far south and it is midsummer. I am glad of the excuse, too, for I like a fire for company, and to burn odd papers when I am in the humor, as I often am in the evening when I am quite alone; but I must not keep you here talking. Here, Betty, take your young lady to her room and bring her down again quickly, for she must be starving."

Betty took a pretty china bed-candlestick from the sideboard, and opening the door, preceded me into the dark oak passage again, and opening another door at the end, I found myself in rather a large kind of hall, lighted only by one window at the side, through which the moon was shining. There appeared to be no lamp; so I suppose that when there was no moon it must have been pitch dark.

"This way, miss, if you please," said Betty, walking on to the end of the hall, away from the window, so that, but for the glimmering light of her candle she was almost in the dark.

I followed, but wondered where we were going, for I could not see any stairs or any outlet from the hall, except a door in quite a different direction from that which Betty was taking.

"Betty," I exclaimed, "where are the stairs?"

"Oh, if you please, miss," replied Betty, "master has had a nice step-ladder put here, for he doesn't like the trouble of going all round to the other end of the house where the stairs are. You see, miss, this door," pointing to the one I had already observed "shuts master's rooms all comfortably up from the farm folks and all that; and with this nice ladder to go up and down whenever he likes, he is as much to himself as if he had a fine city house all alone."

"Betty," I cried out, "how shall I ever get up and down that place? I never was on a ladder of any kind in my life;" and I fear I began to cry, for the long ladder, without even a hand-rail, looked very formidable, and as I looked up at the square hole in the ceiling, which was the ingress to the upper story, I was fairly frightened.

"Oh, you will soon get used to it, miss; the steps are all carpeted just like stairs," she said, pointing to a scrap of drugget at the edge of each step, which might look a little better than the plain wood, but certainly would not make the ascent more easy.

It was, however, no use to stop and complain

Digitized by Google

so I was obliged to scramble up in some way, and was safely standing on the upper landing, with rather less trouble than I expected.

Betty then led me to my bed-room, a very large room, with a low ceiling, and looking very gloomy, with an old-fashioned heavy-curtained bed in one corner, and on one side a large oak wardrobe, black with age, the doors of which Betty opened, and began stowing away my things, as my luggage had been already brought up. While she was so occupied I looked about to see where the windows were, for the room was so large that I expected to see three or four, but I could not find one. There was the great bed at one end of the room, the wardrobe stretched along the best part of one side, leaving little more than a space for the door, a fireplace at the end opposite the bed, with closet-doors on each side, and on the side opposite the wardrobe were toilet-table, basin-stand, and chairs, with a large looking-glass above them, in a carved oak frame.

At last I discovered a small window in the corner farthest from the bed, at the end of the side where the toilet was placed. I drew the curtain aside, but could hardly see a yard before me. The moon had sunk behind the hills and the sky, which had been clear and bright was overcast.

I was beginning to grumble again to Betty, but thought better of it, and being very hungry, I merely observed that I was ready to go down, if she would carry the light. I quite forgot the step-ladder in my surprise at the paucity of windows in my room, and when the door was opened and Betty advanced toward the square black hole into which we were to emerge in order to go down the ladder, I fairly started back with horror.

"Oh Betty, Betty," I said, "what shall I do? How shall I go down that dreadful place?"

"Never mind, miss," she replied; "don't be afraid. Here, give me your hand, I will take care of you, my pet. Why, master runs up and down here with his hands full of books and things, a dozen times in the evening sometimes, and almost in the dark, too, for he never will carry a candle. He says it is dangerous, but I think it is much more dangerous to burn papers as he does of nights, and all the sparks and sometimes lighted bits of paper fly up the chimney on to the thatched roof; but there, I suppose they are black enough before they reach the top, for master's study-fire smoked; so he has had a long chimney-pot put up."

"Never mind the chimney, Betty," I said, impatiently. "How shall I get down here?" and I crouched down at the top of the ladder in blank dismay. It was, however, useless to hesitate; down I must go, and down I went; but how I did it that first time I most surely can not tell.

As soon as I was in the sitting-room again with Uncle Hugh, I began exclaiming about the ladder; but he looked up quietly, as if he did not in the least understand my fright, and only said, "The stairs, dear! Don't you like the stairs? Well, they are rather narrower than those you have been accustomed to, but you will soon get used to them. Now let us have something to eat. I hope you are hungry."

I was indeed very hungry, and made a hearty supper off the country dainties which had been provided for me. I was too tired to talk much, and soon said, "Good night," and went off with Betty to my room.

I managed to mount the ladder this time a little better, but still did it with great trepidation.

Betty was not long settling me in the great bed, and with a "Good night, miss; I hope you will sleep well," she left me.

If I had not been so tired I should have felt very lonely, but fatigue got the better of every thing, and I must have fallen asleep in a few minutes.

How long I slept I do not know. I woke with a sudden sense of danger. I started up in bed, and called out wildly for my sister; then, with a rush of thought, all the events of the preceding day came into my mind, and I remembered that I was far away from her and all at home. A good cry came to my relief, and I lay down again, thinking I was only frightened at waking suddenly in a strange place; but no, there was something wrong. There was a vague, undefined feeling of dread, and I sat up and listened, for what I could not tell, as I did not think I had heard any thing. It was quite dark; the moon had no doubt sunk long ago, and I suppose the black clouds I had observed when looking out of my little window had become more dense. The darkness was such as can only be seen in the country, when the atmosphere has no relief from artificial light.

Suddenly a flash of light shot into my room and disappeared as suddenly, leaving the darkness greater than before from the contrast. A storm of thunder and lightning, I thought; and no wonder, after the heat of the day. I listened for the peal of thunder, but as none came, I comforted myself with concluding that the storm was at a distance, and was just going to

Digitized by Google

lie down again when another gleam of light passed across the window.

I was now thoroughly roused, and shivered with fright. What could be the matter? Was the house on fire? or were there housebreakers trying to make an entrance, and just under my window, too? Oh, horror! What should I do? I tried to think, but could not. Then suddenly thoughts came thick and fast. No doubt it was fire. Uncle had been burning some papers, and the thatch had caught. Should I alarm the house, ring the bell, run down stairs? But if it were robbers and not fire, what should I do? Now I heard stifled voices under my window. then voices a little louder, then flashes of light illumined my gloomy room again. Surely it must be fire, robbers would not talk.

What should I do? If I stayed where I was, I might be burnt in my bed; if I opened the window, I should perhaps be shot down on the spot; if I ran out of the room and gave an alarm, I might meet the ruffians on the stairs. There seemed no escape, no chance of help, and I groaned with fright.

I forgot to ask when I went to bed where my Uncle's room was, or where Betty slept. Perhaps I was told, but I had been too sleepy to hear or remember. Certainly, I did not know.

All this time I heard a low murmur of voices, and flashes of light kept crossing my window. Suddenly there was a tremendous noise at the door of the house, as I supposed—thumping, knocking, shaking, a shrill whistle, a great flash of light, and then total darkness again.

I sprang out of bed, and made my way as well as I could in the direction of the window, as I thought, but found myself walking against the fender and fire-irons, bruising my feet, and almost breaking my legs. Before I recovered from this, the knocking and shaking of the house door began again, and I made a desperate effort to reach the door of my bed-room, but I was so out in my bearings that I came crash against the basin-stand instead. Then came another flash of light, which, though it terrified me beyond endurance, helped me to find out the latitude I was in.

At last I reached the door, and tearing it open rushed out upon the landing, when suddenly I remembered the step-ladder. I had only thought of running down stairs, the ladder had quite escaped my memory. Here was horror upon horror. The house was either on fire or beset by thieves, and no one was awake but me, and I could not rouse any one. I stood as if in a frightful dream, spell-bound, with the perspiration starting at every pore.

I thought I heard a door opened and shut stealthily, close to me. I started with fright, and relief at the same time. I thought that some one was coming to murder me, or perhaps help was at hand; but no, it was neither. Then doors were slamming below, angry voices, hushed whispers, hurried footsteps, almost under where I was standing. Oh, if I could but find my uncle's or Betty's room! Strange they should not hear all this confusion; for, though somewhat subdued, it thrilled through my nerves, and seemed to me as though it would wake the seven sleepers. The agonizing, maddening thought flashed through my mind, that perhaps they had both made their escape at the first alarm, and had forgotten poor me; but such a dreadful thought could not long remain. Uncle Hugh would think of me directly he himself was aware of danger.

My head was throbbing as if it would burst with the intensity of listening and anxiety. I strained every nerve to catch every sound, yet dreading what I might hear next. Once, above the wild confusion below, I heard a rough voice say, "Mind, you will wake little miss." "Little miss" of course meant me. Oh, perhaps they had robbed and murdered Uncle and Betty, and knowing I could have nothing of value about me, would not molest me. What would become of me, left in this dreadful place all alone? The thieves must be in league with the farm servants, or how could they know any thing about me? Worse and worse, there could now be no hope of help.

I had not time to dwell long on this new misery, for sounds of increasing horror were now heard from below—moaning, choking, stifling sounds—as of wretched cattle dying amid smoke and flames; that is, I fancied so.

Had I been a screaming young lady I should have shrieked long ago in my terror, but with all my nervous nonsense I was never that. Fright always struck me dumb. Now I was not only dumb but motionless, and should have scared the bravest heart could I have been seen at this moment. My long black hair had come loose from its net, and was streaming in a wild disorder over my white night-dress. My face I am sure was colorless, and my eyes were starting from my head.

There was a short lull in the terrible confusing sounds, which was suddenly broken by the most fearful shriek I ever heard, followed by frantic scuffling, like some one fighting for dear life; and (oh! it was a sound which turned me sick, and chilled the blood in my veins, and made my heart stand still) I distinctly heard

Digitized by Google

the words, "Be quiet, or I'll stick you. What d'ye mean by making that row? Hold, Bill!—now he's gagged. Heave un in." Then I heard a smothered scream, and a heavy thud, like the falling of a helpless mass, and all was quiet again, but only for a few moments; the same awful sounds were repeated many times, till I prayed that I might faint away, or even die, that I might be spared the agony I was enduring; but unconsciousness would not come. I was fixed to the spot, with every nerve strained to the utmost, and feeling as though I had so stood spell-bound for ages, and should be doomed so to stand for ages more.

At last I heard, "There, we've settled 'em all. Now let's be off quiet." The house-door was shut gently, and I thought I heard the sound of wheels and horses' feet.

I rushed back to my room—the day was just beginning to dawn. I tore aside the window-curtain, and looked into the court below—but it was empty. I strained my eyes, but could not see any signs of footsteps, or any traces of a skirmish, as I expected. There was not light enough to discern any thing distinctly. I fancied I heard receding wheels and horses' hoofs clattering in the distance, but could not feel certain of any thing, and I think I was then about to faint. My head turned giddy. I grasped a chair near me, and had just sense and strength enough to summon up all my remaining energy, and made a rush for the bed, on to which I fell; and then I remembered no more.

When I again opened my eyes, I saw Betty sitting by the bed. The sun was streaming in through the little window with all its July strength, making the room look very cheerful, and lighting up the great quaint oak wardrobe, showing it to be a wonderful piece of carving, and by no means gloomy looking, except as to its color. There might have been a window or two more in the room with great effect, for all the bright summer sun could not take the bed out of a perpetual shadow; but still every thing looked much more cheerful than the night before.

I looked at Betty with astonishment at first, but by degrees remembered where I was; and when she asked if I had slept well, I rose immediately, and was soon dressed. While I was so occupied not a single incident of the night had come into my mind. I felt tired and bewildered, but thought (if I thought about it at all) that my fatigue was the result of my previous day's traveling.

When I left the room with Betty I started violently at the sight of the hole for the step-ladder, and with a strange feeling of horror, which I could not understand, tried to laugh at my awkwardness in descending. When I entered my uncle's sitting-room I found all the farm household assembled for morning prayer. My uncle beckoned me to his side, gave me a silent greeting and a kiss, and immediately proceeded with the service.

When prayers were over the farmer's wife came to pay her respects to me, hoping I was not too tired—was sure I slept well, as she knew that bed was the most comfortable one in the house. I answered, as I thought, suitably, feeling very shy, but was roused from my shyness and every other feeling at the sound of a voice close to me, speaking to my uncle.

Turning sharply round, in fright and terror, though I did not know why, I heard the farmer say, "We's afeard we made a awful noise last night; but they pigs were that contrairy, sum on 'em would run into house when we was hoisting of 'em into cart, and shruck as if stuck. We gagged 'em at last, and chucked 'em into the cart like sacks of wheat. Bill was quiet as could be. Hope little miss didn't hear; but 'spose your reverence told her it was pig-night, so she'd not take fright if she heard a scuffle. They lanterns, too, would flash up in wrong place."

Then all the night's agony burst upon my mind, and I broke down in a fit of uncontrolable laughing and crying. Every thing was explained to me—how the pigs were always taken to market at night, for the town in which they were sold was some miles distant, and it was necessary to leave soon after midnight, in order to be in time for the morning market; how piggies sometimes went off quietly, and how last night they wouldn't; how Uncle and Betty forgot to warn me that there might be a noise in the night, for they were so used to it that if all the pigs had been stuck and had shrieked their heads off, they would not have been disturbed.

Then, between sobs and laughing, I told all my terrors of the night, and in a few minutes laughter predominated, and my uncle pretended to be very much offended that I should have mistaken a set of gagged pigs, doomed to slaughter, for so many human beings.

I have only to add that my nervous illness was quite cured, though certainly by rather rough means, and such as no one would willingly have used.

I soon became familiar with the step-ladder, and used sometimes to frighten Uncle and Betty by dancing up and down it in the most daring and reckless manner.

Digitized by Google

Woodland Rambles.*

BY ELLEN E. MILES.]

I HAVE chosen for my theme, this evening, *Woodland Rambles*, partly because I think such rambles not only elevating to the mind, but very conducive to bodily health and vigor. Let us for a moment glance at the inducements which are held out to us to step aside from the ordinary cares and perplexities of every-day life, and drink in the health-giving, invigorating air of some of these delicious spring days. We naturally leave the crowded, busy streets, and are drawn, as if by a strong magnetic power, toward the grand old woods. If it be spring-time, as it now is, and the eye has become weary of gazing at naked branches, and the feet tired of treading the frost-hardened earth, or, as is too often the case, the body has lost its elasticity from long inaction and confinement in over-heated rooms, then will the woods have a charm for us which we may seek for in vain, elsewhere.

"Come ye into the grand old woods!
There entereth no alloy."

All that is found within these grand temples of Nature is from the hand of the great Master Workman, and will bear the close inspection of the most critical eye. How quickly will one forget his weariness as he listens to the first gush of melody which issues from the overfull throat of the red-breasted robin, as he tilts among the swelling leaf-buds, and almost cheats one into the belief that he is a breathing, vocalized blossom of spring-time, so bright is his plumage amid the tender greenness of the bursting foliage. Involuntarily, and often unconsciously we attempt an imitation of the bird-note, thus giving our lungs free and healthful action, and more fully preparing the body for the work which is in store for it. We almost forget the song and the singer, as our steps lead us along the woodland pathway in search of new beauties, which every spring unfolds. We may be too early for the sweet violet or anemone; but are we not fully compensated for the disappointment as our eyes rest upon a little knoll of ragged earth, and as we stoop to examine the tufts of emerald moss surrounding, and oftentimes crowning it, to find nestled among the greenness the brilliant berries of the *Mitchella*, or partridge berry, while the scarlet leaves of last year's blackberry vine cling lovingly to the parent stem, only waiting to be pushed off when Dame Nature shall have seen fit to provide a suitable substitute. Thus we slough off the old life of an in-door existence through the "tedious winter" and give place to new springs of thought and action by coming in contact with woodland creations. I never was more fully aware of the beneficial effects of a ramble of this kind, than on the 11th day of December last. I had been trying to imagine myself ill during the morning, and feeling as if the clerk of the weather had made quite a mistake in not sending the snow in due season to cover the unsightly rubbish which usually collects in back-yards after a Massachusetts Thanksgiving, when my sister proposed that I should accompany her to the woods for ferns and mosses. Ferns and mosses! What could the child be thinking of! Ferns and mosses the 11th day of December! To show my willingness to please her, and my sisterly regard for her extreme want of wisdom, I robed myself in coat, hat, boots and mittens, and, armed with a trowel and a carving knife, we started. A brisk walk of a mile brought us to the woods in question. By the time I had climbed the first wall the ugly pain in my shoulder was entirely forgotten, and in fact had taken its departure. The uncomfortable chill which had vexed me during the morning had given way to a warm moist glow, and I found mittens and coat becoming quite burdensome. Rubbish no longer met my eyes; but every fallen trunk and broken tree limb showed evidence of the great Artist's handiwork. No lady's skillful fingers ever wrought such delicate lace work, as encased many of the moss-covered branches which strewed our pathway, and formed a misty covering for the gray old rocks. Each step brought us in close contact with some new miracle which we did not attempt to explain. It was enough to know (as the Apostle says) that "all things are for your sakes," and that we may ever approach nearer, though we may not be able to get at the center of all things. With every new beauty came added strength, and a desire to prolong our rambles, until we found ourselves on the outskirts of the wood, on the border of a swampy meadow, from the center of which gleamed scarlet tufts of vegetation

* An Essay read before the New Haven Hygienic Society, April 1, 1871.

Digitized by Google

from among the dry, brown grass. As we investigated the matter more fully, we found it to be the *Sarracenia*, or pitcher plant, which is among the most curious of our American wild-flowers. In early summer-time the petiole is usually filled with water, in which are myriads of drowned insects. To-day each crimson petiole held a globule of transparent ice. Each cluster contained from twenty to fifty or sixty of these hirsute, delicately-veined drinking-cups, which by the aid of our friendly trowel and carver we soon had in our possession, roots and all. La Place once said, that certain discoveries in mathematics had lengthened the life of the astronomer, by enabling him to realize new privileges and new delights. As truly may it be said that my woodland ramble on a chill December day imparted more strength and health to mind and body than the mere moping over the "cheerful anthracite," and inhaling its poisonous gases, could have done, even though it might have been thought more comfortable at the time. Suffice it to say that the products of that day's ramble carried joy, and gladness to many hearts beside our own; for after being skillfully and artistically arranged among ferns, and other woodland productions, they occupied a most conspicuous position at the Woman's Bazaar held in Boston during the Christmas holidays, and were then scattered far and near to cheer the invalid in her sick-room, and pervade the close atmosphere with a breath of woodland sweetness. If nine-tenths of our school-girls, who, after reciting a shabby lesson in French and German within the walls of an over-heated school-room, and then, after a dainty (?) dinner of roast turkey, plum pudding, mince pie, nuts and raisins, seat themselves in a lounging chair and study into the mysteries of the last new pattern of crotchet or tatting, if they would but take a luncheon-basket on their arm, and go into the woods, and after doing full justice to the edibles, give as much time to examining the exquisite formation of the ferns, and the minute flowering of the various mosses as they would be likely to expend on useless and expensive fancy work, they would find that not only had their bodily organs received new impetus for activity, but the mental powers had been strengthened and enlarged.

Our dear Lord and Master deemed the lilies of the field worthy our consideration, and we have divine proof that "Solomon in all his glory" had knowledge of the trees, "from the cedar tree that is in Lebanon even unto the hyssop that springeth out of the wall." A writer in "The Intellectual Repository" suggests that there is good reason to believe that the hyssop referred to belonged to the almost endless variety of mosses which add so much of artistic beauty to the rocks. In speaking of the tiny seeds of the moss, he observes, "When carried or blown against any moist and shady surface, they cling to it, and commence active life, and in a little while make it seem as if a coat of bright green paint had been spread there. * * * * Since hyssop, properly so called, is neither an inhabitant of walls, nor so remarkable for diminutiveness as to form nearly so suitable a contrast to the cedar of Lebanon, it is pretty certain, at all events, that the allusion is made to something else; and the positive arguments are all in favor of its having been *mosses* of which Solomon spoke."

I have dwelt more particularly upon spring-time rambles, because this is the time of the "annual miracle," but one can derive benefit from woodland rambles at all seasons of the year. What can be more refreshing to the overtaxed brain and weakened body, than to throw aside all care of household duties and study confinement, and spend a day with a congenial companion, in the midst of the beauty of the *summer* woods. One needs no book; for is not the great "Book of Nature" open to us, speaking audibly in the musical rustle of the leaves, in the tall tree-tops, in the rimpling brooklet which flows at our feet, and in the hum of the myriad insects which flash in the sunlight? At such a season one drinks in the very "Elixir of life." Autumn presents no less attractions than does the queenly summer. She spreads her many-colored carpet beneath our feet, and woos us with her mild breezes to take a new lease of life by a stroll among her varied landscapes. Looked you ever through stained windows of richer coloring than those through which you gaze as you enter the autumn woods and look up to the clear, blue sky? Did your feet ever enter a grander cathedral? Transept, nave, and choir are not wanting; and while the soul bows in reverence to the great Over-heart, the body gains refreshment from open air and sunlight. Did you ever go into the woods after one of those spring snow storms which sometimes come even after we have begun to look for spring blossoms? The keen, frosty air may make you shiver for a few moments, but all discomfort is soon forgotten, in the beauty of the scene before you. Like a fairy palace is the grand old wood! No tesselated pavement of Roman antiquity can vie with the matchless "Carara" which is broken here and there only by the tiny, geometric tracks of the rabbit.

Digitized by Google

Snowy arches lighted up by the bright morning sunlight, over which bend the branches of the tall, stately pines whose massive trunks look like grim sentinels guarding the entrance to this palace of beauty. Every thing within range of our vision has received a pure baptism, while over all hangs the clear, blue dome of heaven. Can one look upon a scene like this and not feel his whole soul go out in love and adoration to the good Father who has made us only a *little* lower than the angels? Let us look well to it, that we keep our bodies in a condition, by proper exercise, and a personal contact with the beauties of the outer world that they may indeed be *fit* "temples of the Holy Ghost."

WHAT HAPPENED TO THE LITTLE BOY WHO WOULD SMOKE.—Frank was really as tender-hearted a boy as you could meet; and having neither brothers nor sisters, he made companions of his pets—his canary birds, his tame hare, and his rabbits—and not once had they had it in their power to complain of neglect or unkindness from their young master. They knew nothing of his faults, poor things, nor anticipated the cruel fate his weakness of character would bring upon them before long. It was the coachman's pipe, lying on the window-sill outside the shed, that was the beginning of the trouble. The pipe, the match-box, and the tobacco-pouch. Frank saw them all, as he walked past the window to replace the broom in the harness-room, from where he had taken it, and as he saw them, the sneer of the boys came back upon his mind; so, contrary to express commands issued both by his father and mother, Frank, having laid the broom aside, returned and gathered them all up in his hand—pipe, matches, and pouch—and looking around for a safe hiding-place, where he could indulge in his disobedient pleasure, he climbed the ladder leading to the loft above the shed, and sat down among the hay to try what a real smoke was like—not a brown paper one. "I'm not getting sick, not I," said Frank, by-and-by, as a very strange feeling crept over him, and the clouds in the sky opposite the barn-door seemed to be heaving, and the world generally going round, "I'm not going to be sick, not I;" but for all that, Frank put down the pipe hastily and walked toward the loft window. The loft was spinning round now, and the yard beneath was moving about. Frank felt that he must get into the house somehow; he must get in and lie down on his bed, for his head for some reason had begun to ache horribly, and into the house he did eventually make his way, though it remained always a matter of wonder to himself how he escaped without broken bones in his perilous descent from the loft window. But, as I said before, he reached the house somehow, and lay down on his bed, where, notwithstanding his boasts, he was very sick and very sorry. He shut his eyes, poor boy! and endeavored not to see any thing, but to try if he could get to sleep. He did get to sleep at last; he had just fallen into a doze, he was dreaming of Alfred West struggling in the fire to save the woman and child, he was dreaming of the flames and the smoke, and the cry of "Fire!" when he was awakened from his sleep by the very cry he was dreaming of—"Fire! Fire!"—he thought he must be still dreaming, till he jumped from his bed and looked out of the window, then he saw it was no dream, the loft outside the yard was all in a blaze, and the smoke was pouring in thick columns from the window of the rabbit-house. Frank staggered down the stairs, with aching head and giddy step, and made his way into the yard; for, with the first sight of the flames issuing from the barn window the conviction had forced itself on Frank's mind that the pipe so hastily dropped into the dry hay had been the cause of the fire. All the men in the place were gathered round the loft, in which was packed the whole hay of a season. In vain Frank called to them to put down their buckets of water and save his rabbits. In their anxiety to save their master's property, they did not heed him. So the poor rabbits came to an untimely end, and the old hare perished in her blindness, and the barn was burnt down, and the precious hay destroyed—all through the cowardly desire to keep faith with a cowardly boast, and long was the bitter punishment that ensued. The news of the stolen pipe and the burnt rabbits traveled with quick and certain footsteps to the school, where the nickname of "Not I!" was no longer whispered beneath their breaths, but became the well-known cry of the boys whenever Frank appeared among them.—*Ex.*

SILENCE.—The finest nations of the world—the American and the English—are going all away into wind and tongue. But it will appear sufficiently tragical by-and-by. Silence is the eternal duty of man. He won't get to any real understanding of what is complex and pertinent to his interest without maintaining silence.—*Thomas Carlyle.*

Digitized by Google

Growing Old.

BY FRANCES ELLINGWOOD ABBOT.

IT is exceedingly immoral to grow old. Perhaps old age may be justly set down as the unpardonable sin. It should be the prerogative of an immortal being to be always young; eternal life without eternal youth would be the heaviest of curses, as is beautifully taught in the old Greek fable of Tithonus. I never wish to see an "aged" person. Old age, like an iceberg, radiates cold as it were in all directions, and sinks the temperature of every soul that approaches it. Shakspeare was wise when he said, "Youth and crabbed Age can not live together;" like darkness and light, the one always expires on the advent of the other. The presence of an old man or an old woman makes the soul frost-bitten, unless its youthful fire is hot enough to thaw out the snow and ice of time.

In Gulliver's Travels, Dean Swift makes his hero visit the kingdom of Luggnagg, in which was found a number of people that never died. They were called *struldbrugs* or immortals, and were distinguished by a red circular spot over the left eye. They commonly acted like mortals until they came to be about thirty years old, after which they became melancholy, and lived in this state until four-score, when they entered on a peevish, covetous, talkative, second childhood that never knew any end. Without memory, they passed through centuries on centuries of wretched dotage, envying equally the young who could enjoy, and the old who could die and thereby cease to suffer. Equally hated and despised, they differed from mummies chiefly by the power of motion, and grew more and more repulsive with the lapse of years. By this quaint fancy Swift exemplifies the intrinsic misery of old age, the unspeakable disaster of arrested development. Every old person, from the nature of the case, is a *struldbrug*, and appears among the youthful like an exile from the kingdom of Luggnagg. I know not which to call the greater—the calamity, or the crime of growing old.

But let me not be misconstrued. Gray hairs do not make one old, nor a wrinkled forehead, nor crow's-feet about the eyes, nor the deep furrows of Time's plow about the mouth, nor a bent back, nor a palsied arm, nor the feeble steps that totter toward the grave. Neither can you reckon the age of a man, as you do that of a horse, by looking at his teeth. Scan the body as closely as you may, and if you can not look through the body into the soul, your estimate of age is the wildest of all guess work. Many a soul seamed and corrugated by the lapse of time, looks out at you wearily in the face of a mere boy, as the calendar would rank him; and many a soul, fresh as the May-flower in earliest spring, shines through the weather-beaten features of the patriarch. Our bodies are the masks of character. The census-taker in the "kingdom of Heaven" will never inquire for the date of your birth, have no transactions with the town-clerk, consult no parish register, care nothing for the record in your old family Bible; he will measure your youthfulness by yourself alone, and take no more account of your carcass, in calculating your age, than of the coat you wear on your back. A thread-bare garment makes no one aged—neither does a worn-out body. The body *must* grow old, and fall to pieces; its fabric is frail and its texture loose. But it is against nature for the soul to grow old. Your body is not you, except as your glove is a part of your hand, or your boot of your foot. There should be no more loss of youth involved in the casting off of an old body, than there is in the discarding of a ragged waistcoat. When decrepitude strikes deeper than your flesh and bones, it is because you have suffered the fountain of youth, which God unseals in every heart, to be choked up with rubbish and dirt. The youngest man I ever knew was by the almanac more than eighty years old. How beautifully serene and placid was that furrowed brow! How fresh and hearty used to be his laugh, how genial his conversation, how pure and unpolluted his daily life! Little children instinctively nestled in his lap, and smiled trustingly in the kindly old face that revealed a soul childlike as their own. Sympathy with all that is sweet, noble, and true, illuminated every feature, and cast the glory of a summer sunset about a well-spent life. Though the frosts of winter had whitened his head, his heart was warm and lovely with perennial spring. One could not meet him without being cheered as if by the song of birds and the fragrance of fresh violets. He often spoke cheerfully of death as not far

Digitized by Google

off; but who could see or hear him, and not feel that he was too young to die? And, indeed, he was too young to die—I think when I remember the vitality of his spirit, that he never died, and will never die. The last time I saw him, he lay on his bed, never to rise in his old health again; his long white locks streamed over his shoulders, and, as I kneeled at his bedside, he laid his trembling hand upon my head, blessed me, and with a feeble voice prayed a few simple words to the Father in Heaven. Never did a prayer ascend from a more youthful, a more child-like spirit. When the useless and worn-out body was laid away for ever, there never was set free a soul more fair and fresh with the bloom of eternal youth.

"How old art thou?" It is well to pause now and then, and put this question home to ourselves. Youth is growth. Old age is simply cessation of growth. To advance, to improve, to enlarge the sphere of our being day by day, is to be young; to stand still, to retrograde, to contract into a smaller volume—this is to grow old. Youth is spiritual progress or development; age is spiritual retrogression or decay. This is what I meant at the outset by saying that it is immoral to grow old. We have no business to surrender the grand privilege of perpetual advancement. The body grows old because it is created to grow awhile, to be mature awhile, to decay awhile, and then to perish; but the soul flies in the face of its own nature ever to pause in the ascent toward perfection. Aspiration is the secret of youth, and the proof of it; the soul that persists under all defeats and disappointments, in aiming at higher good and vaster truth, shows the elastic vigor and fresh bloom, which are the index of increasing vitality. But to halt, to accept defeat as final, to turn away from the hope and toilsome task of spiritual amelioration, is to begin the soul's decrepitude. Youth is aspiration—age is desperation. Look in upon your own heart, estimate the fervor of your longings for greater goodness and the strength of your efforts to realize it, remember that these longings and efforts are the index of your age—and then answer silently your own, self-put question, "How old art thou?" Old age has nothing to do with the body—it attaches to the soul alone, if it truly belongs to you; and if *that* is getting infirm and gray, wrinkled, palsied, and decrepit, it is time to fill its veins once more with fresh tides of life.

I once had a piece of gum-copal, yellow and transparent and clear, in the center of which was a spider, embalmed in a sepulchre of surpassing beauty. I care not how prosperous or magnificant may be one's external condition, if his soul is superannuated, he is not one whit better than the spider in the gum-copal. If you are empty of earnest aspiration and effort as earnest, then depend upon it that the more dazzling the splendor of your outward prosperity, the more conspicuously you are entomed in your own success.

Men's souls grow old in many ways. Some eager to enjoy, and reckless how they enjoy, barter purity for pleasure, and even in youth become superannuated in soul—lose all faith in goodness and all desire to achieve it, and live a life of seeming debasement. To such, Life, like premature fruit, ripens fast because worm-eaten. He who yields to passion piles century after century on his soul, and even in early manhood stands whitened by the multitude of his years. Of all octogenarians, the old young man is the dreariest and saddest to see. Enthusiasm replaced by cynical contempt for virtue, hope supplanted by *ennui*, every high purpose sapped and destroyed by self-indulgence, the young profligate is a graybeard before his prime; the delicacy and beauty of youth are lost, and, cheating himself into the belief that he is a thorough man of the world, he has only made himself a precocious dotard.

Many men grow old in mind, by simply standing still. In early life they form opinions, which, though honestly adopted, they fail to revise in the added light of experience and fresh thought. Prejudice steps in; and, becoming committed to the defense of these opinions, they make it a point of honor never to strike their flag. It is only the growing mind that will consent to call in question its own preconceived notions, and give to new thought a candid and hospitable hearing. Perhaps timidity and policy cast their chains about the mind, and rob it of its youth. To let expediency or fashion slip into our thought, and give the casting vote between the old and the new, makes the soul rapidly grow aged, and afflicts the spiritual eyes with a loss of sight, which no lenses can repair. Youth is courageous and pays no heed to the seductions of self-interest or conformity; it is charmed with the grand perspective of truth, and gazes with throbbing heart upon its vast plains and lofty mountains. It listens to no temptations that appeal from without; it hears only the impulses of the Divine Spirit within, which urge it to reverence supremely, the true, the beautiful and the good. But Age is little concerned except for ease, enjoyment, respectability; and, steal-

Digitized by Google

ing prematurely into the young man's heart, it strikes with paralysis every enthusiastic aspiration for truth alone.

Old ministers often complain that they lose their hold on their audiences, and are ungratefully used; but commonly the fault is their own. No man has any business to be an *old* minister; if he keeps his heart warm and fresh with noble sympathies, and keeps his mind candid and active by the steady pursuit of truth, he will be a boy still at the end of ninety years, and find himself heard with ever increasing respect and affection. The ministers who are dry and tedious, and complain so much of want of appreciation, are commonly men who grow early old, who are afraid to speak out their best and boldest word, and so cease to speak from their own enthusiasm and deepest faith. They are fossils. Let a minister utter always his best thought, and, poor as may be his eloquence, he will find willing hearers. The young, growing spirit is for ever in sympathy with growth; an electric current runs from every live speaker to every live hearer, and from the hearer back to the speaker again. The pews little know how much they make or mar the inspiration of the pulpit. The thought of one eager, hungry, receptive listener, one soul that thirsts and waits for a living word, will inspire the preacher in his solitude and call out his best truth, his deepest feeling. But alas for him who must address himself to an *old* audience, an audience whose souls are not fresh with the life of youth and growth! The thoughts that rise are congealed again at their source; and the finer experiences of his soul refuse to voice themselves to careless ears.

Men grow old in conscience also. They obey a lower law, and suffer the voice of God, ever sounding, to be drowned in their own attention. How easy it is to grow complacent over our own goodness! We accept the customs of men for the laws of God, and find that yoke so easy that we fall in love with our own very respectable virtue. We suffer our souls to get into a moral dotage, and then applaud ourselves for our own excellence. Conscience grows fearfully old, if we suffer its warnings to be overborne by the invitations of profit or fashion or inclination; it mumbles over its unheeded monitions and seems sometimes in the last gasp of consumption. But though suffered to become old and disregarded, conscience can not die. It is the numbness of old age that befalls her, not the coldness of death, and new tides of immortal vigor may yet course again through her tepid veins. When we adopt the world's ethics, and lower the high commands of conscience to harmonize with the easy code of Mammon, we grow gray in worldliness, and heap the years of the Pyramids on our own heads. Folly of follies! Conscience is not extinguished after all, and will yet revive to show us that the wisdom of selfishness, with all its ill-got gains, is moral lunacy and dotage. Keep your conscience young, whatever grows old within you; let that at least wear the amaranthine wreath of perpetual youth.

Men grow old in their affections also. Many a generous boy with chivalrous and noble instincts ends by becoming a cold, hard, suspicious, utterly heartless man; he scoffs at his early dreams as nonsense, and chooses even his friends from business motives. This decay of the heart is a melancholy spectacle. The prosperity which demands so costly a sacrifice is not worth the price paid for it. Frequently, also, the most beautiful ties of life are suffered to perish by mere neglect. How many a household is blasted for all earthly happiness by a cold omission of every thing that expresses love, until by this mere omission, poor love is frozen to death! Untold domestic misery springs out of a carelessness of treatment which makes the souls of husband and wife grow old with frightful rapidity. Every impatient word writes a wrinkle on their souls; every selfish disregard of each other's comfort blanches a lock; every side-thrust of pique or ill-temper steals a tint from the cheek; and before they know it, all the beauty of early love is gone, and two peevish, selfish, unhappy people are compelled to endure the discomfort of each other's old age. They may be still young in years, but their happiness is largely destroyed because they have not cherished the delicacy and tenderness and unselfishness which are the beauty of love, and without which marriage becomes the worst of handcuffs. The importance of *simple courtesy* in a home can not be over-estimated; there should be a chivalry of devotion, a thoughtfulness of attention, to obviate the little frictions of life, and prevent mere trifles from becoming thorns and torments. Keep the heart young; let not the fair flower of home happiness perish from want of a little watering and tending; let the radiance of genuine love grow only mellower and softer with each passing year; and thus guard jealously against the invasion of old age where old age should never be allowed to come.

Youth—fresh, warm, generous youth—let us keep that always as the very life of the soul. No standing still, but progress in all that is fair and good, pure and true; growth upward and outward, in mind, conscience, and heart.

Digitized by Google

STUDIES IN HYGIENE.

WATER.—If any reader will give his attention for a few minutes to the subject of water, if he will inquire for what purposes it is indispensable, and in what quantities it is used every day, he will arrive at a realizing sense of the importance and interest connected with the subject. In the city of London the number of gallons used daily for all purposes, equals about twenty-two per head for the population; in Glasgow, fifty gallons per head; in Paris, thirty-one, and in New York, much more than either of these, but in New York the amount wasted on docks and piers is greatly in excess of the European cities. An adult man who labors hard, requires daily about three quarts for nutrition. A man whose labors are light, does not require more than half so much. About one-third of this amount is taken in the daily food, and the remainder must be supplied in the form of drink. Women drink much less than men, and children less than either, though in proportion to their size, they use more than men or women. In hot weather, more is required than in cold, and a laboring man needs more than an idle one. Dr. Parkes, author of "Practical Hygiene," measured the amount used by many soldiers, and gives the following sum used by a man of the middle class, who he considers a fair type of a cleanly, healthy man belonging to a cleanly household: Cooking, 3 quarts; drinking, 1¼ quarts; ablutions and sponging, both, 5 gallons; for washing cooking utensils, 3 gallons; for laundry, 3 gallons—Total, a little over 12 gallons.

For a full bath in a bathing-tub forty gallons is a moderate estimate, and for a Turkish bath one hundred gallons may be required. In ancient Rome, Leslie calculates the amount used for each person in the public baths to have been not less than three hundred gallons, but these baths were the largest in the world, and were conducted on a scale of luxuriance nowhere else known. Parkes estimates the amount of water required for all purposes, including sewers and closets, at twenty-five gallons per person, as the least amount that ought to be used. These estimates are for a city population, and for the country perhaps a little less would suffice.

A horse requires from six to ten gallons daily. A cow or ox fed on dry food requires from six to eight gallons.

In water-cures and hospitals, nearly double the quantity used in private houses is necessary.

CARE OF THE HEALTH IN HOT WEATHER.—In hot weather the process of fermentation and putrefaction are greatly hastened, and any thing not readily digestible or in any way inimical to the system, taken into the stomach, acts more rapidly and injuriously than in cool weather; so the character of our diet is now of the utmost importance. In the coldest climates of the North, and during winter, a diet composed largely of animal food is allowable, if not best; but here, especially in summer, meat should be sparingly eaten, and such abominations as fried bacon and "long collards," soaked in grease, should be utterly avoided by all white people, whose too sedentary habits are not favorable to the digestion of such food. We are sorry to be obliged to say any thing against the established diet of the country, but we are thoroughly convinced that fried bacon and hot bread have far more to do with the sallow complexions and bilious condition of our people than their warm climate. Our earnest advice is, eat but little meat during the summer, and let that be beef and mutton, especially the latter, if you can get it, and to enable all to do so, every farmer should raise sheep.—*D. H. Jacques, Charleston, S. C.*

HYGIENIC TREATMENT OF CRIME.—Every State prison, like every lunatic asylum, should be administered medically, not politically. A criminal should not be let loose upon society simply because he has been confined during a period prescribed by law; he should be kept under the control of competent physicians and

Digitized by Google

treated by them till he is cured of his criminal tendency; and if he is not cured, he should not be released. A man is afflicted with a disease of mind which prompts him to steal; he is sent to prison five years; he serves his time, comes out, and steals again; he goes back and serves five years more; and nothing having been done meanwhile to cure his disease, he comes out with the same disposition as before. This is the ordinary worthless result of prison discipline—a system which, instead of repressing crime, fosters it, and instead of reforming criminals, makes them worse. We repeat that a State prison, like a hospital, or an insane retreat, or an inebriate asylum, should be under scientific and not merely didactic administration.—*Golden Age.*

PANDORA.—

"Who's Pandora?" Famous woman!
As the story-tellers state,
She was curious and human,
Much like folks of later date.
Jove once gave her for safe-keeping,
Sad misfortunes in a box.
Pan could not forbear to peep in,
So she went and picked the locks.
Troubles then began to travel
Round and round the wretched world,
And a dreadful lot of gravel
Into people's eyes they've hurled.
They are going worse and worse on!
Pan, why did you let them out?
They are not the sort of person
That we care to have "about."
Oh, Pandora, most unfortunate,
Thus to vex unhappy men!
Take your crew of cares importunate,
Kindly box them up again!

—*Selected.*

ODORS AND HEALTH.—This is the subt of an interesting article in a Belgian medi- journal of recent date, from which we conse a few facts. A knowledge of perfumes ches to the most remote antiquity. The s made use of them in the time of Moses. ey were highly esteemed by the Greeks in time of the wise but rigorous Solon. Their was carried to excess by the Romans; and lly, in our time, they appear to have ard at their utmost perfection and delicacy. as been reserved also for the present day to them in the greatest profusion. But if the fumes that are everywhere found, and can be acted by certain processes, may be used with ty, this can not be said in every case of the odors that are naturally exhaled by flowers, leaves, or fruits. Their action on the economy in a limited space, and especially during the night in a closed chamber, deserves to be noticed. It manifests itself by serious disorder, headache, syncope, and even by asphyxia if their action is too long prolonged. In nervous persons numbness may occur in all the members, convulsions, and loss of voice, but in general only a state of somnolence, accompanied by feebleness and retardation of the action of the heart. This state is often associated with well-marked dimness of vision. Among the flowers that are most deleterious may be mentioned the lily, hyacinth, narcissus, crocus, rose, carnation, honeysuckle, jessamine, violet, elder, etc. In addition to the danger caused by their smell, should be mentioned their action on the air. During the night, flowers actively produce carbonic acid, which is injurious to health. Magendie even cites a case of death caused by a large bouquet of lilies, which the sufferer, a previously healthy woman, had in her bed-room while sleeping. Among the more dangerous plants may be mentioned the walnut, the bay-tree, and hemp. The action of these is well-known, the latter indeed producing a kind of drunkenness.—*Journal of Chemistry.*

MARRIAGES THAT PROPAGATE DISEASE.—A sickly frame may be originally induced by hardship or intemperance, but chiefly by the latter. It is impossible, that a course of vice should not spoil the best constitutions; and did the evil terminate here, it would be a just punishment for the folly of the sufferer; but when once a disease is contracted and riveted in the habit, it is entailed on posterity. What a dreadful inheritance is the gout, consumption, or scrofula, to transmit to our offspring! How happy had it been for the heir of many a great estate, had he been born a beggar, rather than to inherit his father's fortune at the expense of inheriting his diseases!

A person laboring under any incurable malady ought not to marry. He thereby not only shortens his own life, but transmits misery to others; but, when both parties are deeply tainted with scrofula and the like, the effects must be still worse. If such have any children, they must be miserable indeed. Want of attention to these things, in forming connections for life, has rooted out more families than plague, famine, or the sword, and as long as these connections are formed for mercenary views, the evil will doubtless be continued.—*Dr. H. J. Broadwell.*

Digitized by Google

RECIPES FOR WHOLESOME COOKING.

PREPARATIONS FOR INVALIDS.

No. 1. Barley Broth.—Wash in warm water, and steep a small table-spoonful of pearl barley in fresh water three or four hours, adding a little salt; pour off the water, and set the barley on the fire in a pint of water; put in a table-spoonful of bread-crumbs, one or two sprigs of parsley, and a little mace; simmer till sufficiently done, and then strain it through a fine tin strainer.

No. 2. Bread Soup.—Set a pint of water on the fire in a clean saucepan, adding a dry crust of bread, cut in small pieces, a little fresh butter, about the size of a walnut, and a little salt; let it boil, beating it with a spoon till well mixed, and boil it gently a quarter of an hour.

No. 3. Barley Water.—Wash two and one-half ounces of pearl barley; steep it in cold water several hours; put it into a pan with a little boiling water, and after boiling a few minutes, pour off the water; then add two quarts of boiling water; let it boil till reduced one-half; then add sugar, and flavor with lemon peel or raspberry vinegar.

No. 4. Rice Water.—Wash and pick two ounces of rice; set it on the fire in a quart of water; boil gently till the rice is quite soft and pulpy; rub it through a hair sieve, and sweeten with honey or sugar. Lemon juice may be added.

No. 5. Sago Soup.—Three ounces of sago, and two turnips. Soak the sago a few minutes in cold water; then boil it gently about two hours, with the turnips cut in small pieces; season, and serve with toasted bread.

VEGETABLES.

All green vegetables should be as fresh as possible. Put them into cold water with some salt in it, for about ten minutes, to clear from soil or insects. If not quite fresh, let them remain in the water some time longer; drain in a colander, and put them into a pan with plenty of boiling water, adding salt, and a small piece of soda; cover the pan till boiling, but not afterward; then boil quickly, and carefully remove any scum which may rise. Do not allow them to remain in the water after they are done, but immediately drain them in a colander, and finish each kind as directed in the recipes. Peas and spinach do not require so much water as most other green vegetables, but only just sufficient to cover them. Cauliflowers and brocoli require especial care in boiling, as the flower is easily broken and their appearance spoiled; boil them quickly for a few minutes, and then moderately till tender, which may be easily ascertained by trying the stem with a fork. All vessels used in cooking vegetables should be particularly clean. Soft is preferable to hard water in cooking all kinds of vegetables. Potatoes are in universal use, and yet how few know how to cook them well! "A well-boiled potato is a thing purely ideal—it has never come out of the pot, in the experience of living man." This is too strong; but there is very much room for, and need of improvement in *the science of cooking a potato*. To do it *well*, the matter must be *studied*, and not performed by routine. They differ very much, even those grown in the same field and from the same seed. A good potato, well-cooked and served up, is a luxury, which unfortunately few people know how to accomplish, or will not give themselves the trouble to do.

No. 1. Potatoes.—Those grown on virgin soil, of a middle size, and floury, are to be preferred. They should be as nearly as possible of one size, well washed, but not pared. They should be put into a vessel of cold water for an hour, then put into fresh water, and boiled in a kettle or saucepan, closely covered, in the most expeditious manner possible; or they should be steamed, which would be still better. If boiled, no more water should be used than merely to cover them, as they produce a considerable quantity of fluid. When they are done, the water should be *instantly poured off*, and the kettle containing the cooked potatoes be placed on the side of the fire with the cover on, and a cloth over them, until the steam is absorbed, and rendered quite dry and mealy before they are sent to the table.

No. 2. Mashed Potatoes.—Pare and wash the potatoes; put them in a pan with cold water; boil slowly and carefully; dry and mash them with a potato-masher till quite smooth, adding a little salt and hot new milk, with a little butter melted in it; beat them well with a fork; put them into a hot basin, and turn them out on a vegetable dish.

No. 3. Boiled Carrots.—Wash and brush the carrots; boil them in plenty of water till quite tender, adding a little salt; rub off the skin with a clean cloth; cut them in slices, and serve with butter sauce.

No. 4. Stewed Carrots.—One pound and a half of carrots; one ounce of butter; quarter of an ounce of parsley; one tea-spoonful of flour, and four table-spoonfuls of cream. About half-boil the carrots; then scrape and slice them; put them into a pan with half a tea-cupful of vegetable broth, or water; let them simmer till quite tender, but not broken; add the chopped parsley, and stir in the flour and butter, previously mixed; simmer them ten minutes longer, and serve immediately.

No. 5. Haricot Beans.—Soak them all night in soft water, boil them one hour, and then strain the water from them; add fresh boiling water, and boil them gently till done without breaking. Serve them with turnips, parsnips, artichokes, or brocoli and bread sauce.

No. 6. Beans.—In shelling the beans, take off the green ends, and when washed, drain them in a colander; put them into a pan with plenty of boiling water, adding salt; boil them till tender; drain in a colander, and serve with parsley sauce.

Digitized by Google

EDITORIAL DEPARTMENT.



NEW YORK, JULY, 1871.

WATER.

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

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

☞ *Exchanges are at liberty to copy from this magazine by giving due credit to* THE HERALD OF HEALTH AND JOURNAL OF PHYSICAL CULTURE.

TOPICS OF THE MONTH.

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

LESSONS FROM PETER COOPER.—Peter Cooper, now eighty years old, still active and useful, one of the successful business men of this great city, and still more, one who has shown his ability to use his great wealth for the good of his fellow men, by founding a great institution in New York dedicated to science and art, where working people can resort without money and without price, and obtain such knowledge of their business and of science as is indispensable to a successful career, sends us the following very valuable lessons from his life for the readers of THE HERALD OF HEALTH:

"While yet a child, I learned that the 'hand of the diligent maketh rich,' and whatever of wealth I have achieved, has been due primarily to habits of patient industry formed at the outset of my career. I soon learned that 'waste makes want,' and I therefore saved what I earned; and, by taking 'stitches in time,' guarded against the loss which unavoidably attends upon neglect and want of foresight. It did not take long for me to learn that drunkenness was the parent of the larger portion of the poverty, vice, and crime which afflict the American people; and hence, until advancing age seemed to demand moderate stimulants, I carefully avoided alcoholic liquors as the greatest curse of the young, and the most deadly foe to domestic happiness and the public welfare.

Next, I observed that most of the shipwrecks in life were due to debts hastily contracted, and out of proportion to the means of the debtor; hence I always avoided debt, and endeavored to keep some ready money on hand, to avail of a favorable opportunity for its profitable use. With economy and industry it is easy to do this in this favored land, and in my case the result has been that, amid all the financial revulsions through which I have passed, no obligation of mine has ever been a day in arrear. Debt is a slavery which every young man ought to avoid, or if assumed, ought not to endure for one day beyond the shortest time necessary to set him free. Shunning intemperance and debt, and practicing industry, rigid economy and self-denial, it was easy to be honest, and to acquire such knowledge as the opportunities of this city offered in the days of my youth.

I was cheered, comforted, sustained, and encouraged by the greatest of human blessings, a diligent, wise, industrious, faithful, and affectionate wife, aided by the earnest sympathy and active coöperation of my children, who justly regarded as the richest portion of their inher-

Digitized by Google

itance, that portion of my wealth which I desired to consecrate to the public welfare. Hence my last lesson for the young is to marry at the proper age, when, and not before, they can see their way to a decent and comfortable support, and thus fulfill the first law of nature with a high and holy sense of its happiness, and its duties, the greatest and most serious in the path of life. Love and duty I have ever found to be be the 'passwords' of all that is true and noble in life, and when they are separated, the fires on the family altar die out, and life loses all its charms, never to be compensated by the false jewels which are often worn in the public gaze.

Reform, to be of any permanent value, must be based upon personal virtue, not force; and it seems to me that the millenium will not be far off when each individual shall set about reforming himself, rather than society, and conforming his life to the great law of loving God and his follow men.

PETER COOPER."

Evils Beside Intemperance. — The Nation, in answer to a letter on "Total Abstinence," makes the following truthful remark: "We believe, for instance, that a large proportion of the vice and crime of the world, drunkenness included, and of the feeble and inefficient performance of daily duties is due to bad digestion; and though this is very well known, and the ways of improving digestion are very well understood, the number of people who make any persistent and energetic effort to improve their digestion, or keep it, is very small. The singling out of drunkenness, therefore, as the root of our social troubles, and the one excess on which we need to expend our energies, is open to the objection of all panaceas."

In other words, it would be quite as pertinent to direct social reform against dyspepsia as against drunkenness. Dyspepsia is a greater evil to society than intemperance, therefore, let our warfare be directed against the former rather than the latter. The only objection we can see to this is that it would be impossible to make the change without great loss of time. and reform force. Some reforms have precedence over others, not because they are more important, but because they have come before the public first, and public attention is more directly given to them. There is not yet enough surplus moral force or reformatory energy in society to attack and carry forward all reforms at once. We are sorry for this, but as it is so we must accept the fact and wait. We believe, however, with The Nation, that indigestion is quite as great a vice as intemperance, and needs quite as much the attention of social reformers.

Diseases Induced by Food. — Happiness and morality are greatly increased by a sufficient and proper diet, unhappiness and sickness, and even crime, result from an improper one. Diseases are produced by,

1. Excess or deficiency of food.
2. Imperfect condition of digestion.
3. By poor quality of food.

When too much food is taken, it may not all be digested and absorbed, but a portion of it decays in the alimentary canal, producing flatulence, dyspepsia, diarrhea, constipation, and irritation. Sometimes the putrid mass is partly absorbed, producing blood, poisoning, fevers, torpidity, heaviness and fetid breath, jaundice, sore eyes, skin diseases, and other complaints. If an excess of food is digested and absorbed, then comes obstructions to the smaller vessels, and a long train of diseases, as plethora, apoplexy, fevers, rheumatism, gout, and a long list of maladies we need not mention.

Those who eat very largely of meat, may find the muscular fiber undigested in the feces, by examination with a microscope. Fatty and starchy matter passes undigested when taken in excess. When albuminous food is taken in excess, it is almost sure to obstruct the liver and kidneys, and produce plethora.

Deficiency of food does not often occur in this land of plenty, but the results of deficiency are muscular and mental weakness, feverishness, dyspepsia, bloodlessness and loss of weight. Eat-

Digitized by Google

ing too frequently produces bad effects, so does too long intervals between meals.

A bad quality of food, or good food badly prepared, is a parent source of many diseases which we will not name here.

How to Make Good Graham Flour.—As Graham flour is usually furnished, the bran is coarse and offensive to many, especially to children. I confess I feel obliged to sift such Graham flour before using it—through a coarse sieve, to be sure—but if the flour had been properly ground, I should not remove any part of it. There are few millers who grind it properly. The stones should be so sharp as to cut the grain evenly and finely, so that no coarse bran is made. This is sometimes called "wheat meal," and is sweeter, and more satisfactory in every way than the ordinary Graham flour that we buy—which is simply a mixture of fine flour, canaille, and bran, or those parts left unseparated after grinding.

Miss Beecher, in her recipe for gems, directs the use of a "spoonful of molasses and a pinch of salt" to a quart of the flour. I can not think that this would be any real improvement upon the old rule that has found so many hearty friends—simply, flour and water, well beaten together into a batter a little thicker than for griddle cakes, dipped into gem-pans, and baked quickly in a hot oven.

These gems, made of good wheat properly ground, are fit to set before any king; more than that, they are such food as American citizens deserve and should have, to make them strong, and wise, and good; fit rulers of a self-ruling nation. Let patriotic women who would fain do the State some service, take into consideration, among other things, the subject of healthful cookery. They are doing this, and will do so more and more.—*Faith Rochester, in Agriculturist.*

People in cities who wish for good Graham flour, should order it from the mill, and have it made of the best white wheat and finely ground. That sold under the name of Graham in cities, is usually worthless and unfit for food, being made of the worst wheat.

Nutrition, or Rather Strength Stored Up in Food.—As a general rule, all the energy of food can not be extracted from it by the system. If it could, then an ounce of lean beef would give strength sufficient to lift fifty-five tons one foot high; an ounce of veal, forty-five tons one foot high; an ounce of bread, eighty-three tons; an ounce of rice, one hundred and forty-five tons; an ounce of oatmeal, one hundred and fifty-two tons; an ounce of pea-meal, one hundred and forty-six tons; an ounce of potatoes, thirty-eight tons; an ounce of carrots, twenty tons; an ounce of cabbage, sixteen tons; an ounce of butter, two hundred and eighty tons; an ounce of the white of an egg, twenty-two tons; an ounce of the yolk of an egg, one hundred and twenty-seven tons; an ounce of good cheese, one hundred and sixty-eight tons; an ounce of milk, twenty-four tons; and an ounce of sugar, one hundred and thirty tons, one foot high. In order, however, to get all this strength out of food it must be well digested, and used to advantage. There must be no waste. It is calculated that the strength developed from food in the average body is equal daily to an amount that will lift five thousand tons one foot high. But by far the larger part of this is used up in keeping the body warm, circulating the blood, digesting food, etc., so that the available force of the body is only a small portion of this.

Marrying for Money.—The Ladies give as a reason for marrying for money, that they now seldom find any thing else in a man worth having. If a woman can find nothing in a man worth marrying except his money, then she had better not marry, for ten chances to one she will find it more difficult to get his money than to earn it herself. It is not wise to look for perfection in men and women seeking matrimonial alliances, but it is worth while to find something to love, respect, and honor. Without these marriage is a farce.

Digitized by Google

How Much Tea and Coffee is Used.—During the year ending June 30, 1870, 335,256,574 pounds of coffee were imported into the United States, valued at $24,234,879. Nearly all this coffee must have been used here, since the amount reëxported was 4,083,000 pounds. For the twelve months ending December 31, 1869, the amount of coffee imported into Great Britain and Ireland amounted to 173,416,322 pounds, of which only 29,108,932 pounds, valued at $4,006,895 were entered for consumption, the rest being intended for reëxportation The amount of tea imported into the United States during the year ending June 30, 1870, is stated to be 42,540,471, valued at $12,489,217, while Great Britain received during the year ending December 31, 1869, 111,887,458 pounds of tea, valued at $40,125,623. Taking the amount of tea and coffee consumed during these years as a basis of comparison, we find that the American people drink coffee chiefly, and those of Great Britain tea. There is nine times as much coffee consumed in the United States as in Great Britain, and only one-third the amount of tea. In the United States the duty on coffee is three cents a pound, while in Great Britain it is three pence, or about six cents.

In round numbers Americans consume about one dollars' worth of tea and coffee to each person, or $36,000,000 worth in a year. This money would buy 6,000,000 barrels of flour, in which is stored up much more force than in the tea and coffee. Of course tea and coffee are harmless stimulants compared with alcohol, but they are not altogether harmless, and cause a vast amount of ill health which might be avoided.

How Not to Become a Hero.—Mr. Abbott does not recommend men and women to worship heroes. He says that "no hero worshiper becomes a hero. The large soul relies on humanity itself, not on single men; and while all noble examples inspirit and vitalize, no one must acquire exclusive sway. It is impossible that a follower should be original in life; yet originality of life is the proof and text of a great moral development. Such is the instinctive judgment of mankind, as shown in the bestowal of historic honors. Even great crimes are pardoned to the powerful and independent minds that have disdained to follow. Commonplace men are content to follow; but even they follow no followers."

Mr. Abbott is about right; and if parents would have their children something beside common-place people, they must early instil into their minds the spirit of freedom and integrity. The first will make them brave, and without bravery a human being is not worth much; the second will make them solid, and without solidity, even freedom itself is little better than slavery. Parents are too apt to train their children to think and act and believe as they do. There is no surer method of quenching any spark of true manliness and womanliness than this.

When is a Man Educated?—Here is where the Augean stable of a past education needs to be purified. The notion that when a child has learned to read, write, and cipher, he is educated, must be eradicated. These are at best but means, and are only the instruments by which education is conducted. It will be for the man of science to show that perhaps the better half of a liberal education may be obtained without books at all. This is the error that lies at the foundation of all of our systems of education, whether conducted in our highest, middle-class, or national schools. The education of the senses, by which the man is to get his living and to perform his duties in life is entirely neglected.

If a youth is not trained in early life to such pursuits and habits as will enable him to gain a good living, he can not be said to be educated as he should be. In a large city like New York, the number of persons who hang around and on to others who do know enough to take care of themselves, is perfectly frightful. The successful man who does not have a chance to support half a dozen or more is very fortunate indeed.

Digitized by Google

INTERESTING CASES OF HEREDITARY LONGEVITY.—Freegift Wells, a worthy member of the Shaker Community, deceased on Saturday, the 15th of April, 1871, aged 85 years, 10 months, and 25 days. He was the youngest of a family of eleven children, all now dead, save one, whose present age is over 93 years.

The remarkable longevity of this family is worthy of notice. Thomas and Abigal Wells, the parents of said family of children, were each, respectively, 80 and 85 years of age at death. The names and ages of the ten children, who lived to mature years, were as follows, viz.:

	Years.	*Mos.*	*Days.*
Seth Y. Wells, deceased, aged	80	2	11
Thomas Wells, Jr., dec'd, aged	74	9	15
Benjamin Wells, deces'd, aged	81	2	19
Calvin Wells, deceased, aged	81	1	8
Luther Wells, deceased, aged	86	5	4
Stephen Wells, deceas'd, aged	88	10	5
Hannah Wells, deceas'd, aged	86	1	11
Jesse Wells, now living, aged	93 and over.		
Abigail Wells, Jr., dec'd, aged	49	2	3
Freegift Wells, deceased, aged	85	10	25

Thus we see that longevity is hereditary. This case is a very remarkable one. Being Shakers their habits were simple, and their expenditure of life-force not rapid.

HOSPITALS, HYGIENE, AND WOMEN.—We presume few of our readers have forgotten a book published a few years ago, entitled "Notes on Hospitals," by Florence Nightingale. It was just after the Crimean War. Dr. Parkes, in his great work on Hygiene, in speaking of this little book, observes that it is impossible to over-rate the good done by this work. It proved a seed planted in good ground at the right time. It brought forth a crop of good books on the construction of military hospitals, and a great improvement in their management; a powerful argument, we think, in favor of women physicians. If Miss Nightingale could do so much, what could not a host of well-educated women physicians accomplish?

SIXTY YEARS OF SUFFERING.—Recently, a man over eighty years old presented himself at a hospital clinic in Philadelphia. He had suffered with neuralgia for sixty years, and for its relief had swallowed almost "drug stores of medicine." His case was critically examined, and every conceivable cause fully explored. The result was, that two conditions were found. One of these was a long, chronic periodontitis of an old fang, while the other was the abrasion or wearing down of the teeth, thus encroaching upon the pulp cavity; two of the nine favoring conditions which were enumerated at that time. The fangs and the abraded teeth were simply extracted, and with what result? After all these years of torture, the man returned to the clinic in about a week to report himself greatly improved. In another week the change was even more favorable; and in another, he expressed himself free from pain, and was then discharged with the injunction to return upon the slightest reappearance of the difficulty. For three months, however, he has not made his appearance, although always before regular.

HOARDING UP WEALTH.—Some one says, "It is as absurd to spend one's life in hoarding up millions of wealth which one can never enjoy as it would be to collect and lay up in a store-house sixty thousand mahogany chairs, which were never intended to be used for the furniture of apartments, or eighty thousand pairs of trowsers which were never intended to be worn."

There is much wisdom in the above statement, when viewed from the standpoint that those who amass wealth do it only for the purpose of having, without reference to using; but to amass wealth honestly, for the best uses of wealth, is no mean or trivial labor. Wealth, rightly used, is power, and power gives ability to do what needs to be done. If no one amassed wealth, who would pay for railroads, or great universities, or ship canals. Those who descry against wealth, honestly gained and rightly used, do not know of what they talk.

Digitized by Google

How to Treat the Sick.

TYPHUS FEVER.—*Editor Herald of Health:* On page 230 of your valuable journal, I see that cold water is recommended for typhus fever. I find, however, in experience and practice in my own family, that hot water is far preferable, and has a much quicker and better effect. I reason thus: There is one main condition in all diseases,—want of vitality. This comes from want of sufficient animal heat. Ague (or cold) and fevers come from the same causes. The one, from a cooling of the blood from improper circulation; the other, from a congestion of the flesh (including muscles) inducing, from irritating the nerves, fever. Now it seems to me that when the system is already reduced and cold, that it is wrong treatment to plunge in cold water and let the water absorb still more heat. The reaction, however, I admit generally breaks the disease, but at the expense of strength and animal power. Hot water (as hot as it can be used) has a different action. It gives a moist heat to the body, the congested parts (whether flesh, blood, or muscle) become warm and softened, and in the case of chill, broken, and fever, by causing a free and profuse perspiration, stops the fever. This is my experience. It is well, however, to take a tepid bath afterward, and, in order to adapt the body to the atmosphere finally, as cold as it comfortably can be taken, without chilling.

The sooner that the people come to understand that there is but two conditions of disease, congestion (which includes paralysis) and irritation, which includes any thing which may disarrange the nervous action, the sooner a true basis will be arrived at on which to found a true system of combatting disease. It seems to be of no use to tell people that every stimulant (whether alcoholic, nicotinic, condimental, or from undue excitement) is destructive of vitality; and that low vitality is disease; and the only thing one can do is to give the best advice as to how to remedy the evil as far as possible. You are doing a good work in the cause of reform, and I trust you will have your reward.—*W. G. P. Brinckloe, Editor National Farmer.*

TREATMENT OF CONSTIPATION.—I know of no treatment better calculated to remove constipation of the bowels—the result of a depraved condition of the system, than nutritious and easily-digested food in compact form, not sloppy nor bulky; bread made from unbolted flour being one of the principal articles of diet. I speak from an experience of over thirty years in the use of this bread, having used it myself for that length of time, and prescribed it constantly to all my patients who are troubled with torpid bowels. Out of several cases of its curative power, which I might mention, I will state that I was called to visit an old lady of seventy years of age, about four years ago; she had moved here from Ohio, and had an attack of intermittent fever, which she had contracted many years before. She was extremely feeble, with great nervous prostration; her greatest trouble was constipated bowels. She kept pills always in the house, and two or three times a week took a dose, otherwise she would have no evacuation from her bowels. I prescribed for her intermittent fever, and recommended her, if able to leave her bed again, to use Graham bread for a time, as her almost exclusive diet. I instructed her how to use and make it. I paid her but one visit and heard no more of her. Two years afterward, a hale old lady walked into my office and announced herself as the person I had visited with intermittent fever. She stated she had used the bread, made it the principal part of her food, and had not taken one pill since she commenced its use. Within four blocks of this hall resides another of my female patients, who is a stout, healthy-looking woman, of middle age, but who had to keep her box of patent pills constantly in use. I persuaded her to try Graham bread, and although three years have

Digitized by Google

elapsed since she commenced its use as an article of food, she has had no further need of cathartic pills. Another old lady, over sixty years of age, whom I was called to see within the last twelve months, with obstruction of the bowels, large masses of hardened feces being accumulated in the colon. She was in the habit of taking large quantities of epsom salts, two and three ounces at a time, to procure a passage. She had, previous to my seeing her, taken fifteen pills, epsom salts, and castor oil—but no results. I tried a variety of remedies for three or four days, but no passage. I at length succeeded, by passing a rectum tube above the sigmoid flexure of the colon, inserting into it the nozzle of a self-injecting syringe, and pumping in several pints of tepid water, and subsequently in the same way pumping in over one pint of olive oil. When she recovered and was able to eat food, she used, as her principal article of diet, Graham bread, and to-day she enjoys better health than she has ahd for many years.—*Dr. Johnson.*

PREVENTION OF SMALL-POX.—The small-pox is raging in London, with greater destruction of life than has been suffered by any similar visitation within the current century. Dr. Lankester, in discussing the possibility of holding it in check by proper sanitary measures, and condemning severely the inefficiency of official functionaries, insists that the progress of the pestilence should be arrested by the isolation of each case and by proper methods of disinfection. All possible means by which the poison can be conveyed from one person to another should be prevented. The poison of small-pox retains its vivaciousness or reproductive power more tenaciously, apparently, than any other animal poison. It can be conveyed in clothes, paper, thread, string, every thing it is possible to use in a sick room. The doctor may take it to his patients, the lawyer to his clients, or the clergyman to his congregation, if he has been visiting the sick. The Levitical laws against leprosy would hardly be too severe to prevent the spread of small-pox. Rules of the most stringent kind ought to be laid down for the guidance of nurses and all persons entering the sick room. Above all, in every district where small-pox prevails, there should be a disinfecting apparatus. This should be an oven, not heated by gas, but by a stove. The oven should be long enough to receive beds and all kinds of bed-clothes, and wearing apparel. These things should be conveyed to the stove in a covered van, which could at once be placed in the oven, without opening it to remove its contents. Filthy rags and beds of straw and shavings should be burned in the stove. Such an apparatus is at present at work in the parish of St. Giles. It should forthwith be erected in every district in London. Even when the small-pox has killed its utmost, such ovens will be useful for a future war with the demon of contagion in some other form.

There has been no time since the discovery of vaccination, when it has been more thoroughly done than now in London. It is to be hoped that people will not longer depend on this alone as a preventive, but upon all wise sanitary measures.

NOTES FOR THE SICK ROOM.—Two sick persons should never occupy the same room at the same time. They poison each other, not only in body, but in mind. One reason why hospitals become such pest-houses, is because of the large number of sick persons brought into near proximity. The greatest possible care should always be given to keep the air of a sick room pure, by frequent changes, and, if needful, by disinfectants. Every person ought to understand the way to use disinfectants, so as to have them produce the best results with the least harm. It is often well to have two rooms for a person who is very sick, and to change from one room to another, occasionally. This gives an opportunity to keep the air and bedding pure and sweet. The very walls, floors, carpets, bedding, and furniture of a sick room absorb and retain the effluvia from those who are very sick, and thus contaminate the room permanently, unless great precaution is taken to prevent it.

Digitized by Google

ANSWERS TO CORRESPONDENTS.

BY A. L. WOOD, M. D.

How to Keep Cool.—The majority of people experience a great deal of discomfort every summer from the heat, which they might in a great degree, if not wholly, avoid. A careful attention paid to the following rules will amply repay any one, not only in additional personal comfort, but in increased health and strength:

1. The diet should consist of fruits, vegetables, bread and other preparations of whole wheat-meal, oatmeal, or southern corn-meal. Northern corn contains more oil, starch, and sugar than any other grain, while Southern corn contains less than any other, consequently Southern is one of the best grains for summer use, and Northern corn decidedly the worst. Avoid all heating and stimulating articles of food, as meats, especially fat and salted meats, butter, sugar, gravies, and starchy and oily food of all kinds. Also, avoid pepper, salt, spices, and condiments. They all cause more or less irritation and feverishness of the system. Other things being equal, the less meat and more fruit eaten during hot weather, the less will be the discomfort experienced from the heat. Do not eat hot food, nor drink hot drinks. A less quantity of food is required in summer than in winter, and care should be taken not to overload the stomach with more than the system requires. An excess in quantity of even the best kinds of food will clog up the system, and produce the very result you are striving to avoid.

2. Drink nothing but water, or the unfermented juices of fruits. Avoid drinking large quantities at a time. Of course, this precludes the use of tea, coffee, beer, wines, liquors, etc.

3. A moderate amount of exercise is essential to good digestion, and the healthful action of the skin, kidneys, and bowels, without which comfort and health can not be obtained.

4. The clothing should be light, light colored, loose fitting, porous, and changed often.

5. The entire body should be bathed every day, either in the morning or at night. Tepid, cool, or cold water may be used, according to the strength of the bather. Farmers, machinists, and others who perspire freely, and are exposed to dust, should bathe at night. They will rest and sleep better for doing so. If immersion of the body is not practicable, a basin of water and a towel will suggest the mode of procedure. The whole body can be cooled in a short time by holding pieces of ice in the hands, or by letting a stream of cold water fall upon the wrists or ankles. The cold sitz or hip-bath is also an excellent and quick method of reducing the temperature of the body to the degree of comfort. Another mode of accomplishing the same result is to immerse the soles of the feet in cold water.

6. Avoid all undue mental or physical excitement.

Sunstroke—Cause, Prevention, and Cure.—The usual exciting cause of sunstroke is exposure to the direct rays of the sun, generally in connection with great exhaustion of the bodily powers. It sometimes occurs without the direct agency of the sun. The principal predisposing cause is the use of alcoholic stimulants. Enfeebled, poorly fed, over-worked, and irritable persons are also somewhat liable to it. I never yet have known of a single instance of sunstroke occurring to a person who neither used alcoholic stimulants or tobacco, and who was regular and temperate in his habits. As special precautions during hot weather, the entire body, including the head, should be bathed daily in cool or cold water, great care should be taken not to wear any thing around the neck so as to impede the circulation in the least, and the covering of the head should be light and porous, so that the air can circulate freely through it. Those who obey the laws of health need have no fear of sunstroke.

Digitized by Google

The treatment of sunstroke should vary somewhat according to the condition of the patient. In all cases he should be removed to a cool and shady place, and the clothing stripped from his body. If the head is hot, cold water or ice should be kept constantly applied to the head and neck, and hot water to the hands and feet. If the skin is cool and moist, the entire surface of the body should be vigorously and continuously rubbed until reaction takes place. If the skin is hot and dry, then the whole body should be rubbed with cloths wet in the coldest water that can be obtained, or with pieces of ice, until recovery takes place, as it almost invariably will under this treatment. Bleeding in such cases, as practiced by many, is almost certain death.

Headache.—"I am nineteen years old, just left college; am already an assistant editor on a city weekly, and a writer for various papers. Since I've been thirteen years old I have suffered with constant headaches, which occur regularly every one or two weeks. The headaches are on the temples and forehead, and the pain often suffuses the eyes with a burning sensation. The headache incapacitates me for work. I go to sleep, and wake in the morning refreshed. Latterly these headaches have become not quite so frequent, but more severe, and I am often interrupted in my sleep by ringing noises in my head, though generally my sleep is sound. My diet is simple. I eat three meals regularly every day. My breakfast is plain, a glass of milk, an egg, bread, and fish; dinner, a plain steak; supper, weak tea and toast. I eat fresh vegetables in their season. Don't touch pies, cakes, or very much butter. I rise at 6, regularly, and retire at 10. Use dumb bells in the morning, and flesh towels at night. Don't smoke, or chew, or drink liquors of any kind. If you could tell me what is the matter and what will cure the constant headache—which I can only ascribe to the study of the past six years, for I have been constantly at work at school and college—you will oblige me. The only medicine I have taken has been a little tonic—iron, calisaya bark; also citrate of magnesia, to cure constipation at times."

The causes of your headaches are imperfect digestion, constipation of the bowels, too much mental effort, and too little physical exercise. You must study less and exercise more. Take a great deal of out-door exercise. Walk all you can—five to ten miles a day will not be too much, after you get accustomed to it. Eat but twice a day, and take plenty of time at your meals. Quit using tea, milk, eggs, butter, sugar, fine flour bread, and meat of all kinds. Eat Graham bread, oatmeal, cracked wheat, and fruits and vegetables. If you can't get such food elsewhere, take your meals at the Hygienic Institute. The Movement Cure treatment, in connection with diet, would cure you in a short time.

Freckles, Discolorations, etc.—"Will you be kind enough to tell me if any condition of the system produces freckles, brown discolorations, and dryness of skin, and what will remove them—whether any external application will affect them, and if they indicate an impure state of the blood?"

These conditions are usually the result of an impure state of the blood, or a torpid condition of the liver and skin. The indications for treatment are to purify the blood, and promote the healthful action of the excretory organs. The Turkish bath is the most effectual remedy for nearly all affections of the skin. The best substitute for that is the wet sheet-pack. A plain, wholesome diet, plenty of out-door exercise, and general attention to health conditions are very important aids, and must not be neglected.

Climate for Nervous Diseases.—"Will you please inform me in your Answers to Correspondents as to the best climate for persons troubled with nervous diseases?"

A dry, cool, and hilly or mountainous region is desirable in such cases, but climate is not nearly so important as plain, nourishing food, out-door exercise (when able, when not the Movement Cure) sunshine, pure air, mental quiet, and general attention to the laws of health.

"**Alcohol** is nowhere to be found in any product of nature—was never itself created by God, but is essentially an artificial thing, prepared by man through the destructive process of fermentation."—*Prof. H. Munroe, M. D.*

Digitized by Google

NOTICES OF NEW PUBLICATIONS.

THE DESCENT OF MAN. By CHARLES DARWIN. Illustrated. In two volumes. New York: D. Appleton & Co, 1871.

Whatever the reader may think of Darwin's theories regarding the origin of the human family, he can not help but read his works with pleasure and profit. They are storehouses of knowledge regarding animals of all kinds, such as can nowhere else, in so small compass, be found. And then the spirit of the book is so beautiful. We have never had any thing like it before, and the lesson of such a writer in such a temper can not fail to produce a profound impression upon the minds of those whose business it is to discuss the great questions of the age, as well as upon the minds of the common reader.

An idea of the book may be had from the headings of a few chapters.

Chapter I discusses the Evidence of the Descent of Man from some lower form.

Chapter II makes a Comparison of the Mental Powers of Man and Animals.

Chapter IV gives Mr. Darwin's ideas as to the manner of Development of Man from some lower form.

Chapter V goes over the question as to How the Mental and Moral faculties were Developed during Primeval and Civilised Ages.

Something over half of the work is devoted to an exposition of the doctrine of sexual selection, by which is meant the success of certain individuals over others of the same sex in relation to the propagation of the species. A couple of paragraphs showing how the human race may still make great progress by what he calls sexual selection, will be peculiarly interesting to the readers of this journal, as the same views have more than once found expression in these pages.

Mr. Darwin on this subject observes, "Man scans with scrupulous care the character and pedigree of his horses, cattle, and dogs before he matches them; but when it comes to his own marriage he rarely or never takes such care. He is impelled by nearly the same motives as are the lower animals when left to their own free choice, though he is in so far superior to them that he highly values mental charms and virtues. On the other hand, he is strongly attracted by mere wealth or rank. Yet he might by selection do something not only for the bodily constitution and frame of his offspring, but for their intellectual and moral qualities. Both sexes ought to refrain from marriage if in any marked degree inferior in body or mind; but such hopes are Utopian, and will never be even partially realized until the laws of inheritance are thoroughly known. All do good service who aid toward this end. When the principles of breeding and of inheritance are better understood, we shall not hear ignorant members of our Legislature rejecting with scorn a plan for ascertaining by an easy method whether or not consanguineous marriages are injurious to man.

The advancement of the welfare of mankind is a most intricate problem: all ought to refrain from marriage who can not avoid abject poverty for their children; for poverty is not only a great evil, but tends to its own increase by leading to recklessness in marriage. On the other hand, as Mr. Galton has remarked, if the prudent avoid marriage, while the reckless marry, the inferior members will tend to supplant the better members of society. Man, like every other animal, has no doubt advanced to his present high condition through a struggle for existence consequent on his rapid multiplication; and if he is to advance still higher he must remain subject to a severe struggle. Otherwise he would soon sink into indolence, and the more highly-gifted men would not be more successful in the battle of life than the less-gifted. Hence our natural rate of increase, though leading to many and obvious evils, must not be greatly diminished by any means. There should be open competition for all men; and the most able should not be prevented by laws or customs from succeeding best and rearing the largest number of offspring. Important as the struggle for existence has been and even still is, yet as far as the higher part of man's nature is concerned there are other agencies more important. For the moral qualities are advanced, either directly or indirectly, much more through the effects of habit, the reasoning powers, instruction, religion, etc., than through natural selection; though to this latter agency the social instincts which afforded the basis for the development of the moral sense may be safely attributed.

To those who are fond of scientific reading on the subjects here treated of, these books will have a peculiar charm. Price $2.00 per volume.

ON THE GENESIS OF SPECIES. By ST. GEORGE MIVART, F. R. S. New York: D. Appleton & Co. 1871.

Those who have read Darwin's great work on the Descent of Man will need also to read this reply to it by Mivart; it being, as yet, the only answer that is considered worthy of the designation. While not so readable nor so full of knowledge as Darwin's book, it certainly makes some serious and pertinent objections to his theories from a purely scientific standpoint, and they have already attracted much attention. The spirit of the book is candid, reasonable, and not dogmatic. It is refreshing to see our men of science discuss the great questions of the day with so much amiability and so little bitterness. By so doing, they are working a good work for the cause of morality and religion.

THE STORY OF MY LIFE. By HANS CHRISTIAN ANDERSEN. New York: Hurd & Houghton.

The beautiful stories and poems which this eminent writer has given us from time to time, have made us so to know him and love him that we catch eagerly at the story of his life told by himself, and we know before we read that we have a treat before us. The autibiography was first written in 1846, translated by Miss Howett, and published in England. In 1855 it was rewritten by Andersen and expounded, and now on its being translated again into our language, the author extends the work up to the date of 1867, and terminates it with an account of the great festival at Odence, which he looks upon as the crowning honor of his life. The book is brought out in uniform rotation with all of his writings published in this country, and is prefaced by a fine portrait of the author.

Digitized by Google

PARALYSIS, AND OTHER AFFLICTIONS OF THE NERVES; THEIR CURE BY VIBRATORY AND SPECIAL MOVEMENTS. By GEORGE H. TAYLOR, M.D. New York: S. R. Wells. Price $1.00.

The object of this book is to show the importance of *motion* in the living body as contributing to its evolution of power; to explain the methods and rationale of the direct application of force in the form of vibratory motion for curative purposes; to point out the uses and limitations of other exercises in diseases of the nervous system; and, to show the success of these means where others have failed in treating chronic diseases. It is the out-growth of many years experience in treating a class of diseases by means of the modified and greatly improved form of the Swedish Movement Cure, or its application by curiously devised machinery instead of by the hand.

The book does credit to its author, and will be but another means of increasing the amount of hygienic, and decreasing the amount of drug medication in the world.

THE PUBLISHERS' DEPARTMENT.

Facts for the Ladies.—My wife has used her Wheeler & Wilson Machine ten years without repairs and has used *one* needle for the last three years.

CHARLES J. GRAY.

NEWBURGH, N. Y.

I have had a Wheeler & Wilson Sewing Machine in my family, for fifteen years, and have not paid a cent for repairs. All my family sewing has been done with it, and all the fur lining generally of my store.

A. MOOR.

ST. PAUL, Wis.

Mrs. Maxey has had her Wheeler & Wilson Sewing Machine in almost daily use for over eleven years, without any repairs. She has done with her own hands during that period the larger portion of the sewing for a family of eleven children on the Machine, and a part of the time for fifteen or twenty farm servants. She would not change her Wheeler & Wilson for any other she has ever seen. R. MAXEY.

BRANDON, Miss.

The Boston Training School for Teachers of the Dio Lewis System of New Gymnastics will hold its next session in Boston, from July 12 till September 1. For circulars and particulars address F. G. WELCH, Yale College, New Haven, Conn., or Dio Lewis, Boston, Mass.

Talks to My Patients.—Mrs. Gleason's book, advertised and noticed elsewhere, is meeting with a good sale. We can supply it to subscribers and agents in any quantity. A good many ladies are selling it with success. We should like to have in every town a good Lady Agent. For particulars of agency, write to the Publishers.

Job Printing.—We are prepared to execute in neat, substantial styles, various kinds of JOB PRINTING: such as Pamphlets, Circulars, Envelopes, Billheads, Letter-heads, Cards, Labels, Small Handbills, etc., at the same rates as in all first-class New York printing establishments. Stereotype work done to order.

☞ Our friends in the country who wish neat and accurate printing, can rely on first-class work, by sending plainly written and well-prepared manuscripts. For terms, send sample or copy of work, state quality of printing material to be used, and the number of copies wanted, inclosing stamp for reply.

CLUBBING

WITH OTHER MAGAZINES.

We will send *THE HERALD OF HEALTH* and any one of the following Journals one year for the sum below mentioned. The order and money for both must be sent at the same time.

THE HERALD OF HEALTH, $2 00, and

Atlantic Monthly	$4 00	for $5 00
Harpers' Monthly	4 00	for 5 00
Harpers' Bazar	4 00	for 5 00
Harpers' Weekly	4 00	for 5 00
Phrenological Journal	3 00	for 4 00
Our Young Folks	2 00	for 3 50
New York Tribune	2 00	for 3 35
American Agriculturist	1 50	for 3 00

Cash Clubbing Rates.

1 Subscriber	$ 2 00
4 Subscribers	7 00
10 Subscribers	15 00
25 Subscribers	25 00

Single Numbers, 20 cents.

Address WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

A Good Sewing Machine is given free for a club of 30 subscribers and $60. This premium is very popular. If there is a poor, deserving family in your neighborhood help it to get a good sewing machine by subscribing at once. Perhaps your minister's wife wants one. If so, help her to get it, by helping her to get up a club. The Empire is one of the best sewing machines in use, and we are sure that it will give you good satisfaction.

Books C. O. D.—Parties who order books will find it cheaper to send the money with the order, than to order C. O. D., as in this case the cost of collection will be added to the bill. This is considerable, when the money has to be returned from a distant point. Those who order C. O. D., should send one-fourth the value of the order in advance to insure prompt attention.

Digitized by Google

Advertisements.

☞ ADVERTISEMENTS of an appropriate character will be inserted at the following rates: Short advertisements, 25 cents per line; thirteen lines, for three or more insertions without change, 20 per cent. discount; one-half column, $12; one column, $22; one page, $40. All advertisements must be received at this office by the 5th of the month preceding that on which they are to appear.

Are You Going to New York?

If so, and you wish to stop where you can *FEEL AT HOME*, and get *GOOD FOOD HEALTHFULLY PREPARED*, and *PLENTY OF IT*,

Go to the Hygienic Institute,

Nos. 13 *&* 15 *Laight Street.*

Horse Cars pass near the door to all parts of the city, making it a very convenient stopping place for persons visiting New York, either upon business or pleasure. Open at all hours, day and night. Board by the day or week, at reasonable rates. Rooms can be secured in advance by writing. Address

WOOD & HOLBROOK, Proprietors,

Nos. 13 & 15 Laight Street, New York.

CLIMATES FOR INVALIDS.

BY LEDYARD BILL.

This work gives a careful description of the Climate, Soil, Water, Air, Scenery, and Natural Advantages of MINNESOTA, for Tourist, Invalid, and Emigrant; including carefully prepared notes of the Climates of Florida, Nassau, Fayal, California, the Adirondacks, etc. etc., together with Hints to Invalids of the most inestimable value regarding the best places to visit, etc. etc., in one neat, illustrated volume of over 200 pages, handsomely bound. Sent, postpaid, by mail, for $1.25.

Address WOOD & HOLBROOK,
No. 15 Laight Street, New York.

Ladies desiring to procure a FIRST-CLASS Sewing Machine against easy monthly instalments, may apply to 294 Bowery, N. Y. a-6t.

Healds' Hygeian Home.

WILMINGTON, DELAWARE.

A Splendid Summer Residence for Invalids!

DRS. PUSEY and MARY H. HEALD opened their new institution for the Hygienic treatment of invalids (without medicine), JAN. 1, 1871.

Dr. M. H. Heald (formerly Dr. York) was widely known to Hygienists during several years' practice at Our Home, Dansville, N. Y. Dr. P. Heald has also had large experience in the Hygienic system of treatment.

The building, beautifully located in the suburbs of a most delightful and healthful city, near the romantic and historic Brandywine, and overlooking the Delaware River, is entirely new, and was planned expressly for a "Cure." Every apartment is warmed by *Steam-heated Air*, and *thoroughly ventilated*, thus giving a *pure* atmosphere, free from all gas and dust, and insuring the comfort and welfare of winter guests. City advantages, with *pure country air and surroundings*. The best appliances provided for Water and Sun Baths, Swedish Movements, etc. Mrs. H. will devote especial attention to lady patients, giving them the benefit of kindly sympathy as well as of experience and skill. The Hygienic diet supplied, will include the choicest fresh and canned fruits and vegetables, and varied farinaceous preparations.

Railroad communication North, South, East, and West.

☞ For Circulars, etc., address, with stamp, HEALDS' HYGEIAN HOME, Wilmington, Delaware. jy-tf

Dudley Kelly's Boot and Shoe Emporium,

299 HUDSON STREET, NEW YORK.
One Door from Spring.

A choice and select stock of the best goods manufactured in New York, for ladies, gentlemen and children, always on hand, which I will sell at lower prices than any other house in the city.

Goods cheerfully exchanged and money refunded if they won't suit. Give me a trial. je-12t

Great Attraction for Boys!

☞ RARE CHANCE! ☜

Life and adventures of Robert Houdin, the most famous conjuror the world has ever known, just commenced in No. 43 (Vol. IV) of HANEY'S JOURNAL, showing how, when a boy, he acquired his first lessons in magic, his youthful haps and mishaps as an amateur conjuror, his amusing and startling adventures, how he invented and performed his marvelous feats, his great magical contest with the famous Arabian jugglers, his invention of curious musical and other automata, etc., etc., forming one of the most fascinating narratives ever written. Every boy will long to read this, also the charming Story of a little Russian Peasant Boy who rose to be a Prince, School-boy Story, Sea Story, and multitude of attractive tales, sketches, correspondence, puzzles, amusing arts and recreations, etc., etc.; and, to afford *all* the opportunity to *test* Haney's Journal, we make the following *liberal offer:*

RARE CHANCE.—Haney's Journal, a handsome eight page (40 long columns) illustrated family paper will be sent *six months* on trial to any *new* subscriber for the nominal sum of 25 cents. Send *now* and *try* it! Single copies of any newsdealer—none free.

jy-X2t JESSE HANEY & CO., 119 Nassau St., N. Y.

WATCHMAKER and JEWELER'S Manual, gives latest and most approved secrets of the trade, embracing watch and clock cleaning and repairing, tempering in all its grades, making tools, compounding metals, soldering, plating, etc., with plain instructions for beginners, etc. 25 cents. Painter's Manual, 50 cents; Soapmaker's Manual, 25 cents; Horseshoer's Manual, 25 cents; Cheap Book of Alphabets, 50 cents. Of booksellers or by mail on receipt of price by

jy-X2t JESSE HANEY & CO., 119 Nassau St., N. Y.

Eclectic Medical College.—Lectures commence October 2, 1871. Fees for one course, $30.00; perpetual scholarships, $60.00. No other expenses. Send for announcement. JOSEPH SITES, M.D., Dean, No. 514 Pine Street, Philadelphia, Pa. jy-3t*

Healthy Bread.—Graham Gems are made of milk and Graham Flour only, without yeast, soda, or salt. For sale fresh every day by L. ANGER, No. 11 Bleecker Street, New York. jy-1t*

Digitized by Google

COLGATE & CO.'S

CASHMERE BOUQUET SOAP has a novel but very delightful perfume, and is in every respect superior for TOILET USE.

Sold by Dealers in Perfumery and Toilet Articles.

PRATT'S Oil Safest & Best OIL HOUSE CHS PRATT 1770 1871

Do Your Own Printing!



WITH A

Novelty Job Printing Press,

The most valuable addition to the BUSINESS OFFICE.

The most efficient instructor in SCHOOLS.

The most fascinating and instructive amusement in the FAMILY, and unsurpassed for GENERAL JOB PRINTING.

Send for illustrated pamphlet to BENJ. O. WOODS, Manufacturer, 351 Federal Street, Boston, Mass.; W. Y. EDWARDS, 543 Broadway, New York; KELLEY, HOWELL & LUDWIG, 917 Market street, Philadelphia, Pa.; KELLOGG & LOOMIS, 45 W. Washington street, Chicago, Ill., Agents.

Advertisers should send for

WM. J. CARLTON'S

CATALOGUE OF

Advertising Mediums.

Address **39** Park Row, New York.

VINEGAR, how made in 10 hours, without drugs. Particulars 10 cents. F. SAGE, Cromwell, Conn.

FRAGRANT SAPOLIENE

Cleans Kid Gloves and all kinds of Cloths and Clothing, removes Paint, Grease, Tar, etc., instantly, without the least injury to the finest fabric. Sold by Druggists and Fancy Goods Dealers. FRAGRANT SAPOLIENE CO., 33 Barclay St., New York, 46 La Salle St., Chicago.

REDUCTION OF PRICES

TO CONFORM TO

REDUCTION of DUTIES.

GREAT SAVING TO CONSUMERS

BY GETTING UP CLUBS.

☞ Send for our New Price List, and a Club Form will accompany it, containing full directions—making a large saving to consumers and remunerative to club-organizers.

The Great American Tea Co.

31 & 33 Vesey Street,

P. O. Box 5643. NEW YORK.

Wanted--Agents

$75 to $250 per month, every where

male and female, to introduce the GENUINE IMPROVED COMMON SENSE FAMILY SEWING MACHINE. This machine will stitch, hem, fell, tuck, quilt, cord, bind, braid, and embroider in a most superior manner. Price only $15. Fully licensed and warranted for five years. We will pay $1000 for any machine that will sew a stronger, more beautiful, or more elastic seam than ours. It makes the "Elastic Lock Stitch." Every second stitch can be cut, and still the cloth can not be pulled apart without tearing it. We pay Agents from $75 to $250 per month and expenses, or a commission from which twice that amount can be made. Address SECOMB & CO., *Boston, Mass.; Pittsburgh, Pa.; St. Louis, Mo., or Chicago, Ill.*

WILL THEY WEAR?

PLAINVILLE, Ct., April 22, 1871.

MR. E. M. LAY, *Agent*, Hartford:

DEAR SIR—The Seven FLORENCE Machines bought of you more than three years ago have been run regularly, by power, from ten to twelve hours a day, by beginners as well as by experienced operatives, at a total expense for repairs (for the seven machines) of less than five dollars for the whole time. They often run for months without the least alteration or attention. Of all the machines in the market, for general work, give us the

FLORENCE.

Plainville Mf'g Co.

CHEAP ADVERTISING.—We will insert an advertisement in EIGHT HUNDRED American NEWSPAPERS for SIX DOLLARS PER LINE per week. One line one week will cost Six Dollars, Two lines will cost Twelve Dollars, and Ten lines will cost Sixty Dollars. Send for a Printed List. Address GEO. P. ROWELL & CO., Advertising Agents, No. 41 Park Row, New York.



THEA-NECTAR

IS A PURE

BLACK TEA

with the Green Tea Flavor. Warranted to suit all tastes. For sale everywhere. And for sale wholesale only by the *Great Atlantic and Pacific Tea Co.*, 8 Church St., New York. P. O. Box 5506. Send for Thea-Nectar Circular.

$375 A MONTH—Horse and outfit furnished. Address NOVELTY CO., Saco, Maine.

REVISED EDITION.

A WINTER IN FLORIDA.

BY LEDYARD BILL.

With Illustrations by Forbes, comprising views of the old city of St. Augustine, and the Natural Scenery and objects in Eastern Florida.

This work contains Observations on the Soil, Climate, and Products of our Semi-Tropical State, with Sketches of the Principal Towns and Cities, a brief Historical Summary, and Hints to Tourist, Invalids, and Sportsmen. The work is replete with information for all classes of people. The adaptability of the climate to invalids is carefully treated. The chapter on Orange Culture alone is worth the price of the work. Sent by mail, postpaid, for $1.25.

☞ Any person ordering both the above and Mr. Bill's new book on THE CLIMATES FOR INVALIDS, at one time, can have them for $2.00. Address

WOOD & HOLBROOK,

No. 15 Laight Street, New York.

Mrs. Towne, Magnetic and Electric Physician, 34 Clinton Place (West 8th Street), New York. Chronic Invalids treated with care. The Diseases of Women treated with great success. jy-2t*

Dr. Frease's Water Cure ESTABLISHMENT, Mansfield, Ohio. Send for Circular. jy-2t

Digitized by Google

GOOD BOOKS.

NEW PHYSIOGNOMY; or, Signs of Character, as manifested through Temperament and External Forms, and especially in the "Human Face Divine." With more than one thousand *Illustrations*. By S. R. WELLS. In three styles of binding. Price, in one 12mo volume, 768 pp., handsomely bound in muslin, $5; in heavy calf, marbled edges, $8; turkey morocco, full gilt, $10.

HOW TO READ CHARACTER. A New Illustrated Hand-book of Phrenology and Physiognomy, for Students and Examiners, with a Chart for recording the sizes of the different Organs of the Brain, in the Delineation of Character, with upwards of 170 Engravings. Latest and best. Paper, $1. Muslin, $1.25.

WEDLOCK; or, the Right Relations of the Sexes. Disclosing the Laws of Conjugal Selection, and showing who may and who may not Marry. For both Sexes. By S. R. WELLS. Plain, $1.50; Extra gilt, $2.

THE HUMAN FEET. Their Shape, Dress and Proper Care. Showing their Natural Perfect Shape and Construction; their present Deformed Condition; and how Flat Feet, Distorted Toes, and other Defects are to be Prevented or Corrected; with Directions for Dressing them elegantly, and comfortably; with Hints upon various matters relating to the general subject. With numerous Illustrations. A handsome 12mo, $1.25.

LIFE AT HOME; or, The Family and its Members. Husbands, Wives, Parents, Children, Brothers, Sisters, Employers and Employed, etc. By REV. WILLIAM AIKMAN, D.D. A work which should be found in every family. $1.50. Extra gilt, $2.00.

MAN AND WOMAN: Considered in their Relations to each Other, and to the World. By HENRY C. PEDDER. 12mo, fancy cloth. Price $1.00.

MAN, IN GENESIS AND IN GEOLOGY; or, the Biblical Account of Man's Creation, tested by Scientific Theories of his Origin and Antiquity. By JOSEPH P. THOMPSON, D.D., LL.D. One volume, 12mo. Price $1.00.

CHILDREN, THEIR DISEASES AND MANAGEMENT. By JOEL SHEW. Price $1.50.

COMBE ON INFANCY. An excellent work. Price $1.25.

HYDROPATHIC ENCYCLOPEDIA. Price $4.50.

DISEASES OF THE THROAT AND LUNGS. Price 25 cents.

EXHAUSTED VITALITY. Price $1.

HOW TO BATHE. Price 30 cents.

In Preparation.

PARTURITION WITHOUT PAIN. Price $1.00.

Sent by mail post-paid. By WOOD & HOLBROOK, 13 & 15 Laight Street, New York.

Conant's Binder,

OR BOOK COVERS FOR PERIODICALS.



Adapted to the *Atlantic, Harpers', Putnam's*, and THE HERALD OF HEALTH, 50 cts.

MUSIC SIZE.—Adapted to the various Publishers' *Sheet Music*.....$1 00

A cheap and durable method of Binding Magazines, Papers and Music. Extremely simple. New numbers can be added as received.

We can recommend it as being just the thing for preserving Magazines perfect and clean.—*Gardener's Monthly.*

This is a useful invention, by which a Periodical is inserted in a moment between two durable covers. Various sizes are made. A good thing.—*New York Tribune.*

Conant's Binder is one of the best and cheapest contrivances for keeping Periodicals in good condition that we have ever seen, and it meets a want that has long been felt in every reading family. It is strong and durable, and is designed either for a Temporary or Permanent Binder."—*Dedham Gazette.*

WOOD & HOLBROOK,
15 Laight Street, New York.

Cheapest and Best in the COUNTRY FOR THE PRICE!—Every Boy and Girl, every Parent, every Sunday-School, Day-School, and Temperance Society should subscribe for

The Young People's Helper,

a Monthly Paper for American Boys and Girls; 16 large pages, illustrated; 50 CENTS A YEAR. Stories, music, poetry, dialogues, puzzles, etc., in every number. Eight years established. The best paper parents can give their children. Pure, fresh, original, lively, vigorous, instructive, and entertaining. *Two-thirds the subscription price in premiums!* Every body sends for it. Samples free. AGENTS WANTED everywhere.

Z. POPE VOSE, PUBLISHER,
a-3t Rockland, Maine.

Saratoga Springs Remedial

INSTITUTE.—New improvements, in modern and elegant style. DRS. STRONG, its Proprietors, are graduates of the Medical Department of New York University, and give special attention to **Lung, Female,** and **Chronic** Diseases.

Among its *special appliances* are the Turkish, Sulphur, Air, Russian, and Electro-Thermal Baths, Equalizer or Vacuum Treatment, Swedish Movement Cure, Hydropathy, etc. etc.

Indorsed by Bishop Simpson, Professor Taylor Lewis, L. L. D., Rev. T. L. Cuyler, D. D., etc. etc.

For description of our appliances, diseases treated, references, etc., *send for circular.* a-tf

"Amer. School Inst,." founded 1855, *Is a reliable and practical Educational Bureau*

To aid those who want well-qualified Teachers;
To represent Teachers who seek positions;
To *give* parents information of good Schools;
To sell, rent, and exchange School Properties.

Sixteen years have *proved* it efficient in securing "THE RIGHT TEACHER FOR THE RIGHT PLACE."

J. W. SCHERMERHORN, A. M., Actuary,
Xf-11t 14 *Bond Street, New York.*

See Book Advertisements, read them carefully, and then ask yourself if you can use your money to better advantage than to purchase, read, and become possessed of information highly important to your well being for ever.

WOOD & HOLBROOK, 15 Laight St., N. Y.

Digitized by Google

CREAM YEAST. FULL WEIGHT.



Produces the finest Cookery known to Science; makes all articles more tender, light and delicious; saves one-third the Shortening; takes less to do the work; always reliable; full weight; best in use.

GOLD MEDAL SALERATUS.

The Universal choice of the best House, wives in America; stands without a rival for purity, healthfulness, economy and fine cookery. Depot 113 Liberty St., New York.

Empire Shuttle Sewing Machine

Patented Feb. 14, 1860, and Sept. 18, 1866.

Received the First Prize at the Great Fair of the American Institute, in New York, Oct. 26, 1867, *and highest premium for the Best Manufacturing Machine at the Paris Exposition, July*, 1867.

No. 1, FAMILY MACHINE.

This machine is constructed on a new principle of mechanism, possessing many rare and valuable improvements, having been examined by the most profound experts, and pronounced to be simplicity and perfection combined.

The following are the principal objections urged against Sewing Machines:

1. Excessive fatigue to the operator.
2. Liability to get out of order.
3. Expense, trouble, and loss of time in repairing.
4. Incapacity to sew every description of material.
5. Disagreeable noise while in operation.

The Empire Sewing Machine is exempt from all these objections Address the EMPIRE SEWING MACHINE CO., 294 Bowery, N. Y.

For 35 Subscribers and $70,

to THE HERALD OF HEALTH, we will send an Empire Sewing Machine worth $60

WOOD & HOLBROOK.
f-tf 15 Laight Street, New York

Important to Merchants and Manufacturers

WHO WISH TO

Increase their Business.

Correct Lists of all the Business Men, Manufacturers, etc., with important statistics, have been compiled by the undersigned, the object of which is to furnish the public with reliable names of Business Men throughout the country.

To those wishing to send circulars to any particular calling, these lists are invaluable, each business being written out separately in a blank book, and classified in States and Towns; all the information being derived from monthly correspondence in all parts of the States.

J. ARTHURS MURPHY,

MERCANTILE & STATISTICAL AGENCY,

111 Nassau Street, New York.

Reliable correspondents wanted in several towns in the South and West, with whom advantageous arrangements will be made. m-X6t

THE INDEX,

A WEEKLY PAPER DEVOTED TO

FREE RELIGION,

PUBLISHED BY THE INDEX ASSOCIATION, AT TOLEDO, OHIO.

TWO DOLLARS A YEAR.

THE INDEX accepts every result of science and sound learning, without seeking to harmonize it with the Bible. It recognises no authority but that of reason and right. It believes in Truth, Freedom, Progress, Equal Rights, and Brotherly Love.

The transition from Christianity to Free Religion, through which the civilized world is now passing, but which it very little understands, is even more momentous in itself and its consequences than the great transition of the Roman Empire from Paganism to Christianity. THE INDEX aims to make the character of this vast change intelligible in at least its leading features, and offers an opportunity for discussions on this subject which find no fitting place in other papers.

FRANCIS ELLINGWOOD ABBOT,.....*Editor.*

OCTAVIUS BROOKS FROTHINGHAM, THOMAS WENTWORTH HIGGINSON, WILLIAM J. POTTER, RICHARD P. HALLOWELL, J. VILA BLAKE, WILLIAM H. SPENCER,
Editorial Contributors.

CASH PREMIUMS.

For 75 Names.....50 Dollars in Greenbacks
For 50 Names.....25 Dollars in Greenbacks
For 25 Names.....15 Dollars in Greenbacks
For 10 Names..... 5 Dollars in Greenbacks
For less than 10 Names, a Cash Commission of Twenty per cent.

INDUCEMENTS —We would invite special attention to the very liberal Cash Premiums we offer above.

Whoever collects $150.00 for 75 subscriptions, is authorised to retain $50.00, forwarding $100.00.

Whoever collects $100.00 for 50 subscriptions, is authorised to retain $25.00, forwarding $75.00; and so on.

Now it can not be very difficult, in a town of any considerable size, to get twelve subscriptions a day for one week, if the agent uses ordinary business energy. Yet he would be paid about $8.00 a day—as much as his representative in Congress receives for work not always, we fear, so useful!

"A word to the wise." Who will canvass for THE INDEX, and at the same time earn as much as the Hon. Mr. ——?

N. B.—*Names need not all come from one postoffice.* We will send the paper wherever directed, and list the names count as clubs.

N. B.—The subscription price of THE INDEX is TWO DOLLARS a year in each and every case, *invariably in advance.* Address

FRANCIS E. ABBOT,
je-X5t LOCK BOX 38. TOLEDO, OHIO.

SECRETS WORTH KNOWING.—A complete guide for making hundreds of articles in universal use, many of them made at trifling cost and sold readily at large profits. It gives various manufacturer's secrets, from which liberal incomes are being realized, and recipes for a variety of articles, including patent medicines, perfumery, toilet and dental articles, plain and fancy soaps, dyes, cosmetics, vermin remedies, wines, cordials, delicious temperance beverages, candies, trade secrets, "patent rights," money making arts, and innumerable others, many of which are advertised and sold singly for more than we charge for the whole book. 25 cents of booksellers and newsdealers, or

jy-X2t JESSE HANEY & CO., 119 Nassau St., N. Y.

CIRCUS FREE!—Any boy can teach his pets amusing and wonderful tricks by Haney's Art of Training Animals. Tells all secrets of the profession, and explains all feats ever exhibited. 210 pages, 60 engravings, only 50 cents of booksellers or

jy-X2t JESSE HANEY & CO., 119 Nassau St., N. Y.

THE ELMIRA WATER CURE WILL be re-opened May 1st for the reception of patients, being under the general care of Dr. S. O Gleason and Mrs. R. B. Gleason, M. D., assisted by Miss L. Z. Brooks. Address for Circular, with Stamp, S. O. GLEASON, M. D., Water Cure, Elmira, New York. my-tf

Digitized by Google

AGENTS WANTED!

Agents wanted in every town in the United States to canvass for THE HERALD OF HEALTH AND JOURNAL OF PHYSICAL CULTURE, and all ou Publications.

We give the most Liberal Inducements, and money can be made and good done at the same time.

For terms, address

WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

2d LIST OF BOOKS

FOR SALE BY WOOD & HOLBROOK,
15 Laight Street, New York.

DIPTHERIA; Its Nature, History, Causes, Prevention, and Treatment on Hygienic principles, etc. Price, by mail, $1 25.

It contains chapters on the Noaology and Technology of Diptheria, Description and Pathology of Diptheria, the false Membrane, History and Infectiousness of Diptheria, its Causes and Mortality, Complications and Sequelæ, Morbid Anatomy of Diptheria, the Drug and the Hygienic Treatment, Stimulation, etc.

THE TRUE TEMPERANCE PLATFORM; or, An Exposition of the Fallacy of Alcoholic Medication. Being the substance of Addresses delivered in the Queen's Concert Rooms, London; to which is added a Discussion on the Modus Operandi of Alcoholic Medication. Price, by mail, 50 cents.

This excellent Temperance document should be read by every one who would understand the true arguments against the use of alcohol.

WATER CURE FOR THE MILLION.—The processes of the Water Cure Explained, Popular Errors Exposed, containing Rules for Bathing, Dieting, Exercising, Recipes for Cooking, directions for Home Treatment, and cases to illustrate, etc. Price, by mail, 30 cents.

THE TURKISH BATH; Its History and Philosophy. By Erasmus Wilson. With Notes and an Appendix by M. L. Holbrook, M. D.—This is the only book on the Turkish Bath published in this country. Illustrated. Price 25 cents.

TOBACCO AND ITS EFFECTS.—Being a Prize Essay, showing that the use of Tobacco is a physical, mental, moral, and social evil. By Henry Gibbons, M. D., Editor Pacific Medical and Surgical Journal. Price, by mail, 20 cents.

RATHE'S MANUAL OF GYMNASTICS. Illustrated. For Instruction in Classes and Private use. Dio Lewis's System Explained. By W. L. Rathe. Price 40 cents.

DISEASES OF THE THROAT AND LUNGS. Giving their Cause, means of Prevention, and methods of Cure. Price 25 cents.

PARTURITION WITHOUT PAIN. This work, long in preparation, will be ready in a few weeks. Price, by mail, $1 00.

List of Articles for Sale by

WOOD & HOLBROOK, No. 15 Laight Street, New York.

BACON'S HOME GYMNASIUM, with book of explanation and 100 cuts, $10.

——Trapeze Adjustment, with 32 illustrations, $3 50.

——Swing Adjustment, for children, $1 50.

Each part sold separately. The whole, $15.

This is the most valuable piece of Gymnastic apparatus for home use ever invented. Any one can use it. For weak chests, backs, and sides its use is the best remedy known. A half hour's use of it daily would prevent and cure many cases of dyspepsia and consumption.

SYRINGES.—The best styles in market. Usual style, by mail, $3. For children, with Eye and Ear Douche for sores, etc., $2. The Spray Syringe, $3. The Trade supplied.

BOUND VOLUMES.—We still have a few Bound Volumes for 1863, 1864, 1867, 1868 and 1869 for sale, postpaid, by mail, for $3 Soon it will be impossible to obtain them.

HERALD OF HEALTH COVERS—so that every one can bind their numbers and preserve them neatly. 50 cents.

BREAD PANS—for making light, aerated Bread without soda, saleratus, yeast, or other poisonous compounds. Only by Express, $1 25.

HAND MILLS—for cracking Wheat, making Rusk, Hominy, etc. By Express, $3.

BEST GRAHAM CRACKERS—per barrel. $10 Half barrel -38 lbs., $6.

ELECTRIC MACHINES—Kidder's, best Manufactured, $20 to $22.

FILTERS.—Kedzie's, Family Size, $10 50.

Hygienic Home Water Cure,

637 California Street,
SAN FRANCISCO, Cal.

This is by far the most extensive and complete Health Institute on the Pacific Coast, based strictly on the Hygienic principles of treatment.

Dr. Smith has built and arranged the Home with special reference to its supplying the place in San Francisco that the Laight Street House and Hygienic Institute furnishes to the friends of Health Reform in New York city. The Medical Department is ample for the cure of all who may desire hospitalities, and the Boarding Department is well arranged for the accommodation of the friends of Hygiene throughout the coast. All are cordially invited to visit our healthful Home.

BARLOW J. SMITH, M. D.,
Consulting Physician.
R. S. MACBETH, M. D.,
Attending Physician.

aug-tf

Boot and Shoe Store, No. 415

Canal Street. Ladies', Gentlemen's, Boys', Misses' and Children's Boots, Shoes and Rubbers, in all their varieties, always on hand. Work made to order, and Repairing done on the shortest notice and reasonable terms.

DAVID WALKER,
n-1y No. 415 Canal, corner Sullivan Street.

D. H. Prime, *Printer, at the Hygienic Institute, N. Y.*

Digitized by Google



THE NEW YORK HYGIENIC INSTITUTE,

13 & 15 Laight Street, New York City.

A. L. WOOD, M. D., Physician.

THE objects of this institution, which has been in successful operation for more than twenty years, are two-fold, viz.: 1. The Treatment and Cure of the Sick, without poisoning them, by Hygienic agencies alone

2. To furnish a pleasant, genial HOME to friends of Hygiene throughout the world, whenever they visit this city.

CURE DEPARTMENT.

Thousands of Invalids have been successfully treated at this institution during the past twenty years, and its fame is known wherever the English language is spoken. Its appliances for the treatment of disease without the use of poisonous drugs are the most extensive and complete of any institute in America. They comprise the celebrated **Turkish Baths, Electric Baths, Vapor Baths, Swedish Movement Cure, Machine Vibrations,** the varied and extensive resources of the **Water Cure, Lifting Cure, Magnetism,** Healthful Food, a Pleasant Home, etc. etc. Particular attention is given to the treatment of all forms of CHRONIC DISEASE, especially of Rheumatism, Gout, Dyspepsia, Constipation, Torpidity of the Liver, Weak Lungs, and Incipient Consumption, Paralysis, Poor Circulation, General Debility, Curvature of the Spine, Scrofula, Diseases of the Skin, Uterine Weaknesses and Displacements, Spermatorrhœa, etc. Any one wishing further information should **Send for a Circular,** containing further particulars, terms, etc., which will be sent free by return mail.

BOARDING DEPARTMENT.

We are open at all hours of the Day and Night for the reception of Boarders and Patients. Our location is convenient of access *from* the Railroad Depots and Steamboat Landings, and *to* the business part of the city. Street cars pass near the doors to all parts of the city, making it a very convenient stopping-place for persons visiting the city on business or pleasure. Our table is supplied with the *Best Kinds of Food, Healthfully Prepared, and Plenty of it.* In these respects it is unequaled. Come and See! and learn how to live healthfully at home. Terms reasonable.

WOOD & HOLBROOK, Proprietors.

Digitized by Google

ATTENTION! All wanting **Farms.**—CHEAP FARM AND FRUIT LANDS, VILLAGE LOTS, WATER POWERS FOR MANUFACTURING, FOR SALE AT BRICKSBURG, OCEAN COUNTY, NEW JERSEY, 44 Miles from New York, on the Railroad to Philadelphia. Soil, fine loam; superior for all crops. Country just rolling enough for beauty and utility. Climate, mild and proverbially healthy. Water, soft and pure. No fever and ague. Sold only to actual settlers, on easy terms. Price per acre, $25 and upward. For Circulars and Maps, address ROBERT CAMPBELL, No. 158 Broadway, New York.

A NEW CATALOGUE OF BOOKS

Published by WOOD & HOLBROOK, 15 Laight St., N. Y.

MINNESOTA AND ITS CLIMATE,

as adapted to Consumptives, Invalids, and all who wish to make the State a Home. By LEDYARD BILL, Author of "A Winter in Florida." Price $1.25, postpaid, by mail.

This delightful book, while a godsend to invalids and consumptives, will be found equally interesting to sportsmen and settlers, who would find a home in this far-famed State. It contains a beautiful view of Minnehaha Falls, and also chapters on the climate of all those places which are most desirable as resorts for invalids, including Florida, Nassau, the Adirondacks, California, the White Mountains, etc. etc. This work, and the one on Florida should be in the hands of every one who wishes to find the best resorts for health.

A WINTER IN FLORIDA. By

LEDYARD BILL. With illustrations by Forbes, comprising views of the old city of St. Augustine, and the Natural Scenery and objects in Eastern Florida. Tourists, Sportsmen, Invalids, and all who would escape the rigors of a Northern Winter, or find a Home in a delightful clime, should read this book; so also those who would know all about the resources of the country, and its adaptation for Horticulture, Orange culture, and for cheap and desirable homes. It contains 250 pages. Price $1.25, by mail.

The author justifies the predictions of the climate, saying that it is so delightful that no disease can experience it without favorable effect.

SEXUAL PHYSIOLOGY. — This

work contains the latest and most important Discoveries in the Anatomy and Physiology of the Sexes; Explains the origin of Human Life; how and when Menstruation, Impregnation, and Conception occur; giving the laws by which the number and sex of offspring are controlled, and valuable information in regard to the begetting and rearing of beautiful and healthy children. With 80 fine engravings. *Agents wanted.* Send stamp for Circular. Price, by mail, $2.

It is high-toned, and should be read by the members of every family. As an evidence of its popularity, we may remark that Eleven Thousand Copies have been sold, and the demand is still unabated. If a copy of this work could be in the hands of every young man and woman, it would not only make them purer and better, but give them a knowledge all should possess.

PHYSICAL PERFECTION. — Con-

taining Chapter on Structure of the Human Body; the Perfect Man and Woman; the Temperaments; Laws of Human Configuration; Embryology; Childhood; Effects of Mental Culture; Moral and Emotional Influences; Social Conditions and Occupations; Effects of Climate and Locality; Direct Physical Culture; Practical Hygiene; Womanhood; the Secret of Longevity; the Arts of Beauty; External Indications of Figure, etc. etc. Beautifully Illustrated with 100 Engravings, and handsomely bound. Price, by mail, $1.50.

This work has been through many editions, and has given great satisfaction to thousands.

TALKS TO MY PATIENTS.—Hints

on Getting Well, and Keeping Well. By Mrs. K. L. GLEASON, M. D.

Women Agents wanted everywhere. Thousands of copies of the work are being sold. Full contents, and terms of agency sent on application. Price, by mail, $1.50.

This book is designed mainly for women, of all ages. It treats principally on the Diseases of Women, and includes chapters on Child Bearing, and the Care of Children. Harper's Magazine, in reviewing the work, says:

"Mrs. Gleason is able to say something to wives and to mothers which no man could say. There can be no difference of opinion about the value of the practical suggestions she affords, which are characterized by sound philosophy and clear, good, sterling common sense. We wish the chapter, "Confidential to Mothers," might be published as a tract, and sent to every mother in the land."

Mrs. Dr. Sayles, after reading it, says, "I would rather have written that book than been queen of the greatest empire on this small globe of ours!"

No woman can read it without being made wiser and better, and without being better qualified for all the duties of life.

MORAL, INTELLECTUAL, AND

PHYSICAL CULTURE; OR, THE PHILOSOPHY OF TRUE LIVING. By Professor F. G. WELCH, Superintendent of Physical Culture in Yale College. It contains over 400 pages, and is beautifully bound. Price, by mail, $2.25.

This book is the most perfect Encyclopedia of Gymnastic exercises of the most approved method in existence. It tells in plain language how to do every thing, from the building of a gymnasium and choosing apparatus to doing the exercises. The series of exercises with the Indian clubs alone, is the best ever published. Those who want a work on gymnastic culture should not forget this one. Dr. Dio Lewis says, "This is an admirable guide to physical culture."

THE TREE OF LIFE; or, HUMAN

DEGENERACY, ITS NATURE AND REMEDY. By ISAAC JENNINGS, M. D. Price, by mail, $1.50

This work, prepared by a conscientious and philanthropical thinker, is full of interest to all who are seeking light on the important questions of which it treats. It is deeply religious in its tone, and contains a multitude of valuable hints on the treatment of diseases by natural means. Any person sending us a new subscriber for THE HERALD OF HEALTH and $2, shall have this work FREE.

THE NEW HYGIENIC COOK-

BOOK. By Mrs. M. M. JONES. This work contains several hundred recipes for cooking the most palatable and wholesome food without the use of deleterious compounds. Also, directions for Washing, Ironing, removing Stains, Canning Fruit, etc. Price 30 cents, postpaid. Several thousands have been sold.

WOMAN'S DRESS; with numerous

Engravings, showing how Woman's Clothing can be made beautiful, healthful, and comfortable. Price 30 cents.

Any or all of the above works sent free, by mail, on the receipt of the price

Digitized by Google

J. F. B.

2 GAL 139

OLD SERIES—VOL. 51. NEW SERIES—VOL. 13

18

BOSTON MEDICAL LIBRARY ASSOCIATION JUL 28 1871 notice

HERALD OF HEALTH

AND

JOURNAL OF PHYSICAL CULTURE,

ADVOCATES

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

CONTENTS FOR AUGUST, 1871.

GENERAL ARTICLES: Page

Physicians and the Temperance Reform —*John Higginbottom, Esq.*, F.R.S. 49
A Visit with Father Cleveland—*Wallace Norris* 55
Flying to Shelter (A Poem)—*Elizabeth Oakes Smith* 57
When Should Children be Taught to Read?—Sham Kindergarten Culture —*Elizabeth P. Peabody* 58
Theories Put in Practice, or Diary of a Physician's Wife—*Mrs. H. C. Bradsali.* 61
Just a Thought (A Poem)—*Frances Dana Gage* 65
Home Life—*Rev. Charles H. Brigham...* 66
Secret of a Wholesome Life—*Miss M. M. Wiswell* 69
My Medical Advisers—*Lydia M. Millard* 72
Information as to Human Longevity—*E. Ray Lankester*, B. A. 73
Studies in Hygiene 75
Recipes for Wholesome Cooking—Vegetables, and Puddings 80

EDITORIAL DEPARTMENT:

William Howitt's Habits of Life 81
How a Man Feels when He is Hit by Lightning 85
The Suicidal Proclivities of the French —Morals and Tobacco—Education... 86
To Prevent Pitting in Small-Pox—Compression of Feet—Hygiene for Thinkers and Workers—Borrowing Joy.... 87

ANSWERS TO CORRESPONDENTS:

Meat in Summer—Varicose Veins—Adam's Apple—Baking Powders—Diet for Constipation—Good Precedent... 88
Fetid Perspiration of the Feet—Antipathy to Strawberries—Honey—Soap for the Hair—Ice-Cream—Hard Water.. 89

NEW YORK:

WOOD & HOLBROOK, PUBLISHERS, 13 & 15 LAIGHT ST.

GENERAL AGENTS—AMERICAN NEWS CO. . . NEW YORK NEWS CO.

$2 per Annum. Single Copy, 20 Cents.

Digitized by Google

Spirometer for Strengthening THE Lungs.



A FIRST-CLASS SPIROMETER, with which to enlarge and strengthen the lungs, we are now able to supply the public. It is so arranged that the person using it can measure the capacity of the lungs for air in cubic inches with each test, thus showing their strength and the amount of increase. The value of the careful daily use of such an instrument for those who have Weak Lungs or Incipient Consumption is very great. The inventor of this instrument cured himself of Consumption by its use as have many others, and we have no hesitation in saying that, if rightly used,

IT WILL DO MORE

TO PREVENT

AND CURE

THIS DISEASE

Than all the Medicines of the World.

Every Physician, Student, Sedentary Person, Professional Man, and Family should have one. They are light and portable, and any body can use them.

Sent only by Express. Price, $10. For sale by

WOOD & HOLBROOK,
Nos. 13 & 15 Laight Street, New York.

TALKS TO MY PATIENTS;

HINTS ON GETTING WELL AND KEEPING WELL.

BY MRS. R. B. GLEASON, M. D.

This highly important work, the first of its character, we have every reason to believe, ever written by an American woman, we have no hesitancy in claiming as the best, most complete and

Practical Handbook for the Maid, Wife, and Mother

EVER PUBLISHED.

It contains about 230 pages, handsomely bound in cloth. Price, by mail, postpaid, $1 50.

LADY AGENTS WANTED.

☞ Lady Agents of good moral character can sell hundreds of copies of this work. For further particulars address

WOOD & HOLBROOK, Publishers,
13 & 15 Laight Street, New York.

"THE AMERICAN PIANO,"

MANUFACTURED BY

DOANE, WING & CUSHING,

423 BROOME STREET, NEW YORK.

"For finish and elegant workmanship, as well as for power, elasticity of touch, and sweetness of tone, it stands unrivaled."—*Christian Inquirer, N. Y.*, Dec. 18, 1869.

"Its superior qualities of tone, its excellence of workmanship, and the beauty of its finish are rapidly extending its popularity."—*Christian Union, N. Y.*, Sept. 21, 1870.

"It contains every improvement that goes to make a first-class piano, and it is deservedly popular wherever it is known."—*Standard, Chicago*, Oct 6, 1870

Digitized by Google

THE HERALD OF HEALTH

AND

JOURNAL OF PHYSICAL CULTURE.

VOL. 18, No. 2.] NEW YORK, AUGUST, 1871. [NEW SERIES.

PUBLISHED MONTHLY BY WOOD & HOLBROOK, 13 & 15 LAIGHT STREET.

A NEW DISCUSSION OF TEMPERANCE PROBLEMS;

COMPRISED IN A SERIES OF TWELVE ESSAYS CONTRIBUTED BY OUR BEST THINKERS AND WRITERS.

No. X.—PHYSICIANS AND THE TEMPERANCE REFORM.

BY JOHN HIGGINBOTTOM, ESQ., F. R. S.

[EDITORIAL NOTE.—When our list of articles on Temperance was published last October, we promised to give one paper on "Physicians and the Temperance Reform." In looking about for an able writer for this article, it occurred to us that as John Higginbottom, F. R. S., of Nottingham, England, now eighty-four years old, was the father of the method of treating the sick without alcoholic stimulants, he should be invited to furnish it, and we solicited him to do so. In answer, he has sent us the following, which will be found of peculiar interest to our American readers, as his practice has often been cited here as proof of the preference of the Non-alcoholic over the Alcoholic method of treating the sick. We commend it to all as a thoughtful and valuable contribution to medical literature, and we invite medical men who have had experience with the Non-alcoholic plan to verify Mr. Higginbottom's experience.]

AT the commencement of the Temperance movement a most serious error was committed in adding to the pledge the proviso, "except for medicinal purposes." It has given permission to medical men to prescribe alcohol; to the publican, the wine and spirit merchant, to sell it, and the public at large to drink it; nay, every one thinks himself competent to order it as a medicine; and all the old ladies would be exceedingly angry if any one disputed their right or ability to prescribe it to their juniors.

If a medical man has practiced his profession for some years, and becomes a teetotaler, he soon suffers persecution, and loses his reputation; his friends and his practice leave him—in short, he receives the common wages of a reformer; he is under the necessity of recanting to regain his former status in society, or to quit his profession and seek some other employment for a livelihood.

Some of my medical brethren, several of eminence, have acted with more policy, and thereby have preserved their reputation and practice; they have not become ultra teetotalers, bu

Digitized by Google

they have prescribed or allowed a *little drop of alcohol*, prescribed it in fever, or as they say in extreme cases; they have publicly acknowledged they are not teetotalers—that is enough, they have escaped scathless. In some consultations, when the patient has been suffering from disease of the heart, and in other cases, in which alcoholic stimulants were totally inadmissible, I have waited to hear the physician's direction, which is seldom completed until some permission was gained for the patient to take a *little* wine or brandy, evidently as a *placebo*—the meaning of which is, "I will please." A daughter has asked in a beseeching manner, "Shall my mother take a little brandy?" The answer has been, "Just a drop to flavor the gruel." The drop is often between a drop and a table-spoonful or more. I once remonstrated with a physician, who answered, "Let them take what they like." One celebrated physician told me that he never prescribed more to a patient than two or three tea-spoonfuls of brandy, and only that quantity in one or two particular cases. I really wonder what those particular cases were. I have not made the discovery, and I am of opinion that no medical man can make that discovery. Such admissions are sufficient—the doctor is a fine clever fellow, and not a scrub of a teetotaler. Some of my friends, in order to save me from persecution they knew I should suffer, and from evident pecuniary loss, wished me to admit that I would prescribe a little alcohol—a little sometimes; but not having such a word as "expediency" in my Temperance vocabulary, they importuned me in vain.

The prescribing of alcohol in various forms, such as brandy, whisky, wine, porter, bitter ale, etc., has been most perseveringly carried out, particularly since the total abstinence movement commenced; indeed, so much so, as to render the Temperance cause almost a nullity in some localities. Before its origin persons might be abstainers from alcoholic fluids during a long life, and would not be troubled with *kind* friends to beseech them to take a little brandy, wine, or ale, for health's sake; although at that time the universal opinion was that brandy was the real *Aqua Vitæ*—the "water of life;" and that the "home-brewed ale was the strength of corn, and liquid bread;" that bread was the staff of life, but that a sup of good ale was life itself—all profit and no loss.

"He that buys land buys many stones,
He that buys flesh buys many bones,
He that buys eggs buys many shells,
But he that buys good ale buys nothing else."

"Nottingham ale, boys, Nottingham ale,
No liquor on earth like Nottingham ale."

Nearly every body had faith in the virtues of home-brewed ale, until our good friend, Mr. Joseph Livesey, of Preston, showed to us experimentally the "Great Delusion."

Teetotalers have the same enemies to fight against as Christianity—the World, the Flesh, and the Devil. I soon found a snare was laid for me to break the pledge. At the commencement of the Society, on visiting one of my old respectable patients, the lady of the house informed me a friend had called upon her purposely on my account; saying it was quite visible that I was declining in health daily, and most sincerely begged of the lady to beseech me to take a little wine or ale. The lady asked her how long it was since it had been observed that I was declining in health. "Ah," said she, "ever since the Teetotal Society commenced." "Oh, dear!" said my patient; "it is a wonder it did not fail earlier, as Mr. Higginbottom has been a teetotaler for twenty years." On hearing this her friend slunk away, heartily ashamed of herself—she was disappointed in her crafty errand; her object was to alarm me, that I might break my pledge; she cared not a straw about my health.

BOSTON MEDICAL LIBRARY ASSOCIATION JUL 28 1904

In the year 1836 I had a very severe attack of influenza and inflammation of the lungs, and was confined to my room for six weeks. The disease was so severe as to leave a portion of the left lobe of my lung in a condensed and almost hepatized state, unfit for respiration; the cough and debility continued for some time, but under God, by teetotalism, and natural stimulants—pure air, pure water, exercise, and simple nutritious diet—I quite recovered my health and the perfect use of my lungs; this I think would not have been the case had I taken alcoholic fluids, with the false expectation of deriving strength: chronic disease of the lungs and death would have probably followed. It was reported during my illness that the physicians poured brandy down my throat to keep me alive. My late partner, Mr. Booth Eddison, attended me; I had no physician, and I had not one drop of brandy poured down my throat. When it was understood that I had no brandy given me, then it was reported that I took wine in my carriage, and drank it on the sly. When I denied that also, it was said I was so conscientious that I would not allow a drop to get into my stomach, and I was obliged to have brandy rubbed into my skin, and that it got into my body by absorption, to strengthen me; this foolish report was

Digitized by Google

also denied, and the great wonder now was how I ever got my strength. It appeared incredible that I became strong and healthy by taking milk, eggs, bread, rice, mutton, etc., and with pure air and exercise, and nothing to drink but water, weak tea, or coffee. It is not understood by the people how natural food taken into the stomach nourishes the body, increases the strength, and prolongs life; and that the artificial stimulant of alcoholic fluids preys upon the vital organs, diminishes strength, and shortens life.

The practical difference between stimulus and strength, I heard from a reformed character of the name of Parsley, at a Temperance meeting. He said, "When I *was* a drunkard, I wanted drink, to keep steam up, every two or three hours; but when I became a teetotaler, I eat a piece of beef and bread, and drank some coffee, and it kept steam up for five or six hours"—proving that the natural stimulants of food, etc., are far better than the unnatural stimulants of alcoholic drinks. The erroneous opinions of the good medicinal properties of wine and brandy appear indelibly fixed in the minds of both the public and of medical men. It was declared to me, and believed by some females, that port wine was changed into pure blood immediately when taken into the stomach, and supplied any deficiency of that vital fluid. To prove the contrary, I showed them the component parts of a glass of port wine. I submitted it to the still, and drew off a table-spoonful of alcohol and burnt it; afterward, two table-spoonfuls of water, leaving about a penknife pointful of red coloring matter—the residuum, not containing any nutritious matter.

Brandy was long considered a tonic by the profession. Sir Astley Cooper himself declared his ignorance to a Temperance physician whom I knew—saying, "We used to call brandy a tonic; we have all been deceived, it is only a stimulant." One of our oldest and most respectable medical men said to me that brandy was the finest tonic. I told him it had no tonic quality whatever, it was a diffusible stimulant; this he could not deny. The ignorance of medical men some time ago was marvelous, considering that alcohol entered into so many of the medicinal preparations, and was also daily prescribed in the popular forms, blindly following the custom of their forefathers, without any consideration.

About forty years ago we entirely banished alcohol in every form from my own house. At that time, my wife, following the rule of society, not knowing then that "the custom is more honored in the breach than in the observance," offered a lady a glass of wine, who said to her, "Don't you take wine, Mrs. Higginbottom?" She answered, "No," assigning as a reason, "that she considered it injurious." "Then," said the lady, "why do you offer it to me?" This reproof had the desired effect of banishing all alcoholic fluids from our house for ever. We would now as soon admit known thieves and murderers. The Spanish proverb is, "Give wine to your enemies"—a ready way to weaken, subdue, and conquer them a cruel hospitality. "Woe unto him who giveth his neighbor drink—that putteth the bottle to him."

It is now generally admitted that alcohol is not food, and from daily observation and practice, for more than half a century, I do not consider it a medicine in the true sense of the word. What is a medicine? It is a term derived from *medeor*—to cure. During my long and extensive practice, I have not known or seen a single disease cured by alcohol; on the contrary, it is the most fertile producer of disease, and may be truly considered the bane of medicine, and the seed of disease. It is entirely destitute of any medicinal principle. Alcohol is the invention of man in the forms we use it, by the destruction of the food and fruit God has given us—a poet says, by the agency of the Devil.

"He joys to transform by his magical spell
The sweet fruits of earth to an essence of hell;
Corrupted our food, fermented our grain,
To famish the stomach, and madden the brain."

Shakespeare says, "O thou invisible spirit of wine! if thou hast no other name to be known by, let me call thee Devil!" The subject of Alcohol as a Medicine has occupied my attention ever since the year 1810. At that time I was of opinion that alcohol in various forms could not possibly be dispensed with in medical practice, but was absolutely necessary, and that nothing could be substituted for it in the treatment of some disorders. I believe many medical men are of that opinion at the present day.

For the first twenty years I ignorantly gave alcohol in some diseases, as was customary with the profession. Yet at so early a period as 1813, I discontinued it in typhus and typhoid and other fevers, with the most marked beneficial results. In 1818 in all cases of midwifery, and at a later period in *delirium tremens*, and in all other dinorders and diseases: from a full conviction of its injurious properties; so that I had lost all faith in alcoholic stimulants, and discontinued their use several years before the formation of a Temperance Society.

Digitized by Google

For about forty years I have not once prescribed alcohol as a medicine; so that I have now fully tried both ways, with and without alcohol, and I perfectly agree with the Scotchman, who said, "Honesty was the best policy, he was quite sure, for he had tried baith ways." I only differed from the Scotchman, in acting dishonestly with my patients from ignorance. I am now fully of opinion that a more dishonest or cruel act can not be inflicted on a patient than to prescribe or order alcohol as a medicine. Why is alcohol prescribed at all as a medicine, being such a fertile producer of disease? Dr. Trotter enumerates twenty-eight diseases arising from intoxicating drinks, viz.: Apoplexy, Epilepsy, Hysterics, Convulsions, Fearful Dreams, Gastritis, Enteritis, Ophthalmia, Carbuncles, Hepatitis, Gout, Scirrhus of the Bowels, Fatal Obstructions of the Lacteals, Jaundice, Indigestion, Dropsy, Tabes, Syncope, Diabetes, Locked Jaw, Palsy, Ulcers, Madness, Idiotcy, Melancholy, Impotency, Premature Old Age, Diseases of Infants during suckling.

One of our medical writers says, "The diseases occasioned by alcohol have been by far more destructive than any plague that ever raged in Christendom; more malignant than any other epidemic pestilence that ever desolated our suffering race; whether in the shape of the burning and contagious typhus; the loathsome and mortal small-pox; the cholera of the East, or the yellow fever of the West—diseases by far more loathsome, infectious, and destructive than all of them put together, with all their dreadful array of suffering and death, united in one ghastly assemblage of horrific and appalling misery."

The late Dr. James Gregory, Professor of the Practice of Physic in the University of Edinboro', said, "I never got a patient by water-drinking, but thousands by strong drink." The question may be asked again, Why is alcohol at all prescribed as a medicine? The answer will be what a medical man said to me, "I like it." Another medical man said, "Let them have what they like." The general answer has been, when I have closely asked medical men personally why they order it as a medicine—they say, "We could do without it, but it is convenient, always at hand, and the patients like it." Alcohol is a dangerous luxury, it is neither adapted for food nor medicine.

The ancients called it a "delightsome poison." I have been long convinced that I should be criminal, were I to give it or prescribe it, either in health or disease. Alcohol is given to gratify an unnatural and depraved appetite, not having Anatomy, Physiology, Philosophy, Science, or Common Sense to sanction its use; in fact, as a medicine, it is the most dangerous quackery of the present day.

I know of nothing more unphilosophical than the manner in which alcohol, as a medicine, is ordered by medical men; the usual directions to a patient are to take a certain quantity, say, a few tea-spoonfuls, a table-spoonful, or glassful, as the case may be, from vulgar gin to genteel champagne, according to the poverty or the wealth of the patient. The basis of the stimulant principle of these is alcohol; but does any medical man know, when ordering these liquids, how much alcohol they contain? For instance, he orders a glass of port wine: some of his patients will obtain it from the nearest gin palace or public house; others will have it brought up from a favorite bin. The first is probably a villainous compound of logwood, alum, with a certain percentage of alcohol; the second, perhaps, has no other deleterious ingredient than alcohol, of which it has probably twice the quantity of the former; therefore if two patients are ordered the same quantity of wine, one takes as much alcohol again as the other, thus placing the doctor between the horns of a dilemma; the one taking too much, the other too little, according to his idea.

The infatuation even of many of the teetotalers is such that they dare not employ a teetotal doctor, but give the preference to a medical man who will give alcohol as a medicine; so far are they deluded with the false opinion that there is something medicinal in the *mocker*.

Some patients labor under the delusion that they have a peculiar constitution requiring alcohol. This erroneous idea is produced by the force of habit. Alcohol is an unnatural agent, injurious to the whole system; there is no organ of the body adapted for its use; on the contrary, it is a rebel that is thrown out of the system as quickly as possible.

I have found acute diseases sooner cured without alcohol, and chronic disease much more manageable.

I have never seen a patient or any person injured by leaving off alcoholic fluids *at once*. I should as soon expect, as a Dr. Scott has said, "killing a horse by leaving off the whip and spur." I have not heard from my professional brethren, or from any of my patients that my non-alcoholic treatment of disease has occasioned a single death. My greatest trouble has been for many years, in preventing patients from being destroyed by the use of it. I do not say the *abuse, for I consider the use the abuse*.

Digitized by Google

My non-alcoholic treatment of disease has been so satisfactory that I have not once, during forty years experience, been desirous of deviating from it: so strongly am I convinced of the truth and superiority, that I should consider myself criminal if I again recommended alcohol, either as food or medicine.

I have discovered a great truth, and have made a great discovery: that alcohol in every form may be dispensed with in medical and surgical practice, and is not required in a single disorder or disease. What evidence can be clearer or more satisfactory? My practice has been open to hourly inspection and observation, in the center of a large populous town, surrounded by more than forty surgeons and physicians; most of them intelligent and discerning men—surely some one of them would have informed me of my insufficiency or malpractice, had I been in error, but I have heard of no such remark from a single individual, although in daily communication with them.

One medical man said, if he were to withdraw alcohol as a medicine, he should have to alter the whole course of his practice; as if alcohol was his panacea for all disorders and diseases. I have no hesitation in saying that such a practitioner does more mischief with alcohol than all the medicines in his *materia medica* can remedy.

Another medical man practicing among the rich, said, if he were to practice teetotalism and not prescribe wine for his patients, he should lose £500 per year, for most of his patients were wine drinkers." Doubtless he would be discharged and some other medical man would take his place *who would grant indulgences.*

A correspondent of The Alliance says, "I asked a surgeon, a teetotaler, 'Why do you not strike at the root of the evil, by banishing alcohol from your practice, as a medicine?' 'If I did,' said he, 'I should not have a patient in twelve months.'"

A patient informed me that before I attended him he took nothing but whisky as a medicine by the direction of two medical men. To obtain it he went regularly to a spirit shop. On entirely abstaining, his health improved; but the treatment of his disease with whisky had materially and seriously injured his constitution. "*In the physical world there is no forgiveness of sins.*"

The above patient escaped for a time more favorably than a Scotch minister whom I attended, who took a little whisky for a long time regularly, for pains of his stomach, which it always relieved; but he was quite unconscious that it had produced hobnail liver, in a very advanced state of disease, of which he shortly died.

I have, during the last fifty years, seen thousands of the victims of alcohol, produced by the traffic and prescribing of alcohol; and have noticed the hardening effects on its agents. With poor Burns, the poet, I can say of alcohol what he said on another subject, "It hardens all within, and petrifies the feelings." I once saw a spirit merchant witness a post-mortem examination of one of his wretched victims—a female gin-drinker, thirty-six years of age, in whom every important organ was diseased, but whose immediate death was occasioned by valvular disease of the heart. I expected the spirit merchant who sold her the gin which destroyed her would at least show some signs of commiseration; on the contrary, he stood by the frightfully diseased body as apathetic and as unfeeling as if he had been quite innocent and she had died a natural death.

I have examined the body, after death, of a female patient, a spirit-drinker, whose every internal organ was diseased and softened, indeed so much so, that a surgeon present said to me, "How ever did the parts hang together?" A minute account of such cases is seldom given on an inquest; only the disease of that part which is supposed to be the immediate cause of death. It may be observed here that alcohol has first a hardening effect on the different organs of the body, but in an advanced state of disease they become softened.

The first circumstance which arrested my attention, after being some time in the Temperance Society, was by members saying that they had lost their rheumatism (or gout) since they had abstained from alcoholic drinks. I designated it, at an early period of the society, alcoholism, not rheumatism, as abstaining from stimulants cured them. The improved state of health of many corroborated the truth of that passage in Shakespeare, "Ask God for temperance; that's the appliance only which your disease requires." If abstinence from all alcoholic and fermented liquids were prevalent, we should seek in vain for a gouty patient; proving the truth of the opinion of Doctor Erasmus Darwin, who said he "never knew a case of gout but the patient was addicted to the use of vinous or fermented drinks." I believe, even in hereditary predisposition to the disease, it is probable that attacks might ultimately be prevented by continued abstinence.

I noticed in my new improved method of treating disease the tardiness of recovery in those

Digitized by Google

patients who were in the habit of taking daily alcoholic beverages, compared with others who were abstainers. This contrast was enforced upon my observation, and accordingly I formed my prognosis, that I could expect no particular amendment until the nerve-poison, alcohol, was eliminated from the system. In severe attacks of disease, patients using alcoholic stimulants regularly were in a more prepared state for disease, and certainly had less probability of recovery.

3. It is almost impossible to relieve patients laboring under chronic disease, while they are daily taking alcoholic fluids.

4. When a patient is in a sinking state from disease, and when a medical man has thought an alcoholic stimulant absolutely necessary to snatch the patient from death; in this case the great danger is, that such a stimulant will extinguish the small spark of life remaining, and that the patient will be destroyed. It was truly said of the Brunonian system, that "Dr. Brown had made no provision in his system for the recovery of exhaustion arising from the effects of taking alcoholic stimulants. Lord Bacon observes, "If the spirit is assailed by another heat, stronger than its own, it is dissipated and destroyed."

5. It is not unusual to give wine or brandy at the apparent approach of death; such a practice is a mistaken kindness. In many instances patients are sent drunk into another world, having their minds beclouded and rendered incapable of leaving a dying testimony to their anxious and expectant friends and relatives. I have heard this commented upon as a very just and serious complaint against some medical men. "Let me go home sober," said an old lady, when urged on her death-bed to sustain her failing strength with brandy. "The medical friend of the late excellent Dr. John Pye Smith, on perceiving a rapid diminution of power, recommended some brandy to his water beverage. This proposal was conveyed to the eye of Dr. Smith in writing, on account of his great deafness. He turned to his wife and em phatically said, 'Never, my dear; I charge you, if such a remedy be proposed when I am incompetent to refuse, let me die rather than swallow the liquid."

6. I have had patients apparently in a dying state, who have recovered by giving them very frequently small quantities of light nutritious food, and by particular attention to natural stimulants, similar to those cases I have related in the sinking state of typhoid fever. Shakespeare says, "While the vital flame burns feebly, a little give at first; that kindled, add a little more; till by deliberate nourishment the flame revived, with all its wonted vigor glows."

7. I have been led to observe the very great tenacity of life even in those patients suffering under incurable disease, when they have been total abstainers from alcoholic fluids; and the very speedy death of the very intemperate under similar circumstances.

8. The adage that "wine is the milk of old age" is very erroneous, as it regards our alcoholic wine; it possesses no analogy to milk. Milk contains all the constituents of food, and is the type of food. Dr. Erasmus Darwin used to say, "Milk is white blood." The oldest individuals I have known have lived chiefly on milk and farinaceous food. Such food alone is sufficient to preserve the body in a healthy, cheerful, and happy state. Alcoholic wine is not at all adapted to support or repair the decaying body in old age, but to exhaust the vital powers, produce disease and death.

9. There is a subject with which I have been much impressed, that is, the great and fearful responsibility in ordering or prescribing by medical men, alcohol as a medicine, particularly to delicate females. From my own observation the effects have been most calamitous, in producing confirmed drunkenness. The very slow, insidious, pleasing, and delusive manner in its attack is such, in the commencement, that the patient is totally unconscious of her state. On visiting a lady, I perceived she did not articulate her words distinctly, and on inquiry, she told me she had been taking brandy and water. I thought it right to inform her that if any neighbor were to see her in the state she was in, it would be said that she was intoxicated. She directly said, "If I thought so, Mr. Higginbottom, I would never take a drop again as long as I live." Such an amiable character never expects to come on the list of drunkards. I have known some of the most truthful, beautiful, and excellent mothers and wives arrive at such a state of intemperance as to become a burden to their families and outcasts of society —in a lost state, from which there is no recovery. What compensation can a medical man make for being the cause of such a calamity?

I have been called to a lady dead drunk, when her husband has been under the greatest apprehension of her dying. On the following day the poor inebriate stoutly denied to me that she was ever intoxicated in her life, and that "she only took a little to do her good." I never knew a lady yet who acknowledged that she had taken too much.

Digitized by Google

A Visit with Father Cleveland.

BY WALLACE NORRIS.

My Dear Friend:

A FEW days after the reception of the current number of The Herald found me in the presence of Father Cleveland, in his own home. Introducing myself as one who, desirous of knowing more of his inner life than his brief published letter gave me, had called to glean all I could relative to the habits and hygiene conducive to his long and happy life, he bade me welcome, and drew my chair close up by his side. He laid his steady hand upon my shoulder, and with all the tenderness of a father to a son, he narrated the history of his life.

He was born in Norwich, Conn., June 21, 1772. He was placed in the family of his uncle, William Cleveland, of Salem, Mass., in March, 1784; sailed on a voyage to the Cape of Good Hope in November 26, 1785; was Clerk and Deputy Collector at the Custom House in Salem from September, 1789, to 1802. While occupying this position he saw the handwriting of Washington every week. From 1802 to 1809, was clerk in Charlestown. From 1809 to 1816, was stock and exchange broker in Boston. While in this business he prepared and published a set of exchange tables, giving, in United States money, the exchange from one pence to £5,000; and at from 2 per cent. advance, down to 25 per cent. discount, varying ¼ per cent. on each sum. These valuable tables are still in use, both in this country and in England; and a copy of them is carefully preserved in the British Museum.

From 1816, for nine years, he was engaged in mercantile pursuits, under the firm of Cleveland & Dane, on Market Street, now Cornhill. It was about this time Mr. Cleveland became deeply interested in the city poor, and set about devising plans for the formation of a society for their amelioration. For thirteen years he was Chaplain of the House of Correction, South Boston.

For nearly half a century he has been known and honored as "Father Cleveland, Missionary to the Poor." He was married at the age of twenty-six, living forty-three years with his first wife; re-married, living twenty-seven years with his second wife, who died November 21, 1869, in the seventy-fifth year of her age. He is the father of but three children—sons—and but one of them is now living.

Of him he writes, on the 5th ult., "My eldest, and now my only son, is on a visit to me from Texas; and as I had not seen him for twenty years, you may be sure that he was embraced with no small heartiness."

The Salem (Mass.) Register of the 8th ult, says, "We were gratified yesterday to receive a call from J. T. Cleveland, the only surviving son of the 'Rev. Father Cleveland.' He is seventy-three years old, and is as active as men usually are at forty—presents no evidence of the inroads of age, and says that the climate is so salubrious where he lives that he will be obliged to come to Boston to die."

The distinguished scholar, linguist, antiquarian, and withal a consistent, sincere Christian, Prof. Chas. Dexter Cleveland, who died in Philadelphia, July, 1869, at the age of sixty-seven, was also his son. His youngest son died twenty years since, at the age of thirty.

His ancestors were not long-lived, his mother living but to the age of thirty-five and his father to seventy-one. He attributes his longevity to his mode of living; and, although it has been a life of constant, uninterrupted activity, it has been one replete with joy and happiness, as his bright, cheerful, radiant face and sparkling countenance of to-day will testify. His diet has been simple, nourishing food, plainly prepared. His supper is invariably very light, consisting of a few crackers, which he prefers to any thing else, and are always kept on hand for him at this meal. Eats very sparingly of best beef steak or mutton, making breakfast his principal meal. Every morning at this season of the year, at 5 o'clock, he can be found with toilet perfectly arranged, down stairs in his cozy little room or office, at the desk writing or reading, or both. After breakfast he spends the entire forenoon, or till nearly 2 o'clock—the hour at which he dines—in visiting the abodes of wretchedness, degradation, and misery, in the byways and lanes of the city, relieving the wants of the occupants, feeding the hungry, clothing the naked, and ministering spiritual comfort and cheer as well as temporal salvation. I can not tell you how surprised I was when I was ushered into his presence. Instead of finding the decrepit old man my mind had pictured out, I saw the cheerful, agile, supple semi-centarian. I had

Digitized by Google

been somewhat prepared for this change, inasmuch as I was obliged to call the *third* time in order to find him in; but my imaginary photograph had not been worked up in glowing colors enough. I was astonished to find none of the tremor and nervousness usually attendant upon old age. He writes a beautiful, legible hand. In early manhood, he told me, he used tobacco—chewed, and then smoked for many years, until he became convinced that the *noxious* weed was feeding upon and sapping, not only his vitality, but his enjoyment, happiness, and equanimity of mind. He abandoned it *at once and for ever*. Ere long his nervous system was restored, and his sweetly-refreshing sleep and happy frame of mind returned.

Said he, "Suppose I had continued the use of tobacco, and taken a little stimulant of some kind occasionally, do you think I would have lived to be the hale old man that I now am?" His health is very good and has been all his life, with the single exception of a severe attack of pneumonia twenty-five years since. He knows nothing of biliousness, nor has he ever experienced any thing like dyspepsia, with its innumerable train of attendant ailments and evils. He regards gluttony, or intemperance in eating or drinking, as the prime cause of disease, and thinks there are few who do not eat to satiety. One of the things upon which he lays much stress is, attending to the demands of nature *instanter*, particularly that of evacuation. Said he, "My young friend, it is the fashion of the world to go out night after night (especially during the long winter evenings), in quest of *pleasure*, to the theater, the ball-room, or some other place of excitement, where the best hours of the night are spent in a sleepless and highly-wrought nervous condition."

He remarked that he could see no valid reason why any one should be worthless, useless, or inactive in old age; that his mind is very nearly as vigorous and active as ever, and can now readily memorize whole chapters of the Bible, and paragraphs or entire poems from Milton, Young, or the modern poets. He recited for me a choice selection from Young, his favorite poet, and added that when he retired at night these memorized thoughts or verses were his anodyne. He would repeat a chapter or two from the Bible, or some poem, until, *lost* in the gentle, soothing arms of Morpheus, he was released; and awoke ever in time to greet the early morning hours. These persons, said he, go out to seek pleasure or happiness, but, virtually, they never find it, and always return home *empty*, whereas, if they would but spend their evenings properly at home, instead of keeping these "late hours," that which they are constantly seeking and never finding, except in the transitory joy of an hour, would *come to them* in an *abiding form*. Wisely and justly does he condemn these so-called evening entertainments. With a conscience void of offense toward God and man, sleep to him is sweet, refreshing, and invigorating.

Sabbath, May 27, he preached to the inmates of the institutions on the Island—an audience of one thousand or more persons. For the 25th inst., the Sabbath next following his ninety-ninth birthday anniversary, he has already made two appointments. In the forenoon he preaches at the Seamen's Bethel, and in the evening at the Old Ladies' Home, in Charlestown, at one or both of which places I expect to hear him. He remarked that no idle or indolent man ever *was* or ever *can be* happy. His eyes are good—clear and sparkling yet—although he has used glasses more or less for nearly half a century. He lost his natural teeth some fifteen or twenty years since. These were preserved by the free and simple application of pure water. I think he is about five feet six or seven inches in height, and weighs perhaps 140 or 150 lbs.

On leaving, he gave me several small books and leaflets—recent poems of his own production—a fine cabinet-size portrait of himself, with his autograph and a few lines inscribed thereon, and a very cordial invitation to call and dine with him some day.

This true and life-like portrait will be ever regarded as one of my prized treasures, and shall prove a constant reminder of my pleasant visit with this dear, good old man, long years after he shall have passed to his home in that land where we will never grow old.

His whole life has been one of ceaseless activity, and his walk and work of nearly one hundred years in virtue's paths has proved a perennial feast. Now he is *all alone*, biding his Father's time for the pale boatman to come, to guide him safely over the shadowy stream to that land unseen by mortal eye, where darkness or shadow never comes.

Boston, *June* 1, 1871.

Brains and Ignorance.—The range of human knowledge has increased so enormously that no brain can grapple with it; and the man who would know one thing well, must have the courage to be ignorant of a thousand and one other things, however attractive or however inviting.

Digitized by Google

Flying to Shelter.

BY ELIZABETH OAKES SMITH.

WHEN slanderous tongues do me assail,
And lying lips do on me rail,
Thy help, my God, will not me fail.

They turn their evil ways on me;
Such as they are, would make me be.
But I am known, all known to Thee.

Known unto Thee the secret thought
Within the soul's deep chambers wrought,
And hence to me great peace is brought.

I lift to Thee my sorrowing cry;
Turn unto Thee my streaming eye;
Unto Thy sheltering Rock I fly.

O'ermastered by these woes at last,
I in its cleft will hide me fast,
Until the storm be overpast.

Thrice, thrice the dreadful bolt has sped.
I saw it fall on each dear head,
And lay them lowly with the dead.

One sleeps beside yon tranquil lake;
O'er one dear grave the palm trees wake;
And over one the billows break.

Oh, do ye mock from your bright sphere,
The anguish which we suffer here—
The bursting sigh, the bitter tear?

Oh, doth the venomed whisper fly
From this dark earth to your pure sky?
Or here doth Slander live and die?

Great God! in Thee my help I find!
The mills of time may slowly grind;
They can not crush the constant mind.

Digitized by Google

When Should Children be Taught to Read?—Sham Kindergarten Culture.

BY ELIZABETH P. PEABODY.

Mr. Editor—*Dear Sir:*

PERHAPS you may think Kindergartens have taken up enough of your pages to give place advantageously to other topics. But when I remember your genuine interest in the early training of children, I feel confident that you will let me say a few words to ward off a new danger that threatens the cause. It is from the misunderstanding of those who are looked up to as guardians and guides of the public weal. I am induced to take up the pen by seeing a recommendation of a young ladies' school, which I have no doubt is a good one, over the signature of one of our most prominent men, justly regarded as an authority in all good works. The words I regretted were, "The lady successfully translates what is of use in the Kindergarten into our American uses." With all respect to the writer, I must say that no one thoroughly acquainted with Froebel's system could have written the sentence. I have heard others use similar expressions, asking, "Can the Kindergarten be adapted to American wants?" or, "Is it not putting off mental work too long, and making school a mere play-ground?"

To the first query I would reply, How can climate, or political institutions, or language and customs make any difference in the proper treatment of children's brains, or with the true order of mental development? Froebel studied this order like a man of science, as he was. It took him more than twenty-five years of thought and practice combined to make out his system. Many an intelligent mother and good teacher have happened upon isolated points of his training, but in forty years of practical teaching, twenty of which were in schools, and the rest in families, my own and others, I have never known a truly philosophical or scientific plan of early education till I knew Froebel's. No one who has ever seriously and persistently engaged in this work, can have failed, I think, to ask herself whether she has followed the best plan of doing it. For my own part, with whom teaching has always been a passion, I was always asking myself the question, and many is the book of education I have sat down to read, with a hope in my heart that one perchance wiser than myself had found out the secret—*the true order of the development of the faculties.* I soon found out that reading and spelling were but a very small part of education for little children, and was often led to postpone these to a degree others thought very objectionable; but only in isolated cases did I apprehend that it ought not to be allowed at all at a very early age. Froebel has convinced me that education should begin with the training of the senses. Like all great discoveries, when they are made, it seems a very simple truth now, for we know that children are the victims of their senses, and that nothing can effectually release them from the thraldom but an intelligent and legitimate use of them, and by their control, through the culture of the highest sentiments. Froebel's eye was ever upon the culture of love in the child?

The first propensity developed in a child is to seize upon what it wants, and it is not often, certainly it is not systematically opposed by teaching it to impart that precious something to one it loves, or at least to share it. In short, *now we know*, we see how true it is that the child itself should be the guide in our plan for its culture, by that natural development which the Kindergarten teacher skilfully organizes, but does not controvert. To controvert it excites only passionate opposition. To organize it makes it the instrument of progress.

Is not every child that is born under the sun a subject for this system, so far?

To the next question, "Is it not putting off mental work too long, and making school a mere play-ground?" I would reply that the amount of culture secured by this mode of developing the mind—by the aid, I mean, of its own *well-trained* senses—is incomparably greater than any that can possibly be given to children by mere reading, or by abstract counting or repetition of facts. If no child ever learned a word till it knew something to talk about, it would be well, and this system almost insures that process. It is easy enough to teach some children the words *cat*, *dog*, and other names of things, if they are placed under the picture of the same, but to teach them in any other way is in my opinion cruel, not because they suffer for each word visibly, but because it is an unnatural process, and when applied to words that do not even suggest an image, a difficult one. In the infancy of the race, picture-writing was the first mode of expressing ideas otherwise than by the voice. Then came hieroglyphics which are

Digitized by Google

symbolical, and at last these were reduced to letters, also symbolical of sounds and qualities, but we give to little children this late product of the mind of the race for their first brain-work! I have taught several hundred children to read, and always suffered in doing it, when they were not as old as six or seven, because I sympathized with the painful effort of brain. I was the first person (as far as I know) who devised the way of teaching by words instead of letters, and that was to a little Spanish boy of six, and because I saw no other way, but even that easy way was hard for little tots of four or five. I have elsewhere recorded the case of a poor little mortal I was trying to persuade to be "good" one day, by which I meant to look at A and B, and of whom, when I saw that my expression "try to be good" brought tears into his poor little eyes, I inquired "What does it mean to be good, Lewis?' He replied in a loud burst of grief "Ter be whipped!" I was too soft-hearted to make my little disciples suffer much in the pursuit of knowledge, and never committed the sin of punishing them for unavailing efforts, but I did beguile them in obedience to the wishes of parents oftener than I now like to remember. I gratefully acknowledge the boon many good mothers granted me of waiting till I was ready, and now that light has burst upon us, let us give up our prejudices and take the good way. The time of little children previous to seven years of age is not so valuable as the condition of their brains; but in this system of instruction the time is far better spent than formerly. No one who has had much experience can have failed to observe how much shorter time it takes for children to learn to read after they are six years old than earlier. In our language, the anomalous pronunciation, or spelling, or both, makes the process more difficult than in most others, and we do not teach it in the most philosophical way, or the easiest way for children. It can be taught by using the Continental or Italian alphabet so as to serve for the pronunciation of Italian, Spanish, German, Swedish, and even French, and by postponing it till a little maturity of observation is attained, we gain thus a very great advantage. This is only mentioned as an additional reason why we should adopt Froebel's principle upon the subject, instead of "adapting his system to American wants," which really means only to American prejudices, the sooner given up the better. I question whether another point could be found in which any one could suggest a change. Let me illustrate a little, to show that we do not wish to put off the period of learning to read because it is troublesome, or to substitute play for earnest work. The words earnest work may alarm some persons who fear too early a stimulus of any kind. No one can deprecate the premature stimulus of the brain more than I do. Idleness itself is better than that, when it is possible to keep the Devil away from the idle. I am thinking of thousands of little three-year old creatures who might be cherubs, but who live in gutters, and hear wicked things said, and see wicked things done all the time. If the three years apprenticeship to evil could be changed to three years of blessed work made out of play, the primary schools as now organized would receive a very different set of subjects from those who now frequent them.

The first Kindergarten teaching to an infant is to give it little balls of beautiful colors to play with, that its eyes may learn to discriminate colors, that its little fingers may become developed and pliable by holding and catching them. Many little games with them may be taught by the mother, or the carefully trained nursery-maid, to develop heart and mind, and to exercise the limbs. In a more advanced stage of instruction in the school, for instance, it is shown a ball and a cube together, and by judicious questions is taught to observe the difference between the two forms, that one is round, the other square; one has corners and edges, the other has none; one has one surface, the other many; one will roll, the other will not; one can be caught in the hand without pain, the other can not be. The child is told that the ball is the shape of the earth (with a slight modification that can be shown at the moment by a gentle pressure of the thumb and finger), and that it is the fundamental form of every thing else. When the ball and cube have been clearly discriminated and discussed, and the child understands all the words used about them, they are compared with a cylinder of the same general dimensions—its likeness and unlikeness to both suggested, and then described by the child in answer to questions. These lessons will need much repetition, and form the topic of many half hours of talk. In a more advanced stage still, a small lump of wet clay is given to the child, which he is told to mold into a ball. It is a difficult work, and takes repeated efforts of the little hands. When it has been successfully done, it is proposed to make it into a cube, not by cutting it, but by pressing it upon the table on opposite sides, until it assumes the required shape. No particle of it is to be cut off or left, and when the child is afterward allowed to make any thing else of

Digitized by Google

it—and this modeling is a very entertaining series of lessons, the principle is inculcated that none of it is to be left; that there is nothing like rubbish in the world, but that every thing on this ball of earth, where God has placed us, can be turned to some use. We all know how the vivid imagination of childhood sees whatever it wishes to see in its playthings. Instruction like this teaches it to invent and create forms as well as to imagine them, and whenever it has a pile of cubes or other blocks to build with, the same principle is instilled, that every block must be put to use, and if one or two are left after following the law of symmetry with the rest, and it is not desirable or is too wearisome to begin again in order to work them in, they can be called men who are looking at the structure; an account is also required of the structure, its design, or its use, or what it is meant to resemble. The chaotic world is to be reduced to order as far as any part of it is used in lessons, that ideas of symmetry, precision, beauty, or use may be incidentally taught. So in the weaving of colored papers, every strand is to have its right place and its opposite, while the use of the weaving-needle, and subsequently of the thread-needle makes the little fingers pliable and deft.

The same principle is followed in the simple plan of drawing, out of which flowers forth such lovely forms. The folding and cutting of paper, done accurately, and by a rule, so as to insure pretty shapes, has far deeper significance than the mere making of paper boats and flowers. Every fold must be true, however many attempts at accuracy it involves, and a child very soon becomes sensitive to any wry crease or crooked cut, and is led to see the way in which either mars the final result of his little labors. Cubes are subsequently divided into pyramids, and these again into still smaller ones, so that cubes, pyramids, and bricks (which is another form of cubes—two in length and one-half in width) give great scope for building. Surface blocks, of a still greater variety of shapes, are used in progressive lessons where fundamental principles are given. All these occupations are to be used, when understood, in free invention, which (like free will in man) is never with impunity allowed to violate these fundamental laws. The cube root is handled and practically understood, long before the time when mathematics are learned from books. So of trigonometry, which we know from our own Dr. Hill, can be practically taught before a scientific word is attached to the diagrams made with surface blocks. Lessons upon sticks of one, two, three, four, and five inches in length cultivate another class of ideas, and can be laid in beautiful forms, and also made into transparent solids, by being united with moistened peas. As much arithmetic as children under seven years ought to learn, is taught by the various countings, addings, subtractings, and dividings involved in weaving, drawing, and block lessons. How much better conception a child has of a hundred who learns how it looks, than merely by the time it takes to count it.

The growth of plants from the very seeds is another important branch of Kindergarten culture, and teaches Nature's laws as no description can do. The observation of insects and small animals, in comfortable circumstances, like a frog in a dish of moss and water, or fishes and shells in an aquarium, is desirable. The true Kindergarten teaches—indeed, brings in all her knowledge of Nature and Art, and must be herself pervaded with it. There is no craft or art that is not provided for, in this mode of developing the child, at an age when it wishes to examine every thing, and make every thing itself. The longer children are disabled from reading, even the books and papers provided for them, the better. If nothing is told them but by careful parents and properly-trained nursery-maids, evil may be kept from them much longer than if they can read the crude or the cruel literature provided by the greed of authors and publishers. This consideration, added to the one that deprecates that too early action of the brain involved in learning to read, should be enough to answer the objection made to this feature of the Kindergarten system.

One valuable principle incident to it is its slowly-progressive character. Nothing must be forced or hurried. Each one must be allowed to develop at its own rate, as one may say, without having the passion of emulation stirred, which lies *perdu* in the human soul.

I have dwelt upon some of the minutiæ of this mode of instruction, in order to convince some inquirers and doubters that there is something in it "not yet dreamed of in their philosophy." I am far from denying that many children have received items of kindred instruction from good and intelligent mothers, and that many teachers have partially discovered the truth that all a child's faculties must be carefully trained, but where is the proof of the idea having been reduced to a system till Froebel did it? Pestalozzi's experiment, good as far as it went, did not attain to it—no one followed

Digitized by Google

up to their solution the hints Nature gave, before Froebel did it. Thousands and tens of thousands of the best educated people will tell you that many of their faculties, particularly their artistic faculties, were left wholly untrained; many young mothers lament their utter inability to instruct their own children, even if they have the leisure to do it. Froebel was mindful of mothers, and induced many to attend his lessons.

Teachers who give their schools the name without due preparation are less excusable than some of their apologizers, who may be supposed not to have looked into the matter, but that is a neglect which can not be pardoned any one who makes the profession of knowing what she has not studied.

The imperfection of schools, and the disastrous effects of them as generally administered, upon the moral natures of children, lead many to sequester their little ones too much from companions of their own age. The sooner they are put together, *under good guidance*, the better, but that requisite is imperative. The circumstances must be such as to insure the tenderness of the mother to each one, the defense of each one against the encroachments of the rest, and the unexcited, healthy, natural action of the mind. Imagine oneself looking down from a balloon into all the unroofed nurseries of a city. To these most of the children of the wealthy are confined for the greater part of the time, and under what influences? One shudders at the spectacle, and does not wonder that rich men's sons, for instance, do not turn out well, for they learn there what they may never unlearn. Look at the little denizens of hovels, from which even the mother's love is banished by her daily necessity of finding work to feed hungry mouths; and watch the poor little frequenters of streets, gutters, and stagnant pools, in both cities and suburbs. Under our institutions some of these children may in future take rank, and perhaps outstrip, in worldly honors, the pupils of the aristocratic nurseries, that have been educated by the Catholic Irish as truly as those in the street! Let us have Kindergartens!

THEORIES PUT IN PRACTICE;
Or, Extracts from the Diary of a Physician's Wife.

EDITED BY MRS. H. C. BIRDSALL.

WEDNESDAY, *March* 14.

MADGE having asked for her bill, the Doctor brought it to-day. He inquired of me her circumstances, and I told him that she had some money in the bank, but still was poor, being almost dependent on her wages. He diminished his bill by one-half, and left it with me to give to Madge. I thought that she would be pleased and grateful, but she flew into a passion, considering it a serious injustice and imposition to be obliged to pay *any thing* for having her life saved; for this is indeed the case. During several days of her sickness the doctor did not think it possible that she could live. Madge now says that she owes nothing to him. My indignation was so great at her ingratitude, that I did the only thing I could do, forbade her speaking of the subject to any one in the house. She could hardly be punished more severely than to be obliged to keep silence upon any matter of interest to her.

Thursday, March 15.—While they are still fresh in my mind, I will record some things which Mr. Welsh told me the other day. When quite young, he loved a young lady of great beauty of person and character, and his love was returned. Just at the time they were to be married he was left fatherless and motherless, and with three sisters and a little brother dependent upon his exertions. With a heroic spirit of self-denial, he deliberately made up his mind to sacrifice his own dearest inclinations, and to give up such a portion of his life as might be necessary to providing a good home and education for his sisters and brother. The lady whom he had loved was as heroic as he, and sustained his hands in the long, hard struggle which he endured. He conquered at last, and cheerfully too, for this he felt to be essential to his success. He was successful in business, and educated the whole family in accordance with their refined tastes and natural capacities.

Digitized by Google

When it was all done, and he could have married, the dear one was gone, except from his tender and loving recollection. As far as he can have it in this world, he has had his own reward in the gratitude and loving care of his family.

Mr. Welsh has been quite a musical proficient in his time; and, until he was seventy-three years of age, he led the choir in our church here in Lightwood. Henry says that he was a beautiful picture, with his delicate spiritual face glowing in sympathy with the feeling of the music he was interpreting, when engaged in training the choir in something new to them. His own voice was a clear, pure tenor, free, to his last public use of it, from the tremor so common to the voice of old age. It was the earnest wish of the choir, that he should continue with them, but he insisted that he was too old; and very soon after he was incapacitated for it by the loss of his health. Then came the loss of his property, and he the other day alluded most feelingly to the delicacy with which the church redeemed his valuable organ and his large collection of musical works, and gave them to him as a token of their appreciation of his former services. When living in New York, he was usually well acquainted with the celebrated singers, and speaks in specially high terms of Jenny Lind; for, as he says, "there was not only a voice, but a soul." In one of his musical conversations with her, he told her that, by some critics, she was accused of affectation and exaggeration in her singing of "I know that my Redeemer liveth." The tears started to her eyes, she rose from her seat, and clasping her hands together, walked rapidly up and down the room, repeating "Ah, they should not say that, they should not say that!" Mr. Welsh says that her uplifted face seemed to him almost divine, and that, thereafter, her singing of these noble words, was, more than ever before, the expression of the most perfect and yet childlike trust and confidence in their truth.

Friday, March 16.—The few lovely Spring days that we have had make the house seem so close and unspringlike, that I have resolved to commence house-cleaning early, that the house may share the freshness of nature. And, at the same time, I have resolved upon another thing—that this operation of house-cleaning shall interfere as little as possible with Henry's comfort. It is not surprising that men should be made miserable by that kind of house-cleaning in which the whole house is in confusion at once. This, as well as all kinds of house-work, should be conducted in such a way that nobody should experience any discomfort from it. Bridget finished ironing Tuesday, and Wednesday morning, after having the attic thoroughly swept, I took her into the large spare room, and assisted her in carrying out the lighter furniture. We then called in the young man who does Henry's stable work for him, and he aided Bridget in taking out the heavier furniture. Bridget then went vigorously to work, and all was done in such good season, that the room was in complete order when Henry returned to supper. I hope that I shall be as successful in carrying out my wishes in regard to the house-cleaning, as I have been in keeping "blue Monday" out of the house.

At the very commencement of my housekeeping, I decided that the washing should not be an event of sufficient importance to make every one uncomfortable. Instead of the old-time, sodden, warmed-over Monday dinner, savoring strongly of "*suds*," I myself cook the dinner on Monday, making it as nice as possible, so that not one thought of its being Monday shall enter the mind of any one.

Monday, March 19.—I took Madge to her brother's to-day, and think she is in a fair way to recruit rapidly. Aunt Minerva after her usual visit from the Deacon last night, announced to us her intention of being married the first week in May, and asked our permission to have a small wedding entertainment. We gave our consent with but one condition, viz., that the guests should not be served with wine. Aunt Minerva agreed to this only because she knew that there was no other course for her. And now, while she remains with us, I must try to make every thing as pleasant as possible for her. She has been more trying and disagreeable than before, since the scene we had with her in the winter, for she then adopted a manner which says as plainly as words that she considers herself much aggrieved.

When Henry and I are alone we speak of it as her "martyr air;" but to laugh at it affords only a little relief. It is very hard to be constantly with a person who preserves a gloomy silence, only volunteering a remark when necessity requires it, and vouchsafing only monosyllabic answers to inquiries. I have striven most earnestly to be cheerful and pleasant, but have sometimes failed to resist the depressing influence of Aunt Minerva's manner. We would be willing to apologize, if we could see that we had been at all in the wrong; but time only confirms us in the opinion that Henry took the

Digitized by Google

right course; and therefore to apologize would be to falsify ourselves.

Wednesday, March 21.—To-day, the air being mild, with hardly a breeze, I gave Miss Clinton a ride. She is a "chronic invalid," having spent most of the last thirty years in bed, but occasionally rallying and going among people for a few weeks at a time. Henry holds a theory in regard to such cases, which is not original with him, but which needs the test of careful and judicious practice to prove its correctness or incorrectness. He claims that such people are afflicted with mental disease, which assumes the form of imaginary physical complaint; and he thinks that the firm and commanding, but gentle treatment, which is adopted with the milder forms of insanity in asylums, is what is required.

Miss Clinton has been attended by all the older physicians of the vicinity, until she has become a standing joke among them. One of them is reported to have said that he considered Miss Clinton so hardy, and so toughened by her chronic invalidism, that she might be thrown over the house with impunity. During the past winter she has been better than usual, but is just showing symptoms of relapse. Henry thinks a great point would be gained, if he could keep her from this. So he has ridiculed her notions just enough to keep her in a state of half-indignation. This part of his treatment he calls "mental mustard." He is not afraid of being discharged, for he has won the family to his way of thinking, and they are ready to assist him to the best of their ability. Miss Clinton was sure this morning that she should catch her "death of cold," but Henry, in his contagious way, laughed at her, telling her that he thought a good, hearty cold might do her good. We rode about three miles, and I tried to keep her from talking of her symptoms and feelings, but was not particularly successful.

Thursday, March 22.—The meeting of the Society was very fully attended yesterday, for the question to be answered, "What sewing machine shall I buy?" is one of very general interest, and of much more importance than one might think, without giving the subject close consideration. When word was sent to me, and I was asked to give my opinion in full, of the machine which I have, my first thought was, What moral bearing has this subject? I soon saw the connection, and was prepared for the train of thought, which was followed out at the meeting. Mrs. Hutton first read a paper in The Atlantic Monthly, by Parton, upon the subject of buying sewing machines, which is capital, as far as it goes. We all acknowledged the truth of his statement, that when a lady had made the tour of the different sewing machine establishments in New York, she was more unprepared than at first for selection, and indeed was in such a state of bewilderment as to be unable to distinguish a sewing machine from a wheelbarrow. This remark led Mrs. Hutton to the expression of her own thought, that it would be well, if every one before purchasing a sewing machine, should consider her own temperament, whether nervous or otherwise, her faculty for the comprehension of machinery, and her manner of doing work of any kind, whether careless or the reverse. For these three considerations ought to determine in a great measure, the particular machine a person should buy.

Mrs. Hutton had requested and obtained, the written opinion of thirty ladies, of the machine in their possession. Seven of these ladies owned Wheeler & Wilson machines; four, the Florence; five, the Grover & Baker; eight, the Willcox & Gibbs; three had hand machines, and the remaining three represented the Weed, Singer, and Finkle & Lyon machines. The letters were read in this order. One lady said that her Wheeler & Wilson was the greatest of mechanical blessings; that she had used hers for ten years, and had never experienced any trouble from it. The next wrote much the same as the first, except that the *machine would have freaks*, at which times its owner was in the habit of shutting it up like a naughty child, and leaving it until it was ready to behave! Rather an inconvenient arrangement if one had much work to do! Four of the Wheeler & Wilson ladies wrote that this particular machine was undoubtedly the best in use; but they were equally agreed in accusing it of remarkable fits of obstinacy. The remaining one came much nearer the truth in writing that she did not think the Wheeler & Wilson machine could be the right one for her; she had a great deal of work to do, and could not spend time in making efforts to discover the cause of disorder in the machine. She needed one which required little faculty to understand, for she was well aware that she did not possess this. She would be glad to exchange her machine for one more easily managed. The owners of the Florence were all convinced that they had the best machine in the country, for did it not possess a reversible feed, etc., etc.? But they must confess that they did not understand it. They had had them, respectively, from one to four years, but knew no more about them

Digitized by Google

than when they first bought them. The Grover & Baker ladies wrote that, for some purposes, their machines were very fine, as for embroidery, braiding, etc., but they complained of their want of economy for ordinary sewing, and of the heavy seam on the wrong side of a garment. Six of the Willcox & Gibbs ladies wrote most enthusiastic letters, claiming a string of advantages for this machine longer than those of all the other ones combined. Two alone complained of its sewing ripping easily; and, as they were present, Mrs. Hutton at once questioned them about their habits in the use of it, and found that they were not in the custom of fastening the ends of the seams. The other ladies called its ripping easily one of the chief points of excellence in the Willcox & Gibbs machine, and two of them had made a discovery which, they said, entitled this machine to lay claim to the advantage of great *economy*, which, they thought, had never been enumerated in the advertisements of its good qualities. Every one acquainted with this machine knows that it uses a good deal of cotton in the first place, much more than lock-stitch machines, and they also know, that in the case of sewing incorrectly, the seam can be ripped, and the cotton used a second time; while in the lock-stitch machines, it is all wasted. But these two ladies, in a very long use of the machine, had learned that all the cotton used could be turned to a second account. They said that, when a garment was worn past use, or needed alterations, they invariably wound the cotton raveled from it, and made use of it in basting, or in over-casting the rough edges of seams. The ladies owning the hand machines liked them very much for persons unable to use the treadle machines, but acknowledged that sewing could not be done as rapidly nor as agreeably as by the other kind.

If a woman has a clear head, no nervousness in her composition, and understands the complications of machinery easily, then she may dare to invest in a good lock-stitch machine, and it will undoubtedly be a source of great ease and comfort to her. But, if she is nervous, and hurried with work, and has no knowledge of machinery, a Willcox & Gibbs machine will be an invaluable blessing to her, while a lock-stitch machine would only increase her labor of body and mind. Mrs. Hutton called to mind the fact, that a large proportion of American women are of this class, who are overworked sometimes physically, sometimes mentally, and often in both ways; and remarked, that every mechanical assistance afforded them should be of the very *best* kind; and that the *moral* benefit of this course would be in setting women free from the nervous worry, which disables them from doing any thing but the veriest plodding, and keeps them from comfort and enjoyment of life.

Saturday, March 31.—To-day Bridget finished the house-cleaning, with the exception of some rooms which I thought should be left until more settled weather should arrive. In order to finish to-day I found it necessary to assist myself nearly all day; and for this purpose, wore a calico dress until the time I expected Henry home. As usually happens upon such occasions, I received a number of calls, all from persons who know how to make allowance for necessary departures from custom, excepting one from Mrs. Mackenzie, who is so exceedingly proper and bound by etiquette. She has not been here before since she met Mrs. Fidder in the Fall, and attempted to condole with me to-day upon my acquaintance with so *common* a woman. She said to me, "How very annoying it is, Mrs. Sanborn, to be obliged to know people so much beneath us! But we have to submit, with such a Government as we have. I often wish that I had been born in England, or some other country where I might keep aloof from the common herd." This made me indignant, and I told her, much apparently to her mystification, that Mrs. Fidder was one of my most valued friends; that, although I could never be benefited intellectually by intercourse with her, I could be morally and spiritually, for she is one of those rare characters who never say an unkind word, never do an unkind act; and, as far as one can judge, do not even think uncharitably. And she is bringing up her children in this same lovely spirit of thinking and doing no evil. Surely such a woman is worthy the esteem of any one. I all at once discovered that I had gone beyond Mrs. Mackenzie's depth—she sat gazing at me with the immobility of a statue, with the exception of an occasional glance at her faultless attire. At the first pause, she exclaimed, "What a *sweet* young minister we had on Sunday! Were you not perfectly delighted with his bee—autiful sermon? Such imagination—such eloquent words—and ah—ah—." I replied that he certainly used fine language, but common sense came to my aid, and restrained me from giving my opinion of the young Cream Cheese, who officiated for Dr. Hutton last Sunday, and who was a fair representative of a class of young ministers now starting up in this country, who, I fear, will do the church very much harm, and who ought to be kept out of it at all hazards.

Digitized by Google

Just a Thought.

BY FRANCES DANA GAGE.

IF we never wasted our sunshine,
Or hung it in borrowed shrouds,
We might save enough, most any day,
To gild to-morrow's clouds.

And even if rain came pouring
Now and then, a chilling stream,
If garner'd well, we'd have in store
For every drip a beam.

I don't know how it is—there 're some
Can never get things right:
But yesterday, it was too dull;
To-day it 's blinding bright.

In the spring they long for summer-time;
In summer sigh for fall;
And while the autumn forests glow,
Think winter best of all!

"It is too cold!" the birds can't sing;
"Too hot!" it wilts the flowers;
And something, somehow, all the time
Will cloud the sunniest hours.

If such would keep a strict account
Of each, the goods or ills that come,
They 'd always find, on footing up,
The good the heaviest sum.

For every day of storm and cloud
Three sunny ones, at least;
And five soft, sunny, genial winds,
Where one is really east.

Then bless the Lord, and cheerily
Accept Dame Nature's plan,
Resolved to make the best of it,
And better it if we can.

And, like the bees, just take the sweet
Where poison might be found;
And gathering honey all the year,
Go scattering it around.

Digitized by Google

Home Life.

BY REV. CHARLES H. BRIGHAM.

IT is the boast of the Anglo-Saxon race that *Home* is one of their peculiar possessions or inventions; that the Latin races have no inheritance in it, and do not understand its meaning. No doubt this boast is more in word than in fact. If the French have no word for home, they show illustrations of domestic beauty and comfort as real as any in English cottages, or in American brown-stone fronts. The finest pictures of family life are found in some of the towns of Lorraine and Burgundy. But home is unquestionably a matter of more pride on the Northern than on the Southern side of the Channel. Your Englishman is never tired of insisting on that legal axiom that a man's house is his castle, or of repeating Dryden's borrowed phrase that home is his "sacred refuge." To a Frenchman home may be dear, but it is not sacred, like the Church: he has no altar in it, and his gods are not there. He is no more secure there than in his workshop, or in the street. There is no song in his language which holds the sentiment and the sigh of that "Sweet Home," which has for the Saxon of every grade of culture an inexhaustible charm.

Home, in its proper and lawful meaning, implies a house, in which one has not only habitation, but ownership. A house from which one is liable to be turned out at the caprice of a landlord, or in which one may not drive a nail without risk of a suit for damage, a house which is only leased, even with a long lease, can not be home in the fullest sense. Yet Americans, the most restless and vagrant of people, have almost transformed in their speech the meaning of the old word. Did not the valiant General of the Potomac Army proclaim that his home was in the saddle? Do not the railway conductors, and some travellers too, aver that their home is on the road? In the valiant song of Britannia, her home is "on the deep," and a favorite lyric connects a home on the rolling deep with a life on the mountain wave. There are clerks in the cities, who tell you that their homes are half in the "store" and half in the restaurant; they sleep in one place and they eat in the other. The unfortunates who dwell in boarding-houses, and their name is legion, can blushingly send out "at home" cards for their wedding receptions. The portly bachelor feels himself perfectly at home in his well-furnished "hall." And even the ease which one may take in his inn is imagined to be a consciousness of home by the denizen on the fourth floor of a fashionable hotel. Even the Oneida Communists talk about their "homes," and probably Diogenes was at home in his tub.

The sacredness of home is considerably impaired by this lax style of applying the word. When hotels, and boarding-houses, and tenement-houses, and restaurants, and railway cars, can claim this name, the fine old sentiment will vanish out of it, and the song so sweet that there is no place like home become only a dying echo of a lost joy. Indeed home comes into some phrases in our speech, which seem to take away its credit. The school-boy feels insulted if his playmates call him a "home-boy;" it is as much as to say that he is a milk-sop, a baby, and wanting in spirit. Home-sickness is a malady of which all are ashamed, and which those who feel are careful to conceal. No American soldier would desert his ranks, when the band of the regiment ventures to strike up "sounds from home," even if the melody were more noble than the music of "cow bells"—the Swiss weakness has no parallel on this side of the Atlantic. Division of homes is possible here, and the man who is rich enough and lavish enough may have several homes at once, each with a valid and an equal title to the honorable name. Daniel Webster had at once a home among the New Hampshire hills, by the Marshfield sea-shore, and in a street in Boston, to say nothing of his home in Washington. Prescott, the historian, had homes in Boston, in Lynn, and in Pepperell, and divided his time among them. The Mormon Bashaw may boast that he is at home in every town in his territory, if the statement be true, that he owns a house and has a wife in every town. Nay, even one may have two homes in the same house, as he occupies one part in the winter, and another in the summer. We know of a man in Massachusetts whose house was on a border line between a city and the adjoining town, and who could change his home from town to city by going from the west to the east chamber. That double home under one roof was convenient when the tax-gatherer came round.

While these and other habits are likely to impair the traditional sacredness of home, it is all

Digitized by Google

the more important to insist upon home life, the most conservative of all good social influences. The nomad tastes of our people, strengthening continually by the facilities for travel, must not destroy the dear old home feeling, so bound up with the holiest of memories. We have not here the law of entail, which holds the house and the estate in the same line from one generation to another. The chances are that the best house will change owners within one generation, and that most houses will change owners many times. Comparatively few sons are satisfied to live in the house where their childhood was passed, even if it be refitted with all the modern improvements; or if they have filial piety enough to stay there, their wives will be rebellious. "A new home" is a genuine American phrase, and the emigrant goes to find a new home. Preaching will not stop this tendency to find new homes; the best counsel is to make the new home as nearly as possible like the old home in its style and its comfort.

How may home-life in our wayward, restless, adventurous, speculating American world best be realized? What will help to make a genuine home in all these disadvantages? We leave out of view in the answers to these questions the necessary sentiment at the basis of all domestic happiness, and do not insist that parental, filial and fraternal love are the assurance of a happy home. We will take it for granted that these exist, and ask only of the external aids which may make this love effective. For in spite of the fine verses of the poets, and the confident theories of school essays, the blessing and the reality of home depend quite as much on the adjuncts, as on the interior sentiment. Filial love, warm as it may be, can not make home out of a boarding-house, where six families, and as many more lone men and women are herded together. Home is made real by "circumstances" quite as much as by love.

1. The first need of home life, is that the head of the family *own his house*. This is not a rigid rule, certainly. If he can lease it for ninety-nine years, or even for fifty years, he may feel as free in the house as if he had paid the money and secured the fee, and registered the deed. But the sense of ownership in some kind he ought to have. All homes that are in hired houses are imperfect. They may imitate the genuine home, and perhaps for a time do as well, just as stucco imitates stone, and graining imitates the lines of costly wood, but they lack the first element of a good home, the sense of freedom, stability, and security. A man and his family feel more at home in a house with only three rooms, which is really their own, than in a house four times as large, which has a landlord. Perhaps this definition of home will cut off the larger part of the so-called homes in our cities, yet the definition is according to fitness. A home in a hired house can not be complete. In Heaven, where is the highest home, there is no hired house.

2. Next to ownership of the house as a requisite for the feeling of a comfortable home, is *convenient and sufficient furniture*. Home is not real, without the conveniences of home. All the appliances of domestic use that are likely to be wanted must be there. In Oriental countries, a divan around the room, and a low stool or two, are considered to be ample furniture, even for the house of a Pasha. But in our civilized life that meagre standard will not be allowed as sufficient. To be at home in a house, we must have carpets and bureaus, and bedsteads, and chairs and tables, and all the things which seem to suggest permanent residence. Even a Methodist minister, itinerant by the system of his calling, needs more than his trunk and his saddle-bags, if he is to be at home with his parishioners. Too much furniture, indeed, is a nuisance. A house crowded with apparatus loses the proper sentiment of home, and suggests rather the idea of a warehouse or a barrack. There must be room to turn around, and to "swing the cat," if one may wish. But nothing can be more dreary than the aspect of the house which is as empty of all conveniences as a country railway station, or a doctor's office, in which the chairs are strictly limited to the number of the household, and all is stiff and uncomfortable. A Yankee home can hardly be genuine without one or more rocking-chairs; and the Boston congregation who gave their minister a dozen of these when they provided their parsonage took the most natural way of domesticating him at once. One ought to feel at ease in his home, and this can not be unless there is a certain ministry to indolence.

3. And this suggests the remark that in a true home the *whole house ought to belong to the family, and be occupied by them*. There ought to be spare chambers for the guests, and room for hospitality, but there should be no shut chambers, or shut parlors, sequestered from all domestic use. There should be no mysteries in the home, no place of oracle there. Every part of the house, from cellar to garret, should be open and known, not only lighted and ventilated, but visited too, by every member of the household. In a real home, the family always use the best part of their house, and live in the

Digitized by Google

whole of it. They go in at the front door, as well as as at the back door, they go up by the wide staircase as well as by the narrow staircase, and they use the soft cushions, the damask and the velvet, as well as the cane seat and the straw matting. In a genuine house, no part or appendage of the house ought to be too good for those who are members of the family. Even the servants, if they live in the kitchen, ought to know what is in the rooms above them, and not feel that they are outlaws anywhere within the walls. In the Puritan days, there was none of that separation of the place of master and servant in the house which is now so vigorously kept. The family felt all the more at home that Sambo and Dinah with their white teeth, and their shining skin, and their ringing laugh, were in the room when the jest went round. The only remnant of that way in the custom of evangelical households is in calling the servants to attend family worship. They may be at home in the prayers of the house, though they can not be in all its joys. It is well in the home that each member should have his own retreat, his own chamber, the daughters and the sons, and the servants, but not well that there should be no feeling of common right in the house.

4. And a good home is not all within the walls of the house. The first home of the first family was not in a house at all, but in a garden. To realize the home now, there *ought to be a garden attached to it*, some space open to the sky in which green things and bright things may grow, and the family may enjoy God's sunlight together. Time may bring the home feeling even in the centre of a brick block with a sidewalk in front, and a paved area of ten feet square in the rear; yet this kind of a home will resemble the real home only as crypt resembles a church. Some kind of a garden every true home ought to have, a clear space in front or in rear or around. This ought to be the dividing bound of the family estate, and not merely a hateful and harsh wall. When you see a garden around a house, in country or in city, you instinctively imagine a family there, that it is not a hermitage, or a tenement-house, but that they own their premises and use the property together. A garden, with climbing plants, is the sign that the family are there to stay, and do not expect with quarter-day to take up their march, and seek a new habitation.

5. Every well-ordered home will have a *library*. Until this in some form comes into the house, it has not the right to be called more than a lodging-house, or an eating-house, however sumptuously it may be furnished. How many books are necessary to make a library we shall not venture to say, or whether the old Puritan measure of the Bible, the dictionary, and the spelling book is to be taken as the unit, or rather Trinity in unity. Books enough to meet the ordinary need of intercourse and conversation and reference, the "standard works," enough to give the impression of culture and intelligence; home must have these, even if it has to spare some physical comforts to get them. Books in the house are a binding influence between members of the family, the means of dispersing the clouds, making raining days useful, and enlivening hours of solitude. And in a true home the library will not be "stowed away" in a closet or a dark room, but will be in the centre of the house, in the meeting-place of the family, where the young and the old together catch inspiration in its gathered hoard. In the true home the library will be the favorite "sitting-room."

6. And we are disposed to mention *instruments of music* as a proper appendage to comfortable home life. A home which never has any music in it may be neat, orderly, quiet, even in its routine, and may train its children in exemplary ways, but it lacks one of the best influences of domestic union. A piano in good tune not only leads in the music of the song of home, but it makes home sweet, even where epithets of endearment are not lavished. Heaven comes into that home more surely. Very few households are so unfortunate that every member is insensible to harmony, that there is no music in the soul of any. There will usually be some one who can bring out the angel from the chords; and if no one in the family can do this, it may be done by the stranger within the gates. We have known more than one home where the piano was only for friends in their visits; but it made the visits of friends more frequent and more welcome. Music there ought to be in every home, not only the music of a mother "singing to her clean, fat, rosy babe," which the radical Cobbett so much glorifies, but the musing of consenting voices and consenting harps. The head of the house may be a good steward, without any musical knowledge, but a true father will know more than the "two tunes," between which he can not decide, when he hears his daughter strike the keys. The best sentiment of home connects itself from infancy to age, with the voice of music.

7. And home is more fully realized, *when all the family are together*. There is a painful absurdity in talking of the pleasure of home when the children of the house are scattered, or the parents are perpetually absent. A father who

Digitized by Google

spends all his time in his shop, or in his club, except the hours of the night in which he sleeps, or the minutes which he gives for meals, knows nothing of the satisfaction of home. This is one of the solecisms of American life, that men of wealth lavish so much upon their houses, but are in these houses so little. The children, too, are sent away to boarding-schools, or to Europe, and three-quarters of the great house remains unoccupied. Of course, in the passage of life and the changes of fortune, it is inevitable that the family circle should be broken up. The lone widow, whose children have gone away from her as they have married and settled in life, may speak of her "home" as the place where she has lived so long, though now no one is with her there. The forms of the departed are there in her thought, and she has society in her memories. But while the children are yet in tender years and in leading-strings, home implies that they are together in the house, and are not scattered in foreign and uncongenial abodes. For a good part of every week-day, for a large part of every Sunday, the parents and children ought to be in each other's close society. It is more important for a man of business to be *in* his home, than to provide merely for its enlargement. The "club" is no place for one who has wife and children, it is an institution for the refuge of grim and forlorn celibates, and even for them is of doubtful value. Genuine home-life implies a hearty love for the society in the house, which will hold this as close and as long as the children are willing to remain. Home is a place for men as much as for women, for the sons as much as for the daughters. And no one has a true home, when there is any place that he loves better to be in than his home. Even the church must be second to this.

Other suggestions about home we might offer, to allow freedom there, to take interest in the work that all are doing, and in the language of one of Mr. Hale's heroes, to "lend a hand." But these are enough to indicate the character of a home. It is our sad conviction, nevertheless, that these advices are not likely to be heeded, as they are so unlike the habit of the time and the spirit of the age. Our restless people are more and more getting away from all love for home, which is too quiet and old-fashioned. The street, with its shows and parade; public assemblies; the facilities for travel; the fever of emigration and change; are carrying us away from the old idea of family union. Our economical schemes suggest life in lodgings and in great hotels as the rational substitute for the confined family circle. Socialism in all its theories denies the simplicity of home. The programme of Mrs. Woodhull and her associates leaves home wholly out of the question. When mothers begin to denounce the tyranny of the family relation, and proclaim that its yoke must be thrown off, then home life will pass into a tradition. When infants are sent away to be nursed, home is sent out of the house.

Secret of a Wholesome Life.

BY MISS M. M. WISWELL.

LONG ago, when the world was younger and more romantic than now, there lived a certain adventurer, to whom life seemed too short for the great deeds he wished to perform. His course had been one of danger and peril, rewarded by success, but now, while the fire of youth still burned in his heart, and visions of wealth and fame to be gained were ever present to his imagination, the power of endurance that had marked his youthful days, was fast passing away. So he listened eagerly to stories told of an island far to the northwest, ever blooming with flowers, and whose inhabitants were always young. For in the midst of this island there was a fountain, whose waters possessed such wondrous virtue, that any man bowed down with age and infirmity who should bathe in them would be restored to youth. So, with part of his wealth, he fitted out a fleet, and set sail to find the fairy fountain. He touched at many beautiful islands, and bathed in many sparkling rivers, but never found his youth again. His weary voyage only added to his gray hairs, and disappointment consumed the fire in his heart, and he died. Perhaps he found the fairy fountain then. Who knows?

Digitized by Google

We may smile perhaps at this man's hopeless search for that which existed only in fable, but in our search after health, have we not, after all, a secret sympathy with him. He desired to escape weakness and infirmity, to regain strength and endurance; our desire is the same. He sought in distant countries for a miraculous fountain; we seek for the laws that govern life, that we may learn to keep them. We call him romantic, and ourselves reasonable.

But in every search after truth, there must be a season of darkness and doubt, while many false theories are being tried and tested, and finally cast aside, before the true theory is established. So we have some reason to fear, that like this poor voyager, we too shall touch at many islands and bathe in many fountains, and finally grow old and die, before the true laws which govern life have been discovered, and we have learned how to live rightly.

We know that there is great need of reform among our people generally. When we consider the general decay of vigor, and quick susceptibility to disease, which characterize the people of to-day, we are convinced that we must be living in the constant violation of the laws of health, whatever they may be. But if we search in the works of those who have given their time and attention to this subject, to find out how to correct our lives, we shall be often puzzled. All agree that we are wrong, but do not agree as to how we can become right. We are told that our manner of dress is unhealthful, that our habits in regard to sleep, exercise, and diet are wrong, that we overwork ourselves, etc. But wherein we shall change for the better, our advisers disagree. Some good authorities tell us to abstain from meat, others equally good, strongly recommend it. Some say, Avoid condiments; others say, Use them. Some say, Take as little drink as possible, never stimulating drinks; others say, They are often useful and necessary.

If we turn in our doubt and perplexity, and examine the lives and habits of those individuals and classes of men who have been most remarkable for strength and endurance, and have lived to the greatest age, we shall find here the widest diversity. In their diet and habits of life no two seem to be agreed. We shall frequently find that some things that we had settled in our own minds as being essential, have been habitually disregarded by some of these men.

Nevertheless, the truth lies somewhere. These men who have lived long and healthful lives must have kept, either consciously or unconsciously, some great fundamental law of health, however they may have varied in their regard for the less important rules of life. May it not be possible that these matters of diet and exercise, and so forth, all belong to the lesser parts of the law, and that we are too apt to overlook the great fundamental law, which underlies the whole, and includes them, without which there can not be really good health, and in the keeping of which the lesser laws follow naturally, or may be freqently departed from without great loss.?

Lest I should fail to make my meaning clear just here, let me use an illustration, which will be familiar to us all. We can all recollect times in our childhood when we made unusual efforts to be good. I remember that I used at such times to be greatly troubled by the many ways in which it was possible to do wrong, and by the multitude of rules that a good child must learn to keep. While I was doing my best to keep the rule about obedience, I found myself forgetting to be gentle, while trying specially to be gentle, I failed in regard to diligence while working away at that, I found myself growing careless in regard to truthfulness, and so on till there seemed to be no end to the rules I ought to keep in mind, but continually forgot. I said, in my despair, that I never could keep so many rules; I thought if there had been but one rule given to us, I would not have cared how hard it might be, or how long it might take, I would certainly learn to keep it.

When I grew older I found the *one* rule I had longed for, a little rule of only one word, but it contained the whole matter, and I saw, that if I could but learn to keep that perfectly, the others would keep themselves. For Love is indeed the fulfilling of the Law. Now we know, that by the living out of this one great principle, many beautiful characters are developed, although there may be an almost infinite variety of opinions and practices in regard to the lesser matters of the law. And we know that there is a great variety of sects in the world, which no man can number, who differ and dispute among themselves about many matters, but all meet in the belief and practice of the one great law of Love, and so really form one brotherhood. Also we know that if any man takes up any of the lesser matters, and makes a hobby of it, that is, gives to it the preëminence that belongs only to the law of Love, he develops into a one-sided character, and soon loses the respect of others, as a man of good sense and judgment.

It seems to me just so with this matter of health. There must be one great principle at the foundation, which includes all the lesser

Digitized by Google

rules, or admits of great variety of opinion in the practice of them, so long as this one great law is kept. And in examining the cases of men who have lived the longest and most healthful lives, however widely they may have differed in their diet and habits, we shall find them, I think, agreeing in one particular. In some way they all succeeded in attaining to a calm and cheerful state of mind.

Sometimes, they have been born with a disposition that takes life easily, a very blessed inheritance. Sometimes, we find them among the peasant class of a people, and the secret of their quiet temper seems to be that they know they can not rise above their station, and so content themselves with the daily life as it comes, and are never fretted or chafed by disappointed ambition. Often, we find them among those born to a high station in life, where, having no petty anxieties about ways and means, their social position being secured without an effort on their own part, they quietly follow the pursuits most agreeable to their tastes and live to a peaceful old age. Sometimes, though rarely, we find this even temper and quiet mind acquired under very disadvantageous outward circumstances, by an unshaken confidence in a Supreme Being possessed of infinite power, wisdom, and love, whose tenderness notes the fall of a sparrow and numbers the hairs of our heads. So that by a strong faith in a loving special Providence, some few learn St. Paul's lesson, "In whatsoever state I am, therewith to be content."

I believe that the real secret of a healthful life is a temper quiet, cheerful, and serene. For one who possesses such a mind naturally avoids extremes, and is temperate in diet and all the habits of life. By living in the atmosphere of peace, which a quiet and contented mind always makes for itself, the constitution acquires a certain elasticity which enable it to throw off the pernicious effects of some bad habit, like the daily use of a harmful article of food or stimulant. Perhaps it might not be too much to say, that the constitution even acquires a certain strength by having some evil to resist, in the same way that a man who has a daily temptation acquires by its daily resistance a moral strength that is far more valuable than the virtue of that man who is never tempted and never needs to resist.

If Love is the beginning and end of the moral law, is not Peace the Alpha and Omega of the physical law? And if we give the precedence to diet, or exercise, or cleanliness, or regularity, or any other physical virtue, do we not make the same mistake that he makes who places faith, or temperance, or justice, or any other moral virtue before Charity?

Why is it that the state of vitality among the American people is so low that diseases, especially of the nerves, are so common, and that as a nation we are short-lived? Is it not because we are the most restless people on the face of the earth? And yet we never try to calm down this feverish restlessness, but rather encourage it. The little boys in our public schools are urged to greater diligence by being told that they may become Presidents of the United States some day. Our rich and glorious country holds in her hands so many prizes for all who will work for them, that our little children become ambitious, even before they know how to spell the word. So long as we educate them to be restless instead of quiet, and bring them up in this utter disregard of the one great fundamental law of health, can we expect that any amount of strict attention to lesser rules of diet and exercise will confer upon them this greatest of all earthly blessings?

But the age is fast, the world is in a hurry and how can we think of rest? Shall we, who, not content with pressing fire and water into our service to drive us through the world, have even called upon the lightning to carry our thoughts to distant lands in the twinkling of an eye, shall we stop now?

We will do any thing else you tell us, dress our children in flannel, if you say so, give them a dozen baths a week, put them through courses of gymnastics, feed them on Graham, and deny them meat, but how can we teach them rest, when the watchword of the age is Progress, and the motto of the world, Excelsior.

And after all, the little lamps may burn out early, all because we would not listen to the voice which said, "These things ought ye to have done, but not to have left the others undone."

A Family of Suicides.—At the inquest of the body of a man who committed suicide recently in St. Louis, the fact was developed that he had attempted to hang himself five months before, but was cut down by his wife, and that he was the last of a family of six brothers and sisters, all of whom had died by their own hands. It would be interesting to know the condition of the parents of this family, and their mental and physical habits. Persons with proclivities to suicide should use such remedies as will help them to overcome it. They are mainly hygiene.

Digitized by Google

My Medical Advisers.

BY LYDIA M. MILLARD.

A LITTLE pet of mine became suddenly quite ill, so one warm summer day I hurried off with her to a more healthy Long Island retreat. She was the only baby on board the boat, and there were many maternal and grand-maternal hearts beating around her, while experienced maiden aunts filled up the chairs in the corners.

Alice was a pretty child, but the rose was stealing out of her cheek, the violet fading in the eye, and about the cherub mouth sharp, dark lines were fast coming. I was going away from the best of physicians, but had I been as ignorant as the Babes in the Woods, I could not have been more enlightened than I was that day on the steamboat. "That child looks as if she was goin' to die right off," said one lady, coming up to me; "but if you'll give her strong green tea six times a day, she'll surely get well. It raised our Susy right up from the grave, when she was so far gone she couldn't lift her head," and the woman went up on deck, as she said, "to see the skenerry."

"Don't mind what *she* says," said a sharp-eyed, long-nosed person at my right hand; "*you'd kill that child if you guv it green tea*—green tea is *rank pisen—it is dried on copper!* Our John went off in fits, and Pop and I thought it was nothin' but the green tea Sally gave him. Pop and I and Sally had given him, faithfully, every thing every body told us to, and sure we'd cured him, if it hadn't been for the tea. *A little black tea, every hour*, will keep off diarrhee, and make the teeth come straight along. It's better than doctor's stuff—doctors don't know nothin' about baby's constitushers."

A very prim, positive, peculiar-looking individual came and put her hand on my shoulder, and looked right into my face as she said, "You can't tell *me* nothin' about children. I've raised ten on 'em; I let 'em eat raw apples, and plums, and pears, day and night, skins and all, and none on 'em ever had the infanty. Only John had one or two fits." A fat Dutch woman, in the big rocking-chair in the corner, said her Dutch doctor told her to let the children eat green apples from the time they were leetle bits of things on the trees, and eat them all along until they were ripe, and they needn't be afraid of cholery or infanty. The children never were sick, only Josh, he had colic sometimes; may be t'was 'cause he didn't get apples enough—apples were so scarce Pop didn't want him to eat 'em all, but he gave him plenty of raw turnips—she thought that might do as well. Her sister said she "hadn't tried the apples, but she gave her children 'lasses and water—plenty of it, and she let 'em eat every thing—she did, from the time they were born—tators, apple-sars, pickles, and all, and they were always orderly—never too open, and never shot up." A little woman sitting just behind me on a sofa said, "I guve my Betsy Ann Winslow's Soothen' Serep—fourteen bottles of it. I gave it by spells, day and night, and she never cried, and never was sick, as children most allers are, teethin'. She died years after, but diarrhea didn't kill her; she had water on the brain. Pop said she must have cotched that somewhere." "Take that child," said a woman standing in front of me, and looking into the child's face; "take that child where a woman has just died, and put the hand of the corpse on your child's face—she'll get well right off, whatever the matter with her;" and she said she "was cured of neuralgia by getting a hair off a black boy's head and putting it over the spot where the pain began."

"I wish you could get some of old Moses's green salve," said another; "and you *needn't give a grain of doctor-stuff*—just rub this salve all over her, and it would cure her. I've seen it cure the dipthery, and brocheet, and airy-sipple. I was so miserable one night I thought I would die, and I hadn't a grain of Moses's salve in the house, but the old man harnassed up the mare and went to Ferry Pond and brought back some salve, and it sot me right up again. Next day I did a rare big washin', besides churnin' fourteen pounds of butter, and makin' a dozen pot-cheeses for market."

"I wouldn't bring up a teethin' child in the city," said another; "for *nothin' in the world*—you can't raise it; but if you *hain't no other spot on arth to live in*, give the child every mornin' a cup of milk and a tablespoon of black pepper. Granny says, if pepper and milk won't cure, nothin' else will."

"I don't believe in givin' children nothin'," said the oldest looking woman on the boat.

Digitized by Google

"When their time comes they'll die anyhow—if *the Lord wants 'em you can't keep 'em.* I've buried eleven of 'em, and I know *I'm* right—and it cost a sight to bury 'em, too."

"Why on arth don't you take that child to Jarsey?" said an old woman in green spectacles sitting by the window, most violently fanning herself. "Jarsey is the only place where you're sure to raise 'em. They never have the cholery in the Jarseys. My Sally raised seventeen on 'em in Jarsey. None on 'em died. Debbe she'd lost 'em all if Pop hadn't bought a place in the Jarseys for her." The old lady coughed so hard I ventured to recommend to her some olive tar. "Oliver Tar, Oliver Tar! I think I've heard of him before. He's one of your city doctors. No, I'll wait until old Moses comes along."

I thought after these individuals had all given their prescriptions, what a pity they couldn't be all boiled down in one big tea-kettle; somebody might get some real good strengthening syrup out of them. As for myself, I did follow one prescription: we bought a place in Jarsey, and Gracie's teeth came all right.

Why should all the young doctors task their brains with scientific diagnosis and prognosis, or waste their money in going to Europe, or spend their time in perambulating hospitals, when they might take a steamboat and go to Long Island and get wisdom wiser than Solomon's!

Information as to Human Longevity.

BY E. RAY LANKESTER, B. A., OXFORD.

BEFORE making inquiry, one is apt to suppose that a good deal must be known as to the probable duration of human life; that there are, at any rate, statistics of some nations or periods of which assurance companies make use. But there are statistics and statistics,* and very few of the calculations relating to this matter are of real value. Besides statistics, as observed in a previous paragraph, we have general impressions either brought home by travelers or current among a people, and appearing in their sayings, poetry, traditions, and philosophy. In addition to these classes of evidence, we have experiments and observations on individuals which are of little value. Were there post-mortem signs of yearage—not of mileage only—traceable, we might have a class of evidence from examination of dead bodies. But there are no sufficiently definite signs known, though Professor Rolleston's investigation of the Anglo-Saxon interments at Frilford shows how such evidence may be of use in regard to average longevity or mortality. Cases of *individual* longevity in any race or condition of men carry little scientific value, and none that are recorded appear to assist in the discussion of the general question as to causes, but belong to the subject of abnormal longevity, of which a few words will be said before concluding. The incompetence of travelers to bring home facts as to longevity is obvious. They can not make direct observations, or take a census of the peoples they see; hence Messrs. Wallace, Bates, Darwin, Livingstone, and others, able observers as they are, give no information of use. Even in our own colonies, where civilized men are in close contact with the barbarians of whom we desire the knowledge, no records have been obtained. Thus, in an elaborate Report by Mr. Fenton to the Government on the natives of New Zealand, published in The Statistical Society's Journal, the whole statement is quite barren of any facts relating to the *longevity* of the Maoris. A kind of census is given, in which all above puberty are distinguished from all below puberty, but no greater detail than this. Even less is known of the North American Indians, the writer hav-

* Professor Huxley most truly observes that there are many cases in which the admitted accuracy of mathematical processes is allowed to throw a wholly inadmissible appearance of authority over the results obtained by them. Mathematics may be compared to a mill of exquisite workmanship, which grinds you stuff of any degree of fineness; but, nevertheless, what you get out depends on what you put in; and as the grandest mill in the world will not extract wheat-flour from peascods, so no rules of formulæ will not get a definite result out of crude data."

Digitized by Google

ing consulted many authorities and races. Even in China, so highly organized and civilized, nothing definite can be ascertained statistically. That acute and accomplished man, Sir John Bowring, says, "I have no means of obtaining any satisfactory tables to show the proportion which different ages bear to one another in China, or the average mortality at different periods of human life. Of the native population of British India, thoroughly permeated as it is by European administration, nothing is *known* relating to longevity. Englishmen who have been residents are of opinion that the natives of all classes have a much less potential longevity than Europeans, being very old at 60.* Mr. Hendriks states that the assurance companies will not take native lives at all, there being a general impression that they are bad, and a certainty that the natives lie so determinedly that no proper tables can possibly be framed.† From many places we have such loose and valueless statements as the following, which relates to Nova Scotia, and is the only one that need be quoted: 'Its inhabitants often live to extreme age, many attaining 90, and even 100 years,' a statement that could be made with equal truth and equal futility of any area within the limits of civilization.

There are some definite statements in poetic and other authors, which are of more value as reflecting the common judgment of a place, people, or time, on this question. Thus the Psalmist and the writer in Genesis give authoritative statements so far as their day and nationality; while Shakespeare's, Flourens's, Cabanis's, the Chinese, and other divisions of the term of life indicate the writer's estimation of that period for man as he knew him.

Returning to the matter of statistics, we find that there are few countries which have kept returns, or in which the shifting nature of the population has allowed the necessary facts to be readily acquired, even among the most civilized; and what we notice very conspicuously is that the statistics have been utterly misinterpreted, and made to furnish conclusions by faulty logic. The Northampton life-table of Price is a remarkable instance of this. And we may point to the discrepancies in some of the life-tables appended, when treating of the same classes, as further examples. It is indeed only within the last twenty years that really sound conclusions as regards longevity have been deduced from the statistics of population. In Sweden, England,* Belgium, Holland, and Bavaria alone are there statistics which are of sufficient value to quote. France has no sufficient returns (though the old tables, now considered untrustworthy, are given herewith), nor America nor other European states. Statistics are liable to error when relating, above all things, to old age; since, as men get old they lose their memory, or gain a superstitious reverence from others, which induces them to lengthen their reputed age, or to allow others to do so for them. The Russian census, in which so many persons are returned as over 150 years of age, is worthless in this regard, on account of the ignorance and superstition of the lower classes;† while the interesting comparisons which might fairly be anticipated from facts as to the negroes and whites in the United States are similarly rendered quite useless and untrustworthy. Thus the average age of those dying above 20 at Charleston appears as 47·74 for whites, and 52·56 for blacks. (Wynn, *loc. cit.*) Leaving out of the question all other interfering causes as to shifting of population, the greater age of the blacks is quite probably due to their inventive and imaginative talents.

Americans tell us that the number of negroes reputed to have been "servant to George Washington" is something extraordinary. It is clear that numerous advantages, in the shape of diminished labor, are to be obtained by pleading old age, or greater price than he would otherwise realize may have been gained by the slave-dealer by passing off a youth as a mature man.

The Swedish life-table, constructed from the longest and most various returns, is considered the best and truest, while great value is also attached to the English and Belgian life-tables.

* It appears from the writer's special inquiries that the medical army officers are of this opinion. Dr. Lawson has prepared a report for the Government on the *mortality* of natives and whites of the West African coast, but he can give no information as to longevity, except from general impression.

† A writer in The Statistical Society's Journal states that *women*, as a rule, have an advantage in their dealings with assurance societies, which he attributes to their deceit, since they conceal diseases from the physicians, and are guided by the anticipation of coming disease to insure!

* There are no facts as to Ireland. Mr. Hendriks, in a letter to the writer, states that he believes they are not such good lives, *prima facie*, as English lives. Bacon, on the other hand, relates wonderful things of the "*Hiberni sylvestres*," who are, he says, very long-lived; and he mentions, among other customs, their frequent use of saffron as a draught. Irishmen have abandoned this potion and taken to others—and are not now so celebrated for long life.

† According to the Russian census, the age of 100 is reached by nine persons out of every 10,000 that is born—that is, by nearly 1 in 1,000. This is known to be absurd.

Digitized by Google

STUDIES IN HYGIENE.

HEALTH AND LONG LIFE.—

Wouldst thou have health, and length of life,
These rules obey: *Be wise*
In that you eat, chew well,
And sleep, and bathe, and exercise.—Houghton.

WATER.—We can not be too careful of the purity and healthfulness of the water we drink. The most dangerous is that containing animal or fecal matter in suspension. Never use discolored water. Those who live in regions where the water is bad should use more fruit, and the juices of fruit, to supply the fluid of the system, and take no more water than they can help. The diseases caused by bad water are,

1. Dyspepsia. Hard water is likely to produce this disease. Who does not know that horses get into a bad way by drinking hard water, and have a rough coat, constipation, loss of appetite, and dyspepsia. Custom partly removes these effects, but not entirely.

2. Diarrhea. Hard water may not produce this disease, but water containing animal, mineral, or vegetable matter in it very often does.

3. Dysentery is thought to be produced by impure water, quite as frequently as by any other cause.

4. Malarial diseases may be produced by drinking water from marshes.

5. Typhoid fever often results from using filthy water. Always avoid all such.

6. Cholera poison has been carried into water, and produced it when used for drink.

7. Water impregnated with sulphurous acid causes injury to the bones, and if to them, why not to the other tissues?

8. Calculi is believed by many writers to result from the use of water in limestone districts.

9. Goitre is thought to result from the use of water containing certain minerals, as lime and magnesia.

10. Tape-worm and other internal animals may be taken in our drink, as well as in our food.

11. Lead, zinc, copper, and other metals dissolved in water, are often the cause of poisoning. We repeat again, secure good water for family use.

SODA WATER.—A subscriber asks if soda water, now so generally popular everywhere, is wholesome. We answer, Yes, and No, according to circumstances. Yes, if made as it ought to be; No, if made as too often it is. For the information of our readers, we will explain: Soda water contains no soda. The effervescence is caused by carbonic acid water, and that gas is generated by means of the action of sulphuric acid on marble. The carbonic acid set loose by this chemical action is not unwholesome in the drink. The syrups which are used to flavor the drink, if made from fruits, as it is claimed that they are by most dispensers, are wholesome, and very pleasant to the taste, but when made, as too often, and in a majority of cases, they are, from organic or other acids, they are not wholesome. Pure strawberry syrup, for instance, is delicious, but when made from nitric ether, glycerine, much alcohol, and the different forms of amyl, we decline to commend it; other fruit syrups are made in much the same way. We wish that the public would demand a choice fruit syrup for their drinks. It would make a market for fruits, and thus help the horticulturist; whereas now the chemist is the principal gainer. A glass of so-called soda water costs about one cent, and sells for ten. For this profit, dispensers can afford to make a choice article.

NONSENSE.—"White and sweet potatoes are poor food for brain and muscle; but, when eaten with the skin on make enamel for the teeth." So says a medical exchange, to which we add, Nonsense.

Digitized by Google

HYGIENE FOR THE SABBATH—THE SABBATH A DAY OF GLUTTONY.—A great many really pious people, who affirm that they desire above all things to keep the Sabbath holy unto the Lord, make of it a day of downright gluttony. But they are not aware of that fact; and if it be suggested to them, they would feel shocked by such a gross insult. The more I see of the manner in which the great mass of people spend their Sabbaths, the more I am convinced of the truthfulness of this assertion. But that is not the worst of this evil. By making of this holy day a season of gluttony, people unfit themselves for the elevating pleasures, profitable meditation, and spiritual improvement for which this sacred day was designed; and, instead of rendering it a day to rejuvenate their over-taxed and exhausted energies, they make it a means of depriving themselves of a world of exquisite pleasure and enjoyment, and of materially shortening their days.

I know this to be true from my own personal experience, which will coincide perfectly with the experience of thousands of good people, who have made themselves familiar with their peculiar feelings on this sacred day of rest. I believe that multitudes of people have come to an untimely end, in consequence of their unmitigated gluttony on the Sabbath-day.

Let us look into the truthfulness of these assertions. When I was accustomed to spend six days of the week in severe manual labor on the farm, I almost invariably felt less inclined to perform my accustomed duties on Monday than on any other day of the seven. Work almost always went much harder on Monday than on any other day. This is the universal complaint the world over. The laboring classes, especially, complain sorely of feeling so fatigued and weary on Monday that they are scarcely able to summon sufficient ambition to engage in light work. If the Sabbath were spent as it should be they would feel refreshed.

Now for the cause, which is no other than wicked gluttony! After laboring hard all the week, I was wont to look forward to the Sabbath as a day of *rest*. When the sacred day arrived, I thought, as multitudes of people now continue to think, that I must take my accustomed allowance of food, for the purpose of repairing the exhausted energies of the body. It is a fact, that most people of all classes, especially in populous cities and villages, make preparations for eating and drinking more on Sunday, than on any other day. A great many men, whose duties detain them from the bosom of their families every day but Sunday, always calculate to have a kind of weekly festival on the Sabbath, as they then dine with those they love.

Poor men who have toiled so laboriously all the week, feel as if it is proper and right that they should eat and drink, and enjoy the good of their labor, and let their souls delight in fatness. Consequently, a very liberal supply of good things is provided; and all the satisfaction that the Sabbath of the Lord brings to them is the momentary gratification that one feels while partaking of a frugal meal, fragrant, smoking, and warm. The regular habits are broken up by the peculiar management of secular affairs, with reference to the Sabbath. More labor is frequently accomplished on Saturday, and the entire household are trained to labor two hours longer on Saturday night, than on any other evening; because, the next day is "a day of rest;" and they can rest two hours longer than usual in the morning; and thus swindle the Sabbath out of two hours. I have known more than one professing Christian so plan his domestic affairs, that on Saturday toward evening they would go to market, or on errands, which would require all the time till nearly midnight, before they could return; and then make up the time that they usually spend in bed on Sabbath morning. I am sorry to record that a great many profoundly excellent Christians are *accustomed* to do this.

The result is, breakfast is two hours later than usual; the appetite is unusually sharp; a bountiful supply of good things is delicious to the taste; the usual exercise is not taken to work off a heavy meal; every vein in the body is distended with blood; an almost unendurable plethora, or fullness follows; dullness and a feeling of indisposition comes on; and the poor soul feels that hard toil is wearing him out. Therefore, he crams down more nourishing food, to repair the waste of the body, when the whole system is already so gorged with nourishment which the body did not need, that the mind is utterly unfitted for reading, hearing, singing, or meditation. All the available energies of the stomach and the body are employed to dispose of the unnecessary supply of rich food. All these things operating together, render one drowsy and sluggish, and very much indisposed to do any thing but to lie down to rest. It took me over forty years to learn that I was making my Sabbaths a day of gluttony, when I myself, and others, thought I was living abstemiously; and did not really take nourishing food in sufficient quantities to supply the waste of the body.—*Sereno Edwards Todd.*

Digitized by Google

How to Distinquish Healthful Soils.—Permeable sand stone soil is very healthy. Both soil and air are usually pure and dry, though sometimes the water is bad. If the sand is mixed with clay there is danger of dampness, and a permanently damp soil is almost always unhealthy. Dampness however may be overcome by drainage. In choosing a site always carefully examine the water.

Gravelly soils are always healthy, if not low and marshy. Gravelly hillocks are the healthiest of all sites, and the water that flows out from their base in the form of springs, upheld by clay, is excellent.

Most sandy soils are very healthy, and the purer the sand the healthier, but such soils are not very productive. If there are impermeable beds of clay in them, however, they become moist and unwholesome. Any soil to be healthy must allow water to flow from it freely, or else to permeate it and run off into the subsoil below. If in a sandy soil wells can be made by digging only a few feet, then beware of them. No soils are fit for human beings to live upon if the wells are only a few feet deep from the surface. Such a condition shows imperfect drainage. Avoid clay, dense marsh, and alluvial soils unless the drainage is perfect. Irrigated lands are to be regarded with suspicion. Cultivated soils are more wholesome than uncultivated, except where cultivation causes the evaporation of poisonous vapors. Swamps and marshes can be made wholesome by careful drainage only.

Disinfecting Excreta.—It is of the greatest importance that people be made to know that human excreta from all persons affected with typhoid fever, scarlet fever, cholera, and other infectious diseases should at once be disinfected by diluted carbolic acid, or sulphate of iron. Typhoid fever for instance, often spreads through a family, or a neighborhood by means of the water used; but it is likely that ten times as many cases are generated by means of the poison passing through the air. Now how does the poison get into the air, and find its way to the bodies of other persons in such quantities often as to assume an epidemic form? Mainly, it is believed, by the excreta. Disinfect this. Kill these poison-germs that arise into the air in swarms, and there is little danger of the spread of infectious diseases. We do not claim that all infectious diseases come from germs generated in the excreta, but in civilized communities a majority of them either arise from the excreta, the breath, or the skin. Kill them as fast as formed without injury to the body, and you at once prevent the spread of disease. Dr. Budd one of the most eminent of English physicians declares that "From the day when I first began to think on these subjects, I have never had a doubt that the specific cause of contagious fevers must be living germs." These living germs are generated in the filth of the world. Prevent them from breeding, and you prevent most of the diseases that afflict the race. The amount of excreta that accumulates about dwellings of every family is very great. Even from healthy persons it may cause disease. To prevent this we advise general disinfection and cleanliness—one of the most important hygienic agencies in preventing the spread of disease that we can at present adopt.

Increasing Drunkenness in England.—In the Manchester district, the number of commitments to jail for drunkenness, in proportion to other offenses, was: in 1866, 26¾ per cent.; in 1867, 27¼ per cent.; in 1868, 29 per cent.; in 1869, 30 per cent.; in 1870, 37 per cent. It might be well for medical men who are in the habit of prescribing and encouraging the use of intoxicating drinks, to reflect whether there is any relation between this growth of intemperance and the increased use of alcohol for medicinal and dietetic purposes under professional sanction. Many of the most eminent British physicians have spent much labor, in the last twenty years, to expose the errors and follies of the teetotalers, and to prove that total abstinence is unfavorable to health. We venture to propound two inquiries, which we deem pertinent to the subject, and which may be answered by *guessing:* First, in view of the foregoing figures, how many persons in the Manchester district have suffered in health and life, during the last year, by the use of strong drink? Second, how many persons in the same district have suffered in health and life by drinking only

Digitized by Google

water? Neither of these questions admit of a definite answer, but the endeavor to answer them suggests a third: If the claim of our profession to philanthropy be well founded, would it not be well to reserve a few tears for the victims of intemperance, and not exhaust the supply over a few individuals who are supposed to endanger their health by drinking water?—*Pacific Medical Journal.*

TAKING COLD IN SUMMER.—After the variable weather of the past, we may now expect a warm term. It seems almost impossible that during such weather people should be so subject to colds; but the fact is, people are too careless. When extremely warm and in a full state of perspiration, such as follows active exercise of any kind, it is very injudicious to sit in a draught of air, with less clothing than was worn during the exercise. It is quite natural, if we have been walking on the street, to remove as much of our clothing as possible on entering the house, and further, to sit in the most breezy place we can find. If it be toward evening when the air is inclined to dampness, and the vitality of the system greatly reduced, more or less of the symptoms characterizing what are denominated colds are likely to ensue.

Therefore, never be in too great a hurry to check perspiration, either in cool air or by drinking, especially of ice-cold water. Allow a little time to elapse before removing any of the clothing, and rather let the perspiration subside gradually; for in this way we are sure of avoiding many of the serious consequences attending the other course. This may seem a foolish precaution to many, especially during such warm weather, but an observance of the precept will save many from hours of pain.—*Med. Ind.*

POISONOUS WALL PAPER.—Several instances of this latter result have recently come to my knowledge. In two families of the highest respectability in this city, illness of an unusual and protracted character existed, and at the suggestion of the physician, portions of the green wall paper of the dwelling were submitted to me for analysis. The pigments were found to consist mainly of arseniate of copper, and upon the removal of the papers the illness disappeared. In experimenting with apparently the most suitable apparatus, and employing delicate chemical tests, in rooms the walls of which were covered with these arsenical papers, no evidence of the presence of the poison in the atmosphere has been afforded; and this corresponds with the results of all similar experiments made in this country and in Europe, so far as my knowledge extends. We must conclude that agents not recognizable by chemical tests are capable of disturbing vital processes. The evidence is very clear that in instances of illness confined to one or two members of a household, the cause may be due to some accidental disturbance with which all are equally brought in contact, but which has the power of injuriously influencing only a part. It is also clear that these sources of disease are of such a character as easily to escape detection, and therefore any facts or experience which may serve as guides to their discovery, are worthy of record.—*Boston Journal of Chemistry.*

AMOUNT OF SLEEP.—Those who think most require the most sleep. The time "saved" from necessary sleep is infallibly destructive to mind, body, and estate. Give yourself, your children, your servants, give all that are under you, the fullest amount of sleep they will take, by compelling them to go to bed at some regular, early hour, and to rise in the morning the moment they wake; and within a fortnight, Nature, with almost the regularity of the rising sun, will unloose the bonds of sleep the moment enough repose has been secured for the wants of the system. This is the only safe and efficient rule; and as to the question how much sleep any one requires, each must be a rule for himself—great Nature will never fail to write it out to the observer under the regulation just given. —*Scientific American.*

THE REPLANTING OF TEETH.—The Pacific Medical Journal says: "Dentists are now testing a plan proposed by Mr. Coleman, an English dentist, as follows: Extract the tooth, clear away caries and the contents of pulp cavities and canals, wash out with carbolic acid, fill the canals with cotton dipped in carbolic acid, fill the cavity, scrape off all diseased periosteum and cementum, leaving the healthy portions of the mucous membrane attached to the neck of the tooth; bathe alveolus and the tooth in a solution of carbolic acid, and return the tooth to its socket. Out of fourteen cases Mr. Coleman succeeded with nine; operating on bicuspids and molars.

SMALL-POX MORTALITY.—The recent epidemic of small-pox in England has shown a great mortality among the vaccinated, so great that the confidence of the protective power of vaccination has been very much shaken.—*British Medical Journal.*

Digitized by Google

DOES HABITUAL DRUNKENNESS PRODUCE INSANITY?—Will you please allow me to propound you a question, which I hope you will answer in your June number, or at least refer me to the best medical authority on the subject:

Does habitual drunkenness produce insanity? Hoping, sir, that you will confer the favor, yours respectfully.—*Paul Viallou.*

[The foregoing question is very comprehensive, and to answer it properly we should expect to get into Metaphysics as well as into Pathology. In a word, however, we answer that it does. A drunken man is always insane or idiotic. Constant intoxication must finally enfeeble the intellect or permanently pervert it, so that we may say, in general terms, that insanity may be produced by habitual drunkenness; though no two persons are affected exactly alike. It latterly is getting to be a judicial practice to look upon inebriates as morally irresponsible, and therefore legally innocent. This is dangerous doctrine for society.]

The above we find in The Druggist's Circular. It seems to be the testimony of nearly all investigators that alcoholic liquors cause about one-half of all the evil in society. How their use is to be entirely prevented is yet a question, but the work of doing it in some way is now the most important reform that can engage the attention of thoughtful people. Society is not safe while drunkards abound.

SKILL OF DAY *vs.* NIGHT-WORKERS.—Recently the day hands working in the office of The Tribune played a game of base ball with the men who do night work. The result showed that those who devote the night to work, instead of sleep, taking sleep in the hours of day, are greatly inferior in skill to those who work in the hours of day, and sleep at night. The day hands made four runs against seven made by the night-workers.

DISEASE AND CARELESSNESS.—There can be no doubt that carelessness is the origin of most diseases. Medical men also hold that foolish people who follow their own whims have hardly a chance of recovery when visited by serious disease. Nine-tenths of the doctor's work would be done if people were only consistently prudent and cautious. Only it is so hard to be habitually cautious.—*Scientific American.*

DISEASES PRODUCED BY MEAT.—A. asks us what diseases are caused by flesh, if any.

We answer that observations on this subject are not very reliable, so far as those meats generally used are concerned unless it be pork. There are certain kinds of fish found in tropical seas that invariably poison those who eat of them. Oysters out of season often produce dangerous symptoms. Dyspepsia and nettle-rash frequently come from the use of shell fish. The flesh of the pig sometimes produces diarrhea, which is not at all strange considering the garbage they feed on. Kesteven mentions twelve cases of cholera caused by pork.

EPOCH OF JUSTICE FOR WOMEN.—There are a few departments, and only a few, in which the epoch of simple justice has come for woman. In music, in the drama, and above all in literature, it may be said to have arrived. I have been quite closely connected with periodical literature in America for a dozen years, and have never yet seen an instance where any work appeared to be received by editor or publisher, either more or less favorably, because of the sex of its author. I have never known an instance where the compensation paid, or the applause of the public, had apparently, the slightest reference to sex. No doubt, little things go a great way in securing what is called literary success—as personal notoriety or popularity, or a happy hit in respect to title or theme. These things help women as they do men, no less, no more. Neither the inexplicable successes, or the unaccountable failures, ever seem traceable to the fact that the author is a man or woman.

The fact is worth a thousand theories. If woman can enter the sphere of literary work, on terms of precise equality with man, finding neither fear nor favor, it will be ultimately the same in many vocations, or in all.

Farewell, contempt! Farewell, flattery!
The epoch of justice has begun.

—*T. W. Higginson.*

FIVE DENTISTS IN ONE FAMILY.—F. Preterre, who recently died in New York, was a dentist, and so were four of his brothers.

Digitized by Google

RECIPES FOR WHOLESOME COOKING.

VEGETABLES--Continued.

No. 7. Asparagus.—Cut off as much of the stalk as will leave the asparagus five or six inches long, scrape the remaining white part very clean, and as they are done, put them into fresh water; tie them in small even bundles; put them into boiling water and let them boil till tender, but not soft; take them out with a slice into a sieve to drain, and place the asparagus neatly upon a thin toast previously dipped in the water and then laid on a dish, and serve immediately with butter sauce.

No. 8. Cauliflowers.—Cut off the stalks and lay the cauliflowers in salt and water for an hour; put them into a pan of boiling water with salt, and boil them till the stalks are tender; take them out instantly; drain in a colander, and serve with butter sauce. Cauliflowers should be boiled quickly for five minutes, and then moderately, in order to prevent the flower becoming done before the stalk. Broccoli is boiled in the same way.

No. 9. Boiled Vegetable Marrow.—The marrows used for boiling should be rather small. Put them in a pan of boiling water; add some salt and a small piece of soda; boil till tender; cut them in slices, and serve with butter sauce.

No. 10. Baked Vegetable Marrow with Onions and Sage.—Pare and cut in two a good-sized marrow; scrape out the seeds and fibers; rub the marrow over, inside and out, with a little salt; let it drain an hour; fill up the halves with onions, previously boiled a little, and chopped with some sage; add a little butter and salt; close them, and tie together with a little twine; butter a dish and bake in a moderately hot oven; if not nicely browned, dredge it with a little flour, brown it in a Dutch or American oven before the fire, and serve with brown sauce.

No. 11. Rice.—Pick, and wash in warm water, a pound of the best rice; set it on the fire with two quarts of boiling water, and a small tea-spoonful of salt; boil it fifteen minutes, and drain it in a sieve immediately. Butter a pan; put in the rice, place the lid on tightly; set it on a trevet in a moderate oven, till the rice is perfectly tender, and serve in a vegetable dish. Every grain will be separate and quite white.

PUDDINGS.

In the preparation of Puddings it is essential to have all the ingredients perfectly good of their kind. If there be any doubt of the freshness of eggs, they should always be broken separately in a cup, to prevent any being needlessly wasted, as one bad egg would render all the rest with which it was mixed useless. Batter puddings, when mixed, should be passed through a tin strainer, or coarse sieve. Eggs, when used for other puddings, should be strained after they are beaten. The basins, or molds, in which puddings are to be boiled, should be buttered; the pudding then poured in, and after having a cloth tied tightly over it, be put into the pan immediately. When a cloth only is used, it should be dipped in hot water and, when squeezed dry, be spread over a basin and dredged with flour; the pudding should then be poured in, and if batter, be tied closely; but if bread, it is requisite to allow a little more room. The water should boil quickly when the pudding is put in, and kept constantly boiling the whole time. When the pudding is taken out of the pan, it should immediately be dipped in cold water; this will chill the outside, and allow the cloth to be removed without injuring the surface. The most convenient way to dish a pudding is to place it with a cloth in a basin; then open the cloth, and lay the face of the dish upon the pudding, turn the whole over, take off the basin, and remove the cloth. All puddings should be boiled in plenty of water, so as to allow them sufficient room to move freely, and prevent the ingredients seperating. When a pudding is boiled in a cloth, a plate should be placed at the bottom of the pan, but when a basin or mold is used, this precaution is not requisite. The cloths used for puddings should be of tolerably fine linen; they should always be carefully washed after being used, and be perfectly dry when put away.

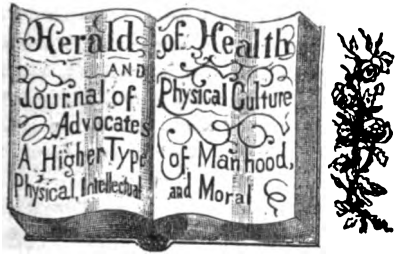
No. 1. Apple Pudding.—Pare and cut some good baking apples as for a pie; put them into a saucepan with very little water; cover the pan, and set it on a moderate fire, turning it occasionally that the apples may soften regularly; when about half done drain the water from them, put them in a basin to cool, and stir in a little sugar; line a quart basin with paste, put in the apples, cover with paste, tie a cloth closely over, and let it boil an hour. Any other fruit pudding may be made in the same way.

No. 2. Baked Apple Pudding.—Pare and core one pound and a half of apples; half pound of butter; five eggs; six ounces of sugar; one lemon, and two table-spoonfuls of grated bread, or biscuit. Boil the apples with two table-spoonfuls of water in the pan, on a slow fire, turning it occasionally, till the apples are soft; stir in the butter, sugar, juice and grated rind of the lemon; when nearly cold, add the bread, or biscuit, and the eggs, well beaten; bake it in puff paste, and serve it with sifted sugar over it.

No. 3. Arrowroot Pudding.—Two ounces of arrowroot; one pint of milk; three eggs; three ounces of sugar, and the grated rind of a small lemon, or a few drops of almond-flavor. Set three-fourths of a pint of the milk on the fire; mix the one-fourth pint of cold milk with the arrowroot till quite smooth; then pour in the hot milk, stirring it quickly, adding the sugar and lemon-peel, or almond-flavor; when cool, add the eggs, well beaten; butter a dish, and bake in a moderate oven.

Digitized by Google

EDITORIAL DEPARTMENT.



NEW YORK, AUGUST, 1871.

WATER.

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

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

☞ *Exchanges are at liberty to copy from this magazine by giving due credit to* THE HERALD OF HEALTH AND JOURNAL OF PHYSICAL CULTURE.

TOPICS OF THE MONTH.

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

WILLIAM HOWITT'S HABITS OF LIFE.—We present this month the following very interesting letter from William Howitt, the well-known and distinguished English author, which can not fail to be read with great satisfaction. In these days when so many thousands of promising young men throw their lives away, the lessons from such men as those of Bryant, Father Cleveland, William Howitt, and others we have already published in THE HERALD OF HEALTH, can not fail to produce a wholesome effect.

ROME, 41 VIA DI PORTA PINCIANA, *May* 20, 1871.

DR. M. L. HOLBROOK—*My Dear Sir:* I am in receipt of your letter of April 27, which my elder daughter, Mrs. Alfred Watts, the author of the "Art Student in Munich," has forwarded me from London. I have read with very great pleasure the letter of Mr. Bryant, the poet, as given in your journal, and I congratulate you on obtaining the conclusive evidence of so distinguished a man; and also, in having established such a journal as THE HERALD OF HEALTH, for no subject in this fast-living and fast-thinking age is of more importance than that of laying the foundations of a sound constitution in youth, and of preserving that constitution through life by attention to the laws and dictates of Nature. This is an indispensable care, if we mean to pass our time here in comfort and in the full vigor of our intellects, and, I may add, of healthy moral sentiments.

I shall, therefore, jot down with much satisfaction such circumstances and habits of my life as I believe to have mainly contributed to these results. And, in the first place, let me observe that while the modes of my own life and those of Mr. Bryant very much accord, in a few particulars they differ, as, I suppose, must be the case in almost any two individuals. Mr. Bryant never takes coffee or tea. I regularly take both, find the greatest refreshment in both, and never experienced any deleterious effects from either, except in one instance, when, by mistake, I took a cup of tea strong enough for ten men. On the contrary, tea is to me a wonderful refresher and reviver. After long-continued exertion, as in the great pedestrian journeys that I formerly made, tea would always, in a manner almost miraculous, banish all my fatigue, and diffuse through my whole frame comfort and exhilaration, without any subsequent evil effect.

I am quite well aware that this is not the experience of many others, my wife among the number, on whose nervous system tea acts mischievously, producing inordinate wakefulness, and its continued use, indigestion. But this is

Digitized by Google

one of the things that people should learn, and act upon, namely, to take such things as suit them, and avoid such as do not. It is said that Mithridates could live and flourish on poisons, and if it be true that tea or coffee is a poison, so do most of us. William Hutton, the shrewd and humorous author of the histories of Birmingham and Derby, and also of a life of himself, scarcely inferior to that of Franklin in lessons of life-wisdom, said that he had been told that coffee was a slow poison, and, he added, that he had found it very slow, for he had drunk it more than sixty years without any ill effect. My experience of it has been the same.

Mr. Bryant also has recourse to the use of dumb-bells, and other gymnastic appliances. For my part, I find no artificial practices necessary, for the maintenance of health and a vigorous circulation of the blood. My only gymnastics have been those of Nature—walking, riding, working in field and garden, bathing, swimming, etc. In some of those practices, or in the amount of their use, Nature, in my later years, has dictated an abatement. In Mr. Bryant's abhorrence of tobacco, I fully sympathize. That is a poisoner, a stupefier, a traitor to the nervous system, and, consequently, to energy and the spirit of enterprise, which I renounced once and for ever before I reached my twentieth year.

The main causes of the vigor of my constitution and the retention of sound health, comfort, and activity to within three years of eighty, I shall point out as I proceed. First and foremost, it was my good fortune to derive my existence from parents descended on both sides from a vigorous stock, and of great longevity. I remember my great-grandmother, an old lady of nearly ninety; my grandmother of nearly as great an age. My mother lived to eighty-five, and my father to the same age. They were both of them temperate in their habits, living a fresh and healthy country life, and in enjoyment of that tranquillity of mind which is conferred by a spirit of genuine piety, and which confers, in return, health and strength.

The great destroyers of life are not labor and exertion, either physical or intellectual, but care, misery, crime, and dissipation. My wife derived from her parentage similar advantages, and all the habits of our lives, both before and since our marriage, have been of a similar character. By-the-by, though this has nothing to do with health, I may remark that your correspondent says my wife dresses like a Friend. It is a mistake. She dresses as any other lady of her years who is simple and unostentatious in her tastes.

My boyhood and youth were, for the most part, spent in the country; and all country objects, sports, and labors, horse-racing and hunting excepted, have had a never-failing charm for me. As a boy, I ranged the country far and wide in curious quest and study of all the wild creatures of the woods and fields, in great delight in birds and their nests, climbing the loftiest trees, rocks and buildings in pursuit of them. In fact, the life described in the "Boy's Country Book," was my own life. No hours were too early for me, and in the bright, sunny fields in the early mornings, amid dews and odor of flowers, I breathed that pure air which gave a life-long tone to my lungs that I still reap the benefit of. All those daily habits of climbing, running, and working developed my frame to perfection, and gave a vigor to nerve and muscle that have stood well the wear and tear of existence. My brain was not dwarfed by excessive study in early boyhood, as is too much the case with children of to-day. Nature says, as plainly as she can speak, that the infancy of all creatures is sacred to play, to physical action, and the joyousness of mind that give life to every organ of the system. Lambs, kittens, kids, foals, even young pigs and donkeys, all teach the great lesson of Nature, that to have a body healthy and strong, the prompt and efficient vehicle of the mind, we must not infringe on her ordinations by our study and cramping sedentariness in life's tender years. We must not throw away or misappropriate her forces destined to the corporeal architecture of man, by tasks that belong properly to an after-time. There is no mistake so fatal to the proper development of man and woman, as to pile on

Digitized by Google

the immature brain, and on the yet unfinished fabric of the human body, a weight of premature and, therefore, unnatural study. In most of those cases where Nature has intended to produce a first-class intellect, she has guarded her embryo genius by a stubborn slowness of development. Moderate study and plenty of play and exercise in early youth are the true requisites for a noble growth of intellectual powers in man, and for its continuance to old age.

My youth, as my boyhood, was spent in the country, and in the active exercise of its sports and labors. I was fond of shooting, fishing, riding, and walking, often making long expeditions on foot for botanical or other purposes. Bathing and swimming I continued each year till the frost was in the ground and the ice fringed the banks of the river. As my father farmed his own land, I delighted in all the occupations of the field, mowing and reaping with the men through the harvest, looking after sheep and lambs, and finding never-ceasing pleasure in the cultivation of the garden.

When our literary engagements drew us to London, we carefully avoided living in the great Babel, but took up our residence in one of its healthy suburbs, and, on the introduction of railways, removed to what was actual country. A very little time showed us the exhausting and unwholesome nature of city life. Late hours, heavy dinners, the indulgence of what are called jovial hours, and crowded parties, would soon have sent us whither they have sent so many of our literary contemporaries, long, long ago. After an evening spent in one of the crowded parties of London, I have always found myself literally poisoned. My whole nervous system has been distressed and vitiated. I have been miserable and incapable the next day of intellectual labor. Nor is there any mystery about this matter. To pass some four or five hours in a town, itself badly ventilated, amid a throng of people just come from dinner, loaded with a medley of viands, and reeking with the fumes of hot wines—no few of them, probably, of very moral habits, was simply undergoing a process of asphyxia. The air was speedily decomposed by so many lungs. Its ozone and oxygen were rapidly absorbed, and in return the atmosphere was loaded with carbonic acid, carbon, nitrogen, and other effluvia, from the lungs and pores of the dense and heated company; this mischievous matter being much increased from the products of the combustion of numerous lamps, candles, and gas-jets.

The same effect was uniformly produced on me by evenings passed in theatres, or crowded concert or lecture rooms. These facts are now well understood by those who have studied the causes of health and disease in modern society; and I am assured by medical men that no source of consumption is so great as that occasioned by the breathing of these lethal atmospheres of fashionable parties, fashionable theatres, and concert and lecture halls; and then returning home at midnight by an abrupt plunge from their heat into damp and cold. People have said to me, "Oh! it is merely the effect of the unusual late hour that you have felt!" But, though late hours, either in writing or society, have not been my habit, when circumstances of literary pressure have compelled me occasionally to work late, I have never felt any such effects. I could rise the next day a little later, perfectly refreshed and full of spirit for my work.

Another cause to which I attribute my extraordinary degree of health, has been not merely continued country exercise in walking and gardening, but, now and then, making a clean breach and change of my location and mode of life. Travel is one of the great invigorators of the system, both physically and intellectually. When I have found a morbid condition stealing over me, I have at once started off on a pedestrian or other journey. The change of place, scene, atmosphere, of all the objects occupying the daily attention, has at once put to flight the enemy. It has vanished as by a spell. There is nothing like a throwing off the harness and giving mind and body a holiday—a treat to all sorts of new objects. Once, a wretched, nervous feeling grew upon me; I flung it off by mounting a stage-coach, and then taking a walk from

Digitized by Google

the Land's End, in Cornwall, to the north of Devon. It was gone for ever! Another time the "jolly" late dinners and blithely-circulating decanter, with literary men that I found it almost impossible to avoid altogether without cutting very valuable connections, gave me a dreadful dyspepsia. I became livingly sensible of the agonies of Prometheus with the daily vulture gnawing at his vitals. At once I started with all my family for a year's sojourn in Germany, which, in fact, proved three years. But the fiend had left me the very first day. The moment I quitted the British shore, the tormentor quitted me. I suppose he preferred staying behind, where he was aware of so many promising subjects of his diabolical art. New diet, new and early hours, and all the novelties of foreign life, made his approach to me impossible. I have known him no more, during these now thirty years.

Eighteen years ago I made the circumnavigation of the globe, going out to Australia by the Cape of Good Hope, and returning by Cape Horn. This, including two years of wandering in the woods and wilds of Australia, evidently gave a new accession of vital stamina to my frame. It is said that the climate of Australia makes young men old, and old men young. I do not believe the first part of the proverb, but I am quite certain that there is a great deal in the second part of it. During those two years I chiefly lived in a tent, and led a quiet, free, and pleasant life in the open forests and wild country, continually shifting our scene, as we took the fancy, now encamping in some valley among the mountains, now by some pleasant lake or river. In fact, pic-nicing from day to day, and month to month, watching, I and my two sons, with ever new interest, all the varied life of beast, bird, and insect, and the equally varied world of trees, shrubs, and flowers. My mind was lying fallow, as it regarded my usual literary pursuits, but actually engaged with a thousand things of novel interest, both among men in the Gold Diggings, and among other creatures and phenomena around me. In this climate I and my little party enjoyed, on the whole, excellent health, though we often walked or worked for days and weeks under a sun frequently, at noon, reaching from one hundred to one hundred and fifty degrees of Fahrenheit; waded through rivers breast high, because there were no bridges, and slept occasionally under the forest trees. There, at nearly sixty years of age, I dug for gold for weeks together, and my little company discovered a fine gold field which continues one to this day. These two years of bush life, with other journeys on the Australian Continent, and in Tasmania, and the voyages out and back, gave a world of new vigor that has been serving me ever since. During the last summer in Switzerland, Mrs. Howitt and myself, at the respective ages of sixty-eight and seventy-six, climbed mountains of from three to five thousand feet above the level of the sea, and descended the same day with more ease than many a young person of the modern school could do.

As to our daily mode of life little need be said. We keep early hours, prefer to dine at noon, are always employed in "books, or work, or healthful play;" have no particular rules about eating and drinking, except the general ones of having simple and good food, and drinking little wine. We have always been Temperance people, but never pledged, being averse to thraldom of any kind, taking, both in food and drink, what seemed to do us good. At home, we drink, for the most part, water, with a glass of wine occasionally. On the Continent, we take the light wines of the country where we happen to be, with water, because they suit us; if they did not, we should eschew them. In fact, our great rule is to use what proves salutary, without regard to any theories, conceits, or speculations of hygienic economy; and in our case, this following of common sense has answered extremely well.

At the same time it is true that many eminent men, and especially eminent lawyers, who, in their early days, worked immensely hard, studied through many long nights, and caroused, some of them, deeply through others, yet attained to a good old age, as Lords Eldon, Scott,

Digitized by Google

Brougham, Campbell, Lyndhurst, and others. To what are we to attribute this longevity under the circumstances? No doubt to iron constitutions derived from their parentage, and then to the recuperative effect of those half-yearly flights into the Egypt of the country, which make an essential part of English life. To a thorough change of hours, habits, and atmosphere in these seasons of villeggiatura. To vigorous athletic country sports and practices, hunting, shooting, fishing, riding, boating, yachting, traversing moors and mountains after black-cock, grouse, salmon, trout, and deer. To long walks at sea-side resorts, and to that love of continental travel so strong in both your countrymen and women, and ours.

These are the *saving* causes in the lives of such men. Who knows how long they would have lived had they not inflicted on themselves, more or less, the destroying ones. There is an old story among us of two very old men being brought up on a trial where the evidence of "the oldest inhabitant" was required. The Judge asked the first who came up what had been the habits of his life. He replied, "Very regular, my lord; I have always been sober, and kept good hours. Upon which the Judge dilated in high terms of praise on the benefit of regular life. When the second old man appeared, the Judge put the same question, and received the answer, "Very regular, my lord; I have never gone to bed sober these forty years." Whereupon his lordship exclaimed, "Ha! I see how it is. English men, like English oak, wet or dry, last for ever."

I am not of his lordship's opinion; but seeing the great longevity of many of our most eminent lawyers, and some of whom in early life seemed disposed to live fast rather than long, I am more than ever confirmed in my opinion of the vitalizing influences of temperance, good air, and daily activity, which, with the benefits of change and travel, can so far in after life save those whom no original force of constitution could have saved from the effects of jollity, or of gigantic efforts of study in early life. For one of such hard livers, or hard brain-workers who have escaped by the periodical resort to healthful usages, how many thousands have been "cut off in the midst of their days?"

A lady once meeting me in Highgate, where I then lived, asked me if I could recommend her a good doctor. I told her that I could recommend her three. She observed that one would be enough; but I assured her that she would find these three more economical and efficient than any individual Galen that I could think of. Their names were, "Temperance, Early Hours, and Daily Exercise." That they were the only ones that I had employed for years, or meant to employ. Soon after, a gentleman wrote to me respecting these "Three Doctors," and put them in print. Anon, they were made the subject of one of the "Ipswich Tracts;" and on a visit, a few years ago, to the Continent, I found this tract translated into French, and the title-page enriched with the name of a French physician, as the author. So much the better. If the name of the French physician can recommend "The Three Doctors" to the population of France, I am so much the more obliged.

I remain, dear sir, with sincere wishes for the prosperity of your journal, and the spread of the true principles of health and long life,

Yours, faithfully,
WILLIAM HOWITT.

How a Man Feels when he is Hit by Lightning.—During a recent thunderstorm in h o, Mr. Sanford Ticknor and his hired man were crossing a field when they were struck down by a bolt of lightning from the clouds. The hired man was made insensible for twenty-four hours, when he became conscious. His only remembrance of the shock was that "suddenly the ground raised up and buried him"—at least so it seemed, but no trace of any disturbance of the earth could be found, nor any mark upon the man. Mr. Ticknor was not so badly stunned; indeed was not made unconcious at all. He describes his feelings as though he had been hit by a severe blow with a stone on the head and one foot, accompanied by

Digitized by Google

the feeling that a shower of gravel had been thrown on him. He remembers a blinding flash of light succeeded by smoke. Both have recovered.

THE SUICIDAL PROCLIVITIES OF THE FRENCH.—At the meeting of the French Academy of Sciences, recently, Dr. Decaisne read a paper on the subject of Suicide. He showed that, while at Vienna the proportion of suicides to natural deaths is one in 160, in London one in 175, and in New York one in 172, Paris shows the exorbitant figure of one in 72. He thinks the effects of the *morbus democraticus*, as the Germans call it, may be admitted *a priori*, if the state of the public mind in France since 1789 be taken into account; and he is of opinion that the horrible events which have just been witnessed in Paris will soon increase the cases of lunacy, and, therefore, of suicide. He admits that it is by the prevalence of lunacy and suicide that the moral value of a people should be judged, and that the number of voluntary deaths is proportional to that of the violent passions which excite the multitude; while, on the other hand, purity of morals and moderate ambition strengthen the organs of thought as well as those of life itself. But the chief cause of the increase of suicide in France he holds to be drunkenness. The number of cases of voluntary death attributable to that vice was 141 in 1848, whereas it rose in 1866 to the frightful figure of 471. According to many travelers there is no drunkenness in Paris, where every body drinks wine, but Dr. Decaisne who lives there probably knows much more about the habits of his countrymen than those who sojourn there for a week, or a month only, and come away with a belief that they have learned the whole lesson.

MORAL HYGIENE AND TOBACCO.—The most self-indulgent, and the most selfish of luxuries is that of tobacco. I never knew a dozen men who used tobacco, who cared any thing about whether they smelled agreeable to other people, or whether they carried themselves so that other people were happy or not. They will foul the house, they will foul the boat, they will foul the car, unless arbitrarily restrained. They forget father and mother, wife and children, and go through life smoking, stenchful and disagreeable; and when they are expostulated with, they laugh.

The use of tobacco does not make a man a monster, it only makes him selfish, in respect to people about him. Though I consider this a most selfish and disagreeable habit, I do not look upon it as being at all equal to drinking, in its evil effects. But it is a very wasteful habit. Few young men who are beginning life can afford to smoke.—*H. W. Beecher.*

Mr. Beecher's experience is not much different from that of others. We have known a few people who were respectful of the rights of others when smoking, but they were men of rare good qualities of head and heart.

EDUCATION IN NEW YORK.—

Total expenditures.....	9,929,462
Amount paid for teachers' wages...	6,501,173
Amount paid for school-houses, repairs and furniture.....	1,980,546
The estimated value of school-houses and sites.....	20,417 329
Number of children attending the public schools.....	1,029,955
Number of persons attending the normal schools.....	4,724
Total number of school-houses.....	11,705

The money which we cheerfully pay for the purposes of general education is well and carefully applied, and the extent to which the opportunities afforded are made use of proves how highly the people appreciate our common schools.

Common school education, valuable as it is, is not every thing. The child who knows how to read, write, and cipher, may know little of how to conduct his life so as to make the most of it.

CARPETED FLOORS.—When a carpet is taken up to be cleaned, the floor beneath it is

Digitized by Google

generally very much covered with dust. This dust is very fine and dry, and poisonous to the lungs. Before removing it, sprinkle the floor with very dilute carbolic acid, to kill any poisonous germs that may be present, and to thoroughly disinfect the floor and render it sweet.

To Prevent Pitting in Small-pox.—Small-pox is always more feared by the people for its effects than for its dangers. All persons have a dread of being marked by it. There have been many remedies suggested to prevent pitting—the majority of them being difficult and unpleasant in their application. Pitting rarely occurs upon places of the body excluded from air and light. Pustulation is the result of the eruption exposed to those causes. The indication, therefore, would seem to be to prevent the action of the air and light. I have accomplished this in several cases; not only of those of brunette, but blonde complexions; in mild, as well as in severe cases of variola and varioloid, by the use of ointment made of charcoal and lard, applied freely over the surface of the face, neck, and hands—applied as soon as the disease is distinguished, and continued until all the symptoms of suppurative fever had ceased. The application allays the itching, and seems to shorten the duration of the disease, and leaves the patient without a blemish; the eruption protected by the ointment not even showing signs of pustulation; the charcoal preventing the action of the light, and the lard that of the air. Of course, during its application the patient does not present a very pleasing appearance, but a temporary disfigurement is preferable to a permanent one.—*J. H. Bird, M. D., in Medical and Surgical Reporter.*

Compression of the Feet.—This is a common practice, that often results in distortion. When we are walking with the feet unrestrained, each foot, as it receives the weight of the body, broadens slightly, and lengthens to the extent of half an inch or more. Freedom of motion in the foot itself is thus seen to be a natural requsite, and without it, ease, grace, and comfort in walking are out of the question. Compression by the boot or shoe not only prevents this freedom of action, but also gives rise to deformity of the feet. The sole of the boot should be as wide as, and somewhat longer than the foot, when the weight of the body is resting upon it. The upper leather requires to be soft and yielding, and not so tight as to pinch the foot down upon the sole. The toe of the boot ought to be wide, leaving the toes perfect freedom of movement. If too narrow, they are made to override each other, thus producing the ingrowing toe-nails, corns, bunions, etc. The heels should be low and broad, so as to furnish a firm support. High heels throw the feet forward toward the points of the boots, and tend to produce flattening the arch of the foot.

Hygiene for Thinkers and Workers.—It is only by labor that thought can be made healthy, and only by thought that labor can be made happy.—*Ruskin.*

This sentence is full of truth. Our thinkers often get morose and worthless as guides to public opinion, because they think too much and work too little. On the other hand, workmen who work and do not think, in the end become almost idiotic. In an age like ours, there is no excuse for a working person not thinking, nor for a thinker not working.

Borrowing Joy.—The worst use that man can make of his time is to borrow trouble in any shape. It is quite bad enough to spend it in tears and despair, when it comes of its own irrepressible accord; until then let us keep our hands clear of it, and if we must borrow any thing, borrow joy and hope. He who borrows trouble breaks one of the most important laws of health; he who borrows joy, and keeps on borrowing all he can of it, till his heart is full and running over, will never be in debt for it, but will make thousands in debt to him, for his outbursts of happiness and his sunny smiles. We repeat, borrow joy.

Digitized by Google

ANSWERS TO CORRESPONDENTS.

BY A. L. WOOD, M. D.

Meat in Summer.—Whatever may be said in regard to the use of meats generally, there is scarcely a question that the less meat eaten during hot weather the better. In the first place, the process of decomposition commences in meats the moment the animal is slaughtered, and continues without cessation, unless arrested by salting, smoking, etc., until it is entirely decomposed. In hot weather this process proceeds very rapidly. Meat just from the butcher is always tough, and it must become partly decomposed before it becomes tender and fit to eat. It is this decomposition that makes it tender, and the further this process has proceeded, the tenderer the meat. The eating of meats in this condition, especially in hot weather, poisons the blood with the products of decomposition, stimulates the system to unnatural action, increases the heat, produces a general condition of feverishness, and renders the person more liable to fevers, inflammations, and other diseases. If the meat gets a little too "tender," it is almost certain to bring on an attack of diarrhea, and many cases are caused in this way. If you value health and comfort, use meats sparingly and fruits and vegetables freely during hot weather, if at no other time.

Varicose Veins.—"For about one year I have been troubled with what the Faculty would call varicose veins, and although they do not trouble me particularly during the day, if I do not become over-heated, yet every evening, just after supper, the veins in my legs swell up and—well, you must know how it is—bother me awfully. Now, I hope you can give me an atom of advice through your valuable paper, telling what I ought to do—if any thing, and what climate and diet is advisable in my case."

A simple case like this is easily cured. A plain, healthful diet, out-door exercise, regularity of the bowels, avoidance of too long standing, and bathing the limbs in cold water once or twice a day, followed by thorough friction, rubbing, and percussion, will soon effect a cure. A rest in the horizontal position for an hour or more in the afternoon will be found very useful. In more severe cases, compression by a bandage, or even the application of caustic may be necessary.

A Good Precedent.—A man recently died at Ironton, Ohio, of delirium tremens, and his widow brought suit against the rumseller who had supplied her husband with liquor. The Court awarded her $5,000 damages. If rumsellers had to pay a fine of $5,000 for each death caused, directly or indirectly, by the drinking of the liquors they sell, they would disappear like dew before the sun, and seek a more useful calling. May this good example be followed by the wives and widows of drunkards generally.

Baking Powders.—"Will J. Monroe Taylor's 'Cream Yeast Baking Powders injure a dyspeptic; or would bread made without it be better?"

I consider this baking powder the best in use; still, when good, light, unleavened "gems" can be had, I think it better to dispense with the powder. Unless they can be made light and porous without, I should prefer to use it.

Adam's Apple.—"Why is it that in some persons the larynx (Adam's apple) is so prominent, while in others, who are no fleshier, it does not protrude at all?"

For the same reason that one man's nose is longer than another's. The only way to make it less prominent is to build up around it with fat.

Diet for Constipation.—"Will you be kind enough to give the writer—who suffers from constipation—through the medium of your valuable 'Answers to Correspondents,' the outline of a few 'anti-constipative' meals, and strictly hygienic? No doubt but that many of your readers would, with me, be profited thereby."

Digitized by Google

The following articles are good. Two, three, or four may be selected for each meal. It is well to vary the selection from meal to meal. Graham bread, "gems," and crackers; cracked wheat, wheat, rye, corn, or oat-meal mush; hominy, groats, apples, peaches, pears, grapes, currants, cherries, plums, strawberries, raspberries, blackberries, huckleberries, tomatoes, melons, squashes, and fresh vegetables generally.

Fetid Perspiration of the Feet.—"I am suffering with one of the most odious of diseases, the fetid perspiration of the feet. The main feature of my case is this: Every time I have a new pair of shoes, the intense heat of my feet brings out the natural odor of the leather with such a force as to make a nuisance of myself to every one that surrounds me; but when the perspiration has penetrated the soles of the shoes, the two odors mixed together are a horrid thing to stand. I change my stockings three times a day, washing my feet each time with alum, or the compound spirits of ammonia added in the water, but meet with only a comparative success. Can science do any thing for me? If such a disease is not curable, is there any thing that would neutralize the odor of the leather and the infectious smell of perspiration? I am to-day twenty-two years old—obliged to remain single on account of that disease, and will persevere in that idea, preferring to isolate myself to being a nuisance to my husband."

This disease is owing, primarily to an impure state of the blood, consequently means should be at once taken to correct that condition. A very plain and rather abstemious diet, an abundance of out-door exercise, a Turkish or vapor bath, or wet sheet-pack two or three times a week are the main essentials. The shoes should be light and loose. Cloth shoes are best in warm, dry weather. Linen or cotton stockings should be worn, linen being preferable. The feet should be bathed in pure, cold water three or four times a day, thoroughly rubbed, and immersed for five or ten minutes in fine, dry, loamy earth.

Ice-Cream.—"How about ice-cream; if it is proper eating, what time in the day is the best to indulge?"

Ice cream being composed of sugar and milk or cream, with some flavoring extract—it is better without eggs—is no more objectionable than the same articles in any other form, provided it be eaten slowly and allowed to melt in the mouth. It should be eaten at a regular meal time, and not in large quantities.

Antipathy to Strawberries.—"What state or condition of the stomach is indicated by its antagonism to strawberries—seemingly so wholesome a fruit, eaten moderately and at a proper season?"

Some persons are so constituted that even while in perfect health they can not eat certain articles of food which are wholly unobjectionable to persons generally; hence has arisen the saying that "what is one's meat is another's poison." There are also certain conditions of irritation and inflammation of the stomach in which it can not bear acid or subacid fruit.

Soap for the Hair.—"I have heard said that soap has an injurious effect on the hair, and therefore should not be used in washing the head. I use, beside the daily cold water bath, white castile soap and cold or cool water, as often as I think necessary, being careful to rinse all soap out of the hair afterward. It cleanses the scalp, and seems to have an admirable effect on the hair, making it very clean and pleasant to the touch. Will you give us your opinion on the subject?"

The continued use of soap upon the hair will cause it to become harsh and dry. If pure, soft water is not sufficient for cleanliness, occasionally use the white of an egg, well beaten up, and applied to the hair, rubbing it in thoroughly with the fingers. It is much better for the hair and scalp than soap.

Honey.—"Is honey injurious?"

Many persons can not eat it on account of the difficulty of digesting it. To those who can digest it readily, it is no more injurious than sugar. It should always be eaten sparingly, if at all.

Hard Water and Constipation.—"Is hard water objectionable where one is troubled with constipation?"

Hard water is bad for any one, but especially so where there is costiveness of the bowels or a tendency thereto.

Digitized by Google

NOTICES OF NEW PUBLICATIONS.

ON THE PHYSIOLOGICAL EFFECTS OF SEVERE AND PROTRACTED MUSCULAR EXERCISE; with Special Reference to its Influence upon the Excretion of Nitrogen. By AUSTIN FLINT, Jr., M. D. New York: D. Appleton & Co.

When Edward Payson Weston, the celebrated pedestrian commenced his walking feats, he probably had no thought of what science might gain by taking notes of the effects the exercise had on his body. His great ambition was to walk one hundred miles inside of twenty-four hours, on one of the five days. Though he failed to do this on first attempting it, the doctors did not fail to measure and weigh all the food he ate for fifteen days before, five after the effort, and during the effort. Nor did they fail to estimate the results of the exercise on the excretion of nitrogen, and other elements of excretion. The results of these experiments are very interesting, and have an important bearing on the value of different kinds of food, and the source of muscular power. Price, by mail, $1.00.

FRAGMENTS OF SCIENCE FOR UNSCIENTIFIC PEOPLE; a Series of Detached Essays, Lectures, and Reviews. By JOHN TYNDALL, LL. D., F. R. S. New York: D. Appleton & Co.

The Appletons are doing a good service by publishing the works of the great scientists of England for American readers. The volume before us contains about twenty different articles, in popular language, and adapted to the understanding of all who can read. Among them are, Constitution of Nature; Matter and Force; Dust and Disease; Death by Lightning; Vitality, and others no less interesting. The paper on Dust and Disease has many additions to it, and is more complete than we have seen it in other forms. We commend the work as more interesting than any novel, to those who love to know something of the secrets of Nature as described by a master interpreter. Price $2.00.

THE EYE IN HEALTH AND DISEASE. By B. JOY JEFFRIES, A. M., M. D. Boston: A. Moore.

Among other chapters, we find this book treats of the following subjects: Anatomy of the Eye; Physiology of the Eye; Old Sight and Spectacles; Near-sightedness, or Myopia; Long-sightedness, or Over-sightedness—Hypermetropia; Astigmatism; Cataract in Children simulating Near-sightedness; Cataract; Artificial Eyes—How and When they are Worn; Squinting Eyes—Why and How they must be Operated on; An Artificial Pupil—What it is, How, and Why the Operation is Performed; The Ophthalmoscope—What it is, and How it is Used; Injuries and Diseases of the Lids and Eye—Their General Care and Treatment, etc. The work is well written, and will prove a valuable one to all interested in the subject on which it treats. Price $1.50.

THE TRANSMISSION OF LIFE; Counsels on the Nature and Hygiene of the Masculine Functions. By GEORGE NAPHEYS, A. M., M. D. Philadelphia: J. G. Fergus & Co.

This is a plain, straight-forward sensible book, of over three hundred pages, which will do a world of good if its counsels are heeded. A large number of eminent men have written highly commendatory letters regarding it, among whom are Rev. Dr. Todd, A. D. White, President of Cornell University, and many others.

THE PARENT'S GUIDE; or, Human Development through Inherited Tendencies. By HESTER PENDLETON. Second edition, revised and enlarged. New York: S. R. Wells.

It is pleasant to think that the improvement of the race occupies so much of the thought of the world. Even Darwin, whose "Descent of Man" is devoted mainly to showing the origin of the race, can not close his masterly work without giving a brief half page as to the best means of improving human beings, through natural and sexual selection; and Galton, in his work on "Hereditary Genius," has a whole chapter on the same subject; but here is a book of over two hundred pages, by a woman, on the same great theme. The book is earnest, instructive and full of thought. Let every young man and young woman read it. Price $1.50.

THE HOMŒOPATHIC DOMESTIC PRACTICE. By JOSEPH LAURIE, M. D. Edited and revised by EGBERT J. MCCLATCHEY, M. D. First American, from Twenty-first English Edition. New York: Boericke & Tafel.

This massive work of over one thousand pages, which has had a great sale in England, has just been reprinted here. It is designed to be a family guide to those who wish to give Homœopathic remedies, without employing a physician. It seems to be ably prepared, and for the purposes intended is no doubt the most able work extant. Price $7.00.

THE DIETETIC REFORMER AND VEGETARIAN MESSENGER, for July. London: F. PITMAN; Manchester: Tubbs & Crook.

This little Quarterly of twenty-four pages has been published in the interests of Dietetic Reform for over ten years, and contains a great deal of valuable matter in small space. This is the first number we have seen for two years, but is as full of good things as ever; not only on the subject of reform in food, but many other matters. We will order it for any of our readers who will send us $1.00.

OTHER WORLDS THAN OURS; The Plurality of Worlds, studied under the Light of Recent Scientific Researches. By RICHARD A. PROCTOR, B. A., F. R. A. S. New York: D. Appleton & Co.

The work before us is imbued with a fine undercurrent of religious feeling and reverent study. It is written with a pure diction and luminous style, easily read and understood by the unscientific reader. We apprehend there are multitudes, satiated with the fulsome romances of the day, who will find themselves refreshed by the solid thought and suggestive ideas of the writer.

Digitized by Google

THE PUBLISHERS' DEPARTMENT.

Facts for the Ladies.—I purchased a Wheeler & Wilson Sewing Machine about ten years ago, and while learning to use it without instruction broke one needle; after that for more than nine years, I had the machine in almost daily use, doing all my family sewing and very much for friends and others, and instructed seven persons in the use of the machine, without breaking a needle. My machine has never cost one penny for repairs. I have sewed hours with a worrisome babe in my lap, working upon fabrics of the most delicate texture, as well as upon men's and boys' clothes of the heaviest material. I have made garments for the cradle, the bridal, the hospital, and the funeral. Entering into every vicissitude of life, my machine has become, as it were, a part of my being. MRS. M. L. PECK.
Mexico, N. Y.

The Boston Training School for Teachers of the Dio Lewis System of New Gymnastics will hold its next session in Boston, from July 13 till September 1. For circulars and particulars address F. G. Welch, Yale College, New Haven, Conn., or Dio Lewis, Boston, Mass.

Talks to My Patients.—Mrs. Gleason's book, advertised and noticed elsewhere, is meeting with a good sale. We can supply it to subscribers and agents in any quantity. A good many ladies are selling with success. We should like to have in every town a good Lady Agent. For particulars of agency, write to the Publishers.

Job Printing.—We are prepared to execute in neat, substantial styles, various kinds of Job Printing: such as Pamphlets, Circulars, Envelopes, Billheads, Letter-heads, Cards, Labels, Small Handbills, etc., at the same rates as in all first-class New York printing establishments. Stereotype work done to order.

☞ Our friends in the country who wish neat and accurate printing, can rely on first-class work, by sending plainly written and well-prepared manuscripts. For terms, send sample or copy of work, state quality of printing material to be used, and the number of copies wanted, inclosing stamp for reply.

A Good Sewing Machine is given free for a club of 30 subscribers and $60. This premium is very popular. If there is a poor, deserving family in your neighborhood help it to get a good sewing machine by subscribing at once. Perhaps your minister's wife wants one. If so, help her to get it, by helping her to get up a club. The Empire is one of the best sewing machines in use, and we are sure that it will give you good satisfaction.

Books C. O. D.—Parties who order books will find it cheaper to send the money with the order, than to order C. O. D., as in this case the cost of collection will be added to the bill. This is considerable, when the money has to be returned from a distant point. Those who order C. O. D., should send one-fourth the value of the order in advance to insure prompt attention.

CLUBBING

WITH OTHER MAGAZINES.

We will send *THE HERALD OF HEALTH* and any one of the following Journals one year for the sum below mentioned. The order and money for both must be sent at the same time.

THE HERALD OF HEALTH, $2 00, and

Atlantic Monthly	$4 00 for $5 00
Harpers' Monthly	4 00 for 5 00
Harpers' Bazar	4 00 for 5 00
Harpers' Weekly	4 00 for 5 00
Phrenological Journal	3 00 for 4 00
Our Young Folks	2 00 for 3 50
New York Tribune	2 00 for 3 35
American Agriculturist	1 50 for 3 00

Cash Clubbing Rates.

1 Subscriber	$ 2 00
4 Subscribers	7 00
10 Subscribers	15 00
25 Subscribers	25 00

Single Numbers, 20 cents.

Address WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

Dudley Kelly's
Boot and Shoe Emporium,
299 HUDSON STREET, NEW YORK.
One Door from Spring.
A choice and select stock of the best goods manufactured in New York, for ladies, gentlemen and children, always on hand, which I will sell at lower prices than any other house in the city.
Goods cheerfully exchanged and money refunded if they won't suit. Give me a trial. je-12t

WATCHMAKER and JEWELER'S Manual, gives latest and most approved secrets of the trade, embracing watch and clock cleaning and repairing, tempering in all its grades, making tools, compounding metals, soldering, plating, etc., with plain instructions for beginners, etc. 25 cents. Painter's Manual, 50 cents; Soapmaker's Manual, 25 cents; Horseshoer's Manual, 25 cents; Cheap Book of Alphabets, 50 cents. Of booksellers or by mail on receipt of price by
jy-X2t JESSE HANEY & CO., 119 Nassau St., N. Y.

Eclectic Medical College.—Lectures commence October 2, 1871. Fees for one course, $30.00; perpetual scholarships, $60.00. No other expenses. Send for announcement. JOSEPH SITES, M.D., Dean, No. 514 Pine Street, Philadelphia, Pa. jy-12t*

Mrs. Towne, Magnetic and Electric Physician, 34 Clinton Place (West 8th Street), New York. Chronic Invalids treated with care. The Diseases of Women treated with great success. jy-12t*

Dr. Frease's Water Cure ESTABLISHMENT, Mansfield, Ohio. Send for Circular. jy-2t

Digitized by Google

Advertisements.

☞ ADVERTISEMENTS of an appropriate character will be inserted at the following rates: Short advertisements, 25 cents per line; thirteen lines, for three or more insertions without change, 20 per cent. discount; one-half column, $12; one column, $22; one page, $40. All advertisements must be received at this office by the 5th of the month preceding that on which they are to appear.

Are You Going to New York?

If so, and you wish to stop where you can *FEEL AT HOME*, and get *GOOD FOOD HEALTHFULLY PREPARED*, and *PLENTY OF IT*,

Go to the Hygienic Institute,

Nos. 13 *&* 15 *Laight Street.*

Horse Cars pass near the door to all parts of the city, making it a very convenient stopping place for persons visiting New York, either upon business or pleasure. Open at all hours, day and night. Board by the day or week, at reasonable rates. Rooms can be secured in advance by writing. Address

WOOD & HOLBROOK, Proprietors,

Nos. 13 & 15 Laight Street, New York.

A GREAT OFFER!

Only $3 for $11 in Value!

The beautiful and artistic Chromo,

"ISN'T SHE PRETTY."

Size, 13x17, after Lillie M. Spencer, price, $8.00; will be sent by mail, post-free, as a premium to every yearly subscriber to

Demorest's Illustrated Monthly,

acknowledged the most practical, useful original Parlor Magazine.

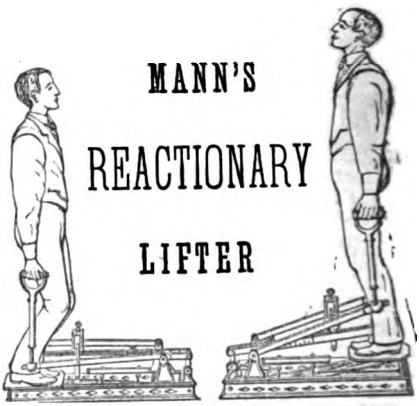
"Isn't She Pretty," is a beautiful Chromo, a splendid Parlor Picture, and a valuable work of art; it is highly finished, mounted, and varnished, and worth more than double the cost of subscription, and together with Demorest's Monthly, affords an opportunity for the investment of Three Dollars such as may never occur again.

Address W. JENNINGS DEMOREST,
838 Broadway, New York.

Specimen copies of the latest numbers of the Magazine mailed free on receipt of 25 cents. au-2t

A Good Home, either transient or permanent, with Pleasant Rooms and Good Board, can be found at the Russian Baths, 23 & 25 East Fourth St., between Broadway and Bowery, New York. au-2t

Ladies desiring to procure a FIRST-CLASS Sewing Machine against easy monthly instalments, may apply to 294 Bowery, N. Y. a-6t



Is the most remarkable apparatus ever invented for

HEALTH EXERCISE.

NO WEIGHTS USED.

While adapted to the powers of the athlete, it is equally so to women and children, or to persons in the most delicate state of health.

A few minutes exercise each day sufficient, and if taken at night, induces refreshing sleep.

It is at once more beautiful, compact, and durable, besides being much cheaper, than any other good apparatus for similar purposes.

Books and Circulars sent free on application. Call and see it, at the REACTIONARY LIFTER OFFICE, 365 BROADWAY, NEW YORK. au-tf

THE HEALTH HABITS OF YOUNG MEN.

By M. L. HOLBROOK, M. D., Editor of The Herald of Health, with an Introductory Letter by DR. DIO LEWIS. Pp. 16.

This valuable little tract will be furnished by the hundred, postpaid, to those who wish to circulate it at $2.00. Single copies, by mail, 5 cents each; three copies to one address, 10 cents.

The New York Mail, in noticing this tract, says: "Dr. Holbrook, Editor of The Herald of Health, has served other people as well as himself by reprinting his thoroughly excellent paper on "The Health Habits of Young Men," which is crammed with suggestive facts and good advice." Address

WOOD & HOLBROOK,
15 Laight Street, New York.

Healds' Hygeian Home.

WILMINGTON, DELAWARE.

A Splendid Summer Residence for Invalids!

DRS. PUSEY and MARY H. HEALD opened their new institution for the Hygienic treatment of invalids (without medicine), JAN. 1, 1871.

Dr. M. H. Heald (formerly Dr. York) was widely known to Hygienists during several years' practice at Our Home, Dansville, N. Y. Dr. P. Heald has also had large experience in the Hygienic system of treatment.

The building, beautifully located in the suburbs of a most delightful and healthful city, near the romantic and historic Brandywine, and overlooking the Delaware River, is entirely new, and was planned expressly for a "Cure." Every apartment is warmed by *Steam-heated Air*, and *thoroughly ventilated*, thus giving a *pure* atmosphere, free from all gas and dust, and insuring the comfort and welfare of winter guests. City advantages, with *pure country air and surroundings*. The best appliances provided for Water and Sun Baths, Swedish Movements, etc. Mrs. H. will devote especial attention to lady patients, giving them the benefit of kindly sympathy as well as of experience and skill. The Hygienic diet supplied, will include the choicest fresh and canned fruits and vegetables, and varied farinaceous preparations.

Railroad communication North, South, East, and West.

☞ For Circulars, etc., address, with stamp, HEALDS' HYGEIAN HOME, Wilmington, Delaware. jy-tf

Digitized by Google

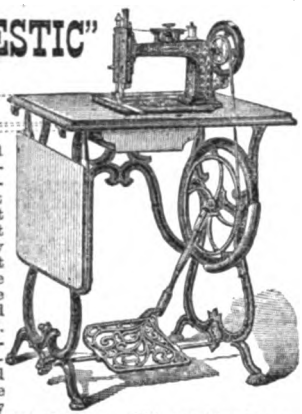


THEA-NECTAR
IS A PURE
BLACK TEA
with the Green Tea Flavor. Warranted to suit all tastes. For sale everywhere. And for sale wholesale only by the *Great Atlantic and Pacific Tea Co.*, **8** Church St., New York. P. O. Box 5506. Send for Thea-Nectar Circular.

COLGATE & CO.'S

ASHMERE BOUQUET SOAP has novel but very delightful perfume, and is in ery respect superior for TOILET USE. Sold by Dealers in Perfumery and Toilet rticles.

"DOMESTIC"



The whole world allenged to proce a Family Sewr Machine that ll sew as light d as heavy; light nning and easily erated. The best achine for use, the siest to sell, the st durable, and ll last a life-time. ck stitch, noiseachments unealed. A good siness may be ablished in any y or town in the United States. This machine has esblished its superiority in every instance where it has ne in competition with any machine in the market. n with capital are finding it to their advantage to make sale of this machine their exclusive business. *Agents nted in unoccupied territory.* Machines guaranteed as resented. Address

"DOMESTIC" SEWING MACHINE CO.,
96 Chambers Street, New York, or Toledo, Ohio.

EDUCTION OF PRICES

TO CONFORM TO

EDUCTION of DUTIES.

REAT SAVING TO CONSUMERS
BY GETTING UP CLUBS.

☞ **Send for our New Price List, and a Club Form will** ompany it, containing full directions—making a large ing to consumers and remunerative to club-organisers.

he Great American Tea Co.
31 & 33 Vesey Street,
O. Box 5643. NEW YORK.

$75 to $250 per month, every where male and female, to introduce the GENUINE IMPROVED COMMON SENSE FAMILY SEWING MACHINE. This machine will stitch, hem, fell, tuck, quilt, cord, bind, braid, and embroider in a most superior manner. Price only $15. Fully licensed and warranted for five years. We will pay $1000 for any machine that will sew a stronger, more beautiful, or more elastic seam than ours. It makes the "Elastic Lock Stitch." Every second stitch can be cut, and still the cloth can not be pulled apart without tearing it. We pay Agents from $75 to $250 per month and expenses, or a commission from which twice that amount can be made. Address SECOMB & CO., *Boston, Mass.; Pittsburgh, Pa.; St. Louis, Mo., or Chicago, Ill.*



Pratt's Astral Oil.

First Premium and Diploma at American Institute Fair, 1869 and 1870, for SAFEST and BEST ILLUMINATING OIL. Oil House of

CHAS. PRATT, N. Y.
ESTABLISHED 1770.

Advertisers should send for
WM. J. CARLTON'S
CATALOGUE OF
Advertising Mediums.
Address **39** Park Row, New York.

$375 A MONTH—Horse and outfit furnished. Address NOVELTY CO., Saco, Maine.

REVISED EDITION.

A WINTER IN FLORIDA.

BY LEDYARD BILL.

With Illustrations by Forbes, comprising views of the old city of St. Augustine, and the Natural Scenery and objects in Eastern Florida.

This work contains Observations on the Soil, Climate, and Products of our Semi-Tropical State, with Sketches of the Principal Towns and Cities, a brief Historical Summary, and Hints to Tourist, Invalids, and Sportsmen. The work is replete with information for all classes of people. The adaptability of the climate to invalids is carefully treated. The chapter on Orange Culture alone is worth the price of the work. Sent by mail, postpaid, for $1.25.

☞ Any person ordering both the above and Mr. Bill's new book on THE CLIMATES FOR INVALIDS, at one time, can have them for $2.00. Address

WOOD & HOLBROOK,
No. 15 Laight Street, New York.

CLIMATES FOR INVALIDS.

BY LEDYARD BILL.

This work gives a careful description of the Climate, Soil, Water, Air, Scenery, and Natural Advantages of MINNESOTA, for Tourist, Invalid, and Emigrant; including carefully prepared notes of the Climates of Florida, Nassau, Fayal, California, the Adirondacks, etc. etc., together with Hints to Invalids of the most inestimable value regarding the best places to visit, etc. etc., in one neat, illustrated volume of over 200 pages, handsomely bound. Sent, postpaid, by mail, for $1.25.

Address WOOD & HOLBROOK,
No. 15 Laight Street, New York.

Digitized by Google

CREAM YEAST. FULL WEIGHT.

LUXURY, HEALTH AND ECONOMY PROMOTED BY USING J. MONROE TAYLOR'S CREAM YEAST BAKING POWDER

Produces the finest Cookery known to Science; makes all articles more tender, light and delicious; saves one-third the Shortening; takes less to do the work; always reliable; full weight; best in use.

GOLD MEDAL SALERATUS.

The Universal choice of the best House-wives in America; stands without a rival for purity, healthfulness, economy and fine cookery. Depot 112 Liberty St., New York.

Empire Shuttle Sewing Machine

Patented Feb. 14, 1860, and Sept. 18, 1866.

Received the First Prize at the Great Fair of the American Institute, in New York, Oct. 26, 1867, and highest premium for the Best Manufacturing Machine at the Paris Exposition, July, 1867.

No. 1, FAMILY MACHINE.

This machine is constructed on a new principle of mechanism, possessing many rare and valuable improvements, having been examined by the most profound experts, and pronounced to be simplicity and perfection combined.

The following are the principal objections urged against Sewing Machines:

1. Excessive fatigue to the operator.
2. Liability to get out of order.
3. Expense, trouble, and loss of time in repairing.
4. Incapacity to sew every description of material.
5. Disagreeable noise while in operation.

The Empire Sewing Machine is exempt from all these objections. Address the EMPIRE SEWING MACHINE CO., 294 Bowery, N. Y.

For 35 Subscribers and $70,

to THE HERALD OF HEALTH, we will send an Empire Sewing Machine worth $60.

WOOD & HOLBROOK,
15 Laight Street, New York

f-tf

Important to Merchants and Manufacturers

WHO WISH TO

Increase their Business.

Correct Lists of all the Business Men, Manufacturers, etc., with important statistics, have been compiled by the undersigned, the object of which is to furnish the public with reliable names of Business Men throughout the country.

To those wishing to send circulars to any particular calling, these lists are invaluable, each business being written out separately in a blank book, and classified in States and Towns; all the information being derived from monthly correspondence in all parts of the States.

J. ARTHURS MURPHY,

MERCANTILE & STATISTICAL AGENCY,

111 Nassau Street, New York.

Reliable correspondents wanted in several towns in the South and West, with whom advantageous arrangements will be made. m-X6t

Conant's Binder,

OR BOOK COVERS FOR PERIODICALS.



Adapted to the *Atlantic, Harpers', Putnam's,* and THE HERALD OF HEALTH, 50 cts.

MUSIC SIZE.—Adapted to the various Publishers' *Sheet Music*.....$1 00

A cheap and durable method of Binding Magazines, Papers and Music. Extremely simple. New numbers can be added as received.

We can recommend it as being just the thing for preserving Magazines perfect and clean.—*Gardener's Monthly.*

This is a useful invention, by which a Periodical is inserted in a moment between two durable covers. Various sizes are made. A good thing.—*New York Tribune.*

Conant's Binder is one of the best and cheapest contrivances for keeping Periodicals in good condition that we have ever seen, and it meets a want that has long been felt in every reading family. It is strong and durable, and is designed either for a Temporary or Permanent Binder."—*Dedham Gazette.*

WOOD & HOLBROOK,
15 Laight Street, New York.

Great Attraction for Boys!

☞ RARE CHANCE! ☜

Life and adventures of Robert Houdin, the most famous conjuror the world has ever known, just commenced in No. 43 (Vol. IV) of HANEY'S JOURNAL, showing how, when a boy, he acquired his first lessons in magic, his youthful haps and mishaps as an amateur conjuror, his amusing and startling adventures, how he invented and performed his marvelous feats, his great magical contest with the famous Arabian jugglers, his invention of curious musical and other automata, etc., etc., forming one of the most fascinating narratives ever written. Every boy will long to read this, also the charming Story of a little Russian Peasant Boy who rose to be a Prince, School-boy Story, Sea Story, and multitude of attractive tales, sketches, correspondence, puzzles, amusing arts and recreations, etc., etc.; and, to afford *all* the opportunity to *test* Haney's Journal, we make the following *liberal offer:*

RARE CHANCE.—Haney's Journal, a handsome eight page (40 long columns) illustrated family paper will be sent *six months* on trial to any *new* subscriber for the nominal sum of 25 cents. Send *now* and *try* it! Single copies of any newsdealer—none free.

jy-X2t JESSE HANEY & CO., 119 Nassau St., N. Y.

Saratoga Springs Remedial

INSTITUTE.—New improvements, in modern and elegant style. DRS. STRONG, its Proprietors, are graduates of the Medical Department of New York University, and give special attention to **Lung, Female,** and **Chronic** Diseases.

Among its *special appliances* are the Turkish, Sulphur, Air, Russian, and Electro-Thermal Baths, Equalizer or Vacuum Treatment, Swedish Movement Cure, Hydropathy, etc. etc.

Indorsed by Bishop Simpson, Professor Taylor Lewis, L. L. D., Rev. T. L. Cuyler, D. D., etc. etc.

For description of our appliances, diseases treated, references, etc., *send for circular.* a-tf

"Amer. School Inst,." founded

1855, *Is a reliable and practical Educational Bureau*

To aid those who want well-qualified Teachers;
To represent Teachers who seek positions;
To *give* parents information of good Schools;
To sell, rent, and exchange School Properties.

Sixteen years have *proved* it efficient in securing "THE RIGHT TEACHER FOR THE RIGHT PLACE."

J. W. SCHERMERHORN, A. M., Actuary,
Xf-11t 14 *Bond Street, New York.*

Digitized by Google

GOOD BOOKS.

NEW PHYSIOGNOMY; or, Signs of Character, as manifested through Temperament and External Forms, and especially in the "Human Face Divine." With more than one thousand *Illustrations*. By S. R. WELLS. In three styles of binding. Price, in one 12mo volume, 768 pp., handsomely bound in muslin, $5; in heavy calf, marbled edges, $8; turkey morocco, full gilt, $10.

HOW TO READ CHARACTER. A New Illustrated Hand-book of Phrenology and Physiognomy, for Students and Examiners, with a Chart for recording the sizes of the different Organs of the Brain, in the Delineation of Character, with upwards of 170 Engravings. Latest and best. Paper, $1. Muslin, $1.25.

WEDLOCK; or, the Right Relations of the Sexes. Disclosing the Laws of Conjugal Selection, and showing who may and who may not Marry. For both Sexes. By S. R. WELLS. Plain, $1.50; Extra gilt, $2.

THE HUMAN FEET. Their Shape, Dress and Proper Care. Showing their Natural Perfect Shape and Construction; their present Deformed Condition; and how Flat Feet, Distorted Toes, and other Defects are to be Prevented or Corrected; with Directions for Dressing them elegantly, and comfortably; with Hints upon various matters relating to the general subject. With numerous Illustrations. A handsome 12mo, $1.25.

LIFE AT HOME; or, The Family and its Members. Husbands, Wives, Parents, Children, Brothers, Sisters, Employers and Employed, etc. By REV. WILLIAM AIKMAN, D.D. A work which should be found in every family. $1.50. Extra gilt, $2.00.

MAN AND WOMAN: Considered in their Relations to each Other, and to the World. By HENRY C. PEDDER. 12mo, fancy cloth. Price $1.00.

MAN, IN GENESIS AND IN GEOLOGY; or, the Biblical Account of Man's Creation, tested by Scientific Theories of his Origin and Antiquity. By JOSEPH P. THOMPSON, D.D., LL.D. One volume, 12mo. Price $1.00.

CHILDREN, THEIR DISEASES AND MANAGEMENT. By JOEL SHEW. Price $1.50.

COMBE ON INFANCY. An excellent work. Price $1.25.

HYDROPATHIC ENCYCLOPEDIA. Price $4.50.

DISEASES OF THE THROAT AND LUNGS. Price 25 cents.

EXHAUSTED VITALITY. Price $1.

HOW TO BATHE. Price 30 cents.

In Preparation.

PARTURITION WITHOUT PAIN. Price $1.00.

Sent by mail post-paid. By WOOD & HOLBROOK, 13 & 15 Laight Street, New York.

THE INDEX,

A WEEKLY PAPER DEVOTED TO

FREE RELIGION,

PUBLISHED BY THE INDEX ASSOCIATION, AT TOLEDO, OHIO.

TWO DOLLARS A YEAR.

THE INDEX accepts every result of science and sound learning, without seeking to harmonize it with the Bible. It recognizes no authority but that of reason and right. It believes in Truth, Freedom, Progress, Equal Rights, and Brotherly Love.

The transition from Christianity to Free Religion, through which the civilized world is now passing, but which it very little understands, is even more momentous in itself and its consequences than the great transition of the Roman Empire from Paganism to Christianity. THE INDEX aims to make the character of this vast change intelligible in at least its leading features, and offers an opportunity for discussions on this subject which find no fitting place in other papers.

FRANCIS ELLINGWOOD ABBOT,.....*Editor.*

OCTAVIUS BROOKS FROTHINGHAM, THOMAS WENTWORTH HIGGINSON, WILLIAM J. POTTER, RICHARD P. HALLOWELL, J. VILA BLAKE, WILLIAM H. SPENCER,
Editorial Contributors.

CASH PREMIUMS.

For 75 Names.....50 Dollars in Greenbacks
For 50 Names.....25 Dollars in Greenbacks
For 25 Names.....15 Dollars in Greenbacks
For 10 Names..... 5 Dollars in Greenbacks
For less than 10 Names, a Cash Commission of Twenty per cent.

INDUCEMENTS.—We would invite special attention to the very liberal Cash Premiums we offer above.

Whoever collects $150.00 for 75 subscriptions, is authorised to retain $50.00, forwarding $100.00.

Whoever collects $100.00 for 50 subscriptions, is authorised to retain $25.00, forwarding $75.00; and so on.

Now it can not be very difficult, in a town of any considerable size, to get twelve subscriptions a day for one week, if the agent uses ordinary business energy. Yet he would be paid about $8.00 a day—as much as his representative in Congress receives for work not always, we fear, so useful!

"A word to the wise." Who will canvass for THE INDEX, and at the same time earn as much as the Hon. Mr. ——?

N. B.—*Names need not all come from one postoffice.* We will send the paper wherever directed, and let the names count as clubs.

N. B.—The subscription price of THE INDEX is TWO DOLLARS a year in each and every case, *invariably in advance.* Address

FRANCIS E. ABBOT,
je-X5t LOCK BOX 38, TOLEDO, OHIO.

SECRETS WORTH KNOWING.—A complete guide for making hundreds of articles in universal use, many of them made at trifling cost and sold readily at large profits. It gives various manufacturer's secrets, from which liberal incomes are being realized, and recipes for a variety of articles, including patent medicines, perfumery, toilet and dental articles, plain and fancy soaps, dyes, cosmetics, vermin remedies, wines, cordials, delicious temperance beverages, candies, trade secrets, "patent rights," money making arts, and innumerable others, many of which are advertised and sold singly for more than we charge for the whole book. 25 cents of booksellers and newsdealers, or
jy-X2t JESSE HANEY & CO., 119 Nassau St., N. Y.

CIRCUS FREE!—Any boy can teach his pets amusing and wonderful tricks by Haney's Art of Training Animals. Tells all secrets of the profession, and explains all feats ever exhibited. 210 pages, 60 engravings, only 50 cents of booksellers or
jy-X2t JESSE HANEY & CO., 119 Nassau St., N. Y.

THE ELMIRA WATER CURE WILL be re-opened May 1st for the reception of patients, being under the general care of Dr. S. O Gleason and Mrs. R. B. Gleason, M. D., assisted by Miss L. Z. Brooks. Address for Circular, with Stamp, S. O. GLEASON, M. D., Water Cure, Elmira, New York. my-tf

Digitized by Google

AGENTS WANTED!

Agents wanted in every town in the United States to canvass for THE HERALD OF HEALTH AND JOURNAL OF PHYSICAL CULTURE, and all ou Publications.

We give the most Liberal Inducements, and money can be made and good done at the same time.

For terms, address

WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

2d LIST OF BOOKS

FOR SALE BY WOOD & HOLBROOK,
15 Laight Street, New York.

DIPTHERIA; Its Nature, History, Causes, Prevention, and Treatment on Hygienic principles, etc. Price, by mail, $1 25.

It contains chapters on the Nosology and Technology of Diptheria, Description and Pathology of Diptheria, the false Membrane, History and Infectiousness of Diptheria, its Causes and Mortality, Complications and Sequelæ, Morbid Anatomy of Diptheria, the Drug and the Hygienic Treatment, Stimulation, etc.

THE TRUE TEMPERANCE PLATFORM; or, An Exposition of the Fallacy of Alcoholic Medication. Being the substance of Addresses delivered in the Queen's Concert Rooms, London; to which is added a Discussion on the Modus Operandi of Alcoholic Medication. Price, by mail, 50 cents.

This excellent Temperance document should be read by every one who would understand the true arguments against the use of alcohol.

WATER CURE FOR THE MILLION.—The processes of the Water Cure Explained, Popular Errors Exposed, containing Rules for Bathing, Dieting, Exercising, Recipes for Cooking, directions for Home Treatment, and cases to illustrate, etc. Price, by mail, 30 cents.

THE TURKISH BATH; Its History and Philosophy. By Erasmus Wilson. With Notes and an Appendix by M. L. Holbrook, M. D.—This is the only book on the Turkish Bath published in this country. Illustrated. Price 25 cents.

TOBACCO AND ITS EFFECTS.—Being a Prize Essay, showing that the use of Tobacco is a physical, mental, moral, and social evil. By HENRY GIBBONS, M. D., Editor Pacific Medical and Surgical Journal. Price, by mail, 20 cents.

RATHE'S MANUAL OF GYMNASTICS. Illustrated. For Instruction in Classes and Private use. Dio Lewis's System Explained. By W. L. Rathe. Price 40 cents.

DISEASES OF THE THROAT AND LUNGS. Giving their Cause, means of Prevention, and methods of Cure. Price 25 cents.

PARTURITION WITHOUT PAIN. This work, long in preparation, will be ready in a few weeks. Price, by mail, $1 00.

List of Articles for Sale by

WOOD & HOLBROOK, No. 15 Laight Street, New York.

BACON'S HOME GYMNASIUM, with book of explanation and 100 cuts, $10.

———Trapese Adjustment, with 32 illustrations, $3 50.

———Swing Adjustment, for children, $1 50.

Each part sold separately. The whole, $15.

This is the most valuable piece of Gymnastic apparatus for home use ever invented. Any one can use it. For weak chests, backs, and sides its use is the best remedy known. A half hour's use of it daily would prevent and cure many cases of dyspepsia and consumption.

SYRINGES.—The best styles in market. Usual style, by mail, $3. For children, with Eye and Ear Douche for sores, etc., $2. The Spray Syringe, $3. The Trade supplied.

BOUND VOLUMES.—We still have a few Bound Volumes for 1863, 1864, 1867, 1868 and 1869 for sale, postpaid, by mail, for $3 Soon it will be impossible to obtain them.

HERALD OF HEALTH COVERS—so that every one can bind their numbers and preserve them neatly. 50 cents.

BREAD PANS—for making light, aerated Bread without soda, saleratus, yeast, or other poisonous compounds. Only by Express, $1 25.

HAND MILLS—for cracking Wheat, making Rusk, Hominy, etc. By Express, $3.

BEST GRAHAM CRACKERS—per barrel, $10 Half barrel -38 lbs., $6.

ELECTRIC MACHINES—Kidder's, best Manufactured, $20 to $22.

FILTERS.—Simmons's, Syphon, $3.

Hygienic Home Water Cure,

637 California Street,
SAN FRANCISCO, Cal.

This is by far the most extensive and complete Health Institute on the Pacific Coast, based strictly on the Hygienic principles of treatment.

Dr. Smith has built and arranged the Home with special reference to its supplying the place in San Francisco that the Laight Street House and Hygienic Institute furnishes to the friends of Health Reform in New York city. The Medical Department is ample for the cure of all who may desire hospitalities, and the Boarding Department is well arranged for the accommodation of the friends of Hygiene throughout the coast. All are cordially invited to visit our healthful Home.

BARLOW J. SMITH, M. D.,
Consulting Physician.
R. S. MACBETH, M. D.,
aug-tf Attending Physician.

BOOT AND SHOE STORE, No. 415

Canal Street. Ladies', Gentlemen's, Boys', Misses' and Children's Boots, Shoes and Rubbers, in all their varieties, always on hand. Work made to order, and Repairing done on the shortest notice and reasonable terms.

DAVID WALKER,
n-ly No. 415 Canal, corner Sullivan Street.

D. H. PRIME, *Printer, at the Hygienic Institute, N. Y.*

Digitized by Google



THE NEW YORK HYGIENIC INSTITUTE,

13 & 15 Laight Street, New York City.

A. L. WOOD, M. D., Physician.

THE objects of this institution, which has been in successful operation for more than twenty years, are two-fold, viz.: 1. The Treatment and Cure of the Sick, without poisoning them, by Hygienic agencies alone.

2. To furnish a pleasant, genial HOME to friends of Hygiene throughout the world, whenever they visit this city.

CURE DEPARTMENT.

Thousands of Invalids have been successfully treated at this institution during the past twenty years, and its fame is known wherever the English language is spoken. Its appliances for the treatment of disease without the use of poisonous drugs are the most extensive and complete of any institute in America. They comprise the celebrated **Turkish Baths, Electric Baths, Vapor Baths, Swedish Movement Cure, Machine Vibrations,** the varied and extensive resources of the **Water Cure, Lifting Cure, Magnetism,** Healthful Food, a Pleasant Home, etc. etc. Particular attention is given to the treatment of all forms of CHRONIC DISEASE, especially of Rheumatism, Gout, Dyspepsia, Constipation, Torpidity of the Liver, Weak Lungs, and Incipient Consumption, Paralysis, Poor Circulation, General Debility, Curvature of the Spine, Scrofula, Diseases of the Skin, Uterine Weaknesses and Displacements, Spermatorrhea, etc. Any one wishing further information should **Send for a Circular,** containing further particulars, terms, etc., which will be sent free by return mail.

BOARDING DEPARTMENT.

We are open at all hours of the Day and Night for the reception of Boarders and Patients. Our location is convenient of access *from* the Railroad Depots and Steamboat Landings, and *to* the business part of the city. Street cars pass near the doors to all parts of the city, making it a very convenient stopping-place for persons visiting the city on business or pleasure. Our table is supplied with the *Best Kinds of Food, Healthfully Prepared, and Plenty of it.* In these respects it is unequaled. Come and See! and learn how to live healthfully at home. Terms reasonable.

WOOD & HOLBROOK, Proprietors.

Digitized by Google

ATTENTION! Soil, fine loam; superior for all crops. Country just rolling enough for beauty and utility. Climate, mild and proverbially healthy. Water, soft and pure. No fever and ague. Sold only to actual settlers, on easy terms. Price per acre, $25 and upward. For Circulars and Maps, address ROBERT CAMPBELL, No. 153 Broadway, New York.
BURG, OCEAN COUNTY, NEW JERSEY, 44 Miles from New York, on the Railroad to Philadelphia.

A NEW CATALOGUE OF BOOKS

Published by WOOD & HOLBROOK, 15 Laight St., N. Y.

MINNESOTA AND ITS CLIMATE,

as adapted to Consumptives, Invalids, and all who wish to make the State a Home. By LEDYARD BILL, Author of "A Winter in Florida." Price $1.25, postpaid, by mail.

This delightful book, while a godsend to invalids and consumptives, will be found equally interesting to sportsmen and settlers, who would find a home in this far-famed State. It contains a beautiful view of Minnehaha Falls, and also chapters on the climate of all those places which are most desirable as resorts for invalids, including Florida, Nassau, the Adirondacks, California, the White Mountains, etc. etc. This work, and the one on Florida should be in the hands of every one who wishes to find the best resorts for health.

A WINTER IN FLORIDA. By

LEDYARD BILL. With illustrations by Forbes, comprising views of the old city of St. Augustine, and the Natural Scenery and objects in Eastern Florida. Tourists, Sportsmen, Invalids, and all who would escape the rigors of a Northern Winter, or find a Home in a delightful clime, should read this book; so also those who would know all about the resources of the country, and its adaptation for Horticulture, Orange culture, and for cheap and desirable homes. It contains 250 pages. Price $1.25, by mail.

The author justifies the predictions of the climate, saying that it is so delightful that no disease can experience it without favorable effect.

SEXUAL PHYSIOLOGY. — This

work contains the latest and most important Discoveries in the Anatomy and Physiology of the Sexes; Explains the origin of Human Life; how and when Menstruation, Impregnation, and Conception occur; giving the laws by which the number and sex of offspring are controlled, and valuable information in regard to the begetting and rearing of beautiful and healthy children. With 80 fine engravings. *Agents wanted.* Send stamp for Circular. Price, by mail, $2.

It is high-toned, and should be read by the members of every family. As an evidence of its popularity, we may remark that Eleven Thousand Copies have been sold, and the demand is still unabated. If a copy of this work could be in the hands of every young man and woman, it would not only make them purer and better, but give them a knowledge all should possess.

PHYSICAL PERFECTION. — Con-

taining Chapter on Structure of the Human Body; the Perfect Man and Woman; the Temperaments; Laws of Human Configuration; Embryology; Childhood; Effects of Mental Culture; Moral and Emotional Influences; Social Conditions and Occupations; Effects of Climate and Locality; Direct Physical Culture; Practical Hygiene; Womanhood; the Secret of Longevity; the Arts of Beauty; External Indications of Figure, etc. etc. Beautifully Illustrated with 100 Engravings, and handsomely bound. Price, by mail, $1.50.

This work has been through many editions, and has given great satisfaction to thousands.

TALKS TO MY PATIENTS.—Hints

on Getting Well, and Keeping Well. By Mrs. L. B. GLEASON, M. D.

Women Agents wanted everywhere. Thousands of copies of the work are being sold. Full contents, and terms of agency sent on application. Price, by mail, $1.50.

This book is designed mainly for women, of all ages. It treats principally on the Diseases of Women, and includes chapters on Child Bearing, and the Care of Children. Harper's Magazine, in reviewing the work, says:

"Mrs. Gleason is able to say something to wives and to mothers which no man could say. There can be no difference of opinion about the value of the practical suggestions she affords, which are characterised by sound philosophy and clear, good, sterling common sense. We wish the chapter, "Confidential to Mothers," might be published as a tract, and sent to every mother in the land."

Mrs. Dr. Sayles, after reading it, says, "I would rather have written that book than been queen of the greatest empire on this small globe of ours!"

No woman can read it without being made wiser and better, and without being better qualified for all the duties of life.

MORAL, INTELLECTUAL, AND

PHYSICAL CULTURE; OR, THE PHILOSOPHY OF TRUE LIVING. By Professor F. G. WELCH, Superintendent of Physical Culture in Yale College. It contains over 400 pages, and is beautifully bound. Price, by mail, $2.25.

This book is the most perfect Encyclopedia of Gymnastic exercises of the most approved method in existence. It tells in plain language how to do every thing, from the building of a gymnasium and choosing apparatus to doing the exercises. The series of exercises with the Indian clubs alone, is the best ever published. Those who want a work on gymnastic culture should not fail to get this one. Dr. Dio Lewis says, "This is an admirable guide to physical culture."

THE TREE OF LIFE; or, HUMAN

DEGENERACY, ITS NATURE AND REMEDY. By ISAAC JENNINGS, M. D. Price, by mail, $1.50

This work, prepared by a conscientious and philanthropical thinker, is full of interest to all who are seeking light on the important questions of which it treats. It is deeply religious in its tone, and contains a multitude of valuable hints on the treatment of diseases by natural means. Any person sending us a new subscriber for THE HERALD OF HEALTH and $2, shall have this work FREE.

THE NEW HYGIENIC COOK-

BOOK. By MRS. M. M. JONES. This work contains several hundred recipes for cooking the most palatable and wholesome food without the use of deleterious compounds. Also, directions for Washing, Ironing, removing Stains, Canning Fruit, etc. Price 30 cents, postpaid. Several thousands have been sold.

WOMAN'S DRESS; with numerous

Engravings, showing how Woman's Clothing can be made beautiful, healthful, and comfortable. Price 30 cents.

Any or all of the above works sent free, by mail, on the receipt of the price.

Digitized by Google

2 GAL 139

OLD SERIES—VOL. 51. NEW SERIES—VOL. 15.

BOSTON MEDICAL LIBRARY ASS'N.
Express ... notice
JUL 24 18...
16

HERALD OF HEALTH

AND

JOURNAL OF PHYSICAL CULTURE,

ADVOCATES

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

CONTENTS FOR SEPTEMBER, 1871.

GENERAL ARTICLES:	Page
The Wine Question—*Rev. J. C. Holbrook*, D. D.	97
Every Tooth is worth a Diamond—*L. J. B. Letlanc*, L. D. S.	102
Work—*Rev. Charles H. Brigham*	105
Evils of Hair-Dyes and Cosmetics—*Sara B. Chase*, M. D.	109
Are Artificial Teeth Capable of Producing Salivation?	111
The Fool and the Farrier (A Poem)—*Joel Benton*	112
Good Nature (A Poem)	112
Theories Put in Practice, or Diary of a Physician's Wife—*Mrs. H. C. Birdsall*	113
Chinese Diet—*G. W. Yapp*	117
Keep the Distaff Ready, and God will Send the Flax—*Frances Dana Gage*	118
Ordinarily, Never—*P. H. Hayes*, M. D.	119
Statements as to the Duration of Human Life—*E. Ray Lankester*, B. A.	122
Castles on the Sands (A Poem)—*Mrs. D. Harry Prime*	121
Studies in Hygiene	124
Recipes for Wholesome Cooking—Puddings	128
EDITORIAL DEPARTMENT:	
How they Treat American Women Medical Students in Germany—A Letter from Dr. Mary Safford	129
The Exerciser—Death of Phœbe Cary	131
HOW TO TREAT THE SICK:	
Treatment Rheumatism by Electricity.	132
How to Cure Stammering	133
ANSWERS TO CORRESPONDENTS:	
Exercise for Sedentary People—Climate for Consumptives—Night Sweats, etc.	134
High-heeled Boots—Fever and Ague	135

NEW YORK:
WOOD & HOLBROOK, PUBLISHERS, 13 & 15 LAIGHT ST.
GENERAL AGENTS—AMERICAN NEWS CO. . . NEW YORK NEWS CO.
$2 per Annum. Single Copy, 20 Cents.

Digitized by Google

Spirometer for Strengthening the Lungs.



A FIRST-CLASS SPIROMETER, with which to enlarge and strengthen the lungs, we are now able to supply the public. It is so arranged that the person using it can measure the capacity of the lungs for air in cubic inches with each test, thus showing their strength and the amount of increase. The value of the careful daily use of such an instrument for those who have Weak Lungs or Incipient Consumption is very great. The inventor of this instrument cured himself of Consumption by its use as have many others, and we have no hesitation in saying that, if rightly used,

IT WILL DO MORE

TO PREVENT

AND CURE

THIS DISEASE

Than all the Medicines of the World.

Every Physician, Student, Sedentary Person, Professional Man, and Family should have one. They are light and portable, and any body can use them.

Sent only by Express. Price, $10. For sale by

WOOD & HOLBROOK,
Nos. 13 & 15 Laight Street, New York.

TALKS TO MY PATIENTS;

HINTS ON GETTING WELL AND KEEPING WELL.

BY MRS. R. B. GLEASON, M. D.

This highly important work, the first of its character, we have every reason to believe, ever written by an American woman, we have no hesitancy in claiming as the best, most complete and

Practical Handbook for the Maid, Wife, and Mother

EVER PUBLISHED.

It contains about 230 pages, handsomely bound in cloth. Price, by mail, postpaid, $1 50.

LADY AGENTS WANTED.

☞ Lady Agents of good moral character can sell hundreds of copies of this work. For further particulars address

WOOD & HOLBROOK, Publishers,
13 & 15 Laight Street, New York.

"THE AMERICAN PIANO,"

MANUFACTURED BY

DOANE, WING & CUSHING,

423 BROOME STREET, NEW YORK.

"For finish and elegant workmanship, as well as for power, elasticity of touch, and sweetness of tone, it stands unrivaled."—*Christian Inquirer, N. Y.*, Dec. 18, 1869.

"Its superior qualities of tone, its excellence of workmanship, and the beauty of its finish are rapidly extending its popularity."—*Christian Union, N. Y.*, Sept. 24, 1870.

"It contains every improvement that goes to make a first-class piano, and it is deservedly popular wherever it is known."—*Standard, Chicago*, Oct. 6, 1870

Digitized by Google

THE HERALD OF HEALTH

AND

JOURNAL OF PHYSICAL CULTURE.

VOL. 18, No. 3.] NEW YORK, SEPTEMBER, 1871. [NEW SERIES.

PUBLISHED MONTHLY BY WOOD & HOLBROOK, 13 & 15 LAIGHT STREET.

A NEW DISCUSSION OF TEMPERANCE PROBLEMS;

COMPRISED IN A SERIES OF TWELVE ESSAYS CONTRIBUTED BY OUR BEST THINKERS AND WRITERS.

No. XI.—THE WINE QUESTION.

BY REV. J. C. HOLBROOK, D. D.

THE relation of Wine to the Temperance Cause is a subject that has given rise to an immense amount of discussion. On the one hand it has been insisted that the Bible sanctions its use, and that if it were cheap and commonly employed as a beverage, it would expel ardent spirits and greatly diminish, if not wholly eradicate, the vice of drunkenness. On the other hand both these positions are denied, and the ground is assumed that the friends of the Temperance Reform must oppose the use of wine equally with distilled liquors, if they would hope to succeed in their designs.

Of course, it would be impossible within the limits of a single brief paper to go over the whole ground covered by the wine question. I shall, therefore, at this time confine myself mainly to the practical point, Is the use of wine calculated to diminish the amount of intemperance?

But, before proceeding to this discussion, it may be proper briefly to refer to the Biblical aspect of the subject. It must be apparent to every reader of the Scriptures that they contain two distinct classes of passages, one of which is commendatory and the other denunciatory of wine. In the last class it is described as "a mocker," and as producing "woe, sorrow, contentions, babblings, wounds without cause, redness of eyes"—exactly the effects of ardent spirits—and warning against even "looking" upon it "when it giveth its color in the cup."

On one occasion we are told that Christ made wine at a marriage feast for the use of the company, and he used "the cup," which, it is *assumed*, contained wine, at the institution of the Lord's Supper, while elsewhere in the Bible a woe is pronounced on those who drink wine, and the law of Moses expressly forbade the use of it by the priests.

Now, either the Bible is a book very inconsistent with itself, and contradictory, even in its different parts, commending at one time what it denounces and forbids at another, or else there were two different kinds of beverages called by the same general name, and referred to in its opposing passages. And I see not how we can possibly avoid the last-named conclu-

Digitized by Google

sion, unless we give up the idea of the inspiration of the Scriptures. We can not believe that Divine Wisdom would commend and denounce *the same thing*.

Accordingly, it has been very conclusively shown, by several writers, that there are two substances spoken of under the term wine; one of them the pure, unfermented juice of the grape, or "fruit of the vine"—a harmless, uninebriating and exceedingly wholesome beverage, well deserving the commendation of the Almighty, and one of "the good things" of this creation. The other is a totally different article, both in its nature and effects. It is the juice of the grape, indeed, but after it has undergone a radical change by fermentation, and become alcoholic and inebriating.

Ancient writers testify that the unfermented juice of the grape was used as a beverage, and by art preserved from the chemical change that charges it with alcohol. And this it was that God commended, while the other liquid was condemned.

Now, as to our Saviour's example, *there is not a particle of evidence* that he created alcoholic or fermented wine at Cana, but all the probabilities are against it. And as to the contents of the cup at the institution of the Supper, it is *certain* that they could not have been alcoholic or fermented wine. Our Saviour and his disciples had been just celebrating the Passover, at which the Jews were forbidden to use any leaven, and he took the cup that was before him on the table and employed it in his new ordinance.

Rev. Dr. Fairfield, in an article in The Advance in May, referring to this subject, says:

"But when it is asserted that 'fermented wine' is the only proper symbol, it is reasonable to call for the proof. Indeed, the term 'wine' is nowhere used in the Bible, so far as I remember, in connection with the Christian ordinance. So that even if that word implied fermentation —which it does not, as will be shown pretty soon—it would amount to nothing in this case. The terms used are 'the cup,' and 'the fruit of the vine.' And it will scarcely be maintained that unfermented wine is not as much the fruit of the vine as fermented. In fact, it might very plausibly be argued that the term 'fruit of the vine' forbids the use of fermented wine altogether. Is 'fermented wine' 'the fruit of the vine?' Then wine vinegar is also. Strictly speaking, neither of them are. Both vinous and acetous fermentation are the result of chemical agencies outside, and independent of the vine altogether.

"By reference to the institution of the Passover (see Ex. xii: 3, Lev. xxiii: 5, and Numbers xxviii: 16), it will be seen that no mention is made of wine at all, either fermented or unfermented. Its use, therefore, was no part of the ordinance. Kitto, in his 'Cyclopedia of Biblical Literature' (Art. 'Passover'), says several things: 1. 'It seems probable that *water* was the general drink at the original institution, though some of the more wealthy used wine.' 2. 'The wine used would of course be *unfermented*, but it was not certain that it was the fresh expressed juice of the grape; for the Mishnea states that the Jews were in the habit of using boiled wine.' 3. 'The habit of boiling the wine would be resorted to as a well-known means of destroying the fermenting principle, and securing the purity of the wine.' [Plainly implying that, in his opinion, fermentation instead of being necessary to pure wine, destroyed its purity altogether.] 4. 'Fermented wine was, in fact, excluded by a general law, which appears to have been well understood.' 'In the judgment of the ancient Jews both the letter and spirit of the law extended to the prohibition of *every thing known* to be fermented.'

"He says several other things to the same purport. I refer the reader to his entire article.

"To maintain, as some do, that nothing is properly called wine, unless it is fermented, and contains more or less alcohol, is strange enough to strike one as something 'new under the sun.' We call a certain substance 'cider' the hour it is made, a week after, when preserved from fermentation, equally as when fermented, and capable of producing intoxication. So of the term wine. This in common use, and in New Testament usage none the less. 'No man putteth new wine into old bottles' is an old illustration of the English usage, and equally of the Greek. By reference to the Greek Testament it will be seen that Matthew, Mark, and Luke agree in using the general term for wine in this case. Whether new or old, fermented or unfermented, intoxicating or unintoxicating, the same word might be used. And the writer of this article has more than once drank wine that was several years old, and yet entirely free from alcohol—wine of which one might drink as much as of pure water, with no intoxicating effect whatever. Is it certain that the ancients did not understand the secret of so preserving their wines?

"Whether they did or not, it is certain that the pure, unfermented juice of the grape was sometimes used in the very 'best society' known to the Orientals. Of this we have a

Digitized by Google

illustration in the dream of Pharaoh's chief butler. (Gen. xl: 11.) His office was that of cup-bearer. He dreamed that he was restored to it. And in performing again the functions of it, he says: 'Pharaoh's cup was in my hand, and I took the grapes and pressed them into Pharaoh's cup, and I gave the cup into Pharaoh's hand.' This illustrates the usage of the office he held. Pharaoh drank new wine. And to make sure that poison was not in the cup—kings are always fearful of assassination—his chief butler was accustomed to press the juice out in his presence; nay, even while the king held the cup. He drank no other wine; for if he had, the poison might be put into that; and this precaution against losing his life would be rendered useless."

It is certain, then, and this is the point I have in view, in this preliminary reference to the subject, that no argument can be drawn from the Bible, in favor of the use of fermented or alcoholic wine. If one class of texts is quoted for it, the other class affords a full offset against them, if they both refer to the same beverage, and one nullifies the other, and those who plead Scripture authority for alcoholic wine-drinking must defend the consistency of the Bible as they best can. Besides, the Bible no where commands the use of wine as a beverage, while it does certainly contain warnings against it, and in some cases express prohibitions, and the most life-like pictures of its disastrous effects.

We come now to the main topic of this paper, Is the free and common use of alcoholic wine calculated to lessen the amount of intemperance? And this question may be considered in the light of reason alone, or in that of experience.

First, then, is it reasonable to suppose that the use of intoxicating wine will check intemperance? How can it, when the inebriating principle is in it, as really as in rum, gin, brandy, or whisky, and produces the same effects, only requiring a little more to be taken. The combination in which it is found in wine, does not change its nature or operation in the least. A given quantity of alcohol in wine produces exactly the same effects as if it were in brandy or whisky. The man who drinks fermented wine, takes alcohol into his system, and he drinks it *for the sake of the effects the alcohol produces*. It creates the same habit and appetite that the use of it does in any kind of ardent spirits, and all experience proves that great multitudes of those who begin the use of wine are led on to that of the more fiery potations. The drunkard's appetite is as readily formed and cultivated by wine, as by ardent spirits of any kind. Reason then teaches the fallacy of the argument that the free and common use of wine will diminish drunkenness.

If now we turn to the consideration of *facts* and look at the question in the light of experience, we shall arrive at the same conclusion. In the first place, then, we know that intemperance was a fearfully common and destructive vice among the ancients who inhabited wine-producing countries, and who knew nothing of our modern ardent spirits, as distillation was not then practiced. The Greeks especially were famous for their drunkenness, and Plato declares that during the period of the feasts of Bacchus there could not be found a sober man or *woman* in all Attica, a district celebrated for its wines.

Nor is there less evidence that intemperance prevails in modern times in wine-producing countries as it did in ancient days. This has been disputed, and no doubt in some countries the poverty of the masses of the people does prevent them from indulging in the use of strong and expensive wines, and compel them to confine themselves to those which are cheap and sour and less inebriating. But the following extracts from a document relating to this subject afford conclusive proof that drunkenness is a terrible curse in those regions where wine is most accessible to the people.

"In the city of Paris in 1863, where more wine was consumed than in any other city on the globe, the consumption of distilled spirits amounted to *seven gallons* for every man, woman, and child. France produces from eight hundred millions to a billion gallons of wine in a year, and at the same time *consumes more brandy than any other nation*, in proportion to her population."

The distinguished American author, Cooper, wrote from Europe: "I came to Europe under the impression that there was more drunkenness among us than in any other country, England, perhaps, excepted. *A residence of six months in Paris changed my views entirely.* I have taken unbelievers with me into the streets, and have never failed to convince them in the course of an hour. On one occasion a party of four went out with this object. We passed *thirteen drunken men* within a walk of an hour—many of them were so far gone as to be totally unable to walk; and once I saw three men wallowing in the gutter before my window, a degree of beastly degradation I never witnessed in any other country. In passing between Paris and London, I have been more struck by drunken-

Digitized by Google

ness *in the streets of the former than in those of the latter.*"

Pastor Fisch, the President of the Protestant Evangelical Union of France, stated in a public address, while enumerating the difficulties lying in the way of the Gospel in France, made most prominent the habit of excessive drinking, and described the prevalent intoxication among the peasantry as something fearful.

Before the Legislative License Committee of Massachusetts the following testimony was given, in March, 1867: "Professor W. F. Wessen, who resided seven years in Germany, said of the students in the Universities of Berlin and Halle, 'One-third of the students are, once a week, what you would call drunk. As regards the people, I can only say, that during the last five years drunken people have gone past my house, I suppose, every evening, sometimes boisterously drunk, and sometimes reelingly drunk.' Henry G. Carey, Esq., Professor of Music, testified that at a musical festival which he attended in Switzerland, three or four hundred musicians being present, 'a large proportion of them were drunk—a great many of them dead drunk, quite a number of them fighting drunk, and more of them reelingly drunk.' E. J. Mitchell, Esq., who resided two years in Paris, said: 'I recollect very well that the first morning after I reached Paris, after leaving my hotel the first thing which I saw was a drunken woman.' He worked in a printing-office with eight men, and 'two out of the eight were habitual drunkards. They were, on the average, drunk once a fortnight, both of them, and unable to do their business.' Rev. J. G. Cochran, missionary from Persia, said of the people where he lives in the wine-making season, 'The whole village of male adults will be habitually intoxicated for a month or six weeks.'

"Horace Greeley wrote from Paris 'that wine *will* intoxicate—*does* intoxicate; that there are confirmed drunkards in Paris, and throughout France, is notorious and undeniable. You can hardly open a French newspaper that does not contain some account of a robbery perpetrated upon some person stupefied by over-drinking; a police case growing out of a quarrel over the wine-cup; or a culprit, when asked to say why the sentence of the law should not be pronounced upon him, replying, "I was drunk when this happened, and know nothing of the matter." That journeymen are commonly less fitted for and less inclined to work on Monday than on other days of the week, is as notorious here as it ever was in any rum-drinking city.'

"A French writer, M. Le Clerc, says of 'French wines,' 'Laborers leave their work and derange their means to drink irregularly, without the walls of the town, the wine which would be taxed the moment it enters within the walls, and at a distance from their homes, transform into *drunken debauch* the time which should have been spent in profitable labor.'

"A French magazine, called The Work-a-Day World of France, says: 'Drunkenness is the beginning and end of life in the great French industrial centers. There are manufacturing towns (Lille, for instance,) where the women have followed the example of the men and have added drunkenness to their other vices. It is estimated that at Lille *twenty-five out of every one hundred men, and twelve out of every one hundred women* are confirmed drunkards.'

"Rev. E. S. Lacy, of San Francisco, spent several months in Switzerland, and he writes: 'I have just spent six months in a country place of Switzerland, where the people do nothing but work in the vineyards; where wine is cheap and pure, and far more the beverage of the laboring classes than water; where none think of making a dinner without a bottle of wine; where all the scenery is of the most elevating and ennobling character. *Here more intoxication was obvious than any other place it was ever my lot to live in.* On holidays and festal occasions you might suppose all the male population drunk, so great are the numbers in this deranged and beastly condition. On Sunday afternoons young men go shouting along the street. Intelligent Germans inform me that this is the great social evil of their country, a place where wine, if not very cheap, is never adulterated, and where great quantities of it are drunk.'"

Such is the testimony that comes to us on the question we are considering, with reference to foreign countries. Let us now inquire, what are the facts in California, the great wine-producing district of the United States. The San Francisco Daily Bulletin, one of the leading newspapers of the State, estimates the bearing grape vines in 1870 at thirty millions, and the yield in fruit at thirty thousand tons, and the wine manufactured from five to six millions of gallons, worth five millions of dollars. The product for 1871 is estimated at from ten to twelve millions of gallons. The average consumption of wine is stated to be ten gallons to every citizen. It is calculated that the product of the State *will be* two hundred millions of gallons!

And now what is the effect of this abundance of wine on the habits of the people? There is no State in the Union where there is so much drunkenness and crime, and where there is so

Digitized by Google

great a consumption of ardent spirits in proportion to the population. At a public meeting in one of the cities of the State an essay upon the subject of the use of wine was read, whereupon a gentleman of high standing rose and said that his observation convinced him that wine-making results in a great increase of intemperance. "I knew," said he, "a case of a man who went largely into the business, but he subsequently abandoned it because he found it was making drunkards of his whole family."

On another occasion, a clergyman of wide observation stated, in a public meeting, that he had known a large number of instances in which wine manufacturers in the State had become intemperate, with their children. The writer of this, not long ago was riding with a minister of the gospel in California, when the subject of wine-making came up in conversation, and he remarked that he had a son residing in the foot-hills who was extensively engaged in grape-growing and wine-manufacturing, and that he noticed when he visited him last that he used no other beverage whatever than wine, and he drank it by the quart; "and yet," said he, "I could drink but a glass or two of the same without feeling the intoxicating effects."

Sonoma is one of the principal grape-producing and wine-making counties in the State. After a visit to that region a few months ago, Rev. S. V. Blakeslee, Traveling Editor of The Pacific, wrote to that paper as follows:

"We think the terrible injury to Sonoma is its vine-growing. It pays poorly in money, and is most ruinous to all religious and moral interests. People in the town—settled residents—told us that all those engaged a long time in making wine so drank of it themselves as to be properly boozy all the time. And as we were entering the place we met a boy, perhaps twelve years old, driving his horse with a load of grapes to the wine-press. We stopped and had quite a talk with him. In the conversation he said: 'Every body drinks wine here—men, women, and boys and girls—yes,' said he, 'and little children, too. Why, mother said that at the party last week a little girl only seven years old drank three bottles of wine in the evening.' We are fully convinced that wine is a mocker and a curse in America and to Americans."

At a State Convention in San Francisco of the friends of Temperance, the following resolution was adopted, not long ago:

"*Resolved*, That we consider the project of banishing intemperance from California by introducing the general use of wine as a beverage to be a delusion and a snare. Even were it possible to exclude ardent spirits thereby, and substitute the fermented juice of the grape, there is no reason to look for any other results than followed in the ages of antiquity, when wine was the only intoxicating beverage, and when the drunkenness of wine-drinking nations provoked the wrath of God and the denunciations of Holy Writ."

In 1866 the General Congregational Association of California, at its meeting in San Francisco, took strong and decided ground on the wine question, declaring that "the manufacture and use of it are destructive of the political and religious interests of the Commonwealth."

The Rev. A. L. Stone, D. D., formerly Pastor of Park Street Church, in Boston, writing from San Francisco, and referring to the above action, said, "The Association struck a strong blow for the Temperance Cause. This was a point on which, I will confess, I had not previously a clear conviction. I had entertained a sort of hope that the manufacture of pure wines and their introduction into general use would crowd out the gross strong liquors, and diminish intemperance. *I am now convinced that this hope was groundless and delusive.* It is in evidence that full two-thirds of all the wine manufactured is converted into brandy. It also appears that in the vine-growing sections *intemperance is on the increase*, even among the youth *of both sexes.*

The Excelsior, a religious paper published at Syracuse, N. Y., referring to the above testimony of Dr. Stone, says: "The same is true, to our personal knowledge, in certain wine-making districts in Western New York. Some of the wine-growers began to make pure wine, which, it was promised, would be harmless. Presently they were making brandy and champagne; and now the proprietors have rubicund noses and are habitual drinkers, and the young folks are growing up a generation of wine-bibbers and drunkards."

With such facts and testimony before him, how can any reasonable person believe that the common use of fermented wine would be promotive of Temperance in this land? It is inebriating, and is used for the sake of its intoxicating effects. It forms and cultivates the habit of stimulation, and leads directly on to the use of stronger drinks. Thousands have begun with it a career of drunkenness that has ended in ruin. There is no safety to the individual but in total abstinence from *all* alcoholic beverages, and no salvation to the nation from the evils of intemperance but in the banishment from society of *all* intoxicating drinks.

Digitized by Google

Every Tooth is Worth a Diamond.

BY L. J. B. LEBLANC, L. D. S.

[NOTE.—The following paper, translated from the French, and read before the Montreal Dental Society, is one of the best on the care and hygiene of the teeth that we have seen. It would give us pleasure to know that it had been read by every one of our readers, and the lessons therein practiced. A little proper care of the teeth would save much pain, and preserve health and beauty.—ED. H. OF H.]

TEETH are said to be handsome, when they are white and well arranged. When Nature made them handsome, it took every where the same care of setting them in rosy gums; and the carmine of the lips set off their whiteness still more. They are not only ornamental but also very useful to health. Many, however, seem to be ignorant of that important truth. Nevertheless the slightest attention is needed to convince oneself that teeth are absolutely necessary to the preservation of the animal economy, since they are designed for one of our principal functions. How many teeth were broken by imprudence and vain show, especially among those set for the trituration of food, and consequently for the easy digestion of the stomach, which is only the secondary agent, and above all the protector of health; hence, if it is deprived of the preparatory work of the jaw, and receiving but food half triturated, its various functions are laborious—wasting slowly its elasticity, it grows weak, and loses that vigor which, when once lost, can not be restored by the most powerful tonics and the richest of victuals. "You are a foe to your life if you do not masticate well," says the Latin proverb. Those who have good teeth, and do not masticate well, can profit by this lesson. But what can we say to those who have bad ones? They must guard against that difficulty by dint of care, since a good mastication is so necessary to health. Yes, when the uneasiness, the bad digestion, and the weakness of the stomach set in, one says: "If I had my teeth I would give a great deal;" but when you had them—it was perhaps troublesome, but it is far more troublesome at present. A physician said very wittily: "Formerly the fable of the stomach and its parts was composed, but if at present we wrote that of the stomach and the teeth—oh! how numerous would be the wrongs of the latter toward the former." The same writer attributes rightly a great number of diseases of which the cause is unknown, to the impurities that the saliva of slovenly mouths carry in the blood, bringing them along by mastication. This causes, at length, a bad chyle, always injurious to health.

The teeth are as necessary to health as to beauty; it is for that reason that we always seek the means of keeping them sound. The process for that aim is ordinarily slow. It is submitted to general rules, which I will explain as briefly as possible.

Generally the teeth of the first dentition are not susceptible of any care for cleanliness, unless they be effected by decay, in which case they must be plugged, and brushed often in order to check the progress of that affection. It is at the age of seven or eight, that children should be taught the habit of brushing their teeth twice or three times a week, with a soft brush, so as to provide against caries, and the pains, more or less smarting, resulting from it. By these means the teeth, and the mouth, are kept in a state of cleanliness and freshness which is so agreeable. In case the teeth should be covered with tartar, it would be necessary to remove it to avoid caries or inflammation of the gums. Another inconvenience of tartar is that it causes an offensive breath.

From the age of fifteen, the teeth must be brushed every day, and with a powder well prepared, two or three times a week. The remainder of the times with a liquid acting like a tonic, which will dissolve in the same time the mucus deposited on our teeth while sleeping. Experience teaches us, gentlemen, that their daily cleaning is their best preservative. It would be more suitable to clean them after meals, in order to remove the alimentary substances; and if particles of food are deeply placed in them, a tooth-pick should be used, a custom generally known at the present. There are parties who satisfy themselves with a piece of linen to rub their teeth, without taking the precaution of rinsing the mouth. This is far from being the clean and proper way; on the contrary, it is very injurious, because a certain pressure is made on the gums, and that habit

Digitized by Google

has no other advantage but that of gathering and hardening tartar in places where it is liable to accumulate itself, that is to say, between the teeth and their necks.

Now, persons wearing false teeth are not absolved from cleanliness, more than others; they should take great care of the mouth; if otherwise, the sets cover themselves with food and tartar, which, remaining habitually in moist and warm places, become infected, and cause a great deal of inflammation to the mucous parts, and then the mouth becomes the seat of an intolerable smell. Unfortunately, gentlemen, we have often the evidence of what I have just said. A man must despise himself to a great extent to keep so much dirtiness, and we, poor dentists, are often compelled to stand a good distance from these persons, and in spite of us, their breath, which is able to kill flies while flying, reaches us; we would not be so unlucky if Nature had given them, as the alligators of San Domingo, under their lower jaw, the advantage of having a gland holding musk.

Though the rubbing of the teeth with a mere brush dipped in aromatized water is nearly always sufficient for maintaining the cleanliness of these organs, there are nevertheless persons either by the nature of their constitution, or by previous negligence, who are compelled to seek more energetic means, that is to say, making a great use of powders.

I shall say a few words on those which are still employed at present. Coal, well ground, is a popular dentrifice; it is an antiseptic; its use almost given up, still they prepare it in our drug stores; its action is nearly useless on the enamel—its constant use ends by causing the teeth to appear black, and the gums as afflicted with scurvy. This applies also to burnt crusts of bread, which are used by several persons. Soot has been used for some time, because it was believed that the chimney-sweep's teeth were always white—that belief is erroneous. Their teeth appear white because their faces are black—as for instance, with negroes it is the mere contrast of the color of their skin. Notwithstanding, the latter possess good, handsome, and strong teeth. Its use is utterly unclean. Cinchona is a torpid powder, but its taste and color on the one hand, and on the other its tanning principle, which at length make the enamel yellow, can not recommend it as a dentrifice. It has, however, the property of hardening the gums. What I have said of cinchona can also be applied to tobacco.

Salt is by no means injurious, but it determines a considerable secretion of saliva.

Cigar-ashes are also in use; that powder is very unwholesome—it is too strong an alkali. Alum, that substance which we can rank with tartaric and oxalic acid, are too strong powders, unless in order to use them we mix them with an absorbing substance having the property of neutralizing their acidity. We must mistrust those patented liquids and powders, the pompous names of which fill the columns of our newspapers, ornament the corners of our streets, and are used as mile-posts on our country roads. Remember well, the action of these patented drugs is magic—it is exactly there where lies the evil, because the only dentrifices which can give quickly a shining white, ivory-looking appearance to the teeth are acid. The calcareous phosphate, which is the base of the enamel, is dissolved, causing its polish to be removed, and the teeth thereafter are more liable to retain that kind of mucus which previously had a tendency to accumulate on them. They assume an indelible yellow tint, and if you continue to use those compounds, if the acids constituting their bases are too concentrated, they will soon uncover the gelatinous substance of the teeth, which will cause aching, caries, and their extraction will become unavoidable.

Yes, gentlemen, the first quality of a dentrifice is to clean the teeth thoroughly, and without injury.

1. "Whatever may be the mode of preparation of those tooth-powders," says Dr. Maury, "we must exclude from their composition, all substances liable to alter the enamel of the teeth, since those sorts of preparations are to be used only to maintain their whiteness by removing the tartar which gathers on them."

2. "You must note their action on the gums." Are those conditions observed in the dentrifices offered to the public with the most pompous names? I entertain great doubts about that. It is a mere speculation now-a-days, and the voice of interest very often stifles that of humanity.

This induces me to say a few words on an article which each of you, I am sure, possess—tooth-brushes. Each hair of them may be considered as a tooth-pick, the daily use of the brush cleans the teeth and the gums, and saves them from many diseases. Brushes vary a great deal in their form, that is why you must choose them. For children, they must be straight, and very soft; for adults, they must be so much less hard as the gums are softer. For instance, if you select a hard brush you erase thus the enamel in some ways, you lacerate and bleed the gums, you uncover the non-enameled

Digitized by Google

substances of the teeth, they will totter, sensibility will ensue, and afterward the tooth-ache.

An article every body should possess is a tooth-pick. It must be used only when a few particles of food are driven between the teeth, which they annoy when they can not be taken off in spite of the efforts of the tongue. That is the only circumstance when we can rationally recommend the use of a tooth-pick. The teeth and gums should be tormented the least possible with that instrument, or any other similar object.

There is still another error, which I must note. It is the use of the end of a penknife as a tooth-pick. By that process a few blades of the enamel are exposed to be cut off, and unfortunately those occurrences take place and caries act in that place. Next, are you always sure that your knife is clean? This is again a very delicate matter, because while cleaning your teeth with that instrument you can wound the gums and bring on inflammation. The best tooth-picks are not made from gold, silver, or steel, but those which are manufactured from quills.

Formerly sponge and cotton plugs were used for cleaning the teeth; this habit was far from being suitable for keeping the mouth clean; they had the same disadvantages as the linen of which I have already said a few words. Independently of the hygienic care required by the teeth, there are some other precautions to be taken in order to preserve the beauty and soundness of those organs, and those precautions consist in avoiding carefully all that is injurious, or may become so. As there are many, I shall select the most remarkable, and I will be as brief as possible.

1. You must avoid washing your head in water too cold, or too warm, using those astringent and caustic remedies to remove freckles, or dying the hair.

2. Not to break with your teeth too hard objects, or cutting threads, or any other thing with the *incisive teeth*, for they become notched and decayed.

3. Never leave particles of food in these organs, nor use too hard dentrifice powders, or elixirs, tinctures too much acidulated.

4. While eating, avoid taking food or beverages too warm, or too cold, because the sudden transition between those two extremes is always injurious to the teeth. *Frigidus inimicum dentibus*, said Hippocrates with reason. When we smoke a pipe or cigar, the mouth is warmed, the larynx becomes dry, and then you drink—and even sometimes very cold water that may cause a slight inflammation of the dental pulp.

5. Be very careful when drinking mineral waters, for they can irritate them, render them painful, make them turn yellow, and give them a dark covering.

Abstain from sweet things: a proof that they are injurious is that I have met in my practice, confectioners, still young, whose teeth were nearly all carious. Druggists come under the same heading, because frequently they are obliged to taste their preparations, acid or sweet.

A thing that is very often done, and about which, we are careless, is drinking out of the same glass as another, or smoking from the same pipe—that is far from being clean. It occurs often that an impure saliva left on the edge of a glass, poisoned those who drank from it afterward.

6. Do not be great lovers of crackers and biscuits, they always contain acid powders. Americans have generally very bad teeth—we may say that they are the greatest biscuit-eaters of the world.

7. Abstain as much as possible from the use of gaseous waters, such as soda, which is relished so much in the hot season—it is acid, since it is composed from tartaric and bi-carbonate of soda. Ice-cream is also very injurious. As to myself, I must confess that I am a great lover of it; do what I tell you, and not what I do, as a proverb says. Salads are unwholesome: notwithstanding, taken seldom and in small quantities, they can stimulate appetite and facilitate digestion.

8. Feats of strength performed with the teeth are absurd; those who indulge in them ought to be punished like that youth, who, says Dr. Lemartie, broke all his front teeth, who bet that he would throw over his head a chair which he held with his teeth by the upper part of the back-board to achieve that noble feat. Another fellow, more imprudent, caused himself to be hoisted up from the ground to a window by means of a rope, which he held in his teeth. When he reached a certain height he lost his four incisors, and broke one of his legs in the fall. Some others, says the Doctor, find pleasure in grinding drinking-glasses between their teeth, and wounding their mouths grievously in the attempt—one would suppose that the life of these maniacs is a perpetual challenge to the Almighty who gave it to them. The loss of a tooth is a real misfortune, since it can not be repaired. A tooth is worth a diamond, says one of our authors. Remember these few words and try to put them in practice.

Digitized by Google

Work.

BY REV. CHARLES H. BRIGHAM.

IS man naturally lazy? Is work only an artificial necessity, entailed on him by the primal curse? Will there be any need of work in the heavenly state, and for the disembodied soul? Which is the more exalted condition, the condition of work, or of rest? Dr. Bushnell tells us that play is superior to work, and is the ideal condition of man, that we go on through work to play, and that we realize the spiritual end when we make play out of work. Probably even the most industrious have a dream of the time when they shall stop working, and shall only have endless joy in the results of their toil. That work is to be eternal enters into no theory of duty or destiny. It may last as long as physical life, but it will not last as long as immortal life. In our vision of the future we see work rounded and finished, and Paradise regained when there is no more call for service. If labour is a penalty for sin, of course it will cease when salvation is established, and the penance is done. A Gospel that should announce to men everlasting work as the law of their being, would not be good news; its resurrection would only be a resurrection of damnation.

But whether work is to be eternal or not, it is certain that for a vast majority of men in civilized lands it is an inexorable law. There are savage tribes who can live with very little work, in the lands where the warm sun protects their unclad limbs, and the spontaneous fruits of the soil and the trees are ample nourishment. In the blessed islands of the Pacific, the primitive indolence of Adam may be perpetuated. Not so in civilized lands. The artificial wants, and the luxuries of life, not less than the stress of weather, and the supply of food, make labour necessary for the mass of men. And these artificial wants multiply about as fast as labour-saving inventions. There are undoubtedly more "loafers" in American cities now than there were fifty or a hundred years ago, when loafing was not allowed by custom, or by law, and was punished as sin. Yet the actual amount of labour done to-day in all kinds, taking society throughout, is probably relatively, as well as absolutely, greater than it was fifty years ago. There are many more shifts and shows of work now, in which the pretense is kept up, such as clerkships in the public offices, insurance agencies, and innumerable salaried places; but on the whole, as much work, and as much hard work, is really done, as ever. The life of a farmer—in New England, at any rate, was never harder than now; and he will have very few days of leisure, if he is to get support from the produce of his acres. The toil of the factory is more steady and wearying, than any artisan or mechanical toil of the former generation. When garments were homespun, the wheel and the loom had their intervals of rest. But now, if the daughters of luxury have ceased to spin and weave, their sisters in the great quivering and roaring mills must keep on early and late, in all weathers, from day to day, and from year to year.

And if the fashionable woman has ceased to spin and weave, she has not ceased in her way, to be a worker. Harper's Bazar, and the extra sheet of The Independent, and Madame Demorest's Bulletin compel her to care for raiment so diligently, that she has no time for books, and hardly any for sleep. The trimming of garments, which fashion obliges, is now the most unremitting and fatal of necessities. The wealthy house is much more a "workhouse" than the country refuge bearing that name, in which the poor, and the weak-minded find their apology for a home. As hard work is done all the time in the chambers of the Fifth Avenue, as in the factories of Lawrence or Lowell. To keep up with the changing fashions, even the fingers that wear diamond rings must be nimble and constant in their task. The calumny is harsh and unjust, that these butterflies who sport their gauze, and ribbons, and flounces, their fairy raiment in the sunlight, are idle and do nothing. Half of their time they are busy as bees in preparation of this fluttering show. Has not a more careful watch of the frivolous insect shown us that the butterfly is as industrious, in its way, as the bee, though it hives no honey for a winter store?

We are a nation of workers; and we have not men and women enough to do the work that ought to be done. Every one complains of hard work, from Bridget in the kitchen to Mrs. Grundy in her calls of scandal. Is not the pastor of a city, not to say of a country church, proverbially hard-worked in making calls, in reading prayers, and in preaching sermons?

Digitized by Google

Are not physicians cut down before their time by over-work? Must not a lawyer, to be successful, "work like a Trojan?" Think of the work that a statesman does in franking copies by the myriad of speeches that nobody reads, and that have perhaps never been delivered. Think of the immense labour of such managers as Fisk, Gould & Co., in manipulating their railway shares, running opera houses, and buying up judges. Do not college professors claim that they are over-worked, as well as underpaid, though they perhaps lecture three times a week, for an hour, to a class of ten or six? Are not police officers hard-worked, in having to lounge in a dingy basement from morning to night? Who works harder than the revivalist, who goes through the land saving souls from the Devil by his incessant pleading and threatening, unless it be the clown in the circus, who has to make the same jokes, and perform the same antics six times in the week before gaping crowds? Edward Rulloff, working on his theory of language, up to the day of his legal strangling, is a type of the industry of this great American people, labouring incessantly, and boasting its labour.

For however much we may covet a state of idleness, we have here no pride in the Neapolitan laziness—we do not glory in having nothing to do; our *dolce far niente* is for the future, and not for the present time. Every man claims that he has some kind of work, and every woman, too. One does hand-work, another brain-work, and another tongue-work. The glib talk of prayer-meetings, repeating the worn phrases of exhortation and quotation, is mistaken honestly by many for "religious work"—and it has one result of hard work, it wearies the speaker and the listener. An auctioneer works very hard to sell a few dollars' worth of stuff, and fairly earns his commission in his vociferation. Ladies call their "work" that light sewing or embroidery which they take for afternoon visits, and aver that this kind of work assists social intercourse. Even one who has nothing to do, tells what hard work he finds "killing time" to be. Usually the idlest men are the most given to complain of the burden of their cares. The hardest real workers have the easiest souls; they have no time to think of the pressure of their work. We knew a man who was always sick on Sunday, as that was the only day on which he had time to think of his health. And there are not a few who discover how hard their work is when they get a short release from it.

In a civilized community there must be all kinds of work, and all sorts of workers; some who work in physical things, and some who work in spiritual things; some who work many hours, and some who work few hours. And there is not, after all, much difference between the kinds of work, in their dignity, or their draught upon strength. A drudge in writing novels is no better than a drudge in washing floors. The larger part of the work of all men and women is work of a routine and mechanical kind, housekeeping, or shopping, or machine-tending, or driving carts, or digging in the dirt. This work must be done at any rate. The Boston millionaire may be willing to do without the necessaries of life, if the luxuries are only left to him; but, if all men were of his opinion, there would be no luxuries of life. And when it comes to construction, the toil of making luxuries is about the same in its wear and tear as the toil of making necessaries. There is as much work in cooking a partridge as in cooking a potato, in weaving a mosaic as in laying a brick wall, in painting a landscape as in painting a barn. The brain may have more to do in one case than in the other, but the toil of the hand is as severe.

But the purpose of this essay was to speak of work as a part of healthy life, to be associated with study and travel, and recreation and home, which have already been considered. The essential thing of work in its bearing upon health is that it shall be occupation of some kind, that it shall take thought, and care, and attention. No work is really good for much or worthy of the name, to which no mind is given, which is not in some sense spiritual as well as physical. There are very few kinds of labour in which the mind may not be concerned, while the muscles are busy. The most servile toil has soul in it. A washer-woman's toil is not very far from that of a chemist; a skillful carpenter is half a mathematician; and a sailor is an astronomer in his way. The distinction which we draw between hand-work and brain-work is not exact. Hand-work without brain-work would bring stupidity, as brain-work without hand-work would bring paralysis, which is the same thing in the end.

There are, indeed, kinds of occupation which do not seem to be work in the proper sense, which imply rest and quiescence. "They also serve who only stand and wait." A sentinel is occupied when he is at his post, though he does perhaps absolutely nothing. A night-watcher is occupied who waits at the sick-bed. Fishing all day long without a bite, is occupation. Yet there are very few tasks which are not in the

Digitized by Google

proper sense work. Our work is that to which our thought and attention are applied, whether it be quiet or active. The work of a watchmaker is just as real as the work of a blacksmith, though it has much less play for muscle; the work of a clerk with the pen just as real as the work of a mower with the scythe. The microscopic study of the wing of a mosquito is harder work than hewing coal in the mine. Perhaps the hardest work is the work of keeping school for a hundred stupid, noisy, obstinate and restless boys and girls, supplying them with brains, and patience, and conscience. But any work may be made hard work by the way in which it is done. All kinds of work are easy to some natures, and hard to others.

Some kinds of work, it must be said, are in themselves unhealthy; yet it is difficult to see how they can be dispensed with. White-lead is a necessary of many processes in useful art; yet this substance is made at the peril of life and limb. If we will have our knives bright, there must be men whose work shall be to polish steel; we know what danger comes to the lungs in that industry. If the cities are to be clean, some must sweep the streets, and fill themselves with foul dust in that business. The best precaution can not make healthy some of the most important occupations, which create foul odours, concussions of the air, abnormal development of some muscles, or over-strain of other muscles, or of brain. No ventilating methods can make mining a healthy business, for it is away from sunlight, which is the chief source of health both to soul and body. After all precautions, a large part of human labours, essential to the comfort, if not to the existence of civilized life in cold climates, will remain open to the charge of "insalubrity." Somebody must do these works, yet no one who would keep the lungs, and the heart, and the head sound will deliberately choose them.

Admitting this previous necessity, and that there must be a large class of men and women who will be compelled to disregard any rules which may be laid down about healthy work, we may mention some general rules which the wise will do well to follow.

1. *Let work be in the day-time.* We may take literally the saying of the Divine Man, "I must work while it is day," and believe that if we do our work in the day-time it will be more the work of the God of Light, than of the Prince of Darkness. We may play in the evening, but we had better do our day's task in the day-time. This is as good advice for the student as for the artizan, for preachers as for ploughmen. Even the editor of a daily morning journal will lengthen his days, if he works in the day. Other things being equal, the first hours of the day are best for work, and the work should end before the play begins. Work should come when body and mind are fresh from sleep, and have their powers restored. We shall have more to say of this when we come to speak in another essay of "Early and Late Hours;" here we only insist upon *work in the day.*

2. *Work in comfortable surroundings!* Let no one, where it is possible, have his place of habitual labour in dark, or dirty, or close, or reeking places, which are not visited by the sun, or where the air is poisoned, or where there is any sense of a prison. Refuse to work in holes and corners. In London, and even in New York, there is the strange solecism of merchants and bankers who build fine houses on the avenues to eat and sleep in, storing them with comforts and luxuries, while they do their day's hard work in narrow offices, in dark streets, in the midst of dust and litter. A workshop of any kind ought to be as conveniently furnished as a house, with all the appliances that can make labour easy and pleasant, with good things for the eye as well as for the hand. A fine landscape painting is as much in place on the wall of a counting-room as on the wall of a drawing-room, and will have in the counting-room a more abundant ministry. The workshop ought to have not only all the tools of the trade, but some things to show how the trade is joined to the higher sentiment, ought to be made beautiful by the suggestions which are set around it.

3. *Work heartily.* Do not follow any occupation which is absolutely distasteful and repulsive, any kind of work which is uncongenial. This may be endured for a time, from the emergency which calls for such work; but the permanent and positive occupation of our lives ought to be one which we can keep without loathing. There are very few cases in which work ought to be martyrdom, or the toil of hand or brain be felt as a "living sacrifice." Work need not be play, but it ought to fit in with the play that we prefer. We should not go to it sullenly. Any business is bad which one feels to be oppressive and hateful. All healthy work will be cheerful work. One may take indeed, an occupation which is distasteful at the beginning, but after a time becomes pleasant, and even fascinating; for there are acquired tastes in work as in food. There are clerks who love to copy and to add figures all the more that they have grown gray in that monotonous business.

Digitized by Google

The organ-grinders come to love their endless round of tunes, so doleful to the ears of those who hear, and they wonder than any should ask them to "move on." But when any work continues to be unpleasant, and grows all the time more disgreeable it should be abandoned. No kind of work is healthy which is "penitential" in the Catholic sense of that word, which has in it any of the seeming of penance. The soul ought to be as one with the body in work, to be at ease, and sympathize with the work.

4. And we should add as another rule of healthy work, *that the body, too, should be at ease.* No work is good that fastens the physical frame in a constrained, unnatural, or painful posture, that distorts any of the limbs, or develops one part of the frame at the expense of the rest. Of course, in most muscular employments some muscles more than others will be called into exercise. There is probably no trade that gives equal scope to all parts of the bodily frame. But where the inequality is excessive, where all the strain comes upon one part and draws away from other parts strength and nourishment, it is bad for the man. The attitude in work should leave as much freedom as possible to all the limbs as well as to all the senses. When we consider that absurd doubling of the lower extremities upon a board which is traditional as the tailor's position in his work, it is no wonder that the proverb should hold its place, of the tailor as only the ninth part of a man. No work is healthy which does not allow frequent change in position, does not allow one to stretch the limbs, to keep the head erect, to keep the spinal column to its natural curve. No work is healthy which hastens paralysis by its tyrannous hold upon nerve or muscle. Ease of body should be a rule of labour.

5. Then healthy work *should have its reasonable bound,* and should not be too far prolonged. No absolute standard of time can be laid down, even for works of the same kind. Some constitutions will be tried more severely by six hours of daily toil, than others will be by twelve hours. A feeble body will not bear so much as a vigorous body; Hebe with all her airy grace, can not work as long as Hercules. But the length of work must vary not alone according to the native strength of the person, but according to the kind of toil. Sermon-writing is more fatiguing than knitting, even when the sermon is only the repetition of an old story, and has no original thought. Every man and woman must judge by the experiment how far they can prudently go in the work they have chosen. Work ought not to go beyond this bound, whether it be four, or six, or ten hours in the day. The old farmer's rule of working from day-break to dark, is a poor rule even for the farmer, and not necessary in these days of improved machinery. Fatigue tells the bound of healthy labour; no one ought to go on working, either with the hand or the brain, when he is tired. It is better to stop before fatigue comes than to go one hour or one minute beyond it. There is no merit in going to bed tired out every night.

6. And another rule of healthy work should be *moderation in the way of working.* Do not try to do too much at one time, to do two days' work in one day, to do twice as much as any man ought to do, or even to do as much as some friend who has more nervous energy. The spirit of competition ought not to dictate the way of labour. And a man who works by the piece, and is paid by the quantity that he does, ought not to work any harder than one who works by the day. Vigorous work need not be redundant or hasty work. The curse of labour in America is the spirit of rivalry, as it is the bane of amusement.

We shall have more to say of this in a future essay. The question of work is coming to be the great question of our age, and there are fearful prophecies of woe from the restless and unsatisfied desires of the working classes, maddened by the theories and the arts of the demagogues. There is danger in the spectacle of any class who try to avoid work, and whose example teaches that an idle life supported from the interest of invested capital is more honorable than a life of daily and regular toil. No man is really safe in the community, however sound his frame and however abundant his income, who has not regular work, and has no knowledge of any kind of work that may yield increase. Self-preservation in many ways emphasizes the counsel to every person to have something to do. Endless amusement fatigues much more than steady work. If we had to choose between working all the time, and playing all the time, we should wisely choose the first alternative. The health of individuals, of communities and of States, comes not from the multitude of holidays, but from the wise use of the days of toil.

EVERY productive occupation which adds any thing to the capital of mankind, if followed assiduously with a desire to understand every thing connected with it, is an ascending stair whose summit is nowhere, and from the successive steps of which the horizon of knowledge perpetually enlarges.—*Froude.*

Digitized by Google

Evils of Hair-Dyes and Cosmetics.

BY SARA B. CHASE, M. D.

THE composition of a very large majority of the "hair washes," "hair tonics," and hair restoratives, so largely advertised throughout the country, and which line the shelves of all the drug-shops in every town in the land, consist chiefly of acetate of lead, flowers of sulphur, and some neutral substance as a medium, as water or glycerine.

Many, in former years, took the following formula upon their own responsibility to the druggist, or purchased the crude materials and compounded them for themselves as they had occasion to use the wash:

Sulphur	1 drachm.
Sugar of Lead	½ drachm.
Rose Water	4 ounces.

Some found that they experienced unpleasant and, oft-times, serious effects from its use, and would leave it and resort to some one of the various patent preparations so loudly extolled, without knowing that they were using the very same deleterious substances gotten up and sent out with attractive labels under high sounding names: "Mrs. S. A. Allen's World's Hair Restorative," "Ring's Ambrosia," "Hall's Vegetable Sicilian Hair Restorer," etc.

Of course, all physicians acquainted with the pathogenesis of lead in its various forms must condemn all of these mixtures as dangerous to health and life. Some persons are extremely susceptible to the influence of this metal, and can not use it for a short time even without feeling its bad effects. Others may use it for years with apparent impunity. The latter have no right to offer their experience as proof that it is harmless, for a much wider experience than they can possess proves it is dangerous.

Several cases have come within the range of my observation wherein lead colic, lead palsy, and almost fatal poisoning were caused by just such hair-dyes, and very many cases have I met wherein the patients were compelled to discontinue their use on account of the positive and serious symptoms with which they were affected whenever they applied these preparations to the hair.

Partial paralysis of the pneumo-gastric nerve destroying the free action of the lungs, accompanied with lead-colored face and tongue, are by no means infrequent, sometimes terminating in death. I might be permitted here to relate a case which came within my observation, as the symptoms were such as are frequently met with without the patient being aware of the cause. Mrs. ——— had been accustomed to the occasional use of Hall's Vegetable Sicilian Hair Restorer, more or less frequently, during the space of two years, always feeling a sense of weariness or debility after each application, continuing a day or two. The eyelids seemed to close down irresistibly, accompanied with lachrymation so profuse that her face was constantly wet with tears. She had sore eyes and styes, that could not be healed while she continued the use of this preparation. These symptoms were attended with paleness of the face, and cadaveric and anxious look, constipation, and sometimes pain in the bowels. Not attributing these symptoms at the time to the poisonous effects of the hair-dye, but supposing it to be weariness from hard work, she continued its application once in two or three weeks. During the winter, one afternoon she applied the liquid about milk warm, thinking thereby to hasten its restorative effects as she had neglected its use until her hair had become whiter than usual. About midnight she was seized as she says "with a strange feeling." The house seemed to turn over. Every attempt to lie down or even tip the head in any direction was attended with this vertigo, so intense as to set every thing in the room to turning "upside down." This was accompanied with a frightful headache, and "a feeling as if her mind was gone;" could not keep the points of compass or tell where she was.

By antidotal treatment she was in a few hours so far relieved that she could with a great deal of care lay her head upon her pillow, but for several days she could not lie down without a sensation as of the bed going from under her, and had to be held up when she walked, on account of this vertigo. For nearly a week she had to keep a band tied tightly around the forehead on account of the feeling as if her head would burst, and the debility and exhaustion which I have before mentioned, disqualifying her for the accomplishment of any thing, continued for nearly two weeks.

Digitized by Google

I have frequently met cases of erysipelatous eruptions, commencing on the scalp and running to the ears, and finally extending nearly across the face, without doubt caused by these washes, and many are troubled with "sores" on the scalp, which come on soon after their application, and aggravated by each repetition.

It is not within the province of physicians, as such, to condemn the various arts of the toilet, however vain and trifling they may appear to us, only so far as the substances used as cosmetics are deleterious to health. The use of powders for the skin, and artificial coloring is common, and such being the case however much we may disapprove of it, persons should know something about the materials from which these are prepared, and be placed on their guard against dangerous combinations.

The means used for whitening the skin are numerous, and some of the substances made use of are neutral, and are productive of no deleterious effects, only so far as by their application the pores of the skin may become obstructed, and the person suffer only from the natural results of such obstructions. Among these may be mentioned powdered *French chalk*, Venetian chalk or "talc," carbonate of magnesia, finely pulverized rice flour.

All these powders however have the objection that the hue they produce is not a very brilliant one, and not being satisfied with the effect produced by them, the "*cosmetiqueur*," with daring hands, has laid hold of the most potent and dangerous drugs, and offers them for sale to the first chance comer, and thus many a tolerable complexion has been ruined, and many a woman has poisoned her constitution by ignorantly using these perilous stuffs.

Among the most innocent of these substances which may not be considered neutral may be mentioned the preparations of bismuth or "heart white," precipitated carbonate of zinc, mixed with an equal quantity of French chalk, and if the ambition of beauty had stopped *here* we should have had little cause for complaint; but, in order to obtain a still more brilliant color, recourse is had to those unwholesome metals, lead and mercury. These, in the form of "flake white" and mercurial white precipitate, are in very common use. The names by which these washes are known are as numerous as the parties presenting them for sale, and, of course, indicate nothing of their composition, are only intended to attract attention, and convey to the seeker after artificial beauty the idea that here lies the *summum bonum* of their search: "Bloom of Youth," "Oriental Cream," "Magnolia Balm."

Ladies frequently purchase "flake-white" in powder and prepare a wash for themselves, not knowing that said flake-white is a preparation from lead, and, even if they are told this, they are ignorant of the danger to which they are exposed. We have met several who are constantly troubled with sore eyes, and some with weak eyes, to such an extent that permanent blindness was threatened from the use of lead washes on the face.

A lady who had always been remarkably healthy, with a clear, beautiful complexion, was not satisfied with gifts bestowed upon her by Nature, and adopted the habit of powdering her face with some of the preparations extant, but later she began to use *flake-white*, preparing herself with alcohol. This she would apply from day to day without washing it off, frequently for a week at a time. Her health began to fail. No pain, but debility, weariness, and a decided darkening of the skin which was manifested whenever she was not powdered. She went to a *water-cure* for health, but returned home no better. Physicians said she was poisoned, but did not suspect the lead upon her face as the source of her poisoning. This discoloring of her skin was apparent some four years before her death, and she was a constant seeker after health during most of this time, yet constantly grew worse. Her hair commencing to grow gray, she used Hall's Vegetable Sicilian Hair Restorer, and in addition to this, the house in which she lived was painted inside, and from this time she began to decline rapidly. This was only a few months before she died. Her memory was gone, her nervous system completely prostrated, her skin assumed a leathery consistence and could not be aroused to action, her vision was dimmed, bowels inactive, in fact there was a paralysis or letting down of all the organs of the body. She was finally attacked with vomiting, which continued almost constantly for two days before she died. She never suffered any pain, even her vomiting was not accompanied with nausea, probably on account of the general paralysis of the nerves of sensation.

I will not enlarge upon the various means of tinting the skin, only to speak of *vermilion*, which is to be met with in the cheap rouges, sometimes called "Theatre Rouge," "Castilian Rouge," etc.

In the more expensive rouges the tint is simply *carmine* which is generally considered harmless when applied externally, but vermilion, being the sulphate of mercury, is highly poison-

Digitized by Google

is, and those who use it can not fail eventually be injured by it.

But the height of cosmetic daring, it would em, has been reached in the new process nown as "enameling," which is nothing less an painting the face with lead paint, and for is purpose are used the poisonous salts of lead. he skin is prepared by an alkaline wash, a elding paste is used to smooth the wrinkles, l up the crevices, etc., and the color laid on, st the white, and then the red. It is needless r us to enlarge upon the dangers of thus ex- sing the skin to the poisonous action of lead, d from a cosmetic as well as a hygienic point view they must be condemned, for the effect so much more brilliant than Nature, that any server can see at once that it is unnatural; and us the very design of the art used is subverted. 'e all know doubtless by observation that the in is injured by most of the preparations used cosmetics, and that when ladies once com- ence their use and continue for any length of ne, they are compelled to persist in their use ring the remainder of their lives, or are forced be the daily witnesses of their own folly enever they approach the mirror, which, of urse, every woman will do more or less fre- ently.

The process of enameling is so new, and so v comparatively have as yet ventured to try that we have had no opportunity to observe deleterious effects, yet that it is dangerous to alth and even life, no one who is acquainted h the poisonous effects of lead can doubt.

ARE ARTIFICIAL TEETH CAPABLE OF ODUCING SALIVATION.—The question whether ber plates for artificial teeth can produce ivation or not is one of much interest to very ny persons, and the following from Dr. Connell will be of interest. We have no ubt ourselves of the injurious effects of such tes on the mouth. If worn they should al- ys be taken out at night, and placed in cold er, and the mouth thoroughly washed out h water, and, if need be for cleansing, a little bolic acid soap used.

My attention has been called to a case which nts to the possibility of the occurrence of *vation* and the *constitutional effects of mercury*, n the use of artificial teeth, and the impor- ce of the circumstance has seemed to be suf- nt to justify a mention of it; so that infer- ences may become either corrected or confirmed by the observations of others of the profession.

The patient, in the case referred to, was a lady, who had used the artificial teeth that are now accused of having produced trouble, between two and three years. Before using them, her general health was good. While using them, her health became poor (*wasting away*), and proceeded gradually from bad to worse, resisting every mode of treatment. She exhibited no special cause of illness, until the occurrence of salivation and sore mouth drew attention to the teeth. Then it was found that the plate upon which the teeth were mounted, which was a suction plate of the red rubber kind, presented a corroded appearance on the surface which came in contact with the roof of the mouth. And the circumstance that this kind of rubber plate is made up to a great extent of the sulphuret of mercury, suggested the possibility of the general ill-health resulting from this cause.

The teeth were removed, of course. The mouth became well speedily; and without any further treatment the lady's general health began to improve immediately in a very remarkable manner.

Upon mentioning this case to some medical gentlemen, it recalled to the mind of one of them another instance of salivation, resulting, apparently, from the same cause. Here, too, the disuse of the red rubber plate allowed the mouth to become well; and a set of teeth mounted on dark rubber was afterward used without any inconvenience resulting.

The red rubber which is used in making the plates upon which artificial teeth are mounted, receives its color from the sulphuret of mercury, which is mixed with it very intimately, and constitutes generally about one-third of the mass. This preparation of mercury is very insoluble, resisting, in the chemist's laboratory, the strongest acids; and it is difficult to understand what combinations can have taken place in the mouth to render it liable to absorption.

It is rendered soluble by mixture with the sulphide of potassium, but one would suppose that it would be protected sufficiently by the rubber with which it is thoroughly mixed and baked.

Are artificial teeth, under any circumstances, capable of producing salivation?

ONE can not learn every thing; the objects of knowledge have multiplied beyond the powers of the strongest mind to keep pace with them all.—*Froude.*

Digitized by Google

The Fool and the Farrier.

A TALE FROM THE PERSIAN OF SAADI.

BY JOEL BENTON.

A LITTLE fellow, not supremely wise,
Who had some malady about his eyes—
And suffered pain too tedious to endure—
Sought out a farrier to obtain a cure.

The dull horse-doctor, touched by no remorse,
Served him exactly as he would a horse;
At length, the patient, put in dreadful plight,
Awoke to find his utter loss of sight.

Deeply incensed, the victim—not a saint—
Went to a magistrate with his complaint,
And, throwing on the farrier all the blame,
Demanded damages against his name.

The judge replied, in terms not over-bland,
"In such a case, no damages can stand:
Were not the appellant *an ass*, 't is sure
He would not seek *a farrier* for a cure."

'T is sad, indeed, to make a patient blind,
But here the moral is not far to find.

MORAL.

Who takes his maladies to one unwise
Sees little—and, perhaps, may lose his eyes.

Good Nature.

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

As genial as sunshine,
Like warmth to impart,
Is a good-natured word
From a good-natured heart.

—*Selected.*

Digitized by Google

THEORIES PUT IN PRACTICE;
Or, Extracts from the Diary of a Physician's Wife.

EDITED BY MRS. H. C. BIRDSALL.

THURSDAY, *April* 5.

YESTERDAY, in accordance with a special invitation, we visited at Judge Delorme's in Milburn. Upon our arrival we were surprised at finding no one apparently ready to receive us. This was easily accounted for, when I learned that the whole family is literary in the most helpless way. They have not the means to live nicely without exertion, and yet their tastes are such as to lead them away from all labor. They answer the question of "What shall we do?" by doing nothing; and the result, of course, is a miserable, shabby, repulsive home, with irregular meals, and poor food, nothing but fine ideas, and plenty of books to nourish them.

The Judge himself is a fine conversationalist, and made our visit as pleasant as it could be, with the mother and daughter both out of the room, making the unusual exertion of providing something good to eat. We were not called to supper until nearly 9 P. M., and then were regaled with hot, sour bread, and hot cake. It was sad to see poor Mrs. Delorme at the head of the table, looking so completely wearied and bewildered, and utterly unable to enjoy her company. She had probably either forgotten the special invitation, or had been so in the clouds as not to think of the necessity of supplying invited company with any material food.

Henry is going with me soon to visit a most interesting family residing but a short distance from Judge Delorme. They are people of equally refined and intellectual tastes, but they are also possessed of common sense, and hold, to the fullest extent, the view that the meniality of an action consists alone in a menial way of performing it.

Saturday, April 7.—Bridget has been obliged to leave me before Madge is well enough to return, and the young girl whom we saw at the house on the mountain has come to assist me. I am in hopes of teaching her some of the ideas which we both thought her ready to receive. I am making a point of having plain food while she is here, and little variety at any one meal; at the same time taking pains to cook the food nicely, telling Mary the reasons therefor. I am teaching her how to make good bread, and give her daily instructions in the proper cooking of meat and vegetables. She is very bright, impatient of *fussiness*, but ready to imbibe good ideas.

Easter Sunday, April 8.—Such a pretty lesson one could learn this morning in church. The font was filled with lovely flowers, and out of the midst of them arose a stately Calla Lily, with a bud by its side. I had no thought of this bud opening so soon; but, as the service progressed, the bud began to expand, stretching itself more and more, until at length it was wide open, ready to take its own pure part in the praises of the day. To me, and possibly to many others, the incident taught a little lesson relating to religious development, viz.: that sometimes even the Christian seems least active, perhaps is even despondent, and apparently little likely to burst into the bloom of good deeds, he may from very humility be most ready, and may much surprise himself and others by such flowering, or, "Out of darkness cometh light."

Wednesday, April 11.—The subject under discussion, at the meeting of our Society, was house-cleaning; and the opinions expressed were very varied and animated. Some very amusing descriptions were given of the mistakes, annoyances, breakages, etc., in different families. The general conclusion was that we should be more moderate about house-cleaning; that we should not tear a whole house up at once, but one room at a time; and that, in this way, it could be done more smoothly and satisfactorily.

Monday, April 16.—I little thought, when Miss Stanton made me her disagreeable call last summer, that I should come to take so much pleasure in her society. No two persons are so far apart as they may imagine, if they but make an effort to get together. It is so easy and natural, if one feels offended or aggrieved, to draw within a shell of reserve, dark thoughts are sure to follow, and we come to think the offender far worse than is really the case. Miss Stanton brought the children to visit me to-day. She is so fond of them that she with difficulty restrains herself from constant talking of thei

Digitized by Google

good and remarkable qualities. The boy is a perfect prodigy to her, and he is a very brilliant child. It is to be hoped that he will not be forced forward. I begged Miss Stanton to-day to allow the little creatures to spend all the pleasant days out-of-doors, and she partially consented.

Thursday, April 19.—I can hardly get away from Mary Dutton long enough to write in my journal. She is in a fever of learning. Unfortunately for the increase of her knowledge, our family is so small that we can not spend all the time in cooking.

Mary has learned to make delicious wheat and rye bread, and this morning we rode up on the mountain that she might take home a loaf of each kind as a specimen of her skill. She will, when the time comes, return home able, at least, to keep the family in good bread. She now cooks the meats and vegetables for us, and continually exhibits surprise at the ease with which good cooking may be done. She has evidently held the opinion that a person in the habit of taking pains with her household work must necessarily be fussy, but she is fast losing the idea.

How good it is for people to become refined in the right way! I believe that some of the best natures are concealed by the disadvantages of poor education. Occasionally, a particularly energetic one makes his or her way up through overlying difficulties; but the many remain concealed all their lives, having vague aspirations for something better, but not knowing how to obtain it, and ever escaping the observation of those favored ones who enjoy the advantages which would be of so much value to them.

Wednesday, April 25.—The meeting of our Society was omitted to-day, as so many of the ladies are engaged in house-cleaning. We therefore visited the family which Henry had described to me as such a contrast to that of Judge Delorme. And there was indeed a contrast! They live in a great, generous house, which reminds one of old-time hospitality, and the bearing of every one of the family is hearty and cheery. They have all that can possibly be required to foster their literary and musical tastes.

The largest organ I have ever seen in a private house, is in one room built especially for it, and yet so arranged that it may seem only an extension of the large, handsome room which is the gathering-place of the family. They call it the parlor, but it is very different from the country rooms ordinarily known by that name. With the organ extension it is about forty feet in length, and wide and high in proportion. On the other side of the spacious hall is a beautiful library, with a conservatory at the back; and thus they have, all close together, the three things that do so very much toward making home delightful—books, music, and flowers.

This seems to be a model family—they have such sensible, *healthy* ideas. Although of the finest intellectual tastes, and possessing abundant means to burden themselves with numerous servants and avoid labor, they only employ two, a man and a woman. Henry, being very intimate with the family, led Mrs. Weston to talk with me of her views, and of her manner of carrying them out. To me they were delightful, from their originality and sense. At the present time, when it seems the "chief end" of almost every woman to do as little as possible, it is refreshing to meet a person holding to the old-fashioned idea of its being right and proper for every woman to do a certain and daily share of manual labor. Mrs. Weston says that the sweeping, dusting, making of beds, and the more delicate of the cookery is always done by herself and daughters, thus leaving the one servant with no more to do than she can easily accomplish by herself, except at times when the house is full of company, and she then employs a woman from the neighborhood to assist the servant.

I asked her if this daily labor were never irksome; she replied that neither she nor her daughters thought of it as a burden, for they knew it was much better for them, than spending all their time in literary and sedentary pursuits. To avoid monotony, and that they may be equally skilled in all branches of domestic labor, each one does a certain kind for one week at a time, and then changes with another. The house showed the most perfect care, that care which only a *lady* can give, for the servant is rare who does her work with the refinement of cleanliness, which a lady employs. Mrs. Weston and her daughters show the good effect of their daily labors in their fine, healthy color, and their straight, well-developed figures. Mr. Weston pursues a similar course with his boys—each one has his share of daily out-door labor to perform. They all have their regular hours for study. In the evening, they always unite in the parlor, and divide the time between music, reading aloud, and games. Mrs. Weston and her daughters do all their sewing, too; but

Digitized by Google

they make a point of keeping it out of the parlor.

They have a sewing-room in the upper part of the house, where a good sewing-machine and other conveniences are always to be found, and there all the mending and making are done during the day-time.

Thursday, April 26.—Last evening after we returned home, we attended a prayer-meeting with Aunt Minerva. We were very sorry to receive as much amusement as good, but it is not in human nature to resist the effect of such things as we heard. Aunt Minerva's Deacon jumped up very briskly, as soon as the minister concluded his own good and appropriate remarks; put his hands together, made a long pause, looking over the top of his spectacles until the attention of all present was drawn to him, and then produced the following brilliant thought: "Every interrogative question requires a negative answer." As if to impress the truth of his remarkable statement upon the minds of those present, he repeated it, and then went on to expatiate in a series of thoughts, or statements without thought, having no connection whatever with his first insane proposition, nor with each other. In the course of his wanderings he mangled a quotation, much in the style of a large class of persons during the late war—"give me *slavery*, or give me death." There was quite a variety in the remarks of the different brethren, but none quite so bad as those of Aunt Minerva's Deacon.

Tuesday, May 1.—Madge has returned entirely recovered, and Mary Dutton has gone home, not, however, with the prospect of benefiting her family much: for, while here, she attended a fair, at which she became acquainted with a young man, between whom and herself there sprang up so violent a friendship as in ten days' time to culminate in an *engagement*. Such a course of affairs was so new to me, that I remonstrated with Mary, but all to no effect. She laughed and chuckled to herself in the most good-natured manner, saying, "Why, goodness gracious, I know him's well's if I'd been acquainted with him sence I's a baby."

She assures me that her family will not have the slightest objection. This class of American people seems almost more heedless of consequences than even the Irish. We are quite in the way of love-making, for Aunt Minerva's and Mary Dutton's affairs are now followed by one of Madge's, who has returned to us with a "follower." We anticipate considerable amusement from this. With Madge's peculiarly pugnacious nature, the course of love, whether true or otherwise, will probably be very rough.

Tuesday, May 8.—Aunt Minerva is in the midst of her cake-making, and will be married Thursday evening. I feel quite helpless, as she will not accept any of my assistance. "Nobody knows how to make cake in these days." I have been somewhat ungraciously allowed to put some finishing touches to her wedding dress. Madge is in an intense state of delight and excitement.

Friday, May 11.—The event is over; there was a company of about thirty people present, most of them previously unknown to me. The Deacon and his wife started this morning on their wedding tour, and will be away a month upon what Henry calls a cousining expedition, for which pastime some elderly people have a special faculty. And now how free I feel! As if a heavy burden had been removed! Some cross we must always bear. We can not hope to escape at any time of our lives; but we can not avoid a sense of gladness, a leaping up of the heart, when a heavy and wearisome cross is taken from us without any action of our own.

Of late Henry's practice has been very much among the poorer class of people, and a new kind of assistance I have been enabled to give which I had hardly anticipated—of the religious kind. I have been brought in contact with persons, who, for many years, have absented themselves from places of worship, who, in their inmost hearts, are desirous of religious instruction, but, from a peculiar kind of pride which grows up in the hearts of the more ignorant of American people, disdain to receive it from the mouths of ministers of the gospel. Two or three of them have asked "the Doctor" to *read to them*, meaning by this the Bible. This he has done, and then committed to me this part of their care.

By this means a way for confidence and kindly feeling has been opened, which I trust may never be closed. I can not talk religiously in the stereotyped way; and, indeed, I am inclined to the opinion that quite as much evil as good is produced by that stiff, solemn, religious advice, which is frequently administered to the poor, much as a dose of disagreeable medicine is given.

Religious conversation, which is the natural offspring of present circumstances, and dictated by a warm and yearning affection for those about us, may produce much good, and probably

Digitized by Google

will, for earnestness of feeling is very positive in its influence.

Sunday, May 13.—Poor Miss Clinton came to church to-day, for the first time in twenty years. Henry feels as if he had gained a great victory in bringing her to this point; and, if he could only impart to her some brightness and hopefulness, I think he would anticipate a perfect cure. This lovely morning when all the air seemed full of God's praise, she was very gloomy. Her friends and acquaintances pressed around her, as she came out of church, to congratulate her upon her great improvement; but she met them with the saddest of faces, and the reiterated assertion that she attached no importance to this, that she should soon be in bed again. "When she felt the best, she was most likely to be sick again." She could not, however, resist Henry's comical expression when he came up to her. He made a most dolorous grimace, which so far disturbed her solemn gravity that a half smile appeared upon her face, taking away something of that *chronic expression* which is so repulsive. I can look at positively-distorted features, or maimed limbs, with only pity; but that pale bloodlessness which comes from refusal to use God's good gifts of fresh air, pure water, and good food, and the substitution of one's own blind notions for those implanted by God, is always repulsive and disgusting to me. I remember the feeling as a very little child, and would not then have been able to account for it; but it now seems to me that there is right in this shrinking from such abnormalism.

Chinese Diet.

BY O. W. YAPP.

THE cost of a Chinese workman's food is not, on an average, probably more than eight or ten cents a day; and if the science of dietetics may be trusted, this regimen is deficient both in flesh-making and heat-producing elements, rice and herbaceous vegetables forming the basis, with very insufficient proportions of meat and fish. According to the deductions of European chemists it must be admitted that, with the exception of the silk-weavers of Han-Kou, the Chinese workmen do not eat enough or sufficiently rich food to compensate for the waste caused by hard work.

It is very difficult to make comparisons between the natures of different nations, in which climate, constitution, and habits should all be taken into account; but we may at any rate consider such evidence as is brought before us. In the first place, while the endurance of some Asiatics has often called forth the admiration of Europeans, there is little doubt that the general opinion is that they are not capable of the same amount of hard or continued labor that well-fed Europeans can perform; the evidence of disinterested observers, if it does not absolutely contradict that opinion, at any rate tends to qualify it in certain respects, and these qualifications are well deserving of attention.

The Lazarist missionaries of Pekin, who employ Chinese workmen, and who might therefore be expected to underrate, rather than otherwise the capacities of those whom they have to direct, declare that the Chinese are capable of doing very nearly as much work in a given time as Europeans. One of these French missionaries says that Chinese laborers are more robust than their Western brethren, that they frequently lift weights and carry burdens that would overtax the power of Europeans (which we ought probably to translate Frenchmen, who certainly do not generally possess the same muscular power as Englishmen). This fact is attributed partly to the habits of the Chinese, who, not using the same machines and utensils as Europeans, are accustomed to great exertion of strength, which exercises and increases their muscular powers, the greater part of the loads being carried on men's shoulders or in wheelbarrows; it is only in the northern provinces of China that the employment of carts, asses, and mules for transport is general. Every one who visits China is struck by the number of Coolies that he meets, the heavy loads that they carry, and the rapidity and dexterity with which the palanquin-bearers trip along the narrow, ill-paved, and crowded streets of the towns, appa-

Digitized by Google

rently careless of the burden they support. The way in which they carry loads suspended near the ground from the ends of an elastic bamboo placed across one shoulder, is at once sensible and convenient, as the bearer may relieve himself of his load instantly by merely bending his knee; the pole is, however, inferior to the yoke which rests on the two shoulders, an inferiority partly counterbalanced by the lightness and elasticity of the former.

Another instance of the muscular power of rice-fed nations is exhibited in the apparent ease with which Indian and Egyptian women carry heavy jars of water on their heads; and in the little towns on the French coast of the Mediterranean, where the climate, as well as the origin and habits of the working-classes, are rather those of Asia than of Europe, women may constantly be seen with one huge jar of water on the head, a second held upon the hip, and very often a child supported on the other hip, or slung at the back, marching under a burning sun and over some of the worst paving, or apology for paving, in the world, with an erect and graceful carriage of the body that a city belle might envy.

The employment of Chinese laborers in the United States and elsewhere, has made the world acquainted with their capacities and conduct, and one of the largest works undertaken of late years, the construction of the Pacific and Atlantic Railway, supplies an example that must not be passed over. This great line was constructed by two companies, which rivaled each other so energetically that one of them, the Californian, performed at last the prodigious task of laying and fixing ten miles of rails in eleven hours. This company employed many thousands of Chinese laborers. The Chinese emigrants, of whom an average of twelve thousand a year are brought from Hong-Kong to San Francisco by the steamers of the Pacific Company, are very distasteful to the lower classes of California, but they have completely gained the esteem of their employers. M. Lindau, who crossed the American continent by the new railway on his way home to Europe from Japan, and who has published an interesting account of his journey in the "*Revue des deux Mondes*," tells us that in California there is but one opinion concerning the Chinese, which is, that they are the best laborers that can possibly be employed on railway works; not only can they bear as much fatigue and do as much work as Europeans, but they are conscientious, and appear to take a pleasure in their occupation, while, above all, their sobriety is exemplary. Though it was necessary to keep a sharp and constant watch over the American, Irish, and German laborers, the Chinese scarcely required a look from the managers and foremen; their task being set, they arranged among themselves to perform it in the best manner; they organized themselves in groups, with leaders, treasurers, and a regular commissariat, which the Europeans could not be brought to understand, but admitted that the result was admirable. The only dominant vice seemed to be that of gambling. The Irish and Americans were continually quarreling and fighting, while only one fray is recorded of having occurred in the Coolie camp; but this was serious. The Chinese were divided into two bodies, upon some mysterious question, and the result was several deaths, and a large number of wounded. It is humorously asserted that the Irish took to the Chinese rather more kindly in consequence of this affair, declaring that after all they were not quite such pagans as people said. The union of the lines of the two companies was effected by the laying of about one hundred feet of rails with great ceremony, two squads of men, whites on the side of the Union Company, and Chinese on the other, all specially dressed in workmen's costume for the occasion, advancing to fill up the gap in the iron road; they were all picked men, and performed their task in the most finished manner. The Chinese, although grave and silent, were especially alert, and were the object of general admiration, working, said an eye witness, just like jugglers.

Such evidence as this can not be put aside as worthless, though certain allowances must of course be admitted. It may be said that men who emigrate are generally favorable specimens, in an animal sense at least, and that the Chinese in California, although living in their own fashion, could afford to feed better than at home; but, making all possible concessions, it must be admitted that it is extraordinary that races supported by such diet as that of the Chinese should exhibit almost, if not quite as much actual strength and enduring force as the more substantially-fed Europeans and Americans.

What is it that compensates entirely, or in part, for the deficiency in azote and carbon?

[NOTE.—There is no doubt that the sobriety of the Chinese has much to do in rendering them good workmen. They do not get drunk, and spend half of their strength in carousing and dissipation. It is said that they eat much

Digitized by Google

rice. Well, is not rice a very rich food in those elements which produce heat? And according to the discoveries in Physiology, very much of the strength of the body is supplied by those foods that are heat-producing, rather than tissue-forming.—Ed. H. of H.]

Keep the Distaff Ready, and God will Send the Flax.

BY FRANCES DANA GAGE.

IT is many a long year, fifty or more, since my mother sent my little sister and myself over the big hill to do an errand to the old Irish woman who lived there with her widowed daughter and her little ones.

"Get your sleds, girls; for there is quite a heavy basket to carry—a bundle of flax for Granny's wheel, and some meal, meat, and cheese for her New Year's dinner; it's very cold, but you love to coast; so draw your sled up this side of the hill, and slide down the other, and when you come back up the other side, you can coast down this, and that will be rare sport, you know."

Off we trudged, well pleased with our work; for we loved to visit Granny, as we all called her; to hear her musical brogue, less common by far than now, and to hear her sing her Irish rollicking songs as she turned her wheel.

The forest path glittered with well-trodden snow, and the trees on every hand were strung with diamonds that the clear rays of the winter sunshine made brilliant beyond conception. Icicles hung like spears from every post and fence-rail, and the whole world was glowing like fairy land.

Little cared we for cold or toil, and our load was soon deposited at Granny's fireside. "Arrah! didn't I tell yez now," exclaimed the delighted woman, "when yez tould me to put by me wheel the day? Och, nanny mavourneen! it's meself that know'd it. 'I must keep my distaff ready, and God would sind the flax!' and here it comes; and ye, wi' your eyes so rid! There was noe meal in kist, noe pertaties in the bin, and noe meat in the bar'l. Ach, nannie cushla! ye've no faith, ye've no faith!"

I never forgot Granny Allison's proverb: "Keep the distaff ready, and God will send the flax." Mayhap, I did not quite understand its meaning then, at ten years old. But I went my way pondering. It was a long time ere its full significance was revealed. But as I grew into womanhood, as the cares and duties of life came upon me, as the obligations and responsibilities which my surroundings imposed called for action, I slowly learned the import of those deep-meaning words; learned there were other distaffs and other spindles than those with which we spin threads to weave into garments to be kept ready for use, and also that there was other flax which the good God sends us than that which goes through the heckle; and those that kept not the distaff ready, and the spindle bright for turning, and the foot strong for the treadle, would fail to draw out day by day the strongest and most durable threads for their own and the world's good.

As I went forth into the world, among its bursting buds and flowers of spring, I noticed the plow in the furrow, and the golden grain dropped therein; the birds building their nests among the trees and grasses; the bees among the maple buds, and the hen preparing for her brood; the brooks wearing their own channels; the violets gathering their blue, and the rose its red. I asked myself, Has all Nature, animate and inanimate, instinct and intuition to lead it to be earnest, industrious, and persistent in its work—all but the human life?

The spring gave place to summer and autumn; the flower perfected seeds; the yellow corn grew into a harvest; the birds filled their nest with life that flutter away when the snows come; the bees laid up their honey, and the brooks had worn deeper channels. But where was the instinctive life and freedom of my own soul, and the souls of those that surrounded me? what had we done to give health, plenty, life and joy to the future? Was our distaff always ready, and our feet upon the treadle? How many bundles of shining flax

Digitized by Google

had rotted? God sent flax that might have been drawn into beautiful threads, if we had been ready for the blessing, ready to act our part in the great drama of life's usefulness.

But our wheel was set aside by conventionalism. The distaff was not in fashion, custom had made the treadle vulgar, and the golden hours went by and no work was done. There was no bread for winter, no flower-seeds for the spring-time, no birds to come back and twitter their loves in our listless ears, no meandering brooks among the circumscribed existence watering the violets and roses of a healthy, happy existence; only (oh, pitiful tale!) a waste, dead pool of stagnant water, giving out its miasmas and death.

Shall human bees lay by no honey, and human hens prepare no nest for future loves. Ah! let us once more try to get out the old wheel of usefulness, and, keeping the distaff always ready, and the foot strong for work, despite custom, fashion, conventionalism, or law, be a law unto ourselves, and carefully using the flax that God sends, take into our own souls *rest* and *peace*, with faith, like Granny Allison's, that to every human soul that "keeps the distaff ready, God will send the flax."

Ordinarily, Never.

BY P. H. HAYES, M. D.

"HOW did you like the *Cantata* at the Seminary last night, father?" I enjoyed it greatly. The singing was excellent, the parts were well sustained; and the white dresses, gaily festooned with flowers; the wreaths and the garlands; and above all, the bright faces; the spirited songs, and the graceful movements of the girls, lent such a charm as girls only can lend to any scene in life. But, my daughter, vocation trains observation. Those Seminary girls have large brains and bright eyes, but they are thin; they need the development, the roundness and figure, which more muscle and a better nutrition would give. Very few of that troop of girls will ever fill out the outline and the full and beautiful proportions of a well-developed womanhood. How can they? They have none of those free romping exercises in which the element of play and abandon enters at will. Only in this way can the *animus* of a free spirit enter the limbs and send the blood tingling to every part of the body.

Exercise, we say, develops and strengthens every part of the body, but it is true only in a limited sense as to the nervous system. When this is exercised so constantly, and without the balancing and bracing effect of the muscular exercise, its activity and its sensibility are intensified; but it neither grows nor is strengthened. There can not be growth and strength in brain without abundant nutrition; and there can not be abundant nutrition without abundant digestion; and there can not be abundant digestion without free and daily exercise. The muscles are one-half the weight of a strong girl, and actually receive more than two-thirds of all her blood. The whole amount of blood in the body is about one-seventh part of its weight, or fifteen pounds in a girl weighing a hundred and five pounds; but this proportion will fail in every girl who sang in the cantata, and some of them have no more than two-thirds of the normal quantity.

The blood they do make, shut out so much from the free air and open light of heaven, is deficient in color and life-inspiring quality. There were a few *blanc mat* faces, which made me think of the disease the doctors call *anemia* or the pale-blood disease. Want of light pales and weakens every living thing, and, since the wonderful revelations of the spectroscope, it is a question *sub judice* whether the blood does not absorb the vapors of iron from the sun's atmosphere. Certain it is our finer senses are nourished by sun-light, and it is a first principle of the bloom and glow of health. Do you remember what the Prince of Morocco says in the Merchant of Venice:

"Mislike me not for my complexion,
The shadowed livery of the burnished sun?
Bring me the fairest creature northward born,

Digitized by Google

And let us make incision for your love,
To prove whose *blood* is *reddest*, his or mine."

Neuralgia, a disease of growing frequency, of which the single element is *pain*, is in nearly all its forms but an outcry of the nerves for better arterial blood, and nine-tenths of all the diseases that make so much work for the doctors are from poor blood, and poor nutrition.

In your ranks last night I saw many girls who had a right by nature to a large share of personal beauty, but they are shut up in-doors, they want muscle, figure, blood, color; they have indeed a flush, almost a fever, when excited, yet they will rise in the morning pale and languid. Madame De Staël is said to have declared she would give half her learning for personal charms, and I supposed girls knew by natural sagacity the value of beauty; if they do, they ought also to know that without *health* beauty is impossible.

Said I to a lady friend, a few mornings ago, "The prima donna we heard last night, had a painted face; I had a good glass and I am sure." "Well," said she, "it's *time* she began to patch herself up—she's *twenty-seven* years old!"

Superadded to our common human nature, every girl has her woman nature, which through all these years of school-life is undergoing the most positive, though half-unconscious evolution, and she can't help looking forward to some as yet purely ideal counterpart of herself, on whose arm she shall some day lean, and who shall give her the words and the "one look" no other man does or dare. Blessed be this God-given aspiration, never yet breathed in words, but how can it come to crownings and rejoicings through weakness?

Again these cloistered girls can not have the dignity and self-possession—*possession* of *self*—which spring from a sense of power; power they can not have without muscle—remember it stands for blood, nutrition, color, power, and from power come courage and endurance. As surely as they live, some of these girls will fall into the hands of the doctor, and he will discover that their malady has been slowly wrought into the grain and fibre of their being, and the cure, if ever it be radical, must be long deferred. Even now, some of them are "very nervous," have frequent colds, headaches, and imperfect sleep. It is a war among the members, a game of the right hand against the left, brains against muscle, mind against body, and body will win, not by strength, but by the might of *weakness*—strange paradox, "*mighty weak!*"

It is a great misfortune for girls to be entirely separated from the society and employments of home while acquiring knowledge from books. Girls should elevate and honor by doing, their all parts of the work belonging to the keeping and adorning of a home in house, garden, and grounds, and in the care of pet animals. There is no substitute for these employments on a large scale, as health-inspiring exercises for girls. They can be as truly *artistes* in the details of home life, as in their dress, or with the pencil.

A banker's half-invalid wife told me that since she was driven to do her own work, even to the washing, and, said she, "I was infinitely better in *health* and *cheerfulness* for it; but a thousand might have told me so, and I would not have believed it." How many others are "wilfully blind" to opportunities for health and pleasure just at their right hand. This woman made a discovery, waking up her lifeless, muscular system, she brought the health and cheer the doctor's art could give. Aye,

"That which makes us have no need of physic,
That's physic, indeed."

"But, father, you know they have the *regular* gymnastics in the Seminary."

Yes, and that's a part of the *vice* of them; they dull and tire from monotony; some of them are essentially unnatural, and the very character of method and drill make them discipline, rather than recreation. You can not long beat the air for exercise and find the virtue of exercise in it, no more than you can love, or laugh, or frolic by rule.

Do you remember, Mary, the two young ladies we saw at B———? They had just graduated at a seminary of note, and so important did the event seem to them, that all subsequent and even long-previous transpirings were dated from this epoch, so long before or after they *graduated*. They appeared to be well-trained in books, music, and almost to affectation in the proprieties. They were girls of some true pride, as we saw, as I think, something of the absurdity of going fresh with academic honors into an institution for invalids. The mother was strong and able to lead about and be servant to her two daughters. These were dyspeptic and bloodless their "sphere" *invalidism*. *Cui bono?* Not in dreaming, nor in thinking only, but in doing and the power to do, are we to make character and to "inherit the earth." Here were learning and accomplishments, so called, and in their getting, disuse and loss of the power to use and to enjoy them. They did not seem to have

Digitized by Google

vivacity, nature was schooled out of them. They went about exercise, not as though there were in it any element of play, but as though it were ecclesiastical, or judicial, or expiatory. They had no natural sense of fatigue or tiredness, therefore, no sound and refreshing sleep. They had, of course, no genuine sense of *hunger*, the true seasoning for our food. They would come down in the morning with the *bouche pateuse*, vile taste in the mouth, and look wistfully around for some sharp sauce, to quicken appetite, and end by saying, "I can't *eat*, every thing tastes so horribly."

Should that be called education, whatever the intellectual culture or accomplishments, which ends in impairing and perverting the powers and actions of the living body? Or is it in the power of the doctor to repair such loss? We answer to both these questions, *Ordinarily*, NEVER!

Castles on the Sands.

BY MRS. D. HARRY PRIME.

I WAITED for the morn to wake,
I waited as in days gone by;
But on my spirit only break
The changing murmurs of a sigh.
I waited, watched, as in that hour
Of life's young golden fleecy dreams;
When, in that vine-wreathed, shaded bower,
I, foolish child, reveled in *seems*.

The moon-flecks kissed my wayward feet,
And placed their gems within my hair;
I spun the threads of fancy sweet,
And wove them with a girlish prayer;
Then trilled some happy roundelay
As my fair castles came in view,
Their turrets gilt by beams so gay
Were, aye, so fair, and seemed so true!

Now moonbeams fondly kiss my hair,
And linger loving at my feet;
But where, alas! my youthful prayer?
And where those domes on gilded street?
Yes, one by one I've seen them fall;
I've built them o'er and o'er again,
But now they are demolished, all;
Their *debris* brings its last dark pain.

We build our house upon the sands,
And vainly hope a rock will form;
The watery waste conceals no lands,
'Tis only nest-work for a storm.
The roar of hurrying, changing tides
Shall be the requiem Fate will sing;
The soul from body it divides,
But Death gives back no vict'rious sting.

Digitized by Google

Statements as to the Duration of Human Life.

BY E. RAY LANKESTER, B. A., OXFORD.

HEBREW.

THE days of our years are three-score years and ten; and if by reason of strength they be four-score years, yet is their strength labor and sorrow: for it is soon cut off and we fly away.—*Psalm* xc: 10.

Yet his days shall be an hundred and twenty years. . . . There were giants in the earth in those days.—*Genesis* vi: 3, 4.

(The one hundred and twenty years is coupled with the account of giants. It was considered exceptional by the writer of Genesis.)

INDIVIDUAL OPINION.

When man has attained the age of forty or fifty he must know that he has reached half the term of his life.—*Cornaro* (Italian).

The man who does not die of disease reaches everywhere the age of ninety or a hundred years.—*Buffon* (French).

Man, being twenty years growing, lives five times twenty; that is to say, a hundred years. —*Flourens.*

CHINESE DIVISION OF LIFE. (SIR J. BOWRING.)

Age.		
10	is called	Opening Degree.
20	is called	Youth Expired.
30	is called	Strength and Marriage.
40	is called	Officially Apt.
50	is called	Error Knowing.
60	is called	Cycle Closing.
70	is called	Rare Bird of Age.
80	is called	Rusty Visage.
90	is called	Delayed.
100	is called	Age's Extremity.

FLOURENS'S DIVISION OF LIFE.

Age.		
1 to 10	is called	Infancy.
10 to 20	is called	Adolescence.
20 to 30	is called	First Youth.
30 to 40	is called	Second Youth.
40 to 55	is called	First Manhood.
55 to 70	is called	Second Manhood.
70 to 85	is called	First Old Age.
85 to 100	is called	Second and Last Old Age.

Others have divided age by periods of seven years. Dr. Farr, in the introduction to the Census of 1851, quotes various such divisions, and gives one of his own.

OLD MEN IN CHINA.

Relief was administered in the reign of Kanghi (1657) to 373,935 indigent old men in China from various provinces. The archives of the empire show that of this number the reputed ages were as follows:

70 to 80	194,086
80 to 90	169,832
90 to 100	9,996
100	21

SHORTNESS OF GERMAN LIVES.

Mr. Neison observes, in his "Contributions to Vital Statistics," that in the returns from the Gotha Life Office, "at the younger ages the mortality is much less than that indicated by any of the other tables yet alluded to (English), but at the older ages the rate of mortality is very much greater."

SHORTNESS OF AMERICAN LIVES.

Professor Gill has obtained returns from New York Assurances "showing the same peculiar features in the rate of mortality described as characteristic of the Gotha Company's experience, only at the older ages the mortality is even higher than that of the other"

The following paragraph from The Lancet has come to hand while these sheets are going through the press: "The American Philosophical Society has received from Mr. Pliny Earle Chase an important contribution on the value of life in the town of Philadelphia. Mr. Chase shows that, notwithstanding the increased juvenile mortality, the Philadelphia life tables indicate a possible life in Philadelphia of one hundred and fourteen years, a probable life of thirty-three and a half years, and an expectation life of nearly thirty-six years. He means by the term possible life, the limit sometimes obtained in a given locality; by the probable life, the age the probability of living beyond which is as great as that of dying before the age is attained; and by the expectation life he defines the average which will be attained by all who are born. In sixty-two years the average mortality was 1 in 47.836, the colored mortality in

Digitized by Google

the same period being 1 in 27.763. The ratio of still-births to total births was 4.3 per cent., and to total deaths 5.8 per cent. The ratio of living births to population was 2.8 per cent., and of deaths to births, 74.5. The average natural increase was 3.3, and the increase by emigration 2.6 per cent. The main age at death was 23.57 years, and the main age of persons living was 24.29.

But the most interesting facts in Mr. Chase's tables are those which show how the simple mode of life of a Quaker community compares with the life of a more active, or, rather, more luxurious people. He analyzes the life tables of the two communities of Philadelphia, dividing them into Friends and Philadelphia, and finds, as his results, that the Friends at the age of twelve years have a maximum vitality of 20.49 per cent. over their neighbors; that from twenty to sixty years of age they have a proportionate mortality of 23.37 under their neighbors; that their expectation of life is 24.62 per cent. higher, their probable life 43.73 per cent. more valuable, and their proportionate mortality at birth 44.70 lower than the mortality of their neighbors.

The Quakers of Philadelphia approach thus toward the Jewish race in respect of vitality, in which they are, probably, exceptional to all other Christian communities."

SAVAGES.

Fuegians and other very degraded races are stated rarely to exceed the age of forty-five, being killed and eaten in some cases by their children.

VARIOUS OCCUPATIONS.

The following table, by Guy, gives the average age of persons of various occupations dying at fifty-one and upward. (This quantity must be carefully distinguished from "the expectation of life" at the age of fifty-one, given in future tables. The "expectation" tables are framed on more extensive data, and indicate the probable after lifetime at a given age; hence they can only be compared *inter se*, and not with the above.

England, males (Farr)	75·6
Clergy	74·04
Gentry	74·
Medical men	72·95
Lawyers	72·78
Navy	72·62
Trade and Commerce	72·32
Literature and Science (English)	72·10
Aristocracy	71·69
Army	71·58
Literature and Science (Foreign)	71·44
Fine Arts	71·15
Painters (Bell)	70·96
Chemists (Thomson)	69.51
English Literature (Chambers)	69·14
Male members of Royal Houses	68·54
Sovereigns of all countries	64·19
Kings of England	64·12
England, females (Farr)	76·58
Upper class females	76·56
Females of Royal Houses	69.11

SOVEREIGNS.

This table exhibits the average age at death of Sovereigns of various races dying at fifty-one and upward.—*Guy.*

Emperors of Rome	70·18
Moors of Spain	68·
Caliphs of Bagdad, Egypt, etc.	76·8
Eastern Emperors (Roman)	66·82
Kings of Spain	65·88
Kings of Bohemia	65·16
Kings of Bavaria	65·24
Kings of Sicily	64·42
Kings of England	64·12
Kings of Saxony	63·83
Kings of Portugal	63·63
Kings of Savoy	62·52
Czars of Russia	61·90
Kings of Sweden	61·75
Kings of Hungary	61·
Kings of Denmark	60.82
Kings of Poland	60·73
Emperors of China and Japan	60·4
Western Emperors (Rome)	60.20
Kings of Wurtemberg	59·66
Sultans of Turkey	59·30
Kings of France	59·26
Kings of Scotland	57.33

N. B.—It is noticeable that the hereditary princes are less long-lived than those who have won their position by some merit, either military or administrative.

COMPARISON

Of ages at death, of three centuries. From Guy, in Journal of Statistics.

16th century 1500 facts gave mean of	64·25
17th century 3400 facts gave mean of	60.36
18th century 2800 facts gave mean of	63·41

COMPARATIVE LONGEVITY OF MARRIED AND UNMARRIED.

Number of married persons gave mean of 66.77
Number unmarried persons gave mean of 62·

Digitized by Google

STUDIES IN HYGIENE.

REST.—There comes a time in a man's life when he looks out for pauses and periods of rest. There is a time when a man is overflowing with energy. He both finds work and makes work. He cuts down trees in the forest of difficulty. He fights with windmills. He sketches out a programme which it would take several lifetimes to encompass. He puts no limit to his energies or his range of possibilities. By-and-by a man finds that his sphere is strictly limited and defined. He seeks to curtail rather than extend his engagements. He no longer thinks that he can know every body and go everywhere, but recognizes that in fact he can, comparatively, only know few persons and go to a few places. He understands small economies of time and circumstances. He appreciates the *laissez faire*. He has a growing opinion in favor of holidays. Instead of being always busy, he appreciates pauses from business. He studies to be quiet. He begins to think that speech is silvern and silence is golden. He appreciates rest. He appreciates rest if it is only for the sake of work, according to the laws of action and reaction. Hence, if you can economize seasons of rest you secure opportunities of work. In New York every man seems in a hurry, and every man has his programme too full. You note the New Yorker's short, quick and somewhat impatient walk. If he goes out to dinner, he has been working up to the last minute; at a place of amusement he is too thoroughly tired to enjoy himself; even on a holiday he is busy with his schemes of work. A man can do no justice to dinner, holiday, or concert when his most pressing need is that he should lie upon a sofa or go to bed. Hence come nervousness, indigestion, bad nights, fatty degeneration, and all kind of horrors. I remonstrated with a man the other day on his childishness in stopping to look at the shop windows. He might have answered, that to look at the shop windows was itself part of a liberal education. But he told me that he was in the habit of walking a great deal too fast, and consequently he would every now and then bring himself to anchor in front of a shop window, and counted the rest as gain. The taste for rest grows with our growth in wisdom. A child can not understand it. When a child is told that his father or mother wants to be quiet, the sentence is a wonderment to him. Mrs. Schimmelpennick says that when she was a child of six, her parents taught her to fold her hands and be quiet for half an hour. This valuable art might be taught at our schools, even if charged for as an extra. The taste for quiet and thoughtfulness ought to be developed as much as any other taste. Rest is an investment for action. It is also rather a true element in good workmanship. An editor once told me that though his town contributors sent him the brightest papers, he always detected a peculiar mellowness and finish about the men who wrote in the country. I knew an important Crown official, whose hours were from 10 to 3. He had to sign his name to papers; and as a great deal depended upon his signature, he was very cautious and chary how he gave it. After 3 o'clock struck, no beseeching powers of suitors or solicitors could induce him to do a stroke of work. He would not contaminate the quality of his work by doing too much of it. He would not impair his rest by continuing his work. And so he fulfilled the duties of his office for exactly fifty years before he retired on full pay from the service of his country. And when impatient people blame lawyers for being slow, and offices for closing punctually, and shops for shutting early and, generally speaking, the wider adaptations of our day to periods of holiday and rest, they should recollect that these things are the lessons of experience and the philosophy of society and life.—*English Paper*.

SUNBATHS. — These baths should be taken with care at first, say from ten to fifteen minutes at a time, and gradually increased until there be exposure from twenty to sixty minutes, but never so long as to be followed by a burning sensation on any part of the body. Of course, the stronger the patient, and the greater the effect desired, the longer they should be continued. If the patient be weak, and a powerful action be not desirable, the body may be lightly covered with white clothing, and the person sit or lie in the sunshine for hours if the heat be not great. Care should always be taken to avoid debilitation or prostration, which

Digitized by Google

will result from long exposure to great heat. All parts of the body should be exposed alternately, or turned to the light. These baths may be taken daily when the heat is not too great, but never either immediately before or after a meal. Semi or tri-weekly in mid-summer will be all sufficient. The head may be kept cool by putting a wet cloth on it, and if there be nausea, sips of cold water may be taken.—*R. Walter, M. D.*

HYGIENE AND ALCOHOL.—Twenty-six men were once traveling over a Western plain. It was very cold, and they were obliged to camp out, with food but no fire. They also had plenty of whisky. One of the number was a physician, and before the men retired he delivered the following speech:

"'As we can't get wood, boys, we must keep warm, or at least alive, through the powers of *Madam Vis Medicatrix Naturæ*. She is all right in any weather, if we don't clog her up and pucker her forces. If I have got any medical knowledge at all, I am going to use it to-night, and the first thing I begin with is this: I am as fond of whisky as any man dare be; but, by the gods, the man that gets drunk to-night to keep warm won't see daylight. When the great God of the Universe made man the boss workman of the earth, he made all other things first, and the elements, too, not to rule over him and to kill him, but to hunker down to his wants. But, boys, whisky was scored out of that bill of fare. The *vis medicatrix naturæ* is the highest of all other things, and if she ain't splintered up by our own folly she will ride safely through any storm. We have got to keep stirring round or huddle up in the straw of the wagons, as many of us as can cram in together. Each one will keep the other warm. We must all eat as much as possible, but whisky ain't the thing.' This is what I told them all, but very few minded me. I didn't taste a drop, nor did Carter, nor Finley. We then huddled in together on the straw in the bottom of our wagon. We took off our boots and overcoats, and then got on the straw and put our blankets over us, and our overcoats on the top of them. We were only cold, but did not suffer or freeze. Clark, Reilly and Tanner were very cold, and we heard them yelling nearly all night. They suffered very much, but were not frozen; they drank very little whisky, but they, took several *thin* drinks in the run of the night. Seven other fellows, that drank a good deal, had their toes and fingers scorched, but they got over it in a few weeks. Six of the boys that drank pretty strong were badly frozen, and never got over it; and four that got very *boozy* were frozen so badly that they died three or four weeks afterward. But Hutchinson, M'Elroy, and M'Alpin were stiff dead by daylight. They got dead drunk, and as they did not make a fuss, the other boys thought the whisky was keeping out the cold, so they drank the stronger. I tell you, sir, they all suffered just according as they took in the whisky; those that got drunk froze dead; those that drank less, but too much, died after a while; those that drank only moderately will feel it as long as they live, and those that took only thin drinks were well nigh shut up. We three didn't drink any. The *vis medicatrix naturæ* brought us through. These men were all Americans; their ages ranged from 23 (M'Alpin), the youngest, to 31 (Carter), the oldest of the group. All were equally well provided, each having two blankets. All were in the bloom of life, in the best of health, and ready to encounter, and able to overcome the hardships inseparable from a frontier life."

RICE AND MILK AND HARD WORK.—A health reformer was told that he could not keep up with the crew of men through haying on his "sick folks' baby diet." He replied, that he could go through the two weeks of haying on *rice* and *milk* and endure the labor as well as any man in the crew. The whole company ridiculed him.

"They laughed, 'twas well; but the rule applied
Soon made them laugh on the other side."

He went through the entire haying season with only rice and milk for nourishment, and to the astonishment of all, did more work and endured it better than any other man in the company. They had supposed that rice contained but little nourishment, was suitable only for sick people, students, etc., but were surprised to learn that there is on earth but one other article of food (oat-meal) containing more nourishment to the pound than rice.—*M. E. Cornell.*

FORESTS.—The disappearance of our forests and the growing scarcity of trees being of such deleterious effect upon our climate, soil, and sanitary conditions, has been elaborately referred to by us in former issues, and we are pleased to note that a suggestion made in our pages is to be carried out by the Lake Shore and Michigan Southern railroad; which will

Digitized by Google

plant chestnut trees on each side of the track of its new branch to Grand Rapids. The railroad companies have a special incentive to such planting in the fact that the trees will pleasantly shade the track in summer, shield it from snow-drift in winter, to say nothing of possible mitigation of atmospheric effects upon the iron, according to recent chemical developments.—*Exchange.*

OVERWORK.—An idea has taken hold of the public mind that overwork is killing a great many business and public men, which we are convinced is without any good foundation. The overwork meant is hard brain-work, not hard physical labor, though it is the latter that is more likely to shorten life than the former. You will rarely find an old man among miners, sailors or other very laborious callings; but statesmen like Wellington or Palmerston, who sit up at nights in Parliament, and have all the affairs of the great nation on their minds, are often very long-lived. Clergymen, who are a very hard-worked class, so far as mental labor is concerned, are also generally long-lived, and so are judges, and especially chief justices, whose minds must be almost constantly on the stretch. The greatest workers in preaching or writing, such as Calvin, Wesley, Lyman Beecher, Albert Barnes, etc., often attain a great age. It is not, therefore, great mental labor, even though accompanied by a good deal of bodily labor, that shortens life, but rather the anxiety, excitement, and worry of gambling, in business or politics, and the free use of stimulants, that are the real causes of most of the sudden deaths which are credited to over-brain work. Let a man keep calm, abstain from stimulants and narcotics, take sufficient wholesome food, moderate exercise, and sound sleep, and he can probably work with energy year in and year out to the allotted period of man's active life, namely, three score and ten years.—*New York Witness.*

SUMMER DRINKS.—The summer season is sure to flood saloons and liquor-stalls with a vast variety of drinks whose base is alcohol. The evil spirit of rum assumes more aliases than any other spirit of mischief. Unscrupulous dealers in soda give it soft names, cover it with cream, and crown it with foam. The manufacturers of cheap lollipop are not contented with the sickening swill which they sell by the glass, but they must impregnate the nasty stuff with poison, so that it will burn as well as bubble. Temperance men and women should give a broad margin to all who make and sell these unwholesome and dangerous compounds. Many cases of sickness, not to mention drunkenness, can be traced directly to the use of these so-called summer beverages. Not a few reformed men, who would turn with "fear and trembling" from the bar where intoxicating liquors are sold, will venture to taste "hock" soda and similar intoxicants, and find, to their sorrow and shame, that the devil baits his hook in the drug store, and at the soda-fountain, as well as the dram-shop. We ask the authorities if these dealers in stimulating syrups have a legal right to do so without a license?—*National Temperance Advocate.*

THE UNCERTAINTY OF LIFE.—Prof. De Morgan once remarked that before an individual was born, it was twenty chances to one against his dying at a given age of a given malady;-and this still is and ever must remain true. The recognition of the fact that all must die constitutes the boundary of our knowledge as to the individual catastrophe; and it is wisely ordained that it should be so. But scientific investigation, aided by and based upon well-founded records of the deaths of several centuries, has led to the discovery of a series of facts connected not only with the masses of the people, but with the various sections of the mass, which not only astonish us by the minuteness of their details, but astound us with their marvellous accuracy.

By such means it becomes known that a *clergyman* who has attained thirty years of age has an expectation of thirty-five more; that an *agriculturist* of the same age has an expectation of forty years; while a *sovereign* can claim no more than twenty-two or twenty-three years. This last fact calls to mind an observation of Hufeland, that while royalty confers upon its possessors all the advantages and enjoyments of the world in the highest degree, it does not, as a rule, confer on them that which is to be esteemed as greater than all—the blessing of long life.—*N. Y. Observer.*

IS THERE ANY PURE WATER?—We are invaded with dirt, not only in the air we breathe but also in the water we drink. As Professor Tyndall quaintly puts it: "Here, for instance, is a bottle of water, intended to quench the lecturer's thirst, and it would be well for the lecturer not to scrutinize it too closely. In track of the beam of electric light sent through, it simply reveals itself as dirty water." He then goes on to say that the most careful filtering, even

Digitized by Google

through charcoal or silicated carbon, is useless to intercept the number of particles wholly beyond the range of the microscope. A glass of cold, sparkling water is a luxury on a hot, thirsty day; but, we fear, many of us will be put sadly out of conceit with the filtered draught when we are told that it is next to impossible, by artificial means, to produce pure water. The purest water that can be obtained is probably from melted ice; but even this, from contact of the ice with mote-filled air, is not absolutely pure. The water of the Lake of Geneva is, according to the Professor, remarkable for its its purity.—*Once a Week.*

HYGIENE *vs.* DRUGS.—The most enlightened physicians are fast losing their faith in the efficacy of drugs. These, in themselves, as an experienced doctor has said, may always be regarded as evils. Even when they do good, which is rarely the case, the benefit is never unaccompanied by a certain injury, and the former is to be measured only by its preponderance over the latter.

Sir Astley Cooper is reported to have said that drugs, even in the hands of the physician, have upon the whole done more harm than good, and all judicious practitioners of medicine are now using them less profusely than was once the practice. "I firmly believe," says Dr. Holmes, "that if the whole materia medica, as *now used*, could be sunk to the bottom of the sea it would be all the better for mankind—and all the worse for the fishes."

If the drugs were thus disposed of, those who believe that all the art of medicine consists in the use of them would doubtless think that its professors might as well drown themselves in the same sea with their materia medica. The doctors, however, can not be spared, though their pills, boluses, powders, and draughts may. They are wanted, with all their science and devotion to labor, to study the diseases which afflict humanity, and having discovered their causes, to do their best to remove them. The unprofessional public can also do a great deal for themselves, by acquiring a knowledge of the laws of health, and acting in obedience to them. They will thus soon learn that disease is the inevitable penalty of disobedience, and that it is not in the power of pill or powder, or any drug to mitigate or abolish their punishment.—*Harper's Bazar.*

The more people study hygiene the less willing will they be to swallow poisons. The latter kill, the former makes alive.

HYGIENE OF THE AX.—Horace Greeley in his description of his habits of life, gives an interesting account of the happiness he experienced, and the benefit he derived, from taking his ax and trimming the trees of his wood lot, and exercising his muscles with this useful implement. It is said also of the celebrated Archbishop Whately that he was often seen, ax in hand, working off nervousness and indigestion. Instances of this kind might be multiplied, where men of common sense have acted upon this principle, and with benefit to themselves. The principle is generally recognized that health and strength of mind depends much upon health and strength of body. These can not be maintained without proper exercise. These being established principles, would it not be well to act in reference to them, and from a settled principle of action, which would call into proper healthful activity the different powers of the system?—*Geo. J. Butler.*

FATIGUE.—In order to understand the influence of an irregular expenditure of force, we need only to remember that when greatly fatigued we lose our appetite, and that when the stomach is full of activity the limbs are indisposed for performing hard work. Insufficient nourishment and fatiguing work, during the period of growth, stop the corporeal development of the individual.—*Liebig.*

Parents should be careful not to work their children *too hard.* On the other hand they should not let them be entirely idle. Use judgment in the matter.

HUMOR.—"My lord," said the foreman of an Irish jury, when giving in the verdict, "we find the man who stole the horse not guilty."

During a fine starlight evening lately a three-year-old philosopher, after a silent and apparently profound scrutiny of the heavens, asked his mother, abruptly, where the stars came from. Mamma replied: "I don't know, Willie; I don't know where the stars come from." "Well, you bet I do. *The moon laid 'em.*"

A little boy having broken his rocking-horse the day it was bought, his mother began to rebuke him, and to threaten to box his ears. He silenced her by inquiring, "What is the use of a good hoss till it's broke?"

"Where's your filial gratitude, you naughty boy? What would you have been without your kind father and mother?" "I s'pose as how I'd been an orphan, sir."

Digitized by Google

RECIPES FOR WHOLESOME COOKING.

PUDDINGS--Continued.

No. 4. Boiled Apple Pudding.—Half a pound of apples; half a pound of bread-crumbs; half a pound of currants; six ounces of sugar; two eggs, and the grated rind of a lemon. Chop the apple small; add the bread-crumbs, currants, sugar, and lemon-peel, then the eggs, well beaten; boil it three hours, in a buttered mold or basin, and serve with sweet sauce.

No. 5. Boiled Arrowroot Pudding.—Take two ounces of arrowroot; one pint of milk; and two eggs. Set the milk on the fire; take out a few spoonfuls, and mix with the arrowroot; when the milk is nearly boiling, pour it gently upon the arrowroot, stirring it all the time; return it into the pan, and set it on a moderate fire, stirring it well for a few minutes till it thickens; when nearly cold add the eggs, well beaten, and a little salt; boil it an hour in a buttered basin, and serve with or without butter sauce and currant jelly.

No. 6. Apple and Bread Pudding.—Take three-fourths of a pound of bread crumbs, one and a half pounds of apples, sugar, and butter. Pare and cut the apples as for a pie; put a little butter into a deep dish; then a layer of apples with a little sugar; then a thick layer of bread crumbs; then another layer of apples and sugar and bread crumbs. Lay a few small pieces of butter on the top, and bake it in a moderately hot oven. Cooked rice is a good substitute for bread crumbs.

No. 7. Batter Pudding.—Take a half pound of flour; one pint of milk; two eggs; one salt-spoonful of salt, and one tea-spoonful of baking powder. Rub the baking powder quite smooth, mix it well with the flour, then stir in nearly half of the milk with the salt; beat it perfectly smooth, add the remainder of the milk and the eggs, well beaten; boil the pudding one and a half hours, in a buttered basin, and serve with sweet sauce; or melt some butter in a dish, and bake it in a quick oven.

No. 8. Barley Pudding.—Prepare a half pound of pearl barley; one quart of new milk, and six ounces of sugar. Put the barley in fresh water, and let it steep twelve hours; pour the water from it, add the milk, sugar, and a small salt-spoonful of salt, and bake it in a slow oven. If a richer pudding be required, take it out of the oven when nearly done, stir in two ounces of butter, four well beaten eggs, a little almond flavor, or any other seasoning; return it to the oven in a buttered dish, and bake it one hour.

No. 9. Baked Batter Pudding with Fruit.—Take a half pound of flour, one pint of milk, the yokes of four, and whites of two eggs; half a tea-spoonful of baking powder, and one tea-spoonful of salt. Rub the powder till smooth, mixing it well with the flour, adding the salt, and as much milk as will make it a stiff batter; beat it till quite smooth, then add the remainder of the milk, and the eggs, well beaten. Put some apples, cut as for a pie, into a buttered dish; pour the batter over, and bake in a moderately hot oven. Damsons, currants, gooseberries, or rhubarb, may be used in the same way.

No. 10. Bread Pudding.—Three ounces of fine bread-crumbs; two ounces of butter; two ounces of white sugar; three eggs; the rind of a lemon, and one pint of cream or new milk. Put the butter into a basin with the sugar (pounded), and the grated rind of a lemon; pour in the boiling milk, or cream, stirring till properly mixed, when nearly cold, add the bread-crumbs, the eggs, well beaten, and a few drops of almond-flavor, mix the whole together, and bake it in a buttered dish, in a moderate oven.

No. 11. Common Bread Pudding.—One quart of milk; three eggs, and bread. Pour a quart of boiling milk on as much bread (with the crust), cut in small pieces, as will absorb it; cover it with a plate, and let it remain till cool. Mash the bread, and add the eggs well beaten; when well mixed, put it in a wet cloth, floured; boil it an hour and a half, and serve with sweet sauce.

No. 12. Bread Pudding without Milk or Eggs.—Take one pound of stale bread; a half pound of currants; a quarter pound of sugar, and one tea-spoonful of ginger. Pour boiling water on the bread, and when cool and properly soaked, press out the water, and mash the bread, adding the sugar, currants, ginger, a little salt, and grated nutmeg; mix the whole well together; put it in a buttered dish, laying a few small pieces of butter on the top, and bake in a moderate oven; when baked, let it remain a few minutes; then turn it out on a flat dish, and serve either hot or cold.

No. 13. Bird's Nest Pudding.—Peel and core with a scoop enough apples to cover the bottom of your dish; fill the holes of the apples with sugar, and sprinkle one ounce over them; add a quarter pound of sago, a little lemon peel and nutmeg; cover the whole with water, and bake it in a quick oven for about one hour. eaten hot, let it stand five minutes after being taken out of the oven. It is very nice cold.

No. 14. Carrot Pudding.—Take a half pound of grated carrot; one pint of new milk; a quarter pound of soda biscuits; three ounces of sugar, and half a small tea-spoonful of powdered cinnamon. Wash and scrape the carrots very clean; grate them into half of the milk, cold; boil the other half pint of milk, and pour it upon the biscuits, broken in small pieces, cover it with a plate, and when cool, mix well with the carrot and milk, adding the sugar and cinnamon, and bake in a buttered dish in a moderate oven.

No. 15. Carrot Pudding.—Take a half pound of grated carrot; a half pound of bread crumbs; one pint of new milk; half a pint of cream; six eggs; four ounces of sugar, and two ounces of butter. Wash and scrape the carrots very clean; grate them quite fine; mix the pulp with the bread crumbs, sugar, nutmeg, or mace, and a little salt; add the eggs, well beaten, and bake it in puff paste, in a moderate oven.

Digitized by Google

EDITORIAL DEPARTMENT.

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

W YORK, SEPTEMBER, 1871.

WATER.

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

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

Exchanges are at liberty to copy from this magazine giving due credit to THE HERALD OF HEALTH AND JOURNAL OF PHYSICAL CULTURE.

OPICS OF THE MONTH.

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

OW THEY TREAT AMERICAN WOMEN CAL STUDENTS IN GERMANY—A LESSON BELLEVUE.—

A LETTER FROM DR. MARY SAFFORD.

16 TAUENSIEN STRASSE, BERLIN, Germany, *July* 30, 1871.

AR DR. HOLBROOK—What mystic hand been instrumental in placing the generous of "HERALDS OF HEALTH" upon my ta- do not know; but I do know that they met with a hearty welcome, and that an books have been laid aside to greet interest and pleasure thoughts of those I have so long known through their gs, that I now claim them as friends. I have looked in vain for "Aunt Fanny's" pen tracks, but I hope it has not ceased to run. As my eye, too, glanced along among the General Articles and the Editorial Department, I have been enticed to sever leaf after leaf, and as I have read this article and that, each so instructive and suggestive, a dozen German friends, at least, have been thought of who must have the benefit of reading them, too. They may prove the seed dropped upon good soil that shall take root, and have an influence in turning more attention to thoughts upon Hygienic subjects in general, which in many respects is as much needed here as in America. As far as I have been able to judge, and I have had no little experience in Vienna and here, I think the food of the well-to-do people much better selected and prepared than with the corresponding class with us. Although it has been proven satisfactorily, to scientists at least, that from Liebig's prepared extract, through all of the varied forms of soup made of meat, they do not really contain a principle of nourishment, but act only as a stimulus like theine, but one soon learns here to accustom himself to them, and to consider them a very agreeable forerunner to a substantial meal, especially when prepared so palatably as is usually the case.

One forgets in this country that such an abomination exists in the civilized world as hot bread in any form. Your little biscuit, *semmel*, comes to you fresh for breakfast, never hot, with a brown, crispy external, and with a light center. For dinner and supper, light rye bread, baked in large loaves in the country, in ovens like our olden-timed New England ones, is mostly used in this part of Germany. The pest of pastry that infests American tables is quite unknown.

Before I was so fortunate as to be taken into a charming home circle, I took my meals at

Digitized by Google

restaurant, where, at 2 o'clock, a throng dined at *table d' hote*, but as I did not have time at that hour, I dined quite alone with the same bill of fare as came an hour later, and I could but think daily what a blessing such a bill of fare would be, for such a price, in America. Every thing well cooked, linen scrupulously clean, service prompt and attentive, soup varied —barley, rice, pea, bean, followed by two meats and two vegetables, and an abundant dish of stewed fruit, and that followed by bread, butter, and cheese, all for fifteen cents, and had I dined at the general table, for twelve and a half cents.

I have had opportunities since I came here of entering the homes of the wealthiest, and the attics of the poorest, and in every phase of human life I find much to admire. There is none of that reckless extravagance in house-furnishing, or in dress, and in all externals, as in America.

A young married couple suit the number of their rooms, and the number of flights they are high to their means, and no one thinks of cutting their acquaintance because their snug little sitting-room serves as reception-room, dining-room, and parlor.

A birth-day occasion is one of the pleasantest of events to witness in a German family. Days before, the brothers and sisters bring together their accumulated pennies, and each invests the amount of the same in some love-token, however trifling.

If the morning is pleasant, as was the case lately upon a birth-day occasion where I was present, the table is spread in the garden, and on it are placed the gifts—practical ones from the parents; some simple delicacy, pleasing to the juvenile palate is added to the usual meal; flower-offerings are sent, and relatives come to present their congratulations, and, as if the product of a magic wand, is reared by the gardener a triumphal arch of evergreens and flowers. The evening is spent by an in-gathering of the family and a few friends into the music-room, where the little eleven years' old gentleman, the honored personage of the evening, is first called upon to play, first upon the violin, accompanied by his mother, and then, alone, without notes upon the piano, one of Shubert's lovely sonatas. This was followed by selections from Mozart, played by the father and mother on the violin and piano. A delightful picture of home life it seemed to me, this father and mother surrounded by their six children, making home in the present all that was elevating in influence, and leaving sweet memories that time nor separation, nor distance, in after years can ever obliterate.

Having been two years, nearly, in Vienna, without meeting with an obstacle to impede the progress of my studies, I almost feared the attempt to break new paths, not trodden before by the feet of women. I faced, however, the realities of asking admittance to the University here, and to my joy I met with a kind and generous reception. Every thing is in miniature, compared to the great hospital at Vienna, but although the material is so much less, it is so much more carefully and better used, that it more than compensates. The professors are comparatively young, and as industrious as intelligent. Prof. Woldeyer, the pathologist and microscopist, with whom I work, and whose autopsies I attend, has made for himself an early and deserved reputation by his discoveries and writings.

In Vienna I was interrogated the first day of the term by at least a score of students as to where and what I had studied, but here they manifest as little curiosity in regard to my presence, as if they had always had women students in their midst. All are exceedingly polite, even to the sacrificing of a seat for my benefit, and I can assure you that it is a pleasant memory that I take home with me—the universal kindness that I have everywhere met with, from the medical faculty, as well as from students.

I have attended lectures upon Surgery, the only woman among four hundred students witnessing not only all operations that were made, but taking, with a class composed of all nations, a surgical operative course, where upon the *cadaver* all operations.

Digitized by Google

In Anatomy I have had a like experience. I have dissected with a promiscuous class, and I have not only been present, but have assisted the Professor in making several operations in his private practice, upon both men and women, and in all my experience I have never encountered vulgarity in speech nor act.

You will, I feel sure, rejoice with me, when I tell you of the golden opportunities I enjoy in the private office of a noted gynecologist here, who, besides having an immense private practice, has a very large polyclinic for the poor. He has permitted me to make several important operations, and to-day I have made one on ovariotomy, which, you know, is the most difficult, as well as dangerous of all operations. I received the warm congratulations of the physicians who assisted me, and from Dr. F., who gave me the operation to make, the cheering words that no one could have done it better.

Very truly yours,
MARY SAFFORD.

THE EXERCISER.—In the Movement-Cure Rooms of the Health Institute, at 15 Laight Street, for over two years has been used a curious piece of machinery, called the Exerciser, which has always been the wonder and delight of patients and visitors, and which has now been so perfected that we think the outside world ought to know about it. The object of the machine is to give some of the most important applications of the Movement-Cure that can not well be made by hand. With it a feeble patient can be exercised from head to foot in a pleasant and agreeable manner, without expending his own strength to do it, and feel refreshed instead of exhausted at the end of the treatment. By taking hold of the handles, for instance, the hands and arms can be exercised by rapid vibrations, so that the blood will flow to them and produce a delightful glow. The feet and legs can be treated in the same manner. The same form of exercise can be applied to any part of the body; the liver can be exercised so as to remove torpidity; the abdomen can be exercised so as to remove constipation; in short, kneading, vibrations, rubbing, etc., etc., can be applied to the body in such a variety of ways as to produce most important physiological changes in a very short time, soothing disordered nervous action, promoting the circulation in organs where it is deficient, relieving congestions, promoting absorption, secretion, nutrition, and strengthening weak muscles to almost any required extent. In the treatment of dyspepsia, liver complaint, defective circulation, constipation, headache, coldness of extremities, chronic rheumatism, paralysis, and chronic diseases generally, it has great value. It is the invention of Dr. A. L. Wood, Physician to the Institute.

DEATH OF PHŒBE CARY.—Our readers will not need that we should tell them of the death of another of our contributors, Phœbe Cary. It is only a few months since we announced the death of her sister Alice. The general belief is that her grief for this sister had much to do with her illness. Their lives seemed almost one to those who knew them. Both sisters had been contributors to THE HERALD OF HEALTH for many years, and our readers will miss their sweet songs. They seemed to take great pleasure in writing for our magazine, and always adapted their poems to its needs, and more than once expressed their pleasure because they were enrolled among our contributors. The last poem written for us by Phœbe was printed in the June number. Those who will turn to it will find her words almost a prophecy of her death, as, for instance, the following verse:

"The mists and the shadows of morning are done;
I am come to the side that is nearest the sun;
And the hills of that country are almost in sight,
Where beyond the last shadow is nothing but light."

But we will not mourn her loss, for we know that she is with her sister, singing sweeter songs than any that can be written on this side of the tomb.

Digitized by Google

How to Treat the Sick.

TREATMENT OF RHEUMATISM BY ELECTRICITY.—Centuries have passed since electricity was first recognized as a therapeutic agent, yet till late years but little progress has been made towards reducing it to a practical system of healing, covering the whole field of disease, applied according to known laws based upon the inductions of science.

Twenty-five hundred years ago, Thales, inspecting the mystic electron, guided by the lights of intuitive philosophy, reasoned that he had found the hidden *vis vitæ*. Galvani revived the same idea. Both in their turn were discarded; but the discoveries of to-day do justice to those bold philosophers of the past. We are able to prove what they guessed at, their hypotheses are our facts.

This mysterious force whose mighty agency hangs out the spheres in equipoise, whose thunder tones wake the sublimest operations of nature, yet so subtile that it propels alike the life-currents through the veins of the sleeping infant and the leaves of the tender plant, though harnessed and trained to do the behest of man, it is a dangerous plaything, and must be handled with care.

As a sort of grand climax of its usefulness, it has come down as Heaven's gift to assist in the work for which the Saviour came; to help fallen man to rise to higher manhood, by fitting up a sound temple in which to enthrone a sound mind.

Since electricity has been admitted into the ranks of curative agencies, it has been mainly applied by persons so ignorant of the first principles of the science, that it has done more harm than good. Manufacturers of electro-magnetic apparatus have sown their machines broadcast over the land, with printed instructions accompanying them, directing how to treat different diseases. These instructions in most cases are wrong, and in some cases should the patient follow the prescription, his credulity would probably cost him his life.

The most harm has probably been done by the empirics of the drug system, who use electricity as they do every thing else, heroically! Nearly all of them possess electro-magnetic machines (batteries, they call them), and when they have drugged their victims till nature has become passive and refused to take further cognizance of insult, by making an effort to expel the enemy, then as a *dernier resort*, the patient must be "shocked." Though the subject be a delicate female, with nerves like a sensitive plant, "she must be shocked, it will arouse and do her good." If the patient screams with pain, it is regarded as a first-rate joke, a fit subject of mirth. After repeated trials, and the patient has learned to tremble when the practitioner's step is heard, or has an attack of hysteria, the wiseacre perceives that "electricity is not requisite in her case, she has *too much* electricity in her system already." If they ever perform a cure, it is in accordance with drug principles, by making another and worse disease than the first.

To-day hundreds of the sick dare not trust themselves to the care of intelligent electricians because their nervous systems have been shattered by "shocking" at the hands of those learned dunces whose arrogant assumptions are only equaled by their ignorance of hygienic laws.

But do not these know? shall not knowledge die with them? Is not the fact that they know how to poison their patients skillfully with carefully compounded potations, proof *prima facie*, that they know all that can be known of electro-therapeutics, and he who claims to be better informed, though he has spent years of patient research in the matter, is a pretender, a quack, an irregular!

The machines for applying electricity, though much improved of late, are still very defective at best; some are worthless altogether. It

Digitized by Google

not our object to advertise any. Our motive is simply, in view of the immense amount of malpractice there has been, to lay down a rational mode of electrical treatment to assist Hygienic practitioners to combat more rapidly some of the more stubborn forms of disease. We commence with one of the most painful—Inflammatory Rheumatism. The operator will need the electro-magnetic machine for this. If it is arranged with different tensions, he will use the highest, wet sponges being attached to the conducting wires or cords.

Should the affection be in the knee-joint, place the positive sponge upon the most sensitive portion of the lesion, and the negative opposite, thus treating directly through it. Use as strong a current as can be comfortably borne, and increase it as fast as the patient can bear it; continue this twenty minutes, and if the attack be severe, longer, even double the time, till the patient be relieved somewhat; then place the negative pole at the foot, with foot in warm water usually, and manipulate with the positive all over the limb, from the knee down, but mainly upon the sorest portion: time, ten minutes. Repeat the treatment daily, or semi-daily, according to severity, till relieved entirely. Should the attack be in the ankle, the same course is indicated; if in the elbow or wrist, the same, substituting the hand for the foot. If in the shoulder, place the negative pole at the base of the spine, and manipulate with the positive: finally, place the negative in the hand and run it off that way.

Should the attack be in the hip (here care should be taken not to confound it with sciatica, which needs reverse treatment,) first seat the patient on the negative sponge, and treat over hips with the positive; lastly, place the feet in water with the negative pole, and continue ten minutes longer.

Should there be a general febrile condition accompanying the attack, first seat the patient on the negative sponge, and pass the positive several times down the whole length of the spinal column with as strong a current as can be borne; then reduce it, and treat all over the trunk ten minutes; then place the feet in the water with the negative, and go over the legs five minutes longer.

From one to five treatments is generally sufficient to dispel an attack of inflammatory rheumatism. Of the cause of this disease, and how to remove it, we shall speak under the head of Chronic Rheumatism.—*A. J. Cook.*

How to Cure Stammering.—Lute A. Taylor, editor of The La Crosse (Wis.) Leader, who has been an inveterate stammerer, writes as follows about the way to cure the habit: "No stammering person ever found any difficulty in singing." The reason of this is, that by observing the measure of the music—by keeping time—the organs of speech are kept in such position that enunciation is easy. Apply the same rule to reading or speech, and the same result will follow. Let the stammerer take a sentence, say this one, "Leander swam the Hellespont," and pronounce it by syllables, scan it, keeping time with his finger, if necessary letting each syllable occupy the same time, thus Le—an—der—swam—the—Hel—les—pont, and he will not stammer. Let him pronounce slowly at first, then faster, but still keeping time with words instead of syllables, and he will be surprised to find that, by very little practice, he will read without stammering, and nearly as rapidly as persons ordinarily talk or read. Then practice this in reading and conversation until the habit is broken up.

New Premiums for 1872.—We call especial attention to some new premiums offered on another page for The Herald of Health for 1872. Those who send in names now, will get the October, November and December numbers free. Where each subscriber gets a premium worth a dollar and a half, it will be very easy to get names. Let the work begin at once. We promise, if possible, to make our magazine better and better each year, and ask our subscribers to do their share toward giving it a very wide circulation.

Digitized by Google

ANSWERS TO CORRESPONDENTS.

BY A. L. WOOD, M. D.

Exercise for Sedentary People.—"Will you please make a few remarks in THE HERALD OF HEALTH on the good arising to sedentary persons from the use of Dumb-bells, Indian Clubs, etc., etc.? Which of the various kinds of apparatus is best; time for taking exercise; how long to exercise, etc.; and any other remarks you may see fit on exercise with apparatus."

It is a law of our nature that we must have exercise, and although we can live longer without it than we can without food or air, still it is just as necessary to perfect health. Those who can not get a sufficient amount in their occupation, or in other natural ways, must adopt some artificial mode of obtaining it, or their health will suffer materially and permanently. Almost any of the different kinds of exercise are good, if judiciously practiced. The Indian clubs constitute one of the best pieces of apparatus for exercising and developing the upper half of the body. The dumb bell is good, but far inferior to the club. Lifting, when carefully and systematically practiced, is an excellent mode of exercise, but there are few that will practice it methodically enough to derive great benefit from it, unless they are under the direction of a good teacher. For a single piece of apparatus for home or office use, I think Bacon's Home Gymnasium is the most valuable. There are a great variety of exercises upon it, which bring into action all the different parts of the body, and the exercises are of such a character as to impart elasticity as well as strength. Sedentary persons should also take some kind of out-door exercise daily, of which walking is one of the best. Rowing is excellent, and in connection with walking constitutes a very complete exercise. The time for taking exercise may, and must be varied somewhat, to suit circumstances. An hour or two before dinner is perhaps the best time. Most persons would be benefited by a half hours' walk or row before breakfast. No very active exercise should be taken soon after eating. The amount of exercise necessary to health varies as much with different persons as the amount of food eaten. No one should give less than an hour a day to physical exercise, and most persons would be benefited by more. Much, however, depends upon the kind of exercise, and the spirit with which it is entered into.

Climate for Consumptives.—"Will you please inform me through your journal of the best locality in our country for a permanent residence (not a temporary resort) for persons who inherit or are threatened with consumption? What is your opinion, and what are the advantages of Western North Carolina, West Virginia, Minnesota, or any of the places usually spoken of? Are the winters of the first too mild, and the summers too warm? Are the winters of Minnesota too severe, and what part of that State is best?"

In a large proportion of cases, Minnesota and the eastern slope of the Rocky Mountains—Montana, Wyoming, and Colorado—are the most desirable places for a permanent residence. For persons combining good digestion with bronchial affections, Florida is a desirable place of residence. For most invalids a cooler and more bracing climate in summer is desirable. With the healthful advantages of Western North Carolina and West Virginia, I am not so well acquainted. The winters of Minnesota are cold, but the air is very dry, so that the cold is not felt as it is in moister climates. For full information in regard to the most desirable localities in Minnesota, and much other useful knowledge for a consumptive, see "Climates for Invalids," price $1.25, for sale at the office of THE HERALD OF HEALTH.

Night Sweats and Numbness.—"I am troubled with night sweats on my legs, and also a numbness from my knees down. If you can recommend any thing for it, I shall be much obliged."

As you say nothing about other conditions, it is impossible to tell the cause of your difficulties, which should always be sought out

Digitized by Google

removed, as the first and most important toward a cure. There is one thing, ever, which will be found of benefit, what- may be the cause, and that is to bathe legs daily in cool or cold water, following p with thorough rubbing, kneading, and ussion. The rubbing, etc., may be re- ed several times a day.

igh-Heeled Boots.— The following The Pacific Medical and Surgical Jour- s too good to pass unheeded :

It is worthy of note that while a malig- hatred of Chinese, individually, is fo- ed under cover of hostility to their immi- on, our females have fallen in love with ese costumes and customs, in some res- , and accepted them as models. The pic- s of Chinese ladies, to which one has been stomed for many years, bear a close resem- ce to the American belle of the present The repulsive hump, the crippled feet, the mincing gait of our women, if they ot fortify the Darwinian theory of the ori- of the species from monkeys, at least give ppearance of retrograding monkey-wards. dress, uncouth and deforming as it is, d not of itself deserve notice, but the high , crippling the feet and distorting the s, are an outrage on grace, on anatomy, on anity, entitling the authors, could they be ted, to criminal responsibility. A con- on of corn-doctors, in the interest of their , could not devise a better scheme for times. Women whose pedals are solidi- nay escape with corns, of which we hope pray they may have a full and a tender But that a whole generation of little should have their toes jammed into the s of their boots, to do the work of heels, hat their legs should be thrown out of atural balance, and the pliant bones bent emi-circles, is a sacrifice to fashion which l disgrace a nation of Hottentots. Should icked custom hold a few years, there will a decent foot or an esthetic leg in our population, except among washerwo- nd the like. And all this is a trifle com- with the mischief done to the pelvis, and chest, by the constrained attitude the abnormal elevation of the heel must essity induce. Fashion is at best a cruel t ; but the whole history of her capricious rule does not exhibit a grosser violation of nat- ural laws, and a more unpardonable assault on the beauty and health of woman, than the in- vention of HIGH-HEELED BOOTS."

Fever and Ague and Quinine.— "I have been troubled with the ague for sev- eral weeks. Please give in the next number of your HERALD OF HEALTH your treatment of this disease. I have been using quinine. Has quinine an injurious or beneficial influence upon persons ?"

An answer to this will be found in the May number of THE HERALD OF HEALTH for this year, page 232. Quinine often checks the chills of fever and ague, but does not cure the disease. The philosophy of its effect is this : the system becomes filled with the malarious poison, and makes an effort to throw it off, and this effort is known as a chill. Quinine breaks the chills, or remedial efforts, for the time be- ing, but leaves the malarious poison still in the system. The true method of treatment is to eliminate the poison from the system, when the chills will cease, instead of introducing other poisons, which check the efforts of the system to throw off the cause of the disease. More enlarged livers and spleens and shattered constitutions are caused by the use of quinine than by the fever and ague itself, hence of the two evils, the remedy is worse than the dis- ease.

Since writing the above, a physician from a section of the West where the fever and ague is very prevalent, told me that the people there after being repeatedly cured (?) of the disease by quinine for four or five years, at last came to have it constantly, in spite of all the quinine they could take, and continued to have it un- til they rested quietly in their graves.

Meat for Dyspeptics.—"Ought a dys- peptic, who has been accustomed to meat, to abandon it altogether ?"

As a rule, dyspeptics seem to do better with- out meat than with, when they are supplied with plain, wholesome food, suitable to their condition. There are many exceptions, how- ever, to this rule.

WHAT maintains one vice would bring up two children.

Digitized by Google

NOTICES OF NEW PUBLICATIONS.

Is Alcohol a Necessity of Life? By Henry Munroe, M. D., F. L. S., Lecturer on Medical Jurisprudence and Histology at the Hull and East-Riding School of Medicine. New York: National Temperance Society. Price 15 cents.

In this essay Dr. Munroe takes high ground in favor of the non-use of alcohol in any form, even the lightest beers and wines as a beverage or a medicine. In regard to the use of alcoholic drinks as a beverage in health, we presume there are few, whatever their practice, but acknowledge their uselessness, at least, but the number is far less who are convinced they are not valuable at some time as a medicine, though the number of physicians who do not prescribe them for the sick is constantly increasing. In regard to this point, Dr. Munroe says: "It is now seven years since I have ordered any alcoholic drink as a medicine or diet; and the success attendant upon its disuse in cases where in former years I would have ordered it, and condemned myself if I had not done so, is so gratifying as to lead me to its entire abandonment in the treatment of disease. In typhoid fever, as well as in other cases of the worst character, in cholera, in sudden and violent hemorrhages, in delirium tremens, in rheumatism, in gout, and in many other diseases, the success of this treatment without the use of alcohol has been most marked and satisfactory." The same pamphlet also contains an Essay on The Medical Use of Alcoholic Drinks, by T. A. Smith, a Chemist of London, in which we find this sentence, "I can not help thinking that if the fatal consequences of alcoholic medication were duly considered, the practice of advising the sick to take wine or beer would be given up, and more rational and efficient remedies would be employed."

We commend the little tract as one fit to be spread broadcast everywhere.

The same house also sends us No. 5 of The Temperance ermons, by Rev. J. P. Newman, D. D.

The Action of Natural Selection on Man. By Alfred Russell Wallace. New Haven: C. C. Chatfield & Co.

This is the sixth of the University Series from this enterprising house, which believes in small books instead of large ones, judging by its practice. In it Mr. Wallace, an English Naturalist, endeavors to harmonize the two conflicting parties that hold such diverse theories as to Man's origin. Man's superior intellect, he contends, has placed him mainly above and beyond the law of "Natural Selection," to which animals are subject. He is able to clothe himself, thus making it unnecessary that he should perish in cold weather; he cultivates the soil and prevents a scarcity of food which otherwise would tarve him; he sympathizes with the weak and helpless; shares his food with the hungry; binds up the wounded; and saves the lives of the sick from death; and thus the power that leads to the rigid destruction of all animals who can not help themselves, is prevented from acting on him.

Nor does he believe that the fittest, always, or even generally, succeed best, but contends that the mediocre, if not the low, both as regards mortality and intelligence, succeed best and multiply fastest. This, however, is owing to an abnormal condition of society which will n always exist. Too much science, he contends, has b given to a world low in morality, and it has been a curs as well as a blessing. He thinks progress is not so muc due to the survival of the fittest, as to those glorio qualities which raise man above the animal, qualit which ally us to the angels and to those higher existence toward which we are ever tending. The arguments ar ingenious, and the stand point a high one. Mr. Wallac is entitled to rank high among the writers on scienc of the present day.

Valedictory Poem and Oration. Class of 1871, Yale College. New Haven: C. C. Chatfield & Co.

The Poem was pronounced by J. Arthur Barr, Jr., Brooklyn, and is a very happy one—consisting mostly of the prophetic song of three Sibyls who come in "visions bright" and chime:

"Hark to our music,
Rising so sweet;
Hark to the counsels
Our lips now repeat.
List, while your Sibyls
Oracles tell;
If ye but read them
Aright, it is well."

Space prevents our quoting the dangers which these Sibyls point out to the young men leaving college to battle in and with the world, but the final words contain so much wisdom, that we give them as follows:

"And from this tangled web of words
These threads of counsel would I give.
God grant that it may help some soul
Better and happier to live.

First, trust your God. He never fails;
Next, trust yourself; then, if you can,
Find some true heart, and trust these three;
Your *God*, *yourself*, *your* fellow-man."

The Class Oration, bound in the same pamphlet, is by Orville Justin Bliss of Chicago. Subject, The Educate Man in Society. The tone of the whole oration is manly. It is a noble plea for educated labor, and a recognition in society of talent, even if in rags, and does great honor to the author.

The Tourist's Guide Through the Empire State, embracing all Cities, Towns, and Watering places by Hudson River, and New York Central R'y, etc. Edited and Published by Mrs. S. S. Colt, Albany, N. Y.

For variety and interest of scenery, and study, New York State is hardly equaled. Its Adirondacks, its Niagaras; its Saratogas; its lakes, rivers, large and small cities, towns; its famous resorts, are a never-failing source of interest and pride to every traveler and tourist. Hitherto we have had no thorough guide book for the State, but Mrs. S. S. Colt, an enterprising publisher of Albany, has made one of over two hundred pages, well illustrated and handsomely bound, and full of interest

Digitized by Google

and instruction to every one. Besides its merit as a tourist's guide, it is full of facts and anecdotes of historic interest. Price $2.00.

A SHORT COURSE IN ASTRONOMY, and the Use of Globes By Henry Kiddle, A. M. New York: Iveson, Blakeman, Taylor, & Co.

This beautiful book will prove a great blessing to students, and may be read with profit by those who have wasted their school days, but wish to know something on the subject on which it treats.

A REVIEW OF DARWIN'S THEORY OF THE ORIGIN AND DEVELOPMENT OF MAN. By JAMES B. HUNTER, M. D. (Reprinted from the Journal of Psychological Medicine.) New York: D. Appleton & Co.

This review of twenty pages gives a very fair synopsis of Darwin's Descent of Man, without taking grounds either for or against the theories of its author. Those who have not time to read the two volumes reviewed will be greatly interested in the condensed statement which Dr. Hunter has prepared.

THE PUBLISHERS' DEPARTMENT.

Contributors to this Number.

REV. J. C. HOLBROOK, D. D.,
L. J. B. LEBLANC, L. D. S.,
REV. CHARLES H. BRIGHAM,
SARA B. CHASE M. D.,
JOEL BENTON,
MRS. H. C. BIRDSALL,
G. W. YAPP,
FRANCES DANA GAGE,
P. H. HAYES, M. D.,
MRS. D. HARRY PRIME,
E. RAY LANKESTER, B. A.,
DR. MARY SAFFORD,
DR. A. L. WOOD, and
THE EDITOR.

Examples for the Ladies.—Mr. Gilbert Brown, of Williamsburgh, N. Y., bought a $55 Wheeler & Wilson Machine in 1856 (price then $100); borrowed most of the money to pay for it; has supported his family with it; bought and paid for a house and lot, paid taxes, church dues, etc., besides doing his family sewing. During the war he averaged daily 8 infantry frock coats, or 10 cavalry jackets, or 8 military overcoats. Since then he has earned at custom work from $3 to $5 per day of 9 hours, and would not sell his machine for the sum paid for it.

Mrs. M. Leary reports her earnings with a Wheeler & Wilson Machine $700 a year for shop work and $250 more for custom work, besides her family sewing for six persons.

Miss Sarah Lynch earned with a Wheeler & Wilson Machine, in 1870, $731.63, stitching neck-ties.

Talks to My Patients.—Mrs. Gleason's book, advertised and noticed elsewhere, is meeting with a good sale. We can supply it to subscribers and agents in any quantity. A good many ladies are selling it with success. We should like to have in every town a good Lady Agent. For particulars of agency, write to the Publishers.

Books C. O. D.—Parties who order books will find it cheaper to send the money with the order, than to order C. O. D., as in this case the cost of collection will be added to the bill. This is considerable, when the money has to be returned from a distant point. Those who order C. O. D., should send one-fourth the value of the order in advance to insure prompt attention.

A Liberal Gift to Every Subscriber.

We propose to offer *free* to each subscriber for 1872, who sends direct to the Publishers $2.00 for THE HERALD OF HEALTH for one year, either one of the following books:

1. HINTS TOWARD PHYSICAL PERFECTION;
2. A WINTER IN FLORIDA;
3. CLIMATES FOR INVALIDS.

A full account of the character of these books will be found in our book list on another page.

Should our readers have these works, or wish something else, we offer in place of them a beautiful copy of WEBSTER'S POCKET DICTIONARY, FREE. It is abridged from the Quarto. By Wm. G. Webster and W. A. Wheeler, and embraces a careful selection of more than 18,000 of the most important words of the language. The introduction contains, besides the Pictorial Illustrations, Tables of Money, Weight, and Measure, Abbreviations, Words, Phrases, Proverbs, etc., from the Greek, the Latin, and the Modern Foreign Languages, Rules for Spelling, etc., etc.; making altogether the most complete and useful pocket companion extant. It is beautifully printed on tinted paper, and bound in handsome style, with tuck, gilt edges, contains nearly three hundred pages, and about the same number of illustrations. Every boy and girl, man and woman should have a copy of this superb book. And we will give it to them as a Premium, when they send us $2.00 for THE HERALD OF HEALTH for one year. Names should be sent in at once. Not only send in your own subscription, but your friend's and neighbor's, and thus do good and keep along the physical improvement of the race. The books must go by mail, and twelve cents should be sent to pay the postage on them.

Any person sending **100** Names, at the above rates, at one time, with **$212**, shall have as a Premium for his or her labor A GOLD WATCH, worth $100, or The Great American Encyclopedia in 20 volumes, worth $100.

Old subscribers who wish to have the book now, can remit at once and get it, and be credited on our books for 1872. It will be very easy to get people to subscribe when each one is to have a Premium Book worth from $1.25 to $1.50 Free. Begin at once!

Address WOOD & HOLBROOK,
15 Laight Street, New York.

Digitized by Google

CLUBBING

WITH OTHER MAGAZINES.

We will send *THE HERALD OF HEALTH* and any one of the following Journals one year for the sum below mentioned. The order and money for both must be sent at the same time.

THE HERALD OF HEALTH, $2 00, and

Atlantic Monthly	$4 00 for $5 00
Harpers' Monthly	4 00 for 5 00
Harpers' Bazar	4 00 for 5 00
Harpers' Weekly	4 00 for 5 00
Phrenological Journal	3 00 for 4 00
Our Young Folks	2 00 for 3 50
New York Tribune	2 00 for 3 35
American Agriculturist	1 50 for 3 00

Cash Clubbing Rates.

1 Subscriber	$ 2 00
4 Subscribers	7 00
10 Subscribers	15 00
25 Subscribers	25 00

Single Numbers, 20 cents.

Address WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

Job Printing.—We are prepared to execute in neat, substantial styles, various kinds of JOB PRINTING: such as Pamphlets, Circulars, Envelopes, Billheads, Letter-heads, Cards, Labels, Small Handbills, etc., at the same rates as in all first-class New York printing establishments. Stereotype work done to order.

☞ Our friends in the country who wish neat and accurate printing, can rely on first-class work, by sending plainly written and well-prepared manuscripts. For terms, send sample or copy of work, state quality of printing material to be used, and the number of copies wanted, inclosing stamp for reply.

A Good Sewing Machine is given free for a club of 30 subscribers and $60. This premium is very popular. If there is a poor, deserving family in your neighborhood help it to get a good sewing machine by subscribing at once. Perhaps your minister's wife wants one. If so, help her to get it, by helping her to get up a club. The Empire is one of the best sewing machines in use, and we are sure that it will give you good satisfaction.

CORRECTION.—On page 110 of this number, in fifth paragraph, fourth line, "heart white," should read "*pearl* white;" on same page, two paragraphs below, sixth line, should read "preparing *it* herself with alcohol."

See Book Advertisements,

read them carefully, and then ask yourself if you can use your money to better advantage than to purchase, read, and become possessed of information highly important to your well being for ever.

WOOD & HOLBROOK, 15 Laight St., N. Y.

Eclectic Medical College.—Lectures commence October 2, 1871. Fees for one course, $30.00; perpetual scholarships, $60.00. No other expenses. Send for announcement. JOSEPH SITES, M.D., Dean, No. 514 Pine Street, Philadelphia, Pa. jy-3t*

Advertisements.

☞ ADVERTISEMENTS of an appropriate character will be inserted at the following rates: Short advertisements, 25 cents per line; thirteen lines, for three or more insertions without change, 20 per cent. discount; one-half column, $12; one column, $22; one page, $40. All advertisements must be received at this office by the 5th of the month preceding that on which they are to appear.

Are You Going to New York?

If so, and you wish to stop where you can *FEEL AT HOME*, and get *GOOD FOOD HEALTHFULLY PREPARED*, and *PLENTY OF IT*,

Go to the Hygienic Institute,

Nos. 13 & 15 *Laight Street.*

Horse Cars pass near the door to all parts of the city, making it a very convenient stopping place for persons visiting New York, either upon business or pleasure. Open at all hours, day and night. Board by the day or week, at reasonable rates. Rooms can be secured in advance by writing. Address

WOOD & HOLBROOK, Proprietors,
Nos. 13 & 15 Laight Street, New York.

DANA BICKFORD'S
NEW IMPROVED FAMILY
KNITTING MACHINE.
$1,000 to $5,000 a year

Agents can make in almost any section of the country, selling Dana Bickford's New and Improved FAMILY KNITTER. This Machine is guaranteed in its present completeness, to meet every want of the household, for either domestic or fancy work. Price $25. Send stamped envelope, with full directions, for an illustrated book.

Address DANA BICKFORD, Vice-President and General Agent, 689 Broadway, N. Y. s-6t

"Amer. School Inst,." founded 1855, *Is a reliable and practical Educational Bureau*
To aid those who want well-qualified Teachers;
To represent Teachers who seek positions;
To *give* parents information of good Schools;
To sell, rent, and exchange School Properties.
Sixteen years have *proved* it efficient in securing "THE RIGHT TEACHER FOR THE RIGHT PLACE."
J. W. SCHERMERHORN, A. M., Actuary,
Xf-11t 14 *Bond Street, New York.*

THE ELMIRA WATER CURE WILL be re-opened May 1st for the reception of patients, being under the general care of Dr. S. O Gleason and Mrs. E. B. Gleason, M. D., assisted by Miss L. Z. Brooks. Address for Circular, with Stamp, S. O. GLEASON, M. D., Water Cure, Elmira, New York. my-tf

Digitized by Google

THE

FLORENCE

Sewing Machine

Will sew every thing needed in a family from the heaviest to the lightest fabric. It does more work, and more kinds of work, than any other machine.

SEND FOR A CIRCULAR.

Manufactory at Florence, Mass.

Agents wanted where not already established.

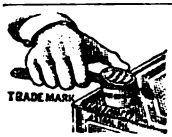
COLGATE & CO.'S

CASHMERE BOUQUET SOAP has a novel but very delightful perfume, and is in every respect superior for TOILET USE.

Sold by Dealers in Perfumery and Toilet Articles.

CLAVERACK COLLEGE and Hudson River Institute, at Claverack, N. Y. For both sexes. Term opens Sept. 4th. Rev. ALONZO FLACK, A. M., President.

RIFLES, SHOT-GUNS, REVOLVERS, GUN MATERIAL. Write for Price List, to GREAT WESTERN GUN WORKS, Pittsburgh, Pa. Army Guns, Revolvers, etc., bought or traded for. *Agents wanted.*



PRATT'S ASTRAL OIL.

The **SAFEST** and **BEST ILLUMINATING OIL** ever made. Used in over **100,000 Families.** Millions of Gallons have been sold. No Accidents have ever occurred from it. Our Motto—**"Not Cheapest, but SAFEST AND BEST."**

Oil House of Chas. Pratt. Established 1770.

108 FULTON STREET, N. Y.



THEA-NECTAR IS A PURE

BLACK TEA

with the Green Tea Flavor. Warranted to suit all tastes. For sale everywhere. And for sale wholesale only by the *Great Atlantic and Pacific Tea Co.*, 8 Church St., New York. P. O. Box 5506. Send for Thea-Nectar Circular.

REDUCTION OF PRICES

TO CONFORM TO

REDUCTION of DUTIES.

GREAT SAVING TO CONSUMERS

BY GETTING UP CLUBS.

☞ Send for our New Price List, and a Club Form will accompany it, containing full directions—making a large saving to consumers and remunerative to club-organisers.

The Great American Tea Co.

31 & 33 Vesey Street,

P. O. Box 5643. NEW YORK.

"DOMESTIC"



The whole world challenged to produce a Family Sewing Machine that will sew as light and as heavy; light running and easily operated. The best machine for use, the easiest to sell, the most durable, and will last a life-time. Lock stitch, noiseless attachments unequaled. A good business may be established in any city or town in the United States. This machine has established its superiority in every instance where it has come in competition with any machine in the market. Men with capital are finding it to their advantage to make the sale of this machine their exclusive business. *Agents wanted in unoccupied territory.* Machines guaranteed as represented. Address

"DOMESTIC" SEWING MACHINE CO.,
96 Chambers Street, New York, or Toledo, Ohio.

REVISED EDITION.

A WINTER IN FLORIDA.

BY LEDYARD BILL.

With Illustrations by Forbes, comprising views of the old city of St. Augustine, and the Natural Scenery and objects in Eastern Florida.

This work contains Observations on the Soil, Climate, and Products of our Semi-Tropical State, with Sketches of the Principal Towns and Cities, a brief Historical Summary, and Hints to Tourist, Invalids, and Sportsmen. The work is replete with information for all classes of people. The adaptability of the climate to invalids is carefully treated. The chapter on Orange Culture alone is worth the price of the work. Sent by mail, postpaid, for $1.25.

☞ Any person ordering both the above and Mr. Bill's new book on THE CLIMATES FOR INVALIDS, at one time, can have them for $2.00. Address

WOOD & HOLBROOK,
No. 15 Laight Street, New York.

Dudley Kelly's

Boot and Shoe Emporium,

299 HUDSON STREET, NEW YORK.
One Door from Spring.

A choice and select stock of the best goods manufactured in New York, for ladies, gentlemen and children, always on hand, which I will sell at lower prices than any other house in the city.

Goods cheerfully exchanged and money refunded if they won't suit. Give me a trial. je-12t

Mrs. Towne, Magnetic and Electric Physician, 34 Clinton Place (West 8th Street), New York. Chronic Invalids treated with care. The Diseases of Women treated with great success. jy-12t*

Digitized by Google

Eight Prize Essays. $150 Each.

THE AMERICAN POPULAR

Life Insurance Company,

419 and 421 Broadway, corner Canal Street,

NEW YORK CITY.

Believing that knowledge upon subjects connected with life and health is very valuable to Life Insurance business—which is, indeed, vitally affected by all laws modifying the mortality of death-rate among men, and believing that a diffusion of such knowledge is eminently calculated to promote health and longevity—

Offers (not as a full compensation, but as a partial stimulus, and as its share of the value anticipated)—

A Paid-up Policy of $150 for

1. BEST ESSAY on methods of promoting the health of New York and other cities or large towns.

2. BEST ESSAY on the Public Economy involved, directly and indirectly, immediate and ultimate, in increasing the average duration of life.

3. BEST ESSAY on the relations of the different professions and vocations to Longevity.

4 BEST ESSAY on the relations of temperance and intemperance to Life Insurance.

5. BEST ESSAY on the sign indications of a *tendency* (*i. e.*, before the diseases are yet incipient) to the different diseases, including insanity.

6. BEST ESSAY on the distinctions between Paralysis and Apoplexy; their causes, and the sign indications of a tendency to them.

7. BEST ESSAY on the relations of suicide to Life Insurance. The law as it is and as it should be.

8. BEST ESSAY on the duty of Companies in examining and contesting claims for death losses.

Particulars of what is wanted will be given in a circular, on application. s-2t

---

A Great Chance for Agents.

Do you want an agency, *local or traveling*, with an opportunity to make **$5** to **$20** a day selling our new 7-strand *White Wire Clothes Lines? They last forever;* sample free, so there is no risk. Address *at once Hudson River Wire Works*, corner Water Street and Maiden Lane, N. Y., or 16 Dearborn Street, Chicago, Ill. s-12t

---

Ladies desiring to procure a FIRST CLASS Sewing Machine, against easy monthly instalments, may apply at 294 Bowery, 157 East Twenty-sixth street, and 477 Ninth avenue, N. Y. Good work at highest prices if desired. s-12t

---

THE INDEX,

A WEEKLY PAPER DEVOTED TO

FREE RELIGION,

PUBLISHED BY THE INDEX ASSOCIATION, AT TOLEDO, OHIO.

TWO DOLLARS A YEAR.

THE INDEX accepts every result of science and sound learning, without seeking to harmonize it with the Bible. It recognizes no authority but that of reason and right. It believes in Truth, Freedom, Progress, Equal Rights, and Brotherly Love.

The transition from Christianity to Free Religion, through which the civilized world is now passing, but which it very little understands, is even more momentous in itself and its consequences than the great transition of the Roman Empire from Paganism to Christianity. THE INDEX aims to make the character of this vast change intelligible in at least its leading features, and offers an opportunity for discussions on this subject which find no fitting place in other papers.

FRANCIS ELLINGWOOD ABBOT,.....*Editor.*

OCTAVIUS BROOKS FROTHINGHAM, THOMAS WENTWORTH HIGGINSON, WILLIAM J. POTTER, RICHARD P. HALLOWELL, J. VILA BLAKE, WILLIAM H. SPENCER,
Editorial Contributors.

CASH PREMIUMS.

For 75 Names.....50 Dollars in Greenbacks
For 50 Names.....25 Dollars in Greenbacks
For 25 Names.....15 Dollars in Greenbacks
For 10 Names..... 5 Dollars in Greenbacks
For less than 10 Names, a Cash Commission of Twenty per cent.

INDUCEMENTS.—We would invite special attention to the very liberal Cash Premiums we offer above.

Whoever collects $150.00 for 75 subscriptions, is authorized to retain $50.00. forwarding $100.00.

Whoever collects $100.00 for 50 subscriptions, is authorized to retain $25.00, forwarding $75.00; and so on.

Now it can not be very difficult, in a town of any considerable size, to get twelve subscriptions a day for one week, if the agent uses ordinary business energy. To be would be paid about $8.00 a day—as much as his representative in Congress receives for work not always, we fear, so useful!

"A word to the wise." Who will canvass for THE INDEX, and at the same time earn as much as the Hon. Mr. ——!

N. B.—*Names need not all come from one postoffice.* We will send the paper wherever directed, and let the names count as clubs.

N. B.—The subscription price of THE INDEX is Two DOLLARS a year in each and every case, *invariably in advance.* Address

FRANCIS E. ABBOT,
je-X5t LOCK BOX 38, TOLEDO, OHIO.

A GREAT OFFER!

Only $3 for $11 in Value!

The beautiful and artistic Chromo,

"ISN'T SHE PRETTY."

Size, 13x17, after Lillie M. Spencer, price, $8.00; will be sent by mail, post-free, as a premium to every yearly subscriber to

Demorest's Illustrated Monthly,

acknowledged the most practical, useful original Parlor Magazine.

"Isn't She Pretty," is a beautiful Chromo, a splendid Parlor Picture, and a valuable work of art; it is highly finished, mounted, and varnished, and worth more than double the cost of subscription, and together with Demorest's Monthly, affords an opportunity for the investment of Three Dollars such as may never occur again.

Address W. JENNINGS DEMOREST,
838 Broadway, New York.

Specimen copies of the latest numbers of the Magazine mailed free on receipt of 25 cents. au-2t

Digitized by Google

Conant's Binder,

OR BOOK COVERS FOR PERIODICALS.



Adapted to the *Atlantic, Harpers', Putnam's,* and THE HERALD OF HEALTH, 50 cts.

MUSIC SIZE.—Adapted to evarious Publishers' *Sheet Music*.....$1 00

A cheap and durable method of Binding Magazines, Papers and Music. Extremely simple. New numbers can be added as received.

We can recommend it as being just the thing for preserving Magazines perfect and clean.—*Gardener's Monthly.*

his is a useful invention, by which a Periodical is in-ed in a moment between two durable covers. Various s are made. A good thing.—*New York Tribune.*

onant's Binder is one of the best and cheapest con-ances for keeping Periodicals in good condition that have ever seen, and it meets a want that has long n felt in every reading family. It is strong and dura-and is designed either for a Temporary or Permanent der."—*Dedham Gazette.*

WOOD & HOLBROOK,
15 Laight Street, New York.

HE HEALTH HABITS

OF YOUNG MEN.

M. L. HOLBROOK, M. D., Editor of The Herald of Health, with an Introductory Letter by DR. DIO LEWIS. Pp. 16.

his valuable little tract will be furnished by the hun-d, postpaid, to those who wish to circulate it at $2.00. gle copies, by mail, 5 cents each; three copies to one ress, 10 cents.

he New York Mail, in noticing this tract, says: "Dr. lbrook, Editor of The Herald of Health, has served er people as well as himself by reprinting his thor-ghly excellent paper on "The Health Habits of Young n," which is crammed with suggestive facts and good ice." Address

WOOD & HOLBROOK,
15 Laight Street, New York.

Healds' Hygeian Home.

WILMINGTON, DELAWARE.

A Splendid Summer Residence for Invalids!

DRS. PUSEY and MARY H. HEALD opened their r institution for the Hygienic treatment of invalids thout medicine), JAN. 1, 1871.

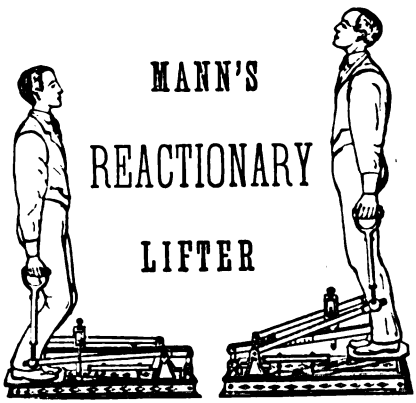
Dr. M. H. Heald (formerly Dr. York) was widely known Hygienists during several years' practice at Our Home, nsville, N. Y. Dr. P. Heald has also had large expe-nce in the Hygienic system of treatment.

The building, beautifully located in the suburbs of a et delightful and healthful city, near the romantic and toric Brandywine, and overlooking the Delaware er, is entirely new, and was planned expressly for a Cure." Every apartment is warmed by *Steam-heated* r, and *thoroughly ventilated,* thus giving a *pure* at-sphere, free from all gas and dust, and insuring the nfort and welfare of winter guests. City advantages, h *pure country air and surroundings.* The best appli-ces provided for Water and Sun Baths, Swedish Move-nts, etc. Mrs. H. will devote especial attention to ly patients, giving them the benefit of kindly sympathy well as of experience and skill. The Hygienic diet pplied, will include the choicest fresh and canned fruits d vegetables, and varied farinaceous preparations. Railroad communication North, South, East, and West.

☞ For Circulars, etc., address, with stamp, HEALDS' YGEIAN HOME, Wilmington, Delaware. jy-tf

Ladies desiring to procure a

IRST-CLASS Sewing Machine against easy monthly stalments, may apply to 294 Bowery, N. Y. a-6t



Is the most remarkable apparatus ever invented for

HEALTH EXERCISE.

NO WEIGHTS USED.

While adapted to the powers of the athlete, it is equally so to women and children, or to persons in the most delicate state of health.

A few minutes exercise each day sufficient, and if taken at night, induces refreshing sleep.

It is at once more beautiful, compact, and durable, besides being much cheaper, than any other good apparatus for similar purposes.

Books and Circulars sent free on application. Call and see it, at the REACTIONARY LIFTER OFFICE, 365 BROADWAY, NEW YORK. au-tf

CLIMATES

FOR INVALIDS.

BY LEDYARD BILL.

This work gives a careful description of the Climate, Soil, Water, Air, Scenery, and Natural Advantages of MINNESOTA, for Tourist, Invalid, and Emigrant; including carefully prepared notes of the Climates of Florida, Nassau, Fayal, California, the Adirondacks, etc. etc., together with Hints to Invalids of the most inestimable value regarding the best places to visit, etc. etc., in one neat, illustrated volume of over 200 pages, handsomely bound. Sent, postpaid, by mail, for $1.25.

Address WOOD & HOLBROOK,
No. 15 Laight Street, New York.

Saratoga Springs Remedial

INSTITUTE.—New improvements, in modern and elegant style. DRS. STRONG, its Proprietors, are graduates of the Medical Department of New York University, and give special attention to **Lung, Female,** and **Chronic** Diseases.

Among its *special appliances* are the Turkish, Sulphur, Air, Russian, and Electro-Thermal Baths, Equalizer or Vacuum Treatment, Swedish Movement Cure, Hydropathy, etc. etc.

Indorsed by Bishop Simpson, Professor Taylor Lewis, L. L. D., Rev. T. L. Cuyler, D. D., etc. etc.

For description of our appliances, diseases treated, references, etc., *send for circular.* a-tf

A Good Home,

either transient or permanent, with pleasant rooms and Good Board, can be found at the Russian Baths, 23 & 25 East Fourth St., between Broadway and Bowery, New York. au-2t

Digitized by Google

2d LIST OF BOOKS

FOR SALE BY WOOD & HOLBROOK,

15 Laight Street, New York.

DIPTHERIA; Its Nature, History, Causes, Prevention, and Treatment on Hygienic principles, etc. Price, by mail, $1 25.

It contains chapters on the Nosology and Technology of Diptheria, Description and Pathology of Diptheria, the false Membrane, History and Infectiousness of Diptheria, its Causes and Mortality, Complications and Sequelæ, Morbid Anatomy of Diptheria, the Drug and the Hygienic Treatment, Stimulation, etc.

THE TRUE TEMPERANCE PLATFORM; or, An Exposition of the Fallacy of Alcoholic Medication. Being the substance of Addresses delivered in the Queen's Concert Rooms, London; to which is added a Discussion on the Modus Operandi of Alcoholic Medication. Price, by mail, 50 cents.

This excellent Temperance document should be read by every one who would understand the true arguments against the use of alcohol.

WATER CURE FOR THE MILLION.—The processes of the Water Cure Explained, Popular Errors Exposed, containing Rules for Bathing, Dieting, Exercising, Recipes for Cooking, directions for Home Treatment, and cases to illustrate, etc. Price, by mail, 30 cents.

THE TURKISH BATH; Its History and Philosophy. By Erasmus Wilson. With Notes and an Appendix by M. L. Holbrook, M. D.—This is the only book on the Turkish Bath published in this country. Illustrated. Price 25 cents.

TOBACCO AND ITS EFFECTS.—Being a Prize Essay, showing that the use of Tobacco is a physical, mental, moral, and social evil. By Henry Gibbons, M. D., Editor Pacific Medical and Surgical Journal. Price, by mail, 20 cents.

RATHE'S MANUAL OF GYMNASTICS. Illustrated. For Instruction in Classes and Private use. Dio Lewis's System Explained. By W. L. Rathe. Price 40 cents.

DISEASES OF THE THROAT AND LUNGS. Giving their Cause, means of Prevention, and methods of Cure. Price 25 cents.

PARTURITION WITHOUT PAIN. This work, long in preparation, will be ready in a few weeks. Price, by mail, $1 00.

AGENTS WANTED!

Agents wanted in every town in the United States to canvass for THE HERALD OF HEALTH AND JOURNAL OF PHYSICAL CULTURE, and all our Publications.

We give the most Liberal Inducements, and money can be made and good done at the same time.

For terms, address

WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

CREAM YEAST. FULL WEIGHT.



Produces the finest Cookery known to Science; makes all articles more tender, light and delicious; saves one-third the Shortening; takes less to do the work; always reliable; full weight; best in use.

GOLD MEDAL SALERATUS.

The Universal choice of the best House-wives in America; stands without a rival for purity, healthfulness, economy and fine cookery. Depot 112 Liberty St., New York.

Empire Shuttle Sewing Machine

Patented Feb. 14, 1860, and Sept. 18, 1866.

Received the First Prize at the Great Fair of the American Institute, in New York, Oct. 26, 1867, and highest premium for the Best Manufacturing Machine at the Paris Exposition, July, 1867.

No. 1, FAMILY MACHINE.

This machine is constructed on a new principle of mechanism, possessing many rare and valuable improvements, having been examined by the most profound experts, and pronounced to be simplicity and perfection combined.

The following are the principal objections urged against Sewing Machines:

1. Excessive fatigue to the operator.
2. Liability to get out of order.
3. Expense, trouble, and loss of time in repairing.
4. Incapacity to sew every description of material.
5. Disagreeable noise while in operation.

The Empire Sewing Machine is exempt from all these objections. Address the EMPIRE SEWING MACHINE CO., 294 Bowery, N. Y.

For 35 Subscribers and $70,

to The Herald of Health, we will send an Empire Sewing Machine worth $60

WOOD & HOLBROOK.
f-tf 15 Laight Street, New York

Important to Merchants and Manufacturers

WHO WISH TO

Increase their Business.

Correct Lists of all the Business Men, Manufacturers, etc., with important statistics, have been compiled by the undersigned, the object of which is to furnish the public with reliable names of Business Men throughout the country.

To those wishing to send circulars to any particular calling, these lists are invaluable, each business being written out separately in a blank book, and classified in States and Towns; all the information being derived from monthly correspondence in all parts of the States.

J. ARTHURS MURPHY,

MERCANTILE & STATISTICAL AGENCY,

111 Nassau Street, New York.

Reliable correspondents wanted in several towns in the South and West, with whom advantageous arrangements will be made. m-X6t

Digitized by Google



THE NEW YORK HYGIENIC INSTITUTE,

13 & 15 Laight Street, New York City.

A. L. WOOD, M. D., Physician.

THE objects of this institution, which has been in successful operation for more than twenty years, are two-fold, viz.: 1. The Treatment and Cure of the Sick, without poisoning them, by Hygienic agencies alone.

2. To furnish a pleasant, genial HOME to friends of Hygiene throughout the world, whenever they visit this city.

CURE DEPARTMENT.

Thousands of Invalids have been successfully treated at this institution during the past twenty years, and its fame is known wherever the English language is spoken. Its appliances for the treatment of disease without the use of poisonous drugs are the most extensive and complete of any institute in America. They comprise the celebrated **Turkish Baths, Electric Baths, Vapor Baths, Swedish Movement Cure, Machine Vibrations,** the varied and extensive resources of the **Water Cure, Lifting Cure, Magnetism,** Healthful Food, a Pleasant Home, etc. etc. Particular attention is given to the treatment of all forms of CHRONIC DISEASE, especially of Rheumatism, Gout, Dyspepsia, Constipation, Torpidity of the Liver, Weak Lungs, and Incipient Consumption, Paralysis, Poor Circulation, General Debility, Curvature of the Spine, Scrofula, Diseases of the Skin, Uterine Weaknesses and Displacements, Spermatorrhœa, etc. Any one wishing further information should **Send for a Circular,** containing further particulars, terms, etc., which will be sent free by return mail.

BOARDING DEPARTMENT.

We are open at all hours of the Day and Night for the reception of Boarders and Patients. Our location is convenient of access *from* the Railroad Depots and Steamboat Landings, and *to* the business part of the city. Street cars pass near the doors to all parts of the city, making it a very convenient stopping-place for persons visiting the city on business or pleasure. Our table is supplied with the *Best Kinds of Food, Healthfully Prepared, and Plenty of it.* In these respects it is unequaled. Come and See! and learn how to live healthfully at home. Terms reasonable.

WOOD & HOLBROOK, Proprietors.

Digitized by Google

GOOD BOOKS.

NEW PHYSIOGNOMY; or, Signs of Character, as manifested through Temperament and External Forms, and especially in the "Human Face Divine." With more than one thousand *Illustrations*. By S. R. WELLS. In three styles of binding. Price, in one 12mo volume, 768 pp., handsomely bound in muslin, $5; in heavy calf, marbled edges, $8; turkey morocco, full gilt, $10.

HOW TO READ CHARACTER. A New Illustrated Hand-book of Phrenology and Physiognomy, for Students and Examiners, with a Chart for recording the sizes of the different Organs of the Brain, in the Delineation of Character, with upwards of 170 Engravings. Latest and best. Paper, $1. Muslin, $1.25.

WEDLOCK; or, the Right Relations of the Sexes. Disclosing the Laws of Conjugal Selection, and showing who may and who may not Marry. For both Sexes. By S. R. WELLS. Plain, $1.50; Extra gilt, $2.

THE HUMAN FEET. Their Shape, Dress and Proper Care. Showing their Natural Perfect Shape and Construction; their present Deformed Condition; and how Flat Feet, Distorted Toes, and other Defects are to be Prevented or Corrected; with Directions for Dressing them elegantly, and comfortably; with Hints upon various matters relating to the general subject. With numerous Illustrations. A handsome 12mo, $1.25.

LIFE AT HOME; or, The Family and its Members. Husbands, Wives, Parents, Children, Brothers, Sisters, Employers and Employed, etc. By REV. WILLIAM AIKMAN, D.D. A work which should be found in every family. $1.50. Extra gilt, $2.00.

MAN AND WOMAN: Considered in their Relations to each Other, and to the World. By HENRY C. PEDDER. 12mo, fancy cloth. Price $1.00.

MAN, IN GENESIS AND IN GEOLOGY; or, the Biblical Account of Man's Creation, tested by Scientific Theories of his Origin and Antiquity. By JOSEPH P. THOMPSON, D.D., LL.D. One volume, 12mo. Price $1.00.

CHILDREN, THEIR DISEASES AND MANAGEMENT. By JOEL SHEW. Price $1.50.

COMBE ON INFANCY. An excellent work. Price $1.25.

HYDROPATHIC ENCYCLOPEDIA. Price $4.50.

DISEASES OF THE THROAT AND LUNGS. Price 25 cents.

EXHAUSTED VITALITY. Price $1.

HOW TO BATHE. Price 30 cents.

In Preparation.

PARTURITION WITHOUT PAIN. Price $1.00.

Sent by mail post-paid. By WOOD & HOLBROOK, 13 & 15 Laight Street, New York.

List of Articles for Sale by

WOOD & HOLBROOK, No. 15 Laight Street, New York.

BACON'S HOME GYMNASIUM, with book of explanation and 100 cuts, $10.

——Trapeze Adjustment, with 32 illustrations, $3 50.

——Swing Adjustment, for children, $1 50.

Each part sold separately. The whole, $15.

This is the most valuable piece of Gymnastic apparatus for home use ever invented. Any one can use it. For weak chests, backs, and sides its use is the best remedy known. A half hour's use of it daily would prevent and cure many cases of dyspepsia and consumption.

SYRINGES.—The best styles in market. Usual style, by mail, $3. For children, with Eye and Ear Douche for sores, etc., $2. The Spray Syringe, $3. The Trade supplied.

BOUND VOLUMES.—We still have a few Bound Volumes for 1863, 1864, 1867, 1868 and 1869 for sale, postpaid, by mail, for $3 Soon it will be impossible to obtain them.

HERALD OF HEALTH COVERS—so that every one can bind their numbers and preserve them neatly. 50 cents.

BREAD PANS—for making light, aerated Bread without soda, saleratus, yeast, or other poisonous compounds. Only by Express, $1 25.

HAND MILLS—for cracking Wheat, making Rusk, Hominy, etc. By Express, $3.

BEST GRAHAM CRACKERS—per barrel, $10 Half barrel -38 lbs., $6.

ELECTRIC MACHINES—Kidder's, best Manufactured, $20 to $22.

FILTERS.—Simmons's, Syphon, $3.

Hygienic Home Water Cure,

637 California Street,

SAN FRANCISCO, Cal.

This is by far the most extensive and complete Health Institute on the Pacific Coast, based strictly on the Hygienic principles of treatment.

Dr. Smith has built and arranged the Home with special reference to its supplying the place in San Francisco that the Laight Street House and Hygienic Institute furnishes to the friends of Health Reform in New York city. The Medical Department is ample for the cure of all who may desire hospitalities, and the Boarding Department is well arranged for the accommodation of the friends of Hygiene throughout the coast. All are cordially invited to visit our healthful Home.

BARLOW J. SMITH, M. D.,
Consulting Physician.
R. S. MACBETH, M. D.,
aug-tf Attending Physician.

BOOT AND SHOE STORE, No. 415

Canal Street. Ladies', Gentlemen's, Boys', Misses' and Children's Boots, Shoes and Rubbers, in all their varieties, always on hand. Work made to order, and Repairing done on the shortest notice and reasonable terms.

DAVID WALKER,
n-1y No. 415 Canal, corner Sullivan Street.

D. H. PRIME, *Printer, at the Hygienic Institute, N. Y.*

Digitized by Google

A New Premium for 1871-2 !

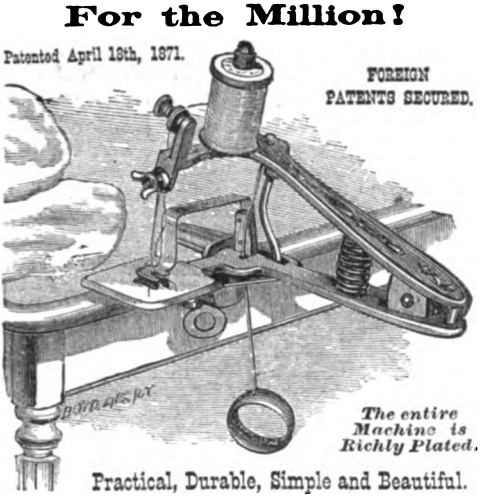
Subscriptions may be Sent in at Once !

THE BECKWITH SEWING MACHINE.

For the Million!

Patented April 18th, 1871.

FOREIGN PATENTS SECURED.



The entire Machine is Richly Plated.

Practical, Durable, Simple and Beautiful.

The first real success in producing a truly valuable low-priced Machine.

For Only $7.50,

Including Hemmer, Guide and Three Needles.

Its price reaches all conditions, while its simplicity adapts it to all capacities.

BARLOW & SON,

Manufacturers and Proprietors,

26 West Broadway, New York City.

EASTMAN, SMITH & CO.

General Agents for New York and Vicinity,

745 BROADWAY.

Subscriptions may be Sent in at Once !

A New Premium for 1871-2 !

Something Entirely New for Our Subscribers.

The subscribers to THE HERALD OF HEALTH, who would like to have one of the **$7.50** SEWING MACHINES, can have it on the following most reasonable terms, as a premium for subscriptions to this magazine:

For Six Subscriptions, at----------$2.00 each,
We give a Machine free.

For Five Subscriptions, at----------$2.00 each,
We give a Machine for $1.50.

For Four Subscriptions, at----------$2.00 each,
We give the Machine for $2.50.

For Three Subscriptions, at----------$2.00 each,
We give the Machine for $3.50.

For Two Subscriptions, at----------$2.00 each,
We give the Machine for $4.50.

For One Subscription, at----------$2.00,
We give the Machine for $5.50.

The question whether a Sewing Machine for $7.50 can be worth any thing, is an important one. The New York Independent in speaking of it, says, "It takes up but little room, works smoothly, and is altogether such a wonder in its line that to see it in operation calls forth immediate praise and admiration."

We may say that the machine is adapted to thin or thick goods, that it is very simple, and very easily run, that it weighs less than a pound, and may be carried in a lady's work-bag; that it will not get out of order; that it may be worked fast, or very slow; a child can work it; and that we believe, for the price, it will give perfect satisfaction.

Subscriptions may be sent in at once. Those received before December will be entitled to the October, November and December numbers of this year free. Any woman, or child, who wants a gem of a Sewing Machine, can get it easily by a little work.

Digitized by Google

WOOD & HOLBROOK, Publishers.

A NEW CATALOGUE OF BOOKS

Published by WOOD & HOLBROOK, 15 Laight St., N. Y.

MINNESOTA AND ITS CLIMATE,

as adapted to Consumptives, Invalids, and all who wish to make the State a Home. By LEDYARD BILL, Author of "A Winter in Florida." Price $1.25, postpaid, by mail.

This delightful book, while a godsend to invalids and consumptives, will be found equally interesting to sportsmen and settlers, who would find a home in this far-famed State. It contains a beautiful view of Minnehaha Falls, and also chapters on the climate of all those places which are most desirable as resorts for invalids, including Florida, Nassau, the Adirondacks, California, the White Mountains, etc. etc. This work, and the one on Florida should be in the hands of every one who wishes to find the best resorts for health.

A WINTER IN FLORIDA. By

LEDYARD BILL. With illustrations by Forbes, comprising views of the old city of St. Augustine, and the Natural Scenery and objects in Eastern Florida. Tourists, Sportsmen, Invalids, and all who would escape the rigors of a Northern Winter, or find a Home in a delightful clime, should read this book; so also those who would know all about the resources of the country and its adaptation for Horticulture, Orange culture, and for cheap and desirable homes. It contains 250 pages. Price $1.25, by mail.

The author justifies the predictions of the climate, saying that it is so delightful that no disease can experience it without favorable effect.

SEXUAL PHYSIOLOGY. — This

work contains the latest and most important Discoveries in the Anatomy and Physiology of the Sexes; Explains the origin of Human Life; how and when Menstruation, Impregnation, and Conception occur; giving the laws by which the number and sex of offspring are controlled, and valuable information in regard to the begetting and rearing of beautiful and healthy children. With 80 fine engravings. *Agents wanted.* Send stamp for Circular. Price, by mail, $2.

It is high-toned, and should be read by the members of every family. As an evidence of its popularity, we may remark that Eleven Thousand Copies have been sold, and the demand is still unabated. If a copy of this work could be in the hands of every young man and woman, it would not only make them purer and better, but give them a knowledge all should possess.

PHYSICAL PERFECTION. — Containing

Chapter on Structure of the Human Body; the Perfect Man and Woman; the Temperaments; Laws of Human Configuration; Embryology; Childhood; Effects of Mental Culture; Moral and Emotional Influences; Social Conditions and Occupations; Effects of Climate and Locality; Direct Physical Culture; Practical Hygiene; Womanhood; the Secret of Longevity; the Arts of Beauty; External Indications of Figure, etc. etc. Beautifully Illustrated with 100 Engravings, and handsomely bound. Price, by mail, $1.50.

This work has been through many editions, and has given great satisfaction to thousands.

TALKS TO MY PATIENTS. — Hints

on Getting Well, and Keeping Well. By Mrs. R. B. GLEASON, M. D.

Women Agents wanted everywhere. Thousands of copies of the work are being sold. Full contents, and terms of agency sent on application. Price, by mail, $1.50.

This book is designed mainly for women, of all ages. It treats principally on the Diseases of Women, and includes chapters on Child Bearing, and the Care of Children. Harper's Magazine, in reviewing the work, says:

"Mrs. Gleason is able to say something to wives and to mothers which no man could say. There can be no difference of opinion about the value of the practical suggestions she affords, which are characterized by sound philosophy and clear, good, sterling common sense. We wish the chapter, "Confidential to Mothers," might be published as a tract, and sent to every mother in the land."

Mrs. Dr. Sayles, after reading it, says, "I would rather have written that book than been queen of the greatest empire on this small globe of ours!"

No woman can read it without being made wiser and better, and without being better qualified for all the duties of life.

MORAL, INTELLECTUAL, AND

PHYSICAL CULTURE; OR, THE PHILOSOPHY OF TRUE LIVING. By Professor F. G. WELCH, Superintendent of Physical Culture in Yale College. It contains over 400 pages, and is beautifully bound. Price, by mail, $2.25.

This book is the most perfect Encyclopedia of Gymnastic exercises of the most approved method in existence. It tells in plain language how to do every thing, from the building of a gymnasium and choosing apparatus to doing the exercises. The series of exercises with the Indian clubs alone, is the best ever published. Those who want a work on gymnastic culture should not fail to get this one. Dr. Dio Lewis says, "This is an admirable guide to physical culture."

THE TREE OF LIFE; or, HUMAN

DEGENERACY, ITS NATURE AND REMEDY. By ISAAC JENNINGS, M. D. Price, by mail, $1.50.

This work, prepared by a conscientious and philanthropical thinker, is full of interest to all who are seeking light on the important questions of which it treats. It is deeply religious in its tone, and contains a multitude of valuable hints on the treatment of diseases by natural means. Any person sending us a new subscriber for THE HERALD OF HEALTH and $2, shall have this work FREE.

THE NEW HYGIENIC COOK-

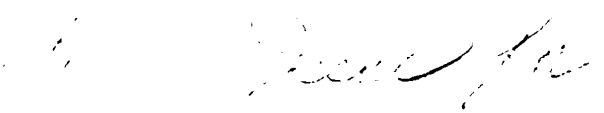
BOOK. By Mrs. M. M. JONES. This work contains several hundred recipes for cooking the most palatable and wholesome food without the use of deleterious compounds. Also, directions for Washing, Ironing, removing Stains, Canning Fruit, etc. Price 30 cents, postpaid. Several thousands have been sold.

WOMAN'S DRESS; with numerous

Engravings, showing how Woman's Clothing can be made beautiful, healthful, and comfortable. Price 30 cents.

Any or all of the above works sent free, by mail, on the receipt of the price.

Digitized by Google



Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

2 GAL 139

OLD SERIES—VOL. 51. NEW SERIES—VOL. 1.

18

BOSTON MEDICAL LIBRARY
JUL 26 1962

THE HERALD OF HEALTH AND JOURNAL OF PHYSICAL CULTURE,

ADVOCATES

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

CONTENTS FOR NOVEMBER, 1871.

GENERAL ARTICLES: Page

Temperance among the Ancients—*Rev. D. M. M'Clellan* 193
Early and Late Hours—*Rev. Charles H. Brigham* 201
Theories Put in Practice, or Diary of a Physician's Wife—*Mrs. H. C. Birdsall* 206
Make Home Pleasant (A Poem)—*M. A. K.* 209
The Management of Children—*Francis Ellingwood Abbot.* 210
Statements as to the Duration of Human Life—*E. Ray Lankester*, B. A.... 215
On a New Set of Teeth—*F. B. Perkins.* 217
Studies in Hygiene..... 219
Moral Hygiene 219
Ten Questions in Hygiene..... 219
Cider and the Eyes..... 221
Teeth Restored—Bone-builders..... 222
Deep Breathing..... 223
Our Dessert Table..... 224

EDITORIAL DEPARTMENT:

Health Habits and Amusements—A Letter from P. T. Barnum..... 225
Impure Air as a Cause of Disease..... 227
Shall we Send our Children away from Home to be Educated..... 228
System in Brain-work—Cholera—Dexter's Stable..... 229

ANSWERS TO CORRESPONDENTS:

Wine and Exercise—Strengthening the Lungs—Chewing Gum..... 230
How to Quit Smoking—Nitrous Oxide for Extracting Teeth..... 231

NOTICES OF NEW PUBLICATIONS:

Library of Poetry and Song—Diseases of Women—The McAllisters—Desk and Debit—Three Successful Girls—Apron Strings..... 232

NEW YORK:
WOOD & HOLBROOK, PUBLISHERS, 13 & 15 LAIGHT ST.
GENERAL AGENTS—AMERICAN NEWS CO. . . NEW YORK NEWS CO.

$2 per Annum. Single Copy, 20 Cents.

Digitized by Google

THE HERALD OF HEALTH

New Premium List for 1872!

NOW IS THE TIME TO BEGIN!!

OCTOBER, NOVEMBER, & DECEMBER NUMBERS FREE

TO NEW SUBSCRIBERS!

A Liberal Gift to Every Subscriber.

We propose to offer our Premiums for 1872 on an entirely new plan. Each subscriber who pays Two Dollars, with twelve cents extra for the payment of postage on the books, will be entitled to either one of the following valuable books FREE:

1. HINTS TOWARD PHYSICAL PERFECTION;
2. A WINTER IN FLORIDA;
3. CLIMATES FOR INVALIDS.

A full account of the character of these books will be found in our book list on another page.

Should our readers have these works, or wish something else, we offer in place of them a beautiful copy of WEBSTER'S POCKET DICTIONARY, FREE. It is abridged from the Quarto, by Wm. G. Webster and W. A. Wheeler, and embraces a careful selection of more than 18,000 of the most important words of the language. The introduction contains, besides the Pictorial Illustrations, Tables of Money, Weight, and Measure, Abbreviations, Words, Phrases, Proverbs, etc., from the Greek, the Latin, and the Modern Foreign Languages, Rules for Spelling, etc., etc.; making altogether the most complete and useful pocket companion extant. It is beautifully printed on tinted paper, and bound in handsome style, with tuck, gilt edges, contains nearly three hundred pages, and about the same number of illustrations. Every boy and girl, man and woman should have a copy of this superb book. And we will give it to them as a Premium, when they send us $2.00 for THE HERALD OF HEALTH for one year. Names should be sent in at once. Not only send in your own subscription, but your friend's and neighbor's, and thus do good and keep along the physical improvement of the race.

CLUBBING RATES.

Any person sending **100** Subscribers, at $2 each, at one time, shall have as a Premium for his or her labor A GOLD WATCH, worth $100, or The Great American Encyclopedia in Twenty Volumes, worth $100! and to each name sent we will give one of the books offered above as an individual premium

Any person sending **50** Subscribers, at $2 each, will be entitled to A SPLENDID EMPIRE SEWING MACHINE, worth $60.—This is as good as any machine in the market, and can not fail to give the best satisfaction,—and each subscriber to a premium book, as mentioned before.

Any person sending **20** Subscribers, at $2 each, will be entitled to A SILVER-PLATED BECK WITH SEWING MACHINE, worth $10, and each subscriber to a premium book; or, if the person sending club prefers it, to A WEBSTER'S PICTORIAL UNABRIDGED DICTIONARY, Illustrated with 3,000 Cuts, worth $12; or we will give $10 worth of any of our own publications.

Any one sending us **12** Subscribers at $2 each will be entitled to two of Prang's Splendid Chromos, entitled "MORNING" and "EVENING;" size of each, 12x18 inches; value, $10. Each subscriber will get the premium book.

The above pictures are copied from Rosa Bonheur's wonderful painting known by these names. They are companion-pictures, and ought to go together.

Any one sending us **6** Subscribers, at $2 each, will be entitled to A SPLENDID GOLD PEN, with Coin-Silver Extension Pen-holder, worth $3, and premium book to each subscriber.

Readers will please bear in mind that to prepay the postage on the premium book which they can choose from any four offered above, they must send twelve cents extra. While the number of subscribers required from those getting up the club is more than it would be if each one did not get a premium, yet they can be obtained more easily than if they were to receive nothing but the magazine.

The books offered are all new ones printed on the best paper, handsomely illustrated and bound, and will give perfect satisfaction

☞ *New Subscribers sending in their names* NOW *will get October, November, and December Numbers for this year* FREE. ☜

LET THE BALL BEGIN TO ROLL AT ONCE!

For Clubbing Rates with other Periodicals see the Publishers' Department of THE HERALD.

Address: WOOD & HOLBROOK,
15 Laight Street, New York.

Digitized by Google

THE HERALD OF HEALTH

AND

JOURNAL OF PHYSICAL CULTURE.

VOL. 18, No. 5.] NEW YORK, NOVEMBER, 1871. [NEW SERIES.

PUBLISHED MONTHLY BY WOOD & HOLBROOK, 13 & 15 LAIGHT STREET.

A NEW DISCUSSION OF TEMPERANCE PROBLEMS;

COMPRISED IN A SERIES OF FOURTEEN ESSAYS CONTRIBUTED BY OUR BEST THINKERS AND WRITERS.

No. XIII.—TEMPERANCE AMONG THE ANCIENTS.*

BY REV. D. M. M'CLELLAN.

IT may be natural for us to suppose that the Temperance reform is a movement of modern date, but as Solomon has told us that there is no new thing under the sun, we find that this also has an ancient origin. As we go back into the ages of antiquity, we find nearly the same struggle then as now, against the intoxicating cup; each generation must learn the bitter lesson for itself, instead of being benefited by the teachings of past experience.

We find the idea of Temperance expressed by the ancient philosophers. Socrates said, "Temperance is the foundation of every virtue." Xenophon said of him, "he deemed that he who knew what was honorable and good, and how to practice it, and who knew what was dishonorable, and how to avoid it, was both prudent and temperate." Aristotle said, "The temperate man is called so from not feeling pain at the absence of or the *abstaining* from *pleasure*. He feels a moderate and proper desire for all those pleasant things which conduce to health." Xenophon said, "He is temperate who, on no occasion, prefers what is merely pleasant to what is better." Socrates told Euthydemus that temperance would enable men to endure hunger, thirst, want of sleep, and control the desire of sensual gratification.

Apply these principles to the Temperance reform. Without abstinence from intoxicating drinks, there is no guarantee of virtue; but a free indulgence in these produces immorality. The practice of good and avoidance of evil are necessary, that we may abstain from those things which may give a sensual pleasure only to be productive of evil. Without this self-control there can be no exercise of the principles of Temperance, and this principle would lead the ancients as well as moderns to abstinence from the intoxicating draught.

That we may understand the drinking usages among the ancients, and consequently the practice of temperance, we must necessarily examine the character of their drinks. It will not do for us to suppose that they had the same liquors then that we have now, nor that those which bore the same name were the same in strength.

* Republished from the Evangelical Review, by request.

Digitized by Google

A knowledge of the laws of fermentation teaches us that, in a warm climate, there must be some mode by which these liquors may be preserved. The vinous fermentation takes place at a temperature from fifty degrees to seventy-five degrees. If the temperature is from seventy-five degrees to ninety-five degrees, the acetic fermentation follows, and above this complete putrefaction. Consequently, without any way of preserving and preventing fermentation having its complete work, the wine would be converted into vinegar, and the vinegar become rottenness. As distillation was not discovered until the ninth century, and not practiced generally until much later, there must necessarily have been other modes of preserving liquors.

It is not possible to keep the juice of fruits from fermenting without the use of some preventive, unless it be kept at a temperature below forty-five degrees. Neither can fermented wine be preserved unless it be drugged, or has an addition of from ten to twenty per cent. of alcohol; consequently, the wines of commerce are fortified by the requisite per cent. of alcohol.

As some process was necessary to preserve their wines, the ancients very generally prevented fermentation, and thus retained the nourishing properties of "the blood of the grape," so that it was not intoxicating, but as harmless as milk. There were different processes employed to prevent fermentation, so that they could freely use the wine without the least fear of intoxication.

That they might prevent fermentation, they *boiled* the fresh juice of the grape, or fruit. Baron Liebig, the greatest chemist of this age, tells us that "the property of organic substance to pass into a state of decay is annihilated in all cases by heating to the boiling point." This is a principle well understood by every housewife, as is evident from the boiling processes to which they subject their fruits. The juice of the grape will boil at two hundred and twelve degrees, but alcohol is evaporated at one hundred and seventy degrees; so that if there were any alcohol in the juice it would be expelled at forty-two degrees before it came to the boiling point.

Not only do missionaries and travelers tell us that the fresh wines are now, in the Eastern countries, boiled to prevent fermentation, but also standard authors affirm that they were thus anciently preserved. Adams, in his Roman Antiquities, published A. D. 1791, on the authority of Pliny and Virgil, says, "In order to make wine keep, they used to boil (*decoquere*) the must down to one-half, when it was called *defrutum*, to one-third *sapa*." Archbishop Potter, born A. D. 1674, in his Grecian Antiquities says, "The Lacedæmonians used to boil their wines upon the fire till the fifth part was consumed; then, after four years were expired, began to drink them." For authority, he cited the celebrated philosopher Democritus, who died 361 B. C., and a Greek physician, named Palladius. We have the authority of Dr. Nott, late President of Union College, N. Y., that Columella, and other writers cotemporary with the Apostles, say, that "in Italy and Greece it was common to boil their wines." Virgil, in his Georgics (lib. I. 295), says:

"Aut dulcis musti Vulcano decoquit humorem,
Et foliis undam tepidi despumat aheni."

Wines thus boiled did not become fermented. Caspar Neuman, Professor of Chemistry over a hundred years ago at Berlin, said, "It is observable that when sweet juices are boiled down to a thick consistency they not only do not ferment in that state, but are not easily fermented when diluted with as much water as they lost in the evaporation, or even with the very individual water that exhaled from them."

Another mode of preventing fermentation was by the use of the filter. The filter was not a mere strainer, but one so closely constructed as to separate all the gluten from the juice, so that none remained to produce fermentation. Plutarch, Pliny, and others speak of the process.

Another process was that of *subsidence*. As wine will not ferment below forty-five degrees, the gluten or yeast being heavier than the juice, soon sinks to the bottom, and fermentation becomes impossible. Pliny gives the process: "They plunge the casks, immediately after they are filled from the vats, into water until winter has passed away, and the wine has acquired the habit of being cold." Columella gives similar recipes.

Another way was by fumigation. Adams tells us that "the Romans fumigated their wines with the fumes of sulphur," and authors are quoted by him for proof.—*Patton's Laws of Fermentation and Wines of the Ancients*, p. 24–41.

Having noticed the different ways by which wines were preserved from fermenting, we will be the better able to understand the qualifying term employed. Many of these are obscure, by being misunderstood, causing the unfermented and unintoxicating to be mistaken for the intoxicating drinks.

We read of new wine and sweet wine. All will, doubtless, be ready to admit that these were not intoxicating. The author of *Ant-*

Digitized by Google

Bacchus cites Horace, who says, "There is no wine sweeter to drink than Lesbian; that it was like nectar, and more resembles ambrosia than wine; that it was perfectly harmless, and would not produce intoxication." Different authors speak of sweet wine as that which had been preserved from fermentation, and Aristotle says that it would not intoxicate.

When we read of *good* wine, we generally suppose that fermented wine is meant, but the ancients understood by it the unfermented. They called this wine good because it had not lost, by fermentation, its nourishment. Columella says the Greeks called this unintoxicating wine "Amethyston," from Alpha, negative, and methusis, intoxication; that is, a wine which would not intoxicate. He adds that it was a good wine, harmless, and called *inus*, because it would not affect the nerves, but at the same time it was not defective in flavor." Albert Barnes, in his note on good wine (John ii. 10) says, "Pliny expressly says that a 'good wine' was one that was destitute of spirit. (Lib. iv. c. 13.) It should not be assumed that the 'good wine' was stronger than the other. It is rather to be presumed that it was the milder. That would be the best wine, certainly. The wine referred to here was doubtless such as was commonly drunk in Palestine. That was the pure juice of the grape. It was not brandied wine; nor drugged wine; nor wine compounded of various substances, such as we drink in this land, but the simple juice of the grape." Dr. Jacobus says, "The present wines of Jerusalem and Lebanon, as we tasted them, were commonly boiled, and sweet, without intoxicating qualities, such as we here get in liquors called wines. The boiling prevents fermentation. Those were esteemed the best wines which were least strong." The good wine, consequently, was such as would not intoxicate.

The term "old wine" deceives us, as we attach to it the idea of being long fermented, but the ancients had a very different idea. By old wine, they meant that which could not intoxicate. Plutarch, in his Symposium, says, "Wine is rendered old or feeble in strength when it is frequently filtered. The strength or spirit being thus excluded, the wine neither inflames the brain nor affects the mind and the passions, and is much more pleasant to drink." Pliny said, "Wines were rendered old and castrated, or deprived of all their vigor by filtering." The ancient authors, expressing the ideas of their times, unequivocally tell us that the old wines were not intoxicating.

Some one may object that "the old wine is better." This is true, but it is not because it is strong to intoxicate. One of the ways of preserving wines unfermented was by boiling, and the longer they would stand the thicker they wold become. Aristotle said, "The wine of Arcadia was so thick that it was necessary to scrape it from the skin-bottles in which it was contained, and to dissolve the scrapings in water"—they had evaporated by time. Pliny speaks of the celebrated Opimian wine, which had in his day stood two hundred years, and had become as thick as honey; and Homer (Odyssey, book ix.) tells us that Ulysses took into his boat "a goat-skin of sweet, black wine, a divine drink, which Marion, the priest of Apollo, had given him; it was sweet as honey: it was imperishable, or would keep for ever; it was diluted with twenty parts of water, and that from it a sweet and divine odor exhaled." The flavor of the wine is improved by age, and is thus explained by Dr. Lees: "Mr. Wright's Passover-wine is found to improve in flavor by keeping, though no chemical change, and certainly no fermentation occurs. An explanation may be found in the fact that the original aroma of the grape, fine and subtle particles being by the act of crushing mingled with the saccharine and albuminous matters, become less perceptible to the palate, but by being kept they mechanically separate again, and so impart a fuller and richer flavor by first touching the nerves of taste."

These citations show us that we can not judge the liquors anciently used by the terms now employed, as both good wine and old wine were the unintoxicating, instead of, as at present, the intoxicating. The odes of Horace show that the unintoxicating wine was freely, if not generally used. In liber i., ode *Ad Tyndaridem*, line 21, he says, "Here shall you quaff, under a shade, cups of unintoxicating wine" (*innocentis pecula Lesbii*). Again, lib. iii., ode *Ad Mæcenatem*, "This day, sacred in the revolving year, shall remove the cork fastened with pitch from that jar, which was set to fumigate in the consulship of Tullus. Take, my Mæcenas, a hundred glasses, on account of the safety of your friend, and continue the wakeful lamps even to daylight: all clamor and passion be far away." If this wine had been intoxicating it would not have been innocent, neither could a hundred glasses have been taken without noise and rage.*

*We have given the translation of Prof. C. Smart made more than a hundred years ago, before there was any controversy about fermented and unfermented wines He certainly was not biased in his rendering.

Digitized by Google

While such care was shown to preserve their wines and other liquors unfermented, yet they also had the fermented drinks, as is evident from the lives of Noah and Lot, and later history. As these could not be fortified by distillation, that they might be kept from becoming completely putrefied, they must necessarily be kept at a temperature below seventy-five degrees, or mixed with drugs that might preserve them. We frequently read of "mixed wine," which we may very generally suppose to be this drugged wine. We read in the Lamentations of Jeremiah (iii. 15): "He hath made me drunken with wormwood." In the Odyssey, Homer tells us of Helen casting a drug into the wine prepared for Telemachus, said to be "grief-assuaging, anger-allaying, and causing oblivion of all ills; and, again, that Circe made use of "direful drugs."

There were, as well may be supposed, the same relative differences in the habits of people then as now; there were the teetotalers, who abhorred the polluting cup as much as any at the present day; and also those whose appetites had become depraved by the irritating poison; so that they were not satisfied without their daily potations.

There were the cold water-drinkers. Such was Timothy, as is evident from Paul's direction to him, to drink no longer water only, but to use wine as a medicine. The Temperance Bible Commentary on this text says, "To drink water, and 'to be a water-drinker,' had a special signification among the Greeks, as among ourselves, that of not using inebriating drinks." Demosthenes, the Grecian orator, was a cold water-drinker. Sophocles describes Œdipus telling the Eumenides that he had come to them abstemious and wineless. Plato said, "It is easy to understand that a city ought not to be mixed like a cup in which the maddening wine effervesces when poured forth; but like one that, being subject to the abstemious other deity (water, as Longinus says) produces a good and moderate drink, after a beautiful commingling." Philo, the Alexandrian Jew, describes the wise man "setting himself, in the firmness of his mind, against wine, and every cause of folly;" and claims that the regenerate man does not use wine and strong drink, but abstains continually, even during his whole life.

There were, on the other hand, drunkards, who not only used the stronger and drugged drinks, but many drank to excess those wines which had little, if any, intoxicating strength. They would dilute the intoxicating wine, so that they might drink both long and in great quantities. They also employed the filter, so that the strength being broken, or taken away, they could drink the longer without becoming drunken. They had resort to the strange device of using an emetic, that they might continue their potations. Lucian says, "I come, as those who drink *gleukos*, swelling out their stomachs, require an emetic." We are told, on the authority of Wetstein, that the Roman ladies were so fond of fresh wine that they would drink all they could, and then throw it off by emetics, and repeat the draught. This may assist us to understand Paul's prohibition, "Be not drunk with wine [surcharged even with the unintoxicating wines], wherein is excess."

Prohibition had its advocates, and was enforced by some, among the ancients.

We find an advocate for Prohibition in Plato. In his "Laws" (b. ii. 674), he causes his Athenian guest to say, "In preference to the custom of the Cretans and Lacedæmonians, I would prefer the Carthaginian law; namely, that no one when in camp is to taste of that drink (wine), but is to exist upon water during all that period; and that, in the city, neither a male nor female slave should ever taste it; and that no magistrates during their year of office, nor pilots (of the state *kuberneetas*), nor judges engaged in business, should taste it at all; nor any one who goes to any council to deliberate on any matter of moment; neither any one in the daytime at all, unless on account of bodily exercise or disease. Many other cases a person might mention, in which wine ought not to be drunk by those who possess understanding and a correct rule of action."

Among the founders of religious sects, some were emphatic in prohibiting the use of intoxicating liquors. Buddha, the founder of Buddhism in India, at least in the sixth century before the Christian era, promulgated his five commandments, the last of which was prohibiting inebriating drinks. It reads thus: "Obey the law, and walk steadily in the path of purity, and (to do this) drink not liquors that intoxicate and disturb the reason."

Of later date, but not less important, is the injunction or prohibition of Mohamed, in the Koran (v. 7): "O true believers, surely wine and lots are an abomination, a snare of Satan, therefore avoid them. Satan seeketh to sow dissension and hatred by means of wine and lots; will ye not, therefore, abstain from them?"

The effect of these prohibitions has been seen upon those who gave themselves up to the guidance of these leaders. The world may well learn a lesson from their history, and the Church

Digitized by Google

of Christ be stimulated to enforce the prohibitions of the Bible more faithfully.

It is a fact, perhaps not generally known, at least to the masses, that the old Roman law of the twelve tables prohibited the use of intoxicating wine to women. Pliny also says, "It was not lawful for women to drink that"—intoxicating wine—and tells us that this law was sometimes enforced by the husband, who acted both as judge and executioner. He adds that "kinsfolk kissed the women, when they met them, to find whether their breath smelt of *Temetum*," or intoxicating wine.

All familiar with the Bible record will readily remember that the mother of Samson was forbidden to drink wine or strong drink. On this the Temperance Bible Commentary remarks "That indulgence in the use of strong drink by expectant mothers would be injurious to their offspring, was known to the learned and wise among the ancients. Plato, Aristotle, Plutarch, etc., have noticed the hereditary transmission of intemperate propensities, and the legislation that imposed abstinence upon women had unquestionably in view the greater vigor of offspring—the *mens sana in corpore sano*—(healthy mind in a healthy body)—one of the choicest inheritances of the human race." *

Drunkenness was not, by the Greeks, considered as a plea for the mitigation of punishment for crime. Macnish, in his Anatomy of Drunkenness (chap. xiii.), says, "In ancient Greece it was decreed by Pittacus that 'he who committed a crime when intoxicated should receive a double punishment,' namely, one for the crime itself, and the other for the inebriety which prompted him to commit it. The Athenians not only punished offences done in drunkenness with increased severity, but by an enactment of Solon, inebriation in a magistrate was made capital." The Roman law admitted intoxication as an excuse for crime in men, yet punished at one time the vice itself with death, if found in women.

As we have noticed the judicial treatment of drunkenness among the ancient Greeks, it will not be irrelevant to state that the Mosaic law, recorded (Deut. xxi. 18-21): "If a man have a stubborn and rebellious son, which will not obey the voice of his father, or the voice of his mother, and that when they have chastened him will not hearken unto them, then shall his father and his mother lay hold on him and bring him unto the elders of the city and unto the gates of his place, and they shall say unto the elders of the city, 'This our son is stubborn and rebellious; he will not obey our voice; he is a glutton and a drunkard.' And all the men of his city shall stone him with stones, that he die; so shalt thou put evil away from among you, and all Israel shall hear and fear."

Paul also taught the Corinthians that the vice of drunkenness should receive no countenance from the Church; for if one of their number gave himself up to this sin, they were not to keep his company—"with such a one no, not to eat." He declares the inexorable law of God, that drunkards shall not inherit the kingdom of God.

The prohibitions against the use of inebriating drinks, and judicial treatment consequent to drunkenness, are in perfect accordance with the character by which intoxicating liquors were regarded by many of the ancients. Many of them looked upon it as and called it poison. It was the custom of the Greeks when they saw a drunken man, instead of saying, "The man is drunk," to say, "The man is poisoned." Our word intoxication is derived from the Greek word *toxicon*, signifying poison. In India, the word *ramgan*, meaning a drunkard, also means a madman, recognizing the enraging or poisonous properties of the baneful drink. That the ancient Persians regarded it as a poison is evident from the words that Xenophon represents his youthful hero, Cyrus, as uttering. The incident will be remembered by all Greek students who have read Xenophon's "Cyropædia." Cyrus undertook to hand the wine-cup to his grandfather, Astyages, more dexterously than the cup-bearer, when the king jocosely asked why he didn't taste the wine, as it was customary for the cup-bearer to do. The youth replied, "Because he feared that poison had been mingled in the cup, for at the entertainment he had given his friends on his birthday he plainly saw that poison was poured in the cup." The astonished Astyages inquired how he knew that. He replied, that they had become deceived in both mind and body—he said, "Those things that you do not let us boys do, you do yourselves. You all cry out together, and can learn nothing from each other; you sing ridiculously, and although you don't hear him that

* Plato, twenty centuries ago, recognized a fact in physiology when he forbade the use of wine to the newly married. It perverts the brain of the unborn child; it strikes a blow at reason and virtue in the very womb. It is the real cause of so many ill-balanced minds, neither insane nor sensible, and in its higher use it is the teeming fount of the sad idiotcy which disgraces and depresses our boasted civilisation. (Lees's Text Book of Temperance, p. 97. See also Matthew Henry's Commentary on Judges xiii. 4.)

Digitized by Google

sings yet you swear that he sings admirably. Each one, talking of his strength when he would rise to dance, not only fails to do so according to rule, but can not even stand erect! You forget yourselves—you, that you are king, and the rest that you are their ruler. I learned, indeed, then, what is your license of speech, that none of you are silent." It matters but little to us whether Cyrus ever uttered these words or not; we see in them what such a distinguished writer and philosopher as Xenophon, and the class of men that he in this passage represents, thought of the nature and consequences of the intoxicating cup.

It may not be uninteresting to glance at a few of the ancient nations, and observe their temperate habits. We will find that with many of these, as with individuals, so long as they were weak and poor they were temperate; but when power and wealth came they gave themselves up to luxury, and with this to a great or less degree, to intemperance. Yet were there found among them many faithful opponents of the vice, who, both by word and act, sought to stem this tide of evil.

We first turn to India. We have already noticed the prohibition given by Buddha to his followers, from five hundred to over a thousand years before the time of Christ, forbidding them to become intoxicated. As a consequence, we find the prevalence of Temperance principles and habits. Dr. Lees refers to Strabo, who wrote before the Christian era, and had cited an ancient history of India, written by Megasthenes, and informs us that, from time immemorial, the highest, the most religious and cultured tastes had abstained from the use of intoxicating drinks, and continued to do so at the time he wrote—that "the Brachmans, the Germanas, and the Hylobions"—the priests and physicians, were abstainers. One of the thirty-two charities of the Hindoos is to have water ready for the weary traveler to drink. So thoroughly has the Temperance principle taken hold on them that they regard drunkenness as a species of insanity, and stigmatize it accordingly.

Egypt had its Temperance advocates, abstainers, and prohibitions. It has been supposed by some that the vine was not anciently cultivated there, but the paintings on the tombs of Thebes represent it as one of the products of the land, and the Israelites (Num. xx. 5) looked back with longing eyes to the vines of Egypt. Their wines were described to be unintoxicating, as well as intoxicating. They also made use of an ale or beer.

There were at least certain classes forbidden to drink intoxicating liquors. In the remoter days the kings of Egypt drank no wine, or intoxicating drinks, and it is supposed that to this Solomon had reference (Prov. xxxi. 4, 5) when he said, "it is not for kings to drink wine, nor for princes strong drink." It was not until the reign of Psammetichus (640 B. C.) that the king began to drink it. There was an ancient decree that "the kings should take as much wine as would refresh, but not inebriate."

The priests, of whom the king was chief, were also forbidden its use. Of these Porphyry and Plutarch, ancient historians, have spoken, telling us that "some of these (the higher priests) did not drink wine at all, and the others (the inferior) drank very little of it, on account of its being injurious to the nerves, oppressive to the head, an impediment to invention, and an incentive to lust;" and also that the priests of the inferior deities "were strictly prohibited its use during their most solemn purifications." There is an interesting extract from the Hieratic Papyri (given from the Cambridge, Eng., Essays, 1858), in which an ancient Egyptian priest sought to regain his pupil. He wrote: "It has been told me that thou hast forsaken books, and devoted thyself to sensuality; that thou goest from tavern to tavern, smelling of beer at eventide. If beer gets into a man, it overcomes thy mind; thou art like an car started from its place; like a house without food, with shaky walls. Thou knowest that wine is an abomination; thou hast taken an oath (or pledge) concerning strong drink, that thou wouldst not put such into thee. Hast thou forgotten thine oath?" In another letter he writes, "I, thy superior, forbid thee to go to the tavern."

During the earliest ages in Egypt the juice was pressed from the grape as it was drunk. This is evident from the dream of Pharaoh's butler, as he related it to Joseph (Gen. xl. 9-11): "I took the grapes and pressed them into Pharaoh's cup, and I gave the cup into Pharaoh's hand." Josephus thus narrates the dream: "In his sleep he saw three clusters of grapes hanging upon three branches of a vine, large already and ripe for gathering, and that he squeezed them into a cup, which the king held in his hand; and when he had strained the wine he gave it to the king to drink, and that he received it from him with a pleasant countenance." Dr. Adam Clarke, commenting on this, says, "From this we find that wine, anciently, was the mere expressed juice of the grape without fermentation. The *saky*, or cup-bearer, took the bunch, pressed the juice into the cup

Digitized by Google

and instantly delivered it into the hands of his master. This was anciently the *yayin* (wine) of the Hebrows, the *oinos* (wine) of the Greeks, and the *mustum* [new fresh wine] of the ancient Latins."

The Persians were anciently a temperate people. Not only did they eat the plainest food, but, according to the testimony of Herodotus, "strangers to the taste of wine, they drank water only." Prof. Rawlinson says, "The sole drink in which they indulged was water." Upon Temperance principles, it is asserted, did Cyrus achieve his conquests. But with success and power came luxury and self-indulgence. Wine supplanted water as a beverage, and the sobriety which had been the source of their strength, yielded its place to drunkenness; and their glory waned and sank to rise no more.

The Arabians, although at one time greatly addicted to the use of the inebriating drinks, yet anciently opposed their use. When they saw the great evils that followed intemperance, the more devout of the pagan Arabians, according to the record of Warnerius, abstained entirely from the use of wine. The Nabathæns, living in Central Arabia, forbade the use of intoxicating wine. Diodorus Siculus (B. C., 60) says of them, "It is a law among them not to sow corn, nor to plant, nor to use wine, nor to build a house." There is in this law a marked similarity to the law and practice of the Rechabites, promulgated by Jonadab, the friend of King Jehu, and son of Rechab (B. C., 880), as recorded by Jeremiah (xxxv. 1--19): "We will drink no wine; for Jonadab, the son of Rechab, our father, commanded us, saying, 'Ye shall drink no wine, neither ye, nor your sons for ever,'" etc. From Arabia went forth the mandate of Mohamed, leading the millions of Tartars, Turks, Persians, Hindoos, Arabs, Moors, and Egyptians to forsake the drunkard's cup.*

The Greeks and Romans were not dead to the Temperance cause. This may appear evident from the many quotations we have made from their standard authors, both respecting the nature and use of their liquors. The Spartans, one of the noblest of the Grecian tribes, held drunkenness in such abhorrence, that they would, at stated times, intoxicate their slaves, that their children might see how degrading it was, and be led to look upon it with contempt. The ancient Nervii, of Belgic Gaul, refused to drink wine, because they believed it produced cowardice and effeminacy. Dr. Nott tells us, "In Italy the habit (mixing wine with water), was so universal, that there was an establishment at Rome for public use. It was called Thermopolium, and, from the accounts left of it, was on a large scale. The remains of several have been discovered among the ruins of Pompeii. Cold, warm, and tepid water was procurable at these establishments, as well as wine, and the inhabitants resorted there for the purpose of drinking, and also sent their servants for hot water." Hot water was frequently necessary to dissolve the boiled and old wine, which had become thick, in consequence of both the boiling and age. That they also drank the wine as it was expressed from the grape, is evident from the pedestal exhumed at Pompeii, by the side of which, Bacchus, the god of wine, is standing, squeezing, with both his hands, the juice of a large cluster of grapes into a cup. This, it will be remembered, is in strict accordance with the dream of Pharaoh's butler, helping to establish the fact that the ancients, largely, if not generally, used the fermented drinks.

There were various classes or orders of men that anciently advocated Temperance, as well as lived temperately. Of these we may mention the Essenes. Josephus, in his Jewish Antiquities, says of them, "These men live the same kind of life as do those whom the Greeks call Pythagoreans." He again says, "They have an aversion to sensuous pleasures in the same manner as to that which is truly evil. Temperance, and the keeping their passions in subjection, they esteemed a virtue of the first order." Describing their orderly lives, he says, "All this is the result of a constant course of sobriety (*neepsis*, from *neepho*, abstinent, or as Liddell and Scott say, 'especially to drink no wine') in their eating and drinking, only to the end of sufficing nature. They are long livers, so that many of them arrive to the age of a hundred years; which is to be ascribed to their simple and plain diet, and the temperance and good order observed in all things."

The Therapeutæ of Egypt are described by Philo: "Their drink is only water from the stream. . . . At their feasts they drink no wine: but only pure water. . . . . They abstain from wine, as reckoning it to be a sort of poison that leads men to madness." These have by some been supposed to be the Essenes of Egypt, but as their name denotes "healers," and Philo speaks of them as distinctive from the Essenes, they were entirely a different order of men.

Among the heretical orders of the apostolic church were the *Encratates*, who were the tem-

* See Lees's Text Book of Temperance, p. 139–148; and the Temperance Bible Commentary; an invaluable work, to which I am highly indebted.

Digitized by Google

perates or abstinents—they belonged to the Gnostics' order of acetics. Of these, Epiphanius, Bishop of Salamis, said, "They did not use wine at all, saying, it was of the Devil; and that drinking and using it was sinful." We are told that they were so bitterly opposed to its use, that in the celebration of the Lord's Supper, they substituted water in its place. Theodoret said of Titan, their leader, "he abhors the use of wine." The Leverians, whose founder was an Encratate, also opposed the use of wine, as the cause of drunkenness. The Manichees, another order, opposed its use, and called it "the gall of the Prince of Darkness." The apostolic canons admit an ascetic abstinence, but reprobated those who abstained from any sense of the impurity of matter.

Among the early fathers, Clement of Alexandria (A. D. 180) said, "I admire those who desire no other beverage than water, avoiding wine as they do fire. Hence arise irregular desires and licentious conduct. The circulation is hastened. The body inflames the soul." More anciently Eubulus (B. C. 375) said, "Water makes those who drink nothing else very ingenious; but wine obscures and clouds the mind." Solomon (B. C. 1000) said, "Wine is a mocker; strong drink is raging: whosoever is deceived thereby is not wise." Must not such sentiments have aroused those to whom they were spoken?

From this historic review, it becomes evident to the most incredulous and unwilling to believe, that there have existed from the remotest antiquity, those who totally abstained from the use of the intoxicating cup, and used their influence to keep others from its fatal snare. These were actuated by different motives, some were prompted by the physical effects of drunkenness; others by its influence on society; others by religious principles; and very many by all of these combined. There was, however, a bitter spirit of controversy prevalent, which led the triumphant party to repudiate and link with real or supposed errors the Temperance principles of the past, and, in consequence of this lack of logical discrimination, produced great moral corruption in the Church of Christ. Although the Dark Ages, followed by the skepticism of later years, prevented the knowledge of these truths, or these principles exerting their legitimate force, yet these facts remain, and serve as a powerful engine in the progess of Temperance reform.

We find that the same cause produced the same effects formerly as at present. How many now become drunkards in consequence of using alcoholic liquors as a medicine! So were nations and communities ensnared. By this device, was its use as a beverage introduced into Persia. According to Anquetil, the use of wine became common in consequence of a cure performed, on a lady at court, by its use. Many of the ancient monastic institutions of Great Britain were founded upon the abstinence principle, as is proved by their charters, but from these they gradually departed, by the hospitable and *medicinal* use of wine, until "good cheer" and drunkenness became the rule. Can not the experience of the past, as well as the present, teach us the danger of its use as a medicine?

History tells us the sad consequences of drunkenness, not only on individuals, but also on nations, many of which were ruined in consequence of it. Diodorus Siculus describes the capture of Nineveh by Arbaces the Mede and Belesis the Babylonian, and tells us that after the besiegers had been defeated in the field, the Assyrians gave themselves up to a drunken feast, when they were attacked by their enemies and defeated with great loss. Babylon fell when rulers, soldiers, and citizens had given themselves to intoxication. Daniel tells us of the feast and free use of wine. Xenophon, in his "Cyropædia," tells us that all Babylon was given up to revelry in celebrating one of the great festivals of Bel, when Cyrus captured the city. Herodotus informs us, that in consequence of the drunkenness of the soldiers, the gates opening toward the river had been left unguarded: through these the army entered, and captured the city. The Prophets tell us that drunkenness was one of the causes of Israel's and Judah's captivity. Macnish has aptly said, "They (intoxicating liquors) seem to act like the simoom of the desert, and scatter destruction and misery around their path. The ruin of Rome was owing to luxury, of which indulgence in wine was the principal ingredient. Hannibal's army fell less by the arms of Scipio, than by the wines of Capua; and the inebriated hero of Macedon, after slaying his friend Clytus, and burning the Palace of Persepolis, expired at last in a fit of intoxication, in his thirty-third year." We would urge the inquiry, Is any nation safe that sanctions and encourages the use of intoxicating liquors? Results in all ages of the world prove the same danger, and consequent ruin.

We may ask, What has been the influence of civilized nations, ancient and modern, on the uncivilized? The Bible Temperance Commentary (p. 338) says, "The history of European intercourse with uncivilized tribes, like the North American Indians and New Zealanders,

Digitized by Google

nd with peculiarly civilized nations, such as Hindoos and Chinese, is replete with rank and oisome offences against the apostolic rule of ractice—a rule as obligatory on nations as on ndividuals." With the blessings of civilization ame wealth, power, luxury, and their accom-anying vices; and these vices, in both ancient nd modern times, exerted their baneful in-uences both at home and abroad, and in the nd bring a blighting curse. (Deut. viii. 11-20.) hus did many ancient nations contract the ice of drunkenness in enjoying their luxuries.

The facts adduced prove that the Temperance agitation has not been wholly a recent one, but from the remotest ages there have been opponents to the inebriating cup, and prohibition forbidding its use. They also show that the character of ancient liquors can not be judged by the standard of the modern spirits. A knowledge of these facts enables us to understand and correctly interpret the enunciations of the Bible, by which we may put to silence the advocates of the liquor cause.

Early and Late Hours.

BY REV. CHARLES H. BRIGHAM.

IF sage advice and proverbial wisdom can justify any habit, the habit of early rising nd early resting is abundantly justified. This s the teaching alike of thrift and of physical igour. "Early to bed and early to rise is the way to be healthy, wealthy, and wise"—that was the musical couplet which all children earned in the last generation. The proverb of he worm and the bird has found a new interpretation in the wit of our time, which changes ts force, yet it is still repeated as a reproach to he sluggard. Even in Paris, where night takes he place of day, you may hear in the *halles* of he market, as you congratulate the women on heir fresh colour, the answer, "*Homme matineux ain, alegre et soigneux.*" A favorite jingling proverb in Denmark, where every thing is so snug nd comfortable, is, "*Hvo aarle viis, han vorder mangt viis*"—He who rises early, will get wise more fully. And then, there is the musical Spanish proverb, "*Aquien madruga, Dios le ayuda*"—God helps the man who gets up early. All these proverbs are perhaps inferences from the example of the Hebrew patriarchs, of most of whom it is recorded that they were early risers. Abraham and Jacob, and the men of their race were usually astir before the break of day.

And probably most races of men are early risers, and most men and women in all races. It is not needful to urge the toilers to get up in season; necessity anticipates the precept. In Italy, you may see the peasants going out from the towns to the fields, while the dawn is yet faint, and the stars shine in the sky; or gathering at the stalls, where they are selling fruits and nuts in the light of flaring torches. The Scotch cotter begins his day in winter long before the sun makes any sign. The Swiss herd boy wakens the echoes with his jödel in the small hours of the night, as the tired traveller knows to his sorrow, vainly seeking sleep in the hooting notes of that falsetto. In New York, cars rattle upon the pavement as heralds of coming day almost when fashion comes home jaded from its night's dissipation. Labour everywhere, of those who till the soil, or toil at the work-bench, heeds the proverbs of early rising, and accepts them as the divine order.

But early rising is rather a necessity of the working class, than a doctrine of any class. Those who get up betimes are apt to envy the fortune of those who can lie longer. Increase of wealth is apt to change the habit. The practice of the prosperous classes is mostly quite alien from the word of the proverbs, and that practice is made the foundation for a confident, if not a plausible theory. Sober essays are printed, which insist that the benefits of early rising are imaginary and delusive; that the habit does more harm than good, and is neither healthy nor prudent. The instances of longevity of men who rise at 4 o'clock are more than matched by similar instances of men who have slept until 7. It is denied that the one class do more in the day than the other, learn any more, or get rich any faster. We are referred to the great bankers in London who never breakfast before 9

Digitized by Google

o'clock. Was not Justice Story, who dearly loved his morning nap after his midnight study, able to show to his delighted class in the Law School a melancholy evidence of the effects of early rising in the nodding heads of his eminent visitors, John Quincy Adams and Josiah Quincy? Early rising is now pronounced to be only a popular prejudice which must vanish with other prejudice. We are told that a sound hygiene commends the modesty that will not rise before the sun, and that while the days may be shortened by that method, the years will be multiplied. Man is not to be guided here, more than in his eating and drinking, by the examples of the lower animals. It may be well for the lark to sing at heaven's gate and welcome the morning; but men and women are not larks, and may leave that office to the bird that has nothing better to do. And the young man had reason who saw in the proverb of his father the folly of the worm as much as the wisdom of the bird; the one was as applicable to his own case as the other. Perhaps some of these defences of late rising are meant to be playful, or, as Artemus Ward would say, "sarcastical;" but there can be no doubt of a growing feeling in favour of later hours of rising, even among intelligent men, who have no dissipated taste, and are not lazy. The physicians counsel more sleep, and allow it at the end rather than at the beginning of the night.

Late hours in the evening are not so seriously defended, yet there are some who find easy apologies for their own practice in this direction. The student insists that midnight is better for study, when the sounds of nature and the hum of labour have died away and every thing is still. He can not afford to lose those divine hours of thought. Not a few declare that it is of no use for them to go to bed early, since sleep will not come, and they can only toss and turn upon an uneasy couch. Fashion, the despotic arbiter in the cities, sets a ban upon this doctrine of early sleep. One who insists that his door shall be shut and his light shall be out at 10 o'clock, in such cities as New York and Chicago, simply withdraws from society as much as if he had become a Carthusian monk. Social life, as illustrated in evening parties, begins at that hour of the night. A rule of that kind cuts one off from the most refined amusements, from concerts and operas, and banquets, and balls, and is fit only for the infirmities of age. "Early," in the dialect of fashionable society, does not mean what it meant in the Puritan days. In many places, no one who valued his reputation would venture to go to an evening entertainment before 9 o'clock, and he might seem rude in leaving before midnight. Civilization seems to advance the order of the hours until night becomes evening, and evening becomes morning, and morning in turn becomes night, so illustrating in a new way the old plan of creation. It is odd, for instance, to see a *matinée*, a morning entertainment, advertised at 2 P. M., or the "Vesper" service in the church in December at 8 P. M., three hours after the evening light has faded; or to be met when the sun has passed the meridian and is well down toward the west, with the salutation, "Good morning." A Vermont Yankee finds himself nonplussed in Paris in learning that the *déjeuner*, or breakfast, is at 1 in the afternoon, an hour later than his own dinner-time, and that the *dîner* is at 8 in the evening, three hours later than his own supper-time. And that custom of Paris is coming to be the custom of our leading American cities, where the distance of the place of business from the home compels so many to adopt the late dinner-hour. There are those in New York, and not foreigners either, who breakfast at noon-day.

And some will plead that if they are to have amusement at all they must have it in these late evening hours. They have to work all day, to keep to business; the night must be their time for play. It is of no use to go to the counting-room or the shop before the customers come, and you certainly would not have them leave their business while customers continue to come. Indeed, some trades drive the briskest traffic in the hours when honest men should sleep. The light is as brilliant in the liquor saloons in the late as in the early hours, and the druggists with their fountains keep open invitation to those who return from the theatre. The theatre can only be supported by allowing it to encroach upon the hours of sleep. If you commend amusement, some will say, give us time for amusement. If you permit dance and song, give us time to hear and join in these. We must have them in the night or not at all. And if you prohibit the only hours in which busy men and women can enjoy them, you might as well take the stronger ascetic tone, and prohibit the amusements themselves as sinful.

And there are some kinds of labour which make it impossible to get to bed early—of labour too, which is of the brain rather than the hand. The managing editor of a daily morning newspaper, which is to publish not only the latest telegrams, but suitable comments upon them, must be wide awake in the small hours of the night. Many preachers are compelled to burn

Digitized by Google

midnight oil, on Saturday night at any rate, in preparation for pulpit duty, which they have postponed until the latest moment. A physician in active practice in a large town may get to bed early, but the chances are that he will not stay there; his first doze will be broken by the summons to harness the horse and ride swiftly half a dozen miles, more or less. In London, during the session, the best working hours of Parliament are in the night, and the critical "divisions of the House" come at the witching hour. On the sleeping-cars, the passengers may be sent to bed early, long before they are ready, but the brakemen and conductors must not yield to the drowsy god, even when the signs of slumber are audible around them. Watchmen, of course, can not sleep in the night. And thieves of all kinds are apt to keep late hours, whether they run opera houses, and club houses, or break into back windows. It may be presumed that the members of the New York Ring are on the alert at midnight as much as any of the Bill Sikes' or the artful dodgers of the Five Points.

As we grow older, no doubt, we learn wisdom in this matter. The gray-haired parent, whose dancing days are over, and whose limbs are not elastic, is glad to hasten bed-time, and to leave his daughters to their foolish joy in the late hours. He would lengthen his nights in spite of his difficulty in sleeping. Very few persons over sixty years old care to sit up after 11 o'clock in the evening, and would rather be invisible at an earlier hour. Old age may not need more sleep than youth, but it is more covetous of sleep, and sooner disgusted with the day's excitement. "Go to bed early" is the advice which the elders give to the younger race, all the more emphatic as they remember their own sins in this kind in the former years, and wonder that they could have taken such needless risks in those night-rides and frolics. That is the advice, too, of the medical journals and men;—was there ever a wise physician who would counsel his patients to sit up until midnight, as a rule, or even as a frequent exception? The wisdom in this matter, nevertheless, is of the kind that comes by experience, and the sage warning of the elders is oftenest unheeded. So long as Fashion justifies and demands late hours, the gray-beards and the doctors will spend breath to no purpose. The discovery of Petroleum has neutralized the warnings of Hygiene, in furnishing light so cheap and so abundant. Early hours in a town which has its gas works are not to be thought of. Shall the enterprising company so be cheated of its profits, and the smart village curtail its brilliancy, and keep the former evening darkness of its rural life? If for nothing else, let us sit up late, that we may not seem niggard in our use of light, and that the benighted wayfarer may take heart when he sees this beacon in the distance. Those who are determined to keep late hours can find many excuses, in spite of the contradiction of the proverbs, the doctors, and the experience of the elders.

The suggestions that we offer in this matter will probably not be heeded by young men and maidens in "good society," since they deny so positively the customs of good society. We limit them to the round number of *ten*, although that number might as well be doubled.

1. *Go to bed when you are sleepy!* Do not undertake to force wakefulness, when attention fails and the brain finds its blood running sluggishly. One may be sleepy, indeed, where it is not expedient or proper to let nature have its way, as in waiting upon a dry lecture or a dull sermon; and a considerate pastor, remembering how hard it was to write the tedious paragraphs, will pity rather than condemn those who are overcome by their heaviness. But in the night, drowsiness is the best monitor of bed-time. One who is half asleep is, as the Western men say, "of no account" in amusement or conversation, and would better be wholly asleep. It is no compliment to a host or to a guest to listen vacantly or with drooping eyelids, to words which lull while they leave no other impression. When one can not keep awake without a painful effort, it is time "to retire," no matter how early the hour of evening. And it is the part of politeness to propose that to a guest who may show drowsiness in manner, even if late hours be the rule of the family; as the opposite rule still more holds good, that a guest should never, to accommodate his own habit or whim, derange the evident order of the house where he is received, or keep them beyond their accustomed hours.

2. *Go to bed when you are tired!* One may be fatigued without being drowsy, and may wish for the freedom and relaxation of a couch, and it is only a sin against nature to sit up in such a condition. Often sleep comes reluctantly to the tired frame jaded from long travel, or the tired brain vexed by much excitement. Yet the bed is better for these than any attempt to keep up appearance of comfort in the drawing-room. A tired body, or a tired spirit, has a right to its rest at any hour, either of day or night. One need not be ashamed to confess fatigue as a reason for leaving the company in

Digitized by Google

the midst of its hilarity. There is no glory in that martyrdom which keeps tired men and women on their feet when they would fain be in their beds.

3. *Late evening suppers should be shunned.* It is not good to cram the stomach with food before going to bed, or to make a solid dinner the preface to a night's repose. In spite of the fashion, in spite of the temptation of these boned turkeys, and these salmon-salads, and these oysters in every shape, and this dazzling away of costly delicacies, we still insist that it is not good to yield to this temptation, and to outrage the digestive function with these solids at 11 or 12 o'clock at night. The supper-room at evening parties, fascinating as it is, is a snare of Satan. Many of those who are busiest in it know they are committing sin, know that they are destroying the privilege of their night, and that they are preparing for headache and heaviness in the coming day. Light fruits in the evening may do no harm, and rather bring more sweetness to the sleep. The average Englishman is sure that a cracker or two and a Welsh rarebit will give him slumber more profound. But no food of any kind amounting to a meal should be taken in the stomach, except in those rare cases where it may act as a salutary warning.

4. And this caution is even more important in regard to stimulants. "*No intoxicating drinks before going to bed.*" Perhaps the rule ought to go farther, and say, "No intoxicating drinks at any time." Waiving that now, we may insist the old prejudice of a "nightcap" of punch or whisky, or even lager beer, is not to be defended. Champagne suppers are a very poor preparation for refreshing sleep. Stimulating drinks, too, which are not intoxicating, are equally to be shunned in the evening hours. In an essay of a previous series, we spoke of coffee at night as worse than wine, and we are not disposed to modify that assertion. No beverage that exhilarates, that stirs the blood, or that excites the nerves, is good as a preliminary of the night's repose. It is of no avail to go to bed early, if sleep be murdered in advance by stimulating drinks, whether they cheer or whether they inebriate. The sleep that comes from intoxication is not refreshing, but is full of nightmare and horrors, of frightful dreams, and of hideous shapes. If you must drink, drink in the morning rather than in the evening. Nectar is for labor, and not for slumber.

5. This rule against stimulants may be enlarged so as to include all kinds of excitement. If the evening is the time for amusement, of course, we may not put all kinds of excitement under ban. But we may say that *amusements which try the brain and excite the nervous system unduly are not good before going to bed.* Half a dozen sharp games of chess are not to be commended as healthful in the hours of evening. Billiards, which give so much bodily exercise along with the calculations of the eye and brain, may be allowed even into the night; but chess in these hours is only a form of suicide. Stimulating dramas, too, are of questionable value as amusement, when they come in the evening. If the Ober Ammergau Passion play were given after sundown, its excitement to the nerves of the spectators would make it as murderous as the plan of Judas and the Jews. To look upon a tragedy in five acts, in which there is cumulation of horrid crime, unfits one wholly for the right use of his pleasant couch, substituting for healthy rest the haunting and damning visions of Clarence and Macbeth.

6. These advices, perhaps, are aside from our main subject. More directly applicable is the counsel to *get sufficient sleep in the night, to go to bed early enough to get all the rest that the system needs.* This has not been fairly ascertained, it may be said, and some persons do not need so much sleep as others. There are old men who have done in their lives a good deal of hard and of substantial work, who have only spent six hours out of the twenty-four in bed and have always been hale and hearty. With their cases before us, we still hold to the one-third rule, which will have *eight* hours for sleep, no matter how many are taken for labour. It is safer to secure eight hours than to limit oneself to a lesser allowance. No one, man or woman, need to be ashamed in confessing that one-third of his life is spent upon the bed. Better uses for the other two-thirds come from that seeming waste. Seven hours may do in many cases, especially where one indulges in the luxury of the after-dinner nap; but it is safer to err on the side of indulgence here than on the side of parsimony.

7. If the hour for going to bed can not be made regular, there should at least be *a regular hour for rising in the morning.* There seems to be a provision in the human constitution by which one can wake up always at about the same hour, no matter how long he has slept. Nature conforms herself here to the human plan, and seems to second the will even when one is unconscious. The hour for getting up may be earlier or later, but it should be uniform, even it may involve loss of sleep in some unlucky nights. It is not well to make up by a long sleep in the morning for the fault of the

Digitized by Google

night's dissipation. Exceptions prove all rules; and this rule, in the early departures of railway trains, is liable to frequent exceptions. Yet unless some emergency compels, it is better to keep to the routine, to be up at 6 or 7, or 8, as the case may be, and convenience may dictate, but not to be up at 6 on one day and 8 on the next day. We say nothing here of the right to extra Sabbatical sleep, of the privilege of an hour or two more of slumber on the morning of the day of rest, which some of the pious have no scruple in taking.

8. *Do not, however, fix the hour for rising too early.* Sunrise at all seasons of the year may fairly precede the rising of men and women who are not the slaves of toil. If you see too often that phenomenon of the daily creation of light coming out of darkness, it will lose its beauty and its marvel. In general, it is well when one awakes, to find that he has followed the lower orders of creation in awaking, and that the day of beast and bird and insect has already begun. Except in a hospital, no comfortable home in our latitude will have artificial light in the first hours of its day. Let the venerable men who have kept rosy cheeks to their seventh or eighth decade preach as much as they will that they owe such fine colour to their habit of getting up at 4 in the morning. It is probable that they would have lived as long and done as much if they had slept until 7. Daylight should tell the sleeper when it is time to rise, and not the alarm clock, which is like the pestilence in doing its work in the darkness. Always be ready for breakfast, but do not have breakfast until the sunlight can make the table cheerful.

9. *Do not work before breakfast.* Hand or headwork ought to be postponed until the stomach is satisfied. The digestive organs ought to be supplied as soon as may be after sleep is shaken off. The lawyer should not go to his office, nor the preacher to his desk until he has ministered to the carnal appetite. Sermons written on an empty stomach will have in them but thin spiritual nutriment. A Catholic priest may go fasting to his early mass, as he fears to take the transmuted body of the Lord into profane food, but a Protestant preacher will think more wisely when his body is refreshed. We give no praise to one who boasts that he has done half-a day's work before his morning meal, whether in the milking of cows or in the preparation of briefs.

10. And with this is the final counsel: *Do not take much exercise before breakfast.* A "constitutional walk" of two, four, or six miles when the stomach is empty is not according to good physiology, in spite of the example of aristocratic Boston ladies. Dickens did not get long life from the habit. A short walk or run in the fresh air may be well enough, and a few turns with the dumb bells. But the gymnasium should not be opened in the first hours of the morning. Sing, if you will, as the birds do. Breathe the fresh air for a few moments. Drink a glass or two of Congress water, if you happen to be at Saratoga, and walk a few times up and down the hotel promenade. Let this mild exercise suffice until the stomach has received its due portion.

The comfort and profit of the day, whether at home or abroad, at the seaside or among the hills, whether it is to be spent mainly in work or mainly in play, depends very much on the way in which the day is begun. To rise too early, or to breakfast too late, may derange the physical order and put the mind so out of joint that there shall be no pleasure in the later hours. To be called out of bed two hours before the time often spoils all the rest of the day for the nerves and the temper, even with the pious thought that this trouble has been taken to speed on his way the parting guest. One who must leave at 3 o'clock in the morning should seek some hotel in the previous evening, that he may not disturb the serenity of the home where he has been so hospitably welcomed.

SYSTEMATIZING MENTAL LABOR.—As a marvellous instance of what one man may achieve by doing systematically and thoroughly whatever he undertakes, we can not do better than consider the life of Alexander von Humboldt. There was no part of the world he had not visited, and he had been nowhere without acquiring the most exact knowledge of the whole country, its geology, its animal life, its botany, all its physical characteristics, as well as the language, habits, customs, laws, religion, and history of its people. He led this life till he was ninety years of age, and even then no fact, in any part of the world, that had any bearing on scientific truth, escaped his notice. His mind was a museum, where all the knowledge that had been brought into the world was placed in order, carefully guarded, and always ready for use. We are not wrong in attributing the boundless learning and prodigious memory of this great man to his habit of systematizing his mental labor, and to his power of self-concentration; and to his belief in the wisdom of God. —*Scientific American.*

Digitized by Google

THEORIES PUT IN PRACTICE;
Or, Extracts from the Diary of a Physician's Wife.

EDITED BY MRS. H. C. BIRDSALL.

FRIDAY, *June* 1.

MUCH of one's enjoyment of life comes, I think, from the vivid recollection of past events or even thoughts. There are times when my mind seems specially full of pleasant memories—this afternoon was one of these occasions. I rode over to Torrence with Henry, and the road, which is always beautiful, was continually suggesting agreeable thoughts to me. A little brook by the side of the road rippling over the stones, the water very clear, and bright with lovely lights and shades, recalled the intense delight which I used to feel as a child in running water; the roses in bloom about every house, and the honeysuckle with its lingering perfume took me back to early days and scenes. And indeed almost every thing that I noticed along the way brought its own pleasant recollection. For awhile I talked my thoughts to Henry, but at length they thronged into my mind so rapidly that I became quiet and lost in revery. From this Henry roused me by exclaiming, "Why, Annie, what makes you so quiet?" I explained to him how I was employing and enjoying the time, and we compared our experience in this matter of thought. What we can not understand nor explain, is that we are both often conscious of thinking of things entirely remote from the present time, and *not* suggested by any present occurrence. For instance, I may be engaged in the most prosaic of housework, when suddenly a scene from Peveril of the Peak flashes into my mind, tapestried walls are about me, and through a secret opening, where one would least expect it, a figure appears. At another time, when in a public assembly, I will all at once be transported backward twenty years, and I am sitting in my grandmother's kitchen-door eating such bread and milk as I can never taste again, for it was made the sweeter to me by my fresh child's taste, and by the beautiful accompaniments of summer twilight, sweet odors, soft and soothing sounds. Again, when engaged in interesting conversation with some friend I think of my enjoyment as a child in sleeping near a shed-roof and hearing the rain of summer showers patter upon it. These scenes appear as rapidly and unexpectedly as the views of a magic lantern. I have often endeavored to trace a connection between them and present circumstances, to think of an accounting cause for their appearance, but have never succeeded in doing so. To-morrow I shall commence the entertainment of company. Lena Willis, whom I have not seen for so long, and who was formerly so dear a friend, is coming first.

Sunday, June 3.—Am I to blame, or is Lena herself, for a something lacking that I find in her? She used to appear to me *childlike;* she now seems *childish*, and to affect an appearance of artlessness, which does not sit gracefully at her age. A *woman*, although she may retain the innocence of heart that she possessed as a child, can not remain the same in manner, if she has any appreciation at all of life's noble purposes. But the time of awakening to this truth may come at different times in different lives. And I must remember too, that thoughts of personal deficiencies are probably not all on one side. Lena may, in her turn, think that I have grown staid and old, and am too matter of fact. We can not help our natures, but we can adorn them with those amenities which do so much to make us agreeable to those about us.

Monday, June 4.—Lena enters heartily into my plans for getting people into the open air, who have no means of their own to enable them to do so. This morning she gave old Mr. Welsh a ride in my low carriage, and came home quite enthusiastic over him. "Such a delightful gentleman she never knew, worth a dozen of young gentlemen." Rather a sweeping remark, and perhaps, not quite correct, as there are undoubtedly many good, reliable, intellectual young men at the present time. It has been her misfortune to come in contact with examples of the opposite character.

Wednesday, June 6.—At the meeting of the Mutual Improvement Society to-day, the subject of novel reading was discussed. There were several ladies who disapproved of it *in toto*, others were doubtful. My opinions were positive and decided, and I had thought so much of them that I expressed them with some degree of earnestness.

I adduced my own experience in favor of my position. When very young, only a child indeed, I had an almost insatiable appetite for

Digitized by Google

novels, and gratified it by reading every thing that came in my way. The consequence was that I acquired a distaste for all reading of a substantial nature. Awakening at length to the danger of this, I stopped reading novels, refusing for a year to read a story of any kind, whether good or poor in quality. This course of treatment acted as a mental tonic, and thereafter I was able to read some novels, and turn from them with ease and interest to works of solid character. But I could never again read a novel which was really trashy. So much of my experience convinced me that children had better be kept entirely from novels, as liberty of reading them, however restricted, excites a taste which it may be difficult to conquer. The mistake is usually made when children are very young, in pampering them with stories. These are supposed to be particularly adapted to a child's mental capacity; while, in reality, almost every child has a strong and decided taste for plain and unvarnished facts relating to natural subjects. This taste, if encouraged and fostered, will render it comparatively easy to guide children into paths equally useful and interesting. A liking for substantial reading being once rooted and grounded, I believe it is for the best that every young person should read some good stories, for there have been novels written more calculated to convey a good impression than any amount of practical instruction. I would not, upon any consideration, part with the good which I have received from certain novels. John Halifax, read while young, helped to form my ideas, until then crude and unformed, of what every man ought to be, upright, firm in a position rightfully taken, gentle, courteous, and, above all, pitiful.

The scene in which he stopped his horses, spoke to the sinful Lady Caroline, took her into his carriage, shielded her from the rude gaze of bystanders, and carried her to his own pure home, without shrinking from the pollution and defilement that were about her, made me think of Christ's tender charity toward the erring and lost. The Dove in the Eagle's nest impressed upon me the immense influence that a Christian character may exert in the midst of powerfully opposing conditions. A noble life showed me that the soul may be noble and lovely, in spite of the deformed body, shining through, attracting every one, stilling every harsh, decrying voice, and leading all to love and reverence. The same ideas might have been acquired without ever reading a novel, but I can not think that they would have been so vivid, so much a part of myself. The books that I have mentioned do not, as I well know, stand in the front rank of novels, as regards plot and imagery. One can but feel that they contain relations of events that have taken place, rather than pictures of imagination; but even the novel proper, of which class Sir Walter Scott's are perhaps the noblest examples, should be read, or the mind lacks a pleasant stimulus, by which it would be the better prepared for mental *labor*. Only this should be in moderation, as the dessert, not as the full meal. Scott's novels were the mental food of my very early days, and my impressions of them are distinct. Their general effect upon me was admiration of the noble in character, shrinking from the evil, enjoying appreciation of the peculiarities of those about us, an admiring love for the grand and beautiful in scenery. I can not say that they did me any particular good, but am equally certain that they did me no harm. It is generally acknowledged, I think, that Scott's writings are singularly devoid of direct moral influence, and this was my own feeling developed with my thinking powers. Mrs. Hutton said that she held very similar views to mine, and nobody seemed inclined to dispute them, though I do not suppose that all were convinced. Of course, by these discussions at our Society meetings, we can not consider a matter settled, but we may be aroused to thought, and may finally approximate more nearly to the right.

Thursday, June 7.—Lena is greatly entertained with Madge's eccentricities, and draws them out in such a lively, amusing way as to render them very ludicrous. I fear that it may have a bad effect in rendering Madge forward, from being so much noticed. Some natures can not bear it, and I think that Madge's is one of them. But, whatever may be the result, it is very mirth-provoking to watch Madge's queer performances and to listen to her singular sayings. Lena makes capital of all her oddities, and brings them out in the most approved style. Madge's attacks of sickness are frequent; indeed, she is, or supposes herself to be, afflicted with some disease all the time. I think she would be perfectly contented if she had some one constantly at hand to listen to all her imaginary fears. Within the last two years she supposes herself to have had disease of the liver, rheumatism, consumption, heart disease, dysentery, neuralgia, chills and fever, dyspepsia, dropsy, and hysterics. Between times she has cuts, bruises, bumps, and burns innumerable, all of which are worse than any one else ever had. She seldom goes out for an afternoon, without coming home with a new

Digitized by Google

view of her disease, adopted after consulting the opinions of her friends. By the way, most of her friends are Americans, for she is too belligerent to keep any Irish friends.

Some time ago I looked over a large and popular work upon Homœopathy, the author's name escapes me, and I came to the conclusion that there was little need of *physicians* to practice this branch of medical science. The course of treatment seemed to be the same for all diseases, to administer any remedy you might choose for any disease; and, if that did not cure, to try another, and then another, and so on, through the entire list of Homœopathic remedies, until the patient was beyond the necessity of further treatment, one way or the other. Madge, by the education of nature, has adopted the same course with Allopathic remedies. Castor oil, tincture of muriate of iron, catnip, peppermint, paregoric, pennyroyal, boneset, quinine, and the ordinary cholera medicines are varied by the application of mustard and bran poultices, bags of hops, plasters, liniments, and Dalley's Pain Extractor. Pills were much respected by her, until she almost killed herself with an overdose of Gräefenberg's Vegetable Pills. Consumption is an unfailing resort, and, when afflicted with this, she goes about the house with a less elephantine tread, speaks in more subdued tones, coughs gently when any one enters the kitchen, gives utterance to frequent moral reflections upon the shortness and uncertainty of life, and often shows her hands and arms to us that we may see how she is wasting away. She is of the common Irish build, all wide and no long, and imagines herself to be exceedingly small and delicate. She looks at her hands, spreads them out before our eyes and says, "Ah now to look at the little delicate hands, wud any one think they could do so much wurk?" She can never get a ready-made shoe to fit her, which is, as she maintains, in consequence of her foot being so small—*i. e.*, so short, and broad, and thick. Lena's amusement is at its highest point in noticing the way in which Madge accommodates herself to all sizes of cast-off dresses. Nothing comes amiss to her, from Lena's dresses who measures eighteen inches round the waist, to my own capacious ones of twenty-seven inches. She has been detected in letting out the last mentioned ones, but it was "only because they were not the right shape for her figure." The eighteen-inch dresses she wears open with a sacque over them, for she "can not wear any thing *just to fit her*, she thinks it must be because she has the dropsy."

Saturday, June 9.—I spent this morning in clearing Mary Morgan's little flower-bed from weeds. It is just where she can see it, as she lies in her bed by the open window, and I am sure will give her much happiness. I have given her a few plants, a dark heliotrope, a lemon verbena, a lovely rose which blooms almost continually through the summer, a rose geranium, a geranium with a pink blossom, six pansy plants, and six verbenas of my seedlings. With these she can have a fine show.

I have a great many applications for cuttings of my plants from the poor people of the place. Last summer I kept a large bed of clear road sand, which I had thoroughly washed, and in which I put slips from my nice plants, whenever I could spare them. In this way I had a sufficient supply for all my neighbors, and it was very pleasant to give them things which they have been accustomed to look upon as beyond their reach.

Apropos of this subject of flowers, I had a singular dream a few nights ago. I seemed to be walking in a garden, and by my side walked Martin Luther, discoursing to me quaintly, pleasantly, and instructively upon the various branches of horticulture. Of course it seemed perfectly natural, as every dreamed-of occurrence does.

THE SOUL'S DISCIPLINE.—Religion is the discipline of the soul, through sorrow and joy; through evil and good. It is the baptism sometimes of great sorrow, and the cup sometimes of intense bitterness. The object of religion is, through all the good and evil, the ever-varying interchanging conditions of life, to make us not merely happier but better. How many are there who consider it a passport by which to escape hell and get into heaven, some sort of badge by which to escape the evil and get the good. Truth may be sought not only for itself, but for selfish ends. Do we seek religion as a vehicle or arbitrary condition? Do we seek religion because it will land us in heaven at last? It will never land us in heaven, until we find heaven in ourselves. Religion in itself is goodness, truth, righteousness and love. —*Chapin.*

A SPIRIT of innovation is generally the result of a selfish temper and confined views. People will not look forward to posterity who never looked backward to their ancestors.—*Odd Fellow.*

Digitized by Google

Make Home Pleasant.

BY M. A. K.

FOR their sakes, your sons and daughters,
Ever present,
Looking up to you, their parents,
Make home pleasant.

Let them have no cause to wander
Or to linger
Where sin beckons with her ready
Tempting finger.

Though you may not pet and pamper
Self-indulgence,
Let home firelight shed its glory,
Blest refulgence.

As your heart yearns for the comfort
Of your treasures,
So their young blood, running riot,
Yearns for pleasures.

Give them these, with prudence tempered,
Flowers of beauty,
Such as once you plucked in youth time;
'T is your duty.

Starve them not on folly's diet,
Evanescent;
Yet use wisdom with your license,
Make home pleasant.

Be Not Discouraged.

THEY say the professions are crowded
By seekers for fame and for bread,
That the members are pushing each other,
As close as their footsteps can tread.
But be not discouraged, my brother,
Nor suffer exertion to stop,
Though thousands are pressing around you,
There's plenty of room at the top.—*S.I.*

Digitized by Google

The Management of Children.*

BY FRANCIS ELLINGWOOD ABBOT.

THERE is no plant, capable of cultivation, which is not improved by it, both in beauty and productiveness. Any gardener will testify to this fact. Some plants, like the exquisite May-flower or Trailing Arbutus, can not be cultivated at all; they perish unless left in their native wilds. But if they can survive transplantation, they are bettered by the care bestowed upon them, and frequently attain a state of development which may at last constitute them new species. "Not a few botanists," says Mr. Darwin, "believe that several of our most anciently cultivated plants have become so profoundly modified that it is not possible now to recognize their aboriginal parent-forms."

Such then, is the power of cultivation, when applied to the vegetable kingdom. Can any one doubt its equal power when applied to man? Nature is plastic wax in the hands of intelligence; nay, so great is the dependence of all organic life upon its surrounding conditions, that a change in these conditions inevitably brings a corresponding change in its development. Man is no exception to this universal law. Not only his body, but also his mind, will be developed or stunted in growth by external influences. Hence the exceeding importance of education. What is education but artificial cultivation, directed by an intelligent, or too often by an unintelligent, purpose? Every schoolhouse in the land is a monument to our faith in the power of culture. In fact, civilization is the result of culture. The difference between the savage and the civilized man is due to the simple fact that, while the savage is in a state of wild nature, the civilized man is in a state of cultivated nature. The infant savage, as has been proved by repeated efforts, can not be educated to the same degree as the infant offspring of civilized parents. *Blood tells.* That is the modicum of truth which lies at the root of the world's aristocracies. The improved stock has always a great advantage over the wild stock, whether we consider plants, animals, or men. Democrat as I am, both by conviction and instinct, it is impossible for me to deny that good parentage, that is, descent from virtuous and intelligent ancestors, creates a great presumption in favor of the future virtue and intelligence of a child. What is loosely termed the "Caucasian race" is itself, in this sense, an aristocracy.

Every home, therefore, is a garden, and every parent is a gardener. Intelligence or ignorance with regard to the best modes of culture, fidelity or neglect with regard to their proper application, will infallibly betray themselves in the varying quantity and quality of the fruit. I wish that parents might always realize the full amount of their responsibility. A human infant is the tenderest and most beautiful plant ever intrusted to the care of human hands. Its future depends in great measure on the cultivation it receives. When I see how little thought is bestowed in most families on the rearing of children, when I see how frequently they are left to "come up" of themselves, without even the anxious and conscientious attention which is bestowed on a fuchsia or geranium, I seem to see a garden left untilled, unwatered, and unweeded. It is ignorance, thoughtlessness, or pre-occupation in other cares which is the cause of this neglect, I am glad to believe, far more frequently than indifference or criminal recklessness. Often, also, the influence of general intelligence and conscientious intentions is neutralized by some mischievous theory or some infirmity of will or temper in the parents. But is it not true that a well-ordered household, in which the children are carefully trained in accordance with wise principles, is rarely to be seen? Surely there is no subject of profounder importance than home-culture, the wise and right management of children. Not only does it involve the welfare of the little ones themselves, but also the welfare of future generations; for, hard as it seems to realize the fact, these rosy and romping little boys and girls are to be the fathers and mothers of posterity. The good consequences of our care, and the evil consequences of our neglect, will perpetuate themselves for ages after we are buried and forgotten; and if there is a duty which ought to be ever present to our minds, which ought to engage our most earnest reflection and enlist our most active and persistent energies, it is the management of our children.

The one great and dominant idea which, in my opinion, should guide us in all endeavors to

* Read before the First Independent Society of Toledo, Ohio.

Digitized by Google

educate the young, is that of *natural development*. The child's nature is to be developed, not repressed or changed. The individuality should be sacredly respected. The utmost we should aim at is to call out every latent capacity in its due proportion. The object of all wise education is to direct and train, not to mutilate or prune; for there is no faculty in human nature which is inherently bad. Every vice is the perversion of a virtue, the diseased or misdirected activity of tendencies which, in themselves, are good. Faults are either the exuberance or defect of powers which could not be spared. Children will differ greatly in their natural faculties; but no faculty should be suppressed, every faculty, on the contrary, should be encouraged or discouraged in exercise according to the relation it bears to other faculties. The natural bent of character, if not absolutely vicious, a case which rarely happens, should be the guiding hint in education. Nothing is gained by attempting to force all into a single mold. To thwart a child in a strong natural proclivity may be the extinction of a fine genius, possibly the blighting of what would be a noble and useful life. Nature fearfully avenges such insults. Home government, therefore, ought never to be the application of a straight-jacket. Chinese women and Flathead Indians, the former cramped in feet and the latter distorted in skulls, are miserable specimens of human beings. The healthy development of all natural powers, therefore, is the object never to be lost out of sight in managing a child. Without this clear general conception of the object to be sought, education will prove a failure worse, perhaps, than absolute neglect.

The new-born infant is a little animal, with only animal wants. We need not be too sentimental about it. The babies are all cherubs, if we may believe their mothers; but, if they are, cherubs think first and last of their meals, which would hardly be inferred from their traditional deficiency of stomach. It is the body which first needs our care, it is the senses which first manifest themselves as active faculties. The perceptive powers of the mind are the earliest to unfold themselves; the affections, the conscience, and the reason are of later development, and, as I believe, in the order named. It is, of course, impossible to assign a date for the manifestation of these various faculties; their beginnings are very obscure, and hard to trace. But, in the rough, the order of development appears to be, first, the purely organic life, then the perceptions of the senses, then the affections, then the conscience, and lastly the reasoning powers. In the management of children, therefore, appeal should be first made to the senses, and afterwards to the affections, the conscience, and the reason. Family government based upon this principle will, I think, be most in conformity with nature, and lead to the best results.

The notion, however, seems to have found no little acceptance in some quarters, that family *government*, in the strict sense of the word, should be reduced to a minimum, if not altogether abolished, that parents have scarcely any right to *enforce obedience*, that they should forbear to exercise authority, if authority can not be exercised without compulsion, especially physical compulsion. This notion, based on the idea that children have *all* the natural rights of adult humanity, has given rise to what is practically (though not yet reduced to a theory) a "children's rights movement;" and I think it has led to results which are highly unfavorable to the wise education of the young. Have children, from the first manifestation of an independent will, the same right of self-government which belongs to grown men and women, or are they rightfully subject to parental government? If the former is true, coercion is an injustice, if the latter, coercion is both just and necessary. Inasmuch as this question underlies all other questions concerning the management of children, it deserves to be carefully considered. If parental government is a mistake, if children should be left to govern themselves, and learn for themselves the natural consequences of natural laws, without help or interference from their parents, then the whole idea of "management" is out of date. Self-government is an admitted right of the adult, is it also a right of the child?

My answer is in the negative.

In the first place, self-government is not even a right of the adult, if in the exercise of his freedom he infringes on the rights of others. Society in this case assumes, and possesses, the right to govern him by penal laws, to take away his freedom, and thus protect itself by putting him into jail, or inflicting some other punishment. Even if, therefore, the child has the same right of self-government possessed by the adult, it is equally limited by the rights of others. Now what person, who ever came into contact with young children, has failed to see how devoid they are of any conception of the rights of others, and how habitually they infringe upon them? Granting that the parent has no more right to control his child's will than society has to control the will of the adult individual, it is nevertheless plain that the

Digitized by Google

parent must continually exercise this right of control over his child, or else allow other persons to be continually annoyed and disturbed by him. Every one who has ever been in a house where the children are uncontrolled, will appreciate the force of this argument; and every one who has ever watched children at play together will appreciate it with almost equal vividness. Surely the child's right of self-government can not include the right of making himself a pest to every grown person about him, and a tyrant to every child he plays with. Yet the only remedy for all this lies in the continual abridgment of his right of self-government by parental control.

But I deny that the child does possess the right of self-government enjoyed by the well-behaved adult, because no child, left wholly to itself, ever was or will be well-behaved. On what is this right in the case of the adult based? Clearly on his having a developed conscience, reason and will, which prevent him, even in the absence of external constraint, from injuring or annoying other people. But the conscience and reason of the child are not developed, and do not prevent him from thus trespassing on the rights of others. His will is strong even to imperiousness, while his conscience and reason are exceedingly feeble. I maintain that the right of self-government depends on a certain degree of development of these latter faculties. The very young child, as I said before, is an animal, with no more right of self-government than an animal; the child of somewhat larger growth acquires somewhat of this right, which should be respected; but it is not until maturity that his right to self-government becomes perfect. When the youth has learned to govern himself by conscience and reason, his right of self-government is then complete. Every human being begins his existence without any right of self-government at all, because he is utterly unfitted to govern himself alone: he ends, at maturity, by having this right unquestioned, because he has learned how to exercise it. Clearly the transition from one extreme to the other must be gradual. That is, he must begin by being under parental control; he gradually acquires the right of self-control, and then enters the arena of life, a free and developed human being. However unpopular with "young America," I fear that this conclusion can not be escaped.

The ground I take, then, is this, that it is the duty of the parent to control his child until the hild is fit to control himself; and that the parent's control should be directed constantly to the one aim of developing in the child this power of self-control, by developing in him his natural individuality. To teach the child how to govern himself by conscience and reason, and, in order to carry out this purpose, to educate his conscience and reason as rapidly as Nature permits, without resorting to any hot-house culture, this I conceive to be the duty of the parent in the management of his offspring.

So far, then, as management is concerned, the relation of parent to child can be tersely stated. The parent is to his child *an external conscience and reason*, whose authority continues until the child's internal conscience and reason are developed. Precisely in proportion to the degree of this internal development, the rightful control of the parent ceases. Parents too seldom perceive this natural termination of their authority; the habit of command, reinforced perhaps by the child's love of power, blinds their eyes to the growth of the child's mind, and they usually err in prolonging unduly the period of subjection. The law, I think wisely, prescribes a limit beyond which parental control shall not extend, namely, the age of twenty-one years. This limit is sometimes too early, sometimes too late; but, on the average, is perhaps about right. The wise and conscientious parent, however, will not be wholly guided by the law; if his child earlier becomes mature, he will relax all control before the legal limit is reached. He will never forget that his only *right* to govern his child depends utterly on the child's inability to govern himself, and that to prolong his authority unduly is simple tyranny. Furthermore, to use his authority for any selfish purpose, for any purpose but the child's best good, is to be false to his duty as the child's external conscience and reason. He has no right to domineer even over his own flesh and blood; he is a trustee of power, and is responsible to his child for its right use. The obedience he exacts is only the child's first lesson in self-control, obeying the external conscience and reason blindly before he can obey the internal conscience and reason with open eyes. Obedience always implies exercise of the will; and it is by obeying the command of his parent that the child's will acquires the power to obey the command of the inward monitor at a future day. Obedience, therefore, is the child's peculiar virtue, his schooling in the grander virtue of spiritual self-control. Thus the wise and good parent purposely commands that he may at last cease to command; the dutiful child unknowingly obeys that he may at last cease to obey.

There can, I think, be no greater disaster in

Digitized by Google

the home, no greater mistake in the attempt to manage a family, than the failure of the two parents to make their authority absolutely *one*. The household in which, for any reason or from any cause, a *conflict of authority* exists, is the saddest of sights to one who wishes well to children. There should be earnest conference between parents concerning the best methods and objects; there should be perfect unanimity in the general system of management adopted by them. It is unspeakably better to make some mistakes in unison, than to let the minds of children get confused as to whom they shall obey. Let the father and mother speak with one voice, if they wish the voice of either to be respected. Appeals from one to the other should never be permitted. Where this is allowed, wretchedness of many kinds ensues, and mahagement gives place to mismanagement.

But, made as human nature is, it would be expecting altogether too much to suppose that, even when both parents are perfectly agreed, and their commands are dictated by wisdom and goodness, children will always obey. Disobedience is sure to occur. What then? What means should be used to secure obedience? Should we ever resort to corporal punishment, or rely on "moral suasion" alone?

In the first place, there should be as few commands as possible, fewer and fewer as the child grows older. The fewer commands, the fewer acts of insubordination. This being premised, I should say that the means used to secure obedience must vary with the age of the disobedient child, with his natural character, and with circumstances. In every case, appeal to the highest motive that will secure the desired obedience; but, I say it earnestly, *secure the obedience.* If the appeal to reason and conscience, and the appeal to affection, and every other form of moral suasion fails, I have no hesitation whatever in saying, that the appeal to the dread of pain is necessary. There is too much mawkish sentimentality on this subject. Resort to the infliction of physical pain is often the most merciful course. I should never resort to it, if the child were old enough to feel his self-respect injured by it: but long before this period comes, if rightly managed, he will have passed beyond the age of disobedience. Obedience to a parent who is always firm, uniform, and kind, soon becomes a habit which acts like instinct; and wilful disobedience becomes obselete. There is nothing worse than "breaking a child's will," as it is called; but this hateful result can be accomplished by other means than castigation. The infliction of physical pain, if unaccompanied by any signs of irritation, will not beget irritation; it will come as the natural consequence of wrong-doing, as the pain of a burn follows the touching of a hot stove. No disgrace should attach to it. Immediately afterward the child should be completely restored to favor. The wrong has been done; its consequence has followed; all is over. There is no degradation, no wounding of self-respect, in a punishment thus administered. There is more cruelty a hundred-fold in many penalties thought less severe. It is only in the very earliest years that physical pain need be inflicted, if the right method of treatment be adopted at the outset. The lesson of obedience should be learned so early, that the learning of it shall be forgotten. Begin with the infant of a year old, or even less, and teach it the meaning of a simple "No—no!" The slightest possible rap on the little hand conveys the meaning. Let the tone be impressive but very gentle, without any symptom of displeasure; let the experience be repeated as often as is necessary, and the lesson is soon learned thoroughly. For a long time let that be the only command of any kind; and for a still longer time, let the only commands be SIMPLE PROHIBITIONS. The distinction between a negative and a positive command is very important; for the one can be easily enforced, the other not. The foolishness and wickedness of attempting to enforce a positive command were frightfully illustrated in the conduct of the minister, named Linsley, who a year or two ago beat his little child of three years old to death for refusing to say its prayers! One such case as this may well shock every one at the bare idea of punishing a little child. But observe the difference between a positive and negative command. No power on earth could make the little creature repeat a word. But suppose you were quietly to say "No—no!" when a child of a year old pulls pettishly at the table-cloth. He repeats the action. Without betraying the least irritation, you rap the mischievous little fingers two or three times; perhaps the offence and its inexorable consequence are repeated. How soon will it take the child to learn that pulling the table-cloth and touching the lamp produce equally certain and equally disagreeable sensations? He will not be angered in the one case more than in the other; he will cry in both cases. But you have an enormous advantage. He has to take the initiative, and draw upon himself the distasteful consequence. You are thus certain of imparting your lesson, at a very moderate cost of pain to your little disciple. He learns that "No—no!" if unheeded, means a

Digitized by Google

smart in the fingers, and stops very soon whenever he hears the sound. The habit of obedience is thus commenced: it is founded without any hurt to self-respect, any excitement of angry emotions, any sense of degradation; and by degrees the habit of obeying prohibitions can be made to cover also positive commands.

Within the first four or five years of life, the relation between parent and child can be well established; and it will never *occur* to the child to disobey. There is no "breaking of the will" here; the child's will acts in other directions freely, without any collision with that other will which is, for the time being, its conscience and reason. As fast as the ideas of right and wrong develop, or can be developed, the parent throws the child on its own decision, seeking to influence him freely in favor of the right; and in proportion to his success, he forbears to commands at all. Thus the child's supreme allegiance is gradually transferred from the outer to the inner conscience; the power of self-control gained through obedience to the one enables him to obey the other; and thus, by a natural growth, the little follower of another's will becomes a free moral being. But I believe this result can not, at least in most cases, be accomplished, unless the process is commenced in early infancy; and the only means of commencing it is by the infliction of a little physical pain. It is not the *pain*, but the *disgrace*, of corporal punishment, that makes it in later years a poison to the soul; and this is not felt at all, at the early age I refer to, if the penalty is properly administered. Immediately after it, the child will have a kiss all ready for the parent; not the slightest sign of a ruffled temper will appear; and the tears will not have dried upon the tender cheek, before a smile will restore its sunshine to the little face. Let the parent only refrain from harsh words, tones, and looks, and, I deliberately assert as the result of my own experience, it is the truest kindness to the little one to adopt the method I have very imperfectly sketched.

But let me mention another and equally important part of the wise management of children. Firmness of will is not enough, wisdom is not enough, uniformity of treatment is not enough, consistency in always prohibiting or always permitting the same things is not enough, scrupulous adherence to a promise or a warning is not enough. Unless the parent overflows with affection for his little charge, and what is more, makes him feel this all the time, I believe failure is inevitable. The young child needs to dwell perpetually in the sunshine of parental love; and it must be honest sunshine, ever radiant, not candle-light struggling through a bushel-basket. If this sunshine never fails him, there will be no sting in the occasional corrections. The evil of a little physical pain is nothing, if the moral evils which too often accompany it and makes its poison are absent. Uniform gentleness and kindness and tenderness, combined with a firm will and uniform method of treatment, can not but insure the best possible results. Your child should count on the fulfillment of your word, as you count upon the operation of a natural law; and if you accompany your word with a kindly manner, it will never occur to him to be angry or vexed, even at a prohibition. Let him live in an atmosphere that develops his affections, an atmosphere genial and healthy and favorable to all the manifestations of childish delight and glee. Be his playmate, at least occasionally, show sympathy with his pursuits and sports, and do not be too "dignified" to share them, take time to cultivate that relationship of confidence and love which can only be established in early childhood, and which, if neglected, you will long for with bitterest regret by and by. Where this is fostered, collision between your will and his will never need take place. You, the outer conscience and reason of your child, will be regarded by him as his best friend; and in this deep, deathless attachment lies the best safeguard you can give him against the manifold temptations that await him in after years.

THE SACREDNESS OF MARRIAGE.—For the man and woman who purely and truly love each other, and are guided by the law of justice, marriage is not a state of bondage. Indeed, it is only when they become by this outward acknowledgment publicly avowed lovers, that freedom is realized by them in its full significance. Thereafter they can be openly devoted to each other's interests, and avowedly chosen and intimate friends. Together they can plan life's battle, and enter upon the path of progress that ends not with life's eventide. Together they can seek the charmed avenues of culture, and, strengthened by each other, can brave the world's frown in the rugged but heaven-lit path of reform. Home, with all that is dearest in the sacred name, is their peaceful and cherished retreat, within whose sanctuary bloom the virtues that make it a temple of beneficence.—*M. F. Davis.*

Digitized by Google

Statements as to the Duration of Human Life.

BY E. RAY LANKESTER, B. A., OXFORD.

UNDER this heading, there is little more to be said than was contained in a celebrated but brief chapter. 'There is nothing known' of the duration of life in past time. A few years since it was the belief, based upon supposed statistical *facts*, that the potential longevity of man, that is, the expectation of life in the higher ages, was increasing, and had been increasing for a hundred years. Dr. Farr has fully exposed the fallacy involved in this supposition, which was due to life-tables, erroneously constructed by Dr. Price (to whom, nevertheless, credit is due as a vital statistician), from the mortuary records of the town of Northampton. Dr. Farr has shown that a table constructed by Price's method gives the same results to-day for Northampton as it did in the celebrated doctor's time. Moreover, the statistics of Sweden, which are very ample, extend from the middle of the eighteenth century, and furnish no indication whatever of a change. Some few facts have been adduced by Dr. Guy, which tend to show a slight fluctuation in longevity in past centuries, but are really too few in number to allow of any generalization by even the most venturesome. There is not within the cognizance of the writer a single fact of any antiquity to help us materially in the inquiry, unless it be thought that the limitation of life to seventy or eighty years in the Psalms is a smaller span than such a writer would now assign; but this supposition is not worth further consideration.

It is very well ascertained that *average* longevity has immensely increased since the Middle Ages, in Europe; the question, however, of mortality clearly does not come within the limits of this essay. It would be very satisfactory could some general relation between high average longevity and high potential longevity among men—*i. e.* small death-rate at early and late ages—be established, but the facts are conflicting, and deductive analysis renders it improbable that any constant relation does obtain, as was pointed out in treating of longevity in organisms generally.

THE INFLUENCE OF VARIOUS STATES OF CIVILIZATION.

We have seen that the influence of civilization can not be fairly examined inductively, but the facts quoted, and the conclusions they offer, warrant us in supposing that a civilization of the highest order, in which the efficiency of the community and the efficiency of the component individuals is greatest—in which there is the most harmonious action, the greatest happiness for the greatest number, the least excessive expenditure with the least luxury, where regularity and temperateness are innate characteristics, will be that state of civilization most favorable to longevity. It may be supposed by some that since the tendency of civilization at present is to call out increased mental expenditure, that even when the other conditions of longevity are complied with, future men will rather lose than gain in longevity. This, however, depends upon the assumption, which we have no ground for allowing, that the structural capacity for such requirements will not increase simultaneously. There is every reason to believe that it will—that it *is* so doing. We are now in the midst of a struggle—in a transition state—which is really causing a survival of the fittest, operating chiefly through the emulation of communities, but also on individuals, and by means of this struggle greater mental power is being added to the human race. As we had occasion to remark in the case of organisms generally (quoting Mr. Herbert Spencer), increased difficulty of life-conditions necessitates increased evolution, and this is true for man's mental progress as for general structural progress. Were the evolution not always in advance of the provoking cause, we might anticipate the extinction of humanity by the excessive competition and excessive difficulties of existence which must accompany increased population. More justly, as it appears, and more hopefully, we may look forward to a time when, the whole earth being peopled, man will become finally adjusted to his conditions by the limitation of his expansion and the closer interaction of the members of the human aggregate. In that almost perfect civilization—where the greatest happiness for every individual must finally be attained—will man's longevity be extended? It does not seem improbable that this may be the case; and certainly an average longevity coincident with the potential is, under those conditions, to be looked for. Men would no

Digitized by Google

longer "die of disappointment," but would attain eighty or a hundred years. There is no apparent reason why longevity should not increase beyond that limit, and advance with advanced evolution, and the diminished expenditure implied in more complete adjustment.

It has been asserted by a writer in Frazer's Magazine (September, 1869), and indorsed by another writer in The Spectator, that civilization acts so as to suspend Darwin's law in the case of man—the feeble and diseased being allowed to breed, and the inferior often inheriting wealth won by no merit of their own, which could not be the case were there a free struggle for life and consorts. This is supposed to tend to shorten the life of the species, and to produce general inferiority in civilized races. But the argument is based on fallacy. As we have pointed out, man is a social animal, and the social virtues, which are urged by some persons as a cause of deterioration, are the very strength of the communities in which they have been naturally and necessarily developed. That "the individual withers, and the world is more and more," as sung by Tennyson, is profoundly true. Natural selection operates largely on communities of men in place of individuals. That the fitter do survive, even in the case of individuals, is, however, clear enough. The diseased and feeble who propagate produce *some* healthy children, and these surely and certainly marry sooner and live longer than the unhealthy offspring, so that a very minimum of injury is done to the race by warding off the selective destructiveness of disease; inferiority must produce its legitimate results in spite of man's interference. Moreover, the mixing of stocks, with a tendency only to certain diseases, may be a source of strength, implying as it does, mixture of varied constitutions. The tendency to particular diseases, under given conditions, is not a proof that under all conditions which may arise there will be that tendency. If the conditions are changed, as they are rapidly changed in the progress of civilization, what was weakness may become strength, a constitutional tendency to one kind of disease being associated with immunity from other kinds. Little is known on this matter; but compare the ravages of small-pox among Africans, of syphilis among Europeans, and the immunity of the Maoris from any severity under these diseases. The effect of sanitary action in preventing the natural elimination of "fermentable" matters from the blood (Paget) of generations is a curious subject for speculation. Zymotic diseases, if allowed to run their course unchecked in a community, kill off those individuals most imbued with this supposed fermentable matter, or remove it from those who recover from their attacks. If zymotic diseases are kept off, will not the "fermentable matters" increase from generation to generation? It seems as though such elimination as vaccination should be adopted, together with sanitary measures, or we may accumulate a nidus in the veins of posterity. Possibly, if exempt for great length of time from a disease, a species may become no longer subject to it, just as two closely allied species of animal, *e. g.* the sheep and ox are not subject to the same diseases, though presumably descended from a not remote common ancestor.

DR. MOFFAT'S paper, read before the British Association at Edinburgh, last month opens up a large and suggestive field. The subject was "The Geological Systems and Endemic Diseases;" and he showed that goiter and other endemic complaints were very common among dwellers on the Carboniferous system, while it was almost unknown on the Cheshire or the New Red Sandstone. As anæmia is a state in which there is a deficiency of oxide of iron in the blood, Dr. Moffat examined chemically the relative composition of wheat grown upon soils of Cheshire sandstone, carboniferous limestone, millstone grit, and a transition soil between the Cheshire and sandstone and other grit. He found that wheat sown upon the New Red Sandstone yielded the largest quantity of ash, and that it contained a much larger quantity of phosphoric acid and oxide of iron than that grown upon the other formations. It was shown, too, that wheat grown upon Carboniferous soil was deficient in phosphates and nutritive salts. The experiment was next tried of analyzing twenty samples of bread used by as many different families living on the respective formations, and the results tallied completely with his previous observations. There was, in fact, a marked deficiency of the nutritive salts in the bread, owing, no doubt, to the removal of the bran from the flour with which the bread was made. The deductions that Dr. Moffat drew from these facts were, that persons of anæmic or strumous habit should, if possible, be transferred from a Carboniferous to a Red Sandstone soil, and should be dieted as far as possible with food which contained the maximum quantity of oxide of iron and phosphates or nutritive salts. —*Food Journal.*

Digitized by Google

On a New Set of Teeth.

BY F. B. PERKINS.

PROBABLY few of us have not at some time or other fancied ourselves able to suggest improvements in the structure and management of the universe. Alonzo the Wise, King of Castile, a sage and prosperous monarch, observed that if he had been consulted at the Creation, he could (he thought) have furnished some useful hints. Every body knows about the Atheist and the acorn. He was sneering at the disproportion between oak-fruit and oak on one hand and pumpkin-fruit and pumpkin on the other, and the pious rhymester winds up the wicked fellow's worsted by having an acorn hit him in the eye; and the verses end with what is a sneer, all except that it is on the right side:

"The wounded part with tears ran o'er,
As punished for that sin.
Fool! had that bough a pumpkin bore,
Thy whimsies would have worked no more,
Nor skull have kept them in."

It would be profitable to talk with this poet about the cocoanut tree, the Brazil-nut tree, and the bread-fruit tree, and their large, heavy, and high-hung fruit.

But that is not what I meant to observe. My own special suggestion—my "particular vanity," in respect of mending the Creation, is—so to speak—toothsome. Might it not be worth trying, at least, to have children born with their two sets of teeth, not buried in embryo in their little jaws, but all ready-made, set on nice little adjustable gums to order, and hung round their necks by a string?

Only think what it would save. There's the crying, the pain, perhaps the fatal convulsions of teething, the tedious, troublesome watchfulness of training your young folks to keep their teeth in good order; the manifold fiendishnesses of toothache and of dentists; the pocket-ache of paying those worthy gentlemen for poking their irons into your very soul, and fingering your countenance with their cold, damp, fish-like paws, be-smelt with Cologne, that covers whatever flavor came out of the fangs and snags of your immediate predecessor in the torture chamber. Perhaps you took chloroform, or nitrous oxide. If so, perhaps you are dead; for such cases have happened; and if you are, I am "preaching in the wilderness," so far as you are concerned. And if you are alive, how do you know what he did to you while you were asleep?

Now my plan avoids all those discomforts. However, it's of no use my attempting to set it forth in detail, for I suppose there's no chance of its going into practice—though they do say that very wonderful modifications can be produced in the way of new species, by means of scientific adjustments of reproduction. How to introduce a string and two ready-made sets of teeth, however, I can't at this moment say. Mr. Darwin must be written to.

In the meanwhile, I set down a few hints about A New Set of Teeth, such as actually exist. They have occurred to my mind while looking through a sensible little book* recently published on the subject. Its writer's experience must be great, if my interpretation of the "handles" to his name be the correct one. I should call him "Masterly Dentist, Digger of Decayed Stumps." But I suggest this with diffidence, and subject to correction. Dr. Meredith gives plenty of old good advice, such as, to keep your teeth clean; to have them filled when they need it; to select a good dentist; not to chew grape-shot nor union torpedoes, or something of that nature, with all of which I heartily agree. But there are some things which people may not be so likely to think of; it is from these that I select a few hints.

It is of great importance to take just as much care of children's first teeth, both as to cleanliness and dentistry, as of their second. It saves the little folks a good deal of pain; and what is of greater importance, it has great influence on the second set. If the first teeth are allowed to decay and come out before their times the bereaved jawbone closes up so firmly that when the second tooth comes it finds too little space, or a wrongly-shaped space. The result is, irregular teeth, which look ill, are difficult to keep clean, and particularly liable to decay.

The first four permanent molars often make their appearance without pain, and without the knowledge of the parents. They come about the sixth year, just back of the second or furthest temporary molar. They often decay in two or three years, in consequence of uncleanli-

*"The Teeth, and How to Save Them." By L. P. Meredith, M. D., D. D. S. Lippincott & Co. 1871. 16mo.

Digitized by Google

ness and neglect of the teeth, and thus cause an irreparable permanent blemish.

Sugar, in moderation, does no harm to the teeth either of children or adults.

There are two essentials for preserving the teeth in good order.

1. Keep them clean.

2. Employ a good dentist when necessary. As for the first of these, Dr. Meredith is thorough, indeed. I shall transcribe a passage, to show how thorough, and how sensible, too, for that matter:

"To secure proper cleanliness, pleasant taste, and purity of breath, the teeth ought to be cleaned *five times* a day; once after each meal, once before retiring, and once during the morning ablutions. In the morning the brush and good powder should be used, and the mouth rinsed. After each meal all particles of food should be picked from between the teeth, and then the brush and clean water will be sufficient. At night the brush and water will answer, occasionally using a little Castile soap, and rinsing the mouth. The best tooth-pick is one made from a quill, but after using it should not be kept in the mouth the balance of the day, till it is mashed into a ragged brush. The toothbrush should be applied so as to reach *every accessible surface* of the teeth, and so as to brush the food from between them; therefore it should be used backward and forward, and from side to side on the grinding surfaces, to clean out all the depressions, and upward and downward in the divisions between the teeth, inside and outside. Once or twice a week, or oftener, a silk thread armed with powder should be drawn between all of the teeth. So well do people generally appreciate the necessity of keeping the teeth clean, that about one in ten thousand takes such care of them. One of a thousand, probably, goes through the form of cleaning them three times a day. A greater number clean them once a day, and that in the morning, allowing the food from three meals to accumulate, putrefy and ferment all day and all night till the next morning again. But the great majority of people don't clean them at all—and glory in it after. Many that do pretend to brush the teeth, rattle the brush along the row, just as a boy rattles his stick along the palings. This does about as much harm as good, packing the particles of food and decomposing mucus nicely away between the teeth, and leaving untouched the grinding surfaces. It would be just as sensible to attempt to paint a fence by rubbing the brush across the pickets, instead of up and down. Many who have been careless with their teeth will doubtless think that to follow these directions will be an arduous duty, but the attention here advised will not require in the aggregate more than ten minutes each day; and after a little while it will assume the form of a habit, and will be naturally added to the ordinary routine of daily duties."

Excellent truth and good sense, every word of it. Go thou and do likewise.

About toothache, Dr. Meredith has a trifling definition that seems to me calculated to afford very great comfort. He calls it *Odontalgia*, to begin with, because, I suppose, the victim feels like saying Oh don't! And he is so good as to tell us exactly what makes it, as follows:

"*Odontalgia* arises mainly from sensitive dentine, irritation of the pulp by external agents, pulp nodules, periodontitis, alveolar abscess, decomposition in the pulp cavity, fungous pulp, exostosis, exposed cementum, necrosis, and sympathy." I think that the knowledge that I had all those things inside of me would reconcile me even to Odontalgia. I should wonder that I was alive. And let the Doctor's explanation be a warning against sympathy, particularly—though, really, I don't remember, after all, that unsympathetic people have less toothache than other folks. I do, however, remember to have seen it stated that people with toothache never get any sympathy; this is doubtless because their friends know they have had too much already, and, in fact, that's what's the matter!

It is obvious that each of your child's two new sets of teeth should be trained on Dr. Meredith's system. And a great many people would find, if they would apply his system to the teeth they have, that they would very soon feel at least as if they had a new set of teeth.

VICE.—The poison fangs of serpents, "when not employed, are hidden from sight by a fold or projection of the gum." It is only as the serpent strikes that the fangs are shown. Is not this a fit emblem of vice? The deadliest vice plays around the soul with hidden fangs and long deludes us into vain imaginations of security. It conceals its venom until disclosed in the infliction of a fatal wound; and we often awake to the consciousness of danger only when the hope of escape has perished for ever. There is no safety except in early flight and distance and abhorrence maintained through life.

Digitized by Google

STUDIES IN HYGIENE.

MORAL HYGIENE.—

Put out thy talents to their use—
Lay nothing by to rust;
Give vulgar ignorance thy scorn,
And innocence thy trust.
Rise to thy proper place in life—
Trample upon all sin,
But still the gentle hand hold out
To help the wanderer in.
So live, in faith and noble deed,
Till earth returns to earth—
So live that men shall mark the time
Gave such a mortal birth.

QUERIES IN HYGIENE WITH ANSWERS.—1. What effect does tobacco and alcohol have upon the young?

ANSWER.—Generally, it impairs growth. The report of the British Factory Inspector contains a statement made by the certifying surgeon at Bolton-le-Moors, that the children of the mill population are year by year getting smaller, and physically less capable of doing their work. He attributes this partly to their being the children of intemperate parents, partly to their being brought up on tea and coffee, instead of more substantial food, and partly to the circumstance that many young children, of about twelve years old, begin to smoke, acquiring the habit from their fathers, and possibly from their mothers.

2. Are the negroes of the South temperate and healthy, or the reverse?

ANS.—From several sources we learn that they violate nearly all the laws of health, and are suffering seriously for it. The remarkable official statement from Columbus, Ga., bearing a recent date, is made, that out of a population of six thousand whites and three thousand blacks, the burials for three months were: white adults, 13; black adults, 18; white children, 12; black children, 36. The proportion of deaths, taking into consideration the number of white non-residents buried, is nine whites and forty-eight blacks. The proportion of deaths for respective numbers, it will be seen, is one white to ten and two-thirds blacks.

This statement may not be true, but from what we learn we fear it is.

3. What is Chloralum, the new disinfectant?

ANS.—It is an impure solution of chloride of aluminum, sp. g. 1·150. It contains, in a pint, 1500 grains of the chloride=75 grains in the ounce. It was introduced as a disinfectant and antiseptic by Prof. Gamgee, and is highly commended by chemists and physicians, as being less poisonous than carbolic acid and equally powerful. This latter is not certain, however, though there is no doubt of its high value. It is diluted with ten parts of water to one of the Chloralum, and sprinkled over the surfaces of places needing disinfection.

4. Do you recommend the use of carbolic acid as a disinfectant, or for other purposes?

ANS.—Besides its value as a disinfectant it may be used for many purposes.

In pasting wall-papers, posters, etc., especially where successive layers are put on, there arises a most disagreeable effluvia, which is particularly noticeable in damp weather. The cause of this is the decomposition of the paste. In close rooms it is very unwholesome and often the cause of disease. In large manufactories, where large quantities of paste is used, it often becomes sour and offensive. Glue, also, has often a very disagreeable odor. If, when making paste or glue, a small quantity of carbolic acid is added, it will keep sweet and free from offensive smells. A few drops added to mucilage or ink prevents mold. In whitewashing the cellar and dairy, if an ounce of carbolic acid is added to each gallon of wash, it will prevent mold and prevent the disagreeable taints often perceived in meats and milk from damp apartments.

Digitized by Google

5. You often speak against the shoes we wear, but how can we provide a remedy?

Ans.—By having a last made to fit the feet and ordering your shoes made over them. It costs more at first, but is cheaper in the end. The shoes and boots of commerce are ruining the feet of the people. Shoes should be made to fit the feet, and not the feet to fit the shoe. We never buy ready-made shoes.

6. Are potatoes wholesome after long exposure to the air?

Ans.—No. Even a short exposure to air and light spoils them for food. The Food Journal says: "The use of potatoes is a preventive against scurvy, if not an actual cure for it. Potatoes that have been exposed to the air, and have become green, are unwholesome; and new potatoes, *i. e.*, unripe ones, have much to do with the prevalence of cholera, and such like diseases, during the summer months."

7. What is bird's-nest soup?

Ans.—It is a Chinese dish, and is made from a species of swallow's-nest. The Food Journal says of these nests that "chemical analysis has shown that they contain ninety per cent. of animal matter, so that it is now considered pretty certain that these interesting nests are composed of a matter secreted by the birds at the period of nidification, which matter is analogous to that which the common swallow secretes, and with which it plasters together its mud nest."

8. Are there any Golden Rules for smokers?

Ans.—Yes. 1. A perfectly healthy man does not need to smoke. 2. A sickly man had better not smoke. 3. A woman should never smoke. 4. A man who can get enough to eat should not smoke. 5. A man with disordered digestion, diarrhea, or a foul tongue, should not smoke. 6. A man who does not love tobacco should not smoke. 7. A man who loves it had better not smoke. 8. And finally no one should smoke. This last may be considered the Golden Rule. Obey it, and we may sooner expect the Golden Age.

9. In eating grapes, apples, cherries, and other fruits with small seeds, may one safely swallow the stones or seeds?

Ans.—It is best not to do it, of course; one may do it and not be harmed, but no good comes from it, and sometimes great danger. A person, for instance, who eats a pound of Catawba grapes and swallows the seeds, takes into the stomach four large hard stones to each grape. Now count the grapes to a pound and see how many there are. Now collect the stones, or seeds together, and see what a pile it makes!

10. What do you think of the new drug for curing cancer, called Cundurango?

Ans.—About as follows:

"The morning sun was shining bright
As lone upon old Georgetown's height,
A Bliss-ful doctor, clad in brown,
Desiring wealth and great renown,
Displayed aloft to wond'ring eyes
A shrub which bore this strange device,
Cundurango!

"A maiden fair, with pallid cheek,
With ardent haste his aid did seek
To stay the progress and the pain
Of carcinoma of the brain;
While still aloft the shrub he bore,
The answer came with windy roar,
Try Cundurango!

"A matron old, with long unrest
From carcinoma of the breast,
This Bliss-ful doctor rushed to see,
And begged his aid on bended knee.
The magic shrub waved still on high,
And rushed through air the well-known cry,
Try Cundurango!

"The evening sun went down in red—
The maid and matron both were dead;
And yet through all the realms around,
This worthless shrub, of mighty sound,
Will serve to fill the purse forlorn,
And cancer succumb—'in a horn'—
To Cundurango!"

11. If a druggist sells a person a poisonous drug to be used habitually, as morphine, for in-

Digitized by Google

stance, can the friends bring suit for damages and recover?

ANS.—An apothecary (N. Y. Times, August 4, 1871) in one of the interior counties of New York has been sued for damages by the husband of a woman to whom he sold laudanum to be used as a beverage, and the Supreme Court has decided that the suit can be maintained. The plaintiff avers that the apothecary supplied his wife with the narcotic day by day for six months, knowing the use she made of it, and that he was put to great expense in repairing the injury thus occasioned to her bodily and mental health.

12. What causes Hydrophobia in dogs?

ANS.—A Russian anatomist has been looking into this matter, and in all the dogs examined by him he finds serious diseases of some of the organs, especially of the kidneys. In every case, he says, a well-marked parenchymatous inflammation of the kidneys was observed, the peculiarity of which was that the changes of the epithelia of the urinary tubules were equally distributed over the whole organ, the cortical portion of the kidney being equally affected with the pyramidal, so that all the conditions for the occurrence of uræmia were present. It is therefore probable that many of the symptoms of hydrophobia are really due to uræmia. The alteration of the epithelia is for the most part of a degenerative character. In those cases in which the disease had reached its greatest degree of development, the urinary tubules were entirely stripped of epithelial cells, but were filled with a granular and fatty detritus.

CIDER AND THE EYES.—If I am not mistaken, I penned a short article for The Advocate a few years since, calling the attention of its readers to the peculiar influence of cider upon the eyes of these who use it freely for some years. In looking over, a few days since, a file of The Temperance Standard, published in Boston twenty-six years ago, and edited by Daniel Kimball, Esq., I came upon a communication of mine to that paper, dated December 14, 1845, in which I first called the attention of my fellow-laborers to the subject under consideration. The question as to who first applied steam-power to the propulsion of boats has been sharply debated, as also the question as to who was the fortunate man to whom the world is indebted for the first successful employment of ether as an anæsthetic. And lest there should be hereafter some doubt as to who first called attention to the important subject embraced in the heading of this article, I have given the precise date of my first communication on that subject, and add hereto a brief extract from the same. I had been laboring in New Haven County, and in my report of the labor wrote as follows:

"I saw more cider-mills during the three weeks I spent in New Haven County than I have seen in two years while laboring in Massachusetts. As a result of large orchards, numberless cider-mills, and the free use of cider, many of the citizens of that region are limping with *rheumatism*, and every now and then you meet a man of sixty or thereabouts whose under eyelids have lost their elasticity, and hang off from the eyeball, showing the inflamed lining membrane of the lid. Reader, place a finger on each side of your nose, an inch therefrom, and half an inch below the eyes, then with slight pressure of your fingers, draw down, both lower eyelids until separated from the eyeballs about one-fourth of an inch; now look in the mirror and you will see a tolerable representation of an old cider-drinker's eyes, bating the red and inflamed appearance of the mucous lining of the lids. You may say, perhaps, that old age has wrought the change in question; but I tell you that in more than three-fourths of the cases where such changes are wrought it is not old age, but old cider that pulls down and inflames the lids."

I will now add, that fifty years ago, when cider was the common drink of Connecticut farmers, as many as every third man above sixty exhibited the fallen and inflamed lids.—*Charles Jewett.*

DETERMINED TO DIE RICH.—An English magazine recently published an account of the wreck of the ship Britannia, which struck on the rocks off the coast of Brazil. She was freighted in part with Spanish coin, packed in barrels. At first the crew hoped to save these, and hoisted them up from the hold on deck; but it soon became evident that the ship was fast sinking, and they were obliged to take to the boats. Just as the last boat was pushing off, a young midshipman rushed back to make sure that no one was left by accident to perish. He found a sailor seated flat on the deck, with a hatchet in his

Digitized by Google

hand, several barrels broken open, and the other hand plunged to the elbow in a heap of gold. "What are you doing?" shouted the midshipman. "Escape for your life! Don't you know the ship is going to pieces?" "The ship may," retorted he; "I have lived a poor wretch all my life, and I am determined *to die rich*." Remonstrances were vain. The midshipman fled to the vessel's side, but turned and cried once more, "I tell you the ship can't hold together another moment. Quick! You can yet be saved!" "Not without leaving my gold!" roared the sailor, with a wild glare in his eye; "go your ways!" In a few moments the great black waves of the ocean were rolling over the rich sailor and his riches.

Friends, thousands of men every day repeat the madman's folly. Caring little for their principles, their moral life, they sacrifice all to gain. Not so may it be with us! At any and every cost, let us be true to our principles, do our work, and refuse to go down with our gold! —*F. E. Abbot.*

TEETH RESTORED.—An eminent American physician tells us of the case of a little girl whom he had in charge. The little thing when she was placed under his care was well-nigh destitute of teeth; was painfully diminutive in form, pale and puny. Like a wise physician, he first examined closely into her diet and habits of life; learned that she had been fed, at her own sweet will, upon all the finest preparations of superfine flour, in bread, cakes, and pastry, and had been daily indulged to her heart's content in the "best" preparations of the confectioner's art.

The doctor immediately changed all this. He turned at once to the *bone-builders*, and proscribed plenty of coarse, plain food (including natural bread), and proscribed utterly all the noxious pastries, etc., and sent her to live more in the open air. The result was precisely what might have been anticipated. Her health was revolutionized. Her body began to grow rapidly, because her bones were fed; and what was more delightful still, full-sized, healthy teeth began to make their appearance, and this fading doll was handed over to her anxious mother a rosy-cheeked, vigorous child.—*Ch. Union.*

THE BONE-BUILDERS.—Another distinguished physician of this country has remarked, in effect, that if you want your children to grow up to a well-developed, vigorous and healthful manhood and womanhood, you must attend especially to the *bone-building* during the period of growth. The fat and flesh can be put on afterward, but not the hundredth part of an inch can the bones be made to take on after the season of growth has once come to an end.

Beans, barley and oatmeal have about three times more of the bone-building and teeth-feeding elements than the best beef-steak, and as the last-named of the three is generally the best liked, it is especially excellent to give to children. Let the Canadian oats be selected, well cleaned by the smut machine, ground coarse, and then not boiled so long as to destroy the distinct grains, or to transform it to a starchy mass. Then let it be eaten warm with milk, a little granulated sugar added, and we venture to say it will become a daily favorite in any household where it is tried; and any family will find themselves a thousand-fold compensated for the experiment by the better development and better health of the children, and an improvement in all.—*Ch. Union.*

CORRELATION OF VITAL FORCE.—Exertion in one direction is at the expense of exertion in other directions; and that we have to choose between predominant forms of labor, and must not indulge the hope of combining physical and intellectual exertion, each in high degree. That this presentation is just to the facts is shown in the reluctance to intellectual effort which accompanies physical fatigue, in the deadening effects of constant and severe labor, and in the very restricted muscular exertion which men of mental power are disposed to accept. One's feelings and observation constantly confirm the view. A few days of physical effort strongly indisposes one to thought, and the muscular system slowly rallies to pleasurable and energetic effort after protracted and severe study. These results may be in part disguised by the strength of youth, which is able to supply at once nervous vigor for fresh and additional effort, but no sooner does the life-power sink to the level of the normal labors of the day than these facts become matters of constant experience. Indeed, few young men are so vigorous that kindred experiences are not occasionally forced upon their notice. Said a member of a victorious boat-crew in a recent race, "A sense of weariness is constantly returning to me, and I am habitually indisposed to study." It is then an unavoidable conclusion, that sports which assume the intensity and protracted form of severe labor are engaged in at the expense of great nerve-power, and so far incapacitate for

Digitized by Google

intellectual effort. To insist on this in connection with them is to provoke rapid exhaustion and decay.—*College Courant.*

DEEP BREATHING.—If we desire to see a generation of men with enlarged brains—and if we look in our colleges, churches, courts, editors' chairs, legislative halls, Wall Street and the White House, all will admit we need them—we must have women with enlarged lungs, and opportunities for thought and action. Deep breathing has much to with deep thinking.

Napoleon once said: "You can not make a soldier out of a sick man" Neither can you make a race of heroes and philosophers, saints or scholars, out of a nation of sick women.

The New York World, in a recent article on dress, says: "The average weight, all the year round, of women's clothing, which is supported from the waist, is between ten and fifteen pounds. Are weak backs a wonder?"

I do hope all physicians will stop talking of the *natural* weaknesses and disabilities of woman; there is no such thing, they are all *artificial*—the result, in all cases, of violated law. Maternity is not a weakness, but an added strength; making woman in her creative power second only to God himself. A well-organized woman, who understands and obeys physical and moral law, may enjoy a life of as uninterrupted health and happiness as the man by her side. You might as well call tobacco-chewing, spittoons, delirium tremens, keno banks, and panel-houses the *natural* weaknesses and disabilities of man as to attribute all the long train of evils that flow from the dress and sedentary habits of our girls to the natural weaknesses and disabilities of women.—*Mrs. Stanton.*

OATMEAL.—When the writer was in Edinburgh, the celebrated Dr. Guthrie called his attention to the size of Scotch people, and to the fact that the average size of their heads was greater than that of any other nation in the world, not excepting even the English; and when asked how he accounted for this, he replied that he thought it was owing largely to their universal devotion to oatmeal.

Indeed, the writer observed that the national dish was found upon the table at almost every meal, in the houses of the rich as well as the poor. In the morning came the mush, and in the evening the traditional cake, about the size of the crown of a hat, and a little harder than a sun-dried brick.

For further confirmation on this important question, let the writer add that he has found a great advantage to follow the daily use of (honest) brown bread and oatmeal in his family. A child whose first teeth came through in a starved condition, so that they began to decay at once and cause much suffering, is now blessed with as fine a set of second cutters as any one could ask, while the general health of all has improved. In fact, we all vote that we must daily have our brown bread and its twin-sister dish of oatmeal.

IMPORTANCE OF COOKERY.—The preparation and cooking of food should receive its proper share of attention, if the greatest amount of benefit is to be derived from its introduction in the system. Blot, the professor of this art, says that green vegetables, such as cabbage, spinach, etc., should be put in boiling water, but dry vegetables, as beans and peas should be put in cold water to cook, after having been previously soaked in lukewarm water. In the case of potatoes, the eyes or germs are to be cut out, and the skin rubbed or scraped off, then steamed or roasted. He thinks that fish, although only containing twenty per cent. of nutritious matter, ought to be partaken of at least twice a week, as it contains more phosphorus than any other food, and serves to supply the waste of that substance in the system, and particularly in the brain. He says that the brain of an idiot contains about one per cent. of phosphoric matter, that of persons of sound intellect two and a-half per cent., while that of a maniac contains three and a-half per cent. If this be so, it would seem that in a maniac the brain appropriates an undue proportion of phosphoric matter from the rest of the system, whereby its functions are materially impaired.—*Medical and Surgical Reporter.*

HYGIENE IN DIPTHERIA.—Secure cleanliness. To diminish the media of infection, the body and bed-clothing should be changed daily. The sick-room should be bare of unnecessary furniture, and especially of drapery, and, if possible, have an open fire-place and a fire burning on the hearth or in the grate, if the weather is too cool to have the doors and windows thrown constantly open. There is not the least danger of "catching cold" in bed, if the patient is well clothed. Segregation of the sick is absolutely indispensable, and the bed should be so situated that the fresh air from out-of-doors may blow over it and thoroughly dilute the foul air of the room.—*Dr. Reeves.*

Digitized by Google

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

IT is a good thing to be a little willful, at times at least, but there is always danger in carrying it too far, as did an old deacon who was always on the offside of every question that came before the Church. When the Temperance Reform was in full feather, and the question was discussed in the Church of which he was an officer, he, as a matter of course, opposed it. He would not sign the pledge; he would not consent to its presentation in the Sunday-school; he objected vehemently to the distribution of tracts. One day in the presence of a full house, one of the members of the Church made the case of the deacon a subject of prayer: "O Lord, if thy servant, our brother, continues his opposition to us, wilt thou in thy tender mercies, remove him from the Church militant below to the Church triumphant above?" "I won't go!" thundered the indignant and obstinate deacon. The deacon ought not, however, to be too much blamed for his answer, for whatever the praying brother may have wished for himself, he was not very wise in bringing such a petition before the public.

DARWIN tells some wonderful stories about the intellect of animals in his great work on "The Descent of Man," but none of them beat the one told by The Panama Star of the sagacity of a dog the editor knows of. "When the dog wishes to cross a river where alligators abound, he goes up the stream a great way and barks with all his might; the alligators go there and wait for him to get in and swim across. The dog knows what he is about; when he sees from the number of snouts above water that his enemies have all gathered to the feast, he runs down the bank as fast as he can, and swims across before the alligators are aware of the trick that has been played upon them."

WE can believe this statement about as well as the following one from Darwin's book before mentioned (Vol. I., page 41. English Edition): One female baboon had so capacious a heart that she not only adopted young monkeys of other species, but stole young dogs and cats which she continually carried about. Her kindness, however, did not go so far as to share her food with her adopted offspring, at which Brehm was surprised, as his monkeys always divided every thing quite fairly with their own young ones. An adopted kitten scratched the above mentioned affectionate baboon, *who certainly had a fine intellect*, for she was much astonished at being scratched, and immediately examined the kitten's feet, and, without more ado, *bit off the claws!*"

BUT this relates to baboons, so let us have one of Mr. Darwin's dog stories, of which his book is full. Here is one case: "I will give one case with respect to dogs, as it rests on two distinct observers and can hardly depend on the modification of any instinct. Mr. Colquhoun winged two wild ducks which fell on the opposite side of a stream. His retriever tried to bring over both at once, but could not succeed. She then, though never before known to ruffle a feather deliberately killed one, brought over the other, and then returned for the dead bird."

COL. HUTCHINSON relates that two partridges were shot at once, one being killed, and the other wounded; the latter ran away and was caught by the retriever who, on her return, came across the dead bird: she stopped, evidently puzzled, and after one or two trials finding she could not take it up without permitting the escape of the living bird, deliberately murdered it by a severe crunch and brought both away together. This was the only instance of her having wilfully injured any game.

THE late Prof. William Gibson used to relate that while going through the ward of a hospital with Velpeau, that surgeon brought him to the bedside of two men who were under treatment for some slight fracture. "Would you believe it," said Velpeau, "these men have made a living for the last fifteen years by being knocked down and run over! When they see a hired vehicle driven by some wealthy person coming by, they step across the street, and are sure to be run over, picked up, and carried to some hospital, and then they sue for damages. When their money becomes exhausted they begin again. Nearly every bone in their bodies has been broken."

THE JEWS get their full share of mention in the papers as being close and selling goods hardly worth carrying home, but they are not so noted in turning a joke or making a point as are the Irish. The following, however, is not bad. It comes to us all the way from Belfast, where a dealer in clothing sold a man a pair of boots for a small sum of money. A few days afterward the man returned with them, and said he went out into the barnyard to work where it was a little wet, and the soles came off. "Nene, nene! mine friend, you didn't ought to walk round mit dem. Dey ish cavalry boots, made to ride mit."

A PATIENT complained to his physician that he was pursued by a ghost the night before, on his way home from the tavern. "What shape was it?" asked the doctor. "In the shape of a jackass," said the man. "Go home," replied the physician, "and keep sober. You were drunk last night, and frightened at your own shadow."

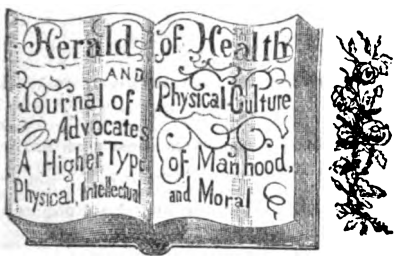
THE WORST OF TWO STRINGS.—*Young Brother*—"What's the matter, Mary? Are you unhappy because neither of those fellows you were flirting with at croquet yesterday proposed to you?" *Mary*—"Perhaps did, Tom! And———, said 'yes' to the wrong one. Poor Mary!—*Punch*.

"TELL that man to take off his hat in court," said a judge the other morning to an officer. The offender, who turned out to be a lady, wearing the fashionable sailor hat, indignantly exclaimed, "I am no man, sir!" "Then," said his honor, "I am no judge."

AN editor thinks that if a bird in the hand is worth two in the bush, a thorn in the bush is worth more than two in the hand.

Digitized by Google

EDITORIAL DEPARTMENT.



NEW YORK, NOVEMBER, 1871.

WATER.

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

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

☞ *Exchanges are at liberty to copy from this magazine by giving due credit to* THE HERALD OF HEALTH AND JOURNAL OF PHYSICAL CULTURE.

TOPICS OF THE MONTH.

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

HEALTH HABITS AND AMUSEMENTS.—

A LETTER FROM P. T. BARNUM.

DR. M. L. HOLBROOK—*Dear Sir:* Your letter, asking me to give some account of my habits of life, and, particularly, the relation of amusements to health, as I view this subject, has been mislaid; but I will answer the points with as much brevity as possible.

You do not need to be told, I trust, that the first article in my Hygienic creed is Total Abstinence from all that Intoxicates. I hold alcohol to be a poison always and everywhere—a vile enemy to the human system—and believe that the American habit of guzzling down enormous quantities of the various compounds in which this, and other equally deleterious ingredients exist, is one of the crying sins of the age. It is destitute alike of morals and of health.

I am asked sometimes why a moderate use of liquors should be condemned, and told that it is the *abuse* and not the *use* of them that is harmful. But I believe alcohol to be deleterious in itself, and unfit for use in the way suggested; viz.: as a beverage or pleasant stimulant. If it were not for the pernicious fashion set by families who wish to be convivially social, and think that wine and other liquors are indispensable to this end, we might more easily make alcohol the natural outlaw which it is; whereas, with this *quasi* brand of respectability given to it at dinners and parties, it flourishes, conferring the inheritance of drunkard almost always to some member of the family in which it finds welcome, or to succeeding branches of it.

The doctrine of Total Abstinence I believe to be necessary to health, because it is the only safe line that can be drawn. If you may drink a little, you may drink still more. And who shall say where the moderate limit ends? You can no more have moderate drinking than you can have moderate forgery.

I am further confirmed in this view by the facts of my former experience. I once drank wine and know that it never did me any good; that it was always either worthless to me or a positive injury. And, I find by late and larger experience, the human system as it came from the mould of Nature has no need of this fiery *ichor*—or Devil's elixir more properly—to support it, and keep it in working order. Of course, there are arguments for Temperance which I can not even name, much less illustrate, in so brief a letter as this; and there is none at all which successfully opposes it in the minds of candid and intelligent men.

Next to Temperance, I should place Cheerful-

Digitized by Google

ness as the greatest ally of good health. And this brings me to what I have to say of Amusements.

I suppose it will be thought because I am a showman by profession, that I must therefore countenance the Drama in all its unlicensed broadness, and every thing which promises to cater to human diversion and interest. But, frankly, I do not. There are amusements which are edifying, instructive, curious, and mirthful; and there are those which may partake of these qualities in certain degrees, which are corrupting and immoral. I make no war with the theatre *per se;* but I oppose every thing, dramatic or otherwise, which can not be produced before the whole family, and be a fair subject of discussion in the choicest circles. A moral play, or one which amuses and relieves the mind is not objectionable to me though on the theatre boards; but a play, exhibition, or speech of any kind whatsoever which will bring a blush to the face of purity, is to be sternly condemned. Late hours, and unventilated rooms, are also to be avoided as fruitful accessories of harm. In my opinion they go far deeper than to merely undermine the health, for they help powerfully to disturb the moral order of those who are subject to them.

The sad, careworn look of Americans is proverbial. Our very air is charged with electricity, and we are all in a furious hurry. Our holidays are few, and are generally taken with a sad longing over the ledger—not Mr. Bonner's—which is left behind. We ought to have more holidays, and make joy frequently a religious duty. Innocent games, playful or other, carried on with moderation, merely for mirth and hilarity, are wholesome of themselves. They add, I am certain, not only to human happiness, but to length of life; and make even the hours of labor of far more value. The ecclesiastical teaching of former times was most unwisely, as I believe, put in a hostile attitude to amusements; and we yet inherit in some degree, from Puritan traditions, the idea that a long face and Pecksniffian gravity are the fit expression of religion itself. But the sons of the Puritans have done something toward setting this matter right. Though a blue synod or morbid conference may occasionally discuss the sinfulness of croquet, or other equally mild diversion, I rejoice to know a better feeling is obtaining in respect to amusements, and look forward to the day when it shall be the duty of the Churches to provide them, instead of struggling to put them under ban. Life, at best, has its quota of weariness and toil; its cares choke out the sunshine to which the heart has a natural right, and he who hinders any suitable expression of mirth or joy is a foe to human welfare no less than to human health.

When my Museum burnt down I took Horace Greeley's advice, "to go a-fishing"—that is, metaphorically; and though I manage through trained subordinates to carry on considerable work, a large part of my time is spent in the delights of my country retreat at "Waldemere," my new summer residence at Bridgeport, or in social ways among my neighbors and friends. I can not be absolutely still, for want of occupation is spiritual death, and, to me, torture; but I who once "lived laborious days," now command many hours for myself alone, and take my *otium cum dignitate;* or, as the boy translated it, "eat my oats with dignity."

I rise promptly at 6½ o'clock, and earlier when necessary, and usually retire before 11. I eat freely of such wholesome food as the market affords—too many kinds, possibly, but not more than I crave; and observe regularity and system in all that I do. The "clam-bakes," which are an established and delightful form of pic nic here, are one of my especial indulgences, and with the alternate exercise and breezy salt air, would form no very unsuitable adjunct to a health institution. At my regular table I make it a prime point to have no conversation but that which is cheerful and pleasant. Every joint is carved with a joke, while puns put forth with perfect impunity give piquancy to the palate.

Cleanliness and frequent bathing I regard as cardinal virtues, and I have every appliance for

Digitized by Google

securing these in my city residence in New York, and in my summer one already alluded to. Tobacco I detest—not equally with alcohol—and, practically, I abstain from it *in toto*. It is not only unclean, but hurtful and expensive, and not fit for the use of a civilized race. Fashion, not Nature, prescribes the habits of smoking and chewing, and they are attained only through nausea and illness. The first appearance at their shrine is generally the signal for "offering up" a prompt sacrifice.

My favorite exercise is riding; and I usually take several brief rides each day, at regular intervals—having some purpose, of course, in view, and in the country drive my own horse, or horses—keeping, usually, about six in my stable. The vicinity of Bridgeport is famous for its fine drives; you can go a dozen directions with interest; the breezes from the Sound are fresh and stimulating; and this pleasure does not cloy by repetition. I once accustomed myself to walk before breakfast around our Seaside Park—distance a mile and a half—and derived some benefit. But walking is better fitted for some constitutions than for others, and in this practice each individual must study his own peculiar nature and strength.

You may be interested to know, possibly, that I tried on one occasion—when I thought I was too corpulent—Mr. Banting's system of growing lean. I got off twenty pounds very soon by following his rules; but, feeling no particular benefit from the reduction, I returned soon to my old diet and weight.

If I have any thing more to add to my theory of living, it would perhaps be a brief summary of my whole creed.

And these are its articles:

Abstain wholly from liquor and tobacco. Be temperate in all things. Remember that cleanliness is next to godliness. Be cheerful and unselfish. Do not let care corrode your heart. Do your duty as your conscience prompts, and leave results to Him who alone can control them to the furtherance of His designs. By o doing you will have—so far as human means can contribute to it—health, long life, and substantial happiness.

P. T. BARNUM.

WALDEMERE, BRIDGEPORT, CONN., *Sept.* 25, 1871.

IMPURE AIR AS A CAUSE OF DISEASE.—Among the manifold causes of the various forms of disease which afflict mankind, there can hardly be mentioned one more potent or constant than a vitiated, noxious atmosphere. Especially is this true of large cities, where the exhalations from a thousand different sources combine to fill the air with poisonous gases, which, being constantly inhaled, plant the germs of disease in the lungs, impoverish the blood, and, in many instances, undoubtedly hasten the fatal termination of otherwise remediable diseases. It is impossible for even the most vigorous constitution to long withstand such a blighting influence. Its effects may be seen any day in the pale, cachectic countenances of the habitual dwellers in crowded cities, when contrasted with the ruddy, healthful cheeks of those who live among the breezy hills and wide open fields of the country. This difference of atmosphere was made strikingly apparent not long since, while approaching New York on the day-steamer from Albany. The passengers were mostly assembled in the forward part of the boat, enjoying the magnificent scenery of the noble Hudson, and drinking in the delicious, health-giving air from the grand old mountain slopes; and while the great city was yet miles away, and its whereabouts only manifested by the thick cloud that hung above it, there suddenly came an odor upon the wind that was like any thing but those which are wafted from Araby the blest! A horrible, sickening, nauseous odor, that was almost suffocating, and which drove every one, with exclamations of disgust, back into the saloon. Coleridge's two-and-seventy well-defined stenches of the town of Cologne must have been attar of roses, compared to it. It was a baneful compound, made up of the emanations from gas-manufactories, bone and fat-boiling establishments, slaughter-houses, and other sources from which the filth

Digitized by Google

and effluvia of a great city arises. It seemed incredible that three-quarters of a million of people lived at the bottom of such a fetid sea of air, and that a large proportion of them passed their entire lives, year in and year out, in the very midst of the narrow, filthy streets, reeking gutters, and dark, foul alleys, with which the lower part of New York abounds. Yet such is the case, and there are thousands of this class who do not know what a priceless luxury it is to breathe pure air, and who seldom or never go beyond the immediate neighborhood in which they dwell. Is it to be wondered at that the mortality among these hapless creatures, and particularly among their children, is so large? When we consider the character of their lives in all its aspects, the over-crowded condition of their dwellings, the nature of their food, the dark, foul closets in which they sleep, into which no ray of sunlight, no breath of fresh, pure air ever enters, steeped continually in noxious vapors, and surrounded by the very worst of hygienic influences generally, it is a matter of surprise that any attain to adult life.

It will seem incredible to many readers of THE HERALD OF HEALTH that there are single blocks of tenement houses in New York that contain a larger population than many villages in New England, or in the far West. We have often entered these abodes of poverty and squalor. If one is not sufficiently disgusted with the damp, slimy walls, the dark and narrow passages and rickety staircases, to turn back to the sunlight and less offensive air outside, his heart can not but be touched at sight of the misery which prevails within. We have no hesitation in saying that many of the complaints from which these wan and wretched little creatures suffer are engendered solely by the vile atmosphere by which they are surrounded. Life is poisoned at its very source, and it is not in the nature of organized beings to exist unharmed in such violation of natural laws. When we remember that most adult persons respire fourteen cubic feet of air per hour, we can easily imagine the atmospheric condition of such houses—each small room of which contains an average family, say four persons—especially at night, when doors and windows are tightly closed. Is it strange that the annual mortality in these pestilential abodes reaches as high as sixty-five or seventy per cent.?

Prominent among the social questions of the day is that pertaining to the amelioration of the poor of large cities. The subject is one of the greatest interest, and deserving the deepest thought. Their condition is truly a pitiable one, and all efforts to improve their social and moral natures must begin by improving their physical condition. Their dwellings must be first made clean and wholesome, and thrown wide open to the influence of the blessed sunlight and the pure air of heaven. The great charitable institutions of the city, the hospitals, dispensaries, missions, etc., are accomplishing much good, but they do not seem to reach the root of the disease. With improved dwellings, and better sanitary influences of every nature, we may look for a better condition of things among this great and rapidly increasing class, and then only.

SHALL WE SEND OUR CHILDREN AWAY FROM HOME TO BE EDUCATED.—The notion is quite prevalent that it is a good thing for children to go away from home while acquiring their education, so that they may see the world and learn how other folks live. There is doubtless much to be learned in seeing the world, and we would, by no means, deprecate the enlargement of mind which comes by travel; but the natural place for children is home, and their best society that of their parents and brothers and sisters. The teacher of a boarding-school has the double office of teacher and parent, and however well he may fill the former, it is impossible for him to fill the latter to the perfection which the parent can, and often does, attain. The child almost knows instinctively that the love of a parent is disinterested, that his advice is without any selfish motive, and that his command must be obeyed; he therefore trusts his parent with a confidence, and obeys him with a good will, which he is not ready to

Digitized by Google

yield to a stranger. It is the duty, therefore, of parents to keep their sons and daughters together at home till their minds are well disciplined by study, their principles well established, and their habits formed, and then they can safely see the world, and profit by the lessons it teaches. The high school enables us thus to do. The young men and women graduating from our high schools find the same incentive to action in society that they found in the school, and do not leave behind them the forces which thus far have impelled them. There is no such violent change as must occur when one graduates from a school exclusively devoted to one sex.—*College Courant.*

System in Brain-Work.—A correspondent of London Society says: "I know a remarkably able and fertile reviewer who tells me that, though over his midnight oil he can lucubrate articles with a certain sharpness and force, yet for quietly looking at a subject all round and doing justice to all its belongings, he wanted the quiet morning hours. Lancelot Andrews says he is no true scholar who goes out of his house before 12 o'clock. Similarly an editor once told me that though his town contributors sent him the brightest papers, he always detected a peculiar mellowness and finish about the men who wrote in the country. I knew an important crown official whose hours were from 10 to 3. He had to sign his name to papers, and as a great deal depended upon his signature he was very cautious and chary how he gave it. After 3 o'clock struck, no beseeching powers of suitors or solicitors could induce him to do a stroke of work. He would not contaminate the quality of his work by doing too much of it. He would not impair his rest by continuing his work. And so he fulfilled the duties of his office for exactly fifty years, before he retired on full pay from the service of the country. And when impatient people blame lawyers for being slow, and offices for closing punctually, and shops for shutting early, and, generally speaking, the wider adaptation of our day to periods of holidays and rest, they should recollect that these things are the lessons of experience and the philosophy of society and life."

Cholera.—Now that we are threatened with cholera, people will be delighted to learn that a man in Florida, who probably never saw a case in his life, and who more than likely wouldn't know one if he should see it, has discovered a remedy, and announces that as yellow fever and cholera are caused and fed by animalculæ floating in the air, a system of concussion can clean every infected atmosphere and crush out the epidemic. In proof, the inventor, Mr. W. J. Hardee, proposes to begin in Charleston, S. C., where the yellow fever is now raging, and attest the truth of his discovery at the risk of his own life. He gives himself ten days to clear out the disease, and means to work substantially as follows: "Take one ton of gunpowder for the entire city of Charleston, and work twelve consecutive nights, using five pounds of powder at each explosion, beginning at 9 P. M. At the end of ten days there would not be a case left in the city."

Dexter's Stable.—Robert Bonner's horses live in better houses than the early English kings, or than the present race of average American citizens. Dexter lives in a marble stable only a few doors off Fifth Avenue, the ventilation of which is perfect. Dexter is a vegetarian, and never uses tea, coffee, nor whisky. He is what some folks would call a teetotaler.

As the Babylonians had no physicians with whom to consult in case of sickness, they adopted a novel plan to obtain relief under such circumstances. They had the infirm brought into the Forum, and those who passed by were asked their opinion as to the nature of the disease. They demanded of each one if he ever had the same distemper, if he knew any one who had it, and, if so, how he was cured?—*Family Herald.*

Digitized by Google

ANSWERS TO CORRESPONDENTS.

BY A. L. WOOD, M. D.

Wine and Exercise.—"In conversing with an educated English physician, who is in the habit of taking wine and other stimulants, I said that he was destroying his vital power by over-stimulation, and used the argument that is advanced by the Hygienists—that we are given so much vital power, that if used in advance by stimulants it can not be replaced. He replied, that when one gained strength by muscular exercise it was by the stimulus the muscles afforded; that it was a food to the system the same as wine was; when one is tired and incapable of exertion, a little wine helps them to the exertion, just as muscular exercise increased the strength by feeding the body. The answer to this may be that one is a natural stimulus, while the other is unnatural. I would like your reply to this, that I may be better armed, as I am constantly combating the use of spirituous liquors?"

Exercise is a natural stimulus, the same as food and air, and is indispensable to health, while wine is a poison, or rather contains an active poison—alcohol—which causes the stimulation. The effects of the natural stimulation of exercise are to increase muscular strength, and to render more perfect the different functions of the body. These effects are not merely temporary, they are permanent, while alcoholic stimulation is the effort of the system to expel the poison—alcohol—and is always temporary and is always succeeded by a corresponding degree of exhaustion.

Strengthening the Lungs.—"Will you please give your opinion, through THE HERALD OF HEALTH, of the following method of strengthening (?) the lungs? The process consists of taking a small pair of hand-bellows, inserting the nozzle between the lips, and inhaling the air as it is forced into the mouth by working the bellows. The person who showed me the operation claimed to have been much benefited by it. If you can answer through the magazine, you will confer a favor upon me and perhaps others of your readers."

The principle is wrong. It may produce good results in some cases, but it is very liable to injure the lungs. The chest should be expanded by muscular effort, and the air given a chance to rush in of its own accord, as it certainly will if given a chance. If the air is forced in, it is very liable to over-distend and weaken the delicate air-celis, thus weakening instead of strengthening the lungs. All methods of developing the lungs, either by the use of spirometers, which force the air into the lungs, or by any other mode of forcing the air into the lungs, are false in theory and usually injurious in practice. By slowly and freely inhaling the air the muscles of respiration are brought into strong action and thereby strengthened, and the lungs become gradually expanded and strengthened in a natural way, and without straining them. Spirometers, when the air is thus inhaled and expired into them, for the purpose of measuring the quantity expired, are constructed upon the right principle and are useful, while all others do more harm than good.

Chewing Gum.—"I would like to know what effect the use of chewing gum has upon the teeth and stomach. Also, what it is composed of."

This query is completely answered by Dr. T. F. Hicks in a late number of The Medical Independent, as follows:

"A gentleman in the streets of C———, Iowa, lately counted, in fifteen minutes, seventy ladies chewing gum. This habit prevails extensively, especially in the West. Almost every school-girl you meet is chewing, chewing, chewing.

Of course it will not be pretended that this habit is either as injurious or as nasty as that of chewing tobacco, yet it is not altogether innocent.

When food is taken, saliva is secreted to

Digitized by Google

aid in masticating it. When other substances are chewed, saliva is, at first, secreted as for food, but the vital instincts soon recognizing the nature of the substance, excrete a fluid similar to saliva for the defence of the tissues. This fluid (thrown out against tobacco, gum, etc.) is really an excretion.

The bile occasioned by taking poisonous medicines has, by careful experiment and analysis, been found to be quite a different substance from that secreted by the liver in its healthy action. So the fluid which the salivary glands produce during protracted chewing of that which is not food, is quite different from healthy saliva. The waste, however, is probably just as great as if it were healthy saliva. Those who habitually chew gum unduly exercise the salivary glands, thus wasting vital force and injuring the glands, occasioning in them either ultimate debility, or undue development in size. There is also danger of permanent depreciation and poisoning of the salivary glands.

This constant chewing also injures the teeth. The teeth are no small item in a lady's beauty, and as they go to such rapid decay in America, demanding so early the dentist's care, it is surprising that ambitious young ladies should so wantonly destroy them. Boys often ruin their teeth by cracking nuts; they do it to get at the kernel—they have a motive—but what possible motive can boys, girls, or women have for chewing, chewing, chewing, hour after hour, an insipid lump of gum?

The habit also diverts attention from duty or study, and is one of the many familiar modern modes of killing time. In short, it is a useless, indecent, unhealthful practice. Boys and girls, let it alone!"

How to Quit Smoking.—"I would like to ask your advice. Won't you publish it for the benefit of thousands similarly situated? I am, and have been for the last twenty years, a prodigious smoker, and have made a hundred resolutions to quit it, without avail; yet I know if I could only discover something not too large, to keep constantly in my mouth, I could gradually overcome the habit. Liquorice, gum-drops, etc. etc., dissolve too readily, and leave an unpleasant taste. I would prefer something almost indissoluble, and just a little astringent, being somewhat the reverse of costive."

The best thing to hold in the mouth is a mouth full of cold water, renewed every few minutes. It will take away the craving for tobacco quicker than any thing else, and is wholly unobjectionable. A pine stick is the best of any thing to chew, but the objection to that, and to any thing that is chewed, is that it over-exercises and weakens the salivary glands. In quitting the use of tobacco, quit at once, and not attempt to leave off gradually.

Nitrous Oxide for Extracting Teeth.—"Owing, I suppose, to large quantities of mercury given me in childhood, nearly all my jaw-teeth have been for years badly decayed, and a great part of my life has been rendered miserable by toothache. And I believe my carious teeth are a prime cause of my general ill health. I have had some of my teeth pulled, but unsuccessfully; and dentists say the roots lap the jawbone, and can not therefore be extracted without splitting, etc.—an operation that can not be endured without resort to anesthetics. But I understand the use of chloroform to be attended with especial danger in operations upon the teeth, and some experiments have shown that I am exceedingly susceptible to its ill effects. Now, sir, you will confer a very great favor by advising me of a method of getting rid of my very troublesome ex-grinders that is not dangerous, nor too painful for a rather weak-kneed individual to adopt. Would nitrous oxide likely be less objectionable than chloroform?"

Where the teeth are so far decayed that they can not be saved by filling, they should be extracted at once, as they are a fruitful source of disease, to say nothing of the pain and offensiveness produced by them. The best way to do in having teeth extracted is, keep a "stiff upper lip," and bear the pain—taking nothing. If the patient feels that something must be used, employ nitrous oxide, as it is the least objectionable anesthetic for the purpose. Shun chloroform as you would a mad dog.

WHAT is virtue but a medicine and vice but a wound.—*Hooker.*

Digitized by Google

NOTICES OF NEW PUBLICATIONS.

A LIBRARY OF POETRY AND SONG; Being Choice Collections from the Best Poets. With an Introductron by WILLIAM CULLEN BRYANT. New York: J. B. Ford & Co.

This magnificent volume of almost one thousand pages, and containing over one thousand five hundred poems and songs, written by over four hundred different persons, is, in our opinion, the most complete and valuable collection of poems published in this country. The classification includes Poems on Childhood and Youth, Home, Love and Marriage; Poems of Sorrow, Nature, and Religion; Poems of Peace and War, Temperance and Labor, of Tragedy, Rural Sport, Humorous Poems, and in fact, those that will suit every changing mood or age of the reader. It is indeed a library of itself, and ought to find a warm welcome in every home where there is one lover of song. Indeed we are not sure that such a work would not awaken such a love, if none such existed. Although the collection was not made by Mr. Bryant, yet it has passed his cultured criticism and received his sanction. A beautiful steel engraving of Mr. Bryant adorns the book. It is sold by subscription; many agents are doing well in canvassing for it.

DISEASES OF WOMEN; THEIR CAUSE, PREVENTION AND RADICAL CURE. By GEO. H. TAYLOR, M. D. Philadelphia, New York, and Boston: Geo. Maclean.

Dr. Taylor says, in his Preface: "Many excellent treatises on Pelvic Pathology and Therapeutics are already before the medical profession and the public; yet there are principles involved in these subjects which no previous works discuss or even indicate. I am not aware of any treatise in which the causes even of the ordinary affections of the pelvic contents are distinctly pointed out, nor of any in which the complete cure of these affections is shown to depend on the removal of their causes. I know of no work which maintains the practicability of correcting the faulty position of the pelvic contents by strengthening their natural supports; none in which the possibility of removing pelvic hyperæmia and its consequences by restoring the natural motions of the dominant parts are even referred to, much less demonstrated. This work attempts to supply these deficiencies, and to set forth certain principles which medical literature has overlooked."

The work is a clear and simple exposition of the principles of the Movement-cure as applicable to the diseases of women, and is written in a kindly, generous spirit. The Doctor does not entirely discard medical applications in uterine treatment, but he believes that the cause of disease is in the general system, and that current medical practice mistakes or ignores the most vital and essential point.

Dr. Taylor's success in the Movement-cure and his wide-spread reputation as a skillful physician are sufficient to insure him a thorough and careful reading of his book.

THE McALLISTERS. By MRS. E. J. RICHMOND, and THE HARKER FAMILY. By EMILY THOMPSON, are Temperance Stories published by the National Temperance Society.

A story of Intemperance has so much of sorrow and sadness in it that if it were not that the living realities are far worse than any pictures pen can draw, we should turn from them in disgust. True they bring before us truths to which we can not shut our eyes, they help to fight the great enemy of our land, and serve as a warning to women not to carelessly trust their happiness in the hands of any man who shows a fondness for drink, and who is too weak to govern his appetite, still, we would say more about the good of Temperance than the ills of Intemperance, if we were publishing Temperance books. Dreadful stories, even if true, will never reform the world.

DESK AND DEBIT; OR THE CATASTROPHE OF A CLERK. By OLIVER OPTIC. New York: Lee, Shephard, & Dillingham.

This is the third of the "Upward and Onward Series." The principal events of the story are located in Chicago, and on Lake Michigan. The hero, Phil Taningford, is quite a model young man who goes to the city in search of his relatives, fortunately finds a vacancy in his uncle's counting-house, and without making himself known obtains the situation, saves him from being swindled by a dishonest partner, and his cousin from a disgraceful elopement; but fails in getting his uncle to recognize his relationship. The story is very entertaining, with enough boating, fighting, wonderful escapes, and experiences, to satisfy any ordinary boy.

THREE SUCCESSFUL GIRLS. By JULIA CROUCH. New York: Hurd & Houghton.

The story is of three bright, energetic sisters, who determine to win their own way to success, and so leave their little country home for the advantages of the city. They struggle with poverty, and meet with a great many discouragements, but with love, faith, perseverance, and a fair amount of talent they succeed. The style of the book is very simple, going largely into the homely details of life. There is little excitement of plot, and no unnaturalness; it is more like a journal of actual experience, than a made-up story. The book can be very safely placed in the hands of young girls, and will afford them pleasant reading.

APRON STRINGS. By ARCHIE FELL. CHILDREN OF THE GREAT KING. GRACE COURTNEY. By HOWE BENNING. New York: Broughton & Wyman, Publishers.

The bright handsome covers of these books are enough to insure their finding grace in the eyes of children; the type is clear and distinct, the illustrations and the stories themselves interesting and full of moral instruction.

"Children of the Great King" is an English story, and gives us a glimpse into the inner life of a Christian home in England, where home life is perhaps as nearly perfect as it is anywhere.

"Grace Courtney" is a tale of boarding-school life with its usual temptations and records, the efforts of a young girl to find and follow the Great Shepherd, one of whose flock she wishes to become.

"Apron Strings" is a story for boys and girls too, told naturally and in a style to suit the young folks.

BOOKS RECEIVED:

BIRTH AND EDUCATION. GUILT AND INNOCENCE. GOOD AND NAME. THE WIFE OF A VAIN MAN. By MARIE SOPHIE SCHWARTZ. Translated from the Swedish by Selma Borg and Marie A. Brown. New York: Lee Shepard, and Dillingham. Paper $1 00; Cloth $1.50.

Digitized by Google

THE PUBLISHERS' DEPARTMENT.

Examples for the Ladies.—Delia A Eply, Buren Springs, Mich., has used her Wheeler & Wilson Machine 7 years without repairs; earned, making cloth garments in 1869, $785; in 1870, $587.65, besides doing the family sewing for 4 persons; has used one needle over a year on heavy work.

Miss Kate Flynn, New York, earned with a Wheeler & Wilson Machine $1541.77 in 876 days, of 9 hours.

Mrs. E. B. Dodge, Little Rock, Ark., has used her Wheeler & Wilson Machine 14 years, doing the family sewing for 9 children (6 of them daughters), working with scarcely a day's intermission, alike satisfactorily upon the finest silks, cambric, and the coarsest soldier's clothing, without any repair. She has used the same needle—a No. 2—for more than 3 years, lowering it as it wears off.

Mrs. Mary R. Hubbard, Troy, N. Y., earned with a Wheeler & Wilson Machine in 1868, $731.47; stitching 31,092 shirt-fronts, equal to 886,122 feet of seam. At 20 stitches to the inch, this would give 212,669,280 stitches, an average of 708,891 per day, 88,612 per hour, and 1,477 per minute, or sixty times as fast as hand-sewing. Sixty years in one! Her machine has run three years by steam and three by foot-power without repair, and is as good as when bought.

Talks to My Patients.—Mrs. Gleason's book, advertised and noticed elsewhere, is meeting with a good sale. We can supply it to subscribers and agents in any quantity. A good many ladies are selling it with success. We should like to have in every town a good Lady Agent. For particulars of agency, write to the Publishers.

A Good Sewing Machine is given free for a club of 30 subscribers and $60. This premium is very popular. If there is a poor, deserving family in your neighborhood help it to get a good sewing machine by subscribing at once. Perhaps your minister's wife wants one. If so, help her to get it, by helping her to get up a club. The Empire is one of the best sewing machines in use, and we are sure that it will give you good satisfaction.

Books C. O. D.—Parties who order books will find it cheaper to send the money with the order, than to order C. O. D., as in this case the cost of collection will be added to the bill. This is considerable, when the money has to be returned from a distant point. Those who order C. O. D., should send one-fourth the value of the order in advance to insure prompt attention.

Job Printing.—We are prepared to execute in neat, substantial styles, various kinds of JOB PRINTING: such as Pamphlets, Circulars, Envelopes, Billheads, Letter-heads, Cards, Labels, Small Handbills, etc., at the same rates as in all first-class New York printing establishments. Stereotype work done to order.

☞ Our friends in the country who wish neat and accurate printing, can rely on first-class work, by sending plainly written and well-prepared manuscripts. For terms, send sample or copy of work, state quality of printing material to be used, and the number of copies wanted, inclosing stamp for reply.

CLUBBING

WITH OTHER MAGAZINES.

We will send *THE HERALD OF HEALTH* and any one of the following Journals one year for the sum below mentioned. The order and money for both must be sent at the same time. Those clubbing with other magazines will be entitled to the Premium for Single Subscribers, the same as if the names came singly, when the extra postage is sent.

THE HERALD OF HEALTH, $2 00, and

Atlantic Monthly	$4 00 for $5 00
Harpers' Monthly	4 00 for 5 00
Harpers' Bazar	4 00 for 5 00
Harpers' Weekly	4 00 for 5 00
Phrenological Journal	3 00 for 4 00
Our Young Folks	2 00 for 3 50
New York Tribune	2 00 for 3 35
American Agriculturist	1 50 for 3 00
Wood's Household Magazine	1 00 for 2 50

Cash Clubbing Rates.

1 Subscriber	$ 2 00
4 Subscribers	7 00
10 Subscribers	15 00
25 Subscribers	25 00

Single Numbers, 20 cents.

Address WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

Advertisements.

☞ ADVERTISEMENTS of an appropriate character will be inserted at the following rates: Short advertisements, 25 cents per line; thirteen lines, for three or more insertions without change, 20 per cent. discount; one-half column, $12; one column, $22; one page, $40. All advertisements must be received at this office by the 5th of the month preceding that on which they are to appear.

Dr. Hayes' Hillside Cottage,
AT WATKINS, N. Y.,
Was opened for Invalids in July last. We can receive only a limited number, and to these we can give all the more personal attention. Apply in advance, stating the case, to P. H. HAYES, M. D., Watkins, N. Y. n-tf

GRAHAM GEMS.
Made of milk and Graham Flour only. For sale at L. T. J. ANGER'S BAKERY, No. 11 Bleecker Street, New York. n-3t*

Galesburg Water-Cure.
DRS. McCALL & BLACK, *Proprietors*. Calls responded to. Send for Circular. n-6t

Digitized by Google

Are You Going to New York?

If so, and you wish to stop where you can *FEEL AT HOME*, and get *GOOD FOOD HEALTHFULLY PREPARED*, and *PLENTY OF IT*,

Go to the Hygienic Institute,

Nos. 13 *&* 15 *Laight Street.*

Horse Cars pass near the door to all parts of the city making it a very convenient stopping place for persons visiting New York, either upon business or pleasure. Open at all hours, day and night. Board by the day or week, at reasonable rates. Rooms can be secured in advance by writing. Address

WOOD & HOLBROOK, Proprietors,

Nos. 13 & 15 Laight Street, New York.

THE CELEBRATED PATENT

CRAIG MICROSCOPE

Is an optical wonder; magnifies 10,000 times, combines endless instruction with amusement; a beautiful gift, and one that never loses its interest; reveals the unseen wonders of creation, such as Eels in Vinegar, Animals in Water, Cheese Mites, Sugar and Itch Insects, Milk Globules, Urinary Deposits, Blood Globules, Adulterations in Food and Drugs. Also the *Trichina Spiralis*, or Worms in Pork. This beautiful and ornamental instrument should be on the table of every family, physician, scientific man, student, etc. Sent postpaid for $2.75.

Address Z. POPE VOSE, Rockland, Maine.
n 11X

THE HEALTH HABITS

OF YOUNG MEN.

By M. L. HOLBROOK, M. D., Editor of The Herald of Health, with an Introductory Letter by

DR. DIO LEWIS. Pp. 16.

This valuable little tract will be furnished by the hundred, postpaid, to those who wish to circulate it at $2.00. Single copies, by mail, 5 cents each; three copies to one address, 10 cents.

The New York Mail, in noticing this tract, says: "Dr. Holbrook, Editor of The Herald of Health, has served other people as well as himself by reprinting his thoroughly excellent paper on "The Health Habits of Young Men," which is crammed with suggestive facts and good advice." Address

WOOD & HOLBROOK,
15 Laight Street, New York.

THE EXERCISER,

A JOURNAL OF 16 PAGES DEVOTED TO HEALTH AND PHYSICAL DEVELOPMENT THROUGH EXERCISE.

FIRST NUMBER NOW READY.

THE EXERCISER will be published quarterly, at 25 cts. a year; 6 cts. a number. Sample copies sent free on receipt of stamp for postage. Address

DR. A. L. WOOD, Editor and Publisher,
oc-tf 15 Laight Street, New York.

CREAM YEAST. FULL WEIGHT.



Produces the finest Cookery known to Science; makes all articles more tender, light and delicious; saves one-third the Shortening; takes less to do the work; always reliable; full weight; best in use.

GOLD MEDAL SALERATUS.

The Universal choice of the best Home, wives in America; stands without a rival for purity, healthfulness, economy and fine cookery. Depot 112 Liberty St., New York.

Healds' Hygeian Home.

WILMINGTON, DELAWARE.

A Splendid Summer Residence for Invalids!

DRS. PUSEY and MARY H. HEALD opened their new institution for the Hygienic treatment of invalids (without medicine), JAN. 1, 1871.

Dr. M. H. Heald (formerly Dr. York) was widely known to Hygienists during several years' practice at Our Home, Dansville, N. Y. Dr. P. Heald has also had large experience in the Hygienic system of treatment.

The building, beautifully located in the suburbs of a most delightful and healthful city, near the romantic and historic Brandywine, and overlooking the Delaware River, is entirely new, and was planned expressly for a "Cure." Every apartment is warmed by *Steam-heated Air*, and *thoroughly ventilated*, thus giving a *pure* atmosphere, free from all gas and dust, and insuring the comfort and welfare of winter guests. City advantages, with *pure country air and surroundings*. The best appliances provided for Water and Sun Baths, Swedish Movements, etc. Mrs. H. will devote especial attention to lady patients, giving them the benefit of kindly sympathy as well as of experience and skill. The Hygienic diet supplied, will include the choicest fresh and canned fruits and vegetables, and varied farinaceous preparations.

Railroad communication North, South, East, and West.

☞ For Circulars, etc., address, with stamp, HEALDS' HYGEIAN HOME, Wilmington, Delaware. jy-tf

Dudley Kelly's

Boot and Shoe Emporium,

299 HUDSON STREET, NEW YORK.
One Door from Spring.

A choice and select stock of the best goods manufactured in New York, for ladies, gentlemen and children, always on hand, which I will sell at lower prices than any other house in the city.

Goods cheerfully exchanged and money refunded if they won't suit. Give me a trial. je-12t

"Amer. School Inst,." founded

1855, *Is a reliable and practical Educational Bureau*

To aid those who want well-qualified Teachers;
To represent Teachers who seek positions;
To *give* parents information of good Schools;
To sell, rent, and exchange School Properties.

Sixteen years have *proved* it efficient in securing "THE RIGHT TEACHER FOR THE RIGHT PLACE."

J. W. SCHERMERHORN, A. M., Actuary,
Xf-11t 14 *Bond Street*, New York.

Mrs. Towne, Magnetic and

Electric Physician, 14 Clinton Place (West 8th Street), New York. Chronic Invalids treated with care. The Diseases of Women treated with great success. jy-12t*

See Book Advertisements,

read them carefully, and then ask yourself if you can use your money to better advantage than to purchase, read, and become possessed of information highly important to your well being for ever.

WOOD & HOLBROOK, 15 Laight St., N. Y.

Digitized by Google

Families who seek 'THE BEST' should use

Colton's SELECT FLAVORS
OF THE CHOICEST FRUITS AND SPICES.

It has the delicate and refreshing fragrance of genuine Farina Cologne Water, and is Indispensable to

Colgate's Eau-de-Cologne TOILET SOAP.

for the Toilet of every Lady or Gentleman. Sold by Druggists and Dealers in PERFUMERY.

THE

FLORENCE

Sewing Machine

Will sew every thing needed in a family from the heaviest to the lightest fabric.

IT DOES MORE WORK,
MORE KINDS OF WORK,
AND BETTER WORK,
Than any other Machine.

FLORENCE SEWING MACHINE CO.
Florence, Mass.

ESTB. 1809.

ENOCH MORGAN'S SONS'



SAPOLIO

FOR GENERAL HOUSEHOLD PURPOSES,

Better and Cheaper than Soap.

Cleans windows, scours knives and table ware, removes stains and rust, and is the very best thing ever used for general house cleaning. For sale by all good Grocery and Drug Stores. *Wholesale*, 211 Washington Street, N. Y.

THE

"MANSARD."

This new and elegant style of the LADD PATENT STIFFENED GOLD WATCH CASE *for American movements, recently invented by us, is now in market, and for sale by Jewelers and Watchmakers generally, from whom may also be procured our regular (or dome) and flat-bevel styles in Ladies and Gentlemen's sizes. Descriptive circulars sent on application.*

J. A. BROWN & CO.,
11 Maiden Lane, N. Y.

Pratt's Astral Oil.

WARRANTED PERFECTLY SAFE. IS USED IN OVER 150,000 FAMILIES.
OIL HOUSE OF CHAS. PRATT,
Established 1770. 106 Fulton Street, N. Y.

NEW CENSUS AND PATENT LAWS

A new edition of the Patent Laws, with official rules for proceeding before the Patent office, etc., including Census for 1870, complete. It shows the population by counties of all the States and Territories, and population of cities of over 10,000 inhabitants. Important to every patentee who has rights to sell. It enables him to calculate the value of territory, by the population.

Price, bound, 25 cents. Mailed on receipt of price. Address

MUNN & CO.,
Publishers SCIENTIFIC AMERICAN,
New York City.



THEA-NECTAR
IS A PURE
BLACK TEA
with the Green Tea Flavor. Warranted to suit all tastes. For sale everywhere. And for sale wholesale only by the *Great Atlantic and Pacific Tea Co.*, **8** Church St., New York. P. O. Box 5506. Send for Thea-Nectar Circular.

RIFLES, SHOT-GUNS, REVOLVERS. GUN MATERIAL. Write for Price List, to GREAT WESTERN GUN WORKS, Pittsburgh, Pa. Army Guns, Revolvers, etc., bought or traded for. *Agents wanted.*

REVISED EDITION.

A WINTER IN FLORIDA.

BY LEDYARD BILL.

With Illustrations by Forbes, comprising views of the old city of St. Augustine, and the Natural Scenery and objects in Eastern Florida.

This work contains Observations on the Soil, Climate, and Products of our Semi-Tropical State, with Sketches of the Principal Towns and Cities, a brief Historical Summary, and Hints to Tourist, Invalids, and Sportsmen. The work is replete with information for all classes of people. The adaptability of the climate to invalids is carefully treated. The chapter on Orange Culture alone is worth the price of the work. Sent by mail, postpaid, for $1.25.

☞ Any person ordering both the above and Mr. Bill's new book on THE CLIMATES FOR INVALIDS, at one time, can have them for $2.00. Address

WOOD & HOLBROOK,
No. 15 Laight Street, New York.

A Great Chance for Agents.

Do you want an agency, *local or traveling*, with an opportunity to make **$5** to **$20** a day selling our new 7-strand *White Wire Clothes Lines? They last forever*; sample free, so there is no risk. Address *at once Hudson River Wire Works*, corner Water Street and Maiden Lane, N. Y., or 16 Dearborn Street, Chicago, Ill. s-12t

Ladies desiring to procure a

FIRST CLASS Sewing Machine, against easy monthly instalments, may apply at 294 Bowery, 157 East Twenty-sixth street, and 477 Ninth avenue, N. Y. Good work at highest prices if desired. s-12t

Digitized by Google

A Valuable Home Book for Women.

TALKS TO MY PATIENTS;

Hints on Getting Well and Keeping Well.

BY MRS. R. B. GLEASON, M. D.

What the People and Press say about Mrs. Dr. Gleason's Book.

From P. H. HAYES, M. D., *of Watkins, N. Y.*

Its chiefest charm for me is that the writer so well understands the so frequent connection of a troubled spirit with broken health, and that from the fountain of her own warm Christian heart, and from her experience as physician, wife, and mother, she knows so well how to

"Minister to a mind diseased,
Pluck from the memory a rooted sorrow, and
Cleanse the stuffed bosom of that perilous stuff
Which weighs upon the heart."

From ELIZABETH OAKES SMITH, *the well-known Authoress.*

I would gladly see this work in the hands of every young mother in the land; it would serve to give her confidence in herself and in the divine provisions of Nature. She would be saved from that weak and senseless fear which embitters the life of the young wife and mother, and leads her to adopt courses destructive to her peace of mind and detrimental to her health.

From MRS. SARAH R. A. DOLLEY, M. D., *Rochester, N. Y.*

No mother will read it who will not thereafter be better prepared to lovingly and understandingly guard and care for the physical and moral well-being of her children. I have set it circulating among my patients.

From MRS. DR. WINSLOW, *Washington, D. C.*

It does me good, and it will do every one good for whom it was written. What a happy thought it was for the author to diffuse herself in such a quiet, modest way over the hearts and lives of those she had previously blessed!

From MRS. STANLEY, *of the Female College, Elmira, N. Y.*

I believe it to be the book above al others to put into the hands of young mothers and maidens, to help and to guide them in regard to those topics and functions peculiar to woman.

From Rev. JOSEPH SMITH, *Grand Rapids, Mich.*

She has written, in Christian love, on a theme which is really sacred, but is made so much a medium of quackery.

From MRS. DR. SALES, *Elmira, N. Y.*

I would rather have written that book than been queen of the greatest empire on this small globe of ours!

After reading the whole of this book, we pronounce it the most admirable and excellent that we have ever seen of its class. It is a safe book for young people to read, for any body, indeed, and this can be said of very few books devoted to such subjects. There is not a sentence in it that can be perverted, or misused, so as to do any harm. We wish the book could be read in every household in our country.—*Liberal Christian, N. Y.*

This book treats in a thorough, yet delicate manner of all the troubles, cares, and diseases of women. We do not hesitate to say it is the best book of its class we have yet seen.—*Godey's Lady Book.*

We wish the chapter, "Confidential to Mothers," might be published as a tract and sent to every mother in the land.—*Harper's Magazine.*

No nonsense in it.—*San Francisco Alta Californian.*

A book we can safely recommend.—*Arthur's Magazine.*

TABLE OF CONTENTS:

Growing Girls; Menstruation; Amenorrhea; Menorrhagia; Dysmenorrhea; Prolapsus Uteri; Leucorrhea; Pregnancy; Approaching Confinement; Delivery; After Delivery; Care of the Breasts; After Confinement; Bathing of Babies; Dress of Infants; Nursing; Weaning; Feeding of Infants; Infantine Diseases; Diseases of Children; Children's Dress; Confidential to Mothers; Intentional Abortion; Accidental Abortion; Sterility; Nervous Derangements; Sleep; Indigestion; Constipation; Menopause, or Change of Life.

Price, by mail, $1.50.

Lady Agents Wanted.

☞ Lady Agents of good moral character can sell hundreds of copies of this work. For further particulars address WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

NOW READY.

PARTURITION WITHOUT PAIN;

OR,

A Code of Directions for Avoiding most of the Pains and Dangers of Child-bearing.

EDITED BY M. L. HOLBROOK, M. D.,
Editor of THE HERALD OF HEALTH.

CONTENTS:

1. HEALTHFULNESS OF CHILD-BEARING.
2. DANGERS OF PREVENTIONS.
3. MEDICAL OPINIONS AS TO ESCAPING PAIN.
4. PREPARATION FOR MATERNITY.
5. EXERCISE DURING PREGNANCY.
6. THE SITZ BATH AND BATHING GENERALLY.
7. WHAT FOOD TO EAT AND WHAT TO AVOID.
8. THE MIND DURING PREGNANCY.
9. THE AILMENTS OF PREGNANCY AND THEIR REMEDIES.
10. FEMALE PHYSICIANS, ANÆSTHETICS.

To which are added:

1. The Husband's Duty to his Wife. 2 Best Age for Rearing Children. 3. Shall Sickly People become Parents. 4. Small Families. 5. Importance of Physiological Adaptation of Husband and Wife. 6. Celibacy. 7. Effects of Tobacco on Offspring. 8. Latest Discoveries as to the Determining the Sex of Offspring. 9. Father's vs. Mother's Influence on the Child. 10. Shall Pregnant Women Work. 11. Effects of Intellectual Activity on Number of Offspring 12. Important Testimony.

This little work has been prepared with great care, with the hope of rendering an important aid to prospective mothers, and to reduce to the lowest minimum the sufferings of rearing children. The directions are all such as have been thoroughly proved to be good, and they are so simple that they can be easily followed. A very large number of cultivated and distinguished persons in this country and England have adopted the methods here laid down with the best results, thousands more if they but knew them might reap the same benefit. In the Appendix are discussed many important questions which all should understand.

The price by mail, $1.00, puts it within the reach of all.

Address WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

Digitized by Google

"THE AMERICAN PIANO,"

MANUFACTURED BY

DOANE, WING & CUSHING,

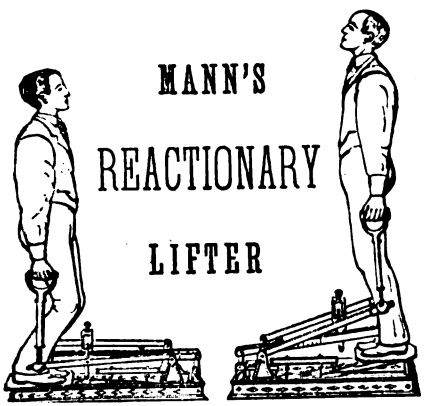
423 BROOME STREET, NEW YORK.

"For finish and elegant workmanship, as well as for power, elasticity of touch, and sweetness of tone, it stands unrivaled."—*Christian Inquirer, N. Y.*, Dec. 18, 1869.

"Its superior qualities of tone, its excellence of workmanship, and the beauty of its finish are rapidly extending its popularity."—*Christian Union, N. Y.*, Sept. 24, 1870.

"It contains every improvement that goes to make a first-class piano, and it is deservedly popular wherever it is known."—*Standard, Chicago*, Oct. 6, 1870 e-tf

---



Is the most remarkable apparatus ever invented for

HEALTH EXERCISE.

NO WEIGHTS USED.

While adapted to the powers of the athlete, it is equally so to women and children, or to persons in the most delicate state of health.

A few minutes exercise each day sufficient, and if taken at night, induces refreshing sleep.

It is at once more beautiful, compact, and durable, besides being much cheaper, than any other good apparatus for similar purposes.

Books and Circulars sent free on application. Call and see it, at the REACTIONARY LIFTER OFFICE, 365 BROADWAY, NEW YORK. au-tf

---

Saratoga Springs Remedial

INSTITUTE.—New improvements, in modern and elegant style. DRS. STRONG, its Proprietors, are graduates of the Medical Department of New York University, and give special attention to **Lung, Female,** and **Chronic** Diseases.

Among its *special appliances* are the Turkish, Sulphur, Air, Russian, and Electro-Thermal Baths, Equalizer or Vacuum Treatment, Swedish Movement Cure, Hydropathy, etc. etc.

Indorsed by Bishop Simpson, Professor Taylor Lewis, L. L. D., Rev. T. L. Cuyler, D. D., etc. etc.

For description of our appliances, diseases treated, references, etc., *send for circular.* a-tf

---

THE ELMIRA WATER CURE WILL be re-opened May 1st for the reception of patients, being under the general care of Dr. S. O Gleason and Mrs. R. B. Gleason, M. D., assisted by Miss L. Z. Brooks. Address for Circular, with Stamp, S. O. GLEASON, M. D., Water Cure, Elmira, New York. my-tf

---

THE INDEX,

A WEEKLY PAPER DEVOTED TO

FREE RELIGION,

PUBLISHED BY THE INDEX ASSOCIATION, AT TOLEDO, OHIO.

TWO DOLLARS A YEAR.

THE INDEX accepts every result of science and sound learning, without seeking to harmonize it with the Bible. It recognizes no authority but that of reason and right. It believes in Truth, Freedom, Progress, Equal Rights, and Brotherly Love.

The transition from Christianity to Free Religion, through which the civilized world is now passing, but which it very little understands, is even more momentous in itself and its consequences than the great transition of the Roman Empire from Paganism to Christianity. THE INDEX aims to make the character of this vast change intelligible in at least its leading features, and offers an opportunity for discussions on this subject which find no fitting place in other papers.

FRANCIS ELLINGWOOD ABBOT,.....*Editor.*

OCTAVIUS BROOKS FROTHINGHAM, THOMAS WENTWORTH HIGGINSON, WILLIAM J. POTTER, RICHARD P. HALLOWELL, J. VILA BLAKE, WILLIAM H. SPENCER,
Editorial Contributors.

CASH PREMIUMS.

For 75 Names.....50 Dollars in Greenbacks
For 50 Names.....25 Dollars in Greenbacks
For 25 Names.....15 Dollars in Greenbacks
For 10 Names..... 5 Dollars in Greenbacks
For less than 10 Names, a Cash Commission of Twenty per cent.

INDUCEMENTS —We would invite special attention to the very liberal Cash Premiums we offer above.

Whoever collects $150.00 for 75 subscriptions, is authorized to retain $50.00, forwarding $100.00.

Whoever collects $100.00 for 50 subscriptions, is authorized to retain $25.00, forwarding $75.00; and so on.

Now it can not be very difficult, in a town of any considerable size, to get twelve subscriptions a day for one week, if the agent uses ordinary business energy. Yet he would be paid about $8.00 a day—as much as his representative in Congress receives for work not always, we fear, so useful!

"A word to the wise." Who will canvass for THE INDEX, and at the same time earn as much as the Hon. Mr. ——?

N. B.—*Names need not all come from one postoffice.* We will send the paper wherever directed, and let the names count as clubs.

N. B.—The subscription price of THE INDEX is TWO DOLLARS a year in each and every case, *invariably in advance.* Address

FRANCIS E. ABBOT,
je-X3t LOCK BOX 38, TOLEDO, OHIO.

Digitized by Google

Conant's Binder,

OR BOOK COVERS FOR PERIODICALS.



Adapted to the *Atlantic, Harpers', Putnam's,* and THE HERALD OF HEALTH, 50 cts.

MUSIC SIZE.—Adapted to various Publishers' *Sheet Music*.....$1 00

A cheap and durable method of Binding Magazines, Papers and Music. Extremely simple. New numbers can be added as received.

We can recommend it as being just the thing for preserving Magazines perfect and clean.—*Gardener's Monthly.*

This is a useful invention, by which a Periodical is inserted in a moment between two durable covers. Various sizes are made. A good thing.—*New York Tribune.*

Conant's Binder is one of the best and cheapest contrivances for keeping Periodicals in good condition that we have ever seen, and it meets a want that has long been felt in every reading family. It is strong and durable, and is designed either for a Temporary or Permanent Binder."—*Dedham Gazette.*

WOOD & HOLBROOK,
15 Laight Street, New York.

Empire Shuttle Sewing Machine

Patented Feb. 14, 1860, and Sept. 18, 1866.

Received the First Prize at the Great Fair of the American Institute, in New York, Oct. 26, 1867, and highest premium for the Best Manufacturing Machine at the Paris Exposition, July, 1867.

No. 1, FAMILY MACHINE.

This machine is constructed on a new principle of mechanism, possessing many rare and valuable improvements, having been examined by the most profound experts, and pronounced to be simplicity and perfection combined.

The following are the principal objections urged against Sewing Machines:

1. Excessive fatigue to the operator.
2. Liability to get out of order.
3. Expense, trouble, and loss of time in repairing.
4. Incapacity to sew every description of material.
5. Disagreeable noise while in operation.

The Empire Sewing Machine is exempt from all these objections Address the EMPIRE SEWING MACHINE CO., 294 Bowery, N. Y.

For 35 Subscribers and $70,

to THE HERALD OF HEALTH, we will send an Empir Sewing Machine worth $60

WOOD & HOLBROOK,
f-tf 15 Laight Street, New York

DANA BICKFORD'S

NEW IMPROVED FAMILY

KNITTING MACHINE.

$1,000 to $5,000 a year

Agents can make in almost any section of the country, selling Dana Bickford's New and Improved FAMILY KNITTER. This Machine is guaranteed in its present completeness, to meet every want of the household, for either domestic or fancy work. Price $25. Send stamped envelope, with full directions, for an illustrated book.

Address DANA BICKFORD, Vice-President and General Agent, 689 Broadway, N. Y. s-6t

2d LIST OF BOOKS

FOR SALE BY WOOD & HOLBROOK,

15 Laight Street, New York.

DIPTHERIA; Its Nature, History, Causes, Prevention, and Treatment on Hygienic principles, etc. Price, by mail, $1 25.

It contains chapters on the Nosology and Technology of Diptheria, Description and Pathology of Diptheria, the false Membrane, History and Infectiousness of Diptheria, its Causes and Mortality, Complications and Sequelæ, Morbid Anatomy of Diptheria, the Drug and the Hygienic Treatment, Stimulation, etc.

THE TRUE TEMPERANCE PLATFORM; or, An Exposition of the Fallacy of Alcoholic Medication. Being the substance of Addresses delivered in the Queen's Concert Rooms, London; to which is added a Discussion on the Modus Operandi of Alcoholic Medication. Price, by mail, 50 cents.

This excellent Temperance document should be read by every one who would understand the true arguments against the use of alcohol.

WATER CURE FOR THE MILLION.—The processes of the Water Cure Explained, Popular Errors Exposed, containing Rules for Bathing, Dieting, Exercising, Recipes for Cooking, directions for Home Treatment, and cases to illustrate, etc. Price, by mail, 30 cents.

THE TURKISH BATH; Its History and Philosophy. By Erasmus Wilson. With Notes and an Appendix by M. L. Holbrook, M. D.—This is the only book on the Turkish Bath published in this country. Illustrated. Price 25 cents.

TOBACCO AND ITS EFFECTS.—Being a Prize Essay, showing that the use of Tobacco is a physical, mental, moral, and social evil. By HENRY GIBBONS, M. D., Editor Pacific Medical and Surgical Journal. Price, by mail, 20 cents.

RATHE'S MANUAL OF GYMNASTICS. Illustrated. For Instruction in Classes and Private use. Dio Lewis's System Explained. By W. L. Rathe. Price 40 cents.

DISEASES OF THE THROAT AND LUNGS. Giving their Cause, means of Prevention, and methods of Cure. Price 25 cents.

PARTURITION WITHOUT PAIN. This work, long in preparation, will be ready in a few weeks. Price, by mail, $1 00.

AGENTS WANTED!

Agents wanted in every town in the United States to canvass for THE HERALD OF HEALTH AND JOURNAL OF PHYSICAL CULTURE, and all our Publications.

We give the most Liberal Inducements, and money can be made and good done at the same time.

For terms, address

WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

Digitized by Google



THE NEW YORK HYGIENIC INSTITUTE,

13 & 15 Laight Street, New York City.

A. L. WOOD, M. D., Physician.

The objects of this institution, which has been in successful operation for more than twenty years, are two-fold, viz.: 1. The Treatment and Cure of the Sick, without poisoning them, by Hygienic agencies alone.

2. To furnish a pleasant, genial Home to friends of Hygiene throughout the world, whenever they visit this city.

CURE DEPARTMENT.

Thousands of Invalids have been successfully treated at this institution during the past twenty years, and its fame is known wherever the English language is spoken. Its appliances for the treatment of disease without the use of poisonous drugs are the most extensive and complete of any institute in America. They comprise the celebrated **Turkish Baths, Electric Baths, Vapor Baths, Swedish Movement Cure, Machine Vibrations,** the varied and extensive resources of the **Water Cure, Lifting Cure, Magnetism,** Healthful Food, a Pleasant Home, etc. etc. Particular attention is given to the treatment of all forms of CHRONIC DISEASE, especially of Rheumatism, Gout, Dyspepsia, Constipation, Torpidity of the Liver, Weak Lungs, and Incipient Consumption, Paralysis, Poor Circulation, General Debility, Curvature of the Spine, Scrofula, Diseases of the Skin, Uterine Weaknesses and Displacements, Spermatorrhea, etc. Any one wishing further information should **Send for a Circular,** containing further particulars, terms, etc., which will be sent free by return mail.

BOARDING DEPARTMENT.

We are open at all hours of the Day and Night for the reception of Boarders and Patients. Our location is convenient of access *from* the Railroad Depots and Steamboat Landings, and *to* the business part of the city. Street cars pass near the doors to all parts of the city, making it a very convenient stopping-place for persons visiting the city on business or pleasure. Our table is supplied with the *Best Kinds of Food, Healthfully Prepared, and Plenty of it.* In these respects it is unequaled. Come and See ! and learn how to live healthfully at home. Terms reasonable.

WOOD & HOLBROOK, Proprietors.

Digitized by Google

GOOD BOOKS.

NEW PHYSIOGNOMY; or, Signs of Character, as manifested through Temperament and External Forms, and especially in the "Human Face Divine." With more than one thousand *Illustrations*. By S. R. WELLS. In three styles of binding. Price, in one 12mo volume, 768 pp., handsomely bound in muslin, $5; in heavy calf, marbled edges, $8; turkey morocco full gilt, $10.

HOW TO READ CHARACTER. A New Illustrated Hand-book of Phrenology and Physiognomy, for Students and Examiners, with a Chart for recording the sizes of the different Organs of the Brain, in the Delineation of Character, with upwards of 170 Engravings. Latest and best. Paper, $1. Muslin, $1.25.

WEDLOCK; or, the Right Relations of the Sexes. Disclosing the Laws of Conjugal Selection, and showing who may and who may not Marry. For both Sexes. By S. R. WELLS. Plain, $1.50; Extra gilt, $2.

THE HUMAN FEET. Their Shape, Dress and Proper Care. Showing their Natural Perfect Shape and Construction; their present Deformed Condition; and how Flat Feet, Distorted Toes, and other Defects are to be Prevented or Corrected; with Directions for Dressing them elegantly, and comfortably; with Hints upon various matters relating to the general subject. With numerous Illustrations. A handsome 12mo, $1.25.

LIFE AT HOME; or, The Family and its Members. Husbands, Wives, Parents, Children, Brothers, Sisters, Employers and Employed, etc. By REV. WILLIAM AIKMAN, D.D. A work which should be found in every family. $1.50. Extra gilt, $2.00.

MAN AND WOMAN: Considered in their Relations to each Other, and to the World. By HENRY C. PEDDER. 12mo, fancy cloth. Price $1.00.

MAN, IN GENESIS AND IN GEOLOGY; or, the Biblical Account of Man's Creation, tested by Scientific Theories of his Origin and Antiquity. By JOSEPH P. THOMPSON, D.D., LL.D. One volume, 12mo. Price $1.00.

CHILDREN, THEIR DISEASES AND MANAGEMENT. By JOEL SHEW. Price $1.50.

COMBE ON INFANCY. An excellent work. Price $1.25.

HYDROPATHIC ENCYCLOPEDIA. Price $4.50.

DISEASES OF THE THROAT AND LUNGS. Price 25 cents.

EXHAUSTED VITALITY. Price $1.

HOW TO BATHE. Price 30 cents.

Now Ready.

PARTURITION WITHOUT PAIN. Price $1.00.

Sent by mail post-paid. By WOOD & HOLBROOK, & 15 Laight Street, New York.

List of Articles for Sale by

WOOD & HOLBROOK, No. 15 Laight Street, New York

BACON'S HOME GYMNASIUM, with book of explanation and 100 cuts, $10.

——Trapeze Adjustment, with 32 illustrations, $3 50.

——Swing Adjustment, for children, $1 50.

Each part sold separately. The whole, $15.

This is the most valuable piece of Gymnastic apparatus for home use ever invented. Any one can use it. For weak chests, backs, and sides its use is the best remedy known. A half hour's use of it daily would prevent and cure many cases of dyspepsia and consumption.

SYRINGES.—The best styles in market. Usual style, by mail, $3. For children, with Eye and Ear Douche for sores, etc., $2. The Spray Syringe, $1. The Trade supplied.

BOUND VOLUMES.—We still have a few Bound Volumes for 1863, 1864, 1867, 1868 and 1869 for sale, postpaid, by mail, for $3. Soon it will be impossible to obtain them.

HERALD OF HEALTH COVERS—so that every one can bind their numbers and preserve them neatly. 50 cents.

BREAD PANS—for making light, aerated Bread without soda, saleratus, yeast, or other poisonous compounds. Only by Express, $1 25.

HAND MILLS—for cracking Wheat, making Rusk, Hominy, etc. By Express, $3.

BEST GRAHAM CRACKERS—per barrel $10 Half barrel -38 lbs., $6.

ELECTRIC MACHINES—Kidder's, best Manufactured, $20 to $22.

FILTERS.—Simmons's, Syphon, $3.

Hygienic Home Water Cure.

637 California Street,
SAN FRANCISCO, Cal.

This is by far the most extensive and complete Health Institute on the Pacific Coast, based strictly on the Hygienic principles of treatment.

Dr. Smith has built and arranged the Home with special reference to its supplying the place in San Francisco that the Laight Street House and Hygienic Institute furnishes to the friends of Health Reform in New York. The Medical Department is ample for the cure of all who may desire hospitalities, and the Boarding Department well arranged for the accommodation of the friends of Hygiene throughout the coast. All are cordially invited to visit our healthful Home.

BARLOW J. SMITH, M. D.,
Consulting Physician.
R. S. MACBETH, M. D.,
aug-tf Attending Physician.

BOOT AND SHOE STORE, No. 41

Canal Street. Ladies', Gentlemen's, Boys', Misses' and Children's Boots, Shoes and Rubbers, in all their varieties, always on hand. Work made to order, and Repairing done on the shortest notice and reasonable terms.

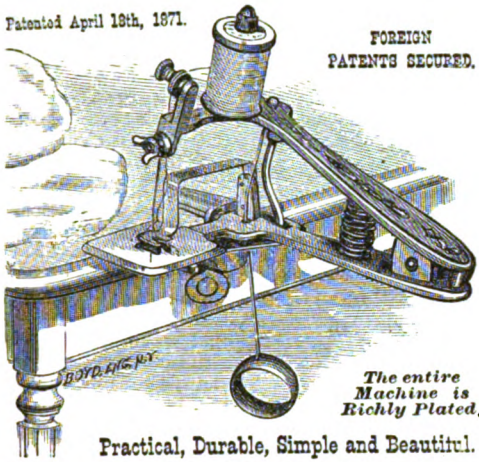
DAVID WALKER,
n-1y No. 415 Canal, corner Sullivan Street.

D. H. PRIME, *Printer, at the Hygienic Institute*, N.

Digitized by Google

A New Premium for 1871--2 !

Subscriptions may be Sent in at Once!



Practical, Durable, Simple and Beautiful.

THE BECKWITH SEWING MACHINE.

FOR ONLY $10, Including Hemmer, Guide, and 3 Needles.

BARLOW & SON, Manufacturers and Proprietors,
26 West Broadway, New York.

Something Entirely New for Our Subscribers.

The subscribers to THE HERALD OF HEALTH, who would like to have one of the **$10** SEWING MACHINES, can have it on the following most reasonable terms, as a premium for subscriptions to this magazine:

For 20 Subscriptions, at----------$2.00 each,
We give a Machine FREE, and each subscriber the Special Premium Book elsewhere offered.

For 5 Subscriptions, at----------$2.00 each,
We give a Machine for $5.00, and Premium Book to each Subscriber.

For 1 Subscription, at----------$2.00,
We give a Machine for $8.00, and Premium Book.

The question whether a Sewing Machine for $10.00 can be worth any thing, is an important one. The New York Independent in speaking of it, says, "It takes up but little room, works smoothly, and is altogether such a wonder in its line that to see it in operation calls forth immediate praise and admiration."

We may say that the machine is adapted to thin or thick goods, that it is very simple, and very easily run, that it weighs less than a pound, and may be carried in a lady's work-bag; that it will not get out of order; that it may be worked fast, or very slow; a child can work it; and that we believe, for the price, it will give perfect satisfaction.

The following testimony to the merits of THE BECKWITH SEWING MACHINE, is from a widely-known and highly respected citizen.

NEW YORK, *September* 1, 1871.

MESSRS BARLOW & SON, 26 West Broadway, New York—*Gents:* The Beckwith Sewing Machine I purchased some time since is faithfully sustaining all you claim for it, and has already established a good reputation in my family and others. I regard $10 a very low price for it, and consider it worth double that sum. Mrs. Fox could not be induced to part with it, for very many times its cost.

Taking into consideration the ease and rapidity of its movements—the beauty and strength of the stitch, together with the simplicity, durability, and remarkable low price, must bring it into universal favor.

It does its work well,
And makes *every stitch tell.*

I have had in my family large and costly machines with which the stitching was no better than with your machine. I regard it a little beauty, and a ladies companion, and can be carried in a satchel by any lady going on a visit.

I take great pleasure in recommending your machine, knowing right well the *little thing* will sustain me in so doing. Yours, etc.,

LEANDER FOX,
Inventor of the U. S. Treasury Standard Currency Diagrams, No. 26 Varick Street, New York City.

Subscriptions may be sent in at once. Those received before December will be entitled to the October, November and December numbers of this year free. Any woman, or child, who wants a gem of a Sewing Machine, can get it easily by a little work. In every case send 12 cents extra for postage on book for each subscriber

WOOD & HOLBROOK, Publishers,

13 & 15 LAIGHT STREET, NEW YORK.

Digitized by Google

ATTENTION!! All wanting Farms.—CHEAP FARM AND FRUIT LANDS, VILLAGE LOTS, WATER POWERS FOR MANUFACTURING, FOR SALE AT BRICKSBURG, OCEAN COUNTY, NEW JERSEY, 44 Miles from New York, on the Railroad to Philadelphia. Soil, fine loam; superior for all crops. Country just rolling enough for beauty and utility. Climate, mild and proverbially healthy. Water, soft and pure. No fever and ague. Sold only to actual settlers, on easy terms. Price per acre, $25 and upward. For Circulars and Maps, address ROBERT CAMPBELL, No. 153 Broadway, New York.

A NEW CATALOGUE OF BOOKS

Published by WOOD & HOLBROOK, 15 Laight St., N. Y.

MINNESOTA AND ITS CLIMATE,

as adapted to Consumptives, Invalids, and all who wish to make the State a Home. By LEDYARD BILL, Author of "A Winter in Florida." Price $1.25, postpaid, by mail.

This delightful book, while a godsend to invalids and consumptives, will be found equally interesting to sportsmen and settlers, who would find a home in this far-famed State. It contains a beautiful view of Minnehaha Falls, and also chapters on the climate of all those places which are most desirable as resorts for invalids, including Florida, Nassau, the Adirondacks, California, the White Mountains, etc. etc. This work, and the one on Florida, should be in the hands of every one who wishes to find the best resorts for health.

A WINTER IN FLORIDA. By

LEDYARD BILL. With illustrations by Forbes, comprising views of the old city of St. Augustine, and the Natural Scenery and objects in Eastern Florida. Tourists, Sportsmen, Invalids, and all who would escape the rigors of a Northern Winter, or find a Home in a delightful clime, should read this book; so also those who would know all about the resources of the country, and its adaptation for Horticulture, Orange culture, and for cheap and desirable homes. It contains 250 pages. Price $1.25, by mail.

The author justifies the predictions of the climate, saying that it is so delightful that no disease can experience it without favorable effect.

SEXUAL PHYSIOLOGY. — This

work contains the latest and most important Discoveries in the Anatomy and Physiology of the Sexes; Explains the origin of Human Life; how and when Menstruation, Impregnation, and Conception occur; giving the laws by which the number and sex of offspring are controlled, and valuable information in regard to the begetting and rearing of beautiful and healthy children. With 80 fine engravings. *Agents wanted.* Send stamp for Circular. Price, by mail, $2.

It is high-toned, and should be read by the members of every family. As an evidence of its popularity, we may remark that Eleven Thousand Copies have been sold, and the demand is still unabated. If a copy of this work could be in the hands of every young man and woman, it would not only make them purer and better, but give them a knowledge all should possess.

PHYSICAL PERFECTION. — Con-

taining Chapter on Structure of the Human Body; the Perfect Man and Woman; the Temperaments; Laws of Human Configuration; Embryology; Childhood; Effects of Mental Culture; Moral and Emotional Influences; Social Conditions and Occupations; Effects of Climate and Locality; Direct Physical Culture; Practical Hygiene; Womanhood; the Secret of Longevity; the Arts of Beauty; External Indications of Figure, etc. etc. Beautifully Illustrated with 100 Engravings, and handsomely bound. Price, by mail, $1.50.

This work has been through many editions, and has given great satisfaction to thousands.

TALKS TO MY PATIENTS.—Hints

on Getting Well, and Keeping Well. By Mrs. L. B. GLEASON, M. D.

Women Agents wanted everywhere. Thousands of copies of the work are being sold. Full contents, and terms of agency sent on application. Price, by mail, $1.50.

This book is designed mainly for women, of all ages. It treats principally on the Diseases of Women, and includes chapters on Child Bearing, and the Care of Children. Harper's Magazine, in reviewing the work, says:

"Mrs. Gleason is able to say something to wives and to mothers which no man could say. There can be no difference of opinion about the value of the practical suggestions she affords, which are characterised by sound philosophy and clear, good, sterling common sense. We wish the chapter, "Confidential to Mothers," might be published as a tract, and sent to every mother in the land."

Mrs. Dr. Sayles, after reading it, says, "I would rather have written that book than been queen of the greatest empire on this small globe of ours!"

No woman can read it without being made wiser and better, and without being better qualified for all the duties of life.

MORAL, INTELLECTUAL, AND

PHYSICAL CULTURE; OR, THE PHILOSOPHY OF TRUE LIVING. By Professor F. G. WELCH, Superintendent of Physical Culture in Yale College. It contains over 400 pages, and is beautifully bound. Price, by mail, $2.25.

This book is the most perfect Encyclopedia of Gymnastic exercises of the most approved method in existence. It tells in plain language how to do every thing, from the building of a gymnasium and choosing apparatus to doing the exercises. The series of exercises with the Indian clubs alone, is the best ever published. Those who want a work on gymnastic culture should not fail to get this one. Dr. Dio Lewis says, "This is an admirable guide to physical culture."

THE TREE OF LIFE; or, HUMAN

DEGENERACY, ITS NATURE AND REMEDY. By ISAAC JENNINGS, M. D. Price, by mail, $1.50.

This work, prepared by a conscientious and philanthropical thinker, is full of interest to all who are seeking light on the important questions of which it treats. It is deeply religious in its tone, and contains a multitude of valuable hints on the treatment of disease by natural means. Any person sending us a new subscriber for THE HERALD OF HEALTH and $2, shall have this work FREE.

THE NEW HYGIENIC COOK-

BOOK. By MRS. M. M. JONES. This work contains several hundred recipes for cooking the most palatable and wholesome food without the use of deleterious compounds. Also, directions for Washing, Ironing, removing Stains, Canning Fruit, etc. Price 30 cents, postpaid. Seven thousands have been sold.

WOMAN'S DRESS; with numerous

Engravings, showing how Woman's Clothing can be made beautiful, healthful, and comfortable. Price 30 cents.

Any or all of the above works sent free, by mail, on the receipt of the price.

Digitized by Google

OLD SERIES—VOL. 51. NEW SERIES—VOL. 17.

BOSTON MEDICAL LIBRARY ASSN. JUL 24 1894

THE HERALD OF HEALTH

AND

JOURNAL OF PHYSICAL CULTURE,

ADVOCATES

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

CONTENTS FOR DECEMBER, 1871.

GENERAL ARTICLES:	Page
How Best to Promote the Cause of Temperance—*O. B. Frothingham*	241
Old Age—*Charles H. Brigham*	246
A Health Trip to the Orient—*Dr. Lydia F. Fowler*	251
Lessons from the Chicago Disaster—*Thomas K. Beecher*	257
Abnormal Longevity of Man—*E. Ray Lankester*	262
Down in the Heart (A Poem)—*Lydia M. Millard*	264
Theories Put in Practice, or Diary of a Physician's Wife—*Mrs. H. C. Birdsall*	265
Studies in Hygiene	268
Ten Questions in Hygiene	268
The Germ Theory	268
Baking Powders	269
Cutting off the Beard	269
Tobacco Statistics	270
Power to Resist Disease	271

EDITORIAL DEPARTMENT:	
A Glance Backward and Forward	273
An Open Question	275
Getting Rested Every Day—Methods of Getting Sleep—Ten Laws of Life	276
Oxygen Treatment—Is the Climate of Minnesota as Beneficial as Formerly?	277
ANSWERS TO CORRESPONDENTS:	
Exercise—How Much, When, and How Given	278
Dyspepsia and the Vibratory Exerciser—The Best Spring Bed—Want of Breath	279
OUR DESSERT TABLE:	
A Restaurant Keeper	272
A Fireman in Pennsylvania	272
An Eccentric Minister	272
A Wife's Text	272

NEW YORK:

WOOD & HOLBROOK, PUBLISHERS, 13 & 15 LAIGHT ST.

GENERAL AGENTS—AMERICAN NEWS CO. . . NEW YORK NEWS CO.

$2 per Annum. **Single Copy, 20 Cents.**

Digitized by Google

THE HERALD OF HEALTH

New Premium List for 1872!

NOW IS THE TIME TO BEGIN!!

OCTOBER, NOVEMBER, & DECEMBER NUMBERS FREE

TO NEW SUBSCRIBERS!

A Liberal Gift to Every Subscriber.

We propose to offer our Premiums for 1872 on an entirely new plan. Each subscriber who pays Two Dollars, with twelve cents extra for the payment of postage on the books, will be entitled to either one of the following valuable books FREE:

1. HINTS TOWARD PHYSICAL PERFECTION;
2. A WINTER IN FLORIDA;
3. CLIMATES FOR INVALIDS.

A full account of the character of these books will be found in our book list on another page.

Should our readers have these works, or wish something else, we offer in place of them a beautiful copy of WEBSTER'S POCKET DICTIONARY, FREE. It is abridged from the Quarto, by Wm. G. Webster and W. A. Wheeler, and embraces a careful selection of more than 18,000 of the most important words of the language. The introduction contains, besides the Pictorial Illustrations, Tables of Money, Weight, and Measure, Abbreviations, Words, Phrases, Proverbs, etc., from the Greek, the Latin, and the Modern Foreign Languages, Rules for Spelling, etc., etc.; making altogether the most complete and useful pocket companion extant. It is beautifully printed on tinted paper, and bound in handsome style, with tuck, gilt edges, contains nearly three hundred pages, and about the same number of illustrations. Every boy and girl, man and woman should have a copy of this superb book. And we will give it to them as a Premium, when they send us $2.00 for THE HERALD OF HEALTH for one year. Names should be sent in at once. Not only send in your own subscription, but your friend's and neighbor's, and thus do good and keep along the physical improvement of the race.

CLUBBING RATES.

Any person sending **100** Subscribers, at $2 each, at one time, shall have as a Premium for his or her labor A GOLD WATCH, worth $100, or The Great American Encyclopedia in Twenty Volumes, worth $100! and to each name sent we will give one of the books offered above as an individual premium

Any person sending **50** Subscribers, at $2 each, will be entitled to A SPLENDID EMPIRE SEWING MACHINE, worth $60.—This is as good as any machine in the market, and can not fail to give the best satisfaction.—and each subscriber to a premium book, as mentioned before.

Any person sending **20** Subscribers, at $2 each, will be entitled to A SILVER-PLATED BECK WITH SEWING MACHINE, worth $10, and each subscriber to a premium book; or, if the person sending club prefers it, to A WEBSTER'S PICTORIAL UNABRIDGED DICTIONARY, Illustrated with 3,000 Cuts, worth $12; or we will give $10 worth of any of our own publications.

Any one sending us **12** Subscribers at $2 each will be entitled to two of Prang's Splendid Chromos, entitled "MORNING" and "EVENING;" size of each, 12x18 inches; value, $10. Each subscriber will get the premium book.

The above pictures are copied from Rosa Bonheur's wonderful painting known by these names. They are companion-pictures, and ought to go together.

Any one sending us **6** Subscribers, at $2 each, will be entitled to A SPLENDID GOLD PEN, with Coin-Silver Extension Pen-holder, worth $3, and premium book to each subscriber.

Readers will please bear in mind that to prepay the postage on the premium book which they can choose from any four offered above, they must send twelve cents extra. While the number of subscribers required from those getting up the club is more than it would be if each one did not get a premium, yet they can be obtained more easily than if they were to receive nothing but the magazine

The books offered are all new ones printed on the best paper, handsomely illustrated and bound, and will give perfect satisfaction

☞ *New Subscribers sending in their names* NOW *will get October, November, and December Numbers for this year* FREE. ☜

LET THE BALL BEGIN TO ROLL AT ONCE!

For Clubbing Rates with other Periodicals see the Publishers' Department of THE HERALD.

Address WOOD & HOLBROOK,
15 Laight Street, New York.

Digitized by Google

THE HERALD OF HEALTH

AND

JOURNAL OF PHYSICAL CULTURE.

Vol. 18, No. 6.] NEW YORK, DECEMBER, 1871. [New Series.

PUBLISHED MONTHLY BY WOOD & HOLBROOK, 13 & 15 LAIGHT STREET.

A NEW DISCUSSION OF TEMPERANCE PROBLEMS;

COMPRISED IN A SERIES OF FOURTEEN ESSAYS CONTRIBUTED BY OUR BEST THINKERS AND WRITERS.

No. XIV.—HOW BEST TO PROMOTE THE CAUSE OF TEMPERANCE.

BY O. B. FROTHINGHAM.

AFTER all that has been said on this question, and after all that had been done in the way of practical answer to it, any remarks that we are likely to offer may be open to the charge of impertinence. But, notwithstanding all that had been said and done, the question is still an open one. It is much debated, and by none so much as by the old confessors and workers who have spent the most thought and devoted the most effort to the cause.

The past generation saw many plans adopted and pursued, each of which was in turn supposed to be admirably calculated to compass the end in view, and one by one they failed to meet the expectations of their friends, and now in Massachusetts it is proposed to give them all up, and return to the old method of moral influence, which was abandoned in favor of more arbitrary and, it was thought, more effective measures.

The best way of promoting the cause of Temperance in society, is therefore, yet to be found. It would be presumption for us to claim that we have found it. We advance no such pretension. The most we shall attempt in this short paper will be to offer some plain thoughts that tend in the direction we think should be followed.

And, first of all, it appears obvious that the chief object to be attained should be distinctly seen and firmly held in view. Every great cause is helped by limiting as much as possible the number of points that require attention. A few broad considerations are better than many small ones. A single broad consideration is better than two or three. If it is proposed to accomplish several things, the probability is that no one will be achieved. If a single thing be proposed, there is a probability of carrying it.

Now, what is the main object to be gained by the Temperance Agitation? Is it the total eradication of the habit of stimulating the system by the help of alcoholic drink in every form and every degree? That is an all but hopeless, if not an utterly hopeless task to attempt by special endeavors. Is it the total suppression of the manufacture and sale of ardent spirits? That is impracticable by deliberate effort. Is it the absolute closing of wine-shops, the abandon-

Digitized by Google

ment of criminal practices by the comfortable and wealthy classes? The difficulties in the way of that are enormous. The effort to effect it would alienate many who might be useful in some departments of the Temperance Movement, and the result, if accomplished, would not of necessity redound to the success of the warfare on the fields where the battle rages hottest. The desire for stimulants must be slowly outgrown by the moral development of mankind, and the process of outgrowing it is slowest where that moral development is least favored by industrial and social conditions.

The warfare is against Intemperance—that is, against intemperate indulgence; not primarily against all use, or all indulgence, but against *immoderate* indulgence. If it be said that all indulgence is immoderate, that may be granted. Total abstinence we will admit to be the best, the wisest, and safest rule for every body, the only rule for the greater number. But all indulgence is not *visibly* and *palpably* immoderate; all indulgence is not manifestly injurious to social order and public peace, domestic happiness, personal character, or private health. A great deal of the indulgence is offensive to nobody, impoverishes nobody, wrongs nobody, and grieves nobody. Men who have well-stocked cellars, and who take therefrom many bottles, live to a great age, are clear-headed and capable, dwell in happy homes, are kind husbands, admirable fathers, warm friends, honest merchants, public spirited citizens, sincere Christians, benevolent and trusty men. All who use spirit are not wasteful; all are not idle; all are not noisy or abusive; and these do not fairly come within the category of the intemperate. These do not call down on themselves the condemnation of practical reformers. They are neither victims to be saved, nor makers of victims to be pursued.

The intemperance that gets the better of the nobler part of men, the intemperance that makes men brutes, demoralizes them, impoverishes them, destroys their sense of right, perverts their affections, makes them idle, violent, abusive, renders them harsh to their wives, neglectful of their children, disturbers of the peace, enemies of order: this is the intemperance that is a mark for the assaults of good men. This concerns every body, touches every vital interest, is a public foe. This is a source of poverty and crime; robs us, endangers property and life, is an enormous burden on the material and mental resources of the country. The evil of this is tangible, ever-present, and appreciable. Would not something be gained by severely keeping this one mischief in mind and letting other incidental questions drop into the background?

The assault on the milder forms of intemperance, if intemperance it should be called, is justified on the plea that excessive indulgence takes encouragement from moderate indulgence, excuses itself by it, and is inflamed by its example. The moderate drinkers, we are told make the immoderate drinkers. There would be none of the latter, if there were none of the former.

On this point we confess ourselves to be quite incredulous. That the moderate drinker may himself become an immoderate drinker is no doubt true, and it is a reason for excessive caution on the part of those who partake at all of the intoxicating cup. It is a reason why many, the great many, should wholly abstain. But that the use of wine by gentlemen in their houses, for instance, encourages the laborer to tipple in the dram-shop, is a point we have always been incredulous upon. Why should it? The laborer knows nothing about the gentleman's habits, and, if he did, would draw no lesson either for evil or for good from people who live in so entirely different a world. His passions, cravings, appetites, are his own. He has his own fatigues and exhaustions, his own comrades and associations, his own thoughts and feelings on all subjects. His intemperance is the fruit of his private temptations, not of his employer's indulgences.

This course of argument is not popular with Temperance champions, but, if it is just, it ought to be presented; and the justice of it has not been fairly considered. My example of self-constraint in the gratification of an appetite surely can not justify another's practice of self-indulgence in the gratification of the same appetite. My moderate use of a thing can be made no excuse for another's immoderate abuse of it. Does my friend's glass of light wine at dinner warrant his porter's draught of raw brandy at noon or night? Does his invalid wife's pint bottle of cider taken with her modest meal have the smallest connection with Bridget's potations in the adjoining block? The logical tie is wholly wanting. If we are to regulate all our habits with regard to the possible inferences that stupid, ignorant, ill-meaning, or depraved people may draw from them, there would be an end of all sincerity of conduct, in fact, of all independent conduct, of all rational action. Conduct must justify itself; and all sound example follows the character of the conduct. The man who sets an example of prudent living can not be charged with countenancing another's imprudent living. The man who sets an ex-

Digitized by Google

ample of perfectly restrained gratification in any desire should be credited with that achievement, not held answerable for the vice in another which he deplores, and in himself ably resists.

The Temperance advocates, we are persuaded, have made too much of this presumed influence of the higher classes on the lower. The industrial people of all ranks see the wealthier classes openly enjoying a thousand things they themselves can not afford and do not think of coveting, fine houses, costly clothes, jewels, horses, carriages. They know of the great banquets, the sumptuous dinners, the elegant suppers, the well-stocked larders and wine-cellars. But it does not occur to them to copy such expensive habits at the risk of ruining their families. The different orders of society live under their own laws. No doubt the general moral contagion more or less affects all, but only in a general way. The upper classes might be dissolute, and yet the lower classes be well-behaved. The upper classes might be well-behaved, and yet the lower classes be dissolute. They are subject to the pressure of very different forces. Fashion, respectability, social position and repute sway the one; necessity, want, comfort, the industrial prospects of the day, the tides of religious feeling sway the other. He who would reform intemperance at the top of society will, if he is wise, adopt a method quite different from that required to reform intemperance at the bottom.

Now, it is the intemperance at the bottom of society that is the chief source of our misery. It is here that on a large scale it causes poverty, crime, distress, suffering, sorrow, and wickedness manifold. It is here that the crippling of power, the waste of resources, the ruin of existence are felt. It is here that the huge mass of evil lies a dead weight of misery on the whole community. How best to deal with the problem on this plane is the immediate question.

There are direct and indirect measures to be pursued. The former aim at bringing influences to bear on the intemperance itself; the latter aim at diverting the minds of its victims into other channels, and thus depriving the temptation of its power. Both are important, and both should be pursued; each by those who are best qualified to give the device efficacy.

Intemperance is due to the predominance of the animal nature over the moral. Its primary cause is moral infirmity, inability to resist temptation, or to entertain considerations of personal dignity, safety, or happiness in the hour when passion is solicited. The best mode therefore, of promoting the cause of Temperance is to stimulate the moral nature. The moral growth of society is exceedingly slow. Generations must elapse before the moral development of the multitude will be such as to condemn the vice of intemperance, to rise above it and put it away. This is hardly achieved yet by any considerable number, even among the intelligent, instructed, and responsible. How can such height of attainment be looked for among the unintelligent, the uninstructed, the comparatively irresponsible? It can not be, and therefore special means must be taken to stimulate moral feeling in advance of its tardy development. This is the task of the reformer and the philanthropist.

The uneducated people are most easily reached through their religious feelings. Here lay the secret of Father Mathew's prodigious success in Ireland, and in America. He was a Roman Catholic priest, the Superior of the Order of Capuchin Friars, a man of entire singleness of purpose, and great devotion of will. His power over the superstitious Catholics was immense. When the disciple kneeled before the holy man, took the solemn oath of total abstinence, received the sign of the cross, and the accompanying blessing, and then had the medal and the card put into his hand, he was convinced that Father Mathew imparted a saving virtue to the bit of paper and the stamped metal, that he knew their hearts, that their oath bound them to him by a supernatural and mystical tie, and that a fearful punishment would descend on all who broke the pledge. The reformer knew this, and availed himself of the belief, not directly encouraging it, rather deploring it, but doubting his power to effect much without it, and hoping that the good results of his work would last when the superstition had passed away. The effects did not last, for there were few Mathews among Romish priests; but they were surprising in extent and character. Distilleries were shut up by scores; grog-shops were changed into coffee-kitchens; roofs were repaired; tables were decent and well supplied; the clothes-chests filled up; and the piles of money increased. Deposits multiplied in the savings banks; in two years the number of those enrolled in the Temperance Army numbered two millions and a half, not one of whom was summoned before judge or jury. The Ireland which had paid six millions a year for proof spirits, reduced her expenditure nearly one-half in those two years.

The effects could not last, for they were due to a sudden and peculiar excitement, associated with an individual reformer, and they were crossed too by certain political movements

Digitized by Google

which can not be mentioned here. But apart from the superstitious accessories, the movement had an element of soundness that was employed with good results when Father Mathew was no more, and is susceptible of being turned to excellent service still.

The Protestants used it with powerful effect, bringing into play the forces of menace and persuasion latent in the "Evangelical" theology. Even the less severe sects putting enthusiasm and purpose into their moral ideas, succeeded in making an impression on the better affections of the tempted class, and snatching multitudes from danger. The work of reformation was greatly helped by the spirit of organisation that was called in. The societies, the meetings, the public occasions, the festivals and the processions, the oaths and pledges, the medals and badges, all assisted the enterprise; and though the means were not always dignified, the result in fostering self-respect and warming affection was better than had been otherwise achieved. Mr. Gough, to whom many thousands owe their rescue from the bondage of intemperance, confines himself to moral agencies, reasoning, appeal, persuasion, and the quickening of the personal powers of character by which the demoralized are brought to their senses, and restored to their right mind.

This method is the most difficult, it calls for more individual consideration, more earnestness, more humanity, more faith in God and man than any other. For this reason probably, it has been abandoned for legislative and political devices which promise larger results to less toil. It is open, too, to the objection of being more or less spasmodical and intermittent in its character. A steady pressure of moral power is difficult to maintain. It ebbs and flows. There are seasons of excitement succeeded by seasons of depression. Hope alternates with discouragement. The reformers become weary of their task because their labor seems to be thrown away.

Still this is the only permanent influence there is, and it is the soul of all other. Moral power lies behind every demonstration of power. It is useless to legislate without it, for without it laws can neither be enforced nor made. The policy of prohibition demands it both from those who would make the prohibition effective, and from those against whom it must operate. It is very easy to talk about shutting the door of the dram-shop, so that the tempter and the tempted can not meet. "But unless he that attempts to shut the door of the dram-shop has a great force of conscience to back him, he will not prevent the tempter from opening a door in the rear, or a window in the lane; and unless the endangered victim has a force of conscience inside of him, at that back-door or window he will find his way in to his ruin. Machinery will not work without steam or water-power, and in matters of vital moment to society the steam or the water-power is the moral sense, which is created in the uninstructed classes mainly by religion, appealing to the fear and love of the spiritual and eternal world, to the soul's consciousness of dignity, and the soul's apprehension of doom. The Catholic priest and the Protestant minister have a duty to discharge in this connection which they have never faced or apparently considered.

But this is not the sole, nor the sole effective mode of working against intemperance. Equally valid, and more strictly scientific, is the method of diversion, by which desire is turned from one fascination to another, from a dangerous fascination to an innocent one. Passion must be met with passion; fire must be fought with fire. To reason with an inebriate, or one who is in peril of becoming inebriate, is utterly useless. To show him the condition he is in does no good. To remonstrate with him is unavailing. To thwart him rouses his wrath. To interfere with his liberty excites his worst passions, and adds to them cunning. The inebriate hospital provides variety of entertainments, in-doors and out, to keep interest alive and stimulate emotion. Some ladies of Boston have established the "Holly Tree Coffee-Room," a cheerful, neat place for refreshments, in the neighborhood of the dirtiest grog-shops. The walls are decorated with engravings, newspapers are lying about, pungent mottoes meet the eye, pithily contrasting the place with the dens in the vicinity. The superintendent is heartily interested in the undertaking; the attendants are ready and obliging; the provisions, meat, bread, coffee, and tea are very low, but very good. The plan succeeds. Many leave the old haunts for the new resort, and a palpable effect has already been produced on the habits of the neighborhood. A small beginning, but the beginning of a genuine enterprise. Stimulus is matched with stimulus, and the more harmless stimulus is aided by the advantages of cleanliness, decency, taste, and comfort.

But there are other and more efficient ways yet of checkmating the enemy. The true friends of Temperance who mean work will provide places of entertainment for the working people down amid their own haunts, in the very sections of the city where their danger lurks.

Digitized by Google

They will furnish cheap concerts, pleasing dramatic entertainments, done by respectable amateurs who will bring personal influence with them; popular readings from the poets, novelists, histories, penny readings, such as have been instituted with such admirable effect in England; acted charades and tableaux; entertaining lectures on scientific subjects, illustrated with drawings and experiments; gymnasiums and play-grounds for exercise in the open air—any thing that will attract the tired, jaded people, and give them something outside their stupid, comfortless homes besides the gin-shop; something to make them laugh or cry, and at any rate lose the consciousness of immediate misery in the instruction or the amusement of the hour.

By such simple arrangements as these, wonders may be accomplished. They need not be costly; they need not be burdensome; they need not tax severely either the time or the talents of those who employ them. One thing they do require as a condition of their success, and that is minds free from sectarian prejudice and bigotry of opinion, minds capable of taking reasonable views of questions, and adopting the methods best suited to accomplish the chief end, without regard to the opinions of narrow partisans or vague sentimentalists.

To go to work rationally is the prime requisite in this, as in other things; to adjust means to ends. Of this there has been quite too little thus far. The means have been such as commended themselves to the politician who believed in the machinery of government, or the religionist who believed in the machinery of the Church; if they seemed theoretically just, they were worked until they failed, and then their failure has been regarded as demonstrating the hopelessness of the cause. A little common sense in place of the sentimentalism and the speculation would by and by make it evident that the evil is by no means incurable, but, if it can not be overcome by force, may be reduced in its proportions to the dimensions of a manageable mischief.

It must never be forgotten, however, that these great moral undertakings require much time. The work of a generation is not to be done in a twelve-month. To suppose that a vice like intemperance, the remnant of ancient brutalism and the legacy of past ages of animal indulgence, the inheritance of the rudest times, can be voted out of existence by a legislature, or knocked out of existence by a policeman's club, is to be guilty of a foolishness unworthy of rational men. No such tampering with an evil will answer. The demon must be seen, measured and faced; and we know no way of doing that but the good old way of moral endeavor, aided, as it can be aided now, by the resources of science and art. The magnitude of the mischief calls for a remedy equal in magnitude. The character of the mischief calls for a remedy as serious and thorough. Probably none of the measures employed by the Temperance Reformers have been ineffectual. All have told, each has indirectly, if not directly, helped to reduce the evil. Unwise methods have suggested wiser ones by their failure. It is a great advantage to have discovered what will *not* answer the purpose, for the methods that will answer are by that discovery suggested. Patience, perseverance, earnestness, fidelity, sincere philanthropy never fail to answer. They always pass for their full value however embodied and expressed, and nothing else passes for any value at all. The most admirable science must have this soul of enthusiasm, or it will be an engine without power.

Who can read the history of society during the last fifty years and not perceive that the cause of Temperance has gained ground immensely? The very sensitiveness about it, the attention paid to it, the discussions upon it, the lamentations over it, the indignant protests, the moral feelings against it, the piling up of figures to show how huge it is—yes, the despondency and despair it caused in good hearts, attest a prodigious growth of moral sentiment, and a tremendous uprising of moral purpose. A great evil, unfelt, looks small: a small evil, realized, looks great. Intemperance is by no means a small evil; it is a very huge one. But it seems huger than it did once, because the *evilness* of it is appreciated. The enlightened conscience magnifies what the unawakened conscience failed to see. As the moral dimensions of the mischief increase in the mind's view, the actual dimensions of it, we may be sure, are diminishing. The agony of the reformer marks the progress of the reform.

TRICHINÆ IN THE DOMESTIC FOWL.—Dr. G. S. Bryant reports having found embedded in the stomach and intestines of the hen large numbers of entozoa, coiled in cysts in every possible attitude, and not unlike the trichinæ found in the human muscle. He suggests that the disease known as "chicken cholera" is dependent on the presence of these entozoa, and promises to continue and report investigations on this subject.—*Richmond and Louisville Medical Journal.*

Digitized by Google

Old Age.

BY REV. CHARLES H. BRIGHAM.

ART and poetry and romance and eloquence conspire to glorify old age, and rescue this state of human life from its bad social fame. A favorite theme of college orations is the "Old Age of the Scholar," and the young graduate, with fresh dawn upon his maiden cheek, expatiates upon the beauty of the setting sun of the student's day. In the pictures of the Church, the aureole is oftenest around the wrinkled brow and the hoary head, and a worn-out frame is ministered to by the angels. Old age is sung as the time of rest, of calmness, of peace, of fruition without vexation or pain, of blessed memories, of honorable joy in the praises of friends, and in the reverence of children and children's children. It has a right to the title of "venerable." It has the easy chair in the home, and the best seats in the assemblies. It can claim deference, even when it has no special gift of wisdom. An old man should be secure from insult by virtue of his age; his age seems to give him authority. Indeed, the *priest*, the vicegerent of God in the Church, the mediator between the Human and the Divine, is by etymology only the old man, the Presbyter, the Elder. The spirit of the Christian religion, and the spirit of the earlier Jewish religion, inculcates always respect for age. The old are to be honored, cared for, protected, and obeyed. The patriarch is lord of the tribe, and his word is the law in their counsels. Listening to the voice of the Christian hymns and to the demonstration of Christian duty, one could almost long for this blessed season of age, and ask that the wheels of time would fly more swiftly and bring the wished-for day.

In fact, nevertheless, this state of old age is rarely coveted. Even those who celebrate it, dread it in their secret hearts. The preacher who declares its privilege, views with alarm the signs of his own decrepitude, plucks the white hairs from his beard, and tries to suppress the painful thought that he is growing old and is beginning to be an object of compassion. Very few men, in any calling, in any situation, wish to anticipate old age; and it may be safely said that no woman, anywhere, rich or poor, beautiful or plain, wishes to be old, or to seem so. "Old woman," in any language, is a contemptuous epithet; unjustly so, no doubt, but really so. o woman likes to see the aureole around the wrinkled brows of one of her own sex; the feminine saints must all be young houris, and must realise Mohammed's answer to the crone who complained, in her despair, that he had shut her out from his Paradise. The real feeling of men and women, in spite of all that is said about the glory of old age, is expressed in the couplet of the Irish Anacreon, truer than the strain of the Psalm or the homily of the preacher,

"Give me back, give me back, the wild freshness of morning,
Its clouds and its tears are worth evening's best light."

There is an instinct which makes us dread the coming of old age, and wish to keep the strength of mature years, if we can not keep the freshness of youth. Very reluctantly the man or woman comes to the confession that old age is really here. The most that they are willing to allow is that it will be here very soon. Mr. Emerson, at sixty-seven, says philosophically that it is "time to be growing old." Dr. Holmes, at sixty, sings of "nearing the snow line;" he will hardly make the expression any stronger ten years hence. The idea of old age which the old have is usually a little farther on than their own tale of years. A youth of twenty classes all who are more than fifty as "old," while a man of sixty, even with his rheumatism, his wrinkles and his gray hairs, is almost unwilling to say that one is old at seventy. At seventy the same man thinks that he shall be old at eighty; while at eighty he seems to himself to be not quite an old man, in remembering that he has a neighbour who is ninety, and who can still be seen in the streets. The actual point of old age is fixed in a sliding scale, which the years push onward for us. It is only when one has outlived all the friends of youth and has memories which no other can share, that the reluctant conviction is forced, of old age as absolute and present reality. The other signs may be explained away, but this is beyond question. Any man who is the last of his race has a *quasi* sense of old age, however young he may be in years. Probably a youth thrown alone upon a desert island would feel there as old as a patriarch, among the beasts and birds. Robin-

Digitized by Google

son Crusoe was old until his man Friday brought back to him his youth.

And this instinctive dread of old age, which would postpone the time of its appearing, is warranted by a good many unquestionable experiences of age, physical, and intellectual, and social. Old age may be poetic, and peaceful, and venerable, and all that, but it is certainly a time of loss and decay. It has less of bodily strength, less of bodily endurance, less of bodily ease. The nerves of the old man may be blunted, so that he shall feel less keenly some kind of pain. He will not suffer so much toothache as his grandchild. But on the whole, he will suffer more from aches and pains than when his nerves were more sharply strung. There will be pains in the head, and pains in the back, and pains in the joints, and pains in the feet, all the more real that he has lived in luxury. He will suffer from harsh noises, the cries of children will be torment, and he will "rise up at the voice of the bird." There are maladies incident to his years that no medical skill can prevent or cure, which come in the hardening of the ducts and the sluggish flow of the blood. The eyes will sink in their sockets, and their glance become vacant and watery. The ears will close their doors, and articulate sound in them be lost in a dull murmur. The grinders will cease, because they are few; the voice will become cracked and strident, and the daughters of music be hushed. The upright neck will bend upon its column, and the loins will fail under the weight which they must carry. There will be lethargy to catch and chain the senses at unseemly hours, and the old man, unmusical in his waking, will become unconsciously musical as he slumbers in his chair or in his pew. Physically, certainly, old age is not a happy condition.

And with these physical ills of old age are very numerous spiritual ills and troubles. That ease of soul which is said to belong to this period is found to be mostly in imagination. Old age is usually anxious, timid, suspicious, querulous, exacting, impatient. It worries over trifles. It is afraid of cold draughts, of night air, of darkness. Here, even in affluence of wealth, the old man is afraid constantly that he shall come to want and end his days in the poor-house. There, the venerable aunt, whose days of flirtation are long since dim in their distance, is distressed with envy of her foolish nieces laughing with their lovers. Notwithstanding all the care and attention lavished upon them by the younger race, the old are very apt to think that they are neglected, that their advice is spurned, and that they are only tolerated in the house. They seem to themselves to be in the way, and they suspect that their death will be welcomed as relief from a burden. The pleasures of the home are vexations now, and seem only frivolity and vanity. They are amazed that such idle joys should captivate rational souls. The former delights now have lost their charm: how few of those who at eighteen were enraptured by Scott and Byron, or at thirty by Coleridge or Wordsworth, care for the verses of any poet, when the three-score years and ten are passed! In old age, the fires of imagination are burned out, and rhetoric is only empty sound. Then how painful it is to see the scramble of men for fleeting honors, the race for fame, which is forgotten so quickly, the follies of fashion; to see, as the old are so apt to see, the time all out of joint, and the world going to wreck and ruin; to see such an inferior race of statesmen and rulers in place of the patriots and the heroes, such a falling off of good society, such a breaking up of the good old customs!

Is not half of the life of old age only what the persistent Quaker, who kept in Massachusetts a law suit of twenty years, quaintly called, "worriment?" In incomparably the greater number of instances the prosaic picture of old age, of its plagues, its trials, its sorrows, and its forebodings, is the real picture, and the bright side is deeply shaded. The good is only accidental, while the evil of the condition seems natural, necessary, and inevitable.

In view of this evil of old age, many study how they may keep it off, or if they can not actually keep it off, how they may seem to do this. Some cheat themselves and try to cheat others by putting on the mask of youth in outward appearance, by covering the bald pate with false hair, by darkening with dyes the snowy locks, by whitening with powder the sallow skin, by filling the crevices of the cheeks and chin, by hiding the angles of the frame with padding, by putting on the costume of youth. Old women often spend more time at the toilet than young women, even when there are few to see and admire the result of their skill and patience in the cosmetic art. The dentist and the hair-dresser shall help the toothless Tiresias to come forth like another Adonis. It is, nevertheless, only the art of the ostrich. The course of years can not be stayed by rouge or curling tongs, or by any skill of the fashionable tailor. There is no more absurd or pitiable spectacle than an old man trying to seem young by disguise upon his frame, or an old woman trying to pass for a belle by copying in her raiment

Digitized by Google

the fashion-plates of the last bulletin of the French dressmaker.

And not much better than this fraud of colour and raiment is the attempt to hide old age by shunning the ways of old age, and simulating the habits of youth. The old do not become young by affecting the exuberant spirits of youth, by joining enthusiastically in youthful sports, by riding in steeple-chases, or by capering in the ball-room. That innocent sport of dancing, which was commended in one of our previous essays, seems ludicrously out of place in a party of old people. A single quadrille may be ventured by way of reminiscence and to make fun for the children, but choosing partners in that amusement is not fit for octogenarians. The old are properly "afraid of that which is high," and have no business to run up stairs like impatient boys and girls. An old man can not run like a boy, with all his effort, and his panting and awkwardness only make his effort preposterous. He can not disguise his age, either, by talking about the affairs of young men, and taking their tone and their air, by growing earnest over boat-races, or ball-matches, or even college rank and college societies. Those things may have delighted him once, but no one will think that he is still a boy, because he seems to be so much interested in them.

Old age is a state which the fewest in this world reach. Most men and women never know that state, because they die prematurely. But for all who live long, the state is inevitable. There is such a thing as a "green old age," but the old age is as real when it is green as when it is sere and yellow; a fir tree may grow old as much as an oak tree. Some grow old more rapidly than others, but all who have lived to three-score years and ten are old, whatever their physical condition, or whatever prospect they may have for ten or twenty years more of life. It is better frankly to recognize this fact, and not be ashamed of it. It is foolish bravado for one to insist that he does not mean ever to be old, that he means to keep his youth to the day of his death; insincere, if he would have you understand that he had rather die in the middle of his days than live them out upon the earth. Old age is inevitable, if we would go through the proper term and round of life. It is old age just as much when it occupies stations which should seem to need the strength and fire of youth. Paul IV was an old man in the Papal Chair, though he brought there the vigour of a young Napoleon in his warfare with heresy, as old actually as Pius IX, who has surpassed in that chair the years of any Pontiff. Lord Brougham was an old man, though he could speak at eighty-five like a young prophet in the meetings of the wise; and Lord Lyndhurst, too, more regularly that age in his place than any peer of them all. Goethe was an old man when he wrote his play of the Second Faust, full of fairy imaginations: and Jerome in Bethlehem was bent and haggard in age, though such ardent letters could go out to his converts from his cell. The beloved Disciple was an old man when he wrote his Gospel, though it told the same word which he heard in the far-off days when his young head rested on his Saviour's breast. Moses was an old man, a very old man, when he looked down from Pisgah upon the land of promise, though his eye was not dim or his natural force abated; and he had been an old man all through that desert-wandering. If Methuselah lived to be as old as the record tells, he had been an old man for nine hundred years before he died.

Old age is the necessary consequence and condition of length of days upon the earth. It is the penalty of that boon of long life, for which Gentiles pray not less than Jews. We can not have the Israelite blessing without the state in which the wise Preacher sees "no pleasure," and the Psalmist only "labor and sorrow." Yet there are means by which this Hebrew sentence upon old age may be mitigated and by which this state of life may become a state of comparative comfort. There is such a thing as a serene and happy old age, even when this does not escape fleshly infirmities. It is not true of every veteran that he "lags superfluous on the stage." The play of old age may be as genuine as the play of youth, and its work as valuable. If it can not keep the vigour and force of youth, either in mind or body (no one ought to expect that), it can still keep real force, and have health enough to be happy. It is largely the fault of the old if they are nuisances in the world, and burdens upon the love of children and friends.

For old age, then, we have some special counsels, which we limit here to counsels for physical health. For in this time of life more than in any other time, health of soul depends upon health of body.

1. The first of these counsels is to *take regular exercise*. It is a mistake to suppose that the faltering step, and the stiffer joints, and the hardened bones, indicate indolence, and tell us to lie down in the house from morning unto night. Exercise of the old bones and muscles is just as necessary as exercise of young bones and muscles. An old man need not frequent

Digitized by Google

the gymnasium, or seek favour among the wrestlers. But he ought to be seen daily upon the street, and walk there as long as the power of motion lasts. There is no more cheering sight than the sight of a hale citizen of eighty, who has horses and carriages at his command, walking daily his mile and back to get his mail, upright and without a staff. Violent exercise of any kind is not fit for the old. They ought not to try their strength in any feats of agility, or do any thing against time. They ought not to tempt the weather as in the day of their youth—ought not to walk in storms, or in burning heats, or in the icy air. But in every pleasant day the blood of age ought to be stirred in its sluggish currents by reasonable exercise, whether in the house or on the highway. Not every old woman with broom in her hand is to be taken for a witch, or every old woman who stirs the caldron to seem as one of the weird sisters.

2. And this leads us to say that old age should not only have regular exercise, but also *some regular occupation*, some duty and service which may occupy body and mind, something more than a few *chores*, the odds and ends of the house. *Juniores ad labores* is a good motto, but the *seniors* are not absolved from labour by reason of their age. Hard work, certainly, is unfit for old age. The veteran corps are not for the hard knocks, or the fore-front of the battle. But it is well for the old to keep part of the work to which they were accustomed, and not relinquish it utterly. An old merchant ought not to retire wholly from business, though he may make no longer any large ventures in the schemes of traffic. An old lawyer will do well to consult with his clients, even when he is not able to plead for them in the Court Room. An old physician ought to heed the patients who have trusted him so long, though he may no longer drive by night, or keep his sign conspicuous on the door. And it is a satisfaction for the aged grandmother that she can knit, if she can do nothing more. Work of some kind should come into the regular habits of old age.

3. And old age also has *appropriate play*. Its gravity need not be perpetual heaviness. It is not to be sequestered to serious duties, and hindered from mirth, because it has got beyond the time of sleigh-rides, and dances, and frolics. The old ought to amuse themselves in every lawful way. They will not find sport in so many things as the young find it, but there is all the more reason why they should make the most of the few amusements which are real to them. If there is pleasure in a hand at cribbage, or in a rubber of whist, let them take that, and take it often. If there is pleasure in telling stories of the olden time, and laughing at the old jokes, let them have them over, even if the children have heard these jokes twenty or fifty times, and fail to see humour in them. If an old man gets exhilaration from his fiddle in scraping out the worn sentimental tunes, let him have the joy, and let the young race bear in patience the trial of such melodies. Old age has no business with noisy amusements, with artificial excitements of any kind. Old people are out of place upon the race-ground, or in excursions, or in ball-rooms, or in caucuses, or in camp-meetings. But mild amusements are very proper even for men and women of four-score years. Beautiful and almost saintly is the white-haired organist, drawing from his instrument voices of the past which sound like the songs of angels.

5. Yet it is needful to say that in exercise and work and play, old age should be moderate, and not go to the extent of exhaustion, that there should be *as little as possible of fatigue* to limbs or to brain. An old man may not safely be *tired out*. *Frequent rest* is a good resort in this condition of life—chairs which are easy and a couch which is convenient. There is a certain false pride which often prevents the old from indulging the weary limbs, or allowing that their bodies are burdened; they will not lie down in the day-time for fear that the habit will grow upon them, or that pitying friends will compassionate their weakness or say that they are "failing." Indulgence of this kind, on the contrary, is not weakness, but wisdom. Strength is kept in the body by allowing it to rest when it is weary, and one walks with quicker and more elastic steps who restores on the bed his tired muscle. There is no disgrace in lying down when nature suggests that relief. The folly is in outraging nature by sitting or standing when the back and the loins ache together. The old ought to avoid religiously all "standing-up" parties, which are a physical snare and a spiritual delusion—bad enough even for those who are young and strong.

5. *Plainness in diet*, too, is another suggestion for old age, in which wise physicians will certainly concur. Indigestible food, stimulating viands, are torment as well as danger in this time of life. There are dishes which epicures delight in, which the old can only take at their peril. It is not well for old age to become ascetic, and stint itself to a hermit's fare, to a morsel of bread and a few bitter herbs, or even to the milk of babes. Even in second child-

Digitized by Google

hood, the frame of men is not to be nourished by pap or by crusts. Good food, and enough of it, are for the latter time of life as much as for its stronger years, for the evening meal as much as for the noon-tide. Only let the food be adapted to the weakened powers of absorption and circulation. Physiologists are not yet agreed how far stimulating drinks may be used to warm the flow of blood, and awaken more nervous life in the worn bodies of the old. There is a notion that the strictness of total abstinence may be relaxed in the latter years of life, and that the aged may, for "often infirmities" and for the stomach's sake, be permitted to take a little wine. Hot tea is a perquisite of this class. If stimulating drinks are used by the old, the use should be sparing. Cool water is the safe beverage, as much at ninety as at nineteen.

6. Old people will find great relief in *the society of those who are younger*. Because the sympathies of the old are with each other, because they are likely to view things in the same way, and to have common memories, it by no means follows that they have no right to associate with young people. The young find advantage in the wisdom of the elders, and the elders find quickening in the enthusiasm of the younger race. No grandfather or grandmother ought to feel too old to take interest in what grandsons or granddaughters are doing. Jealousy of the young on the part of the old is absurd; envy of the young because they have so much more of life before them is futile. More wisely will the old try to encourage by sympathy their younger friends, and not cast gloom over their hilarity by standing aloof or prophesying ill. No elder in the house should be as a croaking raven, to make the young suspicious of their youth; but rather as Nestor, whom the young will love to have as witness and adviser. The old may not join in the sports of the young, but they ought to value and to use the privilege of aiding and cheering the young in their work and their pleasure.

7. Perhaps this may be comprehended in the final advice to old age, that it *keep up with the time*. Sadly the old are wont to lament that the good days are gone, that things are not now so comfortable and right as they were in the last generation, to call to mind the "good old time." They can not be gainsayed in this by the young, since these do not know what the world was before they were born. But nothing is gained in attempting to show those who are living now that the world was a great deal better before they were born. Let the old make the best of the life which they have, of the days into which the Lord has prolonged their being, and not be for-ever bringing the superior brightness of the former years to put the light of the present time in shadow. Æneas, in his new Italian adventure, need not tell the Etruscans of the heroes of windy Troy, as if all the brave men were of the hosts of Agamemnon and Priam. Webster and Clay, and Calhoun and Jackson, were great men, no doubt, but they are dead, and the old men of to-day are cotemporaries of Sumner and Schurz; and the living issues which these men represent are quite as important as the questions which have been settled by the statesmen of the former age. The old, while they live, have just as much at stake in the affairs of Church and of State as the young. The millionaire of eighty years, who sees his earnings perilled by the robberies of municipal thieves, has more interest in having those thieves brought to judgment than the youth who has his fortune yet to make. Old men ought to read Beecher's sermons as much as Baxter's Saints' Rest; ought to read The Tribune and The Post of to-day as much as the files of The Federalist; ought to read The North American Review, as it is edited by the grandson of John Quincy Adams, as much as the same Review when the grandfather wrote for it. Let old age keep up with the time, and go along with the time, in all its speculations and discoveries, in science or in art, in politics or in the ways of traffic, in morals or in religion.

THE MEDICAL TIMES says that it is very rare to find a man who has amassed even a competency by the practice of medicine. There are indeed many wealthy physicians, but they have generally become so either by inheritance, by marriage, or by transactions outside of their professional duties. A great many there are also who live by their practice, perhaps even handsomely, but who have laid up absolutely nothing towards the support of their families in the event of sickness or death. Nor is this always avoidable. The study of medicine is itself so costly, the expenditures necessarily incurred in practice are so great, and the money returns for some years so inadequate, that the embarrassments of early professional life are in many cases hardly shaken off before the energies begin to wane. Ill health does not always wait for old age, but is sometimes brought on by the very activity with which the labors of the profession are undertaken.

Digitized by Google

A Health Trip to the Orient.—No. II.

BY DR. LYDIA F. FOWLER.

WHAT greater innovations of the past can there be than to introduce the steam-engine into Egypt, and to construct railroads throughout the entire length of the country? Camels and donkeys have, until the present progressive era, been the sole monopolists of all the land-traveling in the East; but their day of glory has already culminated.

If the life-principle could suddenly animate some of the old Egyptian mummies who lived three thousand years ago, if the lusterless eyes that have been closed to all eternal things during all those long years could suddenly have conferred upon them the power of vision, and they could behold a steam-engine rapidly bearing along a line of carriages freighted with human beings, we fancy they would be almost paralyzed with terror, and would exclaim, an "effreet!" an "effreet!" They might suppose that in reality his Satanic majesty had appeared before them, and was about to introduce some of the paraphernalia of the infernal world into our present state of existence.

Formerly, unless people rode on the highway by donkeys, it was the custom to go to Cairo from Alexandria by boats in the canal, but this last method of traveling was not only a great expense but very tedious and monotonous. At the best of times, when every thing is favorable, sailing on a canal is slow and undesirable; but in Egypt it is particularly so, unless there is an abundance of water in the canal which is not always the case when the river is low. In this alternative men have to be the motive power to overcome the impediments and obstacles in the way, and pull the boats over the sand. We may be half-conscious that many of our comforts that we enjoy are the result of a species of slavery; but when we see illustrations of it, or have ocular demonstration that our happiness is gained at the expense of another's life, we are willing to forego the pleasure. If there were no other reason than this, we should rejoice that there was another method of reaching Cairo than by the canal. When a railroad was proposed it was said by "croakers" that the Bedouin Arabs would pull up the rails, and would molest the passengers who should rashly attempt to go on the railroad. All these prognostications have proved untrue. The Arabs have not been as belligerent and dangerous neighbors as the North American Indians have been in the western part of America, and the railroad from Alexandria to Cairo has been a complete success so far as the facilities of locomotion and convenience to travelers are concerned. Rightly managed, by an English or French company, it would prove a pecuniary success. The line to Cairo is through a flat country that could not very well be flatter if pressed with an iron roller. For miles ahead you see before you a district as level as the broad ocean. It could be called an "air-line" with propriety, for it is as straight as a line would be if extended through space. The distance is about one hundred and fifty miles, and it takes from six to seven hours, including the many stoppages on the way. The carriages were made by Messrs. Ashbury of Manchester, and were very comfortable. At the station there were many stringent regulations, in French, posted, for the benefit of the travelers. One of these was that, at the ringing of a certain bell, all the passengers should be in their respective carriages; that if they had purchased tickets and they were not in their seats at this stipulated time, the tickets would not be available for any other train or time of the day. Whether these threats were like the barking of a dog that would not bite, we could not tell, but did not think it best to risk trying the experiment, so we were in ample season and soon commenced one of the most peculiar and interesting rides that we have ever taken, for every thing was new and strange—the country, the people. It was the first time we had ever seen a railway official or superintendent wearing the Turkish fez or Arab turban and trowsers; still it seemed more appropriate in Egypt, than the European garb would have been, especially as the guards were Arabs. The sun shed upon us his warm beams, and, though it was mid-winter, all the windows of our cariages were wide open, and we were not obliged to close them till night. We passed through the Delta, one of the most fertile sections of the country. The rich land made from the deposits of the Nile in its annual overflow readily yields to the slightest efforts of the agriculturist. Beans, wheat, maize, sugar-cane, and tobacco grow luxuriantly; and the green patches of grass are like so many bright emeralds in a setting of the Desert for a frame-work. Onions and tomatoes are cultivated ex-

Digitized by Google

tensively; eggs are abundant; figs, bananas, and dates, as well as lemons and oranges, are everywhere seen in the gardens, and grapes will grow in the vineyards. Wherever there is the least irrigation, under this powerful sun the Desert is converted into an oasis, and the fields are ripe for the harvest. Without irrigation, Egypt would become a parched, barren waste, and every green leaf would be withered, as much so as if a devastating army of locusts should pass over the fertile pastures, destroying all vegetation as they march along. We left Lake Marcotis and crossed both branches of the Nile, the Rosetta and the Damietta, on well-constructed bridges. It was curious to see the Fellahs, or the Fellaheen (the field-laborers), use the original kind of plow that has been a peculiarity of the country for hundreds, perhaps, for thousands, of years. This was a long pole with a bit of iron at the end of it, and to the pole one and sometimes two buffaloes were tied, and an Arab guided it through the field. I suppose the scientific theories of the farmer who believes in subsoiling or deep plowing, would not trouble these unlettered Arabs, and it is well that seeds require at the East only half a chance to germinate, in order to come to perfection. If it were otherwise the people would starve.

Along the highway we saw many Arab men and women. The men were sparsely dressed, generally had bare legs and feet, and when not traveling usually sat cross-legged smoking the long pipe and apparently enjoying themselves, according to their standard of enjoyment, while the women wore the coarsest kind of garments. Their legs and feet were bare, but their faces were mostly covered, especially when the train passed along. We saw many herds of cattle, goats, sheep, camels, and buffaloes. If these camels could talk, they would have doubtless asked why we were crowding them out of their legitimate occupation, which had been theirs from time immemorial, and if the finger of destiny pointed to their distant future as one in which they would be retained, only to be exhibited as specimens of a race that had once been one of the most hard-working, enduring of all animals. This may be so, and if so, we must conclude that they have had their day, have reached their Golden Age and must decline.

We judged from the great number of people we saw everywhere that the Arab race will not become extinct unless an earthquake or a pestilence should destroy them by the wholesale, for they swarm at all the villages. It hardly seems right to me to call these collections of mud huts villages, and yet some of them have domed buildings, evidently mosques or gathering-places for their worship. When we had traveled only half of the distance to Cairo I had counted eighty of these mud villages. I have never beheld any thing to compare with the desolation and ugliness and discomfort of the mud houses of which these villages are composed. They are near enough the railroad to be distinctly seen. People who are satisfied to live in such tenements can never be in a prosperous condition, nor can they be very high in the scale of humanity. I have seen in New York, in Manchester, London, and Edinburgh many dens and hovels into which the poor people crawl, and where they stay while they are endeavoring to keep soul and body together; but even these are better in many respects, yea, the pigs of a country squire live in better houses than the mass of the Egyptian people. They have no home comforts, in fact, the name of home is a misnomer when applied to these mud houses, and yet they are everywhere. I have seen them in the Tombs of the Caliphs at Cairo, amid the ruins of the splendid Temple at Luxor, and in every town and village I have visited on the Nile. Some of them look like beehives, they are round at the top and have numerous crevices or projections for the doves, of which there is an innumerable quantity on the Nile. Others have square coverings of mud or boughs of trees for a partial roof, and on this roof the hens and dogs congregate as though this peculiar portion belonged to them by the right of possession. The entrance to the hut, for there is no door, is small, and an ordinary-sized man or woman would be obliged to stoop to enter at all. After having succeeded in passing the outer portal, the query is, Where is the living-room of the family? Echo always answers, for huddled together in close proximity can be seen the hens, dogs, donkeys, sometimes pigs (but there are not many in Egypt for Mahommedans do not like them), goats, men, women, and children. They are stowed in the corners wherever they can find a place to sit on the mud floor, for sitting seems to be the chief end of men, women, and children in Egypt. There are no windows, for none are needed; you can look skyward, through the large aperture in the roof that is usually left, either when the house is built or made by the breaking of the roof. They have no chairs, no tables, scarcely any dishes or crockery but the coarsest kind of water-jugs, or a few common utensils made from coarse clay. The people sit and eat on the ground and eat out of one dish, which generally contains a mixture of every thing they can get

Digitized by Google

tain. They sleep on a rug, if they have one; sometimes on a mattress, which is rolled together in the morning; but if they do not have these, they sleep on the floor. There is no need of locks and bolts to keep away midnight-robbers, for there is perfect security. They can lie down at night without the least apprehension, as there is nothing to steal but children, and as all seem to be amply supplied with this blessing, there is but little danger that any one will steal an extra mouth; for every child is but an additional expense to the family—a mouth to fill with food. Clothing is not of so much consideration as food; for if the parents are very poor, the children can run about without any extra clothing than the skin that Nature gives them, unless it is a little turban for the head and a string of beads for the neck. I have seen several villages of naked children on the Nile, or the children can wear a simple sack which is all that many do wear, and this they never take off till it is too much tattered to hold together, but eat, drink, and sleep in it. However, there is very little rain in Egypt, or it would flood these tenements and destroy them. Those situated on the banks of the Nile, where there is the annual flooding of the river, must be destroyed every year, and what becomes of the dogs, donkeys, and children it is difficult to tell.

Fortunately, the soul and body of the Egyptian is not hung together by as fine a cord as the bridge of Al Serat was—the bridge that Mahomet said was as fine as the edge of a scimitar, and yet it was the one that all true believers must cross before they could enter Paradise. If this had been the case, there would be many more divorces between the soul and body than we see at present. Fortunately, too, the people are easily fed and nouriahed. A child or adult is satisfied with a morsel of black bread, made out of coarse wheat or from Indian corn, that has been ground in mills formed of two stones, by the women, who add salt and water, and after kneading or pressing it, bake it in small loaves or thin cakes; to this bread they sometimes add a bit of sugar-cane that grows abundantly. We have seen the people of all ages chewing this from morning till night; or they will add a slice of cheese, a turnip, a few onions, lentil soup, radish leaves and root, beans and bean-leaves, peas and pea-pods. Nothing that grows comes amiss. The stomach of an Arab must be like a shoddy-mill. All kinds of fabrics old and new, woolen and cotton, are thrown into the hopper and ground up together, and if perchance there is sufficient woolen to sanctify the curious admixture, there comes forth a kind of fabric, yclept woolen cloth, so with these Arab stomachs, all kinds of green things are thrown into them, and if perchance there is even a limited quantity of nutritious matter the assimilative organs appropriate it till anon it makes quite a decent Arab. I have seen a family eating together out of the same dish, without any knives or forks, and they appeared to eat with as much gusto as those of us who belong to the civilized portion of community do with all our utensils and various dishes. Still, with a very little attention their comforts of life could be increased; but they do not seem to have any outward aspirations after a better state of things. It may be that they have been obliged to clip the wings of their ambition, and have yielded to what they call their fate or destiny. With the best possible grace, knowing that resistance to the "powers that be" is of no avail. It is very common for them to say,—*Malesh* never mind; or *Mashallah*—it is God's will: hence we must submit.

The train made many stoppages on the way at these different villages, and whenever we made any halt, the people from the nearest village came in squads to the carriage windows. Some brought sherbet and lemonade which were refreshing drinks on that warm afternoon. Some brought earthen jars filled with water. It was interesting to see every one who patronized the water-bearers drink out of the neck of the jars; but in Egypt one must do as the Egyptians do. Some had luscious oranges for sale, almost at our own prices, while many came from curiosity to see the foreigners or Europeans with whom the first-class carriages were filled. Such a chattering and talking we heard all around us, as though something unusual had occurred; but we soon learned that loquacity is a peculiarity of the Arab character. It was amusing to hear the young venders of eatables and drinkables attempt to talk English when they discovered that the English tongue was our vernacular. The Arabs learn many of the most ordinary phrases or common expressions with extraordinary facility, and they generally use these correctly. When they have the opportunity to attend school they learn different languages with ease, and some of them are walking polyglots. I have seen guides and dragomen who could speak six different languages, and yet were not specially educated in other things. There were many women and children picking cotton in the fields on the sides of the railroad, and occasionally we heard their rude music made with a reed flute. Their musical instruments are simple, and their songs are a kind of

Digitized by Google

low wailing or chanting. They appear to have but two or three notes in their voices, and they sing with these their monotonous songs. Sometimes the women have tambourines and keep time to the music of others by these, or by clapping their hands together, but the organ of tune is not prominently developed in their craniums. As the afternoon waned, by the glimmering light of the departing day I saw a Moslem at worship in the fields, I wondered if God heard his heart-utterances. Who shall dare to decide this point? This poor untutored Arab may have been as sincere in living up to the highest light within his soul, as he was faithfully attending to his evening devotions, as the most rigid Christian in a Christian land who obeys the instincts of his moral nature that has been enlightened by a more elevated faith, is, when he bends the knee in prayer and proclaims that his creed consists of love to God and love to man. At the great Judgment Day many a faithful Moslem who has had limited opportunities for development may rise up in judgment against those who have been blessed with far greater privileges that they have not improved.

How many sites of old towns renowned in history we rode through on the railroad, it is impossible to ascertain. It is supposed that we passed over Sais, which was once a glorious city, with a magnificent temple, adorned with statues, but now there are only a few traces of its former glory left to tell the mournful tale, that decay is at work everywhere. The only monuments of man that survive the ravages of time are those made of stone, but even these eventually crumble, with but few exceptions. Man and his works pass away from the earth after a few centuries, and but few traces of his glory remain.

When the sun went down and the dark curtains of night shrouded the azure sky, we gladly wrapped our shawls around us to shield us from the cold night air that penetrated us as much as the warm rays of the sun had heated us at mid-day. Those who do not notice the changes of temperature, and there are the greatest extremes between that of the morning and evening and the noon-day, and at the same time provide for them by wearing extra clothing when it is cold, are sure to suffer from the effects of the climate, as they call it, while in reality it is from their own carelessness or indiscretion. It was 10 o'clock before we arrived at the city of domes and minarets, Cairo—the city supposed to be built on the site of Rameses, from which the Children of Israel set out on their long and weary pilgrimage of forty years through Goshen into the heart of the Desert, in search of the Promised Land.

All nations are represented here. There is no better place to observe the panorama of Cairo life than from the front piazza of Shephard's Hotel, which is well protected from the sun by an awning. It seemed as if a great kaleidscope was hung up before our eyes, and that through it we saw at every glance a constant succession of new scenes, that interested us from their novelty. Dancing dogs, performing monkeys, jugglers of every description, donkeys and donkey boys, splendid carriages, with outriders, liveried footmen and Arab runners in their turn amused us. There were also men of every shade of color, of every complexion, the Copt, the Bedouin, the Nubian, the full-blooded Negro, the Jew, the Greek, the Barbarian, the Turk, the Syrian, the Frenchman, the Englishman, each constituting a distinctive type, so far as the outward manifestation of the characteristics that distinguish his own race from that of others is concerned; each bearing in his own bosom the prejudices that belong "*per se*," to his own nation; never amalgamating nor assimilating to those with whom he comes in daily contact.

If we could have removed the mental pericardium and pierced the innermost recesses of their souls, it would have been an exceedingly interesting metaphysical study to have attempted to decipher the thoughts that agitated the breasts of those individuals who were passing their daily lives in close proximity, each chasing after the phantom Happiness, according to his own ideal of what it consists. After all, happiness is only a relative term, depending entirely on the individual. This world is wide enough for every one to live up to his own ideal, without jostling his neighbor, though circumstances may oftentimes compel one to remain in a certain locality or in a certain position when the individual may aspire after another phase of life. If a person who disliked perfumes were compelled to live near the bazaar where attar of roses were sold in Constantinople, or where drugs were compounded in the same city, he might wish he were blessed with the privileges of the Bedouin of the Desert and were able to take up his tent and remove it to the ends of the earth, or away from human habitations, if he liked to do so. Unless one carries the secret of happiness in his own bosom, external surroundings never add to the modicum of enjoyment; and if one has learned the secret, it is possible to be happy in

Digitized by Google

spite of circumstances, however adverse these may be.

Shephard's Hotel is situated in the Uzbekieeh, a large public square, in which there are pretty gardens and fine shade-trees. Some of the best hotels are situated in this district. It was formerly a marsh, and was filled with water during the inundation of the Nile, and the miasmas arising from it during the dry season were a prolific source of fevers. A canal has been cut around it to encircle it, and the healthiness of Cairo has increased. This would prove to the Arabs, if they would think or reason from cause to effect, and *vice versa*, that attention paid to sanitary laws brought its own recompense of health to the people. The Arab looks upon sickness as a kind of fatality sent by Allah; they must accept it. If Allah wills that they shall recover, they will do so. If Allah wills that they shall die, they must die; and if they die in the faith, they are sure to go to Paradise; therefore the sooner they die the better. This, to a majority of the people, would be a blessed exchange, at least in a material sense. On this account, many are induced to join the armies of the Viceroy and Sultan, and go into the thickest of the battle with enthusiasm, expecting certain death. Still, there is a spark of human nature left in the bosoms of some of them, for they have resorted to all sorts of expedients to evade the conscription. Parents have cut off joints from the fingers of their children, extracted their front teeth, and even put out an eye, that their children may thereby be unfitted for war. A stranger may well be surprised to see so many maimed in these ways. The Viceroy, when pressed for men, ordered a regiment to be formed of those whose left hands were whole, and called it the left-handed regiment. Then he had one formed of one-eyed men. It will take a very clever Arab to circumvent the Viceroy, who has complete sway over his people. In many respects he has introduced improvements into Egypt that will eventually be of benefit to his people, but they are subservient to him in every way. Perhaps if he had been called to rule over an enlightened nation, he would have been a different ruler. He now acts on the policy that "might gives right."

Some of the first things that strike the eye are the mosques, with their tall and graceful minarets, so slender and delicate that it almost seems as if a hard wind would blow them down. As the Cathedrals are to Italy, so are the Mosques to the East. They are, for "the faithful," fitting places where they assemble daily and practice their devotions. They are sacred shrines, and so sacred that many of them were shut to all but the faithful until within a few years. Now a *silver key* will unlock their doors, and provided the shoes that have been worn in the streets are removed, all can at the present time gain admittance, but not to their regular services. At these all are excluded but the Moslems; and as in their eyes the Moslems are the only real candidates for Paradise, it would be a profanation to allow the outside world to sit in solemn assemblies and hear the Koran read. There are no bells on the minarets, hence the Muezzin, from the upper, outward gallery of the minaret, in his loud, shrill voice, calls the people to prayer.

There are about four hundred mosques in Cairo. It would be a matter of surprise to see so many mosques at the East, if we did not know that Mahomet encouraged his wealthy followers to build as many mosques as possible, promising that every one who should build a mosque on earth should have one in Paradise, covered with diamonds, and filled with all kinds of precious stones, and that the builders should be crowned with eternal happiness. Then, as the idea was prevalent to attach a tomb to a mosque, all the Sultans and Pashas who could possibly have a holy resting-place for their bones have managed to erect one, and leave it and their bones to posterity. We visited some of the most noted, for it would have taken about as long to visit them all as the three hundred and sixty-five churches in Rome, and a few are a type of the rest. The tombs and mosques of the Mameluke kings, called by some the Tombs of the Caliphs, were formerly magnificent, but are now rather dilapidated, and have no special interest save from the fact that they were erected about five hundred years ago. They still have choice bits of mosaic work about them, also fine domes and still finer minarets.

The Mosque of Mahomet Ali at the Citadel is one of the finest in Cairo. The Citadel itself is an interesting place to visit. It is on an eminence overlooking the city and the surrounding country, hence the view from it is very grand and imposing. The fertile land of Goshen is on one side and the Pyramids on the other, with the River Nile in the distance, and the Great Arabian Desert lies beyond. There are high walls and massive gates to the Citadel, and it is well fortified. An enemy who should gain possession of its hights could at once send shot and shell into Cairo. It was here that the well-known tragedy was enacted by Mahomet Ali, one of the boldest, cruelest, and most effi-

Digitized by Google

cient of all the Pashas that has governed Egypt. He became jealous of the Mamelukes, who had ruled Egypt previously to his accession. Though they manifested friendship for him, I suppose he judged them by himself; and as he resorted to every measure to remove all the obstacles that came in his pathway, he secretly feared they might consider that he was in their way; so he invited them to a sumptuous dinner to celebrate the departure of his son, Toussan, who was setting out on a warlike expedition to exterminate some of their enemies. Truly, the kisses of such a friend are dangerous. These unsuspicious Mamelukes came—gaily attired in their gayest colors, with their noble horses, equally adorned with their rich caparisons. After the feast was ended and they prepared to depart, they found the outer gates locked. Then there crept into their bosoms a cold tremor—that a snare had been laid for them was evident, and soon apparent, for a signal being given, there was an indiscriminate massacre of these gallant men; and every one perished, save Emin Bey, who found a breach in the wall, and with an insane desire for life, gave what might have seemed to him a death-leap with his horse down the yawning precipice. Strange to say, though the horse was killed, the intrepid Mameluke survived. Mahomet Ali, not satisfied with doing his work by halves, had all their families massacred, and only twelve or fifteen individuals survived to tell the awful tale, the recital of which is sufficient to brand the name of Mahomet with ignominy wherever this tale shall be told. Had they made a plot to usurp the power that had been wrested from them, it would have been different, but they were peaceful, well-disposed Arabs, and were slaughtered in cold blood by a blood-thirsty tyrant. His royal palace was at the Citadel, and near it is his magnificent mosque, in which is his regal tomb. He had commenced building this mosque six years before his death, and expended upon it nearly a million of pounds, when others completed it after his death. The entire floor is carpeted with Turkey-carpets, and there is a magnificent chandelier and numerous hanging glass lamps from the ceiling. The interior walls are of alabaster, and there are forty-eight large massive columns that support the colonade around the mosque. There is a beautiful alabaster fountain connected with it, for "the faithful" are compelled to make their ablutions before their prayers, however often they may pray; cleanliness being one of the cardinal points of their strange faith. The windows are of beautifully stained glass. Every decoration that can be added has been. There are no statues, no paintings, as in the churches of Italy, for the express command of Mahomet was that they should have no adornment of this kind. It seems more like a drawing-room of a large palace, than a church. We saw the tomb of Mahomet Ali in the mosque. It has a covering of rich Cashmere shawls. His hat and some of the insignia of his office are there preserved. There are no seats in the mosques for the people, as none are needed. Their devotional exercises being genuflexions of the body rather than silent meditation, they stand or sit on the floor. We stopped on the outside, after exchanging holy slippers for our walking-boots, to take a drink at Joseph's Well. The Arabs believe that Joseph and Mary stopped here when they were fleeing into Egypt. It is two hundred and sixty feet deep, and was built or dug by the old Egyptians. For many years it was filled up with sand. When Joseph Saladdin, at the time of the Crusades had it redug, some say it was named for him; others affirm that it was made by the Joseph who was sold into Egypt.

The Mosque of Amer in old Cairo is said to be one of the oldest mosques, and is believed to be one thousand years old. There is a tradition that when this mosque is destroyed the power of the Mohammedan religion will be broken. There are two stone pillars in it, only a few inches apart. Before the outside world were admitted freely into the mosques, it was declared that this was a true test whether a Musulman would go to Paradise when he died. If he could pass through these, he was sure of his future. According to this, only the lean Christians would be admitted within the shining city of bliss. There is always a platform or elevated pulpit, from which the priest reads the Koran to the people, in all of the mosques here.

There is in old Cairo an old Coptic Church. In the crypt there are the old arches and pillars that have become hoary with age. There is a small grotto here where, it is said, Mary and the infant Jesus were concealed when they fled from the persecutions of Herod. This little grotto may have been the identical retreat where the weary-footed pilgrim rested. How I longed for faith enough to believe this tradition. It may be enough for us to know that it was into Egypt that she came with the precious child, who was destined to live a life such as no other child had ever lived, and to exert an influence that should be felt throughout the wide earth.

Digitized by Google

Lessons from the Chicago Disaster.*

BY THOMAS K. BEECHER.

Rev. 18: 16, 17.—Alas, alas, that great city, that was clothed in fine linen and purple and scarlet, and decked with precious stones and gold and pearls! For in one hour so great riches is come to naught.

BY the text, without further introduction, you perceive that I would speak to you of Chicago. When a great event commands universal attention, there are as many different lines of thought produced by it as there are different souls, each one tuned according to its nature and culture.

As when a peal of thunder fills the dome above us, every vibrating object responds, some with one tone and some with another; so in human experience when any one event startles and thrills mankind, the response, that is to say, the quickened thought, depends entirely upon the nature of the one thinking.

I propose, therefore, this morning to share with you some thoughts that have been quickened in one possessed by a Christian's faith and a Christian's hope.

I. How happened Chicago to be a great city? The reasons are in part creditable and in part discreditable, according to the Christian's standard.

Water is Nature's highway. The commerce of the world goes afloat. And commerce needs harbors. Upon our great lakes there are no harbors except there be first a river. The bar setting out into the lake from this river makes a natural breakwater, easily improved, while the river itself furnishes a long canal-like harbor where shipping may lie in safety.

Chicago River, therefore, is the cause of Chicago City. In the days when the grain crop of the West must come East wholly by water after it left the farm-wagon, Milwaukee with its harbor would take all the wagon-loads from a certain region, and Chicago with its harbor would take all the wagon-loads within another circle, and St. Louis with its river-ways all within a third circle. These three cities would therefore be natural equals so long as commerce is confined to farm-wagons and water.

By and by, however, with the increase of capital, railways were laid throughout the entire State of Illinois, at a time when as yet St. Louis was suffering under the incubus of slavery, which—whatever good it may accomplish—is certainly a discouragement to individual energy and enterprise. Go-ahead cities have never been known in lands where slaves are owned.

When, then, railways were laid down in Illinois, they brought more to Chicago than to St. Louis, because Chicago was free and St. Louis in bonds.

The railways of Illinois must come to the great highway of nations somewhere on the lake, and there was no other place to which they could come but Chicago.

Looking to the Northwest again, we find the great Lake Michigan at its upper outlet frozen and impassable at least three months and sometimes five months in the year; so that great sheet of water ceases to be a highway of commerce for at least one-fourth of the time. Hence it must be flanked. And Chicago stands at the flank.

The entire commerce, therefore, of the great Northwest must come flowing down toward Chicago, for it is unable to pass the head of Lake Michigan in any other way; and as every road wished to turn the Michigan corner as soon as possible, they all turned it of course at or near Chicago again. Hence the railway system of Illinois, Iowa, and Wisconsin of necessity focalized at Chicago. If commerce desired an outlet over the lake from the South, Chicago was the port. If commerce, obstructed by the ice, must needs get round Lake Michigan by rail, Chicago was the toll-gate. Hence, summer and winter, Chicago was on the highway of commerce.

This, in few words, is the cause of Chicago's enormous growth and development.

Within the last ten years, however, the incubus—Slavery—had been lifted from St. Louis, and the resources of the State of Missouri—a State as rich or richer than Pennsylvania herself—had begun to be developed, and the grain and fruit crops of Illinois had begun to flow west and southward and find the Missouri, Mississippi, and Ohio Rivers; so that already St. Louis had begun to equal, and was promising to surpass Chicago in greatness and wealth.

What time the frost permits rivers to be used, St. Louis reaches a wider extent of territory than any city the world ever saw. And what time the frost closes the rivers, our modern

* A Discourse delivered in Elmira, October 15, 1871.

Digitized by Google

system of railways, that always follow the river valleys, makes the stream of commerce almost as broad and deep during the months of ice as during the months of spring and summer.

I do not know that you will remember the prediction, nevertheless I am able to make it, that with the check now experienced by Chicago the race between her and St. Louis is ended. St. Louis is to be the great city of the interior, and, I suspect, the great city of the world, and Chicago will not regain her pre-eminence. There will always be a large city there commanding the commerce of the Northwest, but St. Louis will be the commercial center of a far larger area, and in time, I suspect, the capital of the United States.

——But all this does not sound much like a sermon. I have called your attention to it that you may perceive that in part Chicago was naturally and legitimately great, and in part artificially and unjustly great. A commercial city that takes toll without conferring value becomes artificially great. A great city which furnishes advantages and facilitates the flow of commercial value is naturally great. The law for cities as for individuals is the same. A value received without a value given is always a wrong, and must sooner or later bring a bloated prosperity.

In the early days of Chicago, before railways, the capital that built modest horse-power elevators and grain warehouses, and stored the little loads of farm-wagons till a ship load should be accumulated, and then discharged it into sloops and schooners which took their voyage around Mackinaw—facilitated commerce. It made possible that which otherwise had been impossible—the gathering of grain in good order and sending it in large cargoes from the abundant market in the West to the needy market of the East.

By and by this same city of Chicago, by her situation as I have indicated, becomes a focus of railways. If, now, every railway train must disgorge its grain, and pay for unloading and storing and loading up again, Chicago has not facilitated commerce but has hindered commerce. Like the little State of Denmark that, for I know not how many centuries, has, till recently, exacted tribute from the commerce of the world passing into the Baltic, merely because she owned the Straits through which commerce must pass, and could exact the tribute; so Chicago owned the territory over which the railways must pass; and capital, buying railways and warehouses, and establishing banks, has required tolls and storages and inspections and commissions and insurances, and bank discounts; so that the grain trade of the West has left fabulous sums in Chicago, for which this queenly city, as God takes account, would be unable to declare that she had given a value.

And as in all cases of wealth thus gotten by might without right, the vices which accompany such gains characterized this great city to an unusual degree. I have only to speak of *grain gamblers*, and every business man that hears me understands a range of transactions which for positive iniquity are not surpassed by any of the most exciting transactions, schemes, and corners of Wall Street.

Still further, the State of Illinois is a prairie State. During the four years of my residence there, I never saw a bit of pine except what came in packing boxes to the merchants. Michigan is rich with pine woods. Here, then, we have a great State needing lumber and another State abounding in lumber, and Chicago standing between the two to handle this trade. Hence Chicago became the largest lumber market in the world. And as a verification of what I have already stated about grain, her trade in lumber was legitimate; she received her cargoes safely from the stormy waters of Lake Michigan. She stored them. She loaded them upon cars. She forwarded and distributed the stream. You have not heard of lumber gambling in Chicago. The reason is that that trade was legitimate, while the grain trade was largely artificial and a part of her gains illegitimate.

The world will never see a permanently prosperous city that shall outlive the ages, until that prosperity is founded upon genuine Christian honesty—an honesty that scorns to receive any gain except it comes ennobled by a consciousness of value rendered—not merely lawful gains, but gains well earned!

Chicago's extremity is St. Louis' opportunity. And you shall see that not only in legitimate gains but by all possible gains, without any fastidiousness as to their legitimacy, St. Louis will now enter upon a period of growth surpassing that which Chicago ever boasted. And with her rapid growth shall come her rottenness and feebleness, and in time some great disaster shall overtake her.

Passing from these general statements, I would have you notice and remember, in the light of last week's experience:

II. The absolute unity of human interests—the solidarity of our welfare as men.

There is no bank or counting-room whose annual transactions amount to half a million dollars in any part of the telegraphic world.

Digitized by Google

that is not at this moment affected and its policy in a measure adjusted by the news of the Chicago fire. We have read a thousand times, "If one member suffer all suffer," so Paul wrote as regards the ideal Christian church. And while we as Christians are often reproached as dreamers when we look for the fulfillment of our Lord's prayer—that they all may be one—the slow and painful and costly advance of commercial civilization is demonstrating, in spite of men's selfishness, that the interests of mankind are really one. And whether we can make out the account in detail or not, we may be perfectly sure that no great number of our fellow-men can be suddenly cast down into want and suffering, and leave the remainder untouched, unharmed.

It is yet too soon to measure the great wave that is to sweep over the commercial world in consequence of the Chicago fire. Its height and destructive power will be greater or less according to the selfish stupidity or the Christian intelligence of the parties affected by it. If the first law of Nature—self-preservation, be the one obeyed throughout this land, and every capitalist, fearing loss, begins to gather in and exact his dues, and fortify, there will be a stringency in money and an amount of suffering and general collapse of value, the like of which none of us have ever seen.

What we call a panic is usually nine-tenths panic and one-tenth fact.

The great value in modern commerce is confidence or credit, and it is a real value. When, by the loss of a few hundred thousand, as when the Life and Trust Company failed in '57, there rises in a great multitude of minds at the same instant, suspicion, distrust, and fear, the loss of material value was, let us say, half a million. The loss of credit and confidence which caused the whole sphere of commerce to collapse mounted up to hundreds of millions in its costly consequences.

But, now, in this present case the actual fact of loss amounts up to a hundred and fifty millions of value destroyed. If, now, we destroy as much confidence and credit in proportion as was destroyed in '57, depend upon it we are standing upon the brink of a mighty collapse in the entire commercial world.

But I am not without hope, nay I may almost say expectation that, since this destruction of value in Chicago is a casualty and does not provoke the disappointed creditors to suspect their debtors, but does not excite an instant outgush of sympathy and compassion—I am not without expectation, I say, that the destruction will be limited to material value; that compassion will quench the fires of suspicion; that bankers and capitalists generally will trust each other more than they ever did before, instead of less; and men shall see that the commercial world can stand a loss of a hundred and fifty millions and feel it less than when they lost half a million and credit and confidence at the same time. If we are able to weather the present disaster without wide-spread financial convulsion and panic, it will be evidence that commercial men and capitalists have really advanced in comprehension and magnanimity. Let us hope for the best, yet not be surprised at the worst.

III. I would have you notice next, the problem of insurance and the lessons contained in it to the Christian thinker.

Set down the loss at Chicago at two hundred million dollars. I am sure I do not know at what figure to estimate the active capital of the commercial world. It must extend to sums so vast that were I to speak them they would mean nothing. But I am safe in saying that if the world's capital, at this moment could be assessed one-half of one per cent. and the proceeds of the tax laid down to the credit of Chicago, it would pay her entire loss, build her ruins, and leave her richer than she ever was before. That is, if every commercial man in the world would put in half a cent for each dollar of his capital, Chicago could be rebuilt three or four times over. We might laugh at loss. It would not be felt.

And this, you perceive, is the problem of insurance. Those companies whose business covers so large a territory and whose capital mounts up to so many millions that they are able to draw from a very wide area of income to pay their losses in Chicago, those companies can pay and keep on doing business. Younger and smaller companies, whose risks cover a small territory and whose capital is from a quarter to a half million, can only pour their pittance of dollars into the great abyss—as if a man had gone with a pailful of water to quench the fire that made the abyss. Could we have turned an ocean of water on to the raging fire, we could have put it out. Could we turn an ocean of Christian sympathy on to the ruins made by the fire, we could rebuild them.

Thus you perceive that insurance—selfish business-like insurance, resolves itself into a Christian proceeding. Just see how Christian, if you had only known it.

You went to the insurance office and paid fifty dollars to insure your house against loss by fire. I do not say there was any thing Chris

Digitized by Google

tian in that, but suppose a wider thought had been in your heart and you had said, "Somebody's house is sure to burn up, and I am determined to do my full share in making up loss wherever it occurs; so I will go to the insurance office and not wait for the fire to take place. I will pay in my fifty dollars and tell the agent to see that nobody suffers any loss by fire. So I will 'make friends of the mammon of unrighteousness.'" Do you not see that what we have been doing during the past week, making a contribution to relieve Chicago, is only the same thing that we have been doing the last year before the fire when we paid premiums on our insurances. The millions of loss paid by solvent companies are made up of thousands of little premium-payments—in other words we contributed largely to help Chicago, before Chicago met her loss! The only difference is that we paid more liberally to save ourselves than we would to save others. This is natural, but it is not Christian.

Suppose, then, that from this moment all men should agree to act like brothers and help one another in affliction of any sort. Do you not see that this would be at once universal insurance, universal love, universal Christianity?

So, slowly and painfully, cautiously and selfishly, the wrath of man is praising God. And we are compelled to acknowledge the beauty of the Christian commonwealth in every little device of safety which we have invented for our own defense.

And now in view of the varied suggestions that have come up in the minds of the benevolent for distributing this great burden, any one of which are almost feasible, I would have you:

IV. Notice what it is that stands in the way of this general problem of insurance, and of magnificent help to great communities suffering disaster. Notice it and note it.

I have heard or read various practicable devices for the relief of Chicago. It would be a simple thing for the Legislature of Illinois to issue fifty million bonds running ten years—call them Chicago bonds; or, what would amount to the same thing, the Legislature might indorse the bonds of the city herself. Our Congress at its coming session might issue a hundred million bonds; or might return to circulation a hundred million greenbacks, establishing a loan office in the city of Chicago and lending currency at long times and low rates. Or a tax of one mill on a dollar might be laid upon the citizens of the United States, and the proceeds handed over to a fund for the use of the Chicago sufferers. Many towns have already voted quite large sums to be raised by tax. And finally, as we have seen under my last head, if men were only Christian brothers, a society of universal insurance might go into operation at once, and every human being insured against loss by fire at a cost far less than what we now pay for imperfect protection at the hands of smaller companies.

Why is it, then, that a prudent man must needs shake his head against all these propositions? The answer is, that as yet our race is not so far advanced in integrity that we can furnish the requisite number of men to handle these immense relief funds raised by organization and indirect tax, without absorbing, not to say embezzling them. Where there is a million dollars to be spent, there will be found selfish men scheming for commissionerships to superintend the spending; not that they may accomplish the greatest good at the least cost, but that they may receive the largest profit they lawfully can from their work of distribution. Where the carcass is there the eagles are gathered together. I care not how holy the cause, whether it be a Methodist Book Concern, or the American Tract Society, or a Missionary Society, when its financial operations reach a half million or a million, you may depend upon it that selfish and dishonest men have crept into that great society and so thoroughly infested it that it can not be purged in any way except by destruction.

Or, on the other hand, if we could find, being guided thereto by the omniscience of God, suitable men to administer the nation's bounty to these distressed citizens of Chicago, and every one of these men should administer the same at great personal sacrifice, there would be instantly raised round about them from the vast pack of hungry outsiders longing to get in, a cry of "fraud" and condemnation, so that the hands of even these honest administrators would be hindered and their work made well nigh impossible by the distrust and suspicion wherewith we visit our public men.

Here are two great evils which have come upon us of which I shall have need to speak to you again ere long. One is that so few of our public men deserve to be trusted; the other is that so few of us citizens are willing to trust. It is here that our thoughtless game of politics, so exciting to those engaged in it, has squandered not only the few thousand or million dollars that are put up as stakes, but what is vastly more valuable, has squandered the character and reputation of our public men, and eradicated

Digitized by Google

the loyal graces which should belong to trustful, intelligent citizens.

You all know what caution an insurance agent has need to practice when dealing with many classes of our fellow-citizens. You know that no company is willing to insure up to the full value of possible loss. Why is it, I ask you, that when my piano is worth a thousand dollars, I can not get any more insurance on it than eight hundred? I answer, because the directors of our companies understand human nature, that if they insure pianos or other property to the full value, the time will come when the owners would gladly sell in order to realize cash; and the easiest way for them to sell would be to burn and collect the insurance.

Why shall not our Congress issue bonds to relieve Chicago? Answer, because many members of Congress are already widely known as jobbers in legislation, and the fiscal agents of Government are widely known as being many of them far from clean-handed. Hence all prudent men and patriots, when a proposal is made to lay a tax or issue bonds to relieve this great want in Chicago, reply "No, no. This giving gifts by Government means ten cents to the suffering and ninety cents to the thieves."

Hence it comes to pass that all our philanthropy and desire to aid our fellow-men when they come into great distress, has and can have no advantage of organization. It can not avail itself of any societies on a large scale. We can get no help from Government. Alas for the days when wise men have need to say, "Let us leave as little in the hands of Government as we can, and demit as much as possible to individual energy, that thus selfishness may keep guard against knavery."

If you ask me, then, in fewest words to tell you why no widely organized plans of relief are possible as yet among men, I answer, It is because organizations are officered by Tweeds and Connollys and Murphys and Hodges and Fowlers and Baileys; in our relation to public affairs we have all gone wrong, placing party fidelity higher than personal integrity.

At the risk of being a little too long, I will add further:

V. The smoke that has overhung our valley for these many days was a swift messenger from many scattered fires. If you have noticed the little paragraphs which have been frequent in our newspapers of late, there have been an unusual number of fires in Michigan, Wisconsin, and Iowa, and Minnesota, destroying many lives and reducing thousands to want. The glare of the Chicago fire gathers to it every eye, and the hardest hearted are a little softened by the spectacle of such concentrated suffering.

It seems to me, however, that the truly thoughtful Christian can not escape from the distributed sorrows which are round about us every day; and the compassion, the active sympathy we feel toward this great city burned, is a sample in kind of the perpetual frame of mind of a true Christian. What I mean is this; in any day that you choose to select if God were to sweep into one heap all the suffering and disappointment, all the hunger and nakedness, all the sickness and bereavement, all the violence and casualties—in a single word, all the *woe* that he sees within the bounds of the United States alone, this heap thus gathered would well nigh equal the glowing beacon of distress which has arrested every eye during the past week.

It is well perhaps that we do not and can not feel the real facts every day that we live of human sorrow. But it is well for the thoughtful Christian not infrequently, especially in the days of his transient prosperity, to look upon the woe of our fellow-men as God looks upon it, and by it be certified of two things; first, that a curse will attend upon my luxury while my brother, a son of God, is suffering want; and, second, that the time for our out-blossoming, like the prairies in spring, into forms of beauty and highest culture, is not yet come. The Church of Christ, the great Redeemer, is yet redeeming, and we are not our own. No man that would be a Christian can possibly live for himself. He is less than a man who can have heard and not felt the woe of Chicago during the past week. Equally is he less than a man—far less than a Christian man, who is not sometimes and often overpowered and oppressed by the woe of mankind which brought Jesus Christ from Heaven.

But some of you may be feeling that, after all you have not heard a Christian sermon this morning, but only a rambling lecture of geography, political economy, politics, and philanthropy. Where is the Christian thought? I ask you to read to-day as you have time the Book of Revelation from chapter eighteen to the end, and you shall there see two great cities in contrast—one, Babylon, the other, the New Jerusalem, and these two pictures are the most detailed and highly-colored pictures that we have in the Bible, of Heaven as contrasted with this life.

It is in our great cities now, that Satan works out his most brilliant and plausible results. You know how strongly the city attracts the country. Yet it is an attraction to excitement.

Digitized by Google

dissipation, shortened life, and unspeakable corruptions.

But by and by—so runs the promise, there is to be a city with foundations, which shall gather in the redeemed and the deserving from all lands. The citizens shall be closely, compactly organized. But there shall be an end of corruption, cruel competitions, secret wrongs, falsehoods, and hardness of heart. The city shall come down from God out of Heaven. The citizens shall be trusting and trustworthy. Satan's counterfeits shall be overthrown with him—his Babylons overturned. The genuine city of God established.

—A Christian is one who conforms to his coming citizenship—and is not spotted by the city ways of to-day.

Therefore, while the men of Chicago are running hither and thither along their hot streets and eyeing their smoking ruins; while the citizens of New York are scarcely less afflicted by the survey of their helplessness under a corrupt and thieving government, which is a terror to the good and a rewarder of evil; I have, if you please to call it so, dreamed of the Christian city—the city thriving by legitimate commerce, and not bloated with tolls and taxes extorted by might, of the Christian brotherhood of man standing shoulder to shoulder to ward off danger or remedy loss by universal insurance.

I have thought to quicken in you a sense of our possibilities as a race; a sense of the fact that self-love is sooner or later suicidal; to show you that integrity lost, breeds distrust; and distrust separates men and makes long prosperities impossible, and works of splendid philanthropy impracticable.

I entreat you believe in cities. Not in Chicagos, New Yorks, and similar Babylons, but in the city of God. I entreat you so believe in the city of God, that like Daniel in Babylon, however high your standing here, you shall be known as a Christian citizen—many times in the day praying with windows open toward the Holy City.

Depend upon it, the meek shall yet inherit the earth, the poor in spirit Heaven—and the pure in heart shall see God.

Be ye not conformed to this world, but be ye transformed in the spirits of your minds, that ye may prove what is the acceptable will of God concerning you—a citizenship in the heavenly city.

Abnormal Longevity of Man.

BY E. RAY LANKESTER, B. A., OXFORD.

A FEW words remain to be said on this subject from a general point of view. It has been often treated of under the head of Longevity by able writers and curious speculators. An article in The Quarterly Review of January, 1868, and one in The Fortnightly Review of April, 1869, contain details on this matter which it would be, on that account, superfluous to introduce here, and which, moreover, have a very restricted interest. Abnormal longevity must not be confused with normal potential longevity, nor even with absolute potential longevity. There is a normal potential height for various groups and classes of men, namely, that which they may be expected to reach, accidents of death, etc., being avoided. There is an absolute potential height, the greatest height which any one man of such a group, under the most favorable conditions, could be expected to attain; and there is the abnormal height of the giant, extending even to nine feet, and recognized as monstrous. Just so with longevity, there are three such terms possible, and there appears to be no *à priori* reason for excluding the last or abnormal longevity from recognition. Sir George Cornewall Lewis and others have endeavored to throw doubt on the possibility of man's longevity exceeding one hundred years. Though it has been clearly shown that the cases of Jenkins, Parr, and others, rest on no proper evidence, and are quite inadmissible as proofs of excessive longevity, yet Sir George appears to have rushed into a fanciful conclusion in arbitrarily limiting man to one hundred years: the fascination of numbers has had some share in this. There are well-

Digitized by Google

authenticated cases of persons who have exceeded the age of one hundred years, attested by the registration at baptism, which is what the opponents of man's possibly exceeding thirty-six thousand five hundred and odd days of existence have always demanded. There is the case of Miss Baillie, sister of Dr. Baillie, of Mr. Shuldham of Marlesford Hall, who took the chair at a dinner given to his tenants on his one hundredth birthday, and lived two years subsequently. Of this case, my friend, Mr. Cordy Jeaffreson, has been good enough to give me the following sketch:

"The old man lived at Marlesford—not at Martlesham—famous in history for its Red Lion; and he certainly was not more than one hundred and two years at the time of his death.

Baptized at Beccles, in Suffolk, in July, 1743, William Shuldham died in May, 1845. The exact date of his birth I do not know, but I presume that it preceded his baptism long enough to entitle him to be credited with having lived into his one hundred and third year, the age which he is represented in obituary notices to have attained. That the above-mentioned were the dates of his baptism and death, you may be confident. The celebration of the completion of his one hundredth year took place on July 22, 1843, when a great gathering of the gentry and humble folk of the neighborhood feasted at Marlesford Hall, and had sports in the park. If that celebration took place on the actual anniversary of his birth, he was some two months under one hundred and two at his death. So that your statement may be unassailable, you had better speak only of the dates of his baptism and death, unless you make inquiries at Beccles.

William Shuldham's circumstances and habits of life were favorable to health. An energetic but not overworked man, he drove a capital business as a country attorney, at Wickham Market and Saxmundham. A lover of country sports, he had for the greater part of his life a house in the country, first at Carlton Cross, a mile out of Saxmundham; and secondly, at Marlesford, where he built a handsome hall, which, together with its small but picturesque park, may be commended as one of the best county places in the neighborhood of Wickham Market. He retained his faculties up to his last illness, which did not cover more than a week or so, writing letters with a firm, clear hand, and managing his affairs until the last days of existence. Every successive decade of his career saw him a wealthier man. He never knew serious care: was active, and of what in *his* day of universal drunkenness was deemed temperate habits.

By referring to Davy's 'Suffolk Collections,' pedigree 'Shuldham' (British Museum), you may ascertain that the Shuldhams were, upon the whole, given to longevity. The centenarian's grandfather completed his eighty-sixth year. The said centenarian married early in life my father's first-cousin, Mary Barber, of Boyton, who survived her husband and died considerably more than ninety years old; and the vigorous constitution and tenacity of life of these long-lived parents were transmitted in some degree to two of their offspring. The centenarian had by Mary Barber four children, William Abraham Shuldham, who lived to see his seventy-fourth year, though he suffered from epilepsy more violently than any other epileptic patient I have ever known; his fits were frequent and inordinately violent, but did not kill him till he was seventy-three; Lemuel, killed at the battle of Waterloo; Frances Mary, a married woman, who died at forty-two, after giving birth to several children; and Louisa, a spinster, who was born December 23, 1791, and still lives, a very vigorous woman for one of her years."

I am also indebted to Mr. Cordy Jeaffreson for a notice of the case of the father of the Rev. Thomas Hart Davies, Chaplain at the Dockyard, Portsmouth, in 1800. This gentleman died at the *supposed age of one hundred and sixteen, but his age was afterward investigated and found to be only one hundred and nine.*

Sir Henry Holland informs me that last summer he breakfasted on the St. Lawrence, in America, with a British officer, whose commission proved him to be one hundred and four years of age. Sir Henry also has evidence of a case in which the age of one hundred and eleven years was reached.

On *à priori* grounds we have seen no reason to believe that man should not have a higher longevity than one hundred years as a monstrous and abnormal phenomenon, and on this consideration we may not be indisposed to accept statements as to ages as great as one hundred and ten, or even one hundred and twenty years being attained, even though such an occurrence were not absolutely demonstrated and proved.

The expenditure in implied *distinction*, and the generative expenditure implied in twenty-two children, the offspring of a lady who certainly was alive in her one hundredth year, can not be held to militate against the general law. These are isolated cases, where unusual vigor (*i. e.* abundant "matter of life") has increased lon-

Digitized by Google

gevity and the other quantities simultaneously. There is not a sufficient number of trustworthy records of cases of high longevity to make an extended testing by them of the conclusions arrived at as to causes favoring longevity, likely to be of any real value.

In the course of what has been written, the exceedingly involved nature of the inquiry, and the absence of all but the fewest data as to comparative longevity, have been made sufficiently apparent. It is to this condition of the subject that we would gladly direct attention, as the cause of indefinite and speculative character in an essay treating of it. It is hoped that in indicating possible lines of productive inquiry and in pointing to the more prominent and remediable gaps in information, some more practical result has been attained.

It would have been possible no doubt to carry mere speculation into greater detail than has been attempted, as to the influences affecting longevity in man, but the facts, such as they are, seem fairly to admit of no more positive inferences than have been given.

Down in the Heart.

BY LYDIA M. MILLARD.

DOWN in the heart glows many a gem,
That never is seen by eyes of men;
Yet shines most pure, in its cell so deep,
Where angels holy their bright watch keep.

In vase of the heart blooms many a flower,
Exhaling its sweets each bitter hour;
It has dew and sun and skies of its own,
That flower in the heart so fair and lone.

There's many a star in the heart's pure sky,
Unseen and unwatched by the careless eye;
Yet brighter it grows, till radiant gleams
That star in the heart with celestial beams.

Above Ambition's highest flight,
Beyond the stars serene and bright,
Dazzling Shekinah, radiant light,
Rests on the lone soul's cloudless night.

In each clay casket, frail and plain,
No human heart shall beat in vain;
Divine Appraiser, in the dark,
Carves on each soul His private mark.

Nor flower, nor gem, nor star of soul
May leave a trace on mortal scroll;
Veiled flower, lone star, and hidden gems
Shall grace Valhalla's diadems.

Digitized by Google

THEORIES PUT IN PRACTICE;
Or, Extracts from the Diary of a Physician's Wife.

EDITED BY MRS. H. C. BIRDSALL.

THURSDAY, *June* 14.

LENA Willis has left us to-day, and I miss her very much. In many characters the social element is so well developed as to require no cultivation; but others are so constituted that they need little society, and consequently fall into the habit of withdrawing too much to themselves, and I am one of these. To such persons companionship is a necessary good. I often wish that society was constituted differently. In country places we are getting more settled in the habit of visiting only upon invitation. We do not feel at liberty to go when and where we please, for we might inconvenience the one whom we wish to visit. At the last meeting of the Mutual Improvement Society, I proposed this subject for consideration, and yesterday it was discussed. Some of the ladies maintained that they never make any formality of inviting guests, that they receive and entertain them as simply as if they came unexpectedly. This is as it should be, but I know that it is not the usual custom. Elaborate preparation is the common consequence of formal invitation, and such preparation is formidable, alike from its trouble and expense. It was generally agreed that informal visits are the most agreeable, and we all promised to do what we can to break down the custom of *parties*, and to build up that of freer and more natural intercourse in our own small sphere. The old and oft-repeated simile of a stone dropped in the water recurs to me—but it is one of those comparisons which will bear repeating. Indeed the repetition of any good thing is endurable, if we only remember that every thing is new at some time to some one.

The analogy is complete in this simile, for every one has noticed how circle follows circle in the water, after the dropping in of a stone, ever enlarging and extending, and, in a similar manner, how example repeats itself in ceaseless circles until it is beyond our notice.

Friday, June 15.—We visited this afternoon at Aunt Minerva's for the first time. Deacon Brown has a widowed daughter-in-law living with him, so sick with consumption that she needs the tenderest care and sympathy. Aunt Minerva seems to disapprove of her delicate state. I hope that I do Aunt Minerva injustice, but I can not escape the conviction that she looks upon weakness and sickness as almost sins. Mrs. Smith does not look as if she were either physically or morally able to resist the ponderous pressure of such character as Aunt Minerva's. If I can become sufficiently acquainted to allow it, I will give Mrs. Smith a little sympathetic counsel which may be of use to her.

Sunday, June 17.—I snatch a few minutes from company for my journal. Mr. and Mrs. Tyndall arrived last evening with their two daughters to spend a few days. They are old friends of Henry. I found in the morning that none of the ladies cared to go to church, and, at first, I had doubts as to my own course.

In ordinary matters the laws of etiquette should be observed by us; but it seems to me that they should not be consulted in a case like this. Taking Henry aside, I held a short consultation with him, in which we agreed that I had better waive all rules and do that which seemed to me best. I therefore went to church, and left all the ladies at home.

Mr. Tyndall went with us, and expressed himself as much pleased with the service and sermon, to the former of which he is unaccustomed. They are very interesting people, refined, cultivated, and kindly, but their influences and surroundings have been such that they have no particular religious bias.

Monday, June 18.—This morning Mr. Tyndall went with Henry on his professional round, and Mrs. Tyndall and her daughters rode with me to the top of Eldon Hill, from which we have such a charming prospect. We went up through the Middle Gorge which abounds in scenes picturesque enough to satisfy an artist's eye. My favorite one is at the entrance of the gorge, where there is an old saw-mill with an artistically deserted, ruined air, and a lovely mill-stream which trickles its way over the roughest and prettiest of beds. The ladies were delighted with this view, and it recalled to them various foreign scenes, which were brought before me with that freshness and vividness which is seldom a characteristic of written descriptions of travel.

Digitized by Google

When I was recalled homeward by the time, it was almost with feelings of regret that I came down to the prosaic getting of a dinner for hungry mortals; but this feeling I quickly routed, and three hours afterward took genuine pleasure in setting before my guests a dinner of which I was not ashamed.

Tuesday, June 19.—I find upon further acquaintance with Mrs. Tyndall, that she is a practical, and, although so intellectual and highly cultivated, does not despise a knowledge of the smaller needs of life. She gave me an amusing description of one of her acquaintances this morning. She is an intelligent person, and holds herself entirely aloof from a knowledge of those things which it is, in almost all cases, necessary to know at some time of life. Not long since this lady, for the first time, was left entirely without help. She contrived to prepare something for her husband and children to eat, as long as her supply of dishes lasted, and then, what did she do? The natural answer would be—she washed the dishes and commenced again—but no—she sat her down and wept! The relation of this incident naturally led us to the inevitable servant question. Mrs. Tyndall agreed with me that much of the demoralization of servants may be attributed to the so general departure from our former simple state of living. Hundreds of families are suffering to-day the evil consequences of aping the customs of a state of society which was not a suitable model for us. The thousands of people who were made rich by our late war, were mainly of that class who believe the essentials of position to be money, houses, land, carriages, and servants. Many of them are groaning to-day at the sight of their households cared for in the most inefficient manner, by from three to six servants, and think with mournful longing of the days when their work was well done by one. If they were alone affected by this evil, it would not be so bad; but the truth is that they have brought a curse upon all the households of the land. We can not foresee the result, but think there will be little restoration to comfort, until we, as a people, return to that republican simplicity which was once, and, we trust, may be again the glory of our land. Mrs. Tyndall has an establishment of three servants, and, so far, has had little trouble with them; she holds herself in readiness, however, for disturbance of the domestic peace, and says that her first step will be to diminish her number of servants to one, or, if necessary, to none. She feels herself and daughters to be perfectly independent. She told me an instance of love of system in one of her servants, which sounded very funny in the recital, but must have been as annoying at the time of its occurrence. Mr. Tyndall had been kept up very late for several nights by press of business, until he was so completely worn-out that he spent one day at home to recruit. He went to his room in the forenoon hoping to sleep off some of his excessive fatigue. He was soon asleep and dreaming of being shrouded and his face covered for burial; he even heard the carriages rolling and rumbling along the streets and felt the rattling and jolting of the hearse. Awaking to consciousness, he found a sheet over his face; throwing it off, he discovered the cause of his dream. The chambermaid, rather than depart from the systematic routine of her work, had covered him from the dust and had treated him to a ride round the room that she might sweep under the bed. His state of mind is imaginable—he jumped up, rushed down to the parlor, darkened the windows, and again addressed himself to sleep. This time he was aroused by a glare of light, and he found that his enemies, the chambermaid and broom, had followed him. He then made war upon them with a volley of words, which had the effect of gaining for him a quiet and undisturbed hour.

Saturday, June 23.—The Tyndalls have left. Dr. and Mrs. Hutton spent last evening with us. I had asked Mrs. Hutton to bring some of her delightful foreign stereoscopic views; and as we looked at them, I had a rich feast. The pictures are exquisite in themselves, and illustrated by the stories and descriptions of such people as these friends, they become living realities. What a dismal feeling of loneliness attacks one when she is first left alone by the departure of visitors! I must do something to occupy me until this feeling passes away.

Evening.—Henry told me this afternoon of a sick family whom he thought in need of that delicate cookery so acceptable to the convalescing invalid. So I spent two or three hours in preparing delicacies for them. I at the same time made a bowl of custard for one of Madge's friends who has been very sick, and is now getting well. Madge was quite troubled at my taking as much pains with the latter as the former—she seemed to think it necessary to make a difference in the preparation of food for rich and poor.

Madge is very fond of assistance in her labors. While her work was made harder by the presence of company, she impressed all the little boys who came to the house for milk into her

Digitized by Google

service, rewarding them with such odds and ends as are dear to boys' hearts. She makes one corner of the table-drawer a depository for strings, bits of leather, pins, etc., etc. If she has any candy, nuts, or fruit given her, they find their way to her store, and are all saved for her assistants.

Her morning salutation to them is, "Now here's the byes for me; jist fetch the poor owld maid a pail of wather, and shure, I'll do as much for ye. Here, byes, byes, to wurrk, ivry scallywag av ye—no lazy byes in this house—ivry one has to wurrk—run and fetch me some wood, an' I'll remimber ye with the first money I finds in the ashes." Her Michael was received ungraciously by her when he made his usual visit on Sunday last. The cats spent a happy and peaceful afternoon, but poor Michael had no rest. Madge attacked him in this wise, "An' what are ye comin' here for once a week; faith, an' ain't there enough av gurrls that wud like to see the face av ye, widout yer showin' it where it's not wanted? An' ye need be comin' no more. I know about ye. Wasn't Bridget Higgins a tellin' me but a week ago that she had seen ye in the owld counthry, an' that ye left a wife an' three childers afther ye?"

This was too much for even Irish human nature, and Michael ran wildly from the house with Madge in close pursuit. He yielded to the persuasive influence of her coaxing tongue, and returned to talk over the matter in a calmer way. This evening Michael has come to tell Madge, that, on his way home on Sunday, he met the offending Bridget and accused her of falsifying about him.

She at once retracted, saying that she had "niver said a word, and niver laid eyes upon his face until she saw him three weeks before at Mrs. Malone's party." He then wrote to some friends in New York for evidence as to his character; this was immediately given, and he came to-night with a very satisfactory letter which I was privileged to read. Madge was gracious for half an hour, and then ordered Michael off, telling him that "she did not wish to marry any one, that she had enough to do to take care of herself, that she had a good home, and no notion of lavin' it for the likes o' him."

Of course he departed in anger, but I think there is little doubt that he will be seen again on Sunday. The Irish will continue to afford amusement as long as there are any of the natives left. I imagine that, in the course of years, they will lose something of their national peculiarities by contact with American character and influences.

Monday, June 25.—What interesting and amusing characters we find in our daily walk, if we only keep our mental vision clear! I have gradually become acquainted with the sexton of our church, and find him very entertaining. He is extremely observant, and looks with utter contempt upon what he considers the follies of the present day. A limited number of furbelows and flounces worn by a person whom he likes are overlooked, but let the same number appear upon some young girl who has offended him by her giddy ways, and his disapproval is intense. He is short of stature, and walks with an air of determination to get on rapidly, but is prevented in carrying out his intentions by the shortness of his legs. It is painfully amusing to see an unlucky dog venture into the church during service, for Mr. Nelson has but one way of ejecting them, a method which effectually interferes with one's devotional feeling. He follows a dog up or down the aisle with his brisk, decided walk, until he gets within exact kicking distance, and then kicks. The suffering dog vanishes through the door with a yelp of pain, and the sexton resumes his seat with the air of a man who has added another link to his chain of well-performed duties. One always wishes that this time the dog may escape him, but this may not be, for he is as inexorable as Victor Hugo's Javert, and long practice has made him perfect in his aim. He is very fond of music, and for a man of his limited cultivation, has excellent taste. Yesterday morning I went to church early, that I might enjoy a little time in playing upon the organ. I did not find my usual small boy, and Mr. Nelson kindly offered to blow the organ for me. Discovering him to be just in the humor for talking, I encouraged it for the sake of hearing some of his views. He fell upon a very common topic with him, the follies of the present race of young ladies. "Why, Miss Sanbo'n, it do seem to me sometimes as if ev'ry thin' was different from the time when I was young. For my part I don't see what's to become of the gals and boys, most specially the gals, for they's the wust. A runnin' the streets from mornin' till night, their heads full of nothin' but dress and airs. That ain't the way I brought up my gals—none of 'em could go a flouncin' round as the gals do now. There's Jessie Lane, now—*she* knows how to behave herself, and Mary Hutton, too—you never see them wrigglin' and twistin' along as so many of the gals do, for all the world like so many eels with clothes onto 'em. I wonder sometimes how they manage to keep their clothes fastened to 'em. Now folks finds fault with me, 'cause I

Digitized by Google

don't come to Communion, but, bless me, I can't kneel down and say that I'm an unworthy, miserable sinner, and hear them gals all around me sayin' the same words and not meanin' on 'em. Up they gets from their knees, jist as vain as ever, and seems to think nothin' more about their bein' sinners until the next time they comes to church."

Here was the same jumble of notions of right and wrong which is so common in people of far more intelligence and culture than Mr. Nelson. It may be found in almost all minds in different degrees. Many thoughts crowded upon me, some on the sexton's side, for he was partially right—there is too much vanity and show and trifling in the world; but some also for the other side, for young people must have their time of being young and joyful and merry, and under the lightest exterior there may be a germ which shall ripen in time into great beauty and worth of character.

Mr. Nelson was at least wrong in taking the actions of others as an excuse for his own dereliction in duty. I did not endeavor, however, to argue with him, for Henry had previously told me that an immense amount of argument has been lavished upon him, and apparently he only grows more confirmed in his opinions, as he advances in age.

STUDIES IN HYGIENE.

QUERIES IN HYGIENE WITH ANSWERS.—1. What is the method by which a disinfectant produces its results?

ANSWER.—The best disinfectants are those which entirely destroy the substances upon which they act, by changing them chemically. This is what carbolic acid does.

2. What is meant by the "germ theory" of disease?

ANS.—It is the belief that certain diseases, as small-pox, cholera, measles, etc., etc., are simply crops produced by certain germs or seeds spread by the air, or by contact, and taken into the blood, where they are propagated and produce their results. This theory, while not yet proved, is quite likely to be proved, and is entertained by many of the most able scientists of the age. These germs produce in the blood real plants of a fungus character, which are revealed by the microscope. Losch, a Russian microscopist, has, he asserts, recently found in the excrement of cholera patients, which he studied immediately after its passage, monads in great numbers, with body and tail and power of motion. In a drop the size of the head of a pin, hundreds were counted. Vegetable parasites were also found. These go through their period of growth and produce germs, by which the disease is propagated under favorable circumstances. If the excrement is properly disinfected, these productions, or the germs, are destroyed, and thus the spread of disease prevented. The great value of a disinfectant is in its power to kill these germs before mischief occurs.

3. Is the human race deteriorating physically, or improving?

ANS.—There is no doubt but, as a whole, the race is improving, though individuals, families, and even nations, may be deteriorating and running out. Who does not know of at least one family that was once strong and powerful, but is now almost extinct. Dr. Beddoe read a paper on this subject, as applied to the British people, recently, in which he took the ground that probably a majority of that nation were deteriorating. Such a multitude are overworked and underfed, that it is no wonder they deteriorate.

4. Is it wise to let young children have a dog to play with?

ANS.—Very often it is. The playfulness of this animal, if young and healthy, cultivates a playful spirit in a child that may otherwise be puny, and this aids greatly in its physical de-

Digitized by Google

velopment. In choosing a dog for a child, select one that is young, active, healthy, and with a good disposition. Keep him clean, and feed him on wholesome food, and give him plenty of pure water to drink.

5. Is a hearty meal in the middle of the day a good thing for a literary person who expects to write in the afternoon?

ANS.—No. The dinner should be light, or delayed till the work is done. Intense brain work should not go on at the same time that the stomach is strongly taxed in digesting food.

6. Do you think the old saying, that "every one must eat a peck of dirt" is true?

ANS.—Probably it is, especially for those whose habits are filthy. The Food Journal says that in many families "stewpans and other utensils are put away dirty, cloths are used in a dirty state, pastry is made on dirty boards with dirty hands, and various other unclean enormities are practiced; in fact, dirty ways are too often indulged in, until they grow into dirty habits. People who possess a cook at all inclined to laziness will discover that the failing is invariably accompanied by dirtiness. Each member of such a family will rapidly consume his regulation peck of dirt; while the quantity for an average life-time would have to be calculated by bushels!"

7. What are baking powders made of, and are they proper things to be introduced into the stomach?

ANS.—The modern baking powders, as a rule, consist of tartaric acid and carbonate of soda, which evolve the necessary gas when in contact with water to make the bread light, leaving behind a residue of tartrate of soda. In practice they are made by mixing together these two substances (first thoroughly dried and pounded) in nearly equal proportion, and then diluting the mixture thus made with any cheap material, such as flour of rice, so as to add to the bulk, and enable an apparently greater quantity of baking powder to be sold for a given sum. Many excellent food authorities have objected to the use of baking powders thus made, on the ground that it behooves us to be careful how we add to the already sufficiently large amount of mineral matter which we naturally consume daily. We should hesitate before we advised the whole bread of a family to be thus prepared, though for some of the minor articles of food only occasionally used, they may do little harm. Unfortunately some of the manufacturers of baking powders are guilty of the addition of alum in considerable quantities.

8. Is there any philosophical objection to cutting off the beard close to the skin with a razor every day?

ANS.—We will let Dr. John Brown, an eminent English divine and author of "Spare Hours," and "Rob and his Friends," reply to this query:

"I am for beards, out and out, because I think the Maker of the beard was and is. This is reason enough; but there are many others. The misery of shaving, its expense, its consumption of time; a very corporation existing for no other purpose than to shave mankind. Campbell the poet—who had always a bad razor, I suppose, and was late of rising—said the man of civilization who lived to be sixty had suffered more pain, in littles every day in shaving, than a woman with a large family of children in bearing them. This would be hard to prove; but it is a process that never gets pleasanter by practice: and then the waste of time and temper—the ugliness of being ill or unshaven. Now, we can easily see advantages in it. The masculine gender is intended to be more out of doors, and more in all weathers, than the smooth-chinned ones; and this protects him and his Adam's apple from harm. It acts as the best of all respirators to the mason and the east wind. Besides, it is a glory; and it must be delightful to have and to stroke a natural beard—not one like bean-stalks or bottle-brush, but such a beard as Abraham's or Abd-el-Kader's. It is the beginning ever to cut that makes all the difference. I hazard a theory, that no hair of the head or beard should ever be cut, or needs it, any more than the eyebrows or eyelashes. The finest head of hair I know is one which

Digitized by Google

was never cut. It is not too long; it is soft and thick. The secret where to stop growing is in the end of the native untouched hair. If you cut it off, the poor hair does not know when to stop; and if our eyebrows were so cut, they might be made to hang over our eyes, and be wrought into a vail. Besides, think of the waste of the substance of the body in hewing away so much hair every morning, and encouraging an endless rotation of crops! And as for woman's hair—don't plaster it with scented and sour grease, or with any other grease; it has an oil of its own. And don't tie up your hair tight, and make it like a cap of iron over your skull. And why are your ears covered? You hear all the worse, and they are not the cleaner. Besides, the ear is beautiful in itself, and plays its own part in the concert of the features. Go back to the curls, some of you, and try in every thing to dress as it becomes you. Why shouldn't we, even in dress, be more ourselves than somebody or any body else?

TOBACCO STATISTICS.

9. Can you give me any statistics as to the amount of tobacco used in Great Britian during a single year? I am to discuss the Tobacco Question soon in a public lecture, and wish for some additional facts.

ANS.—Thomas Reynolds sends to The Food Journal the following which may serve your purpose:

"The duty on the imported tobacco leaf, in 1870, yielded to the British Government £6,548,000; 548 manufacturers were engaged in preparing it for the market, and 280,000 retailers are wholly or partially supported by the sale of the commodity in its various forms. We are accustomed to speak of the cost of tobacco by the time it gets into the hands of its customers, with appendages for its employment, including all sorts of pipes, snuff-boxes, and the general paraphernalia, as equal to the amount of duty, which together would be something more than £13,000,000; but Dr. Murray's figures lead to some calculations which are calculated to excite consternation. If, for example, each of the 268,000 retailers of tobacco were annually supplied with only £20 worth, exclusive of duty, the manufacturers would have to prepare for the markets £5,360,000 worth; and if the average profits of the retailers were £20 per annum, that would be another £5,360,000. Neither foreign cigars, nor appendages for the employment of tobacco, are included in these statistics; nor is it possible to conjecture, within some hundreds of thousands of pounds, what the expense of these would be, but another million pounds may be safely added; therefore, the forenamed items would stand thus:

One year's supply of tobacco..	£5,360,000
One year's profits to retailers...	5,360,000
Foreign cigars, pipes, etc.....	1,000,000
One year's duty.....	6,548,000
	£18,268,000

These statistics are enough to turn an infidel pale, but what ought their effect to be on those of our countrymen and countrywomen who view them in relation to Him to whom we are accountable for the employment of our time, our talents, and resources?

LIFE INSURANCE.

10. Is it wise for a young man who needs all his earnings to invest in business, or in education, to have his life insured, and be annoyed every year in making payments?

ANS.—We value life insurance highly, but advise none to go into it without proper knowledge of what it is and what are the expenses and drawbacks. It has proved a blessing to multitudes, still no kind of life insurance is as good as a good constitution—which we advise all our readers to get and keep if they can—and a temperate, wholesome, well-ordered life. The kind of life insurance in which Mr. Bryant and William Howitt invested, as given in their admirable letters written for THE HERALD OF HEALTH, and published in May and August of this year, is worth more than any policy in any company, however valuable the latter may be. While on this subject, we may say that we have a friend who thinks his life was once saved by a policy for $10,000. It happened in this way.

Digitized by Google

He was very ill, and it was thought he would die, but he felt so easy in his mind because his family were provided for by this $10,000 that it aided in his recovery, and he still lives. Thomas K. Beecher relates a similar case, as coming under his observation.

11. What shall I do with my boys? I have two, one seven and one nine years old. I live in a city and can not teach them gardening or out-of-door work. I wish to bring them up not only to know how to read and write, but to labor, and I have no work for them to do. Can you suggest any course I can pursue, in THE HERALD OF HEALTH?

ANS.—Your condition is like that of thousands in all large cities, except that you have one advantage: you recognize the situation as one requiring attention, whereas thousands of parents let their children go without thought, and they often go to ruin. In the first place, do you not know that you can have your children help you in various ways by attending to the little details of labor required in every family. First, teach them to help you. Next to this, you should give them a chance to develop their mechanical genius; get tools for them, and get a teacher to show them how to use the hammer, saw, plane, if you can not do it yourself. The Scientific American on this point is excellent; it says:

"Our advice is, to all who have the great responsibility of the charge of boys: give them a lathe, or a set of carpenter's, or even blacksmith's tools. Give their minds a turn toward the solid and useful side of life. You will soon see the result in increased activity of their thinking capabilities, and the direction of their ideas toward practical results; and, still more obviously, in the avoidance of idle mischief and nonsense (to omit all reference to absolute wickedness and moral degradation), which are, to too great an extent, the pastime of the generation which is to succeed us. The future of the world is already sown, and is springing up in our children; is it not worth while to bestow a little thought on the cultivation of a growth so important to society, and so easily influenced for good or for evil?"

Above all, remember your responsibility to your children, not only to give them a good school and physical education, but to teach them to be industrious, which is more important than any book knowledge. Many well-educated people commit crimes, but few industrious ones do. They have no time to get into scrapes, and are rarely found in our jails, or on our gallows.

12. What makes people differ so in the amount of work they can do, or in their power to resist disease?

ANS.—What makes one river larger than another, or one ocean greater than all other oceans? Why, because some rivers and oceans contain more water than others do. And the reason why some people can do more work than others, or resist disease longer, is because they contain more energy. They have better stomachs and can digest more food; or larger lungs, and can use more air; or better muscles, and can perform greater herculean feats; or better nervous systems, and more wisdom, and can guide and use their bodies to better advantage. "The longer I live," says one of earth's noblest sons, "the more I am certain that the great difference between men, between the feeble and the powerful, the great and insignificant, is *energy*—invincible determination, a purpose once fixed, and death or victory!" That quality will do any thing that can be done in this world; and no talents, no circumstances, no opportunities will be worth much without it.

13. If a man commits suicide and his life is insured, can his heirs collect the insurance?

ANS.—Yes, unless it is proved that the suicide was committed to defraud the company. If the suicide was the result of disease, as it generally is, the case stands the same as if it had been fever or small-pox.

PROFANITY never did any man the least good. No man is richer, or happier, or wiser for it. It commends no one to any society. It is disgusting to the refined, abominable to the good, insulting to those with whom we associate, degrading to the mind, unprofitable, needless and injurious to society.

Digitized by Google

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

A RESTAURANT keeper who has a warm side for the unfortunate, encountered a few weeks since, a young man in search of work. He had failed to find any thing to do, though he had been trying to get employment for a week. He had no friends in the city, and what was still worse, no money. He had not been able to procure any dinner, having spent his last shilling for his breakfast. "Come into my establishment," said the kind-hearted proprietor, "and get your meals here without charge until you can earn some money. I can't see a man starve." The young man was profuse in his demonstrations of gratitude, and made his appearance at meal-time for several days with great regularity. One day he brought a fellow with him. They ordered and ate a costly dinner, and were about to retire, when a waiter, placing a check for one dinner on the table before them, was called back to explain; not being able to account for the charge, the proprietor was summoned, and reminded of his kind promise to furnish meals until his protege could find work. "Certainly, that is all right," said he; "but who is to pay for this gentleman?"

"He is my friend," explained the indigent young man; "he came here on my invitation."

"I hope he will not come again on such terms," remarked the irate proprietor.

"Very well," said the spirited recipient of his bounty, rising from the table with an injured air, "you may count me out then. I never accept favors that I can't share with my friends."

A FIREMAN in Pennsylvania, went into a barber-shop to get shaved, and finding the barber out, he concluded to have a little fun before his return. So he took off his coat, put on a thinner one, and quietly waited for a customer. An old gentleman came in soon. "Have a shave, sir?" said our impromptu barber. The old gentleman took a chair, and our artist began to lather, expecting every moment the barber would appear. Five minutes passed and no barber. Ten minutes; no barber. Now the old gentleman felt pretty well lathered. Five minutes more; no barber. The old gentleman's face fast disappearing in a small sea of white foam. Five minutes more Still no barber. The fireman is getting desperate, and conceives a bright idea. Putting up his brush, he quickly changes his coat again, takes his hat, and is about to quietly slip out behind the gentleman's back, when he turns his head and exclaims: "Here, sir, ain't you going to shave me?" "No, sir," promptly replies our sloping friend; "the fact is, we only lather here, sir; they shave four doors below!"

JUDGE L——, of Lafayette, Ind., not only dispenseth justice with even hand, but at times indulgeth in the jocose: During the progress of a certain trial involving the ownership of a calf, it became of importance that the jury, in order to arrive at a just conclusion, should be sent out to view for themselves the chattel in dispute. The plaintiff, who had possession of the animal, lived some two miles from the court-house, and one of the elderly jurymen demurred to the idea of being sent so far. The judge, in his usual round, full voice, replied: "Gentlemen, I anticipated this objection, and had the calf brought to the court-yard. I thought it less trouble to bring in *one* calf than to send out *twelve*."

The jury emerged into the open air, and, in presence of the calf, deliberated.

A NEGRO who is fond of writing his name in very conspicuous places, was told by a German fellow-citizen, that he did not spell it correctly. "'Thomas', not 'Tomes'," said his informant, "is the right way to spell your name." "I understand all 'bout dat," said the darkey, "but you ought to know the 'merican language is very unregular, an' der is more dan one right way to spell a man's name in dis country."

THERE is a man in Glen's Falls, N. Y., who won't believe any stories about the sagacity of dogs. He says that dogs have not common sense. In proof of his assertion, he relates how he poured kerosene on a dog and set it on fire just to have a little fun, and that dog actually run under the barn belonging to him, and lay there and set the barn on fire, though the man whistled to him to come out!

THE Davenport (Iowa) Gazette says: "It is currently reported that Governor Merrill, on a recent visit to the State Penitentiary, commenced a speech to the prisoners by remarking that he 'was glad to see so many there!' This was followed by no applause—on the contrary, by an awkward pause—and then the Governor took back what he said, with what grace he could muster."

AN eccentric minister in a large parish had seventeen couples to marry at once in a grand common service at church. In the course of the weddings he asked one of the men to pledge himself to the wrong woman. The man naturally protested, but was told "Hold your tongue! I will marry you all now and here; you can sort yourselves going home."

AN ingenious wife in Des Moines cured her husband of snoring thus: She has a gutta-percha tube with cup-shaped ends; one she puts over his nose and mouth, and the other over his ear. He consumes his own noise, as a stove does its smoke, and wakes up *instanter*.

A CRAZY man having got into the gallery of the Senate of the United States during a rambling debate, was taken out, the sergeant-at-arms telling him that he was "out of place in that gallery." "That's so," said the lunatic; "I ought to be on the floor with the Senators."

A DOCTOR in a Western State was arrested and tried because his patient died, as all must, some time. The jury showed their knowledge of medicine by acquitting him, because he had given the patient of every medicine he knew any thing about.

A WIFE'S TEXT: "The right man in the right place"—a good husband at home in the evening.

WHY was Eve not afraid of the measles? Because she'd Adam.

Digitized by Google

EDITORIAL DEPARTMENT.



NEW YORK, DECEMBER, 1871.

WATER.

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

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

☞ *Exchanges are at liberty to copy from this magazine by giving due credit to* THE HERALD OF HEALTH AND JOURNAL OF PHYSICAL CULTURE.

TOPICS OF THE MONTH.

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

A GLANCE BACKWARD AND FORWARD.—When a piece of work is completed, we all like to look over it and see how it compares with the ideal that was projected before the work was begun. From this point of view, let us take a look at THE HERALD OF HEALTH, now complete for 1871. In the first place, we have given each reader since January last, leaving out the advertisements, about seven hundred pages; or, if printed in ordinary book type and page, matter enough to make seven or eight dollar-and-a-half books. But the amount of matter is of very little consequence as compared with its quality and real value, so let us look at these points. We pride ourselves not a little in having given, during the year, thirteen, and, since November, 1870, fifteen of the most valuable articles on Temperance that have for many years, if ever, issued from any American press. Being mostly by different writers, the question in all its aspects has been touched upon, and, as we happen to know, to good purpose.

The series of articles by Rev. C. H. Brigham, extending as they have through every number of the year, have been most excellent, and have received from the press the highest praise. On the subject of Longevity there has been so much loose, flimsy teaching that we determined to do something toward correcting it. The prize essay by E. Ray Lankester, B. A., one of the best of the English writers on science, which is completed with this number, has, we hope, done something in this direction. This essay contains the latest thoughts on the subject, and the kernel to some of the most important hygienic hints yet given to the world.

We take a little pride in having secured from Mr. William C. Bryant his remarkable letter published in our May number. That it was an important letter is known from the fact that it has been copied far and wide from our columns, and been read by millions of persons; also, letters from Father Cleveland, William Howitt, Mrs. Horace Mann, and P. T. Barnum, giving their experience on important questions relating to habits of life.

This cursory view gives an idea of a few of the important features of our monthly for the year, leaving out of view a very large list of articles by leading thinkers on Health and other topics, such as "Studies in Hygiene," "Topics of the Month," "How to Treat the Sick," "Answers to Correspondents," Poetry, the admirable papers of Mrs. Birdsall on "Theory *vs.* Practice," three articles by Mrs. Gleason on "The Education of Our Girls," etc. etc.

Our Index printed with this number will show

Digitized by Google

a very large list of topics, to which we refer the reador.

Now let us take a glance ahead, though we have so many good things in store that we can not enumerate all of them. To begin with, we shall print during the coming year a series of Lessons for Children, on the care of their bodies, their stomachs, their hearts, muscles, skin, eyes, ears, etc. They will be simple, practical, and free, and be great helps to parents in giving their children valuable lessons which will save them much pain and suffering and ill health in after life. These lessons will be prepared by the Editor, and be an entirely new feature of Health literature. Let us see if something more can not be done for the little ones by this means.

Rev. C. H. Brigham has sent us a list of topics for articles for the next volume, among which we may name the following: Body and Mind, Money-Getting, Money-Spending, The Farm and Farm Life, The Work-shop, The Study.

In another place will be found a letter headed "An Open Question, Answers Solicited." The opinions of a large number of prominent writers, medical men and women, will be printed in 1872, in answer to this and similar queries.

The January number of THE HERALD will contain a most excellent article on the Care of Children, by Dr. Clemence Lozier, Dean of the New York Medical College for Women.

Still another feature will be the appearance of a discussion of the question of "Hereditary Genius, and an Inquiry into its Laws and Consequences," by Francis Galton, F. R. S. This work is by an eminent English writer, and the facts elicited are of the highest interest to all who value the improvement of the race.

Our "Studies in Hygiene" will be made still more valuable during 1872. All of our readers are invited to furnish questions to be answered in this department. A page or two each month will be devoted to the cultivation of mirth.

We shall resume the publication of our contributions by Rev. Henry Ward Beecher, and hope also to secure a number of papers from Thomas K. Beecher, whose instructive discourse on the great Chicago disaster is found in this number. We shall also continue the feature of letters similar to those by Bryant, Howitt, Barnum, only some of them will be by women, and they will embrace a great variety of topics. These are a few of the good things in store. We may add, that what we have indicated comprises but a small part of what we shall give. We shall try to make this monthly a helper in every family, and especially add to its value to mothers. With the beginning of the year we shall bring new topics up for discussion, and thus avoid what is found in every paper and magazine, monotony. Thus our readers will see we have a grand programme for 1872. We hope to see every one of them with us again early. We can not spare a single name. And we desire that all bring at least one friend, and better if a hundred. Thus all will help to improve the race, and make the world better for having lived in it. No cause is so much in need of laborers as the Health Reform. So long as half the children die before four years old, and few live in health and comfort to old age, so long must we labor with courage. While invalidism stares so many in the face, we can not lay our armor down.

And now, before closing, we wish to say that THE HERALD OF HEALTH will be published for 1872 at the reduced price of $1.25 per annum, or five copies or over at $1.00 each, without premium. Those who wish for premiums will, as heretofore, pay $2.00. The object of this reduction is to double our subscription list. Will not each present subscriber send at least one new name?

With best wishes and a healthy, happy year to come, we now say Good-by!

SPECIAL NOTICE.—Those of our subscribers who wish to secure the volume from the beginning of the year should send in their names promptly, as our list promises to be very large next year, and we can not promise to supply back numbers very long. Subscriptions should be sent at once.

Digitized by Google

AN OPEN QUESTION—ANSWERS SOLICITED.—The following letter was suggested by the statement in the October HERALD OF HEALTH, page 169, from Lankester, to the effect that the chances for a girl to live to old age are always a little better than a boy's, and is by Dr. Susan Everett, a widely known and highly esteemed lecturer on Health, Hygiene, Physiology, etc. As the question is a grave one, and concerns women especially, we leave it open for brief, pointed replies:

LYONS, N. Y., *November* 4, 1871.

DR. HOLBROOK—*Dear Sir:* I have been examining late copies of THE HERALD OF HEALTH. I have never seen better numbers than the last three copies you sent me. Your "Studies in Hygiene" are worth the price of subscription.

Taking it for granted that the inclosed "note" may refer to the people of the United States, as well as England, Sweden, and Germany, it has occurred to me to propose a question, the answer to which might not be out of place in your next issue of THE HERALD:

If "a girl's chance for living is *always* a little better than a boy's," how does it happen that the men of this country outlive from *one to six wives?* I am acquainted with a gentleman, of most promising physical health, who is —or was, three years ago—living with his *fifth* wife. No one of the previous four wives had been "divorced." Each one had died a strictly natural, orthodox death.

In a little town of my acquaintance upon the Ohio River, numbering less than two thousand people, twelve wives in good society died in as many months.

I am acquainted with a Female Seminary in Ohio which numbers one hundred and fifty pupils. A majority of these young ladies have step-mothers. I have met scores of professional men, clergymen, and others, who are living with second and third wife. So much have I found this state of things a rule, that I hesitate to allude to second and third marriages lest an implicated person be within ear-shot.

Only a few days ago, while in Wisconsin, it was my good fortune to listen to one of the most charming voices I ever heard. In my rapture I turned to the mother (as I supposed), whose husband was sitting near us, and said, "from which parent does this lady get her exquisite voice?" A little hesitation was manifested upon the part of my hostess. I felt at once that a forbidden spot had been touched. Subsequently it was elicited that the present *incumbent* was Wife No. 3. The sweet-voiced lady belonged to Wife No. 1, who had long since passed on. This is but a tithe of what might be stated relative to the frequency of second and third wives.

Can you not start a public sentiment that shall render the *using-up* of even *two* wives a questionable proceeding? Wives who are duly cared for and sufficiently cherished are not apt to die prematurely. The present state of things is not less cruel than *inartistic*. The household that can be kept up only by *relays* of fresh wives is very far from a model one.

Yours sincerely,
SUSAN EVERETT."

SIR DUNCAN GIBB, in a paper read before the British Association, on Centenarian Longevity, makes some very interesting statements, derived from a comparison of four examples he had seen himself. Of these four, two were one hundred and three, one one hundred and one, and one one hundred and two years old. Mr. Gibb found these peculiarities in their bodily constitution:

1. The lungs performed their functions perfectly in every case.

2. The blood was well circulated by a strong heart to all parts of the body.

3. The chest was well formed, and of fair size. The cartilages of the ribs were not ossified.

4. The voice was clear, sonorous, and powerful, though tremulous in two cases.

5. The heart was healthy, and free from fatty depcsits.

6. The eyes were good, and the sight excellent in every case, and no sense except hearing was impaired.

7. None smoked, chewed, or snuffed tobacco.

Digitized by Google

8. The mind was active, and the memory good.

9. The digestion in each case was excellent, and the teeth sound.

10. In each case the mind had been throughout life composed and free from care and distress.

The lesson drawn from these cases is this, that if people wish to live in health a hundred years they must have sound bodies, and take care of them. In other words, the body must receive that intelligent attention it deserves, and people must read and study the laws of hygiene in order to obey them.

GETTING RESTED EVERY DAY—METHODS OF GETTING SLEEP.—Every person who would live well should get so thoroughly rested once every twenty-four hours as to feel bright, fresh, active, and strong. Many do not do this, but go on feeling tired, over-worked, ill-at-ease, sick, never being rested from morning till night. No course could be worse. If a man wishes to last a reasonable number of years on this globe, and live in peace and comfort, he should get rested every day of his life. Many resort to stimulants, when they had better go to bed and to sleep. Sleep does not always come easily. The brain sometimes loses the power to stop thinking when the proper hour arrives for sleep, but keeps on, like the heart, acting involuntarily. How can such people get sleep is one of the most important questions they can consider. Shall they resort to chloral hydrate, morphine, tobacco, or as some do, ale, beer, or other alcoholic drinks? We advise no person to take poisonous drugs on his own account, but there are agencies of great value, better for common daily use than all the drugs in the world, which every person can learn to use without harm to himself, providing he is reasonably intelligent. One of the agencies is water. A tepid sitz bath taken just before going to bed, of such a temperature as shall be agreeable, is a beautiful sedative for very many persons, preparing them for sleep that is sound and refreshing. It may be used for ten or fifteen minutes, or even longer if agreeable. It should be taken in a warm room, and such portions of the body as are not in the water well covered with a blanket.

Still another remedy, and often more convenient, is a mild current of electricity, continuing from five to thirty minutes. The positive pole may be held in one hand, or, by means of a sponge placed over the stomach and abdomen, and moved about from point to point, while the negative pole may be placed at the feet. This is one of the best methods of producing a condition favorable to sleep that is known, and after a little study can be adopted by almost any one. Every house should have an electrical apparatus, for electricity carefully and wisely used has great value for many purposes.

Still another agent, not yet very well understood, and one not to be advised except it can be given by those who know its use, is magnetism, by means of passes over the head or simply holding the hands of the person to be influenced. In a future number we may say more on this point.

Still another agent, is a very short shower-bath, or a hot foot-bath, or holding the hands, if hot, in cold water; or if the hands are cool, holding them in hot water; or putting a cold wet compress over the abdomen.

The two best remedies, however, are the sitz bath at bed-time and the use of electricity. Whatever is done should be done with judgment and care.

TEN LAWS OF LIFE.—1. Temperance in all things, whether physical, mental, moral, affectional, or religious.

2. Justice to all creatures that be—justice being the exercise of precisely the same rules of life, conduct, thought, or speech that we would desire to receive from others.

3. Gentleness in speech and act—never needlessly wounding the feelings of others by harsh words or deeds; never hurting or destroying aught that breathes, save for the purposes of sustenance or self-defense.

4. Truth in every word or thought spoken or

Digitized by Google

acted; but reservation of harsh or unpleasing truths, where they would needlessly wound the feelings of others.

5. Charity—charity in thought, striving to excuse the failings of others; charity in speech, veiling the failings of others; charity in deeds, wherever, whenever, and to whomsoever the opportunity offers.

6. Almsgiving—visiting the sick and comforting the afflicted in every shape that our means admit of and the necessities of our fellow creatures demand.

7. Self-sacrifice, wherever the interests of others are to be benefited by our endurance.

8. Temperate yet firm defense of our views of right, and protest against wrong, whether for ourselves or others.

9. Industry in following any calling we may be engaged in, or in devoting some portion of our time, when otherwise not obliged to do so, to the service and benefit of others.

10. Love—above and beyond all, seeking to cultivate in our own families, kindred, friends, and among all mankind generally, the spirit of that true and tender love which can think, speak, and act no wrong to any creature living; remembering always that where love is, all the other principles of right are fulfilled beneath it, influenced and embodied in its monitions.

OXYGEN TREATMENT.—The advent of the Water-Cure, invented by Priessnitz, a peasant resident of a Sicilian village forty years ago, was but the precursor of a multitude of good things—mainly Hygienic—for the sick. Indeed, the desire on the part of the people to be cured of their diseases without being poisoned, has resulted in so many improvements in medicine that when all of these methods are put together into one system, it makes a very respectable show. We have, for instance, the Water-Cure, the Movement-Cure, the Lifting-Cure, Treatment by Electricity, Animal Magnetism, Compressed Baths, Turkish Baths, the Grape-Cure, Light Gymnastics, and so on without number; all methods of great value when properly used. And now more recently comes the Compound Oxygen Treatment, introduced into Philadelphia by Dr. Hartly, and into New York by Dr. Mitchell. It consists in taking into the lungs daily from three to six or eight inhalations of not pure oxygen, but a mixture of oxygen and nitrogen, in which the former exists in much greater quantities than in common air. It seems to be, strictly speaking, a Hygienic agency, like the others named. In civilized life few of us take sufficient oxygen into the lungs, as the savage does in his out-of-door life, and so we may under certain circumstances make up this deficiency as we make up a deficiency of exercise by some form of gymnastics, movements, or lifting, or as we increase the action of the skin by friction or the Turkish Bath. We shall have occasion to speak further on this topic at some other time.

IS THE CLIMATE OF MINNESOTA AS BENEFICIAL AS FORMERLY?—The New York Tribune has published a letter stating that the climate of Minnesota is changing, and not so beneficial to invalids as formerly, but meteorological observations do not show it. No doubt a larger number of worse invalids go there than once did, and fail to get well, but they would not have got well if they had gone there twenty years ago. Minnesota has changed in other respects more than in climate. There is more civilization there, more closely built houses, more air-tight stoves, more indigestible food, more whisky and tobacco, more doctors with their drugs, perhaps, and invalids stay in the house more, but there is no more moisture in the air, no more heat or cold, no more miasma, no more unhealthful climate. Much of the benefit an invalid receives often comes in getting away from civilization where he can rough it, and live simply. If the people of Minnesota wish to maintain the former supremacy of their climate, let them give invalids who go there a chance to live as formerly, and they will not hear any more unfavorable reports regarding the changes in their climate.

Digitized by Google

ANSWERS TO CORRESPONDENTS.

BY A. L. WOOD, M. D.

Exercise — How Much, When and How.—Physical exercise is as much a necessity of our being as eating, or breathing, or sleeping. True, we can live without it longer, but we can not live healthfully. No function of the body can be properly performed without it. Respiration, circulation, digestion, absorption, secretion, excretion, one and all are slowly and imperfectly performed without the rousing, stimulating, and vitalizing effects of exercise. He who does not take exercise knows not the pleasures of health, of good appetite, good digestion, free and full respiration, refreshing sleep.

The amount of daily exercise necessary for health depends upon the kind of exercise, and varies considerably with different persons and with the same person at different times. A safe rule to go by is to exercise until slightly fatigued. It should not be continued so long that an half hour of perfect rest will not entirely remove all feeling of fatigue.

Special exercise for retaining or regaining health should not, as a general rule, be taken less than two or three hours after a meal, except it may be some slight exercise, as moderate walking, riding, etc. A person should always be thoroughly rested after exercise before eating. Perhaps the very best time of day for taking exercise is from 10 to 12 o'clock in the forenoon, although the time may be varied to suit the person's convenience—always observing the above rules.

The kind of exercise best to be taken in any given case depends upon the person's conditions of health, strength, and occupation. Persons in good health, who are not overtaxed mentally or physically, will be benefited by almost any form of exercise, as walking, rowing, swimming, skating, lifting—if very carefully and systematically performed, if not, it is almost certain to prove injurious—dancing, gymnastics, etc. Persons suffering from any form of chronic disease, business and professional men, and others, engaged in any sedentary or other occupation, in which one portion of the body receives more exercise than it needs while others get little or none—these persons require some form of exercise which shall bring into action the unused portion of the body, equalize the circulation, soothe and rest the nervous system, without exertion or fatigue of body or brain, as the brain and nervous system have already done more than they ought and need rest. Active exercise in these cases, while it often apparently and really benefits, does so at the expense of vitality, which we Americans of the present day can ill afford to waste. Passive exercise, or that in which the person is acted upon by other persons, or by machinery, without effort of will or muscle on his part, is what these cases require. Rubbing, kneading, manipulations of various kinds, shampooing, vibrations, etc., are the most important forms of passive exercise. They are best given by machinery specially adapted for the purpose, as they can be applied so much easier, quicker, and more thoroughly, systematically, and perfectly than by hand, while some of the most important movements given by machinery can not be given without it. Those who have never tried it can have no idea of its soothing and resting effects upon tired brain and muscle. One of the most useful features of the Turkish bath, and the one upon which its pleasurable and resting qualities mainly depend, is the shampooing, which is simply one form of passive exercise. Horses are always "rubbed down" after long or fast driving. Why should not men be treated as well, after great exertion of body or brain? How long, think you, Bonner, Grant, or any other owner of first-class trotting or racing horses would intrust them in the care of a man who did not spend at least an hour a day in rubbing and manipulating them? These men know the importance of this passive exercise for their horses, but they never think of having it applied to themselves. Are not men and women of as much consequence as horses? If this treatment will improve the appearance, speed, health, and strength of horses, why will it not do the same for men? IT WILL. Prize-fighters, and others in training for any great feat of physical exertion, are treated in the same way, and with the same results. Why should not the great benefits of these passive exercises be made available for higher and nobler purposes? Why should not the artist, the author, the banker, the business man, the clergyman, the doctor, the lawyer, the legislator, the manufacturer, the student, the teacher receive the benefits of this treatment as well as our horses and prize-fight-

Digitized by Google

ers? If this practice should, as it ought, be generally adopted, we should have more beautiful pictures, better books and papers, more successful business men, more eloquent clergymen, orators, and lawyers, a higher education, better morals, less sickness and suffering, and more perfect and beautiful men and women.

"But," every one will exclaim, "this is not practicable! It would require too much time and expense!" By the use of newly invented machinery it is now rendered eminently practicable, requiring but little time, and small expense, compared with the benefits to be derived.

Dyspepsia and the Vibratory Exerciser.—"What are the special effects of your 'Vibratory Exerciser' machine in a case of dyspepsia, complicated with torpidity of the liver, constipation of the bowels, and cold extremities? Will it cure dyspepsia?"

Dyspepsia exists in almost numberless forms and variations. Some of the most prominent conditions usually attending feebleness and want of action in the stomach are torpidity of the liver, constipation of the bowels and an unbalanced circulation of the blood, giving rise to cold extremities and more or less congestion of the head or some of the internal organs.

In such cases the Vibratory Exerciser applied to the feet, legs, hands, and arms, calls the excess of blood away from the congested parts to the extremities, thus relieving the congestion and at the same time warming the extremities and equalizing the circulation.

Applied directly to the stomach, it quickens the circulation of the blood through the capillaries of that organ, tones up and strengthens its muscular and other tissues, increases the flow of the gastric fluid, and supplies motion to the stomach and its contents, some form of which is absolutely necessary to good digestion. If an hour or more after eating, a dyspeptic's stomach feels full, heavy, and uncomfortable, a few minutes' application of the Exerciser relieves the temporary obstruction in the capillaries, increases the gastric flow, imparts the necessary motion to the stomach and its contents, hastens digestion, and relieves the unpleasant sensations.

Applied to the liver, it produces rapid vibrations of its substance, accelerating the torpid circulation and increasing the secretion of the bile, thus purifying the blood, aiding the intestinal digestion of the food, and favoring the normal action of the bowels.

Applied to the bowels, it quickens the circulation, as it does wherever applied, promotes their natural secretions, tones up and excites contraction of their muscular tissues, and directly aids them in action by mechanically pushing forward their contents.

The operations with the Exerciser also aid digestion indirectly by causing more rapid changes in the tissues of the body, thus creating a demand for more nutriment and increasing the appetite at the same time that it increases the power of digesting food.

The proper use of the Vibratory Exerciser in connection with a suitably regulated diet will cure any curable case of dyspepsia, and will improve incurable cases more than any other mode of treatment.

Best Spring-Bed.—"Can you tell me which is the best spring-bed in market? There are so many kinds, one hardly knows which to select. Have you ever tested the Woven Wire Mattress, and if so, how do you like it?"

We have tried nearly every kind of spring-bed in our institution. During the past four months I have slept upon the Woven Wire Mattress, and am thoroughly satisfied it is the most perfect spring-bed in use. It is guaranteed to last five years without repairs, and I can see no reason why it will not last twenty-five as well. One great advantage which it possesses over all others is that it requires but a slight covering over it, only enough for warmth. In warm weather a mattress is not required, a blanket or two being all that is necessary. This prevents the overheating of the under portion of the body, as always occurs when a mattress is used in warm weather. Its superiority in this respect should be sufficient to commend it to all who prize their health and comfort.

Want of Breath.—"After I have been sitting sewing for some time I am troubled with a feeling as though a weight rested on my chest, and it is impossible to take a deep inspiration. When I can take a long breath, it 'reaches the spot,' and is a relief, or would be, if I did not want to repeat it immediately. The cause of this, if you please?"

You do not breathe enough. The blood collects in the lungs waiting to be purified, causing the feeling of weight. If, while feeling thus, you will get up and swing your arms vigorously and breathe deeply for a few moments the blood will become aerated, and the feeling of heaviness will pass away. Sit still less, sew less, exercise more in the open air, and breathe more, and the weight will be lifted.

Digitized by Google

THE PUBLISHERS' DEPARTMENT.

Examples for the Ladies.—Miss Adelaide Perry, Bloomington, Ill., says: We have had our Wheeler & Wilson Machine in use eleven years without repairs, and it runs as well as the day it was bought. Last year I earned with it $485.85, besides doing the sewing for a family of eight persons and considerable other work.

Mrs. D. G. Eagerton, Madison, Ohio, has used her Wheeler & Wilson Machine five years; sometimes in competition with all kinds of "woman-killing" machines; would not look at $5000 for it if she could not get another like it.

Mrs. Carrie S. Slater, Newark, N. J., has operated a Wheeler & Wilson Machine eighteen years; for the last thirteen years on her own account sewing in families, and earned in that time $11,000; married, borne two children, done her own sewing, and attended to other household duties.

Anna G. P. Inskeep, of Urbana, Ohio, says she and her two sisters have earned their entire livelihood for seven years with a Wheeler & Wilson Machine without any repair, although it has often been loaned to friends and played with by many children.

Talks to My Patients.—Mrs. Gleason's book, advertised and noticed elsewhere, is meeting with a good sale. We can supply it to subscribers and agents in any quantity. A good many ladies are selling it with success. We should like to have in every town a good Lady Agent. For particulars of agency, write to the Publishers.

Books C. O. D.—Parties who order books will find it cheaper to send the money with the order, than to order C. O. D., as in this case the cost of collection will be added to the bill. This is considerable, when the money has to be returned from a distant point. Those who order C. O. D., should send one-fourth the value of the order in advance to insure prompt attention.

A Good Sewing Machine is given free for a club of 30 subscribers and $60. This premium is very popular. If there is a poor, deserving family in your neighborhood help it to get a good sewing machine by subscribing at once. Perhaps your minister's wife wants one. If so, help her to get it, by helping her to get up a club. The Empire is one of the best sewing machines in use, and we are sure that it will give you good satisfaction.

Job Printing.—We are prepared to execute in neat, substantial styles, various kinds of Job Printing: such as Pamphlets, Circulars, Envelopes, Billheads, Letter-heads, Cards, Labels, Small Handbills, etc., at the same rates as in all first-class New York printing establishments. Stereotype work done to order.

☞ Our friends in the country who wish neat and accurate printing, can rely on first-class work, by sending plainly written and well-prepared manuscripts. For terms, send sample or copy of work, state quality of printing material to be used, and the number of copies wanted, inclosing stamp for reply.

CLUBBING

WITH OTHER MAGAZINES.

We will send *THE HERALD OF HEALTH* and any one of the following Journals one year for the sum below mentioned. The order and money for both must be sent at the same time. Those clubbing with other magazines will be entitled to the Premium for Single Subscribers, the same as if the names came singly, when the extra postage is sent.

THE HERALD OF HEALTH, $2 00, and		
Atlantic Monthly	$4 00 for	$5 00
Harpers' Monthly	4 00 for	5 00
Harpers' Bazar	4 00 for	5 00
Harpers' Weekly	4 00 for	5 00
Phrenological Journal	3 00 for	4 00
Our Young Folks	2 00 for	3 50
New York Tribune	2 00 for	3 35
American Agriculturist	1 50 for	3 00
Wood's Household Magazine	1 00 for	2 50

Cash Clubbing Rates.

1 Subscriber	$ 2 00
4 Subscribers	7 00
10 Subscribers	15 00
25 Subscribers	25 00

Single Numbers, 20 *cents*.

Address WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

Advertisements.

☞ Advertisements of an appropriate character will be inserted at the following rates: Short advertisements, 25 cents per line; thirteen lines, for three or more insertions without change, 20 per cent. discount; one-half column, $12; one column, $22; one page, $40. All advertisements must be received at this office by the 5th of the month preceding that on which they are to appear.

The Vibratory Exerciser,

an Apparatus for applying the Movement-Cure Treatment in chronic diseases. For Physicians, Institutions and Family use. For illustration, description, terms, etc., send stamp for "The Exerciser." Address A. L. WOOD, M. D., 15 Laight Street, N. Y. d-tf

M. Augusta Fairchild, M. D.,

104 EIGHTH STREET,
QUINCY, ILL.

d-tf Circulars sent on application.

Digitized by Google

Are You Going to New York?

If so, and you wish to stop where you can *FEEL AT HOME*, and get *GOOD FOOD HEALTHFULLY PREPARED*, and *PLENTY OF IT*,

Go to the Hygienic Institute,

Nos. 13 & 15 *Laight Street.*

Horse Cars pass near the door to all parts of the city making it a very convenient stopping place for persons visiting New York, either upon business or pleasure. Open at all hours, day and night. Board by the day or week, at reasonable rates. Rooms can be secured in advance by writing. Address

WOOD & HOLBROOK, Proprietors,
Nos. 13 & 15 Laight Street, New York.



BEAUTIFY YOUR HOMES.

New Books. New Papers. New Flowers.

☞ Send 50c. for EVERY WOMAN HER OWN FLOWER GARDENER, a charming New Book by DAISY EYEBRIGHT, on Flowers and Out-door Gardening for Ladies.

☞ Send 10c. for specimen copies of THE LADIES' FLORAL CABINET, a beautiful new Home Paper, devoted to Flowers, gardening for Ladies and Pictorial Home Reading. Only 75c. a year. Every subscriber gets a package of flower seeds of the Diadem Pink. Get up a club. 10 copies only 60c. each.

☞ SEND 30c. FOR A TRIAL TRIP, 3 MONTHS with THE HORTICULTURIST, a handsomely illustrated magazine devoted to flowers, Home Gardening, Fruits, Cottages, and Rural Embellishments. Price reduced to $2 per annum, $1 for 6 months. Clubs of five, 1 year, $1.50 each, Clubs of ten, $1 each.

☞ Send 50c. for a box of the LADIES' CABINET INITIAL NOTE PAPER, a Superb Novelty, rose-tinted and perfumed. Your own initial. A packet of flower seeds free.

☞ WINDOW GARDENING, exquisitely illustrated; best book yet issued on the culture of flowers, plants or bulbs, for in-doors, ready Dec. 15. Price $1.50.

☞ FOREST TREES, a new Book by ARTHUR BRYANT, Sr., devoted to Tree Culture for Shelter, Ornament, and Profit Finely illustrated. Price $1.50.

☞ THE DIADEM PINK. Finest flower novelty introduced in years. Price per packet of seeds 25c. Send for list of 25 other Floral Novelties.

☞ Agents wanted to canvass for these books and papers everywhere.

☞ 100 PAPERS AT CLUB RATES. Send for List.

☞ All the above books and papers for sale at every News Stand in the Country.

☞ Illustrated Catalogues of all Rural Books published in the United States—also Prospectus and Premium List. All sent free on receipt of 5c. stamp.

Address HENRY T. WILLIAMS, Publisher,
d-2tX 5 Beekman Street, New York.

Dr. Hayes' Hillside Cottage,

AT WATKINS, N. Y.,

Was opened for Invalids in July last. We can receive only a limited number, and to those we can give all the more personal attention. Apply in advance, stating the case, to P. H. HAYES, M. D., Watkins, N. Y. n-tf

A GREAT OFFER!

Only $3 for $11 in Value.

OR, FOR $4, $18 IN VALUE!!

Or, for $5, $26 in Value!!!

The Beautiful and Artistic Chromo,

"ISN'T SHE PRETTY!"

Highly Finished, Mounted and Varnished.

Size, 13x17 (after M. Lillie Spencer), retail price $8, will be sent by mail, securely done up, post free, as a premium to every $3 yearly subscriber to

DEMOREST'S MONTHLY,

Acknowledged the most beautiful and useful Parlor Magazine in America. "ISN'T SHE PRETTY!" is a beautiful Chromo, a splendid Parlor Picture, and a valuable work of art. *Worth more than double the cost of subscription*, and together with DEMOREST'S MONTHLY, affords an opportunity for the investment of $3 such as may never occur again; or, in place of "Isn't She Pretty!" for $1 additional,

Hiawatha's Wooing,

(after Jerome Thompson), size 15x25, price, $15.00, will be sent post-free; or both Chromos and DEMOREST'S MONTHLY, for one year, for $5. HIAWATHA'S WOOING is an equally splendid work of art, a large and beautiful Chromo, and

Worth Four Times the Price charged.

Husbands, Fathers, Brothers, and Lovers, do not fail to subscribe for DEMOREST'S MAGAZINE, and present it with a beautiful Chromo. It will make eyes sparkle with delight and satisfaction, and prove a monthly reminder of your good taste and kind feeling. The Magazine sold, or subscriptions received, at all Mme. DEMOREST'S BRANCHES, where specimens of the Chromos may be seen, or address

W. JENNINGS DEMOREST,
838 Broadway, New York.

Copies of the latest numbers of the Magazine 25 cents each, post free. d-2tX

THE WONDERFUL

WOVEN WIRE MATTRESS.

For sale by the Furniture Trade throughout United States, and by

J. H. WILCOX & CO.,

59 Fourth Avenue,

NEW YORK AND CITY DEALER.

SEE NOTICE IN EDITORIAL DEPARTMENT.

ASK FOR THE WIRE MATTRESS AND TAKE NO OTHER.
d-1t

GRAHAM GEMS.

Made of milk and Graham Flour only. For sale at L. T. J. ANGER'S BAKERY, No. 11 Bleecker Street, New York. n-3t*

Digitized by Google

Clubs are Trumps.

The Tenth Volume of Wood's Household Magazine begins with Jan. '72. Its regular contributors include Horace Greeley, Gail Hamilton, Thomas K. Beecher, Dr. Dio Lewis, Theodore Tilton, Dr. W. W. Hall, James Parton, etc. Harriet Beecher Stowe, Brick Pomeroy, John G. Saxe, Petroleum V. Nasby, etc., write for it occasionally.

A Letter from Mrs. Henry Ward Beecher.

While overhauling our papers, after the recent removal to our new quarters, we came across the following letter, which so appropriately expresses the general sentiments of those who read our Magazine, that we have concluded to publish it:

BROOKLYN, *February* 11, 1871.

S. S. WOOD:

DEAR SIR—In '69, while I was editing "The Mother at Home," I was much interested in a few copies of your "Household Magazine," which found their way into my house, whether to me or my husband, I do not know, nor does it matter. I was so much pleased that I wrote asking for an exchange, but receiving no answer, I let the matter drop. I write now, inclosing two dollars, with the request that if you can furnish me the whole set of 1870, you will do so, and also put me down as a subscriber for 1871. If you have not a set of 1870, please, for the extra dollar, put my daughter down for 1871, directing to Rev. Mrs. Samuel Scoville, Norwich, Chenango County, N. Y.

I think one copy comes to the office of the "Christian Union," edited by my husband, but I prefer to have one copy sent to the house for my own use.

Direct last year's numbers, if you have them, and this year's edition, if you please, to Mrs. Henry Ward Beecher, 125 Columbia Street, Brooklyn, N. Y., and oblige yours respectfully, MRS. HENRY WARD BEECHER.

Our Clubbing Terms.

THREE FIRST-CLASS PERIODICALS FOR THE PRICE OF ONE OF THEM.

We will cause WOOD'S HOUSEHOLD MAGAZINE (price $1), Demorest's Monthly ($3), and either the American Agriculturist, ($1.50,) or Merry's Museum ($1.50), or the Herald of Health ($2), to be sent one year on receipt of $3. That is, $3 pays for our Magazine and Demorest, and the Agriculturist. Should either Merry's Museum, or the Herald of Health be preferred to the Agriculturist, it may be substituted for it.

Or, Wood's Magazine, and the Phrenological Journal (price $3), *new subscribers only*, and either the Agriculturist, Merry's Museum, or the Herald of Health for $3, which is but the price of the Journal.

WOOD'S MAGAZINE SENT FREE, WITH EITHER OF THE OPPOSITE PERIODICALS, AT THEIR REGULAR SUBSCRIPTION PRICE.

	Price.
AMERICAN AGRICULTURIST	$1 50
HEARTH AND HOME	3 00
CHRISTIAN UNION	3 00
POMEROY'S DEMOCRAT	2 50
NEW YORK WEEKLY TRIBUNE	2 00
NEW YORK SEMI-WEEKLY TRIBUNE	4 00
NEW YORK WEEKLY WORLD	2 00
TOLEDO BLADE	2 00
MERRY'S MUSEUM	1 50
SCRIBNER'S MONTHLY	4 00
HARPER'S "	4 00
" WEEKLY	4 00
" BAZAR	4 00
ATLANTIC MONTHLY	4 00
APPLETON'S JOURNAL	4 00
SCIENTIFIC AMERICAN	3 00
PETER'S MUSICAL MONTHLY	3 00

WOOD'S HOUSEHOLD MAGAZINE

Partial List of Premiums

FOR 1871-'72.

We will furnish any one or more of the following premiums for the number of subscribers set opposite the price.

Miscellaneous.

		Price.	No. Sub.
1	Davis' Sewing Machine	$ 60	60
2	Buckeye Mower	100	100
3	Smith's American Organs	125	125
4	Bradbury's Piano	500	500
5	Coin Silver Elgin Watch	30	35
6	Lady Elgin Gold Watch	85	100
7	Bickford's Knitting Machine	25	25
8	American Submerged Pump	15	15
9	Blanchard's Churn	8	12
10	Universal Clothes Wringer	9	14
11	Doty's Improved Washer	15	20
12	Family Scales (Fairbanks's)	14	20
13	Double Barrel Gun	30	45
14	Wood's Pocket Magnifier	1 50	2
15	Compound Microscope	9	13
16	Opera Glass	9	12
17	Aneroid Barometer	14	20
18	Lady's Pen Knife (N. Y., Knife Co.)	2	4
19	Gent's Pocket Knife " "	2	4
20	Lady's Gold Pen, Silv. Case (Hawkes')	2 25	6
21	Gent's " " " "	3 25	4
22	Gold Pen with Ebony Holder "	4	7

Publications.

25	Webster's Unabridged Dictionary	$12	20
26	" National Pictorial	6	10
27	32mo. Bible, Morocco, Gilt, Clasp	3	6
28	Photograph Family Bible	15	30
29	50 Portrait Album	4	8
30	Waverly Novels	6 25	12
31	Dicken's Works	5 35	12
57	Easter Morning	3	8
58	"Our Hope" and "Our Joy"	4	8

Silver-Plated Ware.

60	Tea Set, six pieces (Lucius Hart)	$50	75
61	Cake Basket "	14	20
62	Revolving Butter Cooler "	10	15
63	Castors and Fruit Basket "	35	45
64	Half-dozen Napkin Rings "	6	8
65	Child's Cup	3 25	6
67	One Doz. Tea Spoons (Merid. Co.)	7 25	10
68	" Table Spoons "	15	21
69	" Forks "	14 75	20
70	" Knives, Iv. Hand. "	18 75	25
71	" Solid Steel Plated "	16	21
72	One Set Knives & Forks, Rubber hand's	5 75	8
73	" " " Rosewood hand's	3 25	5
74	Carving Knife, Fork and Steel	6 25	9

Premiums No. 14, 18, 19, 20, 21, 23, 27, 29, 57, and 58 will be mailed free of postage on receipt of the cash. Address, S. S. WOOD, Newburgh, N. Y., WHO WILL MAIL THREE NUMBERS OF THE MAGAZINE FREE. d-1tX

Digitized by Google

THE

FLORENCE

Sewing Machine

Will sew every thing needed in a family from the heaviest to the lightest fabric.

IT DOES MORE WORK,
MORE KINDS OF WORK,
AND BETTER WORK,
Than any other Machine.

FLORENCE SEWING MACHINE CO.
Florence, Mass.

COLGATE & CO.'S

CASHMERE BOUQUET SOAP has a novel but very delightful perfume, and is in every respect superior for TOILET USE.

Sold by dealers in Perfumery and Toilet Articles.

A HANDSOME FULL GILT PHOTOGRAPH ALBUM, holding 20 full-size pictures, mailed postpaid for 25c.; 5 for $1; $2.25 per dozen. Circulars free. Address C. S. RILEY, Holland, N. Y.

RIFLES, SHOT-GUNS, REVOLVERS, GUN MATERIAL. Write for Price List, to GREAT WESTERN GUN WORKS, Pittsburgh, Pa. Army Guns, Revolvers, etc., bought or traded for. *Agents wanted.*



PRATT'S ASTRAL OIL.

The **SAFEST** and **BEST ILLUMINATING OIL** ever made. Used in over **150,000 Families.** From Millions of Gallons sold no Accidents have ever occurred. **Not Cheapest, but SAFEST AND BEST."**

Oil House of Chas. Pratt. Established 1770.

108 FULTON STREET, N. Y.

ESTB. 1809.

ENOCH MORGAN'S SONS'



SAPOLIO.

Cleans windows, scours knives and table ware, removes stains and rust, and is the very best thing ever used for general house cleaning. For sale by all good Grocery and Drug Stores. *Wholesale*, 211 Washington Street, N. Y.

CARPETINGS.

THE BEST

NEW PATTERNS.

R. L. KNIGHT & SON,
1222 Chestnut Street,
PHILADELPHIA.

Brainard's Musical World.

A monthly magazine. Each number contains 24 pages of beautiful new music and original reading matter. Over $20 worth of music given in each volume. Elegant premiums for clubs. Only $1 per year. Specimen copies, containing a large amount of new music, List of Premiums and full particulars sent to any address on receipt of ten cents. Address
S. BRAINARD'S SONS, Publishers,
Cleveland, Ohio.

☞ Catalogues of Music sent free.

THE CHILDREN'S HOUR

EDITED BY T. S. ARTHUR.

For 1872 "THE HOUR" will be as exquisitely illustrated and as beautifully printed as heretofore.

WHAT THE PRESS SAYS.

The best of them all.—*Times, Dayton, Ohio.*
The very choicest of its class.—*Mirror, Portland, Me.*
Enough to drive a sixyear-old crazy with its many delights.—*Chronicle, Manayunk, Pa.*
As bright as the stars.—*Courier, Newark, N. J.*
The best for children in the world.—*S. School Times.*
A most welcome visitor to my family.—*J. B. Gough.*

TERMS.—$1.25 a year in advance. 5 copies for $5. 10 copies, and one to getter-up of the club, $10.

☞ *Specimen numbers 10 cents.*

PREMIUMS.—Every one sending a club will receive as a premium a copy of our new and beautiful Chromo, "THE CHURCH MOUSE."

Children's Hour and Arthur's Home Magazine one year for $2.50, Ch. Hour and Godey's Lady's Book, $3.50.

Address T. S. ARTHUR & SONS,
809 & 811 Chestnut Street, Phila.

PATENTS

Solicited by Munn & Co., Publishers Scientific American, 37 Park Row, N. Y.

Twenty-five years experience.

Pamphlets containing Patent Laws, with full directions how to obtain Patents, free.

A bound volume of 118 pages, containing the NEW CENSUS by counties and all large cities, 140 Engravings of Mechanical Movements, Patent Laws and rules for obtaining Patents, mailed on receipt of 25 cents.

MAGIC LANTERNS,

Stereopticons and Dissolving-view Apparatus,

For the Parlor, Private Entertainments, or Public Exhibitions, and over 15,000 VIEWS for the same. Illustrated Catalogue sent on application. W. MITCHELL McALLISTER, 728 Chestnut Street, Philadelphia, Pa.



The First Edition of TWO HUNDRED THOUSAND copies just published. It is elegantly printed on fine tinted paper, in TWO COLORS, and illustrated with over THREE HUNDRED ENGRAVINGS of Flowers and Vegetables, and

TWO COLORED PLATES

The most beautiful and instructive CATALOGUE AND FLORAL GUIDE in the world: 112 pages, giving thorough directions for the culture of Flowers and Vegetables, ornamenting grounds, making walks, etc.

A Christmas Present for my customers, but forwarded to any who apply by mail, for TEN CENTS, only one-quarter the cost.

Address JAMES VICK,
Rochester, N. Y.

Digitized by Google

A Valuable Home Book for Women.

TALKS TO MY PATIENTS;

Hints on Getting Well and Keeping Well.

BY MRS. R. B. GLEASON, M. D.

TABLE OF CONTENTS:

Growing Girls; Menstruation; Amenorrhea; Menorrhagia; Dysmenorrhea; Prolapsus Uteri; Leucorrhea; Pregnancy; Approaching Confinement; Delivery; After Delivery; Care of the Breasts; After Confinement; Bathing of Babies; Dress of Infants; Nursing; Weaning; Feeding of Infants; Infantine Diseases; Diseases of Children; Children's Dress; Confidential to Mothers; Intentional Abortion; Accidental Abortion; Sterility; Nervous Derangements; Sleep; Indigestion; Constipation; Menopause, or Change of Life.

What the People and Press say about Mrs. Dr. Gleason's Book.

From P. H. HAYES, M. D., *of Watkins, N. Y.*

Its chiefest charm for me is that the writer so well understands the so frequent connection of a troubled spirit with broken health, and that from the fountain of her own warm Christian heart, and from her experience as physician, wife, and mother, she knows so well how to "minister to a mind diseased."

From Mrs. SARAH R. A. DOLLEY, M. D., *Rochester, N. Y.*

No mother will read it who will not thereafter be better prepared to lovingly and understandingly guard and care for the physical and moral well-being of her children. I have set it circulating among my patients.

From Mrs. DR. WINSLOW, *Washington, D. C.*

It does me good, and it will do every one good for whom it was written. What a happy thought it was for the author to diffuse herself in such a quiet, modest way over the hearts and lives of those she had previously blessed!

From Mrs. STANLEY, *of the Female College, Elmira, N. Y.*

I believe it to be the book above al others to put into the hands of young mothers and maidens, to help and to guide them in regard to those topics and functions peculiar to woman.

From Rev. JOSEPH SMITH, *Grand Rapids, Mich.*

She has written, in Christian love, on a theme which is really sacred, but is made so much a medium of quackery.

From Mrs. DR. SALES, *Elmira, N. Y.*

I would rather have written that book than been queen of the greatest empire on this small globe of ours!

There is not a sentence in it that can be perverted, or misused, so as to do any harm. We wish the book could be read in every household in our country.—*Liberal Christian, N. Y.*

This book treats in a thorough, yet delicate manner of all the troubles, cares, and diseases of women. We do not hesitate to say it is the best book of its class we have yet seen.—*Godey's Lady Book.*

We wish the chapter, "Confidential to Mothers," might be published as a tract and sent to every mother in the land.—*Harper's Magazine.*

No nonsense in it.—*San Francisco Alta Californian.*

A book we can safely recommend.—*Arthur's Magazine.*

Price, by mail, $1.50.

Lady Agents Wanted.

☞ Lady Agents of good moral character can sell hundreds of copies of this work. For further particulars address WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

Parturition Without Pain;

OR,

A Code of Directions for Avoiding most of the Pains and Dangers of Child-bearing.

EDITED BY M. L. HOLBROOK, M. D.,
Editor of THE HERALD OF HEALTH.

The Second Edition contains, in addition, a practical Essay on the "Care of Children," by Mrs. Clemence S. Lozier, M. D., Dean of the N. Y. Medical College for Women.

CONTENTS:

1. HEALTHFULNESS OF CHILD-BEARING.
2. DANGERS OF PREVENTIONS.
3. MEDICAL OPINIONS AS TO ESCAPING PAIN.
4. PREPARATION FOR MATERNITY.
5. EXERCISE DURING PREGNANCY.
6. THE SITZ BATH AND BATHING GENERALLY.
7. WHAT FOOD TO EAT AND WHAT TO AVOID.
8. THE MIND DURING PREGNANCY.
9. THE AILMENTS OF PREGNANCY AND THEIR REMEDIES.
10. FEMALE PHYSICIANS, ANÆSTHETICS.

To which are added:

1. The Husband's Duty to his Wife. 2 Best Age for Bearing Children. 3. Shall Sickly People become Parents. 4. Small Families. 5. Importance of Physiological Adaptation of Husband and Wife. 6. Celibacy. 7. Effects of Tobacco on Offspring. 8. Latest Discoveries as to the Determining the Sex of Offspring. 9. Father's vs. Mother's Influence on the Child. 10. Shall Pregnant Women Work. 11. Effects of Intellectual Activity on Number of Offspring 12. Important Testimony.

What is Said about Parturition without Pain.

Mrs. Susan Everett, M. D., a most successful lecturer on Health Topics to women says: "My appreciation is best expressed by an order for a thousand volumes, which you will please fill so soon as practicable."

Dr. George H. Everett, a most accomplished surgeon and lecturer on Physiology and Hygiene, writes: "It should be read by every mother and maiden in the land. A practical understanding of your book renders childbearing a pleasant duty, healthy children a certainty, and abortion foolish, as well as wicked."

Mary A. Livermore, Editor of The Woman's Journal, Boston, says: "Your book can not be too highly commended, as containing indispensable knowledge for women."

As a whole, the volume is one of the most valuable additions to our stock of domestic medical lore which has appeared in many years, and should be as much of a companion book as a good cook book or a fashion magazine.—*New York Globe.*

The course recommended can not fail to be beneficial.—*Beecher's Christian Union.*

Glad to see such books from the American press.—*Methodist (New York).*

Contains suggestions of the greatest value.—*Tilton's Golden Age.*

A work whose excellence surpasses our power to commend.—*New York Mail.*

The price by mail, $1.00, puts it within the reach of all.

Address WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

Digitized by Google



THE NEW YORK HYGIENIC INSTITUTE,

13 & 15 Laight Street, New York City.

A. L. WOOD, M. D., Physician.

THE objects of this institution, which has been n successful operation for more than twenty years, are two-fold, viz.: 1. The Treatment and Cure of the Sick, without poisoning them, by Hygienic agencies alone.

2. To furnish a pleasant, genial HOME to friends of Hygiene throughout the world, whenever they visit this city.

CURE DEPARTMENT.

Thousands of Invalids have been successfully treated at this institution during the past twenty years, and its fame is known wherever the English language is spoken. Its appliances for the treatment of disease without the use of poisonous drugs are the most extensive and complete of any institute in America. They comprise the celebrated **Turkish Baths, Electric Baths, Vapor Baths, Swedish Movement Cure, Machine Vibrations,** the varied and extensive resources of the **Water Cure, Lifting Cure, Magnetism,** Healthful Food, a Pleasant Home, etc. etc. Particular attention is given to the treatment of all forms of CHRONIC DISEASE, especially of Rheumatism, Gout, Dyspepsia, Constipation, Torpidity of the Liver, Weak Lungs, and Incipient Consumption, Paralysis, Poor Circulation, General Debility, Curvature of the Spine, Scrofula, Diseases of the Skin, Uterine Weaknesses and Displacements, Spermatorrhea, etc. Any one wishing further information should **Send for a Circular,** containing further particulars, terms, etc., which will be sent free by return mail.

BOARDING DEPARTMENT.

We are open at all hours of the Day and Night for the reception of Boarders and Patients. Our location is convenient of access *from* the Railroad Depots and Steamboat Landings, and *to* the business part of the city. Street cars pass near the doors to all parts of the city, making it a very convenient stopping-place for persons visiting the city on business or pleasure. Our table is supplied with the *Best Kinds of Food, Healthfully Prepared, and Plenty of it.* In these respects it is unequaled. Come and See ! and learn how to live healthfully at home. Terms reasonable.

WOOD & HOLBROOK, Proprietors.

Digitized by Google

"THE AMERICAN PIANO,"

MANUFACTURED BY

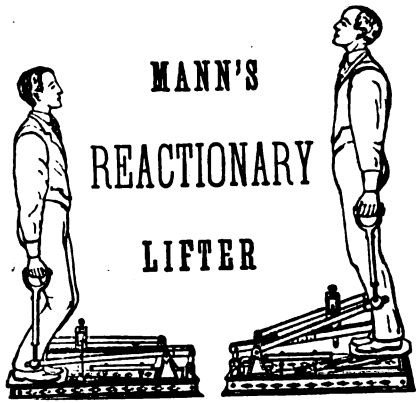
DOANE, WING & CUSHING,

423 BROOME STREET, NEW YORK.

"For finish and elegant wormanship, as well as for power, elasticity of touch, and sweetness of tone, it stands unrivaled."—*Christian Inquirer, N. Y.*, Dec. 18, 1869.

"Its superior qualities of tone, its excellence of workmanship, and the beauty of its finish are rapidly extending its popularity."—*Christian Union, N. Y.*, Sept. 24, 1870.

"It contains every improvement that goes to make a first-class piano, and it is deservedly popular wherever it is known."—*Standard, Chicago*, Oct. 6, 1870 je-tf



Is the most remarkable apparatus ever invented for

HEALTH EXERCISE.

NO WEIGHTS USED.

While adapted to the powers of the athlete, it is equally so to women and children, or to persons in the most delicate state of health.

A few minutes exercise each day sufficient, and if taken at night, induces refreshing sleep.

It is at once more beautiful, compact, and durable, besides being much cheaper, than any other good apparatus for similar purposes.

Books and Circulars sent free on application. Call and see it, at the REACTIONARY LIFTER OFFICE, 365 BROADWAY, NEW YORK. au-tf

Saratoga Springs Remedial

INSTITUTE.—New improvements, in modern and elegant style. DRS. STRONG, its Proprietors, are graduates of the Medical Department of New York University, and give special attention to **Lung, Female,** and **Chronic** Diseases.

Among its *special appliances* are the Turkish, Sulphur, Air, Russian, and Electro-Thermal Baths, Equalizer or Vacuum Treatment, Swedish Movement Cure, Hydropathy, etc. etc.

Indorsed by Bishop Simpson, Professor Taylor Lewis, L. L. D., Rev. T. L. Cuyler, D. D., etc. etc.

For description of our appliances, diseases treated, references, etc., *send for circular.* s-tf

THE ELMIRA WATER CURE WILL

be re-opened May 1st for the reception of patients, being under the general care of Dr. S. O Gleason and Mrs. R. B. Gleason, M. D., assisted by Miss L. Z. Brooks. Address for Circular, with Stamp, S. O. GLEASON, M. D., Water Cure, Elmira, New York. my-tf

Healds' Hygeian Home.

WILMINGTON, DELAWARE.

A Splendid Summer Residence for Invalids!

DRS. FUSEY and MARY H. HEALD opened their new institution for the Hygienic treatment of invalids (without medicine), JAN. 1, 1871.

Dr. M. H. Heald (formerly Dr. York) was widely known to Hygienists during several years' practice at Our Home, Dansville, N. Y. Dr. P. Heald has also had large experience in the Hygienic system of treatment.

The building, beautifully located in the suburbs of a most delightful and healthful city, near the romantic and historic Brandywine, and overlooking the Delaware River, is entirely new, and was planned expressly for a "Cure." Every apartment is warmed by *Steam-heated Air*, and *thoroughly ventilated*, thus giving a *pure* atmosphere, free from all gas and dust, and insuring the comfort and welfare of winter guests. City advantages, with *pure country air and surroundings.* The best appliances provided for Water and Sun Baths, Swedish Movements, etc. Mrs. H. will devote especial attention to lady patients, giving them the benefit of kindly sympathy as well as of experience and skill. The Hygienic diet supplied, will include the choicest fresh and canned fruits and vegetables, and varied farinaceous preparations.

Railroad communication North, South, East, and West. ☞ For Circulars, etc., address, with stamp, HEALDS' HYGEIAN HOME, Wilmington, Delaware. jy-tf

A Great Chance for Agents.

Do you want an agency, *local or traveling*, with an opportunity to make **$5** to **$20** a day selling our new 7-strand *White Wire Clothes Lines? They last forever;* sample free, so there is no risk. Address *at once Hudson River Wire Works*, corner Water Street and Maiden Lane, N. Y., or 16 Dearborn Street, Chicago, Ill. s-12t

Dudley Kelly's

Boot and Shoe Emporium,

299 HUDSON STREET, NEW YORK.

One Door from Spring.

A choice and select stock of the best goods manufactured in New York, for ladies, gentlemen and children, always on hand, which I will sell at lower prices than any other house in the city.

Goods cheerfully exchanged and money refunded if they won't suit. Give me a trial. je-12t

"Amer. School Inst.," founded

1855, *Is a reliable and practical Educational Bureau*

To aid those who want well-qualified Teachers;

To represent Teachers who seek positions;

To *give* parents information of good Schools;

To sell, rent, and exchange School Properties.

Sixteen years have *proved* it efficient in securing "THE RIGHT TEACHER FOR THE RIGHT PLACE."

J. W. SCHERMERHORN, A. M., Actuary,

Xf-11t 14 *Bond Street New York.*

Digitized by Google

Empire Shuttle Sewing Machine

Patented Feb. 14, 1860, and Sept. 18, 1866.

Received the First Prize at the Great Fair of the American Institute, in New York, Oct. 26, 1867, and highest premium for the Best Manufacturing Machine at the Paris Exposition, July, 1867.

No. 1, FAMILY MACHINE.

This machine is constructed on a new principle of mechanism, possessing many rare and valuable improvements, having been examined by the most profound experts, and pronounced to be simplicity and perfection combined.

The following are the principal objections urged against Sewing Machines:

1. Excessive fatigue to the operator.
2. Liability to get out of order.
3. Expense, trouble, and loss of time in repairing.
4. Incapacity to sew every description of material.
5. Disagreeable noise while in operation.

The Empire Sewing Machine is exempt from all these objections. Address the EMPIRE SEWING MACHINE CO., 294 Bowery, N. Y.

For 35 Subscribers and $70,

to THE HERALD OF HEALTH, we will send an Empir Sewing Machine worth $60

WOOD & HOLBROOK.
f-tf 15 Laight Street, New York

DANA BICKFORD'S

NEW IMPROVED FAMILY

KNITTING MACHINE.

$1,000 to $5,000 a year

Agents can make in almost any section of the country, selling Dana Bickford's New and Improved FAMILY KNITTER. This Machine is guaranteed in its present completeness, to meet every want of the household, for either domestic or fancy work. Price $25. Send stamped envelope, with full directions, for an illustrated book.

Address DANA BICKFORD, Vice-President and General Agent, 689 Broadway, N. Y. s-6t

The "HOME CIRCLE" is one of the best and cheapest illustrated story papers in the United States, brimful of good things every week. Only $2 a year, besides a beautiful magazine given free a whole year to every subscriber. Splendid premiums for clubs, such as costly gold watches and silver-ware. Single copies, 5 cents, for sale everywhere. Sample copies sent free by addressing the publisher, F. Gleason, No. 42 Summer Street, Boston, Mass.

FREE for a month to all who ask for specimens. Free for Thirteen Months to all who send four new Subscribers, and $8; each new Subscriber also receiving the extra month FREE. THE PORTLAND TRANSCRIPT, one of the largest, most entertaining and instructive Literary and Family Weeklies in the country. Seven months, on trial, for $1.00 All leading Periodicals clubbed with on terms worth inquiring into.

Address "TRANSCRIPT,"
Portland, Me.

Ladies desiring to procure a FIRST CLASS Sewing Machine, against easy monthly instalments, may apply at 294 Bowery, 157 East Twenty-sixth street, and 477 Ninth avenue, N. Y. Good work at highest prices if desired. s-12t

Galesburg Water-Cure.

DRS. McCALL & BLACK, *Proprietors.* Calls responded to. Send for Circular. n-6t

2d LIST OF BOOKS

FOR SALE BY WOOD & HOLBROOK,

15 Laight Street, New York.

DIPTHERIA; Its Nature, History, Causes, Prevention, and Treatment on Hygienic principles, etc. Price, by mail, $1 25.

It contains chapters on the Nosology and Technology of Diptheria, Description and Pathology of Diptheria, the false Membrane, History and Infectiousness of Diptheria, its Causes and Mortality, Complications and Sequelæ, Morbid Anatomy of Diptheria, the Drug and the Hygienic Treatment, Stimulation, etc.

THE TRUE TEMPERANCE PLATFORM; or, An Exposition of the Fallacy of Alcoholic Medication. Being the substance of Addresses delivered in the Queen's Concert Rooms, London; to which is added a Discussion on the Modus Operandi of Alcoholic Medication. Price, by mail, 50 cents.

This excellent Temperance document should be read by every one who would understand the true arguments against the use of alcohol.

WATER CURE FOR THE MILLION.—The processes of the Water Cure Explained, Popular Errors Exposed, containing Rules for Bathing, Dieting, Exercising, Recipes for Cooking, directions for Home Treatment, and cases to illustrate, etc. Price, by mail, 30 cents.

THE TURKISH BATH; Its History and Philosophy. By Erasmus Wilson. With Notes and an Appendix by M. L. Holbrook, M. D.—This is the only book on the Turkish Bath published in this country. Illustrated. Price 25 cents.

TOBACCO AND ITS EFFECTS.—Being a Prize Essay, showing that the use of Tobacco is a physical, mental, moral, and social evil. By HENRY GIBBONS, M. D., Editor Pacific Medical and Surgical Journal. Price, by mail, 20 cents.

RATHE'S MANUAL OF GYMNASTICS. Illustrated. For Instruction in Classes and Private use. Dio Lewis's System Explained. By W. L. Rathe. Price 40 cents.

DISEASES OF THE THROAT AND LUNGS. Giving their Cause, means of Prevention, and methods of Cure. Price 25 cents.

AGENTS WANTED!

Agents wanted in every town in the United States to canvass for THE HERALD OF HEALTH AND JOURNAL OF PHYSICAL CULTURE, and all our Publications.

We give the most Liberal Inducements, and money can be made and good done at the same time.

For terms, address

WOOD & HOLBROOK, Publishers,
15 Laight Street, New York.

Mrs. Towne, Magnetic and Electric Physician, 14 Clinton Place (West 8th Street), New York. Chronic Invalids treated with care. The Diseases of Women treated with great success. jy-12t*

Digitized by Google

GOOD BOOKS.

NEW PHYSIOGNOMY; or, Signs of Character, as manifested through Temperament and External Forms, and especially in the "Human Face Divine." With more than one thousand *Illustrations*. By S. R. WELLS. In three styles of binding. Price, in one 12mo volume, 768 pp., handsomely bound in muslin, $5; in heavy calf, marbled edges, $8; turkey morocco full gilt, $10.

HOW TO READ CHARACTER. A New Illustrated Hand-book of Phrenology and Physiognomy, for Students and Examiners, with a Chart for recording the sizes of the different Organs of the Brain, in the Delineation of Character, with upwards of 170 Engravings. Latest and best. Paper, $1. Muslin, $1.25.

WEDLOCK; or, the Right Relations of the Sexes. Disclosing the Laws of Conjugal Selection, and showing who may and who may not Marry. For both Sexes. By S. R. WELLS. Plain, $1.50; Extra gilt, $2.

THE HUMAN FEET. Their Shape, Dress and Proper Care. Showing their Natural Perfect Shape and Construction; their present Deformed Condition; and how Flat Feet, Distorted Toes, and other Defects are to be Prevented or Corrected; with Directions for Dressing them elegantly, and comfortably; with Hints upon various matters relating to the general subject. With numerous Illustrations. A handsome 12mo, $1.25.

LIFE AT HOME; or, The Family and its Members. Husbands, Wives, Parents, Children, Brothers, Sisters, Employers and Employed, etc. By REV. WILLIAM AIKMAN, D.D. A work which should be found in every family. $1.50. Extra gilt, $2.00.

MAN AND WOMAN: Considered in their Relations to each Other, and to the World. By HENRY C. PEDDER. 12mo, fancy cloth. Price $1.00.

MAN, IN GENESIS AND IN GEOLOGY; or, the Biblical Account of Man's Creation, tested by Scientific Theories of his Origin and Antiquity. By JOSEPH P. THOMPSON, D.D., LL.D. One volume, 12mo. Price $1.00.

CHILDREN, THEIR DISEASES AND MANAGEMENT. By JOEL SHEW. Price $1.50.

COMBE ON INFANCY. An excellent work. Price $1.25.

HYDROPATHIC ENCYCLOPEDIA. Price $4.50.

DISEASES OF THE THROAT AND LUNGS. Price 25 cents.

EXHAUSTED VITALITY. Price $1.

HOW TO BATHE. Price 30 cents.

Now Ready.

PARTURITION WITHOUT PAIN. Price $1.00.

Sent by mail post-paid. By WOOD & HOLBROOK, 13 & 15 Laight Street, New York.

List of Articles for Sale by

WOOD & HOLBROOK, No. 15 Laight Street, New York.

BACON'S HOME GYMNASIUM, with book of explanation and 100 cuts, $10.

——Trapese Adjustment, with 32 illustrations, $3 50.

——Swing Adjustment, for children, $1 50.

Each part sold separately. The whole, $15.

This is the most valuable piece of Gymnastic apparatus for home use ever invented. Any one can use it. For weak chests, backs, and sides its use is the best remedy known. A half hour's use of it daily would prevent and cure many cases of dyspepsia and consumption.

SYRINGES.—The best styles in market. Usual style, by mail, $3. For children, with Eye and Ear Douche for sores, etc., $2. The Spray Syringe, $3. The Trade supplied.

BOUND VOLUMES.—We still have a few Bound Volumes for 1863, 1864, 1867, 1868 and 1869 for sale, postpaid, by mail, for $3 Soon it will be impossible to obtain them.

HERALD OF HEALTH COVERS—so that every one can bind their numbers and preserve them neatly. 50 cents.

BREAD PANS—for making light, aerated Bread without soda, saleratus, yeast, or other poisonous compounds. Only by Express, $1 25.

HAND MILLS—for cracking Wheat, making Rusk, Hominy, etc. By Express, $3.

BEST GRAHAM CRACKERS—per barrel, $10 Half barrel -38 lbs., $6.

ELECTRIC MACHINES—Kidder's, best Manufactured, $20 to $22.

FILTERS.—Simmons's, Syphon, $3.

Hygienic Home Water Cure,

637 California Street,

SAN FRANCISCO, Cal.

This is by far the most extensive and complete Health Institute on the Pacific Coast, based strictly on the Hygienic principles of treatment.

Dr. Smith has built and arranged the Home with special reference to its supplying the place in San Francisco that the Laight Street House and Hygienic Institute furnishes to the friends of Health Reform in New York city. The Medical Department is ample for the cure of all who may desire hospitalities, and the Boarding Department is well arranged for the accommodation of the friends of Hygiene throughout the coast. All are cordially invited to visit our healthful Home.

BARLOW J. SMITH, M. D.,
Consulting Physician.
R. S. MACBETH, M. D.,
aug-tf Attending Physician.

BOOT AND SHOE STORE, No. 415

Canal Street. Ladies', Gentlemen's, Boys', Misses' and Children's Boots, Shoes and Rubbers, in all their varieties, always on hand. Work made to order, and Repairing done on the shortest notice and reasonable terms.

DAVID WALKER,
n-1y No. 415 Canal, corner Sullivan Street.

D. H. PRIME, *Printer, at the Hygienic Institute, N. Y.*

Digitized by Google

GENERAL INDEX.

FROM JANUARY TO JUNE (INCLUSIVE). Vol. I. 1871.

POETRY.

PAGE

A Greeting to the New Year...*Mrs. D. Harry Prime* 6
A Brief Night's Rest 222
At the Cross.....*Elizabeth Oakes Smith* 209
Baby's Bath .....*Edgar Fawcett* 17
Dust and Disease 159
Let Her Speak .....*Mrs. M. A. Kidder* 216
Recipe to Enhance Personal Beauty..... 220
Some Hands Have Art 216
The Big Bell .....*Geo. W. W. Houghton* 257
The Bright Side.....*Phœbe Cary* 249
The Two Sussex Lads 121
The Wooing.....*Houghton* 72
To Any Desponding Genius.....*Alice Cary* 152
Woman..... 17

GENERAL ARTICLES.

A New Discussion of Temperance Problems..... 1, 49, 97, 145, 193, 241
A Word to Parents.....*Mrs. H. B. Gleason*, MD 100
Alcoholic Medication .....*P. H. Hayes*, MD 145
Alcoholic Stimulants as Affecting Mentality....*Sizer* 49
An Honest Day's Work.....*F. B. Perkins* 158
Arguing..... *F. B. Perkins* 113
At Sea with the Mormons.....*Mrs. E. E. Evans* 13
Boys, and What to Do with Them .....*Mrs. R. V. Darwin* 151
Comparative Longevity of Man and the Lower Animals—Introductory, Writers on Longevity, and General Sources of Information....*E. Ray Lankester*, BA 25
Country and City Life.....*Rev. C. H. Brigham* 153
Cousin Lucy's Story, or Should Consumptives Marry *Mary Atherstone Bird* 250
Cow's Milk for Babes, How to Prepare it..... 172
Crumbs from the British Scientific Association—The Germ Theory, Spontaneous Generation, How to Prevent Lead Poisoning in Water and Other Liquids, Use of Solutions of Soluble Chlorides for Laying the Dust in Thoroughfares, Influence of the Soil to Produce Endemic Diseases, Antiseptic Treatment of Rinderpest and Scarlet Fever, Utilization of Fibrous Cotton Seed, The Savages, Gold, etc.....*Mrs. Dr. Lydia F. Fowler* 57
Dangerous Exercise, Is Lifting a..... 119
Drink, Pauperism, and Crime..*Harvey P. Peet*, LL D 241
Education of Our Daughters—A Word to Parents, their Responsibilities....*Mrs. R. B. Gleason*, MD 100
Education of Our Daughters—The College, Music, Drawing, Dress, etc..... *Mrs. R. B. Gleason*, MD 163
Education of Our Daughters—Eyes, Diet, Exercise, Sleep, School Girls Over-anxious, etc....*Mrs. R. B. Gleason*, MD 201
Effects of Alcohol on Offspring ....*Nathan Allen*, MD 1
Food, Size, Climate, etc., as Affecting Longevity—Experimental Evidence, Summary.....*E. Ray Lankester* 267
Generative Expenditure and Longevity.....*E. Ray Lankester* BA 217
Habits of Study.....*Rev. C. H. Brigham* 52
Height and Weight..... 122
Hints about Thought .....*F. B. Perkins* 74
How to Prepare Cow's Milk for Babes—Artificial Human Milk, Various Dilutions for Various Ages, Schedule, Regulations of the Quality of the Milk, etc.....*A Mother* 172
Inherent Death.....*E. Ray Lankester*, BA 115
Intemperance and National Integrity....*Aaron M. Powell* 193
Is Lifting a Dangerous Exercise? ....*Lewis G. Janes* 119
Longevity, Generative Expenditure and..... 217
Lord Bacon's Statements on Longevity.....*E. Ray Lankester*, BA 148
Man and the Lower Animals, Longevity of..... 25
Meddlers.....*W. T. Clarke* 6
National Integrity, Intemperance and..... 193
Neglected Rich .....*F. B. Perkins* 215
On Not Doing What You Like.....*F. B. Perkins* 158
Personal Influence.....*Henry Ward Beecher* 161
Physiology of Man—Cholesterine, Glycogeny..*M. L. Edgeworth*, MD 62
Physique of the Kaffirs, and their Habits of Life.... 166
Railway Traveling.....*Rev. C. H. Brigham* 210
Schoolhouses .....*Rev. C. H. Brigham* 105
Sorrow and its Dangers.....*Henry Ward Beecher* 21
Spirit and Form, or the Relations of the Body with the Soul .....*Rev. Phebe A. Hanaford* 264
Summer Resorts.....*Rev. C. H. Brigham* 259
Temperance and Religion ...*Rev. J. C. Holbrook*, DD 97
That Great Cure-all, Righteousness...*Simple Simon* 168
Theories put in Practice; or, Extracts from the Diary of a Physician's Wife....*Mrs. H. C. Birdsall* 18, 65, 110, 169, 205, 245
Toning the Mind.....*Rev. John Monteith* 197
Various Kinds of Longevity...*E. Ray Lankester*, BA 69
Wholesome Houses .....*Rev. C. H. Brigham* 9
Why Doctors Die Prematurely.....*J. H. Bennet*, MD 103

Digitized by Google

STUDIES IN HYGIENE.

A Bad Bed, Cleanliness and Fresh Air..... 30
Abuses of Dress..... *Nichol's Journal of Chemistry* 125
An Interesting Query Answered, about Blood..... 196
A Word about Air..... *Godwin* 29

Care of Children's Teeth, from Dr. Ambler..... 269
Cleansing Blankets, the Use of Borax..... 29
Coating of the Tongue..... *Dr. DaCosta* 126
Consumption of Oxygen..... 223

Early Rising for Children..... 221
Eating too Fast..... *Dr. Jackson* 175
Effect of the Trees upon Climate..... 31
Excessive Longevity..... 127
Extinct Families..... *Harper's Weekly* 127

Facts about Sleep..... *Dr. Richardson* 174
Family Hygiene, Family Happiness..... 220
Fewer Born, but More Surviving... *T. W. Higginson* 76

Gymnasiums in the Days of Plato..... 270
Gymnasiums as Moral Reformers..... 269

Haste and Health..... *Dr. Hall* 222
Hint to Water-drinkers..... *American Chemist* 79
Hygiene for Babes..... 220
Hygiene of Boots, Victor King's Experience..... 147
Hygiene of the Night..... *London Lancet* 270
Hygiene for Sewing-machine Operators..... 221
Hygiene for the Voice..... 221

Laziness and Long Life..... 222
Light Sun-bonnets..... *Faith Rochester* 270
Look to Your Pumps and Water Pipes..... 29

Making Money..... 127
Man's Feet *versus* Bear's Feet..... 126
Mental Hygiene and Tobacco..... *Prof. Jolly* 222
Mistakes of Americans who Live in Cities..... 31
Motive Power in Ventilation..... *B. Silliman* 270

Naked Truth..... *Cornell Era* 175
Natural and Artificial Light, from Dr. Williams..... 271
Near-sightedness..... 126

Offensive Breath, from The Dental Register..... 271
One More Glass, Philosophy of Temperonce Reform. 24
Open the Doors..... *Medical Times* 175
Overtaxing Children's Brains..... *Dr. Richardson* 78

Perishing for Lack of Knowledge, High Aims..... 31
Perspiration, and the Skin..... *Journal of Chemistry* 30
Physical Capital for Children..... *Independent* 126
Political Hygiene..... *Medical Times* 174
Potatoes and How to Cook them..... 220
Potatoes Baked *versus* Boiled..... *Dr. Paine* 78
Precocious Children..... *Spurzheim* 127
Preventing Scarlet Fever..... *Christian Union* 76
Prolonged Vigils..... *Medical Independent* 175
Prospects of Female Doctors..... 137
Protection for Wet Weather..... *Faith Rochester* 269

Qualities for a Nurse..... 221

Relative Temperature of the Sides of the Trunk.... 78

Sanitary Condition of Schools..... 76
Servant Girls' Knees..... *Richard Pavy* 30
Seven Best Disinfectants, and How to Use Them..... 174
Smoking against One's Will..... 78
Society for Promoting the Spread of Hygiene..... 125
Soft Water..... *Dr. Youmans* 79
Students Now and Then..... *T. W. Higginson* 77

Tea Tasters..... *Scientific Review* 79
The Physical Influence of Sunday Rest..... 244
The Thermometer in Disease..... 223
Things that Hurt the Teeth..... *Dr. Ambler* 222
To Preserve the Color of the Teeth, from Dr. Ambler 270
Ventilation in Lecture Rooms..... *N. Y. Tribune* 7

Waists, What Dr. Robert White says..... 223
Watering the Streets with Carbolic Acid..... 223
Watering Teams Often..... 271
What the Brain Furnishes..... 173
Where do you Live?..... 30
Woman's Worst Enemy..... *Dr. J. G. Holland* 77

RECIPES FOR COOKING.

Beverages—Water, Toast and Water, Tea, Coffee, Chocolate, Cocoa, Lemonade, Barley Lemonade.. 272

Graham Crackers..... 176
Gruels—Arrowroot (two recipes), Oat-meal, Currant, Groat, Sago, Tapioca..... 32

Lemon Pie, and How to Make Gems..... 128
Lemon Pie—Another Recipe..... 176

Molded Farinacea—Arrowroot, Barley, Rice, Lentils, Ground Rice, Sago, Sago with Fruit, Seminola, Tapioca, Cracked Wheat..... 128

Pies—Pie Crust, of Potato, of Cream, Sour Apple Pie, Apple Pie, and Apple Cakes..... 80
Porridges—Wheat-meal, Oat-meal, Indian-meal, Indian Farina, Arrowroot, Boiled Wheat, Lentil, Sago, and Rice, Milk, etc..... 32

Salads—Mixed Salads..... 224
Sandwiches—Cheese, Egg, Fried Egg, Omelet..... 273
Soups—Pea, Bean, Barley and Bread, Hotch-potch.. 176
Soups—Vegetable, Brown, Barley, Celery, Spinach, Herb, Vermicelli, Barley Broth..... 224

EDITORIAL DEPARTMENT.

A Hindoo at an English Dinner-table..... 226
A New Year's Talk, Hygiene..... 33
A Plea Against Whiskers by an Old Man..... 32
A Wholesome Family..... 179
A Veteran in the Cause of Hygiene..... 33
Amount of Water Needed for Daily Use..... 35

Best Governed Place in the World..... 31
Bones Influenced by Food, their Composition..... 229

Characteristics of Wholesome Water, Rain-water.. 133
Chloral Poisoning..... 276
Climates for Invalids, Mr. Bill's New Book..... 231
College Dormitories as Affecting Health of Students 130
Compensation, as illustrated by George Combe..... 37

Death of Alice Cary, the Poet..... 128
Deaths from Snake-poisoning in India..... 181
Died of Old Age..... 84
Diet for Children of Two to Ten Years of Age..... 80
Does it Pay to be Sick?..... 179
Does Sickness and Suffering Make People Better?... 181

Educated Nurses, the Demand for..... 84
Energy of Old Men, Von Moltke..... 129

First of January, Wine..... 34

Happiness, What it is and What it is Not..... 131
Healthiest Town in the State of New York..... 85
How a Centenarian Lives..... 275
How an Old Man Feels..... 133
How to Abolish War, Advancement of the Science.. 274
How Water Gets Foul, Water we Must not Drink... 134
Hygienic Houses in New York City..... 83

Insanity and Poor Diet in England and Wales..... 36
Insanity in Paris..... 36
Is it Air, or is it Something Else?..... 236

Digitized by Google

Laws of Fermentation, Hebrew Customs 227
Letter from Rev. Charles Cleveland, 100 Years Old.. 275
Letter from William Cullen Bryant 225
Literary Value of Good Health..... 34
Loss of Power, an Interesting Calculation 132

Meritorious Article, Cream Yeast Baking Powder.. 82
Ministers Salaries 179
Miss Dr. Garrett, of London..... 82
Mixing with Strangers, Good Effects of..... 180
Monopoly by Male Medical Students..... 82

Narrowness and Blindness 132
New York Lady Surgeon in Paris 84
No Colds on Mount Washington 181

Objection to Women Doctors..... 226
Oldest Doctor in America, Theoph. Clark of Vermont 178

Railroad Horrors, a New Faculty Needed..... 180
Stamping Out Scarlet Fever..... 36
The Golden Decade, Best Periods of Life..... 273
The Thraldom of Fashion 36
Value of a Clean Mouth 275
Waste of Life, Some Striking Statistics..... 131
Weeding Out the Cowards 177
Weston, the Walker..... 36
What is and What Causes Consumption..... 85
Wheat-meal Flour, Difficulty in Getting it 276
Whisky and The Herald of Health..... 134
Young Doctors, Fifteen Hundred Graduates 133

HOW TO TREAT THE SICK.

An Ulcer Cured by a Dog, Letter from Dr. J. M. Hole 41
Care of the Teeth..... 278
Cold Water Treatment of Typhoid Fever..... 230
Cure for Every Drunkard..... 183
Cure for Erysipelas..... 183
Cure for Rheumatism, a Novel Remedy 136
Cure of Stammering, a Stammerer's Method 137
Has Scarlet Fever any Right to so Many Victims?.. 39
Headache, its Cause and Prevention 88
Healing Ulcers by Transplantation 135
How I Cured a Man in a Decline, Letter from S. S... 277
How to Get the Most Good out of the New Hygienic Treatment, Letter from Howard Glyndon..... 86
Infant Feeding, a Hint to Mothers..... 248
Ingrowing Toe-nails, and their Treatment 135
Painter's Colic, What an Old Painter says..... 88
Poisonous Effects of Bee-stings, a Preventive 88
Remedies for Poisoning by Ivy 137
The Causes of Erysipelas, as a General Rule 208
To Prevent Snoring, a Patent Apparatus..... 137
Tooth Wash ..... *Medical Investigator* 77
Treatment of Scarlet Fever, Dr. Hole's Method 182
Vaccination and Contagion Due to Living Particles. 136

ANSWERS TO CORRESPONDENTS.

About Fretting, a Silly and Unchristian Thing 141
Age and Youth Sleeping Together 240

Cause of Poor Teeth..... 233
Chapped Hands and Lips 141
Chills and Fever, Home Treatment of..... 232
Climates for Weak Lungs 233
Copper Cooking Utensils..... 141
Cure for Ingrowing Toe-nails 233

Dizziness, its Cause and Prevention..... 43

Eating before Retiring..... 44
Eating Fruit in the Evening..... 184
Effect of Alcohol upon Longevity..... 140
Epistaxis, or Bleeding from the Nose..... 279

Flatulence, its Cause and Cure..... 232
Fruit between Meals..... 243

Horseback Riding..... 91
How to Give Children an Appetite..... 185
How Much to Eat 280

Impure Blood..... 92
Indentation of the Forehead..... 92

Lead Water-pipes, Hot-water Pipes 184
Lemons and Biliousness 233
Liver as Food 44

Over-study, Treatment for..... 91

Position of the Head during Sleep 44

Reading after Meals 279
Remedy for Cold Feet 91
Ripe Fruit and Cold Water 141
Rules for the Examination of Recruits..... 43

Short-heeled Shoes and Flat Feet..... 43
Sleeplessness and Indigestion 185
Soda Bread, Buttermilk and Eggs 233
Spirometer for Weak Lungs..... 233
Swelled Knee..... 280

The Treatment of Tetter..... 279
To Cure a Cold upon its First Indication 44
To Prevent Injuries from Runaway Horses..... 44
To Prevent Spring Sickness 184
To Prevent the Hair Falling Out..... 279
To Remove Hair Permanently..... 43
Tomatoes as Food, Dio Lewis's Opinion 92
Torpidity of the Liver and Constipation 140
Tropical Fruits, their Use for Dyspeptics..... 185

Weak Lungs, Position during Sleep 91

FOOD FOR MIRTH AND THOUGHT..... 42, 89, 138

NOTICES OF NEW PUBLICATIONS..... 45, 93, 142, 186, 234, 281

Digitized by Google

GENERAL INDEX.

FROM JULY TO DECEMBER (INCLUSIVE). Vol. II. 1871.

POETRY.

PAGE

Be Not Discouraged 209

Castles on the Sands ..... *Mrs. D. Harry Prime* 121

Childhood's Laugh ..... *Elizabeth Oakes Smith* 161

Down in the Heart ..... *Lydia A. Millard* 264

Flying to Shelter ..... *Elizabeth Oakes Smith* 57

Good Nature 112

Jim's Logic ..... *Sunne Tinle* 17

Just a Thought ..... *Frances Dana Gage* 65

Make Home Pleasant ..... *M. A. K* 209

Rest 168

Strive, Endeavor 168

The Fool and the Farrier ..... *Joel Benton* 112

Toiling Up the Hill to Fame ..... *James Burnley* 9

Too High a Price ..... *Emerson* 172

GENERAL ARTICLES.

Abnormal Longevity of Man..*E. Ray Lankester*, BA 262

A Few Queries about Darwinianism....*F. B. Perkins* 167

Amusements ..... *Rev. C. H. Brigham* 150

A New Discussion of Temperance Problems..... 1, 49, 97, 146, 193, 241

A Night in a Farm-house 18

A Visit with Father Cleveland..... *Wallace Norris* 55

Chinese Diet ..... *G. W. Yapp* 116

Early and Late Hours ..... *Rev. C. H. Brigham* 201

Every Tooth is Worth a Diamond..*L. J. B. Leblanc.* 102

Evils of Hair-Dyes and Cosmetics..*S. B. Chase*, MD 109

Growing Old ..... *Frances Ellingwood Abbot* 27

Health Trip to the Orient—The Doctrines of Mahomet, Where St. Paul was Shipwrecked, Oriental Life, Alexandria, Bundles of Women, The Common People, The Old Tomb....*Dr. L. F. Fowler* 155

Health Trip to the Orient—The Steam-Engine in Egypt, The Delta, Arab Men and Women, The People, Villages of Naked Children, Picking Cotton in the Fields, Moslem at Worship in the Fields, The Mosques in Cairo, The Mosque of Mahomet Ali, The Citadel.....*Dr. L. F. Fowler* 251

Home Life ..... *Rev. C. H. Brigham* 66

How a City Invalid was Cured by a Night in a Farm-house ..... *Agnes Vernon* 18

How Best to Promote the Cause of Temperance....*O. B. Frothingham* 241

Information as to Human Longevity....*E. Ray Lankester*, BA 73

Keep the Distaff Ready, and God will Send the Flax *Frances Dana Gage* 1

Lessons from the Chicago Disaster....*T. K. Beecher* 2

Long Journeys ..... *Rev. C. H. Brigham* 1

Longevity of Man ..... *E. Ray Lankester*, BA 1

Management of Children..... *Frances Ellingwood Abbot* 2

Ministers and the Temperance Reform—Aroma and other Ingredients, Reminiscences, England and Paul the M. D., Actual Experience, The Nazarite, Conclusion..... *Rev William Patton*, DD 1

Mistakes of Temperance Reformers.....*O. B. Frothingham*

My Medical Advisers ..... *Lydia M. Millard*

Old Age ..... *Rev. C. H. Brigham* 2

On a New Set of Teeth ..... *F. B. Perkins* 2

Ordinarily, Never ..... *P. H. Hayes*, MD 1

Physicians and the Temperance Reform..... *John Higginbottom*, FRS

Secret of a Wholesome Life....*Miss M. M. Wiswell*

Sham Kindergarten Culture..*Elizabeth P. Peabody*

Statements as to the Duration of Human Life—Hebrew, Individual Opinion, Chinese Division of Life, Old Men in China, Shortness of German Lives, Shortness of American Lives, Savages, Various Occupations, Sovereigns, Comparative Longevity of Married and Unmarried..... *E. Ray Lankester*, BA

Statements as to the Duration of Human Life—Probable After-lifetime of Males at a Given Age, Probable After-lifetime of Females at a Given Age, Probable After-lifetime for Both Sexes at a Given Age, Probable After-lifetime at a Given Age, from Old Sources, Probable After-lifetime at a Given Age, for Both Sexes, Interpretation by the Law.. *E. Ray Lankester*, BA

Statements as to the Duration of Human Life—The Influence of Various States of Civilization.....*E. Ray Lankester*, BA

Temperance Reformers, Mistakes of.....

Temperance Among the Ancients..*Rev. D. M'Clellan*

The Climate of Egypt—Slavery.....

Theories put in Practice; or, Extracts from the Diary of a Physician's Wife.....*Mrs. H. C. Birdsall* 61, 113, 162, 2

The Wine Question.....*Rev. J. C. Holbrook*, BD

When Should Children be Taught to Read.....

Wholesome Life, Secret of a.....

Woodland Rambles ..... *Ellen E. Hill*

Work ..... *Rev. C. H. Brigham*

Digitized by Google

STUDIES IN HYGIENE.

Amount of Sleep.....*Scientific American* 78
Are Artificial Teeth Capable of Producing Salivation 111
Care of the Health in Hot Weather..*D. H. Jacques* 30
Cider and the Eyes.....*C. Jewett* 221
Correlation of Vital Force.....*College Courant* 222
Determined to Die Rich.....*F. E. Abbot* 221
Disinfecting Excreta 77
Diseases Produced by Meat..... 79
Does Habitual Drunkenness produce Insanity?..... 79
Eggs *versus* Meat 172
Epoch of Justice for Women.....*T. W. Higginson* 79
Health and Long Life.....*Houghton* 75
How to Distinguish Healthful Soils..... 77
Hygienic Treatment of Crime.....*Golden Age* 30
Hygiene for the Sabbath.....*S. E. Todd* 76
Hygiene and Alcohol 125
Hygiene of the Ax .....*Geo. I. Butler* 127
Hygiene *versus* Drugs, from Harper's Basar 127
Hygiene in Diptheria, What Dr. Reeves says of it.... 223
Importance of Cookery 223
Increasing Drunkenness in England 77
Inordinate Industry..... 176
Is there any Pure Water.....*Once a Week* 126
Marriages that Propagate Disease....*Dr. Broadwell* 31
Music in Hospitals, What an English paper says.... 175
Oatmeal, the National Dish of the Scotch People.... 223
Odors and Health.....*Journal of Chemistry* 31
Overwork, How it is Killing our Public Men..... 126
Poisonous Wall Paper..*Boston Journal of Chemistry* 78
Queries in Hygiene with Answers—Tobacco and Alcohol, Are the Negroes Temperate? What is Chloralum? Carbolic Acid as a Disinfectant, The Shoes we Wear, Are Potatoes Wholesome? What is Bird's-Nest Soup? Are there any Golden Rules for Smokers? May one Swallow the Stones or Seeds of Grapes, Apples, or Cherries? Cundurango, What causes Hydrophobia in Dogs?..... 219
Queries in Hygiene with Answers—Disinfectants, The "Germ Theory" of Disease, Is the Human Race Deteriorating? Let Young Children have a Dog to Play with, A Hearty Meal in the Middle of the Day, A Peck of Dirt, Baking Powders, Cutting off the Beard with a Razor every Day, Tobacco Statistics, Life Insurance, What Shall I do with my Boys? Power to Resist Disease, Suicide and Insurance 268
Rest, Considered by an English paper..... 124
Rice and Milk and Hard Work.....*M. E. Cornell* 125
Skill of Day *versus* Night-Workers..... 79
Soda Water, How it is Made..... 75
Summer Drinks, or Dangerous Compounds..... 126
Sunbaths, What Dr. Walter says of them..... 124
Taking Cold in Summer.....*Medical Independent* 78
Teeth Restored—Bone-Builders.....*Ch. Union* 222
Ten Questions in Hygiene—Lead in Water, Is Rain-water Pure, Privies, Impurity of Water, Do Women Suffer more than Men, Tapeworm, Ophthalmia, Quinine, Best way to keep Flour, Wholesome Food..... 173
The Hygiene of Dress.....*E. S. Phelps* 176
The Replanting of Teeth..... 78
The Uncertainty of Life.....*N. Y. Observer* 126
Water, Diseases Caused by its Impurity 75
Water, the Amount Used..... 30
What Happened to the Little Boy who Would Smoke 26

RECIPES FOR COOKING.

Preparations for Invalids—Barley Broth, Bread Soup, Barley Water, Rice Water, Sago Soup.... 32
Puddings—Apple, Baked Apple, Arrowroot..... 80
Puddings—Boiled Apple, Boiled Arrowroot, Apple and Bread, Batter, Barley, Baked Batter with Fruit, Bread, Common Bread, Bread without Milk or Eggs, Bird's-Nest, Carrot 128
Vegetables—Potatoes, Mashed Potatoes, Boiled Carrots, Stewed Carrots, Haricot Beans, Beans..... 32
Vegetables—Asparagus, Cauliflowers, Boiled Vegetable Marrow, Baked Vegetable Marrow with Onions and Sage, Rice..... 80

EDITORIAL DEPARTMENT.

A Glance Backward and Forward..... 273
An Abnormal Period..... 180
An Open Question..... 275
A Woman's View of the Temperance Question 177
Borrowing Joy 87
Carpeted Floors..... 86
Compression of the Feet..... 87
Death of Phœbe Cary..... 131
Dexter's Stable 229
Diseases Induced by Food..... 34
Deterioration in Milk in Feeding-Bottles..... 181
Education in New York..... 86
Evils Beside Intemperance..... 34
Health Habits and Amusements—A Letter from P. T. Barnum..... 225
Hoarding up Wealth..... 37
Hospitals, Hygiene, and Women..... 37
How a Man Feels when He is Hit by Lightning..... 85
How Much Tea and Coffee is Used..... 36
How to Make Graham Flour, Faith Rochester's Plan. 35
How They Treat American Women Medical Students in Germany, A Lesson for Bellevue—A Letter from Dr. Mary Safford..... 129
Impure Air as a Cause of Disease..... 227
Interesting Cases of Hereditary Longevity..... 37
Lessons from Peter Cooper..... 33
Marrying for Money..... 35
Money and Long Life..... 181
Moral Hygiene and Tobacco 86
Normal Class of Physical Culture..... 181
Nutrition, or Rather Strength Stored Up in Food.... 35
Shall we Send our Children away from Home to be Educated..... 228
Social Crimes..... 179
System in Brain-Work..... 229
The Exerciser..... 131
The Suicidal Proclivities of the French..... 86
When is a Man Educated?..... 36
William Howitt's Habits of Life, a Letter..... 81

HOW TO TREAT THE SICK.

How to Cure Stammering 133
Treatment of Constipation..... 38
Treatment of Rheumatism by Electricity..... 132
To Prevent Pitting in Small-Pox..... 87
Typhus Fever 38
Notes for the Sick Room..... 39
Prevention of Small-pox..... 39

Digitized by Google

ANSWERS TO CORRESPONDENTS.

Adam's Apple 88
A Good Precedent 88
Antipathy to Strawberries 89
Baking Powders 88
Chewing Gum 230
Climate for Consumptives 134
Climate for Nervous Diseases 41
Climate of Southern California 182
Condensed Milk for Babies 182
Diet for Constipation 88
Earache 182
Exercise for Sedentary People 134
Fetid Perspiration of the Feet 89
Fever and Ague and Quinine 135
Freckles, Discolorations, etc 41
Hard Water and Constipation 89
Headache 41
High-heeled Boots 135
Honey .....
How to Keep Cool .....
How to Quit Smoking .....
Ice-Cream .....
Meat for Dyspeptics .....
Meat in Summer .....
Milk and Dyspepsia .....
Night Sweats and Numbness .....
Nitrous Oxide for Extracting Teeth .....
Soap for the Hair .....
Strengthening the Lungs .....
Sunstroke—Cause, Prevention, and Cure .....
Tall or Short .....
Varicose Veins .....
Wine and Exercise .....

NOTICES OF NEW PUBLICATIONS 90, 136, 18

OUR DESSERT TABLE 22

Digitized by Google