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THE

HERALD OF HEALTH.

JANUARY, 1876.

HYGEIA—A CITY OF HEALTH.*

BY DR. B. W. RICHARDSON, F. R. S.

IT is my object to put forward a theoretical outline of a community so circumstanced and so maintained by the exercise of its own free will, guided by scientific knowledge, that in it the perfection of sanitary results will be approached, if not actually realized, in the co-existence of the lowest possible general mortality with the highest possible individual longevity. I shall try to show a working community in which death—if I may apply so common and expressive a phrase on so solemn a subject—in which death is kept as near as possible in its proper or natural place in the scheme of life.

PROGRESS AGAINST DISEASE.

Before I proceed to this task, it is right I should ask of the past what hope there is of any such advancement of human progress. For, as my Lord of Verulam quaintly teaches, "The past ever deserves that men should stand upon it for awhile to see which way they should go; but when they have made up their minds they should hesitate no longer, but proceed with cheerfulness." For a moment, then, we will stand on the past.

From this vantage-ground we gather the fact, that onward with the simple progress of true civilization the value of life has increased. Ere yet the words "sanitary science" had been written; ere yet the heralds of that science, some of whom, in the person of our illustrious colleagues Edwin Chadwick and William Farr, are with us in this place at this moment; ere yet these heralds had summoned the world to answer for its profligacy of life, the health and strength of mankind was undergoing improvement. One or two striking facts must be sufficient in the brief space at my disposal to demonstrate this truth. In England, from 1700 to 1810, Heberden calculated that the general mortality diminished one-fourth. In France, during the same period, the same favorable returns were made. The deaths in France, Berard calculated, were one in thirty in the year 1780, and during the eight years from 1817 to 1828 one in forty, or a fourth less. In 1780, out of 100 new-born infants in France, fifty died in the two first years; in the later period, extending from the time of the census that was taken in 1817 to 1827, only thirty-eight of the same age died, an augmentation of infant life equal to twenty-five per cent. In 1780 as many as fifty-five per cent. died before reaching the age of ten years; in the later period forty-three, or about a fifth less. In 1780 only twenty-one persons per cent. attained the age of fifty years; in the later period thirty-two, or eleven more, reached that term. In 1780 but fifteen persons per cent. arrived at sixty years; in the later period twenty-four arrived at that age.

* A paper read before the Social Science Association, at Brighton, Eng.

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Side by side with these facts of the statist we detect other facts which show that in the progress of civilization the actual organic strength and build of the man and woman increases. Just as in the highest developments of the fine arts the sculptor and painter place before us the finest imaginative types of strength, grace, and beauty, so the silent artist, civilization, approaches nearer and nearer to perfection, and by evolution of form and mind develops what is practically a new order of physical and mental build. Peron—who first used, if he did not invent, the little instrument the dynamometer, or muscular strength measurer—subjected specimens of different stages of civilization to the test of his gauge, and discovered that the strength of the limbs of the natives of Van Dieman's Land and New Holland was as fifty degrees of power, while that of the Frenchmen was sixty-nine, and of the Englishmen seventy-one. The same order of facts are maintained in respect to the size of body. The stalwart Englishman of to-day can neither get into the armor nor be placed in the sarcophagi of those sons of men who were accounted the heroes of the infantile life of the human world.

We discover, moreover, from our view of the past, that the developments of tenacity of life and of vital power have been comparatively rapid in their course, when they have once commenced. There is nothing discoverable to us that would lead to the conception of a human civilization extending back over two hundred generations; and when in these generations we survey the actual effect of civilization—so fragmentary, and overshadowed by persistent barbarism—in influencing disease and mortality, we are reduced to the observation of at most twelve generations, including our own, engaged indirectly, or directly in the work of sanitary progress. During this comparatively brief period, the labor of which until within a century has had no systematic direction, the changes for good that have been effected are amongst the most startling of historical facts. Pestilences which once decimated populations, and which, like the great plague of London, destroyed 7,165 people in a single week, have lost their virulence; jail fever has disappeared, and our jails, once each a plague-spot, have become, by a strange perversion of civilization, the health spots of at least one kingdom. The term "black death" is heard no more; and ague, from which the London physician once made a fortune, is now a rare tax even on the skill of the hard-worked Union medical officer.

From the study of the past we are warranted, then, in assuming that civilization unaided by special scientific knowledge, reduces disease and lessens mortality, and that the hope of doing still more by systematic scientific art is fully justified.

I might hereupon proceed to my project straightway. I perceive, however, that it might be urged, that as mere civilizing influences can of themselves effect so much they might safely be left to themselves to complete, through the necessity of their demands, the whole sanitary code. If this were so, a formula for a city of health were practically useless. The city would come without the special call for it.

I think it probable the city would come in the manner described, but how long it would be coming is hard to say; for whatever great results have followed civilization, the most that has occurred has been an unexpected, unexplained, and therefore uncertain arrest of the spread of the grand physical scourges of mankind. The phenomena have been suppressed, but the root of not one of them has been touched. Still in our midst are thousands of enfeebled human organisms which only are comparable with the savage. Still are left amongst us the base of every disease that, up to the present hour, has afflicted humanity.

The existing calendar of diseases, studied in connection with the classical history of them, written for us by the longest unbroken line of authorities in the world of letters, shows, in unmistakable language, that the imposition of every known malady of man is coeval with every phase of his recorded

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life on the planet. No malady, once originated, has ever actually died out; many remain as potent as ever. That wasting fatal scourge, pulmonary consumption, is the same in character as when Cælius Aurelianus gave it description; the cancer of to-day is the cancer known to Paulus Ægineta; the "black death," though its name is gone, lingers in malignant typhus; the great plague of Athens is the modern great plague of England, scarlet fever; the dancing mania of the Middle Ages and convulsionary epidemic of Montmartre, subdued in its violence, is still to be seen in some American communities, and even at this hour in the New Forest of England; smallpox, when the blessed protection of vaccination is withdrawn, is the same virulent destroyer as it was when the Arabian Rhazes defined it; ague lurks yet in our own island, and, albeit the physician is not enriched by it, is in no symptom changed from the ague that Celsus knew so well; cholera in its modern representation is a more terrible malady than its ancient type, in so far as we have knowledge of it from ancient learning; and even that fearful scourge, the great plague of Constantinople, the plague of hallucination and convulsion which raged in the fifth century of our era, has, in our time, under the new names of tetanoid fever and cerebro-spinal meningitis, been met with here and in France, and in Massachusetts has, in the year 1873, laid 747 victims in the dust.

I must cease these illustrations, though I could extend them fairly over the whole chapter of disease, past and present. Suffice it if I have proved the general proposition, that disease is now as it was in the beginning, except that in some examples of it it is less virulent; that the science for extinguishing any one disease has yet to be learned; and that, as the bases of disease exist, untouched by civilization, so the danger is ever imminent, unless we specially provide against it; that the development of disease may occur with original virulence and fatality, and may at any moment be made active by accidental or systematic ignorance.

PLAN FOR CITY WITH LOW MORTALITY.

I now come to the design I have in hand. Mr. Chadwick has many times told us that he could build a city that would give any stated mortality, from fifty, or any number more, to five, or perhaps some number less, in the thousand annually. I believe Mr. Chadwick to be correct to the letter in this statement, and for that reason I have projected a city that shall show the lowest mortality.

I need not say no such city exists, and you must pardon me for drawing upon your imaginations as I describe it. Depicting nothing whatever but what is at this present moment easily possible, I shall strive to bring into ready and agreeable view a community not abundantly favored by natural resources; which, under the direction of the scientific knowledge acquired in the past two generations, has attained a vitality not perfectly natural, but approaching to that standard. In an artistic sense it would have been better to have chosen a small town or large village than a city for my description; but as the great mortality of states is resident in cities, it is practically better to take the larger and less favored community. If cities could be transformed, the rest would follow.

Our city, which may be named *Hygeia*, has the advantage of being a new foundation, but it is so built that existing cities might be largely modeled upon it.

POPULATION.

The population of the city may be placed at 100,000, living in 20,000 houses, built on 4,000 acres of land—an average of twenty-five persons to an acre. This may be considered a large population for the space occupied, but, since the effect of density on vitality tells only determinately when it reaches a certain extreme degree, as in Liverpool and Glasgow, the estimate may be ventured.

The safety of the population of the city is provided for against density by the character of the houses, which insure an equal distribution of the population. Tall houses overshadowing the streets, and creating necessity for one entrance to several tenements, are no-

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where permitted. In streets devoted to business, where the tradespeople require a place of mart or shop, the houses are four stories high, and in some of the western streets where the houses are separate, three and four storied buildings are erected; but on the whole it is found bad to exceed this range, and as each story is limited to fifteen feet, no house is higher than sixty feet.

SOIL.

The substratum of the city is of two kinds. At its northern and highest part there is clay; at its southern and south-eastern gravel. Whatever disadvantages might spring in other places from a retention of water on a clay soil, is here met by the plan that is universally followed, of building every house on arches of solid brick work. So, where in other towns there are areas, and kitchens, and servants' offices, there are subways through which the air flows freely, and down the inclines of which all currents of water are carried away.

STREETS.

The acreage of our model city allows room for three wide main streets or boulevards, which run from east to west, and which are the main thoroughfares. Beneath each of these is a subway, a railway along which the heavy traffic of the city is carried on. The streets from north to south, which cross the main thoroughfares at right angles, and the minor streets which run parallel, are all wide, and owing to the lowness of the houses, are thoroughly ventilated, and in the day are filled with sunlight. They are planted on each side of the pathways with trees, and in many places with shrubs and evergreens. All the interspaces between the backs of houses are gardens. The churches, hospitals, theaters, banks, lecture-rooms, and other public buildings, as well as some private buildings such as warehouses and stables, stand alone, forming parts of streets, occupying the position of several houses. They are surrounded with garden space, and add not only to the beauty but to the healthiness of the city. The large houses of the wealthy are situated in a similar manner.

PAVEMENTS.

The streets of the city are paved throughout in the same material. As yet wood pavement set in asphalte has been found the best. It is noiseless, cleanly and durable. Tramways are nowhere permitted, the system of underground railways being found amply sufficient for all purposes. The side pavements, which are everywhere ten feet wide, are of white or light gray stone. They have a slight incline toward the streets, and the streets have an incline from their centers toward the margins of the pavements.

CLEANSING.

From the circumstance that the houses of our model city are based on subways, there is no difficulty whatever in cleansing the streets, no more difficulty than is experienced in Paris. That disgrace to our modern civilization, the mud-cart, is not known, and even the necessity for Mr. E. H. Bayley's roadway movable tanks for mud sweepings (so much wanted in London and other towns similarly built) does not exist. The accumulation of mud and dirt in the streets is washed away every day through side openings into the subways, and is conveyed with the sewage to a destination apart from the city. Thus the streets everywhere are dry and clean, free alike of holes and open drains. Gutter children are an impossibility in a place where there are no gutters for their innocent delectation. Instead of the gutter, the poorest child has the garden; for the foul sight and smell of unwholesome garbage, he has flowers and green sward.

CELLARS.

It will be seen, from what has been already told, that in this our model city there are no underground cellars, kitchens, or other caves, which, worse than those ancient British caves that Nottingham still can show the antiquarian as the once fastnesses of her savage children, are now the loathsome residences of many millions of our domestic and industrial classes. There is not per-

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mitted to be one room underground. The living part of every house begins on the level of the street.

MATERIAL.

The houses are built of brick which has the following sanitary advantages: It is glazed, and quite impermeable to water, so that during wet seasons the walls of the houses are not saturated with tons of water, as is the case with so many of our present residences. The bricks are perforated transversely, and at the end of each there is a wedge opening, into which there is no mortar inserted, and by which all the openings are allowed to communicate with each other. The walls are in this manner honeycombed, so that there is in them a constant body of common air, let in by side openings in the outer wall, which can be changed at pleasure, and, if required, can be heated from the firegrates of the house. The bricks intended for the inside wall of the house, those which form the walls of the rooms, are glazed in different colors, according to the taste of the owner, and are laid so neatly that the after adornment of the walls is considered unnecessary, and, indeed, objectionable. By this means those most unhealthy parts of household accommodation, layers of moldy paste and size, layers of poisonous paper, or layers of absorbing color stuff or distemper, are entirely done away with. The walls of the rooms can be made clean at any time by the simple use of water, and the ceilings, which are turned in light arches of thinner brick, or tile, colored to match the wall, are open to the same cleansing process. The color selected for the inner brickwork is gray, as a rule, that being most agreeable to the sense of sight; but various tastes prevail, and art so soon ministers to taste that in the houses of the wealthy delightful patterns of work of Pompeian elegance are soon introduced.

As with the bricks, so with the mortar and the wood employed in building; they are rendered as far as possible free of moisture. Sea-sand containing salt, and wood that has been saturated with sea-water, two common commodities in badly-built houses, find no place in our modern city.

CHIMNEYS.

The most radical changes in the houses of our city are in the chimneys, the roofs, the kitchens, and their adjoining offices. The chimneys, arranged after the manner proposed by Mr. Spencer Wells, are all connected with central shafts, into which the smoke is drawn, and, after being passed through a gas furnace to destroy the free carbon, is discharged colorless into the open air. The city, therefore, at the expense of a small smoke rate, is free of raised chimneys and of the intolerable nuisance of smoke. The roofs of the houses are but slightly arched, and indeed are all but flat. They are covered either with asphalte, which experience, out of our supposed city, has proved to last long and to be easily repaired, or with flat tile. The roofs, barricaded with iron palisades tastefully painted, make excellent outdoor grounds for every house. In some instances flowers are cultivated on them.

KITCHENS.

The housewife must not be shocked when she hears that the kitchen of our model city and all the kitchen offices are immediately beneath these garden roofs; are, in fact, in the upper floor of the house instead of the lower. In every point of view, sanitary and economical, this arrangement succeeds admirably, the kitchen is lighted to perfection, so that all uncleanliness is at once detected. The smell which arises from cooking is never disseminated through the rooms of the house. In conveying the cooked food from the kitchen, in houses where there is no lift, the heavy weighted dishes have to be conveyed down, the emptied and lighter dishes upstairs. The hot water from the kitchen boiler is distributed easily by conducting pipes into the lower rooms, so that in every room and bedroom hot and cold water can at all times be obtained for washing and cleaning purposes; as on every floor there is a sink for receiving waste water, the carrying of heavy pails from floor to floor is not required. The scullery,

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which is by the side of the kitchen, is provided with a copper and all the appliances for laundry work; and when that is done at home, the open places on the roof above make an excellent drying ground.

In the wall of the scullery is the upper opening to the shaft of the dust-bin. This shaft, open to the air from the roof, extends to the bin under the basement of the house. A sliding door in the wall opens into the shaft to receive the dust, and this plan is carried out on every floor. The coal-bin is off the scullery, and is ventilated into the air by a shaft through the roof.

On the landing in the second or middle stories of the three-storied houses there is a bath-room, supplied with hot and cold water from the kitchen above. The floor of the kitchen and of all the upper stories is slightly raised in the center, and is of smooth gray tile; the floor of the bath-room is the same. In the living-rooms, where the floors are of wood, a true oak margin of floor extends two feet around each room. Over this no carpet is ever laid. It is kept bright and clean by the old-fashioned beeswax and turpentine, and the air is made fresh and ozonic by the process.

BEDROOMS.

Considering that a third part of the life of man is, or should be, spent in sleep, great care is taken with the bed rooms, so that they shall be thoroughly lighted, roomy, and ventilated. Twelve hundred cubic feet of space is allowed for each sleeper, and from the sleeping apartments all unnecessary articles of furniture and dress are rigorously excluded. Old clothes, old shoes, and other offensive articles of the same order are never permitted to have residence there. In most instances the rooms on the first floor are made the bed-rooms, and the lower the living-rooms. In the larger houses bed-rooms are carried out in the upper floor for the use of the domestics.

To facilitate communication between the kitchen and the entrance-hall, so that articles of food, fuel, and the like may be carried up, a shaft runs in the partition between two houses, and carries a basket lift in all houses that are above two stories high. Every heavy thing to and from the kitchen is thus carried up and down from floor to floor, and from the top to the basement, and much unnecessary labor is thereby saved. In the two-storied houses the lift is unnecessary. A flight of outer steps lead to the upper or kitchen floor.

(*Concluded next month.*)

STUDIES IN VEGETARIANISM.

BY EDWIN F. BACON.

THE question of vegetarianism after being before the world from the beginning of recorded history, seems no nearer a solution than at any previous time. The wisest and best in every age have differed in regard to it, and it still remains open to honest discussion. It may indeed be fairly doubted whether it admits of a solution applicable to the entire human race under all circumstances. Leaving its more elaborate discussion as a chemical and psychological question to the learned, I have, as a student, been looking into it from the standpoint of individual experience, and have here only to note the result of such inquiry.

A large proportion of the human race have been in all ages practical vegetarians, and it has been abundantly shown that the greatest bodily size and strength are attainable while subsisting upon the products of the soil alone; but, as a rule, the highest civilization and the greatest individual distinction have been reached by flesh eaters. The argument against vegetarianism has therefore often been that while such a diet may sufficiently nourish the body, especially of those accustomed to it from birth, it is inconsistent with the highest mental development and with the heroic achievements of the warrior and the statesman; for flesh meat, it

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is said, tends to make men bold, enterprising and courageous.

The force of this argument must in all fairness be admitted, so far as it relates to the effect of flesh food in stimulating the animal passions and fitting men for aggressive conflict. The carnivora are uniformly more daring, energetic and cruel than the herbivora. They are the rapacious conquerors, while the herbivora are the peaceful citizens of the animal kingdom. The same principle holds true of the human race, and may everywhere be verified by reference to individuals.

If, therefore, vegetarianism is to be logically justified, it must be upon the ground that it tends to render men peaceful, benevolent and virtuous. The soldier and the pugilist, it may be said, demand bloody rations for their savage work, but the scholar and the philanthropist require only the fruits of the soil, which are gathered without the infliction of pain, and which, when consumed, stimulate to no cruel deed. Let us now see whether this view is justified by reference to the character and attainments of those who, being in a position to choose, have preferred a vegetarian diet.

In seeking examples the mind reverts at once to the old Grecian philosophers, all of whom, so far as we know, were very abstemious in their habits, while many of them are known to have been strict vegetarians, regarding the eating of flesh with disgust and abhorrence. From the earliest period of recorded history, extending indeed back into the mythological era, there existed in Greece what was called the Orphic life, being that of a class of philosophers who religiously abstained from animal food.

The term is derived from Orpheus, who lived more than a thousand years before Christ. He was a poet, musician and philosopher. Ancient writers attribute to him the establishment of social institutions and the beginning both of religion and civilization in Greece. Aristophanes says that he first taught men to abstain from murder. Much, however, that relates to him is involved in mythological obscurity, and we refer to him chiefly to indicate the extreme antiquity of the dietetic theories associated in subsequent ages with his name. To what extent these theories prevailed in ancient Greece it is impossible at this time to determine, but they appear with more or less prominence in all the great philosophical systems.

Pythagoras, of Samos, one of the greatest philosophers of all antiquity, expressly condemned the eating of flesh. He flourished about 500 years before Christ. After visiting foreign countries and acquiring all the learning of his age he founded a school at Crotona in Italy, which, during his lifetime, developed into a powerful organization, and exerted a widespread social and political influence throughout the Grecian world.

In his teachings Pythagoras attached great importance to a proper choice of food. His precepts regarding this matter are thus beautifully rendered by A. Bronson Alcott in his book of "Tablets." "It was the doctrine of the Samian sage, that whatsoever food obstructs divination, is prejudicial to purity and chastity of mind and body, to temperance, health, sweetness of disposition, suavity of manners, grace of form and dignity of carriage, should be shunned. Especially should those who would apprehend the deepest wisdom and preserve through life the relish for elegant studies and pursuits abstain from flesh, cherishing the justice which animals claim at man's hands, nor slaughtering them for food nor profit."

Pythagoras lived and taught to a very advanced age, and although his society was violently broken up during a political disturbance, his teachings, which assumed the form of a religious faith, continued for ages to exert a powerful influence.

Concerning the most noted Grecian philosophers of a later date, as Socrates, Plato, Epicurus, Zeno, we do not know as definitely as in the case of Pythagoras what their dietetic theories were; though most of them, upon more or less evidence, have been claimed as vegetarians. They certainly taught moderation in all things, and sought

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through simple habits and an abstemious diet to subject the entire man to the guidance of reason.

Socrates, however, was of a highly social nature, and if he did not eat meat could certainly drink wine with the merriest at a feast; while Epicurus, who has been so grossly misrepresented, kept a notice over the entrance to his school warning new pupils that their diet while there would consist of barley bread and water. He taught indeed that earthly happiness is the chief good, but he sought it not in sensual dissipation, as his enemies declared, but rather in the perfect control of every faculty. "As for myself," he says, "a piece of bread and draught of spring water makes me vie with Jupiter himself, with his nectar and ambrosia, and not in the least to envy him."

Plutarch, the historian, who lived in the first century of the Christian era, on being asked why Pythagoras abstained from flesh eating made the following memorable reply: "For my part I do much wonder in what humor, with what soul or reason man first touched with his mouth slaughter, and reached to his lips the flesh of a dead animal, and having set before people ghastly corpses and ghosts could give those things the names of *meat* and *victuals*. which but a little while before lowed, cried, moved and saw. We should rather wonder at the conduct of those who first indulged themselves in this horrible repast, than at those who have humanely abstained from it."

Porphyry, a neoplatonist philosopher of the 3d century, wrote a treatise "On Abstinence from Animal Food," in which he stated these propositions: 1st, That a conquest over the appetites and passions will greatly contribute to preserve health and to remove disease. 2nd, That simple vegetable food, being easily procured and easily digested assists very much in obtaining the conquest over ourselves." In a letter to one who had returned to flesh eating Porphyry wrote: "You owned when you lived among us, that a vegetable diet was preferable to animal food, both for preserving the health and for facilitating the study of philosop and now, since you have eaten fle your own experience must convince y that what you then confessed was tr It was not from those who lived on getables that robbers or murdere sycophants or tyrants have proceed but from *flesh eaters*. The necessar of life are few, and easily acquired wi out violating justice, liberty, health, peace of mind."

Considering the number and infl ence of the philosophers who throug out the entire period of Greek cultu abstained from flesh meats, it seen fair to conclude that vegetarianis was in that age widely prevalent amon the learned. Its advocates, instead apologizing for it, as if it were an e centricity of which one might almos be ashamed, were accustomed to d nounce flesh eating as something inex pressibly vulgar and disgusting. I the Christian church the subject ha always been under discussion. It ha been claimed that Christ was originall of the Jewish sect of the Essenes, wh are known to have abstained from flesh, as did also many of the early father and devotees of the church.

In modern times the subject has been revived in a new form. Not merely the devout, who thus seek to subdue their natural passions, but men of the world, aiming at the full and normal development of every faculty, have chosen a vegetable diet as most conducive to a complete manhood and to the greatest longevity. Whether this would be best for all in the present condition of the human system, considering the *great* importance of inherited tendencies, may well be doubted. Even if we concede that original man ate no flesh and that it would have been better never to have eaten it, there still remains the fact that it has been eaten until the system has become thoroughly accustomed to it, and the question of a return, if indeed it is a return, to the original diet is one that is only to be treated with care and from a strictly scientific standpoint. In giving, therefore, modern instances of vegetarianism where the results appear to *have* been every way favorable, I desire to

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guard against the assumption that what has proved conducive to the health and longevity of some would, if attempted, prove so to all. This has, as it seems to me, been the fatal error of many of the enthusiastic advocates of the cause, especially upon its first public introduction into this country. Experience and the defection from the ranks of a majority of those who so eagerly entered upon it some twenty-five years ago have taught wisdom and moderation; and at the present time there is observable a quiet and healthy growth of sentiment in favor of either partial or entire abstinence from flesh, and the gradual substitution of fruit and grain foods. This is almost everywhere apparent in hotels and families, and among those who make no especial professions as hygienists, and this is precisely the manner in which it is desirable this reform should be inaugurated or at least tested—harmonizing as it does with nature's plan of evolution.

Among the most interesting and instructive cases of modern vegetarianism was that of Howard the philanthropist. He was the son of a successful tradesman, and while young inherited, by the death of his father, a handsome estate. Having lived in the usual style of young men of leisure and fortune his health failed and a consumptive tendency became apparent, upon which he retired to the country and gave especial attention to hygiene the result of which was that he adopted and maintained throughout life a vegetarian diet. During his great work of philanthropy, commenced when he was about fifty years of age, and continued with indefatigable energy for seventeen years, he was exposed to almost every form of contagious disease. The prisons of Christendom were, in his day, so many hot-beds of pestilence, but none were so loathsome as to repel him, and wherever he could gain admittance he remained until he had effected a thorough examination both of the place and its inmates; yet he ate no flesh and drank no wine or spirits. Upon being asked by what means he protected himself from contagion he replied "Next to the free goodness and mercy of the Author of my being, temperance and cleanliness are my preservatives. Trusting in the Divine Providence, and believing myself in the way of my duty, I visit the most noxious cells, and while thus employed I 'fear no evil.'" Thus he penetrated underground dungeons, into which the jailer and physician of the place dared not follow him—dungeons into which men were thrust only to be brought forth as corpses.

At the age of sixty-four Howard fell a victim to the plague, to which, in Austria, he had fearlessly exposed himself in order to study its causes and seek a remedy, but this result he had himself predicted. He deliberately gave his life for humanity. John Wesley when a student in college adopted a vegetarian diet, and wrote in favor of it, and it is asserted that during the last forty years of his life he adhered strictly to it; but of this I have not yet found explicit proof.

Shelley the poet was a vegetarian, and wrote eloquently in its favor, believing it to be adapted to all mankind. In a note to his work "Queen Mab," he says: "There never was an instance in which a change from spirituous liquors and animal food to vegetables and pure water has failed ultimately to invigorate the body, by rendering its juices bland and consentaneous, and to restore to the mind that cheerfulness and elasticity which not one in fifty possesses on the present system."

At the present time vegetarianism is represented in England by a vigorous and well organized society, of which Professor Francis Newman is president. This society publishes a monthly journal, the Dietetic Reformer, which is well conducted and is especially rich in narrations of personal experience. The last number received, that for November, contains a report of the last annual meeting of the society, held at Manchester, and attended by members from various parts of Great Britain. It is represented as having been a cordial and most encouraging reunion. Communications are published from a number of prominent advocates of the cause in various countries.

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Edward Balzar, the leader of health reform in Germany, sends hearty greetings to his English brethren. Our Dr. Holbrook urges the establishment of vegetarianism upon a scientific basis. The celebrated Hindoo scholar and philosopher, Keshub Chunder Sen, bears eloquent testimony to the beneficial results of dietetic reform among his own people. He says: "For more than twenty-two years I have lived upon a simple vegetarian diet, and have found it most beneficial, morally and physically. In abstaining from animal food I have always been acting from moral motives. Tenderness to lower animals, a love of simplicity, a desire to keep aloof from temptations, and an anxious regard for the interests of my countrymen—among whom wine and meat are doing much harm, and who need the correcting influence of good examples—these and similar feelings have always influenced me against the pernicious luxury of flesh diet. A good number of my friends in the Brahmo Somaj are staunch adherents of vegetarianism. We all feel that by becoming vegetarians we have benefited ourselves and our country. Physically we are better, stronger and healthier than we were before; morally the gain is immense."

Isaac Pitman, the phonographer, pleads for vegetarianism on the ground of kindness to the lower animals, he having adopted it expressly for that reason, and has adhered to it strictly now for thirty-seven years. He says in conclusion: "On the meat-eating system I was suffering from indigestion, and if I had gone on with it, it is probable that I should have passed away from this earth very many years ago. I have not had a symptom of dyspepsia since, and now at sixty-two I enjoy life and every meal, and especially my work to the fullest extent."

The Rev. Dr. Wm. Taylor, of Philadelphia, gives a graphic review of the cause in America, and cites a number of interesting cases of health and longevity among the Bible Christians and others. His own experience, as given, is most interesting, being presented as a reply to the customary argument that a race of vegetarians would in a few generations degenerate physically and mentally. He says: "I am myself of the third generation in direct descent of vegetarian stock. I enjoy excellent health, and weigh 192 pounds. My children, four in number, are plump, fresh and strong. Two boys are of age and one under age. Two of these stand nearly six feet high, and are well built. They are the fourth generation of vegetarians in direct descent, and judging from appearances the race is by no means run out. I hope your annual meeting may be all you wish it, and that the good cause may prosper gloriously. Can you not make up a great vegetarian excursion party next summer, and come over to our International Centennial Exposition."

A communication also appears from Dr. T. L. Nichols, an American, who is now doing a great hygienic work in England. Twenty-five years ago, Dr. Nichols was one of the editors of The American Vegetarian, published in Philadelphia, and he then recorded sixteen years of adult experience as a vegetarian, commencing when he was a medical student in Dartmouth College, about 1835. He may now be ranked with the veterans in the cause, but is still apparently full of vigor, for he is at the head of a great hygienic institution, editor of a health journal, and author and publisher of numerous works, in addition to which he now proposes to organize a stock company for the purpose of placing the best articles of hygienic food on sale throughout Great Britain. He is a man of decided ability and untiring energy, and his present work cannot fail to excite the sympathy and admiration of American hygienists.

The cause of vegetarianism has in America no central organization, although it exists as a feature of several religious bodies, as the Bible Christians of Philadelphia, and the Seventh Day Adventists, of whom accounts have already appeared in this journal. As a people we are approaching this reform by a gradual process, which promises the best results.

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SUPERFLUOUS WOMEN.*

THERE is no way by which provision can be made for superfluous women except to train them intellectually, morally and industrially, so that they can make their own way in life, whether married or single. A very large minority of women do not marry. Of those who do marry a large proportion are obliged still to earn their own living entirely or in part. The majority of widows have the burden of their own maintenance thrown upon them, and that of their children. It is therefore an absolute necessity of our present social condition that women should have as free admission to professional and industrial training as men, that there should be no monopoly of sex, no protective duty on either side.

The number of occupations open to women are so very few that they are crowded with applicants who tread one another down and keep wages at the very minimum. It is not the fault of the capitalist that women is so poorly paid for her labor. It is the fault of society. Any article sells cheap when there is too much of it in the market. And woman's labor is cheap when there is too much of that in the market. Take the profession of teaching. Everywhere the salaries of women are much below those of men. Why? Not because they are less successful than men in the same profession, or do less work; nor yet because, as some affirm wrongly, they have only entered the profession temporarily, as a stepping-stone to something better, for this is no more true of them than of men. But there are too many of them. A superintendent of education says, "Remove all the teachers in the United States and their places could be filled within a week. There are three thousand or four thousand women music-teaching in Paris. What is needed is free, untrammelled access of women to all fields of labor, and equal industrial training with men. No girl should be considered educated for life till she is in possession of a trade, profession, or business that will give her a living.

But there is hope, for there is a growing dissatisfaction with our system of popular education. It may be described as literary—for the use of the head and not at all for the hands. It does not bear directly on the leading pursuits of the people. In the organization of schools and in the methods of instruction there has been great change; little in the things taught. There is, however, a growing tendency to modify popular education in our country, and to bring it into harmony with the age and the manifest demands of labor.

A two-fold movement in favor of industrial education in America has already begun. One looks toward the establishment of technical schools like the "Illinois Industrial University," open to women as well as men. Another seeks a modification of our present school system, which shall enable them to send students to these schools of professional training or the workshop of the artisan. Massachusetts has taken steps to promote popular art-education, which will be felt by-and-by. And already some of the manufactures of Massachusetts are sufficiently good to compete successfully with similar foreign markets. In Massachusetts a normal art-school has been established, from which are sent out teachers. Women teachers from this institution command good salaries, and are in great demand. There are also schools of design already established, and in the field of designing there is a prolific field of employment for women. It is said that one city alone of Massachusetts spends annually in Europe $40,000 for manufacturing designs which should be made here. Let women crowd the industrial schools now open, and force the opening of more. For in the field of industrial art-training women can succeed as well as men.

She could not close without asking her audience for a moment to consider who these women were, and had been,

* Extract from a lecture by Mrs. Livermore.

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who are denominated "superfluous," because unmarried. She made a *resume* of the grand work done by the Catholic sisterhoods during the last fifteen centuries, who have districted the suffering, misery, vice, crime, want and woe of the world, and had everywhere entered the lists against it, keeping alive in the world faith in the Christ of helpfulness, and healing to whom they had consecrated themselves. Then she took up the work of Protestant "superfluous women" for the last half-century, summarizing in brief paragraphs the lives of women like Burdett Coutts, Mary Carpenter, Florence Nightingale, Emily Faithful, Fredrika Bremer, Harriet Martineau, Dorothea Dix, Clara Barton, Charlotte Cushman, Harriet Hosmer, Rosa Bonheur, Elizabeth Blackwell, Maria Mitchell, the Carey sisters, Louise Alcott, and others of the same noble class. But time would fail to attempt to catalogue the grand women of the last twenty-five years alone, who, according to the generally recognized theory of woman's life, have been superfluous, because unmarried women; "social failures." as Sir Henry James calls them.

All through the land, in homes and outside of them, I find these women, unwedded; in the vulgar parlance of every-day speech called "old maids," with a shrug of the shoulder and a slight dash of scorn; in the finer language of sociologists and essayists denominated "superfluous women." They have been brave enough to elect to walk through life alone when some man has asked them in marriage whom they could not love; with white lips they have said "no," while their hearts have said "yes," because duty demanded of them the sacrifice of their own happiness. Their lives have been stepping-stones for the advancement of young sisters; they have earned the money to carry brothers through college into professions; like the caryatides of architecture, they stand in their places and uphold the roof over a dependent household; they invert the order of nature and become mothers to the aged, childish parents, fathers and mothers whose failing feet they guide gently down the hill of life, an whose withered hands they by-and-b fold beneath the daisies; they carr words of cheer and a world of comfor to households invaded by trouble, sick ness or death. The dusty years stretc far behind them; beauty and comeli ness drop away from them, and the grow faded and careworn; they becom nobodies to the hurrying, rushing, bust ling world, and by-and-by they wil slip out into the gloom—the shadow will vail them forever from earthly sigh —the great surprise of joyful greetin will welcome them, and they will thril to the embrace of the heavenly bride groom. Ah, Stewart, who from your $100,000,000 of earthly treasures have given $1,000,000 to the working women in a beautiful home! ah, Peabody, whose gifts of libraries, and institutes and educational funds were princely! ah, Vanderbilt and Drew, who have put millions into the endowment of schools and colleges—these poor women have given, and are giving, more than ye all! For out of your abundance ye have given but little, and these superfluous women have given their all —themselves, with their loving hearts, with their possibilities of happiness, with their dreams of the future! Ah, three-starred Grant and Sherman, not so heroic was your march through the fearful, bristling Wilderness, and from Atlanta to the sea, as is the lonely passage of life made by many an unmated woman, except as her celibate life serves to point a jest or add cynical pleasantry to a story! Ye were stimulated by the cheers and prayers of a nation, while the gaze of the world followed you; but the path of these women was through the hot shot of ridicule and satire.

Let us give to women such training, physically, industrially, intellectually and spiritually that we shall shame the word "superfluous" out of the vocabulary as descriptive of women. And this will help men, and elevate them, quite as much as any special work which might be done for them, and thus collective humanity will be benefited, and a higher civilization be promoted, for

The woman's cause is man's; they rise or sink
Together, dwarfed or god-like, bond or free.

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"MISMANAGEMENT BY PHYSICIANS."

I was sorry, Mr. Editor, to read in the October number of your journal an article under the above caption, which was so unjust in its premises, so untruthful in many of its statements, and so utterly ridiculous in many of its conclusions, that I am moved to reply to it, and I think it will not be difficult to show wherein the writer has been exceedingly unjust and mistaken.

In the first place it is to be noticed that his statements are entirely *ex parte* in character. He was visiting in Aiken, a little town in South Carolina, a favorite resort for consumptives, and his information was derived wholly from the patients whom he met there; people affected with an (in the vast majority of instances) incurable disease, herded together under circumstances in which their mental condition was much more likely to be injured than benefited, seeing only those similarly afflicted, many of them far worse than themselves, and every circumstance and surrounding tending only to heighten their fears and despondency, and I can readily believe that the great majority of them were perfectly "willing to lay at the door of their medical adviser the responsibility of the greater part of their ills," though I most emphatically deny that but a very small proportion of them were one whit justified in so doing. And of the two classes of invalids mentioned—"those who know that they are in great danger," or, in other words, those in the second stage of the disease, "and those who know perfectly well that nothing short of a miracle can restore them to health,"—I can confidently assert that a large majority are thus aliens from home and friends, not because of their physician, but in spite of him. Any one who has seen much of that dreaded disease known as consumption; who is familiar with all its symptoms and details, its sure and steady progress, the alternate hopes and fears of the patient, as his condition seems one day improved and the next, perhaps from the most trivial of causes, rendered worse, and the constant anxiety of the relatives and friends to leave nothing untried which can, in the remotest possibility benefit the patient, knows well how hopeless these cases are, and what a strong and continued pressure is often brought to bear upon the physician to recommend a change of climate, although his own judgment and advice are against it. Two or three cases from my own experience as illustrations:

It is nearly a year since I was called to one of the leading hotels in this city to see a young man, 27 years of age, who was on his way to the south for his health. I had known him when a child, but had not seen him for many years. He had heen an invalid for several months and had been under the care of Dr. B., one of the leading physicians of Boston, who had done for him everything, I doubt not, that could be done. But his friends were strong in the belief that he would get well. They had wrung from the physician a reluctant consent to a journey to Florida, and had infused into the patient a share of their own enthusiasm as to his ultimate recovery. It needed but a single glance to see how futile were all their hopes. The hectic fever burning on his cheek, the preternaturally brilliant eye, the rapid pulse, the quickly drawn breath told all too plainly how rapidly his life was drawing to a close. It was painful to see how eagerly every eye was bent upon me as his father asked if I did not think "a winter in Florida would bring him round all right again." What could one reply under the circumstances? And where is the physician who has not been similarly situated, and against his own judgment and knowledge of the case given an evasive reply which has been construed into a favorable opinion? The young man accompanied by his wife and father went to Florida, and in four weeks he died.

I recall the case of one of my own patients—a young man of this city, who was seized at midnight with a sudden

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hemorrhage from the lungs, which continued at intervals for several days, and I well remember the state of alarm into which he and his friends were thrown and the unanimity with which they insisted that he should relinquish his business and spend a winter in the south. I remember how vainly I strove to calm their fears, and with what skepticism if not contempt they heard my assertion that a winter in the south was wholly unnecessary. The young man had led a sedentary life at a pursuit which required a stooping position over a desk, and the hemorrhage had been induced by the unusual and protracted exertion of rowing a boat. There was no evidence of actual disease in his lungs, though I believe there was a hereditary predisposition to it on his mother's side. But go south he must, and go he did. He was absent a little more then a week. The same steamer that carried him away brought him back on her return trip, and the few days that he spent on shore were passed in the leading hotel in Aiken. It was amusing and pitiable to hear his recital of the daily life of those poor invalids. Incessant coughs from every room within his range of hearing disturbed his rest at night. After breakfast they assembled on the piazza and discoursed of their individual symptoms. No other topic interested or engaged there attention. They compared coughs, sputa, night-sweats, etc., etc., and were cheered or depressed according as their case seemed better or worse then the one with whom they were conversing. If they railed at their physician, as was often the case, it was because they had not been benefited so much as they had hoped from his treatment, and not because he had sent them away. The frequency with which consumptives change their physicians and the eagerness with which they seize upon every remedy, no matter how absurd it may be, show how futile any treatment is in effecting a radical cure of this justly dreaded and formidable disease. The young man in question was only too glad to get away from such companions and surroundings. He returned to the city, transferred his business to a healthy New England village, and is still living in the enjoyment of excellent health.

It is a shame for the writer of that article to charge that physicians in their management of this disease are guilty of carelessness and neglect of duty; "that they withhold the truth from patients from an aversion to implicate themselves in cases where issues may bring discredit upon themselves" and that "they bear themselves as critics and antagonists to those who, humbled by disease, approach them for advice and assistance." These accusations are unsupported by one particle of evidence. They are unreasonable, unlikely, and false in every particular. His ignorance of the whole subject is sufficiently apparent when he says that the disease under consideration is so simple that "it can be seized and expurgated long after it has established a fast hold on the system," and that "the cases are comparatively rare where it seizes upon a human being and hurries him into his grave in spite of all prompt aid and care." If this be so, how does it happen that nearly one-fifth of all the deaths are from this disease, and why does it not readily yield to the "few and simple remedies established for its cure." The absurdity of such statements needs no further refutation. It is equaled only by the unreliability of the source from which he derives his information. What fair-minded, unprejudiced person would accept the unsupported statements of patients such as those from whom he admits "his evidence against the doctor was chiefly gathered." Enfeebled by disease, embittered by disappointment, unbenefited by the various physicians to whom they had presented their case, and with an imperfect recollection of the exact details of their interviews with them, and the doctors too far away to give their version of it, how readily would they fall into errors of all kinds, and how naturally would they imagine that the doctor had slighted or misjudged their case, and vent all their bitterness and disappointment upon him? To ground such accusations as this writer makes against physicians

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upon such untrustworthy, hearsay evidence alone, is as ridiculous as it would be in a historian to gather the details of a battle from the regimental cooks who, secure amid their pots and kettles, had not even heard the roar of their comrades' guns.

The charge that physicians are ignorant of the character of the climate of the various places of resort for consumptives is equally senseless. Their knowledge of them is derived from what has been written concerning them in the various text-books and journals of medicine, and from the statements of intelligent patients who have experienced their benefits. The physician recommends the place seemingly best suited to his patients, consulting, of course, every circumstance connected therewith, its availability of access, its accommodations, the means and condition of his patient, etc., etc., and having done this he has discharged his whole duty. Yet this astute writer would make the physician responsible not only for whatever inconveniences the patient might find in his new abode, but also for the diurnal changes in the weather. Was it the doctor's fault that the patient's table was not supplied with the requisite "blood food," or that the druggists of the place were not "supplied with fresh goods of the better sort?" Was he to blame because the weather that spring happened to be unusually damp and generally unfavorable? "The physician should have known it," he says. How was he to know it, pray? There are no daily weather reports issued from these places, and he could only learn of it through letters from his patient. All these things are risks that the patient must take. They are the daily accidents pertaining to the place and the circumstances. If they are all favorable the patient is fortunate, if unfavorable they are his misfortune, and not by any means the doctor's fault.

I hope, Mr. Editor, that I have not transcended either the limits of your patience or your columns. I like your journal much, and enjoy the many good things which I never fail to find in it; and it always grieves me whenever I read any contemptuous reflections upon regular physicians and their system of practice. Drug medication seems to be a dreadful bugbear to many physicians of a certain school, and with some of them their prejudice seems to have run away with their reason. Now I am as much opposed to administering drugs as any one can well be, and few physicians give less of them than I. But I very often find them exceedingly useful, nay, indispensable. I have at the present time some eight or ten cases of consumption under my care, and with one or two exceptions they are all going to die, I can safely predict, within a year. By the aid of drugs I am able to give them all a great deal of comfort and relief from suffering. I can lessen their cough, remove their night sweats, allay their fever, restore their appetite, regulate their various functions, and in many ways do them a great deal of good. Now, if any physician of the anti-drug school will take these patients, and by means of bean soup, oatmeal porridge, Turkish baths, electricity, Swedish movements, or any other hygienic remedy known to their system, restore these poor creatures to health, I will confess that they alone are masters of the healing art, and that all others are only shallow pretenders. But while admitting that there is much good in all these things, do, Mr. Editor, remind our opponents that we, too, do some good, in our way, and beg them to remember that we deserve at least some credit for the immense amount of gratuitous work that we perform, while we have the satisfaction of knowing that if our patients do not always get well, we, quite as often as they, are not ignorant of the precise ailment that released them from their sufferings.

A REGULAR.

DR. DUCKWORTH says that having failed in relieving a case of toothache by all the usual remedies, he succeeded by the use of bicarbonate of soda. Half a drachm was dissolved in an oz. of water. The patient was directed to hold a spoonful in his mouth, when the pain immediately ceased and complete relief was secured.

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A CURE FOR INTEMPERANCE.

BY CHARLES O. GROOM NAPIER, F. G. S.

MORE than twenty years ago I read in Liebig's "Animal Chemistry" (translated by Gregory, page 97,) how the use of cod-liver oil had a tendency to promote the disinclination for the use of wine, and how most people, according to Liebig, find that they can take wine with animal food, but not with farinaceous or amylaceous food. I was at that time a vegetarian, and felt in my own person the truth of this statement of Liebig, as also two members of my own family, one in old age, and another in middle life. They had for two years adopted the vegetarian diet, although brought up in the moderate use of alcoholic liquors, for which, after becoming vegetarians, they felt no inclination. I was induced by this seeming proof of the accuracy of Liebig's theory to endeavor to find whether it might not be valuable for the cure of intemperance. Having applied it successfully to twenty-seven cases, I will briefly give the results.

1. A military officer, 61 years old, of an aristocratic Scottish family, had contracted habits of intemperate whisky drinking while on service with his regiment in India, but was well satisfied with himself, although a torment to his wife and children. His habit was to eat scarcely any bread, fat, or vegetables. His breakfast was mostly salt fish and a little bread. His dinner consisted of joint, and very little else. He consumed during the day from a pint to a quart of whisky, and was scarcely sober more than half his time. His face and neck were very red. By my advice his wife induced him to return to the oatmeal porridge breakfast on which he had been brought up, and to adopt a dinner of which boiled haricot beans or peas formed an important ingredient. He did not like this change at first, and complained that he could not enjoy his whisky as much as formerly. About this time there was a great panic amongst flesh eaters in consequence of the cattle plague, and his wife became so alarmed that the whole family was put on a vegetarian diet. The husband grumbled very much at first. But his taste for whisky entirely disappeared, and in nine months from the time he commenced, and two months from the time he became an entire vegetarian, he relinquished alcoholic liquors and has not returned to either flesh or alcohol since.

2. An analytical chemist of some talent, but of intemperate habits, about 32 years of age, was desirous to be cured of his vice. I called his attention to the statement of Liebig. He said he feared that a vegetarian diet would not suit his constitution, and that he felt that he had eaten nothing unless he dined largely on flesh. I told him that I had suffered from the same delusion myself, but I was now convinced of its fallacy, and begged him to give the vegetarian diet a fair trial. He was a bachelor, and had no one to consult but himself, so after several more objections had been answered, he consented to give it a month's trial. He ate his first vegetarian dinner—which consisted principally of maccaroni—with little appetite. Next day I took him a long walk, which detained us three hours beyond his usual dinner hour, so that he returned with such a hearty appetite that he ate his maccaroni cold, being to impatient to wait until it could be warmed. From that day he persevered, aided by the diet, and before the end of six weeks he was a total abstainer.

3. A lady of independent means, about 42 years of age, accustomed to live freely, eat very largely of meat, drink a bottle of wine daily, besides beer and brandy, was accused by her friends of being intemperate. Her sister, who had great influence over her, took her, by my advice, 100 miles away from home, by the seaside, and after long walks they sat down regularly to a vegetarian dinner. In nine weeks her intemperance was so far cured as to be satisfied with about half a glass of

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brandy on going to bed, drinking nothing alcoholic during the day.

4. A clergyman of habitually intemperate habits was induced to adopt vegetarianism, and was cured in about 12 months. He was about 44 years of age.

5. A country gentleman, after 11 months of vegetarianism, was entirely cured of intemperance.

6. A girl of 19, who from association with intemperate people had been led into this vice, was cured in about five weeks by vegetarian diet. After two years she went to visit those who had first misled her, and returned to a flesh diet and drunkenness. From this relapse she was cured a second time by vegetarianism. Unfortunately she returned again to a flesh diet and drunkenness, but was again cured a third time.

7, 8, 9. A man, his wife and sister, all above 40, who had been addicted to intemperance for some years, were cured by vegetarianism within one year.

10. A bed-ridden gentleman, slightly addicted to intemperance, was entirely cured by a vegetarian diet in 36 days.

11. A captain in the merchant service was entirely cured of drunkenness in 44 days by the same means.

12. A half-pay officer in the navy was cured of drunkenness by vegetarianism in about 90 days.

13, 14. A clergyman and his wife, both addicted to intemperance, although of a secret and quiet kind, were cured, one in four months the other in six months.

15, 16, 17. Similar cases, all bachelors of intemperate habits, were cured within 12 months by a diet mainly farinaceous.

18. A gentleman of 60, who had been addicted to intemperate habits for 35 years, his outbreak averaging once a week. His constitution was so shattered that he had great difficulty in insuring his life. After an attack of delirium tremens which nearly ended fatally, two brothers, who had much influence over him, induced him to adopt a farinaceous diet, which cured him entirely in seven months. He was very thin at the beginning of the experiment, but at the end of the seven months had increased in weight 28 lbs., being then about the normal weight for a man of his height.

19, 20. Two sisters, members of a family notorious for their intemperate habits. They were induced to adopt vegetarianism, and were cured in about a year.

21. A clerk of great ability, who had lost several good situations on account of his intemperate habits, adopted vegetarianism as an experiment, and with such perfect success that one of his old employers took him back at a higher salary than he had ever received before.

22. A governess, aged about 40, who lost a good situation on account of her drunkenness, was cured by a farinaceous diet in nine weeks.

23, 24. Both military pensioners, aged respectively 56 and 63, who had contracted habits of intemperance in India. They led wretched lives on small pensions, until induced to adopt vegetarianism. They were cured in about six months.

25, 26, 27. Three old sailors, above 50 They were cured by vegetarianism in about six months.

From these 27 cases, in which the vegetarian system has been within my knowledge successful, I conclude that it is a very valuable remedy, and well worth a trial. I will now give a list of articles of food which are pre-eminent in their antagonism to alcohol.

1st. Maccaroni, which when boiled and flavored with butter is palatable and very substantial. I believe no person can be a drunkard who eats half a pound a day of maccaroni thus prepared.

2d. Haricot beans and green dried peas and lentils stand next. They should be soaked for 24 hours, well boiled with onions, celery, or other herbs, and plenty of butter or oil. Rice is useful, but less important than maccaroni or peas and beans. The various garden vegetables are helpful, but a diet mainly composed of them would not resist alcoholic drinking so effectually as one of maccaroni and farinaceous food.

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3d. Highly glutinous bread is of great use from this point of view; it should not be sour, for sour bread has the tendency to encourage alcoholic drinking. Bread that is imperfectly fermented and liable to become sour is in very common use, and, in my opinion, greatly contributes to foster intemperance; as also the use of meat of the second or third quality. The use of salted food tends to promote intemperance, while regular hearty meals of fresh, wholesome, glutinous food tend to discourage it.

I can speak from experience as having benefited in health greatly by adopting a vegetarian diet, and all whom I have induced to adopt it have been benefited likewise. It has the tendency to encourage the development of the intellect; to give increased capacity for mental labor; and to promote longevity and economy. The price of meat is double what it was twenty-five years ago; while the price of wheat, which varies of course with season, has not increased. Incomes and wages in general have risen, so that the poor man who is willing to live on wheaten products is better off than ever. He only feels the pressure when he attempts to live greatly on flesh, which induces a thirst for alcoholic liquors, for in all the cases of intemperance which I have examined there is a special distaste for a farinaceous diet. Those who object to vegetarianism often complain of a want of appetite for such diet. Let such try seaside or mountain air, a good long walk fasting, or a ride on the top of an omnibus, and they will seldom want an appetite. The drunken mechanic, who when sober works hard, loses more time through drunkenness than he would in taking country walks, if such are advisable for his health.

If we inquire the cause of a vegetarian being disinclined to alcoholic liquors, we find that the carbonaceous starch contained in the maccaroni, beans, or oleaginous aliment, appear to render unnecessary, and consequently repulsive, carbon in an alcoholic form. Liebig says "alcohol and fat oil mutually impede the secretion of each other through the skin and lungs." Nations living on a diet composed largely of starch, such as the rice-feeding populations of the tropical East, are less given to drunkenness than meat-eating populations. The meat-eating people of the north of France consume much alcohol per head—as much, if I may believe statistics, as the inhabitants of any part of Europe. The bread they consume is very generally raised with vinegar. One class of fermented food appears to attract another. I have observed that a taste for spicy condiments, butcher's meat and alcoholic liquors is associated, and that a taste for plain-favored vegetables, fats and oils is likewise associated. I have known persons in the habit of taking alcoholic liquors daily, when eating butcher's meat, who find they must give them up entirely when living on a farinaceous diet without meat—their action under those circumstances being too irritating to be endured without great inconvenience, such as sleeplessness, burning in the hands, and headache, and even nausea; and that in the same individual, who a few days before, with a meat diet, seemed to require several glasses of wine to prevent physical exhaustion.

Lastly, were the ground now occupied in growing barley for malting purposes devoted to growing wheat or oats for bread and porridge, our national wealth would be greatly increased. But little wheat would need to be brought from foreign countries at a great expenditure of gold; while intemperance itself, which is the chief cause of pauperism and crime, may be greatly discouraged by the cultivation of vegetarianism.

THE KITCHEN.—Until the kitchen becomes thoroughly and systematically organized, and is regarded as one of the most important of household departments, there can be no such thing as habitual health in the family. Bad cooking poisons more people than all the nauseous drugs ever administered to poor humanity, and it is the remote cause for the employment of two-thirds of all the divorce lawyers in existence.

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BODY AND MIND.

SAYS Mind to Body t'other day,
As on my chin I plied my razor,
Pray tell me, does that glass portray
Your real phiz, or cheat the gazer?

That youthful face, which bloomed as sleek
As Hebe's, Ganymede's, Apollo's,
Has lost its roses, and your cheek
Is falling into fearful hollows.

The crow's fell foot hath set its sign
Beside that eye which dimly twinkles;
And look! what means this ugly line?
Alas! my friend, your getting wrinkles.

Behold! your cheeks are quite bereft
Of their two laughter-nursing dimples,
And pretty substitutes they've left—
(Between ourselves) a brace of pimples!

The fashions which you used to lead,
So careless are you, or so thrifty,
You most neglect when most you need—
A sad mistake when nearing fifty.

Stop, stop, cries Body, let us pause
Before you reckon more offences,
Since you yourself may be the cause
Of all these dismal consequences.

The sword, you know, wears out the sheath,
By steam are brazen vessels scattered;
And when volcanoes rage beneath,
The surface must be torn and shattered.

Have not your passions, hopes and fears,
Their tegument of clay outwearing,
Done infinitely more than years
To cause the ravage you're declaring?

If you yourself no symptoms show
Of age—no wrinkles of the spirit;
If still for friends your heart can glow,
Your purse be shared with starving merit;

If yet to sordid sins unknown,
No avarice in your breast has started;
If you have not suspicious grown,
Sour, garrulous, or narrow-hearted;

You still are young, and o'er my face
(Howe'er its features may be shaded)
Shall throw the sunshine of your grace,
And keep the moral part unfaded.

Expression is the face's soul,
The head and heart's joint emanation;
Insensible to Time's control,
Free from the Body's devastation.

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If *you* 're twenty, I'm no more—
Counting by years how folks have blundered!
Cooper was young at eighty-four,
And Fontenelle at near a hundred!

HYGIENE FOR BRAIN AND NERVES.

BY THE EDITOR.

THERE are few persons who do not appreciate the value of sound lungs, a good heart, a vigorous stomach, and a liver that never becomes tired of making bile, and nearly everybody in some sort of way give some care and practical attention to the maintenance of the health of these organs; but the brain and nervous system, which preside over all the functions of life, and the health of which is of the highest importance, we know less about and give less attention to its health than almost any other portion of our wonderfully contrived frames. In other words, the most important organs of our bodies are the least guarded from evil influences. It is to make a slight contribution to the benefiting of the brain and nerves that this series of papers is undertaken. It is true there are those who think that the less we know of ourselves and the sooner we forget to live by rule the better; but this class will soon become obsolete and forgotten, for the tendency of modern thought is to make the discoveries of science available for human welfare, and what welfare is more important than the perfection of our own bodies, and especially of that part of them most nearly allied to the immortal, the nervous system. The poet, George Herbert, a companion and friend of Lord Bacon, and the very best of the old devotional poets, in that most exquisite and thoughtful poem "The Porch," says,

"Slight those who say amidst their sickly healths,
Thou liv'st by rule; what doth not so but man?
Houses are built by rule, and commonwealths,
Entice the trusty sun, if that you can,
From his ecliptic line, beckon the sky—
Who lives by rule then keeps good company.

Who keeps no guard upon himself, is slack,
And rots to nothing at the next great thaw;
Man is a shop of rules, a well trussed pack,
Whose every parcel underwrites a law;
Love not thyself, nor give thy humors way,
God gave them to thee under look and key."

We introduce this quotation as an argument for living by rule and the proper and reasonable observance of the laws of health, but not for the purpose of inducing, under the belief that they are observing the right care of themselves, people to become notional and squeamish. This is not living by rule, but quite the contrary.

In order to guard the brain and nerves from injury we must have at least a slight notion of what these organs are, and what they require; and so we will begin by giving a general view of them.

THE BRAIN.

The brain is that large mass of soft pulpy matter which fills the skull. Every animal that has a backbone or spinal column has a brain, with just one exception, and that is an oceanic fish; but the brains of different animals vary greatly in size. The elephant has the largest brain of any animal—not extinct—it sometimes weighing nine or ten pounds. The whale comes next in order, for its brain sometimes weighs five pounds; but an elephant's brain only weighs the five hundredth part of the weight of his body, while a man's brain weighs about one thirty-sixth part of the weight of his body. Comparing the brain and body, some of the birds do better than man even, as a canary's brain is the twentieth of his body, and the little blue-headed tit the twelfth of its body. The brain of man is of better quality than that of any animal, and in man weighs on the average 48 ounces, and in woman 44 ounces. It is separated into three principal di-

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visions. The cerebrum, the cerebellum and the medula oblongata.

The cerebrum occupies nearly the entire skull, in fact all except the small portion at the back part of the base of this cavity. Its function is that of thought, feeling, emotion, will, intelligence. It is now certain that there can be no intelligence without brain substance. The oyster and clam are not intelligent—they have no brain; and in proportion as man's brain is increased in size and developed we have intellectual phenomena. On the other hand, let the brain substance be injured or destroyed, or deficient in quantity or quality, and idiocy, stupidity, ignorance, feebleness, absence of intelligence, lack of will and moral force, become at once apparent.

The cerebellum has entirely different work to do from that of the brain proper, and is much smaller in size, weighing only a few ounces, while the cerebrum weighs several pounds. It is separated from the cerebrum by a tough membrane called the tentorium, a process of the dura mater, or lining membrane of the skull. This process which separates the large and small brain is very serviceable, as it forms a bed for the former, and relieves the latter from supporting it.

There has been much written about the functions of the cerebellum. The phrenologists have maintained stoutly that it is the seat of the organ of amativeness, and it is a pity that they have not made more efforts to demonstrate beyond the possibility of doubt this statement, since Gall's days. Physiologists, on the other hand, have tried to prove its truth, but in most instances have failed, and to their satisfaction shown that the chief function of the cerebellum is of co-ordinating into one movement the entire action of the muscles. This is best explained by a comparison. A skillful dancer or gymnast can combine the actions of his muscles into one beautiful movement of grace and dexterity. The nimble kitten will play, and its movements will be wonderfully exact. It knows precisely how far to jump for a mouse, and in making the effort all the muscles obey. The monkey and squirrel dexterously climb trees and rarely fall. Their actions illustrate co-ordination, which the physiologists say is the function of the little brain, the cerebellum. On the other hand, the drunken man cannot co-ordinate his movements and so he staggers about. The muscles refuse to obey because the cerebellum has been temporarily paralyzed, so it cannot attend to its business.

The method by which physiologists prove this function, it is true, has some objections, for it consists in removing the cerebellum from such animals as will endure it, more especially from the pigeon and common barnyard cock. The result is they immediately lose this co-ordinating power and cannot control their muscles, and lack stability and act as does a drunkard. It is claimed by physiologists also that the removal of the greater part of this portion of the brain, while it does not destroy amativeness, does always destroy co-ordinating power.

These experiments cannot be tried on human beings, but there are a few cases of disease of the cerebellum which show that co-ordinating power is its chief function. As yet, however, too little is known to dogmatize on this subject.

THE MEDULA OBLONGATA.

We now come to the medula oblongata. This connects the brain with the spinal cord, which it resembles. It is difficult to make any experiments on this part of the brain, for death follows immediately any injury to its substance. In killing animals nearly all know that a blow at the base of the brain causes instant death. It is the injury to the medula oblongata that causes it. It has been called the "vital point" of life. The facts are, however, that this part of the brain controls breathing, and if it is injured the sense of breathing is at once abolished. Break up the medula in any animal and instantly it ceases to breathe; of course it dies at once.

This brief outline will serve to introduce us to our subject, and in our next issue we shall proceed to its elucidation.

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HENRY WILSON.

THERE is an instructive lesson in the career of our late Vice-President, illustrating as it does the possibility of rising, not merely from humble, but from seemingly mean and worthless parentage, to a position of great usefulness and honor.

Henry Wilson was born at Farmington, New Hampshire, February 16th, 1812. The family was of the lowest social grade, and led a wandering and almost vagrant life. At the age of ten years Henry was bound out to a farmer, with whom he lived until he was twenty-one. During this apprenticeship of eleven years he attended school but twelve months in all, thus barely learning to read. He made the most, however, of this attainment. All the books that he could borrow, for he had no means of buying them, were eagerly read. Shortly before his death he stated that up to the age of twenty-one he never possessed, in all, so much as one dollar in money; yet he had stored his mind with the contents of many books, chiefly history and biography. Upon attaining his majority he received from his master six sheep, which he sold immediately, and then set out on foot toward the manufacturing district of Massachusetts, with his whole earthly possessions strapped in a pack upon his back. There were stage coaches, but he could not afford to ride.

Arriving thus after a long journey at the village of Natick, he hired himself to a shoemaker, with whom he worked two years, learning the trade and laying by several hundred dollars in money, with which he returned to New Hampshire and attended school for some time, until the person with whom he had deposited his money failed, and he was thus compelled for want of means to abandon his studies. He accordingly returned to Natick and to the shoemaker's bench. In six years more he was the proprietor of a successful business and owner of a handsome dwelling-house. Meanwhile he had cultivated his natural talent for public speaking, and in the Presidential campaign of 1840 he took the stump in favor of General Harrison, making some sixty speeches and winning great popularity. He was then commonly called "The Natick Cobbler." From this time he advanced rapidly in political life being chosen to the State Legislature and to other positions, and in 1855 to the United States Senate, where he continued to represent the State of Massachusetts until chosen Vice-President at the time of Grant's second election. During the rebellion he held the important position of Chairman of the Senate Military Committee, and there were few men in the nation who rendered such great practical service in the conduct of our national affairs at that time. He was among the few who, from the beginning, realized the magnitude of the struggle, and he displayed throughout the highest order of talent for such an emergency.

Mr. Wilson's success in life was due to his great mental and physical vigor, to his thoroughly democratic manners, and to his sound political judgment. Though not one of the most eloquent, he was one of the most dignified and forcible of American orators. Such a career as we have thus briefly sketched, on the part of one who commenced life in the most abject poverty, and who neither sought nor received assistance, certainly affords a useful lesson to many who possess natural ability, but who feel that circumstances are against them.

There is another class of persons who may derive great encouragement from such experiences as that of Mr. Wilson, namely, those who, having made their own way in life, are seeking opportunities to assist others. Such persons are often discouraged by the apparent difficulty there is in elevating the lower classes above their condition of thriftless poverty and dependence. There are, however, in every community individuals here and there, whose mental organization is greatly above their surroundings, and who are therefore eager-

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ly watching every opportunity for advancement. Everything done for these aspiring souls, every word of encouragement, every generous act, is an investment that will certainly "pay." How much might have been done for Mr. Wilson when he was struggling with his early poverty and ignorance? Would he have proved ungrateful? Would the philanthropist have been repelled and discouraged in his case? There is, indeed, no nobler work for humanity than that of seeking out just such cases and lending a helping hand. But such cases, those of genuine worth, must be sought out; they do not go begging. Pride and self-reliance are prominent elements in every noble character, and the assistance that is deserved must be delicately offered or it may be rejected. Mr. Wilson fought his own battle in life, and won it bravely, but a better education in childhood would have made him a still more useful man. Had he been completely educated he would have better understood the laws of health, and not have exhausted his failing energies with excessive brain-work, as he did. Although possessed an of excellent constitution he died at the age of sixty-three. Within a short time of his death, although he had been prostrated with a disease of the brain that proved almost fatal, he boasted that he was capable of ten hours of literary work per day; and to this excess his sudden relapse and decease may doubtless be attributed. E. F. B.

WHAT WOMEN CAN DO—HOME WORK.

BY LUCY LEE HOLBROOK.

WHILE the doors are opening in every direction for women's energies and skill, and while we advocate so large a freedom as shall be consistent with her powers of action and her womanhood, still, first and foremost, holding the highest place is the *home* work that no one but she can do. When she marries, after the halo and romance of the honeymoon, comes the earnest work of life in which she bears a prominent part, the making of a home. It is a graceful and delicate work for her, *the* work for which nature has best fitted her, and she enters upon it with all the hope and enthusiasm of her young heart, blessed in the consciousness of a strong loving, helping hand and heart to aid her. The work is *theirs*, the home is theirs, and the love between them is sacred to themselves. The husband provides the money, and it has a new interest in his eyes, for it means now to him so much of added comfort or luxury to the household. The wife plans for the expenditure, and if she is a wise and thoughtful little woman, with good taste and judgment, she finds delight in contriving the ways and means by which it may be made to go the furthest and add most to the beauty as well as the utility of her department. Better than the idle courtship, better even than the sweet hours of love before marriage, is this working together with earnest hearts in loving companionship that, free from feverish excitement, is yet fully satisfied in the healthy quiet enjoyment of working and resting, of planning and accomplishing their pleasures and duties together.

Little the young wife realizes, as she begins joyfully her work, how much lies in her small hands that may make or mar the happiness of that home, and that it is in her power to shape her husband's and her children's lives. The path looks smooth enough to her feet, and the ups and downs, the successes and failures have not yet come. She cannot conceive that bitterness and misunderstanding are at last the death of love; she cannot foresee how closely in the rearing of children death and life are mingled; she cannot believe that their fresh life may ever become stereotyped and stiff and formal;

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that enthusiasm will die out of the heart, and the conventionalities of society will incrust it over. Heaven forbid that such gaunt shadows should come; and yet they are all the while coming. I know of but two things that will protect her, faith in God, and pure unselfish love—the love that "beareth all things, believeth all things, hopeth all things, endureth all things."

It has been said that Americans are far behind Europeans in domestic homes, and have much to learn in that respect. It may be; yet I have seen some places that seemed to me the perfection of home life.

One was a simple New England home, nestled among the green hills of Vermont. The husband was a jolly-heart-doctor, the impersonation of health and good temper. He rode with his horse and gig over the country for miles in every direction, and came back full of the inspiration of the hills. The wife was the spirit of the household, with delicate form, broad brow, and soft gray eyes; so fragile that the rude winds of winter threatened constantly to blow her away. But such a house as they kept! It was like going into fairy land to ride across the bleak hills in winter to spend an evening with them. There was a sitting-room and parlor in one, with ivies trained over the walls; a fernery at the window; cheap furniture such as is common in the country, but padded with soft cushions and covered with warm bright chintzes; muslin curtains at the windows; a small fireplace burned wood enough for brightness, but a huge stove in the little spaceway between the two rooms supplied the heat necessary for a New England winter; books and magazines, a few well chosen engravings and chromos, and a parlor organ, and a hundred little dainty ornaments of needle-work, carved work, etc., that had been wrought out in leisure hours, added a grace to the little room. The dining-room was a continuation of the parlor, adorned with fruit pictures and landscapes, and a table with snowy linen, delicate china, and bright silver. So simple were their meals that often only bread and butter and some kind of prepared fruit accompanied the t grant tea; but the merry hearts, simple, cordial, loving ways, the c ness of it all, made it a table for kin and surely we all felt that the grace matron at the head was the queen w ruled us all.

We were at liberty to stroll into t kitchen if we wished, but we could fi no fault with the white sanded flo the clean cooking stove, the deft a handy arrangements found everywhe and yet this queen of ours did her o work, with the assistance of an o woman who came in on washing da cleaning days and extra occasions; f her husband's income was not larg and by such economy she could bett afford the little luxuries of the hous hold. The long winter evenings th followed the early tea were hours delight, filled with music, reading alou by the doctor, if we could secure hi presence, long talks, and half earnes half merry discussions, and the fre quent addition to the little circle o neighbors who "dropped in," receiving a hearty welcome. But this sweet wo man's influence was not confined withi her four walls. Her house was a key-note that toned up the homes of all who knew her. It gave inspiration and courage to the husband, who carried its atmosphere to the sick and suffering in his practice, together with many a more substantial gift prepared by her hands. When a wee baby came at last to her, and she lay for days between life and death, there was not a soul in all the village but prayed that she might not be taken from them, and cried for joy when she was pronounced out of danger.

There is another home I have in mind, a contrast to this in being a home of luxury and wealth. It is on an island in the Detroit river, shut in entirely to itself; nature gave everything desirable for scenery, and art used these gifts to the best advantage. I can best describe it by referring to a former letter written to THE HERALD OF HEALTH:

"The land has been extensively and completely drained, the undergrowth of the woodland cut away and cleared, until it resembles an English park.

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Five avenues sixty feet in width have been opened across the island, and two the length of the grounds, besides a natural avenue along the river's edge; making seven miles of ride upon the grounds.

"The dwelling-house is built upon the edge of the woodland, with a lawn in front, of three and a half acres, and about fourteen acres more inclosed for gardens, etc. It is a frame house, two stories and a half in height, of Gothic architecture, having upper and lower verandas in front and at the side, and deep bay windows. The outside is a stone color, while the windows and verandas are finished with light brown facings. The flooring throughout is of ash, waxed, and the doors, stair-cases, windows and interior decorations are of pine, oiled and varnished. This gives a beautiful effect to the rooms, heightened by the cool, tasteful Cuban furniture with which they are furnished.

"The home life here is delightful. There is the charm of complete seclusion —an atmosphere of such perfect rest and peace as gives the place its name, "Inselruhe," "Island Rest." There are horses so gentle and easy that a babe might be rocked to sleep on their backs, or spirited enough for a war charger; boats for sailing or rowing, a fine croquet ground, walks in the shade of the trees, and, best of all for a warm evening, a fine promenade and seats upon the end of the long wharf that extends out into the eastern channel of the river. The waters are all around you, the dark woods against the sunset sky, and the white sails gliding noiselessly, like spirits over the waters, in the gathering twilight.

"Within the house there is an endless variety of amusements, games, books and music—there is a charm about the home life here that I cannot put into words. Does it come from the fine taste and culture of the mistress, or the poetic, genial temperament of the master of the house, or the innocent gayety of the young people? I think from all combined, and penetrated through and through by the spirit of love to one another and the tenderest consideration for each other's needs and feelings.

"When we gather in the parlor for singing, and when we sit together upon the veranda on a moonlight evening and watch the lights upon the river and the shadows on the grass, while the conversation drifts whither the waves of recollection may carry it, we forget time and can almost imagine ourselves—our pilgrimage ended—in the land of Beulah, waiting beside its still waters until the boatman shall come to carry us across into the celestial city."

And now I put in for background one more picture, whose darkness will serve I trust only to make the others more attractive. I wish it was an ideal picture, but there are, alas! too many such country homes. This is a brick house, though an old wooden one might be as bad. The gate is open and the cows and pigs are rooting and tramping the turf of the yard into a mass of mud; torn papers, rags, old brooms, sticks of wood and boards fill the yard; the barn is close to the house, and the stables are reeking with decaying manure; the sour swill-trough is close to the kitchen door, and the pig pen but a step farther off; the wooden doorstep is half broken down, but we manage to mount it and knock. A woman comes to the door with hair uncombed and dress half open, a shy dirty child hanging to her gown, while you get a dissolving view of various retreating forms through different doors as we are ushered into the little room that is called a parlor, and left alone for half an hour or so until the inmates can make themselves presentable. In the meanwhile we take observations internally. The green paper curtains are torn and patched, and torn again, and carelessly pinned up zigzag fashion, only to reveal dirty windows and festooned cobwebs. The air, faugh! is a compound of dead smells. Coleridge's definition of cologne will apply; "Full twenty stenches well defined, and several stinks."

The chairs are set in a row around the room; there is a horse hair sofa that is like St. Benedict's gridiron to

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sit upon, greasy and worn as to arms and edges. The carpet has been spit upon and trod upon with muddy feet until we must look in the corners to get the original design. There is a little table in one corner with a dark woolen cover and books upon it, and we look there for relief; alas! we find only census returns, agricultural reports, and a respectable looking Bible that shows the colporteur has been before us. There are ominous sounds in the distance, suggesting what the children are doing while the elders are preparing for the "call;" but they come at last, sleek and smooth and clean, excepting the finger-nails, etc. We are invited to stay to tea, but visions of what the cooking is likely to be, and the sad reflection that we have already seen the best of the house-keeping, deter us, and we decline with thanks and retire. And yet I give you my word the head of this household was once a nice pretty girl, and married a good honest young man, who believed she would make his home like the homes of his friends. It is true his department was not much better, and they had mutually reacted upon each other down to the present deplorable condition of affairs..

But while it is easy enough to picture a home as it should be, it is quite another thing to make it so. The wearisome details of work, the thought, management and care that must be gone through with, only the housekeeper knows of. A clear-headed business capacity is needed to rightly manage a large family with the necessary servants, so that while there is comfort and abundance there shall be no waste; and if close economy must be used, the engineer in skirts who carries all along successfully, is equal in her sphere to the political or financial managers in other departments. I am afraid the best of us could never attain to the standard Solomon sets in his description of a virtuous woman; but if we could, it would settle forever the question of woman's rights.

There is chance in the home department to bring into action all a woman's best gifts. She should have a good knowledge of hygiene, a practical acquaintance with the best methods of ventilation, and a watchful eye over the plumbing and drainage of the house, lest foul draughts undo what she is doing to obtain pure air. The cooking needs to be under her supervision, that it may be healthful and well done, simple and palatable; it is not safe to leave it to Bridget. The warmth and comfort and healthfulness of the family clothing requires consideration; and then if, in spite of all, sickness comes, more depends upon her as nurse than upon the physician.

She needs to be an artist that she may from the humblest material create beauty and harmony. She needs to be a poet that she may give rhythm to prosaic duties, and, studying neatness, comfort and order, may idealize them with all manner of sweet conceits and tender touches. What does she not need, if that greatest of all gifts, motherhood, comes to her? She has the forming of a human soul within her, and the teaching of little hearts, who will learn from her lips, as they never will from another's, the lessons that will shape their lives. No wonder that men say their wives must be Christians, whatever their own beliefs may be. How can a woman carry such responsibility without she lives near enough to God and the angels for them to help her.

But neither while she is engaged in these home duties should she neglect social demands, for her husband's and friends' sake. She makes formal calls and gives and attends parties, but little real social pleasure and great expense is found in these. If she could have social evenings when her friends and her husband's friends could gather in unceremoniously, while with ready tact and womanly intuition she makes them all at ease, the happiness both given and received would repay all the trouble.

Is it not a great mistake in married women to drop all their accomplishments so soon as care begins? There is danger while she is absorbed in the narrow details of housekeeping, that her mind will dwell and fret over them until it knows little beyond; while, on

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the other hand, her husband's life being broader and freer than hers, his mind must necessarily grow and strengthen until there may be a great gulf between them. I cannot too strongly urge a watchful care from the beginning of married life, that while striving to gain all the good that may be within reach, never to lose hold of the secret which makes the *heart* of home life, the *growing together* of husband and wife and children; remorselessly destroy anything, everything that is an entering wedge to drive apart. It is a man's duty, of course, to see that he is not weaned from her and home; but it is her duty to see that she continues as she began, to be queen of his heart; and she can only do so by keeping and cultivating the graces which first attracted him. She may not be able to match him in intellectual or scientific attainments, but she can keep her mind under such cultivation that in the home life they will meet as equals, and in society he will not be ashamed of her.

After all, the loving heart will teach more than anything that can be written. I only hope to inspire, to quicken action and higher aiming in those who with hands and hearts full stand seeking help and strength. We fail again and again; but if we may begin each time more humble, more in earnest, more content to rely upon divine strength and promise, our failures will be our best steps forward toward the *perfect life.*

EDITOR'S STUDIES IN HYGIENE.

QUESTIONS AND ANSWERS.

BONE AND BRAIN FOOD.

Is oatmeal a good food for the brain?

ANS.—A recent writer in Cassell's Magazine says:— "We call it the food for bone as well as brain, muscle as well as mind. To the laboring or artisan class it commends itself on account of its cheapness, the readiness and economy with which it can be cooked, and while it is easily digested, it contains a larger proportion than wheat of the elements that go to form bone and muscle. It commends itself to literary men, and all workers who earn their bread by the sweat of their brains. We happen to know several well-known authors who, though born and bred this side of the Tweed, swear by oatmeal porridge as a brain-inspiring compound. . . . . There are many Scotch households in London where porridge and milk form the staple of the morning meal—a capital "basis of operation" to begin the day's work on. These families will tell you that old and young alike thrive famously on it. Not only is porridge pre-eminently rich in nutritive matter, but when nicely cooked, and eaten with new milk, is simply delicious—a dainty dish fit, indeed, to set before any king."

EARLY STUDY.

If a child is to be a student for life, at what age should it begin?

ANS.—The celebrated Tissot said that "of the infants destined for different vocations I should prefer that the one who is to study through life should be the least learned at twelve." We believe that most physiologists teach that very early mental development is injurious to the young, and should be avoided. That training, however, that comes without forcing may be permitted.

HOW TO EAT AN APPLE.

Many consider apples as unfit for dyspeptics, causing flatulence and acidity. Is this so? and if so, is there any remedy?

ANS.—There is no fruit more serviceabte to the people than the apple, not only as a luxury, but as a wholesome, nutritious food. Apples contain sugar, gum, much malic acid and some valuable mineral matter. It is true that apples often produce indigestion and flatulence, but generally the cause is to be found in the manner in which it is eaten. It may not be known, but it is

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true, that an apple contains a great quantity of *fixed air*, and if eaten hastily the air passes into the stomach with the pulp before it is liberated. In the stomach this air becomes heated, expands, and causes flatulence in persons with weak digestion. Such persons should choose a fresh, mild tart apple, with a silver-bladed knife peel off the skin, and then scrape the apple to a fine pulp, now place it in the mouth and thoroughly mix it with saliva before swallowing it. This is very important. It may be placed on a thin slice of bread and eaten with it. If it is too troublesome to scrape the apple then it should be chewed till every cell is broken down and the air liberated. Many believe apples are more wholesome if taken in the morning. If this is true it is only because then the stomach is more vigorous. Thousands of the Swiss peasants make their entire supper on apples and bread, and thus preserve good health and nourish their bodies well.

Physiologically, the apple acts as a stomachic by promoting digestion, and when taken in the morning it becomes a laxative. Its action on the liver is favorable to the health of this organ. They also correct the evils of too much and too highly concentrated food.

FRUIT DIET.

Can a person live on fruit alone?

ANS.—It is doubtful if a fruit diet would properly nourish one, but every day some of it should be eaten. Make a daily meal of grapes, apples, pears, plums, cherries, peaches, pines, melons, and cakes or bread, and see if they would not prove as wholesome, and perhaps as strengthening, as various kinds of meat, fish, etc. Neither is there any fear of loss to the physical stamina, intellectual supremacy, or moral greatness of the nation, by a gradual and moderate change of food. On the contrary, such a change is likely to prove salutary. The frequent use of apples, either before or after meals, has a most healthful effect upon digestion. It is said to be better to eat less meat and more fruit. An eminent French physician thinks that the decrease of dyspepsia and bilious affections in Paris is owing to the increased consumption of apples, which fruit, he maintains, is admirably prophylactic and tonic, as well as a very nourishing and easily digested article of food. The Parisians are said to devour one hundred millions of apples every winter.

OILING THE BODY.

Is oiling the body ever beneficial?

ANS.—There is a general objection to it by a majority of persons, but in consumption, dyspepsia, nervousness, scrofula and general debility, a complete oiling of the body and sufficient friction to rub it in is often a very good thing. It shoul be preceded by a warm bath, after which the patient should be clothed in a loose flannel wrapper, long enough to cover the feet and preserve the bedclothes from soiling. The oil, slightly warmed, should then be liberally applied by the bare hand of the attendant over the entire body and limbs. The first result is the production of a general sense of comfort, any nervous irritation that may have been present undergoing diminution. A gentle perspiration soon shows itself, sometimes accompanied by an erythematous eruption, which is, however, but slight and temporary. It is a valuable method of introducing nutritive material into the body. The vegetable oils are better suited than the animal oils or fats.

THE SECOND SUMMER.

Why is the second summer of a child's life considered with so much anxiety by its mother?

ANS.—Because children, by the second summer, have learned to take other than their natural food; they have lost their taste for the natural food; a great change consequent upon dentition is going on; digestion is disturbed; and the child who has apparently exceeded in healthfulness and strength its companion, who has been allowed milk only, now begins to run the gauntlet of cholera infantum, dysentery, and convulsions.

The great remedy for this is to keep the child on a simple nutritious diet during this period. Plain bread and milk, the oatmeal milk, or something of this sort is best. Because a child is

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weaned is no reason why it should eat everything. An eminent physician says "Were children confined to the milk diet alone, the medicine needed by them would not be calomel and chalk, nor opium, nor kino; and the percentage of deaths among them would be smaller. The extra dilution of the milk would as a rule answer the whole purpose better than physic. I never saw a case of cholera infantum in a child who was kept till the dentition was complete upon breast milk alone, or upon properly diluted cow's milk alone."

COLD WATER BED.

What is a cold water bed, and how is it made?

ANS.—The cold water bed is a method of reducing temperature of a fever patient. Dr. Felton gives the following way to make it, and illustrates its use with a case of a patient in the fourth week of typhoid fever, whose temperature was 103.5°-104°. The water-bed is constructed from a rubber air-mattress, with inlet and outlet at opposite ends, to which is coupled a rubber hose, one pipe being attached to the aqueduct faucet and the outlet conveying the water from the house. His patient lay upon the bed eighteen days, the water being renewed every five hours. It was found that at the time when the temperature of the atmosphere was 62°, and that of the hydrant water 68°, the water in the bed, after remaining unchanged seven hours, was 79°, an increase of seventeen degrees over that of the atmosphere, and of eleven degrees above that of the aqueduct water; therefore the patient imparted eleven degrees of heat to a barrel of water in seven hours, and still his temperature remained at 102¾°.

TREATMENT OF NEW BORN BABES.

Should a new born babe be first fed with sugar and water, molasses, or any such thing?

ANS.—There is no reason for giving sugar and water, or molasses and water, which will grow acid, or milk and water, or even simple water. But look out for the nurse, unless you know her well, or the child will surely get a few spoonfulls of some one of these things, or of some physic. The "red gum" or "red goom," as it is called, haunts the minds of nurses and grandmothers, and if it is not brought out upon the child's skin within a day or two, all the ailments of the next six months will be attributed to its absence. But what is "red gum?" Simply an eruption somewhat papular, which shows that the little one's stomach and bowels have not been in good working order. If it does not appear, we know that the nurse has not overdosed the child. It bears the same relation to the saffron tea which the child has had, that the nettle rash that will afflict some of you will bear to the spoiled lobster or the old mackerel if you eat it. And that is all.

ZINC LINED WATER PIPES.

The Massachusetts Board of Health, in one of its reports, strongly recommends the variety of iron pipes lined with zinc for water as perfectly safe. Is this report reliable?

ANS.—The Massachusetts Board of Health report is a model in its way, and has proved useful, no doubt, in influencing public opinion, but in this case it is, no doubt, in error, and has done much harm, as zinc is a metal easily oxydized, and the oxides are poisonous, many cases of poisoning have resulted from their use. Galvanized water pipes and utensils are not perfectly safe, and in our opinion they should be avoided. This we have said before, although we know in opposition to the belief of many who ought to know better.

DIGESTION.

When is digestion and assimilation best—morning, noon or night?

ANS.—Digestion is generally best in the morning, before the forces of the system have been exhausted with labor. This rapid digestion in the morning contributes to the immediate demands of the system for a supply of nourishment.

LENGTH OF TIME FOR FOOD TO DIGEST.

How long does food lay in a healthy stomach?

ANS.—It depends somewhat on the quantity eaten, for it takes longer to digest two pounds than one. In general, from two to four hours are required; so, too, food is digested much more rap-

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idly and the stomach emptied sooner with children than with adults. The forces of their bodies are not used up in work; but only in play.

REST BEFORE MEALS.

Is it necessary for a hard working person or a dyspeptic to rest before meals?

ANS.—A little while to rest before eating, to allow the forces of the system to rally and the nerves to become quiet, is very beneficial, and allows digestion to go on more perfectly and easily. So too, exertion immediately after a meal should be moderate, or digestion may be deranged. So, too, to go to sleep just after a hearty meal retards digestion, though it does not derange it. During sleep the flow of gastric juice and saliva is not so full as while awake. Alcohol retards digestion, and earnest preoccupation of the mind retards and may even stop it.

THE EUCALYPTUS TREE.

What are the virtues of the eucalyptus, or fever tree, for the prevention of malarious fevers?

ANS.—The eucalyptus is a native of Australia, but has been introduced into Europe, and also into California. There are several species, and they are sometimes called "gum trees" because they abound in gum and exhale into the air resinous odors. It is a rapid grower and reaches an enormous height; sometimes, it is said, of 500 feet. Many believe that the aroma which it gives off, filling the air for some distance, is a preventive of fever and ague, and the medical journals have had much to say on this subject. The probability is that the aroma is powerless against miasma, but, the tree being a very rapid grower no doubt absorbs from the soil its great excess of water containing the germs of disease, and rendering them harmless. If the tree could be planted along low lands in sufficient quantities where it would thrive, it might in this way prove beneficial, though it is not certain that this tree would prove any better than many others. Its chief advantage would consist in the fact that it grows so rapidly that in a few years it becomes a large tree.

JOY, HILARITY, MIRTH.

What is the cause of the hilarity so often seen just after a certain amount of wine?

ANS.—Just after using wine the brain is, so to speak, flushed with blood. This blood causes the hilarity. Soon after, however, comes on a reaction, when the blood refuses to flow, and then there is bloodlessness of the brain and depression of spirits, despondency, the blues, and such mental torture as only those who have experienced it can understand.

SLEEP VS. COMA.

Is there any difference between sleep and coma?

ANS.—Yes. Sleep is natural, coma unnatural. Sleep refreshes, coma or stupor does not. In sleep the brain is partially emptied of blood; in coma there is congestion of the veins so that the brain is pressed full. The comatose condition produced by opium is more like coma than sleep. Chloroform produces insensibility from the same cause—though ether produces insensibility by the opposite cause, emptying the brain, or causing it to become partially empty. Sleep may be caused by compressing the carotid arteries that supply the brain with blood, but if the veins are compressed then coma or venous congestion is caused.

WHAT MAKES PEOPLE CROSS.

Why is it that so many persons, and especially children, seem cross in the morning when they first get out of bed?

ANS.—The blood has not yet begun to circulate perfectly in the vessels of the brain, so as to nourish this organ and make the will and judgment strong, and the feelings healthy. For this reason a person should be trained when he arises in the morning to take a bath and some slight exercise to start into activity the flow of the blood. It is now well known that the brain empties itself partly of blood in sleep, and this must be brought back before a normal condition is established. Dyspeptics are more likely to be cross than those who have good digestion—and for the same reason. There is not

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enough good blood to nourish the brain. A blow on the head or an abscess on the brain sometimes ruins a good tempered person for life. The reason is the brain is injured and the flow of blood in it impaired. We may well deal gently with cross people, and apply the physiological remedy. On the other hand they should deal reasonably with themselves, and cultivate health and power of will to hold in subjection their wayward impulses.

ACTION OF CALOMEL ON THE LIVER.

Is it true that calomel produces any increase of secretion of bile from the liver, as doctors teach, and the people believe?

ANS.—We believe the teachings of medical men in this respect are slowly changing, and that in another generation only few will maintain that calomel acts on the liver. We are indebted for this change to the skepticism of several scientific and practical physicians in England, who a few years ago appointed a committee to investigate the subject. The report was made by Hughes Bennett, M. D., celebrated in two continents for his great ability, and it proves conclusively, we think, that the widespread belief in the virtues and the power of calomel to act on the liver is utterly false. The committee found that in whatever form it was given, such as moderate doses of blue pill, or frequently repeated doses of calomel, or very large doses, it utterly failed to act on the liver or increase the flow of bile, and frequently actually diminished it.

It is true the experiments were made on dogs, but there is no reason to think they would be different if made on men and women, for they found no difficulty in producing salivation in a dog as in a man.

It was also found that the secretion of bile was influenced by the food, and especially increased after a glass of water, and that beyond this and the maintenance of health there seemed to be no means of increasing the flow of bile. The importance of these observations in refuting a widespread error are very great.

It may be asked what is the effect of mercury on the system, and the answer they give is, it is simply a purgative; and so far as is now known nothing more, unless we add that it is a poison and deteriorates the general health.

It may be useful to know who originated this false idea, and we can only trace it back to old Paracelsus, who lived and flourished in the 15th century when medicine was conjectural and not scientific. The amount of harm he has done can never be measured. The fact shows us that an error when it gets thorough foothold on the mind cannot be easily eradicated.

We may add that old Paracelsus, though one of the fathers of medicine, was a genuine old quack, gathering most of his knowledge from barbers, old women, conjurers, etc. He made a great reputation in his time with a quack medicine which he called the elixir of life, and with which he proposed to prolong life indefinitely.

CURE FOR SMOKING.

How can a good wife who hates tobacco smoke cure her husband of the habit?

ANS.—A lady at Paris, Ky., cured her husband of smoking a pipe in the house by reading dime novels aloud, and as he considered the latter practice fully as bad as smoking in the house, a compromise was effected whereby both habits were discontinued. If this don't work try some other equally silly remedy.

CHESTNUT FLOUR.

Is the chestnut wholesome? and can flour be made from it?

ANS.—The chestnut contains much starch and sugar, and little oil. It is wholesome and nutritious. In Europe it is so highly esteemed that it constitutes in some localities a large item of food for the poor, who roast it, boil it, and even dry it and reduce it to flour. Flour made from the chestnut is said to be the staple food of some districts of Italy. The dough is covered with chestnut leaves, and enclosed between two hot iron plates, and so baked.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

GRANDMOTHER'S CASTLE.

[Dedicated to those who will understand.]

I am weary, old and crippled now,
The hairs are white on my wrinkled brow,
And my eyes are dimmed by years;
My ears grow dull, and my palsied hands
Refuse too oft my will's commands,
Despite my prayers or tears.

The home I cherished beneath the vine
I planted, is now no longer mine;
The staff that I leaned upon
Hath passed before to the better land;
And widely scattered, my household band
Have left me all alone.

Yet I have a castle, all my own.
Not builded of marble, wood or stone;
A castle wonderful fair:
And every day, as the hours go by,
I am gathering pictures from earth and sky,
To hang in its halls so rare.

In homes of loved ones I oft sojourn;
Amid their kindness I cease to mourn
For the treasures I have lost,
And gather each day, from one and all,
The brightest and best for my castle wall,
Secure from blight or frost.

Pictures of beauty, of radiant dyes,
From opening dawns or sunset skies,
From valleys and woods and hills,
From rolling oceans and dancing streams,
Or glassy lakes where the wood-nymph dreams,
From rivers and from rills.

From fields where the lowing kine are heard,
From forests filled with song of bird,
From gardens rich with flowers,
From harvest fields of golden grain,
From toiling steeds and loaded wain,
From sunshine and from showers.

From shops where the hardiest workmen toil,
'Mid rattle and roar and dust and moil,
Where great machines are whirled,
And wisdom plays her cunning part,
And men of nerve and men of art
Forge rivets for the world.

But the dearest and best, I think, of all
The pictures I've hung on memory's wall,
The brightest to my view,
Are those I have gathered from home and hearth
Of earnest duty and quiet worth,
In these cheerful days with you.

The little children so pure and sweet;
The group where youths and maidens meet,
Where hope and joy are found;
Where motherly love, by day and night,
And fatherly care keep all things bright,
And truth and love abound.

These are the pictures I love to bring
To my castle wall, where my angels sing,
Through all my lonely hours.
And though I am weary and crippled now,
And white hairs rest on my furrowed brow,
My castle is full of flowers.

In it are chambers for all my friends,
Where I meet them daily to make amends
For all I have done amiss,
To beg forgiveness for all my sins,
Forgetting theirs with a love that wins
From each a fancied kiss.

When farewell, friends, I may never see
Your homes again; but whatever may be
My lot in storm or shine,
These pictures you've given for memory's hall
And hung so firm on my castle wall,
Will be mine—forever mine.

Frances D. Gage.

AN IMPROVISATION.

They have set me down to rhyming
Sadly out of time and tune;
Like a beggar set to climbing
For the mystery of the moon.

Toiling up the mount of meaning,
Delving into hidden mine,
Where the jewels of the muses,
Tangled chains of beauty shine.

But my leaden steps still linger,
Loath to leave the blossoms nigh,
Where the breezes love to finger,
And the waves go ripling by.

Ah! the upper heights are burning,
With a glory all untold;
And the sunbeams lingering softly
Crown the mountain tops with gold.

But far sweeter are the shadows
Underneath the myrtle spray,
Where the roses nod and flutter,
And the elf-land spirits stray.

Where the birds with twittering gushes
Mock the fountain's silvery fall;
And the sweet content of summer
Blooms and brightens over all.

I am but a linnet singing
Underneath the branching thorn;
Wherefore should I tempt the glories
By the kinglier eagle borne.

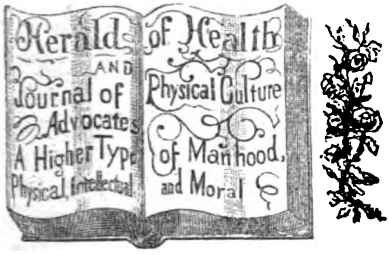
Life is as we choose to make it,
So the wiser poets say;
And for mine I'll gladly take it,
Where the humble pleasures stay.

With the milk-white thickets bending,
Where the rill's of life go by,
And the dews of peace descending
Blend with sunshine from the sky.

Sarah C. Palmer.

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EDITORIAL DEPARTMENT.



NEW YORK, JANUARY, 1876.

WATER.

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

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

TOPICS OF THE MONTH.

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

1876.—The year One Thousand Eight Hundred and Seventy-six dawns upon us as one of peculiar interest, it being the centennial of our national existence. One hundred years ago the United States existed only in the eyes of the world as the most insignificant and hopeless of nations in embryo. It had not then grown into such form as to be recognized as even a possible nation; but the Declaration of Independence and a few years of war, so strengthened the hearts and hands of the people, that a new republic was certain; and in it was hope for the world long lying in political darkness and slavery. It is needless to speak of the days gone by; they have been days and years of wonderful growth in wealth and power, and now our republic stands high as one of the nations of the earth; and yet it has not reached its zenith, for it must go forward in growth till it eclipses ever other nation in the world.

And now we come to the centennial year, and purpose to celebrate it with appropriate exhibitions of the fruits of our industry; and we also invite the world to join us. We would that on our centennial we could make a better exhibition of our moral virtues, but this must be put off to another time. Meanwhile the year 1876 is the appropriate one for a new Declaration of In dependence. This need not be by the assembling of delegates in any Independence Hall; but each one should form his own. We can have no great, long-lived nationality without integrity of the individual members of the nation, and integrity can only come through perfect health of the physical, intellectual and moral nature, so that the first resolution of the new Declaration of Independence must show a determination in favor of the best culture for this threefold nature of man.

In addition, the new Declaration will declare that in future the evil practices of our lives, which have for ages held us as slaves, shall no longer hold dominion over us;

That intemperance shall hide its monster head from our gaze, and be seen and heard of no more;

That the use of tobacco shall cease, and the fumes of the pipe and the cigar, and the filth of the quid shall no longer disgrace our homes and polute our breath and injure our health;

That all these habits of life which

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lower our vitality shall be broken up and discontinued;

That we will dress sensibly and reasonably;

That we will eat wisely and properly;

That we will sleep as nature intended, and not turn night into day and day into night;

That we will keep ourselves clean;

That we will hold our passions in subjection, and keep reason and conscience in the supremacy;

That we will teach our children to be brave, noble, manly and womanly;

In short the new Declaration will be in favor of self-culture and perfection of character, moral, intellectual and physical. What can we add more? Only that THE HERALD OF HEALTH will do its best to aid all who are striving for the best life, and try to do its share in helping to make the world sweet and strong. With these words we can only add, we wish all a "Happy New Year."

WOMAN'S POWER.—In the grand elevating process I consider woman the more important power. Man is more efficient for progress, but woman for elevation; man may lay a broader scientific basis, but woman will build higher up toward heaven. The world has just reached the stage of civilization in which woman can show her elevating power in medical science, in education, and in religion. Woman's power being chiefly moral and intuitional, while man's is chiefly physical and intellectual, it follows that in proportion as society attains a higher condition woman's powers are more appreciated and more influential. In barbarism woman is a beast of burden, but in the highest civilization—which is not yet attained—she is the social queen.

Society is to be elevated by the omnipotent power of moral education, of which woman may be the principal channel. It is useless to talk of the equality of the sexes, for they are not and never will be equal. Man is the superior of woman in force and in science, but woman is the superior of man in that without which force and science are as utterly worthless as the rocks of a desert—the moral nature which bestows happiness hereafter.

VOCATION FOR ALL.—No young man has a right to consider himself thoroughly independent unless he has some vocation by which, health permitting, he can always make a living. And the best and surest employments are those for which there is always a demand. Lawyers, doctors, preachers, professors, clerks—all these and their kindred are frequently a drug in the market; but how seldom is it that a good carpenter, blacksmith, machinist, wagonmaker, shoemaker, tinsmith, bookbinder, or printer has to travel far in search of remunerative employment. We shall never be thoroughly republican until there are fewer drones in the national hive.

THE SILVER SPOON.—The boy born with a silver spoon in his mouth frequently has to taste pewter before his pilgrimage is over, and he may have the pleasure of being splashed with mud from the carriage wheels of the man who was once his father's porter. This is a free country; very free indeed, and among the consequences of that freedom is the exceeding uncertainty of financial matters. Yet in no country is less provision made for the evil day so far as our children are concerned.

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DOES SELFISHNESS PAY?—We should say that it does; and like any business in which one may engage, it pays in proportion to its magnitude. It pays at wholesale better than at retail. In its most diminutive, and therefore least profitable form, it is limited to one individual, to the person himself. He says; "All things are for me." He loves all that pays him tribute, and hates all that refuses. This is selfishness on a small scale, and it yields a very small revenue in happiness; though perhaps a large one in things that make life a burden, for it loads its victim with that which he is too meanl to wisely use.

There is a larger form of selfishness that includes family and near friends; another that embraces native land as well, and, finally, one that takes in humanity, and is thus selfishly devoted to the unity that makes of one family all the nations of the earth. As the sphere widens the soul receives love for love. This is the love that bestoweth, not that which graspeth. Mark the difference, for selfishness is but a form of love, and love is but a form of selfishness.

NEW YORK MEDICAL COLLEGE FOR WOMEN.—It is a significant fact, that during the savage and barbarous ages men monopolized the profession of healing. As civilization advances women physicians increase in numbers and influence.

Woman has ever been the nurse of the race. In this field she has had no rival; and when it is understood that the art of healing is mainly comprised in the science of nursing, woman will be the leading, if not the only physician.

It has been but a few years since the first woman asked for a full medical education, which, of course, was denied her by the regular schools. Notwithstanding, however, the legal, social, and financial embarrassments of the sex in this field, there are thousands of female physicians to-day, successfully competing with the lordly male practitioners, while scores of others are teaching the laws of life and health to popular audiences in hall and church and college. Being refused admission to the colleges of the regular school, medical colleges offering every facility for a complete medical education, where woman might pursue the study and drink from the fount of knowledge unmolested, became a necessity of the times, which was finally met by the various female medical colleges of the country, of which the New York Medical College and Hospital for Women is one of the most successful. This college was incorporated under the laws of the State in 1863, and has already graduated one hundred students. The Faculty—comprising men and women—of which Mrs. Clemence S. Lozier is Dean, in point of ability and thoroughness is second to none. The three sciences, Chemistry, Anatomy and Physiology, which comprise the corner stone of a medical and surgical education, are here taught with superior ability. Prof. Carmichael is known to be one of the best anatomists in the country. Aside from being thoroughly scientific and practical, he has the happy faculty of presenting the subject in a way that renders it as fascinating as a romance; and the same may be said of Prof. Avery, who also invests the science of chemistry with a charm that is irresistible. Both these gentlemen give private instructions also in their respective sciences, and we assure our readers that an hour with either of them is an hour well spent.

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VENTILATION OF CUPBOARDS. — In the sanitary arrangements of houses, even for the richer classes, the ventilation of cupboards is neglected. In places let as tenements, closets are the receptacles for bread, and the fragments of various other kinds of food. Often the dirty clothes are put away in these places, waiting for washing. It is therefore important that air should be plentifully passed through such corners; generally, however, there is but little arrangement made for this purpose. The doors are kept closed without any perforation. There are no ventilators in the walls, and, in consequence, those places become cases of polluted air, which, when the doors are opened, escapes over the apartments. This defect is visible in nearly all houses of old date; and while looking at some dwellings of recent construction it is seen that, although care has been taken to ventilate staircases and rooms, the cupboards are in this respect neglected.

MRS. E. B. DUFFEY.—We take great pleasure in announcing that Mrs. E. B. Duffey, author of "What Women Should Know," a book that has had the enormous sale of 20,000 within the last two years, and the more recent books, "No Sex in Education," and "Relations of the Sexes," just published, has consented to become a regular contributor to THE HERALD OF HEALTH, for 1876. Mrs. Duffey is an earnest, wide-awake, practical woman, of large experience in life, and as a writer, and always has something valuable to say. The article intended for this month was received too late, but it will keep. The subject is "Saving Vitality." Other articles will follow in general succession on topics of vital interest. Our readers will, we are sure, hail this announcement with pleasure.

PUTRID WATER.—The putrid water of a river can be reclaimed by absorption of oxygen, and it will arrive at sweetness and wholesomeness as soon as it possesses ⅔ of 1 per cent. of free oxygen; this amount is necessary for fishes to thrive in water. But such water would not necessarily be suitable as a beverage for man. Ponds and still water soon lose their oxygen, but running streams gather it from the air and are thus kept in a tolerable degree of purity. By forcing air into stagnant ponds the same good effect is gained.

DEATH FROM AN OPEN FIREPLACE WITH A CHIMNEY.—Dr. John Balfour reports a case of death under peculiar circumstances. With his wife, the deceased retired to bed at a late hour in the evening. Both were strong and healthy. Their room was a new one—door and window fitting closely. A fire in the fireplace burned with a bright red flame. The wife says that she awoke during the night feeling very unwell; great difficulty of breathing, heart beating rapidly. On awaking her husband and asking him to call the family, he said that she would soon be better. In some way she got out of bed and fell. Her husband tried to aid her, but he too fell, and both became unconscious. In the morning he was found dead, she nearly dead, but by proper applications she was revived. The post-mortem examination of the man showed only the pathological appearances found in cases of poisoning by carbonic acid gas. It was supposed that the sharp wind had blown steadily over the chimney, and acted as a damper, effectually confining the gases in the small room.

COTTON WOOL IN THE EARS FOR CORYZA AND SORE THROAT.—A corre-

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spondent of the Practitioner, says that, though specially subject to colds of unusually severe and oppressive character, he has for seven years been able to stave them off by the judicious use of cotton wool in his ears. Sore throats and colds on the chest are also greatly benefited by its use. If it be remembered that irritation deep in the meatus will produce an irritation and congestion of the throat, it will be easy to see the relation between the throat and external meatus, and how cold air in the external meatus may produce a sore throat. Protect your ears from continued cold winds or drafts, is the plain teaching of the above facts.

TAPE-WORM A CAUSE OF BLINDNESS AND DEAFNESS.—Dr. Williams reports the following case: A child eight years old, puny, but in fair health, suddenly lost its hearing. Two weeks afterward it, in one day, lost its sight. Blindness was complete for one day, then occurred successive intervals of sight and blindness. On the removal of a worm, both hearing and vision returned. The cause of the tape-worm was a slice of pork.

AIR PURE AND COLD.—Dr. Charles H. Harris makes some interesting observations upon the therapeutic value of pure cold air, and describes an apparatus for obtaining a cheap and abundant supply for the sick in their chambers. The apparatus consists of a guttapercha tube, eight yards or more in length, a large cork stopper and an ordinary water bucket. A lead tube would be better. The tube has a mouth-piece at one end, a vulcanized terminus at the other, both open near the bottom of the bucket; through a stave a hole is bored to fit the cork; a hole is bored in the cork to fit the rubber terminus. Having inserted the terminus through the cork, the hole in the bucket is stopped from the inside with the cork. The tube is then carefully coiled on itself up the inside of the bucket, after the manner of a still-worm, leaving a foot or more of tube with mouth-piece hanging from the top. The bucket is then filled with any refrigerating mixture. After a few moments the patient is to take the mouth-piece and inhale, exhaling through the nose. The air thus inhaled is largely freed from its moisture and diminished in bulk. Thus a greater amount of oxygen is supplied to the lungs with less labor—important items to all invalids. It is probable that the air is freed from many of its impurities by the removal of the water, which would carry away as much as it could absorb.

THE Rural New Yorker says that it is in favor of a change in the manner of keeping swine. Hear it: "Interests, therefore, as dear as health and life require a thorough reform in keeping and feeding swine. Let their food be as pure as that which other animals consume. Let them be kept in clean quarters and have pure air. Let diseased or unthrifty animals be separated from those in health, and we may have no fears of trichinosis among either swine or human beings." And yet with all this a swine will be a swine still.

DEATH OF WILLIAM B. ASTOR.—We chronicle this month the death of America's richest citizen, Wm. B. Astor, at the advanced age of 83. Up to within a few days of his death he was in usual good health, performing his arduous duties in the management of

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his estate. All through his long life he was in excellent health, owing, no doubt, largely to his good constitution and his simple habits. His wealth has been estimated at $50,000,000, most of which goes in trust to one of his sons. Though not known as a public spirited man, his charities were many and quite unknown to the world.

H. F. PHINNEY.—The recent death of Mr. Henry F. Phinney, of Cooperstown, New York, will start a tear in the eyes of all those who knew him. It has been our privilege to know Mr. Phinney for many years, and we can say truly that he was one of those royal souls that are rarely found on this planet. Mr. Phinney was a person of delicate health from youth up, and never knew what it was to be robust and strong, but in spite of this he accomplished far more in life than multitudes born with powerful frames. As one of the members of the school-book publishing house known formerly as that of Ivison, Phinney & Co., he accumulated quite a fortune, but retiring, he has for several years resided at Cooperstown, New York, developing his estates. As a citizen he was public spirited, and ever ready to do his duty in whatever field it lay. As a man he was genial, kind, earnest, deeply religious, but tolerant. He took a great interest in health reform, and especially in well conducted health institutions. So grateful was he to the old water cure in early life for restoring him to tolerable health after a long invalidism, that he published a volume entitled "Water Cure in America," which did much to introduce the system to thoughtful people. He went to bed in usual health, and his sweet spirit waked up in the Garden of God, on the other side the river. Though suddenly called home, none could be better prepared to answer the summons.

ENTERTAINMENT.—The first parlor entertainment of the season at 13 Laight street, came off Wednesday evening, December 8th, and was a very pleasant affair. Professor J. J. Watson gave us some of his matchless playing on the violin, Miss Anna Watson made the parlors merry with sweet music from one of Bradbury's pianos, and when little Emmons Watson, only five years old, played a waltz the interest and enthusiam knew no bounds.

The vocal music of the evening was rendered by Mrs. J. W. Suffern, whose sweet voice delighted all, and by Mrs. L. C. Elliott. A short address was given by Col. Meacham, who was a companion with General Canby at the time he was killed in the Lava Beds by the Indians, and was only saved by the heroic efforts of Toby, an Indian woman of noble character, who dared and braved all for his sake. Toby herself was present; also her son and husband. An eloquent appeal in her behalf was made by Mrs. Bland. The satisfaction of the evening was best shown by a large contribution for aiding Toby to a home.

RECENTLY there was a lifting match at Eureka, Nevada, between two men, for a prize of $200, the winner lifting a 15 lbs. dumbbell at arm's length the greatest number of times. The loser lifted it 1,130, the winner 1,144 times. A very foolish way to spend one's strength. Why is it that so many gifted with health can find no better use for it? Because the body has been developed at the expense of the mind.

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CURRENT LITERATURE.

—:o:—

RODDY'S REALITY. By Helen Kendrick Johnson. THE HISTORY OF MY FRIENDS; OR HOME LIFE WITH ANIMALS. Translated from the French of Emile Achard, by Miss Amy V. Putnam. Illustrated. New York: G. P. Putnam's Sons.

These are two juvenile books, although the first will be read with equal interest by older people. It is a story within a story. One should first read "Roddy's Romance," to get the full sense of the first part of "Roddy's Reality," but dipping a little further into the book we come to Roddy's story, which is entire in itself, and which occupies the greater part of the volume. We can hardly believe Roddy's assertion to his sweetheart, in a confidential disclosure, that the story has been sent to the publishers and declined eleven times. As Florence said in reply, "Then they cut off their own noses." It is too spicy and bright a story for such treatment. The irrepressible, fun loving boy, and the self consciousness, egotistical and ambitious youth, are well represented in Herby and Thurston. Herby in fact is the attractive character of the book, and his quick wit and funny sayings and doings are very enjoyable. The story is told simply and without effort, the characters are well sustained and natural throughout, and while there is a good deal of boy slang thrown in and full liberty of action given each child, they evidently belong to a well trained family, and we part from them with regret, and a hope that the writer will give us more of them at a future time.

The "History of my Friends," is a very interesting book for the little folks, both on account of the beautiful illustrations and the stories that accompany them. The book is in very attractive form, tinted paper, clear, large types, showy binding, and twelve full paged finely executed illustrations. Both books are especially intended for the holidays and will prove very acceptable presents.

JOHN TODD: THE STORY OF HIS LIFE TOLD BY HIMSELF. New York: Harper Brothers.

Dr. Todd was a man who made an impression upon his day and generation. It was not perhaps the impression of a master mind, that influences public opinion and sways the multitude by the power of logic and rhetoric; but it was a greater influence than this, a constant even power, that like the gentle, long continued rain, coming on a thirsty soil, penetrates to the roots of plants and causes an even and healthy growth. Dr. Todd was not a reformer in any sense, but he was a former of character, a guide to the young, and a great aid and help to his generation. His very birth was a contradiction to much of the teaching of modern and even ancient times, for he was an unwelcome child, born of a poor, sickly, worn-out mother, friendless and lonely. He was a scrawny, puny, babe, weighing only half as much as babes ought to weigh when they come into this world. Everybody said: "What a mercy it would be if it should die," and even the mother almost thought so, too. But it did not die. It lived to love and support that mother, and the very effort made in after life to earn money for that purpose by writing books proved a blessing to the world. And here we have before us the story of his life told mainly by himself, but edited by his son, Rev. E. Todd, in a stout volume of over 500 pages, and we need hardly say that it is full of interest from beginning to end, as indeed the story of any man of genius is when well told by himself. The main portion of the volume deals with his early life, his studies, his struggles and trials, and especially with his life as a minister. We pass over this to what will be especially interesting to our readers—to a brief notice of his recreations and his means of health-culture.

As might have been expected Dr. Todd did not inherit great health from his sickly parents, but he had a powerful will and a toughness that is a very good substitute for health, and early in his professional career he learned the value of a vacation and used to take his carriage and drive away so as to get out of the reach of his daily tasks. Perhaps he would go to some farm, to Saratoga, anywhere that taste or fancy called him. Early in life he found his way into the Adirondack region, and afterwards for 20 years he went to this wild place regularly for five or six weeks of hunting, fishing, resting, enjoyment. Here, so far from civilization that he could not get access to the world of care and trouble, he threw off his toils, worked hard, eating plain food, living night and day out of doors, and imbibing from air and soil and wood new life and strength for work to come. So familiar did he become with the woods that he could go alone to 200 lakes, which he traversed with a birch canoe, carrying along a tent, a kettle, a few traps and a little food.

The first thing he did when he went to the woods was to lie down and sleep day and night for about three days, then he was ready for his work. He was not a great hunter, though he was a good marksman and rarely missed what he aimed at, but he loved the woods and knew all its ways and all its inhabitants. These yearly visits did him great good, and no doubt prolonged his life for many years.

Another amusement was a little farm, where every conceivable experiment was tried, and where much health no doubt was gained and much money lost.

His greatest source of amusement, however, was his workshop, where he did much work in leisure hours for the purpose of recreation. We have not space to go further into details concerning this shop, which was a marvel in its way. Those who are interested in it will find it described in THE HERALD OF HEALTH for September, 1872, in an article written only a year before Dr. Todd died. The book itself is illustrated, and worthy a place in every library.

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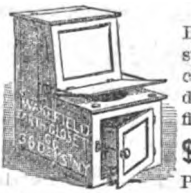
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NOTE FROM THE EDITOR OF THE HERALD OF HEALTH.

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Truly, M. L. HOLBROOK, M. D

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THE

HERALD OF HEALTH.

FEBRUARY, 1876.

HYGEIA—A CITY OF HEALTH. (No. 2.)

BY DR. B. W. RICHARDSON, F. R. S.

VENTILATION.

THE warming and ventilation of the houses is carried out by a common and simple plan. The cheerfulness of the fireside is not sacrificed; there is still the open grate in every room; but at the back of the fire-stove there is an air-box, or case, which, distinct from the chimney, communicates by an opening with the outer air, and by another opening with the room. When the fire in the room heats the iron receptacle fresh air is brought in from without, and is diffused into the room at the upper part on a plan similar to that devised by Capt. Galton.

As each house is complete within itself in all its arrangements, those disfigurements called back premises are not required. There is a wide space consequently between the back fronts of all houses; which space is in every instance turned into a garden square, kept in neat order, ornamented with flowers and trees, and furnished with playgrounds for children, young and old.

SEWERAGE.

The houses being built on arched subways, great convenience exists for conveying sewage from, and for conducting water and gas into the different domiciles. All pipes are conveyed along the subway, and enter each house from beneath. Thus the mains of the water-pipe and the mains of the gas are within instant control on the first floor of the building, and a leakage from either can be immediately prevented. The officers who supply the commodities of gas and water have admission to the subways, and find it most easy and economical to keep all that is under their charge in perfect repair. The sewers of the houses run along the floors of the subways, and are built in brick. They empty into three cross main sewers. They are trapped for each house, and as the water supply is continuous they are kept well flushed. In addition to the house flushings there are special openings into the sewers by which at any time, under the direction of the sanitary officers, an independent flushing can be carried out. The sewers are ventilated into tall shafts from the main by means of a pneumatic engine.

WATER-CLOSETS.

The water-closets in the houses are situated on the middle and basement floors. The continuous water supply flushes them without danger of charging the drinking water with gases emanating from the closet; a danger so imminent in the present method of cisterns, which supply drinking as well as flushing water.

SMOKING AND DRINKING.

As we walk the streets of our model city, we notice first an absence of places for the sale of spirituous liquors. Whether this be a voluntary purgation in goodly imitation of the National

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Temperance League, the effect of Sir Wilfred Lawson's Permissive Bill and most permissive wit and wisdom, or the work of the Good Templars, we need not stay to inquire. We look at the fact only. To this city, as to the town of St. Johnsbury, in Vermont, which Mr. Hepworth Dixon has so graphically described, we may apply the description Mr. Dixon has written: "No bar, no dramshop, no saloon defiles the place. Nor is there a single gaming hell or house of ill-repute." Through all the workshops into which we pass, in whatever labor the men may be occupied—and the place is noted for its manufacturing industry—at whatever degree of heat or cold, strong drink is unknown. Practically we are in a total abstainers' town, and a man seen intoxicated would be so avoided by the whole community he would have no peace to remain.

And as smoking and drinking go largely together, as the two practices were, indeed, original exchanges of social degradations between the civilized man and the savage, the savage getting very much the worst of the bargain, so the practices largely disappear together. Pipe and glass, cigar and sherry-cobbler, like the Siamese twins who could only live connected, have both died in our model city. Tobacco, by far the most innocent partner of the firm, lived, as it perhaps deserved to do, a little the longest; but it passed away, and the tobacconist's counter, like the dram counter, has disappeared.

PUBLIC BUILDINGS AND GARDENS.

The streets of our city, though sufficiently filled with busy people, are comparatively silent. The subways relieve the heavy traffic, and the factories are all at short distances from the town, except those in which the work that is carried on is silent and free from nuisance. This brings me to speak of some of the publibc uildings, which have relation to our present studies.

It has been found in our towns, generally, that men and women who are engaged in industrial callings, such as tailoring, shoe-making, dress-making, ace-work and the like, work at their own homes amongst their children. That this is a common cause of disease is well understood. I have myself seen the half-made riding-habit that was ultimately to clothe some wealthy damsel rejoicing in her morning ride, act as the coverlet of a poor tailor's child stricken with malignant scarlet fever. These things must be in the ordinary course of events under our present bad ordinary system. In the model city we have in our mind's eye, these dangers are met by the simple provision of workmen's offices or work-rooms. In convenient parts of the town there are blocks of buildings, designed mainly after the manner of the houses, in which each workman can have a work-room on payment of a moderate sum per week. Here he may work as many hours as he pleases, but he may not transform the room into a home. Each block is under the charge of a superintendent, and also under the observation of the sanitary authorities. The family is thus separated from the work, and the working man is secured the same advantages as the lawyer, the merchant, the banker now possesses; or, to make the parallel more correct, he has the same advantage as the man or woman who works in a factory and goes home to eat and to sleep.

LAUNDRIES.

In most towns throughout the kingdom the laundry system is dangerous in the extreme. For anything the healthy householder knows the clothes he and his children wear have been mixed before, during, and after the process of washing, with the clothes that have come from the bed or the body of some sufferer from a contagious malady. Some of the most fatal outbreaks of disease I have met with have been communicated in this manner. In our model community this danger is entirely avoided by the establishment of public laundries, under municipal direction. No person is obliged to send any article of clothing to be washed at the public laundry; but if he does not send there he must have the washing done at home. Private laundries that do not come under the inspection of the sanitary officer are absolutely for-

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bidden. It is incumbent on all who send clothes to the public laundry from an infected house to state the fact. The clothes thus received are passed for special cleansing into the disinfecting rooms. They are specially washed, dried, and prepared for future wear. The laundries are placed in convenient positions, a little outside the town; they have extensive drying grounds, and, practically, they are worked so economically that home washing days, those invaders of domestic comfort, are abolished.

HOSPITALS.

Passing along the main streets of the city we see in twenty places, equally distant, a separate building, surrounded by its own grounds—a model hospital for the sick. To make these institutions the best of their kind, no expense is spared. Several elements contribute to their success. They are small, and are readily removeable. The old idea of warehousing diseases on the largest possible scale, and of making it the boast of an institution that it contains so many hundred beds, is abandoned; the still more absurd idea of building hospitals for the treatment of special organs of the body, as if the different organs could walk out of the body and present themselves for treatment, is also abandoned.

It will repay us a minute of time to look at one of these model hospitals. One is the *fac simile* of the other, and is devoted to the service of every five thousand of the population. Like every building in the place, it is erected on a subway. There is a wide central entrance, to which there is no ascent, and into which a carriage, cab, or ambulance can drive direct. On each side the gateway are the houses of the resident medical officer and of the matron. Passing down the center, which is lofty and covered in with glass, we arrive at two side-wings, running right and left from the center, and forming cross-corridors. These are the wards; twelve on one hand for male, twelve on the other for female patients. The cross-corridors are twelve feet wide and twenty feet high, and are roofed with glass. The corridor on each side is a framework of walls of glazed brick, arched over head, and divided into six segments. In each segment is a separate, light, elegant removable ward, constructed of glass and iron, twelve feet high, fourteen feet long, and ten feet wide. The cubic capacity of each ward is 1,680 feet. Each patient who is ill enough to require constant attendances has one of these wards entirely to himself, so that the injurious influence on the sick, which are created by mixing in one large room the living and the dying; those who could sleep were they at rest, with those who cannot sleep because they are racked with pain; those who are too nervous or sensitive to move, or cough, or speak, lest they should disturb others; and those who do whatever pleases them—these bad influences are absent.

The wards are fitted up neatly and elegantly. At one end they open into the corridor, at the other toward a veranda, which leads to a garden. In bright weather those sick, who even are confined to bed, can, under the direction of the doctor, be wheeled in their bed out into the gardens without leaving the level floor. The wards are warmed by a current of air made to circulate through them by the action of a steam-engine, with which every hospital is supplied, and which performs such a number of useful purposes that the wonder is how hospital management could go on without this assistance.

If at any time a ward becomes infectious it is removed from its position, and replaced by a new ward. It is then taken to pieces, disinfected, and laid by ready to replace another that may require temporary ejection.

The hospital is supplied on each side with ordinary baths, hot-air baths, vapor baths, and saline baths.

A day sitting-room is attached to each wing, and every reasonable method is taken for engaging the minds of the sick in agreeable and harmless pastimes.

Two trained nurses attend to each corridor, and connected with the hospital is a school for nurses, under the direction of the medical superinten-

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WATER AND GAS, ETC.

At a distance from the town are the sanitary works, the sewage pumping works, the water and gas works, the slaughter-houses and the public laboratories. The sewage, which is brought from the town partly by its own flow and partly by pumping apparatus, is conveyed away to well-drained sewage farms belonging to the city, but at a distance from it, where it is utilized on Mr. Hope's plan.

The water supply, derived from a river which flows to the south-west of the city, is unpolluted by sewage or other refuse, is carefully filtered, is tested twice daily, and if found unsatisfactory is supplied through a reserve tank, in which it can be made to undergo further purification. It is carried through the city everywhere by iron pipes. Leaden pipes are forbidden.

In the sanitary establishment are disinfecting rooms, a mortuary, and ambulances for the conveyance of persons suffering from contagious disease. These are at all times open to the use of the public, subject to the few and simple rules of the management.

The gas, like the water, is submitted to regular analysis by the staff of the sanitary officer, and any fault he may detect which indicates a departure from the standard of purity framed by the Municipal Council is immediately remedied, both gas and water being exclusively under the control of the local authorities.

The inspectors of the sanitary officer have under them a body of scavengers. These each day, in the early morning, pass through the various districts allotted to them, and remove all refuse in closed vans. Every portion of manure from stables, streets and yards, is in this way removed daily and transported to the city farms for utilization.

Two additional conveyances are supplied by the sanitary scientific work of this establishment. From steam-works steam is condensed, and a large supply of distilled water is obtained and preserved in a separate tank. This is conveyed by a small main into the city, and at a moderate cost distilled water can be supplied for those domestic pur-

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ent and the matron. From this school nurses are provided for the town; they are not merely efficient for any duty in the vocation in which they are always engaged, either within the hospital or out of it, but from the care with which they attend to their own personal cleanliness, and the plan they pursue of changing every garment on leaving an infectious case, they fail to be the bearers of any communicable disease. To an hospital four medical officers are appointed; each of whom, therefore, has six resident patients under his care. The officers are called simply medical officers; the distinction, now altogether obsolete, between physicians and surgeons being discarded.

The hospital is brought by an electrical wire, into communication with all the fire-stations, factories, mills, theaters and other important public places. It has an ambulance always ready to be sent out to bring any injured persons to the institution. The ambulance drives straight into the hospital, where a bed of the same height on silent wheels, so that it can be moved without vibration into a ward, receives the patient.

The kitchens, laundries, and laboratories are in a separate block at the back of the institution, but are connected with it by the central corridor. The kitchen and laundries are at the top of this building, the laboratories below. The disinfecting-room is close to the engine-room, and superheated steam, which the engine supplies, is used for disinfection.

The out-patient department, which is apart from the body of the hospital, resembles that of the Queen's Hospital, Birmingham; the first out-patient department, as far as I am aware, that ever deserved to be seen by a generous public. The patients waiting for advice are seated in a large hall, warmed at all seasons to a proper heat, lighted from the top through a glass roof, and perfectly ventilated. The infectious cases are separated carefully from the rest. The consulting rooms of the medical staff are comfortably fitted, the dispensary is thoroughly officered, and the order that prevails is so effective that a sick person, who is punctual to time, has never to wait.

The medical officers attached to the hospital in our model city are allowed to hold but one appointment at the same time, and that for a limited period. Thus every medical man in the city obtains the equal advantage of hospital practice, and the value of the best medical and surgical skill is fairly equalized through the whole community.

In addition to the hospital building is a separate block, furnished with wards, constructed in the same way as the general wards, for the reception of children suffering from any of the infectious diseases. These wards are so planned that the people generally send sick members of their own family into them for treatment, and pay for the privilege.

ASYLUMS.

Supplementary to the hospital are certain other institutions of a kindred character. To check the terrible course of infantile mortality of other large cities—the 76 in the 1,000 of mortality under five years of age—homes for little children are abundant. In these the destitute young are carefully tended by intelligent nurses; and mothers, while following their daily callings, are enabled to leave their children under efficient care.

In a city from which that grand source of wild mirth, hopeless sorrow, and confirmed madness, alcohol, has been expelled, it could hardly be expected that much insanity would be found. The few who are insane are placed in houses licensed as asylums, but not different in appearance to other houses in the city. Here they live in small communities, under proper medical supervision, with their own gardens and pastimes.

The houses of the helpless and aged are, like the asylums, the same as the houses of the rest of the town. No large building for the poor of pretentious style uprears itself; no men badged and badgered as paupers walk the place. Those poor who are really, from physical causes, unable to work,

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are maintained in a manner showing that they possess yet the dignity of human kind; that being worth preservation they are therefore worthy of respectful tenderness. The rest, those who can work, are employed in useful labors which pay for their board. If they cannot find work, and are deserving, they may lodge in the house and earn their subsistence; or they may live from the house and receive pay for work done. If they will not work, they, as vagrants, find a home in prison, where they are compelled to share the common lot of mankind.

Our model city is of course well furnished with baths, swimming baths, Turkish baths, playgrounds, gymnasia, libraries, board schools, fine art schools, lecture halls, and places of instructive amusement. In every board school drill forms part of the programme. I need not dwell on these subjects, but must pass to the sanitary officers and offices.

There is in the city one principal sanitary officer, a duly qualified medical man elected by the Municipal Council, whose sole duty it is to watch over the sanitary welfare of the place. Under him as sanitary officers are all the medical men who form the poor-law medical staff. To him these make their reports on vaccination and every matter of health pertaining to their respective districts; to him every registrar of births and deaths forwards copies of his registration returns; and to his office are sent, by the medical men generally, registered returns of the cases of sickness prevailing in the district. His inspectors likewise make careful returns of all the known prevailing diseases of the lower animals and of plants. To his office are forwarded, for examination and analysis, specimens of foods and drinks suspected to be adulterated, impure, or otherwise unfitted for use. For the conduction of these researches the sanitary superintendent is allowed a competent chemical staff. Thus, under this central supervision, every death and every disease of the living world in that district, and every assumable cause of disease, comes to light and is subjected, if need be, to inquiry.

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poses for which hard water is objectionable. The second sanitary convenience is a large ozone generator. By this apparatus ozone can be produced in any required quantity, and is made to serve many useful purposes. It is passed through the drinking water in the reserve reservoir whenever the water shows excess of organic impurity, and is conveyed into the city for diffusion into private houses for purposes of disinfection.

SLAUGHTER-HOUSES.

The slaughter-houses of the city are all public, and are separated by a distance of a quarter of a mile from the city. They are easily removable edifices, and are under the supervision of the sanitary staff. The Jewish system of inspecting every carcass that is killed is vigorously carried out, with this improvement, that the inspector is a man of scientific knowledge.

All animals used for food—cattle, fowls, swine, rabbits—are subjected to examination in the slaughter-house, or in the market, if they be brought into the city from other depots. The slaughter-houses are so constructed that the animals killed are relieved from the pain of death. They pass through a narcotic chamber, and are brought to the slaughter oblivious of their fate. The slaughter-houses drain into the sewers of the city, and their complete purification daily, from all offal and refuse, is rigidly enforced.

The buildings, sheds, and styes for domestic food-producing animals, are removed a short distance from the city, and are also under the supervision of the sanitary officer. The food and water supplied for these animals comes equally with human food under proper inspection.

One other subject only remains to be noticed in connection with the arrangements of our model city, and that is the mode of the disposal of the dead. The questions of cremation and of burial in the earth have been considered, and there are some who advocate cremation. For various reasons the process of burial is still retained: firstly, because the cremation process is open to serious medico-legal objections; secondly, because, by the complete resolution of the body into its elementary and inodorous gases in the cremation furnace, that intervening chemical link between the organic and inorganic worlds, the ammonia, is destroyed, and the economy of nature is thereby dangerously disturbed; thirdly, because the natural tendencies of the people lead them still to the earth, as the most fitting resting-place into which, when lifeless, they should be drawn.

Thus the cemetery holds its place in our city, but in a form much modified from the ordinary cemetery. The burial-ground is artificially made of a fine carboniferous earth. Vegetation of rapid growth is cultivated over it. The dead are placed in the earth from the bier, either in basket-work or simply in the shroud; and the monumental slab, instead of being set over or at the head or foot of a raised grave, is placed in a spacious covered hall or temple, and records simply the fact that the person commemorated was recommitted to earth in those grounds. In a few months, indeed, no monument would indicate the remains of any dead. In that rapidly-resolving soil the transformation of dust into dust is too perfect to leave a trace of residuum. The natural circle of transmutation is harmlessly completed, and the economy of nature conserved.

RESULTS.

Omitting, necessarily, many minor but yet important details, I close the description of the imaginary health city. I have yet to indicate what are the results that might be fairly predicted in respect to the disease and mortality presented under the conditions specified.

Two kinds of observation guide me in this essay; one derived from statistical and sanitary work, the other from experience, extended now over thirty years, of disease, its phenomena, its origins, its causes, its terminations.

I infer, then, that in our model city certain forms of disease would find no possible home, or, at the worst, a home so transient as not to affect the mortality in any serious degree. The infan-

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tile diseases, infantile and remittent fevers, convulsions, diarrhea, croup, marasmus, dysentery, would, I calculate, be almost unknown. Typhus and typhoid fevers and cholera could not, I believe, exist in the city except temporarily and by pure accident; smallpox would be kept under entire control; puerperal fever and hospital fever would probably cease altogether; rheumatic fever, induced by residence in damp houses, and the heart disease subsequent upon it, would be removed; death from privation and from puerpera and scurvy would certainly cease; delirium tremens, liver disease, alcoholic degeneration of kidney, and all the varied forms of paralysis, insanity, and other affections due to alcohol, would be completely effaced. The parasitic diseases arising from the introduction into the body, through food, of the larvæ of the entozoa, would cease, and the large class of deaths from pulmonary consumption, induced in less-favored cities by exposure to impure air and badly-ventilated rooms, would, I believe, be reduced so as to bring down the mortality of this signally fatal malady one-third at least.

Some diseases, pre-eminently those which arise from uncontrollable causes, from sudden fluctuations of temperature, electrical storms, and similar great variations of nature, would remain as active as ever; and pneumonia, bronchitis, congestion of the lungs, and summer cholera would still hold their sway. Cancer also, and allied constitutional diseases of strong hereditary character would yet, as far as we can see, prevail. I fear, moreover, it must be admitted that two or three of the epidemic diseases, notably scarlet fever, measles and whooping-cough, would assert themselves, and, though limited in their diffusion by the sanitary provisions for arresting their progress, would claim a considerable number of victims.

With these facts clearly in view, I must be careful not to claim for my model city more than it deserves; but calculating the mortality which would be saved, and comparing the result with the mortality which now prevails in the most favored of our large English towns, I conclude that an average mortality of eight per thousand would be the maximum in the first generation living under this salutary *regime*. That in a succeeding generation Mr. Chadwick's estimate of a possible mortality of five per thousand would be realized, I have no reasonable doubt, since the almost unrecognized though potent influence of heredity in disease would immediately lessen in intensity, and the healthier parents would bring forth the healthier offspring.

As my voice ceases to dwell on this theme of a yet unknown city of health, do not, I pray you, wake as from a mere dream. The details of the city exist. They have been worked out by those pioneers of sanitary science, so many of whom surround me to-day, and especially by him whose hopeful thought has suggested my design. I am therefore but as a draughtsman, who, knowing somewhat your desires and aspirations, have drawn a plan, which you in your wisdom can modify, improve, perfect. In this I know we are of one mind, that though the ideal we all of us hold be never reached during our lives, we shall continue to work successfully for its realization. Utopia itself is but another word for time; and some day the masses, who now heed us not, or smile incredulously at our proceedings, will awake to our conceptions. Then our knowledge, like light rapidly conveyed from one torch to another, will bury us in its brightness.

> By swift degrees the love of Nature works
> And warms the bosom, till at last, sublimed
> To rapture and enthusiastic heat,
> We feel the present Deity, and taste
> The joy of God to see a happy world!

OUR knowledge of what is true would be greatly benefited if the attention of mankind could be directed for a while to a critical examination of things that they *think* they know, but of which in reality they know very little. Thereafter we would have less of the vicious custom of reasoning on suppositions that have no better foundation than the imagination of those who utter them.

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ECONOMIZING VITALITY.

BY MRS. E. B. DUFFEY.

IT IS often a matter of wonder that men in the very prime of life, and endowed apparently with superabundant health and strength, suddenly succumb and die when disease fastens upon them; while life-long invalids, who seem to hold life by the frailest tenure, who are seldom out of the doctor's hands, and whose first duty in existence seems to be to take care of themselves, will continue to live on, and at last reach a good old age. It seems a wonder, I repeat; but only, after all, to the superficial observer. The man of robust health believes his power of endurance unlimited, while the invalid knows that his only hope of prolonging life is by economizing the little vitality that remains to him.

The young, in whose veins the blood bounds with a warm, full current, whose muscles long for stretch and play, and whose nerves have not yet been deranged by any of the rude shocks which life has in store for the most of us, cannot be easily made to realize that there is intrusted to them only a certain amount of life-force—a sort of capital in bank for them—and if they draw upon that too rapidly it will all too soon be exhausted. The superabundance of life which presses upon them, and which they should strive to save for the future, leads them into all sorts of dissipations. The dissipations of the two sexes differ somewhat in character, but their results are all the same. Drinking, tobacco-using, late hours, sensational reading—they all exhaust the system, and not only produce temporary derangements, but abstract actual life and strength—which can never be regained—from the individual who is guilty of them. No after care will ever bring back this strength; it can only preserve and economize that which remains.

The besetting sin of the young is the waste of energy and vitality on follies and excitements. As the individual approaches maturer years he becomes no wiser, since he is apt to be just as spendthrift of his physical and nervous strength by too close application to business, allowing himself too little time for recreation, and none whatever for rest.

Women are even more foolish than men in this particular. Many of them seem to think a peculiar merit attaches to an over-zealous performance of duty, which involves loss of health and capability for happiness, and sometimes even life itself. They think they are according a woman the highest praise when they can say of her, "she wore herself out for her family." That many women do this there is no doubt. They may not all actually die, but they live a sort of a dead-and-alive existence, knowing nothing and caring for nothing but that their daily round of drudgery shall be faithfully performed. They are old and decrepit in body while yet they should be feeling somewhat of the freshness of youth. Constant application to merely manual labors gives them no opportunity for cultivation of mind, and they remain children in intellect, or rather dwarfs, since a child's mind is characterized by a freshness of thought, and an eagerness after knowledge that these women never know.

Scholars are peculiarly liable to waste their powers in too prolonged mental exertion. It was said of our late Vice-President, that if he had been content to have allowed himself more rest from the tasks which absorbed him, he might have survived for years. But he gave himself no relaxation, and he had to pay the penalty.

Both the mind and body of man are so constituted that they require constant, but varied action. Utter idleness of either body or mind, unless they be in a more or less diseased state, is not only unnecessary, but harmful in the extreme. It is a habit which once indulged in will grow upon the individual. Change of occupation for the muscles, change of the current of thought for the brain, is what will promote the fullest and most healthful development of both. We have the al-

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most universal spectacle of men in our factories and shops all over the land, devoting ten hours a day to a single employment. But in most cases this employment is so varied in its nature that it calls into play different sets of muscles, allowing one to rest while another is active. Then there are the remaining hours of the waking day, giving opportunity for recreation. Still there can be little doubt that, if it could be so arranged that labor should be performed with more frequent intervals for rest, or so that the labor itself should be more diversified, workmen would not so soon break down, and the ratio of life among these classes be prolonged. But the man who spends ten hours a day at mental labor must do it at his peril. There can be no doubt whatever that he is shortening his life thereby; or, what is even more to be dreaded, hastening a decay of his mental powers, while his physical will still remain in tolerable vigor. The exceeding prevalence of paralysis, and a kindred class of diseases, has been remarked of late, and it is said by physicians that they are occasioned by a too lavish expenditure of the vital powers, induced by the high pressure manner of living, working and thinking which is peculiar to Americans as a people.

The only way in which the vital forces can be properly economized is by keeping all the powers of the mind and body constantly employed, but employed in such a manner that there shall be no prolonged strain anywhere. There is no more significant word than "recreation." It means literally *re*-creation—a building again of the exhausted tissues of the body and brain. Recreation does not mean idleness, and it may mean labor. A wise man will so arrange his labors that each succeeding one shall be so totally different from the last that it shall serve as a recreation for it. Physical exertion may follow mental, and then give place to it again. A man equally wise in all other hygienic measures, who could nicely adjust the labors of mind and body in their true proportions, might hope to attain old age, with all his mental faculties fresh and vigorous to the last.

SKETCHES OF AMERICAN VEGETARIANS

BY EDWIN F. BACON.

THE literature of vegetarianism as well as of general hygiene is, in our own country, of comparatively recent origin. It owes its first impulse to a few earnest and philanthropic persons whose memory should not be suffered to perish. There is a lesson in their lives, in their virtues, and in their weaknesses, which may well receive the attention of those who are to follow in the path marked out by their pioneer labors.

1832 may be taken as one of the initial dates in our hygienic calendar. In that year two young men of marked ability and energy, acting independently of each other, commenced the publication of hygienic books and tracts in New England, and both continued the work thus entered upon with unfaltering zeal during life. These men were Sylvester Graham, of Northampton, and Dr. Wm. A. Alcott, of Boston. The former had been educated at Amherst for the ministry, the latter at Yale as a regular physician. From necessity they both became health reformers and vegetarians. Their experience, and that of some of their cotemporaries, is both interesting and instructive, and I shall, therefore, venture some personal sketches supplementary to my previous article.

SYLVESTER GRAHAM.

Sylvester Graham was born at Suffield, Conn., in the year 1794. He inherited a feeble constitution, being much disposed to nervous and scrofulous affections, and subject from an early age to rheumatism and dyspepsia. While a young man he was compelled by ill health to abandon successively a

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number of employments in which he had engaged. After leaving college he was licensed to preach, but soon left that calling to become a traveling lecturer, first upon temperance and then upon hygiene. At the age of thirty-eight he adopted a vegetarian diet, and having, as he believed, derived great benefit from it, he devoted himself almost wholly to its advocacy.

As a lecturer Mr. Graham was highly practical and instructive. In 1839 he published his principal work, "The Science of Human Life," in 2 vols. of about 400 pages each, being the substance of his lectures during the previous seven years, and embracing a great amount of valuable information of a historical and scientific character. Dr. Alcott in his own journal spoke of this work at the time, as a "complete library of hygienic knowledge." As evidence of its permanent value we have the interesting fact that an abridgement of it is now being made and published in successive parts in England.

Mr. Graham died in the year 1851, at the age of 57 years. He lived to see the formation of the American Vegetarian Society, which was organized in the city of New York on the 15th of May 1850, and of which Dr. Alcott was chosen President. Mr. Graham's death in the following year occasioned much discussion as to the merits of the system of which he had been one of the most conspicuous advocates.

In the "American Vegetarian," the organ of the society, for September 1852, we find an article from Dr. Alcott upon the causes of Mr. Graham's comparatively early death—that is, early for a professed health reformer. It was then, as now, the fashion, upon the death of a vegetarian to declare that the diet killed him, and in justice to the cause it became necessary to point out that Mr. Graham was not only a man of an originally feeble constitution, but that he was of a highly nervous and excitable temperament, that his zeal for reform often involved him in most injurious controversy, not only in public but in his own family, and that in several respects his habits of life were by no means hygienic. There is so much of good sense and of warning to others of like temperament in Dr. Alcott's article that I must quote a few sentences:

He says: "Mr. Graham's excessive mental labors, at times, coupled with neglect of exercise and other errors, rendered him irritable and fretful, and the more he fretted and worried the worse the state of his nervous system, his liver, skin, etc. When a person becomes so far advanced in a course of habitual irritability as to forget the rules of common prudence, and lifts up his voice as a trumpet, in the very streets, against family preferences and family alliances, he is certainly in a fair way to mental aberration, if not to physical destruction. I will not indeed say that Mr. Graham fretted himself to death; but there is every reason for believing that he yielded to an amount of depressing passion and feeling which would be sufficient to destroy an ordinary constitution. He should, indeed, have governed himself. For his abuses of his nature, whether physical or moral, or both, there is no apology."

Mr. Graham has but too many imitators in his method of reforming the world, for that he conceived to be his peculiar mission. A reformer is almost of necessity a man of one idea or of few ideas. Since he is to break a new path he must take a narrow course, and he is thus seldom a complete and broad-minded man in all the relations of life. He reforms his diet and ruins his nervous system; or perhaps he reforms his physical habits, but remains at heart mean and selfish; or again, he becomes a moral saint and philanthropist while ruining his health. Humanity is waiting for *complete* reformers; that is for those who commence by thoroughly reforming themselves, and then advance wisely in their efforts to promote the reformation of others. With all his noble impulses and unquestioned ability Mr. Graham fell far short of this standard.

DR. WILLIAM A. ALCOTT.

Dr. Wm. A. Alcott was born in the town of Wolcott, Conn., in the year 1798. Like Graham and many others,

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he became a health reformer as a means of restoring a naturally feeble constitution. In one of his published letters he states that he inherited consumption from two lines of ancestors, and was besides greatly injured by the use of medicines when young. He lived, however, to the age of sixty-one, retaining his faculties in a high degree to the last. By what means his life was prolonged is best told in his own words, as given in the opening chapter of his work on "A Vegetable Diet," published in 1849. He there says: "Twenty-three years ago the present season I was in the first stage of tuberculous consumption, and evidently advancing rapidly to the second. The most judicious physicians were consulted, and their advice at length followed. I commenced the practice of medicine, traveling chiefly on horseback; and though able to do but little at first I soon gained strength enough to perform a moderate amount of business, and to combine with it a little gardening and farming. At the time, or nearly at the time, of commencing the practice of medicine I laid aside my feather bed, and slept on straw; and in December of the same year I abandoned spirits and most kinds of stimulating food. It was not, however, until nineteen years ago the present season that I abandoned all drinks but water, and all flesh, fish and other highly stimulating and concentrated aliments, and confined myself to a diet of milk, fruits, and vegetables."

Dr. Alcott lived ten years after writing this, and was thus enabled to pursue a highly useful and influential career, in spite of his constitutional weakness. He was a true philanthropist, devoting himself with untiring zeal to the best interests of mankind. For some twenty years he spent his winters in lecturing and his summers in writing. His sphere of usefulness was much wider than that of Mr. Graham, embracing the whole field of education and personal culture. He is believed to have visted and addressed upwards of 20,000 schools, and his published writings amounted to about one hundred books and pamphlets.

His "Young Man's Guide," published in 1832 had, at the time, a remarkable influence in extending physiological knowledge and in suggesting ideas of culture. From 1837 to 1842, inclusive, he edited and published a monthly journal called the "Library of Health," making each year a volume of some 300 pages. His work on Vegetarianism contains a remarkable collection of personal testimonials from those who had tried that diet for a length of time, and is designed to present the evidence in a fair and unprejudiced manner. Upon the organization of the American Vegetarian Society he became its leading spirit, and one of the editors of its journal, his associates being the Rev. William Metcalfe, of the Bible Christian Church in Philadelphia, and Dr. T. L. Nichols, now of London.

Dr. Alcott appears to have been a man of unusual breadth and completeness of character. He was earnest and enthusiastic, and yet wise and prudent in his methods of reform. If he violated the rules of hygiene in any respect it was by overwork. Although reproving Mr. Graham for this besetting sin of all reformers, he himself boasted of having spoken in public from six to eight hours a day while lecturing and visiting schools. It was also his custom to go from house to house as a reformer, and he usually made from fifty to seventy-five such visits in a day, constantly talking, advising, and administering to the sick. Of this labor he said: "Now I do not attribute all this power of endurance to vegetarianism; and yet I am compelled to do so in part. When it is considered how low I was a quarter of a century ago, am I not right in supposing that a system which has not only permitted the prolongation of my life so long, but an increase of vigor even beyond that of any former period, cannot at the worst be quite as bad as some of its enemies suppose? It is something in favor of a system that men can live and be healthy in spite of it, especially in a world where so little of true health is enjoyed."

Dr. Alcott was a cousin of A. Bronson Alcott, the venerable philosopher of Concord, who was also a member,

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and one of the vice-presidents of the Vegetarian Society in 1850. From the latter, since writing the above, I have received a note, in reply to some inquiries, from which I take the liberty of making the following extract. "Dr. Alcott died at Auburndale in 1859. He was a consistent vegetarian (perhaps the extremest of all) to the last. We were born and passed our youth together in Wolcott, New Haven county, Conn. I think we both began abstaining from animal food about the same time (1835). His numerous works prove his uncommon fertility of production and his unflagging industry. I know of no cotemporary who made more of his natural and acquired attainments. He was a true philanthropist. His home life was in accordance with his professions, and his two children, a son and daughter survive with his wife, an estimable woman, to testify to his Christian virtues. His daughter is married and lives in Alabama, his son, William Penn Alcott, is a congregational minister, and is settled somewhere in Vermont." In this note Mr. Alcott speaks of himself as "still a vegetarian." He has, therefore, verified this method of diet by an experience of about 40 years, his age being 76. In one of his books he especially recommends as food those vegetable products that grow in the sun, as fruit and grain.

Many of the leading advocates of vegetarianism of 25 years ago have passed away. The only one who survived to a great age as far as I know was Dr. Isaac Jennings, of Oberlin, Ohio, who died a few years since at the age of 83. He was the author of several hygienic works. His theories of diet were very strict, and he adhered to them to the last, enjoying a vigorous old age. The Rev. Mr. Metcalfe died at 76, true to the cause, and leaving a family to continue his work of religious and hygienic reform. Among those still living are Dr. Nichols, Dr. Trall, the well known hygienic author, Dr. J. H. Hanford, of Reading, Mass., and Dr. James C. Jackson, of the Dansville Hygienic Institute. All these are still at work with youthful energy, and are all near or past the age of 60. As a rule, I think those health reformers live the longest and the merriest whose sphere of life and thought embraces something more than health reform alone.

DR. JAMES C. JACKSON.

Dr. Jackson's method of life is peculiar, some would say unhygienic, but under it he sustains himself while performing an amount of work to which few men of his age are equal. Some thirty years ago he restored a broken constitution by hygienic living, including the adoption of a strictly vegetarian diet, eating also but two meals a day, and during the past six years he has eaten but *once* a day, that being in the morning. Some five years ago he was seriously injured by a fall from a wagon, and suffered greatly in consequence from paralysis and an obstruction to the action of the kidneys. This latter difficulty he states, was at once, though but temporarily, relieved by eating mutton by medical advice, and while recovering he continued its use occasionally with excellent effect, returning, when restored, to his usual diet.

With regard to the adaptation of a vegetable diet to all classes of people, Dr. Jackson says: "I firmly believe that one of the worst habits of our people is the free use of flesh meats. While under our general manner of life the great majority of persons could not get along well in the use of their faculties and bodily forces if they abandoned them, yet under different conditions of general health, I think they would do a great deal better without them." This conservative position upon the question seems to be the true one. What we need primarily is not dietetic reform, but a general reform that shall carry the food question with it.

Dr. Jackson's plan of one meal a day has been successfully tried by others for a length of time, and the two meal system is coming still more into favor. Digestion is, with the majority of healthy persons, most vigorous in the forenoon, and gradually loses its power as the nervous force is exhausted by

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the labors of the day, hence the wisdom of light suppers, or none at all, depending upon the time at which the other meals are taken. The people composing the Oneida communities, some three hundred in number, have found it best to eat at about 8 a. m., and 3 p. m., their diet being chiefly but not wholly vegetarian.

PROF. CHARLES S. ROYCE.

A most heroic struggle for life, with the best results, is presented in the case of Professor Royce of Philadelphia, who has been widely useful in the introduction of physical culture into the public schools. Having observed his unusual vigor and elasticity, both of mind and body, at the age of 66, I requested for this article some account of his hygienic experience, which will, I think, be found instructive. Professor Royce inherited a poor constitution. Consumption and dyspepsia were in the family, and he seemed destined to fall an early victim to them. When he left home his mother was so injudicious as to advise him not to be "odd" at table among strangers, but to eat what others did. It was by this very oddity, combined with out door employment, that he had, at home, maintained tolerable health; but city life and city fare soon reduced him to the condition of an almost helpless invalid. His whole system seemed disordered. He could neither draw a long breath nor lie upon his right side. Lungs heart and stomach were all affected, and to his friends his case seemed quite hopeless.

Instead, however, of giving up to despair he resolved, as he expressed it, to "die fighting for his life." He determined to go to sea, and as soon as possible made his way from his home in central New York to New Bedford, where he embarked on a whaling vessel. In three weeks he exultingly wrote home by a passing ship that he "could draw a long breath," and he began then to feel like one who had escaped the death sentence. The voyage was of nine months duration, and its results as regarded his health may best be given in his own words. "I had been transformed" he writes "from a puny pale invalid to a sun-browned, red-cheeked, hard-handed youngster, without an ache or pain. Air, exercise, a tolerably healthful diet, and exposure in fair weather and foul, with not only healthful but hopeful excitement, had done for me what my physicians could not do, and what my friends would have thought impossible."

The next ten years he spent upon the sea and the northern lakes, and was then prostrated with a dangerous fever. While slowly recovering he read Mr. Graham's lectures, and when in the spring of 1841 he returned to the lakes it was as a vegetarian, and to this system of diet he has strictly adhered to the present time. During the two years that he remained upon the water after this change, he endured every hardship of a sailor's life with less fatigue than his companions. Upon one occasion during a gale he was exposed to the weather for fifty-three hours without sleep, and after a brief rest returned to his post with renewed energy. During his sailor life as seaman and officer he had been a student both of books and of men, and he now became a teacher and school superintendent, but having observed the evil effects of excessive brain work combined with a lack of exercise, his attention was gradually turned in the direction of physical culture.

He then became associated, as a teacher, with Dio Lewis, whose admirable system of light gymnastics he was engaged for some ten years in introducing into the schools in the west. As the most convenient form of exercise for adults he finally chose the "Butler Health Lift," and for several years past he has conducted a highly successful establishment of this kind in Philadelphia. I present his case as an example of *complete* hygienic reform. It was not Graham food, but air and sunshine, and "healthful, hopeful excitement" that first restored his health, and these he still regards as of prime importance.

As to his diet it consists chiefly of fruit and grain products, "without meat, butter, salt, condiments or pastry." He eats but twice a day, drinking nothing with his food. Upon rising every morning after eight hours sleep

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he takes a peculiar bath. Simply wetting the body with a little water he dries off quickly, and then by the friction of the bare hands excites an agreeable warmth and glow over his whole person. It is needless to add that he is free from colds. Such has been the life of one who, 50 years ago, "could not draw a long breath," but who now, as he approaches the prescribed three score and ten in the full enjoyment of his faculties, can truly write: "I have a good appetite, sleep like a child, and rarely have a pain." There is a lesson in such a life, though it be that of a quiet unpretending man. It must be added that Prof. R. has been favored by the most essential of all hygienic conditions, that is, by a naturally kind and genial disposition, united with a truly philosophic mode of thought. There is health in these things also.

FATHER EVANS.

Just at closing this article I have had the pleasure of speaking with good Father Evans, the well known leader of the Shakers, and must here state, though from necessity too briefly, his theory of diet, which is based upon the intimate relation existing between physical and mental conditions. He regards the appetites as primarily mental qualities, and therefore directs attention, first of all, to the reformation and purification of the individual character, believing that a pure mind gradually losses its desire for gross and unduly stimulating food. He himself, now in his sixty-eighth year, has been a strict vegetarian for 40 years, yet he never urges others to adopt his form of diet. He only seeks to promote a high spiritual and moral development, trusting that in proportion as this is attained, animal foods, together with all undue stimulants, will be rejected; and this view he says has been justified by experience in the community at Mount Lebanon. In the particular "family" of which he is a member, consisting of about 60 persons, all but two or three have voluntarily dispensed with flesh meats, and these are likely to do so in time. This seems due, however, to his personal influence or example, since in the other families of that community, and among the Shakers generally, flesh is more largely consumed. Father Evans thinks that all forms of sensual indulgence, both as to food and otherwise, result from that craving of the mind for excitement which is truly and hygienically gratified through the pure enjoyments of a highly spiritual life. He is himself remarkably vigorous and active for a man of his years. He seems, indeed, to be, both physically and mentally, in his very prime. His manner of life during these 40 years past cannot have been very unhygienic.

In relating the experience of some who have successfully adopted a vegetarian diet, the fact is not to be overlooked that many others, among them Mr. Herbert Spencer, after an apparently fair test, have rejected it. Under existing circumstances it is evidently not well adapted to all. It is, however, at present attracting unusual attention, especially in England, where the Vegetarian Society, under the leadership of Prof. Newman, is gaining rapidly, both in numbers and influence; and yet the great social pressure against it, with the lack of fresh fruits, renders its adoption there much more difficult than in this country. If revived among us it will be under somewhat new conditions. Hygienic cooking, as an art, has been greatly developed since the days of Sylvester Graham, and there is a growing sentiment in favor of the higher kinds of food, that is fruits and grains, and the proportionate rejection of underground vegetables, especially Irish potatoes.

Those whose general habits of life are truly hygienic, and who are in a position to secure a variety of *the choicest fruit and grain foods*, would, I think, in most cases, find it both physically and morally advantageous to dispense with the products of the slaughter-house.

WHEN baldness is threatened, the best remedy is to pay strict attention to diet and regimen, cut the hair often short, wash the head in cold water, and follow with a brisk application of a stiff brush and exposure to sunshine.

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HYGIENE FOR BRAIN AND NERVES.

BY THE EDITOR.

IN OUR last article we left the reader after having given a brief account of the brain. In this paper we shall begin where we left off then, and continue our subject with an account of the spinal cord, which is after all only an extension of the brain outside of the skull into the central passage that constitutes a part of that long chain of bones piled one upon the other, and called the spinal column or backbone. It is a very easy matter to get a view of this cord in the butcher's shop, after the butcher has split the bones with his ax, exposing more or less of it in, it is true, a somewhat fragmentary state to our view. This spinal cord is a delicate, soft, putty mass, of gray and white substance, protected from injury by the bony prominences which arch around it in a very wonderful way, enclosing it on all sides in a long cavity, or canal, which is often called the spinal canal, and cerebro-spinal axis. The cord is surrounded by an envelope of membranes which support it and the vessels that supply it with blood. The length of the cord is from 18 to 20 inches, but its weight is very slight, hardly exceeding an ounce and a half. In form it is round, being slightly flattened in certain parts. It extends downward to the first lumbar vertebra. Like the brain it is divided into two lateral halves. It would be tedious to discuss at great length the anatomy of the cord, which is exceedingly curious and difficult to be understood without special study in the dissecting-room, and it is unnecessary to our object. We will, however, say briefly something about the functions of this organ. The anterior lateral half is entirely insensible to irritation, and serves as a conductor of stimulus from the brain to the muscles. Cut this half of the cord and those parts situated below it lose the power of motion. If the posterior or back part is cut, however, the power of motion is not lost. In other words, when the will directs that certain muscles shall act, it sends the order down through this half of the cord, which, if not injured, carries it to the muscles, and they obey. If, however, there is any injury to this half, the connection is severed, and the mandates of the will are not and can not be obeyed.

The posterior half of the spinal cord has different functions, perhaps several, though as yet our knowledge is not complete on this subject. It is now certain that if the gray substance of the posterior half of the spinal cord be cut in two, then sensibility of all the parts below this region is completely destroyed. In other words, the parts may be cut, pinched and pricked without knowing it. There is no means of communicating intelligence of any pain from the surface to the brain, and so a knowledge of pain cannot exist.

It now comes to us to ask what is the function of the white part of the posterior half of the spinal cord—for it is evident that this may be cut without in the least destroying sensation—and the answer is that the white portion of this half of the cord is concerned with the cerebellum in aiding to co-ordinate the movements of the muscles. It is not necessary to go through with all the details of the experiments that lead us to this conclusion. We may only mention that the peculiar disease formerly believed to be a form of paralysis, and frequently occurring in patients who have suffered with diphtheria, and some other diseases known as locomotor ataxia, in which there is difficulty in co-ordinating muscular action, is the result of lesion of this half of the spinal cord. We have now three different functions of the spinal cord.

1. The conduction of motary stimulus to the muscles.

2. The conduction of sensation to the brain.

3. Co-ordinating power.

There is one peculiarity of this conducting power which may be mentioned here, viz., that the connection of the right half of the brain is with the left side of the body, and the left half with the right side, so that injury to the brain on one side affects the opposite

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side of the body. This takes place on account of the interchange of fibers of the one side with the other.

But we are not through with the functions of the cord. We know that it is after all only an extension of the brain—that it is, like the brain, composed of gray and white matter, and we have recently come to know that it, or at least its gray substance, may, in a very small way it is true, perform the same functions the brain does of generating the nervous energy, and also as a nervous center of motion, and perhaps sensation. The experiments which have lead to this view have been made mainly on frogs which have been decapitated, and which can be made under certain circumstances to jump about, to apparently feel pain, at least to try and brush off with one foot a burning acid applied to the other. Similar experiments bring similar results applied to decapitated criminals.

If the spinal cord is injured, the parts below the injury are paralyzed. This happens when any serious accident has broken or displaced the bones of the column which surrounds and protects the cord. Even a little piece of bone pressing on it cuts off all communication with the brain and the parts below. When a person is paralyzed in this way we say his back is broken. If this happens in the middle of the back the legs are paralyzed. If at the neck the whole body.

All along the spinal column nerves are given off that go to every portion of the body. We will consider these next month.

The spinal cord should not be injured by blows, by jars, or in jumping from a height, from exposure to cold, from too violent exercise, or even straining of the back, or from tight dressing, impeding the circulation of the blood in the parts or the flow of nervous influence to and from the brain.

THE HYGIENE OF DRESS.

DRESS, as distinguished from mere fashionable attire, has a direct bearing upon health. It has primarily two functions—to clothe and to adorn; but use and beauty, in this as in other cases, so far from requiring any sacrifice for combination, are found each in the highest degree where both are most fully obtained—the fittest or most comfortable dress being that which is most graceful or becoming. Fitness is the primary demand, and the dress which appears to be uncomfortable is absolutely untasteful.

In the esthetic point of view, dress is always to be considered as secondary to the person. This is a fundamental axiom in the art of costume; but it is often lost sight of, and dress is made obtrusive at the expense of the individuality of the wearer. A man's vest or neck-tie must not seem too important a part of him; and a woman should not be wholly lost in her flounces. A sarcastic critic has said: "If you are not better and more beautiful than your clothes, you are, indeed, a man or woman of straw." It is far from being always true of the human animal that "fine feathers make fine birds."

The hygienic relation of dress is not less clearly defined. It has been said that a man's dress is, or rather should be, a portable house over him. He should be able to move in it freely. It should keep him warm in cold weather, and not be oppressive in hot weather, though it should protect him from the consequences of draughts, which "inflict plagues," the plagues of catarrhs and their numerous followers, or of rheumatism, that implacable tormentor. Such must be taken to be the leading principle of dress in the hygienic point of view, whatever may be its destination, for the peer or the peasant, because its essential object must be the same in both cases.

Our forefathers were wiser in this respect than we are. Their method is

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worth considering, and cannot fail to be interesting.

On consulting the history of our country, we find that our ancestors were not so subject to consumption and to complaints arising from debility as we are, and have been for many generations; and the cause is usually referred to improper exposure, catching cold, etc.

Now our ancestors may be said to have lived almost in the open air. For we find, on examining old mansions, as well as inferior houses, that the apertures of the chimneys were very large, and the windows and doors badly fitted, so that when a fire was kindled, the change of air in the apartment must have been very rapid, owing to the influx of fresh air from without in consequence of the burning fire within. In effect, a thermometer placed in such a room, so that the direct rays of the fire might not fall upon the instrument, would stand but a few degrees higher than in the open air—owing to the easy communication between the air of the apartment and the external air.

In such a state of things in our apartments at the present day, we should literally "perish with cold." But our ancestors accommodated themselves to the low temperature most effectually, whilst it secured to them that prime requisite, fresh air, which is the all-important condition of healthy, robust, and comfortable existence. They contrived to keep themselves warm by adopting a more judicious method of resisting cold and damp, namely, the use of appropriate clothing.

The general use of homespun woolens, the wadded stuffs for petticoats, and worsted stuffs or brocaded silk gowns used by the women of other times, formed a much more secure protection from moisture in the air, and resisted the cold infinitely better than the thin unsubstantial drapery of our modern ladies. The men, too, as appears by examining old familiar pictures, wore their clothes much more full, and of a thicker texture than the scanty coats of half-milled superfine clothes, or flimsy "shoddy" now so generally worn; and the costume of our judges and chief magistrates—the fashion of which has, perhaps, not altered for centuries—seems well calculated for preserving warmth as well as impressing the idea of dignity. The thick woolen dresses of the monks of old were admirably contrived for keeping their bodies at a due temperature; no part but the face being exposed to the external air, at late vespers or early matins, in passing through the cold cloisters and vaulted aisles of monastic edifices. In all this we find fitness and consistency; and these are the points to which we propose to direct attention in discussing the hygiene of dress in all its bearings. Not only are the public at large deeply interested in this subject, but it also appeals to all the caterers of dress—from top to toe, from head to foot—calling upon them to put forth all the resources of their art to combine the useful with the elegant, the happy marriage of Hygiene with Esthetics. The discussion cannot fail to stimulate their ingenuity to efforts directed to secure this most desirable combination; and a consideration of the hygienic principles that should regulate the texture of fabrics will tend to develop the resources of the manufacturers at large in supplying a better-informed public, solicitous for their health, in the selection of the materials for clothing.

THE HOUSE-FLOWER'S WARNING

BY J. E. SNODGRASS.

I'M withered now! Erst in the sun
I bathed my petals, while the rain,
Dropping its glistening gems upon
Yon garden, bade it smile again.

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Then never sad, drooped not my head
As when in this close room I stand;
The dew my drink, I freely fed
On food prepared by Nature's hand.

Alas! those joyful hours are gone,
And with them all of floral bliss;
And here I'm left to pine alone—
Oh! what a cruel change is this!

Take warning, fair one, who dost live
Secluded from the light of day;
Dream not that Nature will re-give
Health which the recluse flings away!

OBSERVATIONS IN YANKEE LAND.

BY T. A. BLAND, M. D.

THE Yankee is of English, chiefly of Saxon descent, and like their progenitors, he or she, as the case may be, has very decided opinions on all subjects supposed to be of interest. These opinions form the basis of their habits, as a rule; but this has its exceptions. For example; a habit originally based upon an opinion, and which has been in existence for two or three centuries, may have ceased to have any reason for its existence save that it was honored by the fathers and mothers, yet it holds its place until the first families shall drop it, for reasons that are entirely satisfactory to themselves, when it gradually becomes obsolete.

As the opinions of the fathers, as well as their habits, are venerated, the Yankee may be set down among the conservatives of modern times, however progressed as compared with their transatlantic ancestors of the past, and brethren of to-day. These remarks are made with reference, chiefly, to the political, economical, social and domestic life of the people of "Yankee Land." Their forefathers were influenced to settle here chiefly by a desire to enjoy their peculiar notions of religion, politics, etc., without interference.

Believing these views perfect, they were not disposed to allow them corrupted by heresies, hence tolerance was not a Yankee virtue in "ye olden tyme," nor has it become universal among the descendants of the Puritans. On the contrary, the idea prevails quite generally that the sole hope of the race lies in its becoming Yankeeized.

While I hold that the religious principles and political views of the Yankees are, in the main, in advance of those held by any other people, and their economical and domestic habits also superior to those of most others, I am still a firm believer in the fallibility of the Yankee.

A distinguished author says: "You can judge of the degree of progress a people has attained very accurately by their bill of fare." This rule cannot justly be applied to the Yankees, for reasons already stated in the introduction. They have inherited their roast pork, baked beans, pumpkin pies, doughnuts and clam chowder, and although no valid reason exists why these indigestible and innutritious substitutes for food should not be banished the table and their places supplied with dishes approved by the "Gospel of Health," yet they hold their place in the Yankee bill of fare from the force of habit, and will hold it till the people shall be far better educated in dietetics than they are at present—till the chemistry of common life becomes a popular science.

My observation leads me to the conclusion that less attention is given to

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the subject of health in New England than in the West; indeed I meet with very few persons who give it any serious thought. They are wedded to their traditionary ideas and habits, and their Sunday morning prayer is, "give us this day our regular rations of baked pork and beans." Having breakfasted on these, the church-going portion of the people are in excellent condition to sleep through the service, and the others to snooze at home till dinner time, which comes promptly at the old fogy hour of 1 p. m.

It has been hinted at by some, that the Yankee in his devotions is of the staid, not to say stupid, type. I don't indorse this opinion, yet I am not fully prepared to controvert it; but if it is just I am sure the fault is in the baked pork and doughnuts, and other indigestible articles that enter into the Sunday bill of fare. To substitute broiled steak, and Graham gems would improve the sermons and increase the reflective capacity of the audiences very greatly.

A HOPELESS CASE.

I meet at breakfast almost every day, two ladies who eat enormously, and pork-sausage, fried liver, batter cakes, with butter and sirup are stable articles in their bill of fare. A few days ago the younger—they are mother and daughter—had an epileptic fit at the table, and would have fallen to the floor but for the mother, who caught her and held her in the chair till the spasm passed. On the day following the mother asked me if epilepsy was curable.

"Usually it is," I replied.

"What would you advise in this case?"

"A radical change of habits, the substitution of plain but nutritious diet. for the indigestible and innutritious articles she imposes upon her stomach now, constant employment of some useful sort, that will exercise the body without taxing the mind greatly, plenty of fresh air, and sleep." At this point the *patient* lost all *patience*, and *impatiently* remarked that, if she must starve herself half to death and work like a servant in order to get well, she never should do it.

She continues to take her double rations of sausage and liver, and to spend her hours in fashionable indolence alternated with fashionable fits.

ANOTHER ALMOST HOPELESS CASE.

At a hotel in Hartford I met a young man of brilliant powers of mind, originally, who through large social feelings and want of firmness has become a confirmed drunkard. He appreciates his condition, and deplores it, but seems to be powerless.

Three weeks ago he quit drinking anything intoxicating, and he has refrained from the bowl since; but he smokes constantly, and says that it is a necessity.

The result is the gradual failure of his mental powers, especially of memory, under the stupifying influence of the powerful narcotic, *nicotine*.

Such striking examples as the above, are meant by the Author of the Natural Laws to prove useful to society as warnings against the insiduous encroachments of appetite upon the freedom of the will and the dignity of manhood. They are meant to teach us that any vicious indulgence of the appetite is demoralizing and dangerous, and that bad habits gradually but surely grow despotic, and ultimately crush out th last vestige of dignified manhood from their unfortunate victims, leaving them characterless wrecks, drifting upon the tide of appetite or passion helplessly, and constantly nearing the maelstrom that must sooner or later engulf them.

A CONSTANT round of hard physical labor, many hours each day, dulls the comprehension, blunts the sensibilities, obscures the perceptions and begets moroseness and discontent; while continual association with coarse and crude materials distorts and brutalizes the features and lowers the *status* of the individual. Although work is essential to sound mental and physical development, yet it must be diversified and made agreeable if we wish to obtain its good effect.

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COMFORT FOR THE FEET.

BY THE EDITOR.

THE human foot—what can be said in its favor. It is certainly very lowly in its place. It has to support the entire frame and all its added burdens. It has to plod along on the cold damp ground, bearing its weight quietly and without complaining. It has to be encased in stockings not always over clean, and then again in hard leather boots—may be with high heels and narrow toes—and it rarely sees the light of day, or feels the soft grass and mother earth, which in a state of nature it loves so well. It has to break in new boots and shoes, suffer to be cramped so that the toes are all deformed and out of shape, and to endure the tortures of corns and bunions and ingrowing nails. It often gets so cold by contact with damp earth, that it sends up a chill to the whole body as a sort of resentment for ill-treatment. And yet the foot is submissive and rarely complains. A recent writer takes up the pen in behalf of the foot and says:

"Canova chose 500 beautiful women from whom to model his Venus, and among them all could not find a decent set of toes. If he had lived now-a-days what luck would he have had under the dainty little buttoned boots, with their sharp-pointed heels? If adult women, however, choose to torture themselves, there is no reason why any one should remonstrate; but the condition of the feet of the children is becoming too serious a matter to be passed by in silence. As soon as the helpless baby can put its foot to the ground, and before it can complain in words, shoes are put on it by which the width of the toes is contracted fully half an inch; and usually a stiff counter is ordered in the heel, with some vague idea of 'strengthening the ankle.' From that time, no matter how watchful or sensible its parents may be in other respects, these instruments of torture always constitute part of its dress. Toes are forced into a narrower space year by year, 'to give a good shape to the foot,' until they overlap and knot and knob themselves over with incipient corns and bunions. Then the heel is lifted from the ground by artificial means, and thus the action of the calf muscles is hindered, and the elastic cartilage of the whole foot is stiffened at the earliest and most tender period of its growth. The results are a total lack of elasticity in the step and carriage, and a foot inevitably distorted and diseased. American women are noted for their cramped and mincing walk. Southern children are more fortunate in this matter than those in the North; as it is customary, even in the wealthiest classes, to let their feet go uncovered until the age of six. Mothers in the North are not wholly to blame, however, as the climate requires that the feet shall be covered, and it is almost impossible to find shoes properly made for children, unless a last is ordered for the foot. As a new last would be required every month or two, very few parents are able to give the watchfulness and money required; but if the proper shape were insisted upon by those buying shoes, dealers would quickly furnish them. Nothing is more prompt than the reply of trade to any hint of a new want of fashion."

This writer might have said much in favor of the foot. He might have added that, if it did not do menial work, if it did not support the body erect and balance it properly, the hands could not have so good a time as they do. The hands and arms of men are only the fore feet of animals taken off the ground and set at higher work. This could not have been done if the feet had not been so contrived as to support the body and hold it upright without other aid. This relieves the hands and makes them free to do our bidding. We ought to be very thankful for the perfection of our feet. We ought to treat them better than we do. We ought to give them a clean pair of stockings every day, and fit them with comfortable and easy shoes. They would then do much better work. But how to secure better boots and shoes is the question. Dr. Sterling used to say

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that the only way to get a shoemaker to make a shoe as ordered was to stand near by with a shot-gun leveled at his head, and threaten to fire if there was the least variation from instructions. But this might subject one to the inconvenience of employing a hangman, which few care to do. Dr. Lewis used to tell his shoemaker that if he varied a hair's breadth from his order, as to size and fit, he would never take the shoes from the shop. This financial argument is generally convincing. Still another difficulty in the way is the fact that so many people depend on buying ready-made shoes. Ladies do this almost invariably, and the result is they have the worst feet of any class. A fashionable woman's foot is generally so badly deformed that Nature would not own it as of her production. In New York city many fashionable men and women employ a foot doctor to keep their feet in order, or cure them of diseases brought on by bad boots and shoes. The price for the services of a foot doctor for one year is from $10 to $25.

Another difficulty in the way of the right care of the feet is the fact that so few shoemakers can make a decent boot, even if they are ordered to do it. They know only one way to work, and from this they cannot vary. They have no ingenuity in the matter. It is only within a few years that some of our most intelligent shoemakers have been looking into the matter of making shoes to fit the feet. Herman Meyer, M. D., Professor of Anatomy in the University of Zurich, was perhaps the first to write on the subject, and his little book, which has been published in this country for 30 cents, has done something to call attention to just how a boot or shoe should be made.* We will quote a part of a chapter from his interesting book:

"We put on shoes for precisely the same reason that we wear clothes on other parts of our bodies, namely, that we may be protected from injurious external influences.

"The influences from which we desire to be protected are roughnesses of the ground on the one hand, and cold and wet on the other.

"When the roughness of the ground only is to be provided against, the sandal—consisting of a sole of stiff leather or wood, fastened by thongs or bands so as completely to cover the under part of the foot—is sufficient.

"But if protection from cold and wet be also desired, the sole has generally added to it a covering for the whole foot, and part of the leg. This covering may be made of various stuffs, but usually consists of soft leather. When thus combined with the sole, the upper leather further serves to keep the sole firmly fixed under the foot, and thus does away with the need of bands and thongs. Such combinations of upper leather and sole are called boots, shoes, etc.

"A shoe, then, has to afford protection against unequal and rough ground, as well as against cold and wet. This is the object of a covering for the feet.

"A covering for the foot has, however, to fulfill this object in a manner that will give rise to no disadvantage, the existence of which would essentially diminish the benefits of protection. The remedy would in this case be worse than the evil. Here, however, fashion, so unfortunately mixed up in all our clothing relations, steps in and must even have her say on the shape of the shoe. So long as the influence of fashion is confined to the cut and amplitude of the coat, the form and color of the hat, and the like, the only harm that accrues is the probable production of a somewhat ludicrous effect. It signifies little, so far as health is concerned, whether a man wears a gray coat or a brown one, but it is of some import-

*Quite recently S. Cantrell has introduced Meyers' method into New York. A visit to his store cannot fail to prove instructive, for there you may see a variety of shoes sufficient for a small exhibition. There is the sandal of the California Indian, the Chinaman's shoe, the Chinawoman's slipper—in which she tortures and dwarfs her feet—English shoes of almost all kinds, and, best of all, his own physiological shoe, in which the foot may enjoy plenty of room and flourish. We hope Mr. Cantrell will realize his expectations regarding reform in boots and shoes, and extend his labors to all parts of the land. See advertisement elsewhere.

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ance whether the shoe he wears be broad or narrow, rounded or pointed, long or short. The shape of the shoe has too much influence on health and comfort to be left to the dictates of fashion.

"The influence of fashion on the shape of the shoe produces the most baneful effects on the mechanism of the foot, and on its soundness, and thus materially affects our moving about, and our consequent ability to take a sufficient amount of open air exercise.

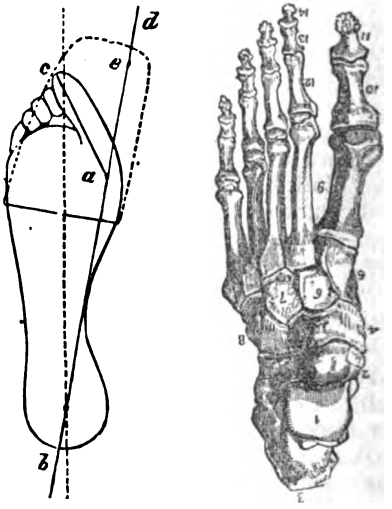
"It is quite clear that the foot must get into the shoe, and if the shoe differ in shape from the foot, it is no less plain that the foot, being the more pliable, must necessarily adapt itself to the shape of the shoe. If, then, fashion prescribes an arbitrary form of shoe, she goes far beyond her province, and in reality arrogates to herself the right of determining the shape of the foot.

"But the foot is a part of the body, and must not be changed by fashion; for our body is a gift, and its several parts are beautifully adapted for the purposes for which they were intended.

"If, therefore, we in any way change its normal form, not only do we not improve, but we actually disfigure it. Of this truth many a lady must be painfully aware who has not been able to resist the temptation to lace herself into what is called a 'fine figure;' and he too must know it who has permitted his feet to be remodeled by fashionable boots.

"We do not at first sight fully perceive the arrogant absurdity of which fashion is guilty in going so far as to determine the shape of our feet, because we are not alive to the fact that the case is peculiar to the feet. We only see it influencing the shape of the shoe, and come to the conclusion that it may regulate this as well as the cut of the coat. To this prevalent opinion we yield, regardless of the influence on the shape of the shoe, and thereby on the foot. As well, indeed, might fashion one day come to the conclusion that fingers are inelegant, and decree that henceforth the hand be squeezed into a conical leather bag; as well, indeed, might she in one of her freaks forbid the display of our arms, and bind them firmly to our bodies like those of children in swaddling clothes.

"The shoe ought to protect the foot, but it has no business to distort its shape. Shoemakers should be aware of this, and try to make the covering of the foot a suitable one. The best of them, however, are grievously ill-qualified for the task, if they are ignorant of the construction of shoes really fit to serve their purpose, or if from thoughtlessness or timidity they stick fast to the pernicious forms in general use.



The above illustrations show three important things. One shows the bones of the foot in a state of nature, as they exist in an Indian, for example, who has never worn boots. The other shows the sole of a foot which has for years been incarcerated inside of a boot which cramped the toes into a very distorted shape. The sole of the boot shows more nearly where the toes ought to be if not distorted from their right place.

We conclude our chapter by saying that the foot is very sensitive to discomfort, and also to pleasure, and that if when put into a new pair of boots it is obliged to break them in, it endures real torment; but if it has them made as the ought to be, so that they fit as easily the first wearing as ever after, it enjoys it, and sends a thrill of delight through the whole frame.

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WHAT WOMEN CAN DO—ART WORK.

BY LUCY LEE HOLBROOK.

IN MANY respects the artist's life seems peculiarly adapted to women. It is a retired life, and can be carried on surrounded by home influences and mingled with home duties. It is in harmony with all the best attributes of womanhood, and adds greatly to her modesty, purity, and womanliness. There is no reason, either, why she should not be able to attain a high position in art, and compete successfully with men. Her vivid imagination, her quickness and delicacy of perception and touch, her intuition, imitation, and patient laboring at details all are in her favor, and whether engaged in painting, in modeling, or in designing and engraving, she ought with a fair degree of talent to meet with success.

Yet in looking over the past, I do not find a very large record of what women *have done in* art. In Mrs. Ellet's book on "Women Artists," in which she professes to take note of all the women who have acquired any celebrity as artists throughout the countries of England, France, Germany and Italy from the early ages to the present time, only between five and six hundred names are given; and in the last census reports there are but 58 female painters and four sculptors recorded. One reason of this lies undoubtedly in the fact that art has been so limited in its applications and support; the indulgence in such tastes has been mostly confined to the rich. The average people have had little share and less education in such matters, and the most that one could expect to find on the walls of their dwellings would be a few cheaply framed engravings, and upon the mantle-pieces some rude work of plaster or china.

But of late years there has been much progress in art; the chromos that have found their way into every house on account of their cheapness, the industrial arts that are becoming better understood by our people, the methods of drawing gradually being introduced into the schools, are all so many helps. There is no reason why a teacher of drawing and painting should not find employment as readily as a teacher of music, in the small towns throughout the country, and nature be studied as appreciatively, and copied as faithfully as by our successful artists, who have gained success *because* they knew how to study for it.

Art work is generally supposed to require more talent than other professions, but I believe this largely a mistake. It is true that in composing a picture it requires genius to conceive; in copying landscapes an artists eye is needed to select beauty and exclude defects, but more than anything else is needed *perseverance* and a *love for the work*, that will give a woman patience to labor steadfastly through all perplexities and discouragements. "Can I become an artist?" asked a woman of one who had attained celebrity with his paintings. He asked, "How much do you love the work? Could you live on bread and water if need be for the sake of obtaining time to work, and materials to work with? Could you give up other hopes and aspirations for the sake of success in Art? Could you labor days, and weeks, and months and years at detail for the sake of mastering your subject and obtaining results at last? If you can do all this then you are an artist, and I should be proud of you for a pupil." Although I do not think we need to test ourselves quite so severely, unceasing vigilance is the price of all success, and women have to learn the lesson that to succeed they must work with all their mind and all their strength.

"The great trouble," said a teacher of painting, "is, that women do not take hold of the profession as a means of earning money, or as a life work; it is only an amusement, or a bridge that will cross over the gulf between them and matrimony."

I have questioned among teachers as to the amount of time necessary to be spent in study before the employment could be made remunerative. They say it depends largely upon the pupil.

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One successful lady said: "I studied three years before I thought my pictures worthy of exhibition or sale"—She receives now from $150 to $300 for them, and they are always in demand—"But," she said, "I have pupils who have so much ready talent that they have been able to support themselves while studying, from the commencement."

Another teacher said his pupils were able to support themselves within a year from their commencement of study. Much depends upon the branch of art pursued: Photo-crayon may be learned very easily, and employment obtained at all prices from $25 to $150 according to the degree of artistic skill. Most artists advise a good remunerative basis to stand upon, and from thence to build more really artistic work; and this foundation is to be obtained from the industrial arts, of which I speak afterward.

I would caution women pursuing so sedentary an employment as painting and drawing to be watchful over their health; to see that they have plenty of pure air in their studios, and good thorough exercise either by walking or gymnastics every day. Good work is done by keeping good health, and if the health begins to fail from close confinement to the easel, if possible reserve one or two or three days of the week for other occupations.

Thinking that a knowledge of what some women have accomplished may encourage and inspire others to begin, or to work on if they have commenced, I give some instances of what women have struggled through to attain success. In Mrs. Ellet's sketches of "Women Artists," she says of Rosa Bonheur, after she had decided to make the study of animals a specialty: "Too poor to procure models, she went out daily into the country on foot, in search of picturesque views and animals for sketching. With a bit of bread in her pocket and laden with canvas and colors, she used to set out very early in the morning, and having found a site or a subject to her mind, seat herself on a bank or under a tree, and work on till dusk, coming home at night-fall after a tramp of ten or a dozen miles, browned by sun and wind, soaked with rain, or covered with mud; exhausted with fatigue, but rejoicing in the lessons the day had furnished.

"Her inability to procure models at home also suggested to her another expedient, the adoption of which shows how earnest was her determination to overcome the obstacles poverty had placed in the way of her studies. The slaughtering and preparing of animals for the Paris market is confined to a few *abattoirs*, great establishments on the outskirts of the city placed under the supervision of the municipal authorities. Each of these establishments contain extensive inclosures, in which are penned thousands of lowing and bleating victims waiting their turn to be led to the shambles. To one of these had Rosa the courage to go daily *for many months*, surmounting alike the repugnance which such a locality naturally inspires, and her equally natural hesitation to place herself in contact with the crowd of butchers and drovers who filled it. Seated on a bundle of hay with her colors beside her, she painted on from morning till dusk, not unfrequently forgetting the bit of bread in her pocket, so absorbed would she become in the study of the varied types that rendered the courts and stables of this establishment so invaluable a field of observation for her. Not content with drawing the occupants of the *abattoir* in their pens, far from the sickening horror of the shambles, she felt the necessity of studying their attitudes under the terror and agony of the death-stroke, and compelled herself to make repeated visits to the slaughter-house, looking on scenes whose repulsiveness was rendered doubly painful to her by her affectionate sympathy with the brute creation. In the evening on her return home, her hands, face and clothes were usually spotted all over by the flies so numerous wherever animals are congregated. Such was the respect with which she inspired the rude companions by whom she was surrounded, and who would often try to see her sketches, which they regarded with the most *naive* admiration, that nothing ever occurred

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to annoy her in the slightest degree during her long sojourns in the crowded precincts of the *abattoir*.

"Her studies were not confined to the exterior forms of her models. She procured the best anatomical treatises and plates, with casts and models of the different parts of the human frame, and studied them thoroughly. She then procured legs, shoulders, and heads of animals from the butchers, carefully dissecting them, and thus obtaining an intimate knowledge of the forms and dependencies of the muscles whose play she had to delineate."

How, with an application and energy like this could she escape the success that has crowned her efforts. She now holds the post of Directress in the school of design for girls, superintending the classes in a weekly lesson, while er sister is Resident Directress.

The Cross of the Legion of Honor was awarded her by the Academy of Fine Arts, in 1853, but refused her by the Emperor because *she was a woman*. Her greatest pictures are her Ploughing Scene in the Nivernais, the Horse Market, and the Hay-making. A. T. Stewart has one of these pictures, for which he paid $50,000.

"Rosa Bonheur is still an indefatigable worker. She rises at six, and paints until dark, when she lays aside her blouse, puts on a bonnet and shawl of most unfashionable appearance, and takes a turn through the neighboring streets alone, or accompanied only by her favorite dog, absorbed by her own thoughts and unconscious of everything around her. The first conception of a picture is often struck out by her in those rapid solitary walks in the twilight."

In reading the lives of the earlier female artists I notice several points of interest, as showing the earnestness with which these women worked.

Rachel Ruysch, in the 17th century, carried flower painting to a perfection never before attained. "Her flowers and fruit surpassed Nature itself, and the tasteful selection of her subject and manner of grouping, dis position and contrast rendered the effect more exquisite." She became the mother of ten children. In the midst of domestic cares and the duties of attending to her offspring, she managed not to neglect the art she loved so much; yet we are informed that her children were admirably brought up. The toil and study must have been immense, which in spite of the interruptions of household employments and the depression of a narrow income, enabled her to attain such excellence that her praises were sung by poets, and her fame traveled to every court in Europe. The advance of old age could not obscure her gifts. The pieces she executed at 80 were as highly finished as at 30.

Elizabeth Sirani, another artist of the same period, was one of the pupils of Guido Reni. Beside being quite a celebrated painter, she was an adept in sculpture and engraving on copper. She, too, had unwearied industry. "She would rise at dawn to perform her lowly domestic tasks, and never permitted her passion for art to interfere with the fulfillment of home duties."

Mrs. Lily Spencer has won a high position among the women of the 19th century, and is a good example of what love for her work and indefatigable industry can do. Her parents were born in France but came to this country when she was six years of age. They found a home near Marietta, Ohio, where Lily first developed her artistic talent. Her pictures attracted considerable attention there, and she worked on enthusiastically amidst praise and blame, until she found opportunity to come to New York, and visit the Academy for the purpose of improving herself by drawing from the antique, often going evenings, as her cares occupied her through the day, and working among the male students. She became a member of the Academy, and her pictures were placed upon exhibition. It is said that more of her paintings have been engraved than of any other American artist. Most of her pictures are domestic scenes, using her her own children for models. Her greatest picture is Truth Unvailing Falsehood, a large life-sized group of four figures, a picture of great interest.

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One of the best instances of courage and determination to succeed under difficulties is found in the sketch Mrs. Ellet gives of Mary Weston. She was born in Hebron, New Hampshire; her father was a Baptist clergyman. Before 12 years old her pictures, though rude in design and execution, were in great demand among her school-fellows, and though denied the privilege of the drawing-class; she would watch the lessons of other scholars and practice at home until she produced a drawing superior to the exercises of the regular pupils. "When about 14 she determined to take the first step toward the goal she panted to reach. She secretly quitted her home, taking with her only a change of dress, and set out to walk through the forest to Hopkinston on the way to Concord, where she intended to take up her abode temporarily to earn a little money by her labor, and then establish herself as an artist. She walked 30 miles that day, and very late at night came to a small house in the country, at which she stopped, requesting permission to warm and rest herself. The simple people seemed surprised to see so young a girl traveling alone, and so far from home. They inquired into the particulars of her story with curious interest, and earnestly pressed her to stay all night. She consented, and supper was prepared for her, after which she went to sleep, wearied with the day's fatiguing journey. On waking the next morning a strangely familiar voice struck her ear. She dressed hastily and went down into the parlor, where she found her uncle, who had come thus far in search of her." She was taken home in spite of her entreaties to be allowed to go on. The family received her with tears and embraces, and no word of reproach, nor even a distant allusion to her disobedience followed her attempt to escape from parental restraint, but more indulgence was shown her in her art tastes than before.

She was about 19 when on a visit to Lynn she saw a portrait painted by a lady, which seized her attention amid a collection of indifferent pictures.

The longing to be a painter again possessed her so strongly that she felt it an irresistible passion. Her plans were again baffled, but a year after, in Boston, her determination was formed to become an artist. With the sanguine hopes of youth she fancied that a year's preparation would enable her to paint professionally. She accordingly devoted herself to the study of art with that view. Her friends tried to discourage her, but she was now used to opposition, and worked on. Believing she could do better in New York, without consulting any one, she took an early morning train from Boston, and arrived in New York, with but $12 in her pocket. "The undertaking was not without prayers for a blessing from the Providence who watches over all human affairs. Her father needed all the aid she could give him. He had suffered much, and sickness in his family had crippled his narrow resources. The thought of all this, and what she might do were she permitted to work out her own ideas had tortured her, and rendered her desperate. In the ardor of her determination now, obstacles seemed nothing; she was resolved to succeed."

She found a landlady in New York who listened to her story, trusted her, and allowed her in part payment for her board to paint the portrait of her little grandchild. She went to an artist in the neighborhood to see how oil colors were used. She was allowed to watch him while painting a portrait. Then she provided herself with art impliments and went to work. Even the artist was surprised with her success with the child, and prophesied that she would do well after a year's study. She now makes a successful artist; her copies are especially fine, and she paints both landscapes and portraits from Nature.

Mrs. Eliza Greatorex, who has won fame, not only in this country but in Europe, stands at the head among women, of etching and pen and ink drawing. Calling upon her at her residence, 115 East 23d street, N. Y., to get a better idea of her work than I could obtain from newspaper critiques, I found a sweet faced woman of between 50

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and 60 years of age, with hair white and curling loosely about her head, slender form and thoughtful earnest manner, who kindly showed me her work, and told me all I wished to know. From her conversation I gathered the following facts: Until her husband's death she had studied art as an amateur, being a member of a sketching club, and working with an enthusiastic love of the work; but when 34 years of age her husband, died and she was left with two daughters and no property. Then, with the encouragement and aid of her friends in the club, she began in earnest to use her gifts and knowledge as a means of support. For 17 years she taught drawing; 15 years in Miss Haines's school, who gave her fullest liberty to work out her own peculiar ideas and methods of teaching. During this time she was one year abroad studying in Paris, and again three years ago she spent two years abroad with her daughters studying with them in Munich. There she wrote, sketched, and had published a book "Homes of Ober-Ammergau," of which the London Saturday Review of May 17, 1873, says:

"Mrs. Greatorex has pursued a cognate but distinct aim in her 'Homes of Ober-Ammergau,' published at Munich, though the letterpress is in English. We have 20 etchings in heliotype, from pen and ink drawings taken from different points of view in and about the village, which will, for different reasons, be interesting both to those who have and to those who have not visited the spot themselves. And the interest of these graceful sketches is much enhanced by the notes from a diary kept during a three months' residence there in the summer 1871, the second year of the Passion Play, which had been interrupted in 1870 by the outbreak of the Franco-Prussian war."

Then followed her work "Summer Etchings in Colorado," and just now published in time for the holidays by the Putnams; her last work "Old New York," a beautiful and expensive volume. On this work Mrs. Greatorex labored seven years, making 70 pen-and-ink sketches, of which 50 are used. Her sister, Mrs. Despard, has aided her, doing the literary work of the book. She trusts to its having a greater future value and appreciation than at present even.

Now that this labor is over she has a new work on hand for the Centennial year. She has secured panels and wood work from the old historical houses and churches that have been, or are being torn down, working with her daughter, who decorates the panels with appropriate designs, she paints or sketches in the center, using for her theme some historical event that has given interest to the building. She has made an art gallery of the first floor of their dwelling, in which her pictures and works will be for exhibition and sale, and where worshipers of the ancient can admire and buy by piece-meal the interior of St. Paul's, the pulpit of the old Fulton street church, a quantity of wood from the old Rodger Morris house upon Washington Heights, of pre-revolutionary times, or any other ancient building for which their hearts may hunger.

The second floor of the dwelling is devoted to classes in drawing and painting, of which Mrs. Greatorex is the head, assisted by her two daughters. The young ladies teach from casts, life models, and Nature, figure painting and drawing; while Mrs. Greatorex teaches landscape, and has a room especially devoted to classes in etching on copper and glass, by the graphic process.

Another artist, who is making landscape painting very remunerative, as well as producing some beautiful pictures, is Mrs. Julia Beers, who has a studio in the Dodworth Building, New York. She may be found at almost any hour during the day working at her easel or teaching her pupils, of whom she has about 20 during the winter.

Of her success in art she says: "It is not gained by talent, or from the reputation of my brothers James and William Hart, but by *sheer hard work* and *persistent labor*." When her husband died 12 years ago her brothers advised her to turn to painting as an occupation, and having made up her mind to

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do so, with a Scotch hang-to-itaveness she worked on. Then it was an uncommon thing for a woman to go out sketching in the country, and when she asked permission to go with her brothers they advised against it, saying she could not stand the exposure, and they could not adapt their movements to her weakness, but she determined on going, accepted their conditions to take the rough and tumble of the expeditions, with no mercy shown her from them, and, added she, "they were as good as their word; where they forded streams I forded them, and I tramped on after them many a weary mile through the mud and wet, when it seemed to me I could go no further." So she says she has done for 12 years.

When the three months of her summer vacation comes she goes at once to the country, and day after day, through all weathers, she is out searching for studies and making her sketches. Showing some of them to me, "This one" she said "I spent seven mornings upon; this one, two weeks; this one," where the water flowed so limpidly over the stones that you could look directly down and see the details of its pebbly bed, "I had to study a long while upon before I could get the effect. This picture of ferns," showing a bed of ferns in the depth of the forest so fresh and dewy they seemed Nature itself, "it was a great thing accomplished when I was able to copy these perfectly. In fact" she added "it is a good thing to make a specialty of one or two things; make a *success* of them, one can't succeed in everything. "Her specialties are ferns and yellow birches. From all these studies she makes her pictures, arranging for her compositions as she likes, but every detail being in itself a faithful copy from Nature. "It will not do" she said "to trust to the imagination." Asking her how she found time for her pictures with so many pupils, "Because," she replied, "I go directly from my class to my easel, I lose no time between, and I give no time to outside things."

Her pictures bring from one to three hundred dollars; she charges her pupils two dollars a lesson of two hours. Her daughter who teaches with her makes a specialty of water color, and Mrs. Beers added with pride as she showed some beautiful work done by her: "She has an occupation that is remunerative, and makes her independent of help from others."

(*Concluded next month.*)

EDITOR'S STUDIES IN HYGIENE.

QUESTIONS AND ANSWERS.

CARBONIC ACID.

How much carbonic acid do the lungs give out in an hour?

ANS.—Youmans, in his Chemistry, shows that an adult man will exhale nearly six gallons of carbonic acid per hour, so that during a lecture of an hour and a half 300 persons will exhale over 2,500 gallons of this deadly poison. They will inhale and appropriate an equal quantity of oxygen. The gas-burners and fires will accomplish a similar result; so that, unless ample means for the ingress of oxygen is provided, and the egress of the carbonic acid, the results must be disastrous indeed.

SAND BATHS.

Are hot sand baths ever good?

ANS.—Yes. It was a favorite method with some invalids at the beach where we were last summer, to lie in the sand made hot by the sun, and be benefited by its therapeutic power. The chief good, no doubt, coming from the heat of the magnetism of the earth. One of the therapeutic novelties in London, recently introduced from the Continent, consists in the erection of establishments for administering hot sand baths as a remedy for rheumatism, recent cases of nervous disorder, affections of the kidneys, and all cases where heat is wanted as the chief therapeutic agent. The advantages of this treat-

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ment are, that is does not suppress perspiration like the hot-water bath, but rather increases it, and does not interfere with the respiration, like the steam bath or vapor bath. The body can endure its influence for a much longer time, and a much higher temperature can be applied.

ORANGE CULTURE FOR INVALIDS.

Can an invalid go to California and cultivate oranges with any hope of success? Please give us some idea of fruit culture there?

ANS.—The Commonwealth has the following: "At Los Angeles they raise oranges by the million; but, as there is so large demand the supply is not sufficient, and consequently the price is high. As regards qualtity, I never ate sweeter ones. Apples, pears, peaches, apricots and plums all do well here, and in their seasons are not unreasonably high. Figs are very abundant. Black Hamburg, Flaming Tokay, Muscat of Alexandria, Sweetwater and Malaga grapes all thrive here, and are retailed at eight to ten cents a pound, instead of a dollar, as in Boston. The grape principally raised here is the Mission, which retails for three cents a pound. It is a very juicy, pulpy, grape. Many vineyards have several thousand vines. Mr. Packard made some 12,000 gallons of wine last year, and several other parties made from 3,000 to 6,000 gallons each. Concord, Isabella, Delaware, and other grapes grown in the East, are not considered of any account here, as all the nicer kinds are grown out of doors, and it does not pay to devote time to them.

"I bought strawberries in March and April last at 25 cents; in May, June and July at 12½ cents, and they were sold as low as 10 cents a box. As to quality, I have seen berries in this market day after day, of the 'Seth Boyden' variety, that would measure from three to four inches in circumference, of a flavor second to none in any country, and sold at 15 cents a box. I never saw as fine ones in Boston at less than 75 cents; and I ate strawberries the 16th of November of the same variety at 30 cents a box."

An invalid with prospect of many years of such life, might, if he had capital, do well in this business in California, but of course, as elsewhere, it would require brains and a knowledge of his work.

HOW NOT TO OVERWORK.

I wish you would write a recipe for overworked men. Tell them how to work with a slower pulse.

ANS.—The best recipe for overworked men is for them to drill themselves to work slowly, and let them begin by learning to eat slowly. When they come to the table let them throw aside care and trouble, greet their friends with pleasant words and smiles, and make the hour one of true delight. Having once learned to eat slowly, let them—as will now be easy—do other things with deliberation, calmness, moderation. It will soon become a habit, and when once well established, it will make life more sweet, and lengthen it to nearer what Nature intended.

ELECTRICAL TREATMENT.

Can any good be derived from electrical discs, or electrical treatment without the aid of a physician?

ANS.—Electrical discs sometimes by the aid of the imagination do some good, and so does magnetized paper and bread pills. Often one can greatly benefit himself by the use of electricity without the aid of a physician. It is certainly worth the effort, always using care, and studying the subject by reading the best books. A person ought to be able to take electricity after studying the best methods as well as to take a bath. It is very easy to produce injury by either, if proper care is not used.

CLIMATE.

In studying of the healthfulness of a climate what points are to be considered?

ANS.—We must consider the temperature, the amount of moisture, or the dryness of the air, the amount of pressure on the barometer, the electrical condition of the air—the direction and strength of the wind, the character of the soil and radiation of heat from the earth, and especially the purity of the air.

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TEMPERATURE AND ITS EFFECTS ON THE LUNGS.

In what way does the temperature of a place affect our lungs?

ANS.—The cold air never penetrates as such into the substance of the lungs, and so it does not affect them as cold food may affect the stomach. When one goes suddenly out into a cold air the coughing he may experience comes from the effect of the air, not on the lungs but on the larger air passages. In these the air becomes warmed; so that when it is expired it is as every one knows of a very different temperature from when inspired. If it is breathed in at a temperature of from 40° to 50° it is breathed out at about a temperature of 80° or 90°, and if, as in the tropics, it is breathed in at a temperature higher than the body, it is slightly cooled and comes out at the temperature of the body.

DISINFECTING A CESSPOOL.

Will you kindly inform me what disinfectant is the best for the purpose of destroying in a cesspool all danger from a recent case of scarlet fever. The drains leading to the cesspool have been cleansed each day with carbolic acid; but I wish to know what is the preparation which, when used upon a large scale, is effective, and yet not so costly as the carbolic sold in solution?

ANS.—Common copperas (sulphate of iron) is the most effectual disinfectant known for the purpose described by our correspondent. It should be used in saturated solution, and then some of the solid strewn over the surface. It is very cheap, and very effective. It is too dirty for use as a domestic disinfectant, but very valuable for cesspools.

STRONG DRINKS FOR YOUTH.

What would be the effect of giving the young regularly a little alcoholic drink?

ANS.—Generally to accustom a child or a youth to strong drinks is to institute a craving after them, a necessity for them. Most children have an instinctive dislike to alcohol in any shape, unless, indeed, there be an hereditary predisposition toward it—of all predisposition the most fatal. Any one who knows the strong pureness of a constitution which has received from two or three temperate generations an absolute indifference to stimulants, can hardly overvalue the blessing it is to a child, boy or girl, to bring it up from babyhood in the firm faith that wine, beer, and spirits are only medicines, not drinks; that when you are thirsty, be you man, woman, or child, the right and natural beverage for you is water, and only water. If you require it, if you have been so corrupted by the evil influences of your youth or the luxurious taste of your after years that you "cannot drink water," either there is something radically diseased in your constitution, or you will soon bring yourself to that condition. Long before you are middle-aged you will have no lack of "often infirmities."

CONSUMPTION IN CALIFORNIA.

Is there much consumption in California?

ANS.—Yes; but it is not to be wondered at when you remember that great numbers go out every year after being given up to die by physicians at home. Our advice to persons who are far gone with seated consumption is to stay at home, for no climate in the world will make new lungs, or raise the dead; but if people will not put it off too long I believe they will experience great benefit, if not cure, by going there. A great many go there for a few months, feel better, and think they are well, go back East, take cold and rapidly run down; they then go there a second time only to die; while, if they had stayed, in the first place, they would have had years of comparatively good health. It is very seldom that a case of consumption originates there.

THE MAN WHO NEVER TASTED FLESH.

Is there a man anywhere in America who never ate any meat?

ANS.—Yes, a good many. The following case comes to us through an exchange: "One-half mile south of Holmesdorf, Pa., lives an old farmer by the name of Abraham Blatt, who is about 60 years of age, is healthy, robust, and as strong as a horse, who has never in his lifetime tasted the least bit of meat of any kind. He says he nev-

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er tasted beef, pork, mutton, or veal, eats no kind of poultry, no kind of fish, no kind of game, in fact nothing pertaining to meat. He has such an abborrance of meat that when they kill a cow or hog on his premises, he generally leaves home and goes about other business. He is the father of a large family, all healthy children. Among them is also one boy, who, like his father, eats no meat of any kind. In reply to the questions put to the father how he could work so hard without eating any meat, he say he believes he is much healthier than if he ate meat. He uses very little butter."

A NATURAL PULSE.

What is a natural pulse?

ANS.—It is one of average frequency, regular as to time, and equable as to strength, compressible by moderate force, not shooting under the fingers nor lingering long on the touch. The artery ought not to be easily distinguishable in the intervals of pulsation; it should present no irregularities when the skin is rubbed along its course, and especially it should not roll under the fingers like a solid cord, or be traceable far up the forearm. The pulsations ought not to be visible, or, at any rate not conspicuous.

DRY AIR FOR THE LUNGS.

How does a dry air affect the lungs and respiration?

ANS.—Dry air retards the excretion of carbonic acid, and to some extent dries the mucus membrane so that it cannot act so completely as it should. Hence traveling on deserts and sandy plains causes dryness of the air passages and mouth, and makes frequent drinking necessary.

CRANBERRY CURE FOR ERYSIPELAS.

How are cranberries used to cure erysipelas?

ANS.—Bruised very thoroughly and applied as a poultice, they often act almost magically in giving relief, and can do no harm.

WHOOPING-COUGH.

What is the cause of whooping-cough, and what is the best treatment?

ANS.—Whooping-cough is caused by exposure of a person who never had it to one who is suffering with the disease —the same as measles and scarlet fever. The disease is no doubt propagated by the seeds or germs that are thrown out with the breath and float in the air from one person to another.

DANGEROUS PLAYTHINGS.

Is there any danger in the beautifully tinted paper playthings put up and labeled "Kindergarten Packet?"

ANS. — Yes. S. P. Sharples, State Chemist, says: "Recently, while passing along the street in Boston, our eye was attracted by some brightly colored pieces of paper displayed in a window. Upon examination we found that the paper was cut into figures, such as hearts, diamonds, circles, and shields. Two or three hundred of these pieces were put into an envelop which was labeled "Kindergarten Packet." All this was very well, and showed enterprise in the originator; but we do not suppose that there are many parents in the city who if asked to take home three or four grains of arsenic for the children to play with, would not hesitate somewhat before doing so. Yet each of these packets contains fully that much, a considerable number of the pieces of paper being colored with the beautiful but dangerous Paris green, or aceto-arsenate of copper."

Children will naturally put the pretty pieces of paper into their mouths, and the consequences may be dangerous. Notwithstanding all that has been said and written on this subject, the sale of these deadly papers still remains unrestricted by law, and we daily see them used on railroad and concert tickets, boxes for confectionery, and other articles.

BAKERS' BREAD.

Why is not bakers' bread wholesome for invalids?

ANS.—It is generally over fermented, and sometimes made of poor flour, drugged with some substance to hide the defect.

INFLAMMATION OF THE LUNGS.

What is the cause of inflammation of the lungs?

ANS.—Generally exposure to a cold draft, standing on cold damp earth—getting the feet damp and cold after or during fatigue, etc.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

COMFORT.

Why so sorrowful, darling?
Why so sorrowful, pray?
You are looking out for the clouds, dear,
And meeting the storm half-way.
Where is the use of fretting
Over the worries of life?
Haven't you got your babies?
And haven't you got your wife?

I am a sickly nuisance;
The babies do nothing but squall;
And it gives you trouble to find, dear,
Bread and butter for all.
But what would you do without us?
Where would you like to roam,
If you hadn't the wife and babies
To anchor you here at home?

Don't we divide your sorrows?
Don't we double your joys?
What would you do with your money
Without the girls and boys?
I know that they tear their dresses,
And wear holes in their shoes;
I know we have had a panic,
And business has got the blues.

It's horrid to be a merchant,
And worse to be a clerk;
It was mean for the house to fail, dear,
And throw you out of work.
But times have always been hard, dear,
Since ever the world began;
And didn't you always growl, dear,
Like every business man?

We've plenty to eat, my darling,
And clothes enough to wear;
They'll last till you get to work, dear,
And what more need we care?
Let us have done with sorrow,
And drive sad thoughts away;
There's no such thing as to-morrow—
When it comes it will be to-day.

Let me smooth out your forehead,
And kiss away that frown;
You know you've the prettiest babies
And the merriest wife it town.
Panics don't last forever;
They end in a little while;
Pluck up your courage, darling,
And take life with a smile.

A NEW READING OF AN OLD VERSE.

Let kings delight to war and fight,
For time hath made them so;
Let haughty monarchs plot and plight
Their troth as Nature's foe;
But peoples, you should never let
Your warlike passions rise,
Or you fierce battle's blows will get.
While tyrants seize the prize.

DON'T TAKE IT TO HEART.

There's many a trouble
Would break like a bubble,
And into the waters of Lethe depart,
Did not we rehearse it,
And tenderly nurse it,
And give it a permanent place in the heart.

There's many a sorrow
Would vanish to-morrow,
Were we not unwilling to furnish the wings;
So sadly intruding
And quietly brooding,
It hatches out all sorts of horrible thingz,

How welcome the seeming
Of looks that are beaming,
Whether one's wealthy or whether one's poor!
Eyes bright as a berry,
Cheeks red as a cherry,
The groan the curse and the heartache can cure.

Resolved to be merry
All worry to ferry
Across the famed waters that bids us forget:
And no longer tearful,
But happy and cheerful,
We feel life has much that's worth living for yet.

JOY OF INCOMPLETENESS.

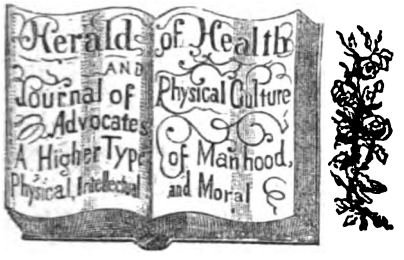
If all our lives were one broad glare
Of sunlight clear, unclouded;
If all our path were smooth and fair,
By no soft gloom enshrouded;
If all life's flowers were fully blown
Without the sweet unfolding,
And happiness were rudely thrown
On hands too weak for holding—
Should we not miss the twilight hours,
The gentle haze and sadness?
Should we not long for storms and showers,
To break the constant gladness?

If none were sick and none were sad,
What service could we render?
I think if we were always glad
We scarcely could be tender.
Did our beloved never need
Our patient admin'stration,
Earth would grow cold, and miss indeed
Its sweetest consolation:
If sorrow never claimed our heart,
And every wish were granted,
Patience would die and hope depart—
Life would be disenchanted.

And yet in heaven is no night,
In heaven is no more sorrow!
Such unimagined new delight
Fresh grace from pain will borrow.
As the poor seed that underground
Seeks its true life above it,
Not knowing what will there be found
When sunbeams kiss and love it;
So we in darkness upward grow,
And look and long for heaven,
But cannot picture it below
Till more of light be given.

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EDITORIAL DEPARTMENT.



NEW YORK, FEBRUARY, 1876.

WATER.

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

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

TOPICS OF THE MONTH.

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

TWO APPEALS TO CONGRESS.—Congress is never likely to suffer for want of work of some kind to do, for there are always petitions which must be considered, and appeals that cannot be passed by unnoticed. The present Congress has too subjects to discuss, of interest to all, to which we should like to call the attention of our readers for a moment. Both relate indirectly to the manufacture and use of alcoholic drinks. Both have apparently in view the prosperity of the people, and yet there are reasons why the one, which, on its surface, would seem most likely to be a benefit if carried out would be a curse, and the one which would seem least likely to do good, looked at from a surface view, would do most good.

The first is a memorial of the California Vincultural Society, setting forth various facts in regard to the culture of the grape-vine and manufacture of brandy, and asking relief. In presenting the memorial Mr. Sargent said: "In France 1,500,000,000 gallons are produced annually, valued at $300,000,000. Five millions of people are engaged in the culture of the grape, and it has been stated that two vintages paid the indemnity exacted of France by Germany. California has about the same area of land as France, and one-half of it is suitable to grape culture. At present there are 30,000,000 vines in the State. He stated that there is a prejudice against California wine, and frequently a higher price is paid for an inferior foreign article. The result is that grapes in that State are frequently fed to hogs. The only remedy to be applied at present is a relaxation of the rules in reference to the taxation of brandy. The memorialists desire that there shall be a species of Government warehouse provided, in which the wine can be stored, and the tax paid to the Government at the time the wine or brandy goes upon the market. The Government now pays bounties to fishermen, and discriminates in favor of shipbuilding, and he hoped that the same policy would be extended to the interests of California."

The other is a memorial asking Congress to appropriate $10,000 to investigate in an impartial manner the effects of the sale and use of liquors on the health, morality, and prosperity of our country, so that we may know of a certainty whether good or evil comes fro

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it. The first is a species of special legislation to help the growth and development of the interests in the production of alcoholic drinks. The second has in view the destruction of this industry. The first might temporarily seem to benefit the country—the last to injure one of its great industries. We hope, however, the former petition will not be granted; for while it might stimulate an industry now declining, it would do so at the peril of thousands of the people themselves in morals and mind, while the latter would, we believe, produce the opposite effect. At any rate let Congress not favor this branch of industry until they have investigated the effect of the alcoholic traffic upon the people, when they will be in a better condition to know what the results are likely to be.

WOMEN AS NURSES.—A friend writes us as follows: "It seems to me a very improper thing for a woman to be a doctor, but I am quite satisfied to have her a nurse, and I wish THE HERALD OF HEALTH would take this view of the case and advocate the profession of nurse for women; but advise against their becoming doctors."

To this we reply that we have no objection to women being nurses, if they prefer, nor men either. It is a kind of work which requires many of both sexes. But there are some reasons why a woman well qualified by nature should desire to be a physician rather than a nurse, and these reasons are as follow:

1. It is more lucrative—medical fees are much higher than nurses' fees.

2. The work is easier. There is no labor harder than to be a professional nurse, subject to the call of the sick at all hours of the day or night.

3. The labor of a professional nurse, contrary to what is generally known, exposes one to much more indelicacy than the work of a physician. Many think a physician must do all sorts of indelicate things—not so. Most of the indelicate work, if it is indelicate, is done by the nurse at the order of the physician. We have no words against nurses, but desire to correct the impression that it is any more improper to be the one than the other. It is only custom that makes some people think so.

OBESITY.—A subscriber asks us to write something about obesity. He says, in winter, on account of dearth of business, his neighbors having nothing to do get plethoric. This is very natural. The best remedy is to eat moderately of sugar, starch, and butter, and make the diet largely of fruit and grains. It is a very simple matter, and requires no long labored article. Daily vigorous exercise should be taken, and in the morning a cold bath.

ANOTHER CENTENARIAN.—We have received intelligence from a centenarian, in Bristol, R. I., Mr. John Bullock, who gives his age as 106. He voted for Washington in 1792, and has voted at every Presidential election since, which is saying a good deal for a man. When he was 85 years old he purchased a tract of wild stony land, and when asked what he was to do with it, said, "in ten years I will have a fine meadow;" and he conquered it. He bought the land in 1855.

CONDITION OF VICE-PRESIDENT WILSON'S STOMACH AFTER DEATH.—An examination of the stomach of the late Henry Wilson showed that it was much congested, the mucus membrane everywhere of a deep red color and covered with mucus. There were

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many erosions of the mucus membrane. some superficial, others nearly perforating the membrane; some, the smaller ones, were rounded, the larger were irregular in outline; these latter were surrounded by dark areolæ of congestion. The liver was of a dark color, congested, and somewhat friable; there was a small aqueous cyst in its upper surface, near the broad ligament. The gall-bladder was full of dark bile. The spleen was large and dark, but normal in structure. The kidneys weighed eight ounces each, and were congested; there were a few small subcapsular cysts and cicatrices, apparently of previous cysts.

It may be remarked that though Mr. Wilson was an earnest temperance man, he was intemperate in eating, and suffered much from gastric derangement.

JULIAN HAWTHORNE, who has been residing at Dresden, says that Saxon women show more strength and endurance than many of their husbands and brothers, who are accordingly much given to hitching up their better halves in dog-carts to be pulled about by them. We wish these Saxon women would use their strength in teaching their husbands a lesson or two about subjection. What these women need is a little more mental culture. If they had it, they would not, with all their great strength, submit to this degradation. What a lesson we learn from these women! They have plenty of physical culture. Let mental and moral be added and they would be women and not brutes.

TWO BUNCHES of grapes were exhibited at the recent fruit show at Edinburgh, Scotland, one of which weighed 26¼ pounds, and the other 25 pounds. These are believed to be the largest bunches of grapes ever grown in Britain, and probably the largest ever grown anywhere. There are three vines in Georgia that are only 40 years old, that have produced 100 bushels of grapes, and one vine over 100 years old, covering over an acre of ground, which produces tons of grapes yearly.

IT IS said that Prof. Tyndall has invented a trumpet whose blast is strong enough to carry a man's head away if he approaches too near it, and whose sound is warranted to be heard through fog and against wind at a distance of six miles over the sea. Prof. Tyndall has blown a good many blasts with his own trumpet that have nearly carried away a good many people's heads. Tyndall is a great trumpeter.

THE Italian Parliament will soon consider bills providing for the marriage of the priesthood, and the selection of pastors by the people instead of the prelates. It is possible that if these measures are adopted, Rome will literally howl. The priests want wives and families, however. The Church of Rome could not show their wisdom in a better way than to provide for the marriage of all their priests. It would give an element of progress to the church it now lacks. The priests would be healthier, happier, and better men. When the best men of the church are prohibited from becoming parents, and only the worst propagate their species, the results are of necessity unfortunate.

A LETTER from Fayal, one of the Azore Islands, holds out this incentive to immigration: Here you get a bottle of wine for six cents, a meal for eight cents, board by the day 25 cents, while

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50 cents will buy as much as five dollars will in the States. Would it not be well for our government to buy one of these islands and ship off all our beggars and tramps there, and make them earn their own living or starve.

AN OLD QUAKER.—William Klinkerbeard (a friend) died about 1753, at Plymouth, N. J., aged 108. At the age of 107 he hoed in the garden with a young man on a very warm day. On finishing the work the young man threw off his coat and the old man instead put on a buckskin jacket, saying: "Ah, my boy, that is the way you shorten life, throwing off your coat when you are warm, while I put on mine." He was healthy in body and mind, and rode out when past 107 years of age.

A BEAUTY SOCIETY.—Mr. George Dawson, in a recent lecture at Birmingham, said: "The office of a man's house was not only to give shelter, food, and meat, but also to surround his children with those fair sights and sounds by which the sense of beauty might be developed. There were houses in that town in which not a poem was read nor a song sung throughout the year, and yet people wondered why their children were vulgar. The beauty of towns was one of the most neglected duties and one of the most deserving. If a town was beautiful people took pride in it, like to live in it, and were sorry to leave it. We need a new society in every town, to be called "The Society for Promoting Beauty."

GREEN LAMP SHADES.—At Bonn, Germany, headaches, dyspepsia, etc., affecting several patients, have been traced to evening studies pursued under the baleful influence of a green lamp shade, from which arsenic was set free by the heat of the flame.

FRIENDLY WORDS.—I take THE HERALD always, and also when it was the Water Cure Journal. The knowledge I have gained from your works has saved me many dollars in doctors' bills. I shall look forward to your articles on "Nervousness" with much interest, and hope to derive much benefit from their perusal. J. H. R.

"Your Eating for Strength," is splendid. Two of my friends have sent for it. I must say a good word for "The Better Way;" *from* the 37th page to the end is *new*, and is *just* what I and many more have wanted *righted* and explained, and I thank the author for it. MRS. A. W. R.

You have been a friend to me indeed, for your book "Parturition Without Pain," has been to me what it claims to be, and the least I can say in its favor is, that I wish every lady in the world had a copy of it, and would live up to its teachings as nearly as she can. MRS. J. H.

Few journals ever published have had so high and comprehensive an ideal as THE HERALD OF HEALTH. "the culture of body and mind, a higher type of manhood—physical, intellectual, and moral." Its very *name* has been a gospel of glad tidings, announcing the incomparable blessing of health, and heralding what will bring it! You may well rejoice over every word you have ever published—alike, penned by yourself or your unsurpassed corps of contributors—in favor of simple habits, a physiological diet, a pure life, hygiene in health, and Nature in sickness, the proper rearing

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of infants, the recognition and assistance of woman in maternity, and her encouragement as a physician, the election of temperance instead of intemperance as the universal voluntary law, the enthronement of the spiritual over the animal man—all this which from the first you have made your polestar! Were all the world to *adopt* the programme you have given in THE HERALD OF HEALTH, the Paradise-Earth would already be here! J. T.

MR. GEORGE BANCROFT expresses the belief that the coming Centennial Exhibition will in every respect excel any international exhibition heretofore given. He thinks it will drive away hard times and encourage immigration to an astonishimg extent. Mr. Bancroft thinks the next Presidential campaign will be the most exciting one of our history. We expect many of our readers will come on to the exhibition, and then visit us in New York, where we shall be glad to see them.

CURRENT LITERATURE.

—:o:—

DOES MATTER DO IT ALL. By Epes Sargent. Boston: Colby & Rich.

Tyndall thinks he finds in matter alone a sufficient cause for all the phenomena of life. This little pamphlet undertakes to show that in the phenomena of Spiritualism, if Mr. Tyndall would look into it he would find troublesome facts opposed to this belief.

GEOLOGY AND MINERALOGY OF GEORGIA. By Dr. M. F. Henderson, formerly Assayer of the U. S. Mint.

Here is a book of real interest, especially to any one who would know about the mineral wealth of this State, especially its gold and diamond mines. The chapter on diamonds reads like a fairy tale, and, if true, we shall yet have diamonds found there in abundance. Dr. H. says he has himself found several; and he gives a description of pretty stones found by others who knew not their worth, one of which may have alone been worth millions of dollars. It was lost, however, before its nature was known.

A PENNY FOR YOUR THOUGHTS. By George Houghton.

Our friend George Houghton bubbles over with so many bright thoughts that he cannot find expression for in his beautiful paper, The Hub, that every now and then he has to make a little book. The book before us contains 128 distinct paragraphs, each one a bright and beautiful, or a wise and philosophical saying. Here is a specimen or two:

"About so many bumps it takes to teach the baby to walk, and about so many blunders to set the business man firm on his legs—only four per cent escaping failure; but never mind the falls, so long as there is courage and strength left to pick one's self up again."

"Busines firms may prosper, but not because they are firms! It is the individual, strong in personality, steadfast in purpose, responsible only to his own judgment, who builds up the monument of worldly success, and crowns it with his own great individuality."

"It is the busy people who find most leisure, Leisure means method, not idleness."

"'What will people say?' is a hedgerow behind which many a coward skulks and does nothing."

"It is not what we pay for a thing, but what we realize from it, that determines the economy of it purchase."

RELATIONS OF THE SEXES. By Mrs. E. B. Duffey. New York: Wood and Holbrook, 1876. Price $2.

We have here before us a thoughtful book, by Mrs. E. B. Duffey, on the relations which men and women bear to one another in the various relations of life. The subject is not altogether a new one, but it is a field which hithertoo has been occupied chiefly by men, and physicians at that, and while they have done much valuable work when actuated by a lofty spirit, and much low, mean work when actuated by the spirit of selfishness, yet even when they have done their best they have given generally only a one-sided view, and, notwithstanding man's natural gallantry, a view not always fairly representing woman. This book does not attempt to represent woman's interests, but the interests of both sexes, and while this is a very difficult thing to do by either sex, certainly Mrs. Dnffey has made a very great success in this direction.

"My people are destroyed for lack of knowledge," says Hosea, in prophetic language; for to this day the generations of the world are perishing for lack of it. The world is only just beginning to realize that the sins of ignorance are punished with equal severity with those of knowledge and intent. In most matters which pertain to human life it is now commendable to seek for knowledge, and the anxious inquirer after truth is regarded with respect and deference. But in matters pertaining to the most important instincts of human life, ignorance has long been regarded as innocence, and lack of interest for purity of character.

The writer of this book disputes these points. She seeks to show how an enlightened understanding is alone able to cope with problems which our complicated social systems force

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upon us. She begins at the very foundation of her subject, and treats of the natural law of sex. She next takes up the various forms and phases of social life, dating back from earliest history, and traces them down to the present; noting the various evidences of growth of man's moral nature, and the consequent improvement of these social systems.

She deals separately and unsparingly with polygamy and free love, pointing out the falseness of the foundations upon which they rest. She then attacks prostitution, treating of its history and evils, its causes and its remedies. This subject is elaborated not only from a high moral standpoint, but also from a scientific and a practical one; it being shown why all efforts to suppress the evil in the past have been failures, and in what manner alone success may be attained.

The subject of marriage is next handled in a plain, yet delicate manner, and truths are told which have never before found their way into any book. Husbands and wives cannot read this book without obtaining higher ideas of the intitution of marriage, and of the sacredness of their duties and obligations in it.

The last chapter is addressed not only to parents, but to those to whom parenthood is yet a thing of the future; showing how all are bound to make the most and best of their own lives, with especial reference to the traits which they are certain to bequeath to their children.

The volume is a novelty in literature, being a work on the relations of the sexes in all their phases, both beneficial and harmful, written from the standpoint of a thoughtful, earnest woman, whose single idea has been to benefit humanity; and we commend it most heartily to all.

THE ASBURY TWINS. By Sophie May. Boston: Lee & Shepard.

Another of Miss May's bright, lively books, full of originality of plan and idea. The writer has pleased the little folks for a long time, and is now writing a maidenhood series, of which this is the third, that will prove equally acceptable to the young ladies. The story is told by twin sisters, commencing at the interesting age of 17. "The History of their Lives" they call it. They propose writing alternate chapters. "That style of memoir is not customary," objected, Van. "Neither are twins customary, my love; but you see they are permitted, and really, Van, you and I have been so much together, and have become so mixed that our story can't be told any other way." Their experience is mostly in Paris, where they are sent to a fashionable boarding-school, and in excursions to some of the French and German cities; and ends of course, as the story of young ladies' lives are expected to end, with engagement rings and wedding cards.

MY TIME, AND WHAT I'VE DONE WITH IT. By F. C. Burnard. New York: Macmillan & Co.

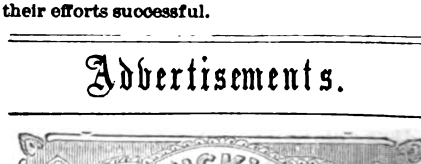
This is an English story, and purports to be the autobiography of a young man, son of a baronet, commencing with his first entrance into the world, and giving us a faithful and impartial account of himself up to the time when he succeeded to his father's title and estate. As his mother dies when he is two years old, and his father goes to India, the boy is left master of himself, so far as his relations will allow him to be, and continues his own master, with plenty of money at command, until a young man; and the purpose of the writer seems to be to delineate fully what a boy would be apt to become under such circumstances. This boy does not go very far astray, only becomes a coxcomb, feels the blood of his ancestors in his veins, falls in love with every pretty face, but marries his baby love at the end, and by the aid of some sad experience and loss of position and money, makes a man of himself. He is sent to two or three schools, whose systems are carefully delineated and commented upon, and his experiences as a student form a large part of the book.

Beside his own personal recollections, a large number of characters are introduced, most of them original, and more or less interesting.

GARDENING FOR PLEASURE. A Guide to the Amateur in the Fruit, Vegetable and Flower Garden, with full directions for Greenhouse, Conservatory and Window Garden. Illustrated. By Peter Henderson. New York: Orange Judd & Co. Price by mail $1.50.

Mr. Henderson is one of those men who writes out of the fullness of his own experience, and he has come to be regarded as the highest authority on matters connected with his profession. The book before us contains 51 chapters, and cannot fail to be a great help to gardeners on a city lot or on a large scale. Our invalid friends, who may like to work at light employment in the open air, will find here instructions so complete that they can hardly fail to be able to make their efforts successful.

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THE

HERALD OF HEALTH.

MARCH, 1876.

CHRISTIAN GYMNASTICS.

BY REV. DR. TALMAGE.

HITHERTO Christian philanthropists, clerical and lay, have busied themselves chiefly in denouncing sinful amusements; but I feel that we have no right to stand before men and women in whose hearts there is a desire for recreation, amounting to positive necessity, denouncing this and that and the other thing, when we do not propose to give them something better. God helping me this morning, and with reference to my last account, I shall enter upon a sphere not usual in sermonizing, but a subject which I think ought to be presented at this time. I propose now to lay before you some of

THE AMUSEMENTS AND RECREATIONS,

which are not only innocent, but positively helpful and advantageous.

In the first place I commend, among indoor recreations, music, vocal and instrumental. Among the first things created was the bird, so that the earth might have music at the start. This world, which began with so sweet a serenade, is finally to be demolished amid the ringing blast of the archangel's trumpet, so that as there was music at the start so there shall be music at the close. While this heavenly art has often been dragged into the uses of superstition and dissipation, we all know it may be the means of high moral culture. Oh, it is a grand thing to have our children brought up amid the sound of cultured voices and amid the melody of musical instruments. There is in this art an indescribable fascination for the household. Let all those families who have the means to afford it, have flute, or harp, or piano, or organ. As soon as the hand is large enough to compass the keys, teach it how to pick out the melody. Let all our young men try this heavenly art upon their nature. Those who have gone into it fully have found in it illimitable recreation and amusement. Dark days, stormy nights, seasons of sickness, business disasters, will do little toward depressing the soul which can gallop off over musical keys or soar in jubilant lay. It will cure pain. It will rest fatigue. It will quell passion. It will revive health. It will reclaim dissipation. It will strengthen the immortal soul. In the battle of Waterloo Wellington saw that the Highlanders were falling back. He said, "What is the matter there?" He was told that the band of music had ceased playing, and he called up the pipers and ordered them to strike up an inspiriting air; and no sooner did they strike the air than the Highlanders were rallied and helped win the day. Oh, ye who have been routed in the conflicts of life, try by the force of music to rally your scattered battalions.

I am glad to know that in our great cities there is hardly a night in which there are not concerts, where, with the best musical instruments and the sweetest voices, people may find enter-

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tainment. Patronize such entertainments when they are afforded you. Buy season tickets, if you can, for the "Philharmonic" and the "Handel and Hayden societies." Feel that the dollar and a half or two dollars that you spend for the purpose of hearing an artist play or sing is a profitable investment. Let your Steinway Halls and your Academies of Music roar with the acclamation of appreciative audiences assembled at the concert or the oratorio.

Still further: I commend as worthy of your support

THE GYMNASIUM.

This institution is gaining in favor every year, and I know of nothing more free from dissipation or more calculated to recuperate the physical and mental energies. While there are a good many people who have employed this institution, there is a vast number who are ignorant of its excellencies. There are many with cramped chests and weak sides and despondent spirits who through that institution might be roused up to exuberance and exhilaration of life. There are many Christian people despondent from year to year, who might through such an institution be benefited in their spiritual relations. There are Christian men who write hard things against their immortal souls when there is nothing the matter with them but an incompetent liver. There are Christian people who seem to think that it is a good sign to be poorly, and because Richard Baxter and Robert Hall were invalids, they think that by the same sickliness they may come to the same grandeur of character. I want to tell the Christian people of my congregation that God will hold you responsible for your invalidism if it is your fault, and when through right exercise and prudence you might be athletic and well. The effect of the body upon the soul you acknowledge. Put a man of mild disposition upon the animal diet of which the Indian partakes, and in a little while his blood will change its chemical proportions. It will become like unto the blood of the lion, or the tiger, or the bear, while his disposition will change and become fierce, cruel, and unrelenting. The body has a powerful effect upon the soul.

There are good people whose ideas of heaven are shut out with clouds of tobacco smoke. There are people who dare to shatter the physical vase in which God has put the jewel of eternity. There are men with great hearts and intellects in bodies worn out by their own neglects—magnificent machinery capable of propelling a Great Eastern across the Atlantic, yet fastened in a rickety North River propeller. Martin Luther was so mighty for God, first, because he had a noble soul, and secondly, because he had a muscular development which would have enabled him to thrash any five of his persecutors, if it had been Christian so to do. Physical development which merely shows itself in fabulous lifting, or in perilous rope-walking, or in pugilistic encounter, excites only our contempt; but we confess to great admiration for the man who has a great soul in an athletic body, every nerve, muscle and bone of which is consecrated to right uses. Oh, it seems to me outrageous that men, through neglect, should allow their physical health to go down beyond repair, spending the rest of their life, not in some great enterprise for God and the world, but in studying what is the best thing to take for dyspepsia! A ship which ought, with all sail set and everyman at his post, to be carrying a rich cargo for eternity, employing all its men in stopping up leakages. When you may through the gymnasium work off your spleen and your querulousness, and one-half of your physical and mental ailments, do not turn your back upon such a grand medicament.

Still further: I commend to you a large class of

PARLOR GAMES AND RECREATIONS.

There is a way of making our homes a hundred fold more attractive than they are now. Those parents cannot expect to keep their children away from outside dissipations unless they make the domestic circle brighter than anything they can find outside of it. Do not, then, sit in your home surly and unsympathetic, and with a half condemnatory

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look, because of the sportfulness of your children. You were young once yourself; let your children be young. Because your eyes are dim and your ankles are stiff, do not denounce sportfulness in those whose eyes there is the first luster, and in whose foot there is the bounding joy of robust health. I thank God that in our drawing-rooms and in our parlors there are innumerable games and sports which have not upon them the least taint of iniquity. Light up all your homes with innocent hilarities. Do not sit down with the rheumatism, wondering how children could go on so! Rather thank God that their hearts are so light, and their laughter is so free, and that their cheeks are so ruddy, and that their expectations are so radiant. The night will come soon enough, and the heart-break, and the pang, and the desolation—it will come soon enough for the dear children. But when the storm actually clouds the sky, it will be time enough for you to haul out your reef tackles. Carry, then, into your homes not only the innocent sports and games which are the inventions of our own day, but the games which come down with the sportfulness of all the past ages. Chess and charades, and tableaux and battledore, and calisthenics, and all those amusements which the young people of our homes know so well how to contrive. Then there will be the parlor socialities—groups of people assembled in your homes, with wit and mimicry and joviality, filling the room with joy from the door to the mantel, and from the carpet to the ceiling. Oh, is there any exhilaration like a score of genial souls in one room, each one adding a contribution of his own individual merriment to the aggregation of general hilarity! Suppose you want to go abroad in the city, then you will find the panorama and the art gallery—Schaus's and Snedecor's and Avery's exquisite collections of pictures. You will find the Metropolitan Museum and the Historical Society rooms full of rare curiosities, and scores of places which can stand plainly the test of the principles I have laid down in former discourses as to what is right and wrong in amusements. You will find the lecturing hall which has been honored by the names of Agassiz in natural history, Doremus in chemistry, Boynton in geology, Dr. Mitchell in astronomy, John B. Gough in moral reform, and scores and hundreds of men who have poured their wit and genius and ingenuity through that particular channel upon the hearts and consciences and imaginations of men, setting this country 50 years further in advance than it would have been without the lecture platform.

I rejoice in the popularization of outdoor sports. I hail the croquet ground and the fisherman's rod and the sportsman's gun. In our cities life is so unhealthy and unnatural: when the census taker represents a city as having 400,000 inhabitants there are only 200,000, since it takes at least two men to amount to one man, so depleting and unnerving and exhausting is this metropolitan life.

WE WANT MORE FRESH AIR,

more sunlight, more of the *abandon* of field sports. I cry out for it in behalf of the Church of God, as well as in behalf of secular interests. I wish that this winter our ponds and our rivers and our Capitoline Grounds might be all aquake with the heel and the shout of the swift skater. I wish that when the warm weather comes the graceful oar might dip the stream, and the evening tide be resonant of the boatman's song, the bright prow splitting the crystalline billow. We shall have the smooth and grassy lawn, and we will call out people of all occupations and professions, and ask them to join in the ball player's sport. You will come back from these outdoor exercises and recreations with strength in your arm, and color in your cheek, and a flash in your eye, and courage in your heart. In this great battle that is opening against the kingdom of darkness we want not only a consecrated soul, but a strong arm and stout lungs and mighty muscle. I bless God that there are so many recreations that have not on them any taint of iniquity; recreations in which we may engage for the strengthening of the body, for the clearing of

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the intellect, for the illumination of the soul.

There is still another form of recreation which I commend to you, and that is the pleasure of doing good. I have seen young men, weak and cross, and sour and repelling in their disposition, who by one heavenly touch have wakened up and become blessed and buoyant, the ground under their feet and the sky over their heads breaking forth into music. "Oh!" says some young man in the house to-day, "I should like that recreation above all others, but I have not the means." My dear brother, let us take an account of stock this morning. You have a large estate, if you only realized it. Two hands. Two feet. You will have, perhaps, during the next year at least $10 for charitable contribution. You will have twenty-five hundred cheerful looks, if you want to employ them. You will have five thousand pleasant words, if you want to speak them. Now, what an amount that is to start with. You go out to-morrow morning and you see a real case of destitution by the way-side. You give him two cents. The blind man hears the pennies rattle in his hat, and he says: "Thank you, sir; God bless you." You pass down the street, trying to look indifferent; but you feel from the very depth of your soul a profound satisfaction that you made that man happy. You go on still further, and find a poor boy with a wheelbarrow, trying to get it upon the curbstone. He fails in the attempt. You say: "Stand back, my lad; let me try." You push it up on the curbstone for him, and pass on. He wonders who that well-dressed man was that helped him. You did a kindness to the boy, but you did a great joy to your own soul. You will not get over it all the week. On the street to-morrow morning you will see a sick man passing along. "Ah!" you say, "what can I do to make this man happy? He certainly does not want money; he is not poor, but he is sick." Give him one of those twenty-five hundred cheerful looks that you have garnered up for the whole year. Look joy and hopefulness into his soul. It

WILL THRILL HIM THROUGH,

and there will be a reaction upon your own soul. Going a little further on, you will come to the store of a friend who is embarrassed in business matters. You will go in and say: "What a fine store you have. I think business will brighten up and you will have more custom after awhile. I think next spring will bring more prosperity to the country. Good morning." You pass out. You have helped that young man, and you have helped yourself. And that night you go home, you sit by the fire, you talk a little, you sing a little, you laugh a little; you say: "I really don't know what is the matter with me. I never felt so splendidly in my life." I will tell what is the matter with you. You spent only two cents out of the $10; you have contributed one out of twenty-five hundred cheerful looks; you have given ten, fifteen or twenty of the five thousand pleasant words you are going to speak during the year; you have with your own hands helped the boy with the wheelbarrow, and you feel in body, mind and soul the thrill of that recreation. Which do you think was the happier—Col. Gardiner, who sat with his elbow on a table spread with all extravagant viands, looking off at a dog on the rug, saying: "How I would like to change places with him; I be the dog and he be Col. Gardiner;" or those two Moravian missionaries who wanted to go into the lazaretto for the sake of attending the sick, and they were told, "If you go in there you will never come out. We never allow any one to come out, for they would bring the contagion." Then they made their wills and went in, first to help the sick, and then to die. Which was the happier—Col. Gardiner or the Moravian missionaries dying for others? Was it all sacrifice when the missionaries wanted to bring the Gospel to the negroes at the Barbadoes, and being denied the privilege, sold themselves into slavery in order that they might bring those men up to life and God and heaven? Oh, there is a thrill in the joy of doing good.

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THE HYGIENE OF DRESS. (No. 2.)

PRINCIPLES OF CLOTHING.

THIS subject has occupied the attention of a great many writers on hygiene, but none have placed the matter in a clearer light than Dr. Morache, who has collected all the scattered facts of the subject in his exhaustive treatise *De l' Hygiene Militaire;* and, with his assistance, we shall endeavor to convey a comprehensive idea of the true principles of clothing with regard to the requirements of hygiene.

The practical study of clothing comprises two categories—first, the determination of the primary substance to be selected as clothing material, with reference to the physical properties of these substances; secondly, the form or shape to be given to these materials to transform them into garments, and the use of each of them in the different conditions of life.

The materials of clothing supplied by animals and plants may be considered, first, as to their relations to caloric—according as they present a power of absorption or a power of emission; secondly, as to their relation with water, according as they are more or less hygrometric; thirdly, as to their relation to electricity, according as they are idioelectric or anelectric.

THE RELATION OF CLOTHING TO HEAT.

In their relation to caloric, garments are designed to protect the body against the depressions or elevations of temperature—sometimes very considerable in certain climates—and in certain seasons to prevent it from absorbing by its exterior surface too great a quantity of caloric; or, on the contrary, rapidly to emit a large proportion of it. Thus, clothing materials play the part of a screen interposed between the body and the exterior—a screen, the power of which will vary according to their emissive or absorbing properties, and also according to their texture.

Experiments have demonstrated that woolen materials possess the least emissive property; that is, they present the greatest opposition to the diminution of temperature. According to Hammond (Treatise on Hygiene, etc). the following are the emissive powers of various clothing materials, as to the duration of their refrigeration from 150° to 140° Fahr.

Cotton stuff for shirts	15′ 11″
Linen stuff for shirts	9′ 42″
Flannel (white)	12′ 35″
Cloth (dark blue)	14′ 5″
Cloth (light blue)	13′ 50″

The absorbing power of the same stuffs have been determined by analogous experiments; that is, by plunging a thermometer into a glass tube containing heated water, and covered with the various materials.

Cotton stuff for shirts	35·1°
Hemp (unbleached)	39·6°
Cloth (dark blue)	42·°
Cloth (iron gray) for overcoats	52·5°

It is evident, according to these experiments, that white cotton stuffs are very efficacious protectors against heating produced by the solar rays; their effect is a temperature 7·9° below that experienced under a garment of dark blue cloth, and 7° below that under a garment of iron gray.

The result is that, by superposing close-woven cotton stuff upon a cloth garment, we obtain a difference of at least 7°. "It is not too much to say," observes Professor Coulier, "that in Algeria, during the great heats, the difference would have been from ten to twelve degrees, since the difference increases with the temperature."

It is thus very evident that, on the one hand, wool is endowed with a much less emissive power than cotton or linen—which constitutes it a bad conductor of heat; and, on the other hand, that it is enabled to absorb the calorific solar rays much faster than linen or cotton; but this power of absorption and emission varies essentially in the same stuff, with the color of which it is dyed. Count Rumford in 1792, Franklin, Humphrey Davy, in 1799, and Stark, of Edinburgh, investigated the absorbing power of the different colors, which may be arranged accord-

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ing to the intensity of this power in the following order: black, dark blue, light blue, green, purple, red, yellow, white.

According to Coulier and Professor Bache (Journal of the Franklin Institute, November, 1853), the differences of temperature are not truly appreciable excepting when the stuffs are directly exposed to the solar rays; in the shade, the thermometric variations are almost null, whatever may be the heat.

From these facts we may draw the conclusion that, in our climate, in which we are more exposed to suffer from cold than from heat, and in which we court rather than shun the calorific influence of the solar rays, our garments should be of wool—in order to oppose as much as possible the loss of heat by means of radiation; and that the color should be very dark—black, blue or gray—in order to permit the heating of the body by the solar rays *when we can be exposed to them.*

HYGROMETRIC PROPERTIES OF CLOTHING MATERIAL.

Our garments should play the part of a screen betwixt the body and the external air relatively to heat; it should play the same part in relation to the vapor of water, the presence of which is a source of refrigeration. If the body, heated and covered with abundant perspiration, is not protected against the too rapid evaporation of this secretion, a dangerous refrigeration is the result; on the other hand, if the external air is saturated with humidity, and the garment is placed in contact with that humidity, it will tend to place itself in an equilibrium of temperature with the external air—whence another source of refrigeration. More than any other tissue, wool is adapted to moderate this acquisition of equilibrium of temperature by means of the property it possesses in regard to water, namely, of considerable absorption; wool, in fact, absorbs more hygrometric water than any other material; with equal weight its power of absorption is double that of cotton; with equal surface in cloth this power is, according to Dr. Morache, about quadruple.

From an elaborate table furnished by Coulier, it is evident that cotton is, of all stuffs, the least endowed with the power of absorption; linen comes next: its power of absorption being intermediate between that of cotton and wool, it naturally follows that if the body, in a state of perspiration, is separated from the surrounding air only by cotton or linen stuff, the latter being unable to absorb a sufficient quantity of liquid, evaporation will be rapid, especially if the air be in agitation. On the contrary, if woolen stuff be so disposed as to serve as a screen, it will absorb a great portion of the perspiration, and evaporation will be much less rapid. This hygrometric water which it absorbs at length disappears, but slowly, and consequently without producing refrigeration. "Therefore," as Dr. Parkes observes, "woolen covering, from this cause alone, at once feels warm when used during sweating. In the case of cotton and linen the perspiration passes through them, and evaporates from the external surface without condensation; the loss of heat then continues. These facts make it plain why dry woolen clothes are so useful after exertion."

ELECTRICAL PROPERTIES OF CLOTHING MATERIALS.

Certain substances possess the property of developing and retaining the electric fluid — of being idioelectric, that is electric in themselves, or containing electricity in its natural state —such as wool, furs, and silk. Hemp, linen, and cotton, on the contrary, are anelectric, that is good conductors of electricity, on account of their great hygroscopic endowment. Now, the human skin being adapted for electrization, the friction on the surface of idioelectric tissues may give rise to a disengagement of electricity. This phenomenon is favored by the superposition of garments, and their agitation or friction in the acts of locomotion. Two stuffs, or two portions of the same stuff, rubbed one against the other, may contract very decided electric states of opposite character. Whether the electric fluids thus developed are distributed over the circumference of the body, giving it a certain degree of tension, or whether they re-

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act by becoming recomposed, they exert an influence which is small, but still real, and which forms part of the merits or demerits of woolen garments or furs, manifested by circumscribed and repeated stimulations to the vascular and nervous elements of the skin.

It must never be forgotten that the principal source of our heat is internal, and depends upon the vital action of the economy. As Dr. Halton observes, in his admirable lectures on "Sanitary Subjects," this is proved by the fact that cold succeeds death, even in an atmosphere that is warm to the living. Debility also, from whatever cause, produces cold, the extremes of life being very susceptible. A new born baby will die from slight exposure, and the chilliness of old age is proverbial.

The same writer remarks that "with regard to color, it may be said that black is the best color for winter, and white the color suitable for summer; the former resisting the sun's rays much less than the latter." But this is a misapprehension of Franklin's experiment with pieces of wool of different colors placed on snow. Certainly, dark colors will absorb heat which is external and transmit it; but in winter, when *cold* is external, it is evident that light colors, which transmit heat the least, are preferable, by not favoring so much the escape of internal heat. In fact white garments are, according to the strict logic of facts, the best adapted for both winter and summer; in summer and in hot countries they protect us from the heat, and in winter and cold countries they preserve the natural heat of the body. The color of the coat given to the Polar bear is proof positive of this conclusion, and the universal experience of mankind attests the advantage of white in summer.—*London Sanitary Record.*

DOMESTIC ECONOMY.

BY MRS. E. B. DUFFEY.

THE subject of domestic economy is such a hackneyed one, that it is with a certain misgiving that I attempt to say anything about it. American housekeepers have been preached to on this subject—reprimanded for their extravagance, and shown how they might reform—but still they pursue the even tenor of their way, being either too careless or too vain to attempt to do better. I suppose it will have to be line upon line and precept upon precept; and perhaps some day they will be wiser in intent, and more prudent in action.

"I shall have to sell my horse," I once heard of a gentleman saying to his cook; "he is a good horse; he suits me in every way but one, and I shall be sorry to part with him; but I cannot learn him to eat beefsteak." In many an American family there is enough beefsteak and other good food wasted to keep a horse, if he could only be learned to eat it.

I think a certain false pride, or rather vanity, has much to do with this. Americans, used as they are to a liberal allowance for household expenses which would astonish a Frenchwoman, feel that there is a certain disgrace in serving over cold victuals, and in attempting to practice economy in regard to the table. The cold remains of the roast may possibly be economized for breakfast or tea; or even on a very busy day, when there is absolutely no time to prepare anything else, it may a second time grace the dinner table, accompanied by a suitable apology. But not one-half of our housekeepers ever think it possible to prepare from the remains, after it is cut down past all hope of sending it to the table, one of the many little dainty dishes which are the pride of the French housewife, and which after all are more appetizing to one whose appetite is delicate, than it was in its first state, especially as the chances are two to one that it was then improperly cooked—juiceless, dried, greasy, and tasteless. It may be a broad charge to make, but my experience justifies me in saying that not one

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woman in ten knows how to roast a cut of beef or a joint of mutton properly. But I am not writing a cook-book, and I cannot hope in a single essay to teach the whole science of cooking. My only present desire is to persuade women to try to prepare at least one appetizing dish out of the good material which too often appears upon their tables, and disappears finally, while yet much of its substance remains.

Vanity not only prevents women from making the most out of what they have, but also prevents them from consulting economy in making purchases. Many a housewife would almost as soon hear something derogatory said concerning her character, as to have it become generally known that she sought at the butcher's for cheap pieces of meat. Yet these cheap pieces, if one knows how properly to prepare them, can really be made more acceptable than the best cuts improperly prepared. There is no one way in which economy can be practiced with more satisfactory results, pecuniary and otherwise, than in this. An exorbitant price is always demanded for the best, while the poorer pieces are always correspondingly cheap. And it is very much a matter of cooking, after all, which are really the best. Another item in which there is frequently great waste, is in bread. All the broken pieces from the table are thrown away; bread is allowed to dry up, or to mold; or stale bread is rejected for fresh. This is the very wickedness of wastefulness. An abundant supply of odds and ends of bread is an indispensable adjunct to the really good cook. With them she forms her savory dressings, by the means of which she transforms a very ordinary piece of meat into something tempting to the appetite. With all her skill she would hardly know how to dispose of edible but unsightly scraps of cold meat which must not be wasted, and which must undergo some kind of a transformation before they can appear upon the table, without bits of stale bread to add to them. The most delicate puddings are compounded of these same rejected pieces. They serve as a thickening for soups and vegetables; they are, as I have already said, indispensable.

Lavish expense does not necessarily mean good food; nor does good food necessarily imply lavish expense. If our women must of necessity all be housekeepers, and at least give a supervision to the cooking of their households, it is a pity that they are not taught the science of cookery, among the many other comparatively useless sciences which they learn in their schooldays. It is idle to say that every mother should teach her daughter; for it is not every mother, by any means, who understands the matter herself. Even those who are the most successful in their culinary results, are so more by instinct or accident, than by any clear, comprehensive knowledge they possess, or are capable of imparting. The truth must be told, that good cooking in America is a phrase synonymous with good luck, and bad cooking with bad luck, while both phrases usually mean extravagance.

There is another point which might be touched upon while speaking of cookery, and that is the waste of time over elaborate dishes, while similar ones requiring less time in their preparation, and which are less expensive, are quite as palatable to an appetite not already depraved, and far more healthful. Good cooking does not necessarily imply elaborate cooking. The first thing that women will do when they begin to appreciate their own value, and the consequent value of their time, is to erase from their cook-books all receipts which require long and tedious preparation. It would be absurd, if it were not wicked, that a woman should waste an hour or two of time, which can never be recalled, in the preparation of some trifle, which is not food after all, and which will only serve to tickle the palates of those for whom she labors for a few brief moments.

In the present system of American cookery, three of the most valuable things in this world—time, money, and health—are thrown away as though they were worthless, and beneath consideration.

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BAD BREATH IN THE SCHOOL-ROOM.

AMONG all the evil things in some of our school-rooms, there is one which is hardly mentioned, and it is the breath of the pupils, and sometimes of the teachers. Take a school of 50 children, and by count about 10 of them will be found to have a breath that is more or less objectionable; and there will be very few who have an absolutely pure breath. A pure breath comes only from pure physiological conditions. A foul breath comes from some accumulation of filth in the system, which finds its way out through the expired air. The following are some of the causes of bad breath:

1. Bad teeth.
2. Catarrh in the nasal passages.
3. Imperfect action of the skin, leaving some of the excretory matter which should find its way out through that channel to pass away with the breath.
4. Imperfect excretion through the bowels, leaving the material of this excretion to be excreted from the lungs.
5. Medicines taken internally which affect the breath.
6. The use of intoxicating drinks, which always affect the breath.
7. The use of tobacco, which fouls every mouth, and consequently every breath.
8. Foods that affect the breath by evaporating through the lungs.

The remedies for a bad breath are few, and easily applied.

1. Where the teeth are decayed, get the dentist to fill them, and then keep the mouth clean by the use of some good tooth soap once a day.
2. If catarrh is the cause, consult a good physician.
3. For the skin, the daily bath and friction on the skin are necessary.

A person who bathes daily, as he ought to, and uses much friction, will be more likely to have a clean breath than one who does not. There are some odors which arise from the skin, which are dispelled by a daily bath and clean under-clothing.

4. The bowels should be kept open by a daily allowance of fruit food. They will then carry off those matters the breath otherwise takes on.
5. Those medicines which affect the breath are few and need not be mentioned here.
6. No teacher should ever use intoxicating drinks—and generally they do not. If one does, the School Board should eject him and hire a temperance man.
7. The same may be said of a teacher who uses tobacco.

If the food is not of the right sort, this may be easily changed. Certainly a teacher will try and avoid onions and the like. If the pupils use them the teacher can quietly give a little speech on the breath, and bring in the matter incidentally so as to give no offence. So, too, he can tell his pupils how to take care of the health so the breath shall be pure.

There are two other points to be mentioned.

First, keeping the air of the school-room pure.

The following are some of the ways house air is spoiled:

1. An adult person consumes 34 grammes of oxygen per hour, a gramme being equal to 18 grains.
2. A stearine candle consumes about one-half as much.
3. An adult gives off 40 grammes per hour of carbonic acid. A child of 50 pounds weight gives off as much as an adult of 100 pounds weight.
4. A school-room filled with children will, if not well ventilated at the beginning of the hour, contain 25 parts in 1,000 of carbonic acid, at the end of the first hour 41, and end of second hour 81.
5. The air is also spoiled by the perspiration of the body, and by the volatile oils given out through the skin. An adult gives off through the skin in 24 hours from 500 to 800 grammes of water mixed with various excrements poisonous if breathed.
6. A stearine candle gives off per hour 0.4 cubic feet of carbonic acid and 0.03 pounds of water.

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7. Carbonic oxide is a much more dangerous gas than carbonic acid, and this obtains entrance to our rooms in many ways, through the cracks in stoves, and defective stove-pipes; or when the carbonic acid of the air comes in contact with a very hot stove and is converted into carbonic oxide. The dust of the air may on a hot stove be burned to produce it; or it may flow out from our gas-pipes when the gas is not perfectly consumed.

8. Another form of air injury is the dust of a fungus growth which fills the air in damp and warm places. We call it miasm from a want of a true knowledge of its character.

9. Accidental vapors are the crowning source of air poisoning. These are tobacco smoke, kitchen vapor, wash-room vapors, and the like.

10. When we heat our school-houses and close them from outside air, the heat turns the mixture into a vile mess unfit for breathing. The only remedy is ventilation.

Query: How large should a school-room be for 30 pupils?

Ans.—30 feet square and 12 feet high. The entire air of such a room should be warmed and changed five times an hour to keep the carbonic acid down to the proper amount; nothing short of this will keep the air sufficiently sweet. At the end of every hour the room should be flushed from every direction to still further purify it.

An adult requires 2,000 cubic feet of air per hour. Think of the amount necessary for a room full of children. Keep the air of a school-room pure and comfortable, and foul breaths in most cases disappear.

If a teacher has a bad breath it is a sign he has poor health, and he should at once take to out-of-door life and let some healthy person take his place; or he should, if this is not desirable, go out of doors more to take exercise, and attend to personal hygiene.

If a pupil has a bad breath he should be turned out of doors more frequently, and be encouraged to take gymnastic exercises and sports, and in this way improve his breath. Good health is the cure for bad breath.

Every person should consider it a duty to keep the body pure and healthy, as well as the mind, and a bad breath should no more be tolerated in a school-room than bad grammar.

If these hints prove useful I shall be glad.

P. S. An orange before breakfast is a good help to a pure breath for the day. —*M. L. Holbrook in School Bulletin.*

NOTES OF TRAVEL IN YANKEE LAND.

BY T. A. BLAND, M. D.

"ONE touch of Nature makes the world akin." Friendship is a universal sentiment, and hospitality a natural mode of expressing it.

All Americans are fairly endowed with the quality of fraternity, and hospitality is a prominent characteristic of our people; but my observations convince me that in the matter of open-hearted and open-housed hospitality, the people of Massachusetts and Virginia rank first, and I find it impossible to determine which should bear the palm, the old Dominion or the old Bay State, so near akin are they. Be that as it may, the fact is settled in my mind, that the Puritan and the Cavalier are proven akin by this divine touch of Nature: May the respective and numerous children of these grand old *Nestors* of American States and American Institutions, imitate and perpetuate their virtues, in this, as in other respects, to a degree in the future, which they have not in the past. Socrates, said, "Friends are the most valuable acquisitions one can make."

Epicurus said: "Lands, slaves, and money are the most valuable possessions a man can have." Which shall be our teacher, oh, Americans! the grand old self-sacrificing philosopher,

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or the selfish, pleasure-seeking epicure.

A TYPICAL YANKEE HOUSEWIFE.

I meet her in every part of New England, but my best opportunity to cultivate her acquaintance and study her character was found in the "Land of Steady Habits."

I passed some weeks as a member of the family over which she presides, and of which she is the mainstay, if not the chief support.

She inherited a good constitution and an active temperament; and, fortunately, the natural demands of her physical and mental faculties for active employments were given practically useful directions.

Useful toil and instructive books filled up the chief hours of her girlhood, and gave bent to her character and tastes.

She was married at 20 to an industrious Connecticut farmer of 24, with whom she has lived in comparative peace, plenty and happiness for 30 years. Having learned to work and to enjoy work in early life, she has not unlearned the lesson, nor lost her taste for useful employments, hence she has always been, and still is her own housekeeper, although ample wealth has long since crowned the mutual labors of herself and helpmeet.

She superintends every department, and does more actual work than her two servants; does it because she likes to do it, and because she wishes it done right.

She has no desire for leisure, therefore no time to waste in idleness, her recreation consists in variety of employment, and the persusal of standard books, and the current news. She goes to church regularly on Sunday mornings, and she is occasionally to be seen at a lecture.

She is in a good state of health, for the reason, she says, that she has not time to be sick; an excellent reason, for it is a fact, that as a rule, it is those women who have nothing else to do, or are too lazy to do it, who go into decline, and prevent the decline of quackery through their generous, and confiding patronage of the *fashionable doctors*.

Being busy and having good digestion, this typical Yankee housewife, is sweet tempered; she has plenty of combativeness, but it expends its energies in legitimate directions, and not in scolding. I risk nothing in pronouncing her a success, and I am sure that my readers will join me in the wish that her tribe may increase.

A MODEL WIFE AND MOTHER.

She presides over a Yankee home in Massachusetts, and I deem myself peculiarly fortunate in having the *entree* of that charmed circle.

This woman, whom I have in my mind, is by no means the only model wife and mother in this country, but she is one of the exceptional women of her class. She is not quite an angel; that is to say, she has her faults, but her virtues are more numerous and more conspicuous than her faults.

I will catalogue a few of them—her virtues I mean. She is amiable, a most exalted virtue, for this word "*amiable*" is one of those large, comprehensive, spherical words, that cover a multitude of kindred but more limited phrases, which I leave the reader to hunt out at his leisure.

She is sensible, by which I mean that she has common sense, and uncommon sense; that is she has the wit possessed in common by the common run of women, and also that combination of intellectual and moral perception termed wisdom; so rare, not only among women but among men also, as to be justly termed uncommon, but which every mother, especially, needs to guide her in the transcendently important duties and responsibilities devolving upon her in the care and training of her children. Plato insisted that none but philosophers should hold office in a republic, and when wise mothers become the rule, his "model republic" will be a reality.

She is industrious, frugal and methodical, and by virtue of her force of character she is successful in promoting a practical recognition of these virtues on the part not only of her children, but of her servants, or hired assistants.

She is intelligent—and I deem it prop-

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er in this place to say that intelligence and wisdom are not synonymous, the latter is an intuitive quality, arising from natural endowments, the first an accomplishment acquired from associations, observations, books, etc.—being favored in early life with good teachers, and having maintained constant familiarity with the best standard and current literature, and choosing for her associates chiefly cultivated people, this woman is exceptionally intelligent, hence not only qualified to teach her children, but to entertain her family and her guests.

She is healthy; inheriting a good constitution, and having maintained correct habits and an equable temper, and nourished both her body and mind with palatable and nutritious food, and possessed her soul in patience, how could she be other than an example of health. In regard to her personal appearance, I have to say that being almost perfect in form and feature, I can readily believe her husband's statement that she was beautiful at 20, and I can testify that she is charming at 40, and whosoever shall have the honor of her acquaintance at 70 will pronounce her lovely.

A PICTURE OF ANOTHER SORT.

"So shiftless!" This favorite and very expressive sentence of Miss Ophelia is sometimes suggested to my mind by scenes in Yankee land, that fall in the line of my observation.

I know a family—begging the reader's pardon, I do not mean to give it a local habitation and a name—of five persons—father, mother, two sons and a daughter—of whom I cannot even think, without mentally quoting Cousin Ophelia.

The father and mother are regarded as patterns of industrious and economical thrift, and that they have by toil and self-denial lifted themselves from a state of absolute impecuniosity to a condition of monetary opulence, is true.

But, paradoxical as the statement may appear, they are still among the best specimens of poor white trash I have met with in this land of Columbia, and as to their offspring, they are absolute vababonds, and so dense is their ignorance they are not only not conscious of their plebian blood and ignominious condition, but on the contrary they put on airs with such a *sang froid* as to convince one that they *really* do believe they belong to the aristocracy.

It has already been inferentially stated that the old folks started in life without money; it remains to be added that they were equally destitute of wisdom. They had what in Connecticut, and also in some other localities, is termed "*common sense*," by which is meant they kept a weather eye out for the main chance—meaning money—and they succeeded in accumulating quite a considerable sum; but for want of the wisdom to make it available in any really useful manner, it has proven a great curse, both to themselves and their children. Through this cause the old people have grown meaner, and more miserly constantly, and their children have passed from the stage of helpless childhood, to one of worthless vagabondage. Their habits are described by two words, idleness and dissipation, and their occupations are chiefly comprised in eating, drinking, smoking, lounging, sauntering, shopping, dressing, whining, and sleeping.

They regard their parents as an inferior order of beings, fit only to serve them; but, with an utter disregard for the law of descent, they claim to belong to a superior race, hence entitled to special privileges; and, strange as it may appear, the old people acquiesce in this opinion, and accept the inferior position assigned them by their arrogant progeny.

That these old people are justly classed with the "*canaille*" plebians of the basest type, I think will hardly be disputed; but that their purse-proud, and worthless progeny are entitled to rank even a single grade above them, is, like many other assumptions of modern times, a most flimsy pretence.

To do right for the sake of right itself, without fear of consequences or hope of reward, is the highest kind of morality.

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PHYSICAL CULTURE IN SCHOOLS.

BY PROF. L. B. MONROE.

THE beneficial influence of physical exercises in schools is now generally acknowledged. Indeed, every well-managed educational establishment, of whatever grade, is expected to bestow due attention upon this department. The teacher who neglects all considerations of health in the training of his pupils, while forcing them to the utmost mental acquirements, is justly considered an enemy rather than a friend of those committed to his charge. His excuse is, the false standard of public sentiment hitherto prevalent, to which he defers; and which has offered its rewards for mental and perhaps moral forwardness at whatever bodily sacrifice. The "saints by spiritual law" have been allowed, nay, almost expected, to be "sinners against physical law."

It is only an exaggeration of the same principle which induces the Hindoo mother to immolate her offspring in the waters of the Ganges. She throws away the body of the child for some fancied higher good to come in consequence. She has not learned that the Creator's laws are so perfectly balanced that the highest good of the soul is connected with the highest good of the body. And there are many, even among us, who seem not to admit that mind and body are mutually dependent; that we cannot secure the best development of the one at the expense of the other. It is lamentable to see the evils that have insiduously crept upon us as a result of this error—evils which we will not here particularize, but which are only too obvious.

The ancient Greeks paid the same attention to physical as to mental training. Their gymnasia were schools for the body and mind; and the office of Gymnasiarch was one of honor and repute. The monuments in art, and science, and language which have come down to us, more than confirm the wisdom of their educational methods. Is it not a strange inconsistency on our part, that, while we pay such tributes to their excellence, we ignore the means by which that excellence was attained? We praise and copy their statuary, but seem to forget that the models for these classical figures were furnished by their system of physical training. We go back to them to-day for our great exemplars in oratory. But which of our institutions will carry us through the drill which made these men such consummate masters of their art?

It devolves upon teachers more than upon others to see that the impetus recently given to this subject be not lost. They should seek to render the interest already felt, stronger, more general and intelligent. Let them make the most of their opportunities for information upon the subject. And although the amount of instruction afforded in our institutions of learning and in literature be at present most insufficient, it will not long remain so. An increased demand will bring an increased supply. Meantime something should be done, and that something should lead to practical results.

What practical results can we reasonably look for? What are the ends to be attained by a system of school exercises? Nothing, of course, comparable with the benefits to be derived from a thorough course in a well-furnished gymnastic establishment, such as is to be found in Germany or France. But enough can be accomplished to fully repay the time and effort bestowed. And that this end may be secured, the teacher should have a definite aim in prescribing each movement. It is not sufficient that the pupil is taking physical exercise. He must absolutely be gaining something. The teacher should learn to distinguish between essential and unessential exercises. The thorough and persevering practice of a few wisely directed movements is more beneficial than a random and irregular practice of a large number of vague exercises. We repeat, let every exercise

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chosen have a definite aim and practical value.

We here suggest the main points to be kept in view in prescribing practice. If a given exercise does not tend to promote one or more of these ends, it may be set down as comparatively useless. We wish to promote: 1. Symmetry of form. 2. Proper position and carriage of the body. 3. Right habits of breathing. 4. Good voice. 5. Health.

We might have included strength, endurance, and agility; but these cannot be made prominent in a school course. They require an amount of room, apparatus and time which cannot be afforded.

SYMMETRY OF FORM.

Teacher and pupil should have in the mind a true ideal of a perfect human form; and they should seek to bring their own forms as nearly to this ideal as possible. It is as important for them as for the sculptor. True, flesh and bones are not so plastic in our hands as the clay model; still, our forms will yield more or less in obedience to well-directed efforts.

The commonest faults in the forms of the present generation are: 1. One-sidedness—an unequal development of the two sides of the body. 2. Hollow chest, which involves a pitching forward of the shoulders, projection of the shoulder-blades, crooking of the collar-bone, and drooping of the head. 3. Slender waist, especially in women.

These peculiarities are neither healthful nor beautiful, and only an ignorant mind or a perverted taste would ever regard them as such. On the score of health, the distorted feet of the Chinese or the deformed skulls of the Flathead Indians are less objectionable than the cramped waists of our devotees of fashion. As regards beauty, it is hard telling which infringes most upon a true ideal. Certain it is that a sculptor who should attempt to rival the Venus de Medici by presenting a figure in marble modeled after the forms shown in a modern fashion-plate would be derided. No portrayal can easily exaggerate the evils which follow in the train of these deformities. Teachers cannot perform a higher service for their pupils than by leading them to see that a benificent Creator has framed them according to his own idea, and that any willful distortion of their bodies is a sin as well as a folly.

PROPER POSITION AND CARRIAGE OF THE BODY.

Under this head we include the habits of the pupil in reference to sitting, standing, walking, and the movements of the body and limbs generally. Ease, dignity, and grace of carriage should be cultivated. All exercises which do not tend to these ends are of questionable utility. The drill motions cannot, from the necessity of the case, be all of them intrinsically graceful; but they should in a degree satisfy our esthetic sense, and should tell favorably upon the habitual bearing of the pupil. No exercise is desirable which requires awkward or unnatural movements.

RIGHT HABITS OF BREATHING.

Good air is one of the first essentials in physical and vocal exertion. No one can keep the body and mind vigorous for any great length of time in impure air. And the most impure air is that which is filled with the emanations from the human system.

The lungs should be trained to free, full, and vigorous action. They are, so to speak, the very springs of vitality. The more immediate importance of the lungs in the animal economy will be brought to mind when we recollect that a person may live for days without food; but to deprive him of air, even for a few moments, is to deprive him of life itself. If our breathing is imperfect, all the functions of body and mind are impeded. In fact the manner of breathing at any particular time is almost as good a test as the pulse itself of the general state of the system, physical and mental.

One of the commonest faults in the use of the lungs is the habit of breathing, as it were, from their surface, not bringing sufficiently into play the costal and abdominal muscles. By watching the domestic animals—a horse or cow, for instance—we may learn a lesson in breathing. We perceive that there is very little motion near the fore extremities, but the breath is impelled

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from the flanks. So should we have the main action at the waist. Any form of dress or belt, therefore, which constrains the base of the lungs and presses upon the stomach and intestines must do serious harm.

GOOD VOICE.

Intimately connected with the function of breathing is that of vocalization. And it is perhaps because the culture of the voice involves the training of the lungs, that vocal exercises are so generally acknowledged as contributing to health. So great importance did the Greeks attach to this feature of human development, that the tyro passed through the hands of at least three different masters in this department alone before completing his course. One master developed the power and range of his voice; another improved its quality; a third taught modulation and inflection. And when we consider the bodily functions brought into play, and the all-important service rendered to the mind by the voice, we shall not think that they overrated this branch of culture.

The production of voice is a muscular operation. It calls into action many organs directly related to the vital economy; and, consequently, every step taken toward permanently improving the voice is so much done toward building up the health and vitality of the general system. When teachers feel that they are improving the reading and singing of their pupils while they give them healthful exercises, they will not be so likely to consider physical exercises a repulsive drudgery, or the practice of them as so much lost time.

The faults in voice are too numerous to be specified here. The one most prevalent in schools is the hard, unnatural, half-screaming tone in which both teachers and scholars carry on their recitations. The natural, easy, musical quality of voice which marks refined society, should be cultivated in the school-room from the beginning. Imagine a polite person asking a visitor to take a chair in the tone used by scholars in reciting their arithmetic lesson! Yet the forced and stilted tone is as fitting in the one case as in the other. It is true, scholars must often speak loudly in the school-room; but the tone may be loud and pleasant at the same time.

HEALTH.

This is, humanly speaking, the pearl of great price, beside which no other earthly blessing can be placed, and without which everything else loses its charm. Nowhere in our educational system is there so great a defect as the failure to secure attention to hygienic laws. To cultivate the brain while we neglect the vital system is as absurd as to furnish a powerful engine to a frail boat. The more we increase the steam power, the more should we make sure that the hull is staunch. We rush to destruction when we force the engine unduly. Nervous diseases and frail constitutions are becoming every day more abundant; and they will continue to increase till an intelligent hygiene shall furnish the true preventive. Proper habits of dress, diet, sleep, cleanliness, and exercise are of infinitely more importance to a child than the geography of Siberia or the history of the Dark Ages. Yet the latter absorb a large share of time in schools where not a word is said of the former. May it not be asked with solemn emphasis: What shall it profit a child to gain a whole world of book-knowledge, if, in gaining it, he forfeits the chief condition of earthly welfare, bodily health?

HYGIENE FOR BRAIN AND NERVES.

BY THE EDITOR.

THE NERVES.

IN previous articles we have given descriptions of the nerve centers, the brain and spiral cord. The former generates nervous force. The latter both generates and conducts it. We shall in this article discuss freely the nerves that arise from the brain and

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spinal cord, and spread to every portion of the body. And first, there are 31 pairs of spinal nerves. Each one of these arises from the spinal cord by two roots; one of these roots is endowed with motor properties, that is to say, it conveys that property to the muscles which gives them the power to contract and move—but the other root has a very different property, for it cannot induce motion, but only the power of feeling and sensation. The root which gives sensation is the larger of the two. Why this is so is difficult to see unless sensation requires more conducting power than motion. Each of these roots has a ganglion of its own. A ganglion is simply an enlargement of the nerve into a small bulb-like shape, returning immediately to its former size. Just beyond the ganglion the two roots unite into one common nerve, passing out at the spinal canal by a passage-way through the vertebra. Any one may examine the passage for himself by taking one of the vertebral bones of any animal, and observing it. The two roots after they have united in one possess both the properties of the roots, viz., motor and sensory properties. As soon as the nerve has passed out of the bony cavity that held it in close confinement and protection, it divides into two branches; one branch is distributed to the front part of the body and the other to the back part. The branch which supplies the front part of the body also supplies the limbs, and is much larger than the other one. These 31 pairs are called the spinal nerves. Eight pairs are given off from the cervical or neck portion of the spinal column, twelve from the dorsal, and five from the lumbar, five from the sacral and one from the coccygeal. The nerves of the cervical region supply the muscles and skin of the neck and arms. The dorsal supply the back chest and abdomen, and the lumbar nerves supply the lumbar region. The reader will please remember that all these nerves have a union with another nervous system not yet mentioned—the sympathetic nerves—which will form the subject of another article.

But the nerves which arise from the spinal cord are not by any means all that are distributed to the various parts of the body, for there are nine pairs that arise directly from the brain itself. These nerves are somewhat different from the spinal nerves, which really are very simple, consisting of two roots, a motor and sensory. The cranial nerves, for that is their name, are some of them very different—for they have special functions. We will enumerate them, and at the same time give their special uses.

The first is the olfactory nerve, the special nerve of smell.

The second is the optic nerve, the nerve of vision.

The third is the motor oculi communis, distributed to the muscles of the eyeball.

The fourth is a motor nerve distributed to a muscle of the eye not supplied by the third pair.

The fifth pair has two roots, a small one supplying the muscles which masticate our food, and a large one the trifacial, or nerve which gives general sensibility to the face. A most tormenting form of neuralgia originates in this nerve.

The sixth pair supplies another muscle of the eyeball not otherwise provided for.

The seventh pair has two branches, one forming the nerve of hearing, and the other distributed to the muscles of the face.

The eighth pair consists of three branches, the glosso-pharyngeal presiding over the sense of taste. The pneumogastric, with very extensive distribution, to be spoken of hereafter, and the spinal accessory, also of extensive distribution.

The ninth pair, is the sublingual or motor nerve of the tongue.

FURTHER REMARKS ON THE CRANIAL NERVES.

The third pair of nerves when healthy and evenly distributed to the eye, give a wonderful beauty to this organ and its surroundings. If paralyzed or diseased, then the upper eyelid falls, the eyeball becomes immovable, except outwardly, and the pupil of

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the eye dilates. The third pair animates the eye and its surrounding muscles.

The seventh pair of nerves are of special interest; one branch going to the ear for the purpose of taking recognition of sound, and the other branch being distributed to the superficial muscles of the face, constituting really the nerve of expression. We may imagine this nerve when large and active giving wonderful beauty and expressiveness to our faces; and, on the other hand, when inactive, giving a listless, stupid countenance, and when paralyzed giving a fearful distortion of the facial muscles.

One branch of the eighth pair, the spinal accessory, seems to have an intimate connection with the voice, this becoming weak, hoarse, and perhaps partially lost on division of the nerve.

It also influences swallowing; for its division prevents the complete close of the glottis, and so food finds its way into the air-passages. A branch of this nerve, which passes to the heart, seems to hold over it an inhibitory power; perhaps, preventing it from too rapid movement. Another external branch of this nerve assists in the management of the respiratory muscles during speaking and singing, so as to make the breathing correspond to the necessary action of the voice.

Perhaps the most wonderful of all the cranial nerves is the pneumogastric branch of the eighth pair. Its name, pneumogastric, signifies to some extent its distribution, namely, to the stomach and lungs; but it has branches distributed to the ear, the pharynx, larynx, heart, lungs, stomach, liver and abdomen. Its action upon the heart is to hold it to a certain number of pulsations per minute, and if the branch going to the heart is cut this organ begins to run on at a rapid rate. The effect on the lungs is quite the opposite, for by section of the branch distributed to these organs the respirations become deep, but infrequent, falling to four in a minute.

The influence of this nerve over the stomach is very great, for it seems to furnish it a stimulus for both the secretion of its gastric juice and for its movements. When both nerves are divided digestion ceases almost entirely, and death supervenes. There is little doubt but much of our modern dyspepsia arises from an insufficient supply of nervous stimuli for this organ through the pneumogastric. The cause, however, does not lie in the nerve, which, has no power to generate force, but in the brain which does not supply it in sufficient quantities, or if it does supply it, gives it to other organs.

The structure of the nerves is somewhat different from the structure of the brain and spinal cord. The latter are cellular in structure, the former fibrous; and so, too, are their functions different, for the latter generates nerve force, and the former conducts it off to parts where it can be used. Those nerve fibers which form a nerve are of various sizes, from one-1250th to one-25000th part of an inch in diameter.

The termination of a nerve in any organ is curious and interesting. In muscles they terminate suddenly at right angles in a muscular fiber. In glands they terminate abruptly in cells. The influence of the nerves over secretion is very important and well known. The sensory nerves terminate in, not any organ specially, but in the integument of the skin in filaments or threads.

The composition of nerve tissue is mainly of albuminous substances, combined with sulphur and phosphorus, and with a brain fat, also combined with phosphorus; also with a substance resembling starch.

Nervous tissue is regenerated after partial destruction—that is if a nerve is divided or removed it grows again slowly, and its function is restored; and it is now known that where a portion of the brain is destroyed it may be regenerated again—especially is this true in the case of pigeons, and, no doubt, it is alse true in the case of man to some extent.

The properties of the nerves of sensation and motion are inherent, and belong to no other organs, and the full action of these functions depends largely upon proper nutrition of their substance.

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WHAT WOMEN CAN DO—INDUSTRIAL ART.

BY LUCY LEE HOLBROOK.

THE Cooper Union Art School, of New York, is one of the most valuable schools in this country for giving instruction to women in the industrial branches of art. It is a free school, and under competent teachers. Instruction is given in photography, engraving, oil and water color painting for decorative purposes; and in addition this year it has a normal class for teachers.

The greater proportion of the school is in the drawing class; here the first year the pupils are taught the elementary principles of drawing from cast, still life, and from anatomical studies; also perspective, color, and the copying of fruits and flowers from Nature. The second year they are taught the study of heads from cast, and from life, and perfect themselves in the other branches of drawing and color. This department is limited to 130 pupils, and application must be made some months in advance. There is no expense farther than the cost of materials, which is less than ten dollars a year.

The class in photography is taught everything about the business excepting the use of chemicals and solar printing. The teachers were obliged to desist from the use of chemicals out of regard for the health of the ladies.

For particulars concerning this business I quote from Harper's Bazar:

"The departments offering most general and practical advantage to women students are, first, a six months' course, comprising the subjects, 'optics and light, taking negatives, making positives, and posing,' to which some diligent students may add the 'retouching of negatives,' and thereby increase their money value as workers.

"Those proficient in the first-named particulars can, it is said, earn $10 to $15 per week, beginners from $6 to $10, and get positions without much difficulty in localities where the photograph business is not overdone.

"Those proficient in the retouching of negatives average $18 per week. The second and more extended course requires about a year's study of drawing, besides a year or more of special study, and embraces 'retouching of positives in oil and water-colors, in crayons and India ink, porcelain painting, taking landscape views, enlargements, including solar printing,'

"Those proficient in the first particular often receive salaries of from $20 to $25 per week; but much of this higher class of photographic work is done by the piece, and is valued in proportion to the talent of the artist.

"It would be wise for would-be photographers, as far as possible, to take this more complete course; as the simple branches of the art seem to be on the wane in popularity, while the more artistic work is becoming more prominent. But as the first course is so short and easily acquired—as women have a natural eye for the arrangements of color and form—and, moreover, as only about $500 capital is required to start one in the business, it would be well for as many women as can take advantage of it to open rooms on their own account in small places where there is little or no competition.

"The Lowell Institute, a free drawing-school in Boston, which is open to women, is limited to this one branch; but, as all artists and artisans know, this is a most important and fundamental study, and graduates from this school can go about any other drill with ready and trained intelligence."

The larger portion of the class in photography and photocrayon is from the beginning self-supporting, the pupils bringing with them into the school orders for work, which the instruction given enables them to do successfully. The training class for teachers of industrial drawing is under the care of Miss Carrie Powers, who is a pupil of Prof. Smith, the State Director of Art Education for Massachusetts. She has had large experience in teaching industrial drawing in the Public Schools, and is a most competent

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teacher, as well as an agreeable lady. The object of this class is to endeavor with three months training in the theory and practice of teaching, to prepare women to teach industrial drawing in the Public Schools, according to the enactment of the Legislatures of New York and Massachusetts, that industrial drawing shall henceforth form a part of the public education of the State.

"The school of engraving is not crowded, and more could be accommodated than are now taught. This study requires close application and hard work for two or three years; but owing to the generous arrangements of the schools, by which business orders are received and executed by the pupils for their own advantage, many pupils earn about $30 the first, and $100 the second year, which helps to defray personal expenses. After receiving full training, engravers can earn from $20 to $30 per week, working nine or ten hours in a day. It is not unhealthy labor, but it is, of course, confining. Inasmuch as comparatively few women have turned their attention in this direction, the chances are that those entering this profession will receive nearly if not quite as good pay as men. For wood engraving no previous knowledge of drawing is required, but for wood drawing a preliminary course is necessary. The photo-engraving process, which is gradually coming into general use, affects, it is said, the market for cheap work of this kind, but not that of fine work.

"Good pen-and-ink drawings, in which the principles of engraving are carried out, are used in this process, and those who can execute such designs may find a good market. For information on this point application should be made to some publishing house which uses this process.

"For those having mechanical taste engraving seems to offer an excellent field, and women desiring to enter it who are unable to take advantage of this school, would do well to visit the various engraving houses near them, and see if they can not be allowed to learn the business on the same terms as men.

"The Philadelphia School of Design for Women offers a course of instruction varying in time from two and a half to four and a half years, according to the industry of the pupil. The elementary course, for which a fee of $40 is required, includes personal teaching and lectures in all departments needed to 'develop the laws of form, the laws of light and shade, color and perspective.

"To this are added professional classes in designing patterns for calicoes, oil-cloths, etc., wood engraving, lithography, drawing and painting, and art teaching, for which an extra charge is made.

"This school is considered to offer pupils unusually fine instruction in its various departments.

"At Cornell University, Ithaca, N. Y., some movement has been made toward the addition of some industrial courses to the other studies of the curriculum, and to these, as to other privileges of this vigorous institution, women are admitted."

The Ladies' Art Association may be found at 896 Broadway. It is composed of professional artists, students of art, and amateurs, or connoisseurs. There is an initiation fee and annual due of $5 for professional artists, and $3 for students. Members are elected by ballot, and a specimen of work submitted for examination.

This association teaches classes in drawing in pen-and-ink, and on wood; painting on porcelain, china and tiles; decoration of pottery and of furniture, water-color drawing, etc. They profess in one quarter of 10 weeks to give all the technical knowledge necessary for the acquisition of any one branch of study; but they require a previous knowledge of drawing, and, of course, thorough drill and practice is a necessary accompaniment of the lessons. The specimens of work in their rooms are fine, and suggest many ways in which a woman with taste and an art education may be able to beautify her own home or do remunerative work. The designs are original,

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and teachers are employed who have been to the best schools of Europe for their knowledge. Many ladies who have the time and the talent for work of this kind, throughout the country, would be glad of the knowledge to be obtained here of the art of decorating furniture, of ornamenting with tasteful design sets of china, of painting upon panels and tiles, or upon silk—to do work, in short, that has heretofore been imported and costly, but which may be done as well, and at much less expense, by themselves at home.

MODELING.

Until the introduction of Froebel's Kindergarten system in this country, modeling in clay has been comparatively little known or practiced, and yet it is, up to a certain point, both easier and more important for culture than drawing. Children take to it instinctively; a piece of wet clay or even a bit of dough will keep them absorbed and quiet for hours. Any one who has lived in the country during their childhood will remember the delight over a mud pie and a brick oven of their own construction; or, if the soil was clayey, over the marbles and various figures constructed from the clay with infinite pains, and laid somewhere in the sunshine to dry. The Kindergarten seizes upon this fondness for construction for the foundation of its instruction of children. Mr. Edward Spring, of Perth Amboy, who has spent some years abroad studying, has argued that "men were but children of a larger growth," and that modeling might still be to them a means of culture as well as pleasure, and has, therefore, undertaken to teach in classes the principles of modeling in clay. He formed classes in Boston, which were a success, and his pupils are going on with their work, making steady progress and developing decided talent. His friends have been hoping that he would start a class in New York, but his duties have not yet allowed him to do so. He has kindly supplied me with a number of suggestions that may be of value to some lady who is inclined to try by herself what she can do.

PRACTICAL MAXIMS.

1. Add smooth to smooth.

By following this, the work will be honestly built, with no dangerous caves in it.

2. "The modeling is in the half light." [Hunt.]

Turn your work frequently; and work, especially in finishing, at the edges of the shadows; for there, only, the slightest changes of form are visible.

3. Keep the hands free from *dry* clay.

That will leave the skin soft; and will enable one to be neat in modeling, a most practical and important consideration.

4. Make a partial or entire *mold* in plaster, when you are in doubt, or want to make a decided change. [Spring.]

Thus you can feel free to try any changes on the impressions of clay in this mold, without fear of losing what you have already gained.

5. "Use the largest tool." [Ward.]

You can do in half a second with your finger or a large spatula, what would take half a week with a pin point.

ARTISTIC MAXIMS.

1. Largest first. Consider what is most important—that is, the largest mass of clay to be moved—and do that first. Thus you avoid running into *detail* too soon, *the universal fault.*

2. Secure breadth of treatment. "Keep up the edges." [Baryé.]

Learn to see form as composed of planes, and treat them somewhat so, and your work is made surer, quicker, and has greater breadth.

3. We see sculpture by the shapes of shadows. This is useful to remember when working in bas-relief.

4. Nothing so black as a hole.

5. Never destroy your work when you are tired, nor from the disgust which comes too often in such work to every one; perhaps as a reaction from its ennobling and intense enjoyment.

MATERIALS FOR MODELING.

1. Clay, such as potters use, either in the native state, moistened simply, or "washed," by mixing it to a thin "slip" with water, and letting the sandy portion settle, when the clear

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water can be run off, leaving the clay fit for use.

The more clay is worked over the better; so by carefully keeping the scraps and dry clay very clean, to be put in water and used again, a few cents worth of clay may do much service.

Keep the clay in anything air-tight; and after kneading it like dough it is always ready for use. Price one to two cents per pound.

2. Modeling-wax. Beeswax colored with some dry color, melted together with a little rosin, Venetian turpentine, Burgundy pitch, and tallow. Price, 70 cents to $1.50 per pound.

3. Plaster (superfined calcined). Price, per barrel, $2.75.

TOOLS FOR CLAY OR WAX.

First and best, the fingers and thumbs.

Modeling sticks of box-wood, ivory, hard rubber, red cedar, splinters of pine wood, a spoon handle, knife, or hair pin.

Some steel wire of the size of horse-hair.

Sponges for clay work. Before beginning clay work, provide a means of washing your hands.

The mechanical difficulties of modeling are so easily mastered by common sense, that but little else is needed to make a start.

Mr. Spring is an enthusiast over his work, and believes that there is a large field open to women in this department of art; that they are especially adapted to it from the delicacy of touch needed in the work, and the grace and ideality in conception. He says, "modeling is by no means confined to the human form or that of animals, but varies from the modeling of *mint work* — of coins and medals—of all *jewelry*, a most attractive branch of art, almost without limit in invention and display of taste, to the ornamentation for the interior of houses, such as mantel-pieces, cornices and center-pieces, brackets and moldings, branches of ornamental sculpture employing large numbers in Europe, but comparatively little known here.

"In America instead of a new house having original ornaments designed on purpose, some ignorant plaster molder is employed, who sticks pieces of different objects, which he happens to have molds of, together; and a person coming from Europe feels everywhere a dearth, both in and outside of our homes, of thought and taste.

"The rough bark of the log cabin is far pleasanter to the eye and restful to the spirit than "hard finished" walls, clumsy, badly cast scroll work, or the hideous wall papers we so often see.

"But every door and window, every corner, and all the furniture and objects in a home may be works of art, expressing some human thought.

"This may be accomplished in a bunch of grass or leaves, or some such simple addition to a room; but women who have the instincts of a housekeeper are loathe to have too many such things about, "they do gather dust, and scatter so." But a few cents worth of clay may be shaped by deft fingers into forms that will be a permanent pleasure, and can be dusted—especially if the work has been baked in a pottery, or terra-cotta furnace, then it needs only the same care as a dish.

"There are cheap ways, too, of reproducing such work in bronze, electrotype, papier-mache, stucco and other materials, so that they can be applied as ornamental work on any part of a house, and look as well, provided the design is good, as if done by some workman.

"To take the clay just as it is formed in the earth, and shape it into something that expresses human thought, seems more like actual creation than anything else.

"A lady in Washington began to practice modeling at 70, and has executed some very creditable medallions."

I might mention names of American ladies who have, or are making a success in this branch of art. Chief among them all stands Harriet Hosmer, of whose success her countrywomen are justly proud. Any one who has seen her statue of Zenobia needs no farther proof of her genius, or of a woman's power to create.

Miss Hosmer's story is well known; yet a short sketch of her may be of interest here. Born at Watertown,

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Mass., in 1831; she is the only surviving child of Dr. Hosmer. Her father fearing that the same disease, consumption, that had caused the death of her mother and another child would attack her also, gave her horse, dog, gun and boat, and insisted upen an outdoor life; and she is to-day a good proof of what physical training can do against consumptive tendencies. In connection with her outdoor practice she gratified her taste for modeling in clay, studying natural history, and collecting, dissecting and stuffing birds and animals. After her school studies were finished, she contiued at her father's house to pursue her art studies. A cousin, who was studying with her father, was her companion and close ally in her pursuits, and together the two spent much time in dissecting legs and arms, and gaining a knowledge of the anatomy of the human frame. Lessons in drawing and modeling—for which she had to repair to Boston, a distance of seven or eight miles—and anatomical studies were alternated with the inevitable riding and boating, on which her father wisely insisted.

"The life of the young girl was at this period full of earnest purpose and noble ambition, and the untiring energy and perseverance which distinguish her now in so remarkable a degree, were at this time evidenced and developed."

Her father seeing her devotion to her studies, sent her to his friend Dr. M'Dowell, Professor of Anatomy in the St. Louis College, that she might go through a regular course of instruction, and be thus thoroughly fitted for her art. There she won her diploma and many friends, especially Dr. M'Dowell himself, who granted her full liberty of the college and many a private lecture. On her return home she commenced to model an ideal bust of Hesper; and then, when she had finished the clay model to her mind, she took a block of marble and with her own young hands, with chisel and mallet and file, finished it to perfection. "Months and months it took, and hours and days of quiet toil and patience; but those wings of genius, perseverance and industry, were hers, an love lent zest to the work."

It is thus described: "It has th face of a lovely maiden gently fallin asleep with the sound of distant musi Her hair is gracefully arranged and i tertwined with capsules of the poppy A star shines on her forehead and unde her breast lies the crescent moon. Th hush of evening breathes from the s rene countenance and the heavil drooping eyelids. The swell of th cheeks and the bust is like pure youn healthy flesh, and the muscles of th beautiful mouth are so delicately cut it seems like a thing that breathes."

"Now," she said to her father, "I an ready to go to Rome." "And you shal go this very autumn,' was the reply She went to Rome and wrote from there

"The dearest wish of my heart i gratified in that I am acknowledged by Mr. Gibson as a pupil. He has been resident in Rome for 34 years, and leads the van. I am greatly in luck. He has just finished the model of the statue of the queen, and as his room is vacant he permits me to use it, and I am now in his own studio."

There she worked until the third summer, when news came of serious financial trouble that must necessitate a return home. The news came upon her like a thunderbolt; to surrender her art career seemed to her impossible, and she speedily made up her mind. Owning a handsome horse and saddle, she sold these at once, and recommenced her work with industry and economy for the purpose of self-support. How well she has succeeded we all know.

LOOK TO YOUR HEALTH.—Pay but half the attention to the condition of your lungs that you do to the state of your purse, and you will not only prolong your own days, but your children will inherit that from you over which there will be no wrangling, no strife; a treasure divided by Nature's own hand, in which thy sons and thy daughters, the eldest and the youngest, shall "share and share alike."

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TOBACCO'S FUNERAL.

BY LYDIA M. MILLARD.

I DREAMED I did huge cavern make,
Whose seal no mortal might could break;
Where I had buried dark indeed,
All Earth's Tobacco—worthless weed.

Unto its funeral train did go,
Long as from here to Jericho;
And prince and beggar on its bier
Dropped many a hopeless, heartfelt tear.

I saw Earth's front and back seats, too,
With mourners filled, in sackcloth new,
And some in every house I know
For this lost weed in weeds did go.

Irish and French, Dutch, Scotch and Greek,
Were far too much o'ercome to speak
Of this departed dear one's worth,
So blindly loved o'er all the earth.

With haggard eye and drooping head,
As if their best friends all were dead,
About the streets did mourners go,
With faces vailed in hopeless woe.

"We ne'er shall see his like again,"
Said million sad despairing men;
"For search o'er all Creation's face,
No one can ever fill his place."

Then from Creation's long-stained wall
I saw a million cobwebs fall,
As if some unseen, silent broom
Had given to night the sky of noon.

While Health's old stove, that smoked so long,
Did burn like love and glow like song;
And all the world's polluted floor,
Seemed swept and sanded clean once more.

And hosts of doctors wandered off
In search of one poor lonely cough;
Most all the ills that flesh is heir to,
Died with their founder, old Tobacco.

For since Tobacco's work was through,
One doctor in a town would do;
So few now used their pills and powders,
I heard them talk of taking orders.

And doctors' wives and children cried,
Because for weeks nobody died;
And such a time the world saw never—
It seemed that people lived forever.

On drug stores closed I saw "to let,"
So little custom they could get;
For since Tobacco's fogs cleared up,

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Nobody asked for soothing cup;
Before their doors a stream flowed free,
Of castor oil and mercury;
Blue pills like little boats were seen,
Floating in tides of glycerine;
I saw magnesia sailing come,
And rhubarb, too, *ad libitum;*
While all the dismal liquor stores,
Had bolted windows, bolted doors.
I saw no brandy, rum, or gin;
Tobacco was their nearest kin;
Could they keep up and work right on,
With old Tobacco dead and gone?
The prison doors were open, too,
And better men walked sober through;
With cooler head and warmer heart,
To take in life a wiser part.

The bells rang out in Friendship's tower,
And bloomed again Love's faded flower;
And manhood's smile and manhood's kiss
Fair woman gave the purest bliss;
His bounding pulse and bounding feet,
Made his home-coming always sweet.

I heard some women's voices hum:
They said millennium had come;
With smoking cars and clubs unknown,
Love's sun once more unclouded shone;
But once a month the floors were scrubbed,
But once a month were windows rubbed;
But once an age the stoves were brightened,
But once an age the walls were whitened;
Earth's field all over blossomed new,
With no cigar stumps scattered through,
And in my soul the stars shone too,
As if my life were domed with blue.

Just then from this bright dream I woke,
The air was filled with blinding smoke,
The change was overwhelming—drear—
Not dead—Tobacco yet was here.

I could not get my needful breath,
And nearly coughed myself to death;
And in my misery forlorn
I almost wished I ne'er was born.
The baby, too, my joy and pride,
Was almost choked, and almost died,
And soon a fearful inflammation
Followed Tobacco's irritation.

And in my troubled dreams that night,
Came Solomon before my sight,
And told me half Earth's infants dead,
Had from Tobacco's curses fled;
In breathing foul Tobacco's breath
These innocents had met their death.
"Murder of innocents" he said,

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"Rests on Tobacco's guilty head,
And women too, to death were choked,
Poor things, whose cruel husbands smoked.
No smoker gentleman could be,
He breaks all rules of decency,
He breathes his poison in your door
And scatters it along your floor;
And when he bows with courtliest grace,
He puffs his poison in your face."
He said "this acrid, active stain,
Touches the tongue's most fine membrane,
And o'er the nerves, like lightning wires,
Kindles disorders' sleeping fires;
Since first it does its victim find,
He never has the same clear mind;
Never the same untampered brain,
Never the same uninjured frame;
The clock within, too fast or slow,
Must hurried or retarded go."

I dreamed again another night
I did Tobacco's sermon write,
And in a pulpit towering high,
That reached from lowest earth to sky,
In priestly robe that touched my feet,
I did this strange discourse repeat,
For dreamland knows no law or rule
No doctrine, discipline, or school;
But yet from out its changing skies,
Oft Truth's unerring lightning flies,
And here it is, as I did dream it,
If strange it sounds, you'll please forgive it.

"Oh, Lord of Creation! the angel's so near,
Why wilt thou not prostrate thine idol so dear,
And plant by thy hearthstone some violet's bloom,
Instead of the vile weed that scatters its gloom;
And give thy Creator, who gave them unstained
Those eloquent lips this weed hath profaned.
Give to the gloom of the midnight's dull sky
Those clouds that so deaden and darken thine eye,
And give to the Marygold just by thy side,
The yellow that stealeth thy forehead's fair pride;
And give to some mummy in Egypt unrolled,
That dull dingy brown thy cheek doth unfold;
And give to the earthquakes, that kingdoms o'erthrow,
The power that unnerveth and shaketh thee so
And give to consumption, fever or pain,
The fire that is wasting and wearing thy brain;
And the poison that hurries thee on to thy grave,
Give to the wandering wind or the wave.
Give to the widow, just over the way,
The money thou wastest, just three loaves a day;
Give to the hungry that stand at thy door,
The money thou squanderest over Time's floor,
Or give for a fire to keep poor people warm,
The money though smokest so much to thy harm.
The money that's spent in Tobacco a year,

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Give for a carpet thy fond wife so dear;
A carpet of velvet under her feet,
Enwreathed with bright roses and violets sweet;
And give her once more love's holiest kiss,
To wreathe every moment with fresh budding bliss;
But give to some idiot, madman or fool,
The thought that your passion your will cannot rule;
That thou canst live a single, poor lonely long day,
Without puffing and blowing thy brains all away.

"Oh! Lord of Creation! resistless e'en now,
With those smoky dull clouds o'er lip and o'er brow,
The world of fair women might all bow to thee,
If those charms all unclouded, but once they might see.

"If without cloud thy smile could shine,
Triumphant, radiant, divine,
Then evermore thy lips might wear,
The perfume sweet of love and prayer,
No more thy mouth, where graces bloom,
Would be Tobacco's open tomb."

I wish there were some Appian way,
Whose hidden catacomb might say,
When some pale moon its gloom discloses,
Here lies, here rests, and here reposes,
Earth's last and first, worst, foulest foe,
Its tyrant tempter—Tobacco.
Once queen above, Amor and Gloria,
Was La Cabana Reina Victoria.

CAN ADULTS GROW?

BY LEWIS G. JANES.

DURING an experience of ten years in a department of hygienic medication which has involved the duty of weighing and measuring more than two thousand people—and of comparing these weights and measurements at different intervals of time in more than a thousand cases—and has also brought under the writer's notice some well attested facts concerning the growth of adults, outside of his personal investigations, he has been compelled to accept opinions upon this subject at variance with his own preconceptions and with the popular idea, which is adverse to the possibility of adult growth. Some of these opinions, and a statement of a few among the great mass of facts upon which they are based, may be of interest to the readers of THE HERALD OF HEALTH.

It is, of course, admitted by all that an increase in weight, an accumulation of adipose tissue, and a certain filling out and broadening of the chest and body, is of common occurrence in adult life. But it is commonly supposed that the bony framework acquires its full development and exhausts its capacity for growth before the period of legal manhood or womanhood; and that after this period, and especially during or after middle life, no actual growth in height, or in development of any part of the bony structure is possible.

Very early in the writer's acquaintance with the Butler Health Lift, in examining records of measurements extending over some two or three years, he observed certain tendencies indicating the possibility of an increase of height among adult persons. But the period of time covered by these com-

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parisons was not sufficiently long, nor was it sufficiently clear that these instances of apparent vertical increase were not due to a straightening up of the frame, an overcoming of the tendency to stoop and to become "round-shouldered," which would not necessarily indicate actual growth, to permit any confident generalization from the facts then at hand. They, however, served to fix his attention to the subject, and many instances of this nature have since been investigated, from which all these suggestions of doubt seem to be wholly eliminated.

Nearly ten years ago, at the age of 22, L. J. commenced the systematic practice of the Butler Health Lift, which he has since continued with great regularity. For several years previous to that he had not grown either in height or weight. His form was erect, he having had for nearly two years the training of military drill regularly twice a week, During the first three or four years of his lifting practice, successive measurements indicated a progressive increase in height; until after gaining a full inch it has since remained stationary. During the last five or six years of his practice his weight has increased about 25 pounds. It is a curious fact that there was very little increase in weight during the years when he was growing in height.

Nearly seven years ago, one of our best known New York editors commenced the practice of the lifting exercise under our care. His height at that time was five feet six and three-eighth inches, by careful measurement. Several years of army life had given him the erect bearing habitual to the military officer. Since that time he has been measured, and the measurements recorded in our books some five or six times, each successive measurement indicating a slight increase in height, which now aggregates fully three quarters of an inch. As in the former case, this vertical increase has been *followed* by an augmentation of weight, aggregating over 20 pounds.

Mr. F., banker, of New York, aged 35 years, commenced the practice of the "Lift" in October, 1872, and in one year gained an inch in height; though this increase may be in part accounted for by the acquisition of a more erect habit of body. It was accompanied by an increase of 26 pounds in weight.

Mr. L., stenographer, measuring five feet three and five-eighth inches in February, 1874, in 10 months gained three-quarters of an inch in height. His age was 37 years.

Mr. B., merchant, aged 25, in seven months gained three-fourths of an inch in height. His bearing was very erect when he commenced exercising.

Mr. P., banker, aged 40, in seven months gained three-fourths of an inch in height. His carriage was habitually very erect.

Mr. D., merchant, aged 45 on commencing the exercise, in less than a year increased his altitude seven-eighths of an inch. This was accompanied by great improvement in health, and can hardly be referable to any cause other than actual growth.

Mr. T., merchant, aged 27, in five months increased three-fourths of an inch in height.

These cases, a few among many where the same tendency to growth is indicated, have been carefully selected with a view to exclude all where the vertical increase could be referred to any cause except actual growth. This height-increase, it should be remarked, almost uniformly occurs in individuals whose height on commencing is below the average. It is usually accompanied or followed by an increase in weight, and indications of improved nutrition and assimilation. In some instances a tendency to stretch and yawn frequently has been observed, with symptoms similar to the so-called "growing-pains" of childhood.

If these effects are thus observable as the result of practicing an exercise, the actual duration of which is scarcely three minutes per day, with no other material change, either of climate, occupation, or habits, how much greater effects might we anticipate from an entire removal from sedentary, indoor occupations to an active life on the western prairies? And this greater change

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has been actually observed in the well-attested case of a young man born in this city, educated in our schools, and living here an indoor life until he was 24 years of age. Several years previous to this his height had remained stationary; but removing to Minnesota, and leading there an active life out of doors, in one year he grew *four inches* in height.

Not less remarkable, though of a different character, is the case of the late Rev. Sylvanus Cobb, of Boston, a distinguished Universalist clergyman, whose cranium after he reached the age of 40 years, by actual measurement increased more than an inch in circumference. This fact is given on the authority of his son, a well-known artist of Boston, and can be depended upon as correct.

Without multiplying instances, we see here an undeniable indication that growth is possible to adult persons. There seem to be many instances of *arrested development*, where the individual from sedentary habits, lack of exercise, or insufficient nutrition, fails to reach the full stature and development which Nature intended to bestow upon him, and but for an accidental change of habits, or the adoption of systematic exercise, would forever have remained only a fraction of the man he was meant to be. That there are thousands of such in every large city, and in sedentary occupations everywhere, who can doubt? Never conscious of their noblest and completest capacities, they go through life with diminished energies and usefulness.

It suggests the curious question as to how far the physical inferiority, in size and development, of women is due to her greater indoor seclusion and lack of physical culture. Our "woman's rights" reformers might do well to look at this phase of the question, and see to what extent woman's disabilities could be removed by a few generations of systematic bodily exercise and more natural habits of life.

To all who would enlarge their capacities for useful labor and natural enjoyment, who would make the most of themselves, and be all that God and Nature intended them to be, there yet remain open avenues to improvement which they have probably deemed forever closed. Let them seek, then, the means for enlarging their capacities, and see in these demonstrated possibilities of physical growth and improvement, a hint and prophecy of that accompanying increase of mental, vital and spiritual power dependent so largely upon the "physical basis" for its perfect exercise, and together with it becoming, in their noblest uses, the chief factor and measure of the world's advancement toward a higher social condition, and a more complete and perfect civilization.

EDITOR'S STUDIES IN HYGIENE.

TREES IN TOWNS.

Are trees in towns not injurious to health?

ANS.—If trees are not too large and thickly planted in towns so as to shut out the sun, from a sanitary point of view, the benefits are of great value. It has been asserted that the aggregate surfaces of the leaves of well-grown elm, lime, and sycamore trees, with their 6,000,000 to 7,000,000 leaves, equal about 200,000 square feet, or about five acres: and these are almost constantly absorbing and digesting the carbonic acid and various exhalations given off by the putrefaction of animal and vegetable matter, and, as if grateful for such support, return into the air pure oxygen, which reinvigorates and renews animal life. Trees thus remove poison from our midst, and to be without them is an oversight. Trees can be had which will exist, with suitable attention, in any part of the city. Why not, with all the above facts before us, have them and try them?

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WET VS. DRY SEASONS.

Which are most healthy, wet or dry seasons?

ANS.—Seasons neither too wet nor too dry. Still, where drainage is good, wet seasons appear to be generally healthy; at any rate, in large towns, where some of the principal causes of disease and death are impurities in the atmosphere, drains, etc. And the reason of this is obvious. The rain in descending first washes the atmosphere, from which it doubtless carries off zymotic particles, and then mechanically cleanses the streets and sewers; consequently, an abundant rain usually coincides with a low death-rate in town districts. But, in low-lying and badly-drained localities, where the water rises and enters the basements of houses, especially when the surface-water is added to the sewage of overflowing drains, disease is wont to be rife.

PERSONAL PURITY.

Why is there so much personal impurity in the world? and what is the cause of it?

ANS.—Mr. A. Bronson Alcott read a paper in Boston recently, on "Personal Purity," in which he said he could conceive of a life that would lead down to that of the ape. Intemperance and its attendant evils, and vice in various forms lead downward to a condition little if any better than that of the ape. Thus could be seen the effect of vice on the countenance. Impure literature was sapping the life of young men. In olden times mothers made a practice of reading books before they were put into the hands of their children. It was not safe to allow the young to read all that was put in the newspapers—there were portions to be omitted. It was necessary to the attainment of personal purity to practice restraint, which was religion. Parents, in requiring obedience of their children, should do so by example and kindness. Oftentimes the parent needed punishment as much as the child.

AIR IN MAMMOTH CAVE.

Is it true that the air in the Mammoth Cave is so good that people can endure in it much more walking without fatigue than outside? and if this is so, why might not invalids be benefited by dwelling in it for a while?

ANS.—The remarkable purity of the atmosphere, together with the uniformity of temperature, which never varies from fifty-nine degrees, renders it possible for persons who could not walk a mile upon the ground without fatigue, to take what is called the short route, a distance of nine miles, with perfect ease. But while an occasional visit to the cave might be beneficial, a residence there would prove unfavorable. There is now the ruins of an avenue one-half a mile long, called Audubon's Avenue, at the entrance of which several cottages were built some years ago, as a resort for consumptives, with the idea that the uniformity of temperature would prove beneficial; but alas! the experiment was a fatal one, for of the number, thirteen, three died soon after taking up their residence there, and others died within a few weeks after coming out. It is said that their appearance on being exposed to the daylight was too frightful for description.

CHOKING.

What is to be done in case of choking?

ANS.—If a fish-bone or a portion of food sticks in the throat and threatens to produce suffocation, first give a smart blow between the shoulders. This will most likely dislodge the substance. If the patient can make any attempt to swallow, put a large lump of butter in his mouth. This will help the offending substance to pass down the throat more easily. If he cannot swallow, put the finger as far down the throat as possible, and endeavor to pull the bone or meat out; or tickle the throat to produce immediate vomiting. Unless there is prompt action life may be lost. After the danger is over try and learn to eat slowly, and avoid similar accidents in future.

BEE STINGS.

How should the sting of a bee be treated?

ANS.—After being stung by a wasp or a bee, the first thing to be done is to remove the sting. This may be done with a pair of small tweezers, or the sides of the wound may be pressed

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with a small key, and so it may be squeezed out. Then apply to it immediately spirits of camphor, ammonia, or turpentine; or, failing these, rub it with a little common salt. If a wasp or a bee stings the throat, a little turpentine should immediately be used to gargle the throat. If the place swells very much, and looks inflamed, it should be bathed with warm water, or have a hot white bread poultice laid upon it.

SUBSTANCES IN THE EAR.

How should we manage when a foreign substance gets into the ear?

ANS.—If an insect gets into the ear, hold the head on one side, and fill the hole with oil. This will kill the intruder and cause it to float, when it may be removed. If a bead or a pea gets into the ear, hold the head down on the other side, so that the occupied ear is under, and give the other ear two or three sharp blows. If this fails, the ear should be syringed; but it should on no account be poked, as that is almost sure to do more harm than good.

SUBSTANCES IN THE NOSE.

When a foreign substance gets into the nose, how should it be got out?

ANS.—Give a small pinch of snuff, and endeavor to make the patient sneeze. If this fails, put one finger above the substance and gently press it to make it come. At the same time put a small pair of tweezers into the nostril and gently open it across. It may then be possible to pass a bodkin or some similar article past the tweezers, and draw the substance out. If this fails, go to the surgeon. Do not construe this use of snuff into a permit to use it habitually.

SOMETHING IN THE EYE.

When the eye becomes filled with specks how are they to be removed?

ANS.—Take hold of the eyelash, and draw the eyelid gently on the edge of the eye. If this is not effectual, close the eye, draw the eyelid away from it, and pass a bodkin or a little slip of paper across the inside of it, and thus bring the obnoxious matter to the corner, when it can be easily removed. If a little bit of iron gets into the eye, a strong magnet may draw it out. If a little piece of quick-lime enters it—which sometimes happens from standing near a building where lime is being slacked—not only must it be taken out instantly, but the eye must be washed inside and out with vinegar and water for half an hour after, or loss of sight may ensue. The vinegar neutralizes the lime and takes away its caustic properties.

HEALTH OF SPURGEON.

Spurgeon it is said is not a teetotaler, and uses tobacco; and yet is it not true that he is a very healthy and powerful man?

ANS.—It is true that Spurgeon is a a moderate wine drinker and smoker, and honestly believes he is justified in the use of tobacco and wine; yet it is also true that he is not in the best of health, for he is a great sufferer from gout and rheumatism, and it is believed by some of his best friends that his days of power are nearly over. His wife also is sadly out of health and confined to her house.

HOW TO TREAT A CUT.

How should cuts be treated?

ANS.—They require to be treated according to their location and character. A cut finger is best managed by tying it up in a rag in its own blood; the blood forms a good protection as soon as it becomes dry and coagulated. All dirt and foreign matter should first be removed by luke warm water. If a cut is severe the blood should be examined to see if it comes from a vein or an artery. If it oozes out slowly and is of a dark color it is from a vein; if it spouts out like a jet and is of a bright scarlet color it is from an artery, and a doctor ought at once to be sent for. Until medical aid can be procured, the wound should be tightly bound, and the artery should be tightly pressed above the wound and nearer the heart. If the skin gapes from a cut, the edges should be at once brought to their proper position with calendula plaster. If in a little time it begins to throb, the plaster should be removed, and a rag moistened with calendulated water laid on the place. This calendulated water is most useful for wounds where the flesh is deeply cut or torn. If a little

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lint is soaked in it and put upon the wound, it will in nine cases out of ten prove most beneficial. It is made by mixing thirty drops of the pure tincture of calendula, which may be bought of any chemist, with half a tumblerful of water. A cut on the head requires great care. The hair should be cut all round the place, and lint dipped in calendulated water be laid upon it. As long as the first dressing of a cut remains firm and gives no pain it need not be touched.

BURNS AND SCALDS.

How should burns and scalds be treated?

ANS.—One of the best remedies for simple burns and scalds is glycerine. A rag soaked in it should be laid upon the burn. If glycerine is not at hand, common kitchen whitening should be powdered and crumbled over the part till it forms a thick layer, then cotton wool placed over it. If either of these remedies be applied immediately to a slight burn, they will very speedily ease the pain, and most likely prevent the formation of a blister. If a blister should form, it should be pricked, and fresh whitening or glycerine laid upon the place. Next to whitening, flour is to be recommended. The part should be carefully excluded from the air, and kept as quiet as possible. The sore should be dressed every other day. Frequent handling will injure it. Supposing the clothes to catch fire, the individual in danger should at once throw himself on the floor and roll about. If people had presence of mind to do this, there would be very few deaths from burning. If he does not do it, his friends should throw him down and press upon him any mat or heavy woollen material that they can lay their hands upon. If only the atmospheric air is excluded, the flames will go out. The natural impulse is unfortunately to rush about calling for assistance, which perhaps arrives too late. A burn is more serious then a scald, and it is more likely to prove dangerous on the chest and body than on the face or limbs. The danger to life lies not so much in its severity as in its extent.

BLEEDING AT THE NOSE.

How should nose bleed be treated?

ANS.—This is seldom dangerous, except in those cases where it is very excessive. To stop it, let the patient bathe his face and the back of his neck with cold water. If this is ineffectual, let him raise his face, lift his hands high above his head, rest them on the wall, and remain in this position for a few minutes. Nose bleed is common among some children, and indicates bad hygienic habits. It ought to suggest to parents improvement in diet and proper baths.

PAIN IN THE SIDE.

What is it that causes the sideache? and what cures it?

ANS.—The sideache may have several causes, as rheumatism, inflammation or congestion of liver, spleen or lungs. If the pain is in the upper part of the chest it is likely from the lungs. If on the right side low down, then probably the liver is the cause, and if on the left side it may be the spleen. It may be caused by sedentary habits, exhaustion, or sprain. The best remedies are the warm bath, with friction and moderate gentle exercise, and the very best care and training of the parts affected.

SINKING AT THE PIT OF THE STOMACH.

What is the cause of the sinking at the pit of the stomach, the all gone fullness so often experienced, just as if the stomach was entirely absent?

ANS.—It is a popular expression for a nervous sensation indicating impaired digestion and exhaustion of nervous force. It requires constitutional treatment, regularity of meals, moderate and slow eating of wholesome food, and the absence of tea drinking or taking of alcohol on empty stomachs. The application of electricity over the region of the stomach and bowels will often prove very beneficial.

HONEY.

Is honey a vegetable or an animal food?

ANS.—Honey is the sweet juice of plants elaborated by the bee and deposited in the form of liquid sugar in the comb. It is in no sense an animal food.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

THE TWO PLAGUES.

Threatening rumors reach the ear
Of deadly plague approaching near;
A telegram has come to hand,
It has already reached our land.

Citizens, arise, and stamp it out,
With brush and lime-wash, round about;
In narrow lane or underground,
Leave not a nuisance to be found.

Our sanitary laws must be
Put into force most vigorously;
Our Corporation must be free
To rate and tax us fearlessly.

Place new inspectors on our quays,
Fine every one who disobeys;
Take care that rubbish must not be
Flung from our doorsteps carelessly.

Such are the orders we enforce,
In dread one plague shall take its course;
In dread a life or two be lost,
We spare no trouble, time, or cost.

Within our gates, within the town,
A dreadful plague has settled down,
In narrow lanes, all round about
Our streets, our suburbs in and out.

Policemen, magistrates alike,
Have seen our stricken in the dyke:
Nor raise a cry to "stamp it out."
But leave it festering wide about.

The earlier symptons which arise
Are tottering feet and blodshot eyes;
Its darkest type is called D. T.,
Which often ends in idiocy.

It slays its thousands day by day,
But not with sudden lightning ray;
Its stealthy work insiduous is,
Cankering the springs of healthiness.

This is the plague we all endure,
Whose deadly work, if slow, is sure;
Yet we do nothing, young or old,
To slay the wolf within the fold.

Its power increases day by day
To hurt the brain, the soul to slay;
And men are slain, by devils tossed;
By this foul plague great souls are lost.

It is the plague that fosters sin,
It nurses in the heart within
Treason foul and bad desires,
Lawless oaths and angry fires.

Good Heaven! shall we indifferent be,
And see our brethren carelessly
Go down the stream, and reach no hand
To wreckers on this dang'rous strand?

How many of us friends have lost,
Whose web of life with ours had crossed;
Alas! their blood, it cries to Heaven
On us who might to save have striven.

M. Maguire.

MY SCHOOL BED-ROOM.

We think we shall meet again,
We laugh as we say "good-bye!"
We plan for the where and the when,
And part with a curt reply.

We weigh it not as the last,
We dash the hot tears by,
But well that the hour is past
And we cannot ask them why.

This room that we loved so well,
Once more we might come—what then
Though our lives may be merry still,
It cannot be thus again!

Ah me, the abyss of a year!
Thank God that the eye is blind
To pierce but one night more near
The shadow we follow behind.

For lo! when I turn on my track,
And beckon and wave the hand,
Not one faint whisper comes back—
The vapors unbroken stand.

A part have gone over the sea,
And one in its blue depths lies,
And some, though unseen, watch me
From the bluer depth of skies.

Even they that remain are changed:
The chamber is not the same;
The past and I are estranged—
Again is only a name!

George Houghton.

WHAT A LITTLE CHILD CAN DO.

I'm a very little maid;
Hardly can I talk, 'tis true;
Yet mamma I'd love to aid—
This a little child can do!

I can go on busy feet
Errands for her all day through;
Work for her, I feel, is sweet—
This a little child can do!

I can hold the great long skein,
When 'tis tangled and askew,
Never wanting to complain—
This a little child can do!

I can talk to wicked boys,
Tell them what is good and true,
Make them love the Sunday-school—
This a little child can do!

Tracts on temperance I can give
To erring men who drink and chew;
Point out a better way to live—
This a little child can do!

From The Little Missionary.

Ay, but the milder passions show the man;
For, as the leaf doth beautify the tree,
The pleasant flowers bedeck the painted spring.
Even so in men of greatest reach and power,
A mild and piteous thought augments renown.

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EDITORIAL DEPARTMENT.



NEW YORK, MARCH, 1876.

WATER.

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

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

TOPICS OF THE MONTH.

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

BANK ROBBERS.—The recent robbery of the bank at Northampton, of nearly a million dollars worth of money and securities, eclipses in boldness of design and execution the old stories of pirates, though it was not attended with the same cruelty and murder, for it was done in a large town, with police near by, and the danger of discovery before they had finished their deeds of darkness very great. The part of their work most interesting to our readers is that played by the robbers with the cashier of the bank, whom they forced to tell the lock combination of the safe, so they might get access to the rich store of wealth therein. The question that naturally arises is, Was the cashier justified under the threat of his life in giving the combination? or should he have boldly said: Gentlemen do not dare to ask an honorable man, as I am, to tell secrets which will reduce to poverty noble men, royal women and orphan children—my life if you must, but by secret, never. A piece of bravery like that, even if the cashier had lost his life, which is hardly possible, would have filled the whole country with his praise—and we maintain that it was his duty to have done this. Others may think differently, but after mature reflection we have reached this conclusion.

And now comes the question, Why is it that men yield so easily to threats like these? and especially men who, like bank clerks and officers, live quiet and sedentary lives, unexposed to danger? The answer is plain; they are chosen not with reference to their bravery, their heroism, but with reference to their being good accountants and judges of money, nimble with finger, quick of eye. Our modern system of education is so one-sided that it cannot develop our youth into men, strong and brave, as well as nimble and quick, and keen of eye. Bravery, heroism, and defiance of danger only come from cultivation in this direction, and every parent ought to try and cultivate in his children these traits. They may never be required to be used in protecting the property of others locked up in bank safes, but the quality is an important element of a noble man or woman, and will find play in every condition of life. A wise system of physical culture will aid in developing it.

That poor, despised and abused race,

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the Indian, far surpasses the white man, in this respect. What would the Indian do under similar circumstances? He would defy his enemies and dare them to kill him. What did Wi-ne-ma the Modoc Indian heroine do when intrusted with the secret that the Modocs were to kill General Canby under the flag of truce in the Lava Beds, which knowledge she used to try to prevent the white men from going to meet them? We ask, what did she do, when asked under threat of her life who had betrayed their designs? Did she tell? Not a word—but she bravely answered: "You think I no Modoc! that I tell who betrayed you—I will die first.' Here is a spirit in which most white men are greatly inferior to Indians. We ought to preserve this race and learn from them their heroic traits. It would not only improve our civilization, but be doing an act of justice to a persecuted people.

SCHOOL HYGIENE.—I have been master of a boarding-school for 14 years. For the last nine years, during which our number has gradually increased from 40 to 80 boys, varying in age from 10 to 19, we have enjoyed an absolute immunity from scarlet fever and measles. Previously, when our school was smaller, we had had general epidemics of both these maladies. Ours is almost the only house in the thickly settled neighborhood which has not been visited by these diseases; and yet the boys have had unlimited access to the town and country, with no restriction. When I became master of the school I was so impressed with the importance of physical culture, that I made drill and gymnastics regular school exercises, and took measures for the promotion of health and vigor, but I did all this so carefully as not to interfere with the prejudices of the pupils. I made them zealous propagandists of my reforms. These measures were not introduced to prevent epidemic diseases, but I now believe they help to do this. If the germ theory of disease is true, the spread of epidemic diseases may be resisted in three ways.

1. By measures of isolation, so as to prevent the introduction of the poison germs.

2. By measures of drainage, ventilation and disinfection, so as to reduce to the minimum the number and reproductive power of these germs.

3. By means calculated to make the resisting power of the individual greater against the action of the germs.

I believe the germ-cells multiply in the exhalations from the body, and that they can never do much harm unless the air is loaded with them. Our methods for preventing the air from becoming loaded with them are:

1. That every occupant of a bedroom shall before leaving the room in the morning open the windows, throw the bedclothes off the bed and *hang* up the night-shirt—*not fold it up.* This is the keystone of a good sanitary system, and ought, in order to insure safety in a school, to form the leading article in the creed of a well trained boy.

2. Each window must be kept partly open at night, the extent be according to the weather. There is also a slight space between the sashes to admit air without a draft; but boys who play about bareheaded, as all boys should except in the hot sun, soon become so tough they can hardly take colds from open windows.

3. No school-room is allowed to be occupied more than an hour and a quarter at a time, when it must be emptied and aired for five minutes.

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During recitations a portion of one window must be kept open, and during play hours the school-room must be ventilated.

The use of carbolic soap, too, I believe tends to prevent the exhalations of the skin from propagating poison germs. I am told that oiling the body also does this. Oil rubbing has of course a well proved effect in preventing consumption, and no rearer of human animals has mastered the rudiments of his subject who does not cause it to be abundantly used by growing boys. The virtues of olive oil are well known to the athlete, and contribute to the athletic power of the school. If it is also unfavorable to the development of the germs of eruptive fever it will add one to those numerous virtues which made the Athenians regard the olive as a more precious gift than the horse.

The next set of measures tending to diminish the susceptibility to epidemics is daily open air exercise in all weathers, in suitable costume. It is compulsory here, if it can be called compulsory which every boy believes in except the coddled readers of trash.

Three other schools have introduced our method with similar results. Matters pertaining to bathing and diet also come under this series of measures.

Truly, H. M.

THE TURKISH BATH.—The Circular says: "Among other valuable features of the Turkish Bath treatment, we have discovered that while it restores a normal appetite it also destroys morbid cravings. We can confidently recommend the Turkish Bath to the Temperance League as a means that will help them in the reform of drunkards. There is no doubt that a vigorous application of the bath to a person who has any desire to overcome the habit of drunkenness will destroy his appetite for stimulants, and thus remove a very besetting temptation. Temperance men should look well to this question, and set their lecturers to preaching and their friends to supplying one of the greatest needs of the present time, viz., *universal Turkish Baths.*"

OUR BODIES.—Mr. Moody in a recent address said: "Our bodies are temples of the Holy Spirit, and we should therefore take great care of our health, so as not to injure those temples. I believe tobacco injures the health. Some people smoke so much that you can't come within four or five feet of them. I can't smoke. I had to give it up after I was converted, because I couldn't defile the temple of the Holy Ghost."

INFLUENCE OF COMPRESSED AIR UPON PUTREFACTION. — Some interesting experiments by M. P. Bert, on the effect of simple condensation by pressure, as influencing the activity of atmospheric oxygen, are reported in the Journal de Medicine. It appears that under a pressure of 44 atmospheres the ordinary processes of putrefaction are no longer possible. Meats, after remaining a month in contact with oxygen gas at this pressure, were found perfectly preserved, although a little deficient in flavor. Very little of the oxygen had been absorbed. At the ordinary tension oxygen was rapidly absorbed, and the meat became putrid in a few days. It was ascertained that compressed air did not interfere with the action of organic catalytics, such as pepsin, diastase, etc. M. Bert states that meats which have been treated with com

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pressed air may afterwards be preserved indefinitely, without alteration, but does not make it quite clear under what conditions. The subject seems to deserve further investigation.

A HINT ABOUT SCARLET FEVER.—A medical practitioner points out the necessity for every one who is about removing from his old residence to a new one, making full inquiry as to the antecedents of the family going out, so as to be quite certain that no one has lately suffered from scarlet fever or other infectious disease. He states that a family residing in his neighborhood, who had suffered for two months from scarlet fever of the most virulent type, from which two children had died, had just vacated the house. The following day a widow lady with a family of young children, was coming in when he informed her of the fact, which had previously been kept from her. As the house had not been cleansed or disinfected, she sent her goods to a warehouse instead of placing them in the infected house.

There can be but little doubt that disease is frequently spread in this manner, for when scarlet fever or small-pox appears in a house it is almost always "kept quiet," because, directly it becomes known, no friends will come near for a month or two, or will receive the visits of a member of the family, so that they become almost cut off from the world. The medical attendant is usually requested to say nothing about the matter; and as there is no law to compel him to give the necessary information to the local authority of the district, no one knows of it, the children mix with their old schoolfellows and playmates much too soon, the bedding, bed-clothes, and wearing apparel are not disinfected, and the house remains untouched except with soap and water. If the family wish to remove, the objection to the outbreak being known is stronger, for fear that the sanitary authority will prevent the removal of the goods until everything exposed to infection has been destroyed or properly disinfected.

A LETTER FROM CALIFORNIA.—*To the Editor:* In renewing my subscriptions to THE HERALD at this late season, I feel as though I must explain somewhat the cause. Well, what with hard times in the East, and being caught by panic of 1873, I felt forced to economize at all points, except coming to this flowery land.

But I find that I made one great mistake in trying to live without THE HERALD, for I find a vacancy in my reading matter that no other journal will afford, and knowing THE HERALD well for the past 13 years, I feel safe in saying it is the best and cheapest publication in the world.

Now, as to this beautiful land of California. I must think this is the hygienist's Paradise; even at this season of year we are dining on such delicious fresh vegetables as I never saw at the East at any time of year. All the cereals seem most excellent also, and if man desires the "shedding of blood" to satisfy his wants, he has never read your journal to much profit. With many wellwishes and feelings of gratitude for your teachings, believe me,

Yours constantly. J. G. W.

BRAIN INJURIES.—In connection with the trial of Landis for the murder of Carruth, the following concerning injuries to the brain will be interesting: "Delicate as the organization of the brain must be, it is surprising to read of the hard knocks it can bear, not only

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without injury, but even to its advantage. One man who lost half his brain through suppuration of the skull, preserved his intellectual faculties to the day of his death; and the brains of soldiers have been known to carry bullets without apparent inconvenience, and to undergo operation for the extraction of the foreign bodies without loss of power. A physician, who was afflicted with an abnormal cerebral growth which pressed upon the cavities of the brain, so as to paralyze one side of his body and render him speechless, retained possession of his reasoning and calculating powers until he died. One of three brothers, all idiots, after receiving a severe injury on the head gained his senses, and lived to be a clever barrister. A stable boy of dull capacity, and subject to fits, had his wits sharpened by the kick of a horse, which necessitated the abstraction of a portion of his brain; and Pope Clement VI owed the improvement of his memory to a slight concussion of the brain. On the other hand, it is a fact that the brains of persons with thoroughly disordered minds as a rule present no abnormal condition after death, which is not to be wondered at when it is found that symptoms of a disordered brain are often produced by a very slight alteration in the constitution of blood."

SCHOOL FOR RICKETY CHILDREN.—At the beginning of this year a school was opened at Milan for the benefit of children suffering from rickets. A nutritious diet, gymnastics, spirometry, hydropathy, and orthopædia are the means that have been resorted to with great success for improving the children's health, and their education is pursued under the best masters, choral singing being found a principal means. The intellect of the subjects of this disease is often well developed, and the learn readily. Among the "reconstituents," that which has been found of most use is powdered bone given in milk.

CREMATION.—The revival of cremation is generally understood to have been first suggested in Italy. But it is not so well known that it was first put into practical use there "by special permission" in the case of at least one eminent personage. This was the late Rajah of Kolapore, a Hindoo prince of high rank, who died near Florence, in 1870, when on a tour in Europe. His body was disposed of with the customary observances, but in private, in the court of the residence he had hired: and the Bombay Gazette lately reported, the completion of a handsome monument, the design being copied from the Hindoo cupola form and surmounted by a bust of the prince, which has been erected to contain the ashes. It records, in an Italian inscription not merely the usual particulars, but also the fact that it stands to mark the place where "la cremazione" of the remains of the deceased prince was duly carried out according to the rites of his creed.

MURRAY'S CALCULATION. — "Did I ever tell you my calculation about eating and drinking? Having ascertained the weight of what I could live upon so as to preserve health and strength, and what I *did* live upon, I found that between 10 and 70 years of age I had eaten and drunk 44 horse-wagon loads of meat and drink more than would have preserved me in life and health! The value of this mass of nourishment I considered to be worth £7,000 sterling! It occurred to me that I must, by my voracity, have starved to death fully a hundred persons."

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DISINFECTING CARRIAGES. — The best method of disinfecting carriages is to burn one ounce of sulphur inside the carriage, the doors and windows being closely shut, and the loose cushions stood on end. The clothes should be disinfected with sulphurous acid, as in the last case, except that, if the sulphur be burnt in an ordinary room, about four ounces of sulphur should be used: but, if possible, the clothes should be placed in a chamber of small size, or large box, heated by gas or fire, and exposed to a temperature of from 230° to 250° Fahr. as well as to sulphur fumes. Exposure to heat will do, with or without the addition of sulphur. Of course nothing which will bleach must be exposed to sulphurous acid gas, unless the owners are first told that the color of the article will probably be destroyed.

LOOSE SKIRTS.—The Health Reformer says: "Loose skirts are wholly inadequate to secure proper warmth to the limbs, even though they be multiplied; for the simple motion of the limbs in walking creates currents of air about them beneath the warmest skirts. The wind also dashes cold air upon them from below, sometimes even making skirts a disadvantage, rather than a protection."

TREATMENT OF TYPHOID FEVER.—Within the past year there have been treated at Mount Sinai Hospital over 60 cases of typhoid fever, and out of these only one death occurred. This was due to perforation. The plan of treatment pursued is the antipyretic, and in this manner it is claimed that the mortality is less, and at the same time the patients do not suffer from delirium. Cold baths are employed when the temperature reaches 103°, unless it is contraindicated by some special reason. If the temperature is only 102°, or if the patient is debilitated, sponging the body with water is had recourse to. The aim of the treatment is to keep the temperature below 102°, and for this purpose it is necessary, if baths are employed, to repeat them every few hours in the more active cases, but, in the milder ones, from two to four every day may be sufficient. One of the most important features connected with this treatment is that no delirium occurs during the night. In one case, where active delirium ensued, the patient was given a bath, and immediately the delirium disappeared. Very little medicine was given.

IT IS cowardice that prompts us when we seek to cast upon others the burdens we ought to bear ourselves; and it is a false philosophy that tries to save the wrongdoer from the punishment due to his evil deeds.

THE disease which causes the largest amount of mortality in San Francisco is phthisis, or pulmonary consumption. Of 85 deaths reported for the week ending Jan. 15th, this disease caused 16.

CURRENT LITERATURE.

—:o:—

THROUGH AND THROUGH THE TROPICS. Thirty thousand miles of travel in Oceanica, New Zealand and India. By Frank Vincent, Jr., author of the "Land of the White Elephant." New York: Harper & Brothers, 1876.

Mr. Frank Vincent, who has so favorably won the esteem of the reading world by his admirable volume, "The Land of the White Elephant," gives us in this second volume from the teeming press of the Harpers, a charming account of a long journey from New York around Cape Horn to California, where the author stops long enough to give us a fresh and vivid picture of 'Frisco. From here he journeys on to the Sandwich Islands, tells us of

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Honolulu, the Hawaiian palace—other islands in the vicinity; climbs to the top and enters the great crater of the Kilauea, tastes the sulphureous fumes that fill the air, sports with miniature fountains of lava, spends a day walking around the crater, and at night witnesses an eruption and overflow from the very vent hole he was in only a few hours before. The chapter entitled At Home with the Kanakas, or Hawaiians, is full of interest. One is almost led to believe that these creatures are nearly amphibious, and perhaps if a few generations of the law of natural selection, as developed by Darwin, were applied, they might become wholly so, and then we should have genuine mermaids. A Kanaka, says our author, is not afraid of sharks, and will even attack and kill one in the water by diving and stabbing him from beneath. They have been known to stay in the sea 24 hours at a time, and swim 20 or 30 miles without stopping. Their feats at surf bathing are something wonderful, and they often amuse themselves in what to us would be constant danger, half a day at a time.

From Honolulu our traveler journeys on to New Zealand, thence to Australia, thence to India, and north to High Asia. We have not space to follow him through India, where he describes strange and interesting experiences without number. We close the volume with sincere respect for the author, who seems from the very first to make the reader feel a friendly interest in the narrative, which is told in a graceful manner that cannot fail to delight all who read it.

THE EDUCATION OF CONSCIENCE: A Sermon. By John W. Chadwick. New York: Charles P. Somerby. Price 10 cents.

The following extract from this discourse will serve to show the author's views on the subject of which he treats: "The education of conscience is the education of which, at the present time, there is more need than of any other. The education of the intellect is a great business, but an unconsecrated intellect is a sight than which the sun in all his daily course can see no sadder. I am as glad as any one over the signs of an increasing love of beauty in the people of America. But a righteous people housing in log-huts and shanties were better than an unrighteous people housed in palaces: and better, in the way of art, is plaster-of-Paris cat or tissue-paper roses where love is, than a gallery of Meissonniers, and Geromes and Bougereaus, and hatred and impurity therewith. Let us seek first the kingdom of God and his righteousness. Let us establish that kingdom in our homes, in our places of business, in our churches, where it is often disestablished; in our politics, where there is crying need of it. Let us address ourselves, first and foremost, to the education of conscience; and to the end that we may accomplish this the better, let us endeavor to realize a sound mind in a sound body; let us leave no stone unturned that can help to build for us a more complete intelligence; let us strive, in all our study, to be more exact, to know what we know; let us make ourselves friends of the great masters of ethics; let us patiently consider the lives of those men who have illustrated the great principles of morality; let us draw near to earnest men and women; let us try to keep our consciences void of offence; and, above all things, let us be obedient to its laws.

THE RELATIONS OF THE SEXES. By Mrs. E. B. Duffey. New York: Wood & Holbrook, 13 & 15 Laight street. 1876.

The Religio Philosophical Journal says: "The character of this unique book is set forth in the synopsis.

"A plainer statement of subjects usually considered too delicate to be freely discussed, was probably never penned. The style is strong, forcible and direct. The author tolerates no circumlocution or vague hints. She has much to say, and wastes no words in saying it. Fallacies, pretensions, sham, meet hot words of exposure. The time honored moral code that distinguishes between the acts of man and woman, finds no favor.

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THE
HERALD OF HEALTH.

APRIL, 1876.

FOUR YEARS' EXPERIENCE OF TURKISH BATHS FOR ANIMALS.

BY J. E. SCRIVEN.

MY experience embraces horses, cows, sheep, pigs, dogs, cats, hens and chickens. It extends over a period exceeding four years. The bath has 12 feet six inches square of clear standing-room; it is nine feet six inches high. The floor above is tiled, and used as a corn kiln. Here are all descriptions of grain, and such can be safely and economically dried. A similar building, including furnace, flues and a double roof over all, would cost about £150.

The cost per annum for fuel, washing attendants' wages, and repairs, is £30. The fire is never out.

I have found great apprehension entertained of the amount of water required by persons desiring to have baths of their own. I therefore desire to state how little that expenditure amounts to.

In a report to the Board of Works I have given the following details for one week:

Men 25; women 19; horses 5; pigs 7; dogs 4 — 60. At this time I had no sheep. Water, cold, 180 gallons; water, hot, 80 gallons; Scotch coal, 25 stone; average temperature, 140° Fahr.

At first my laborers declined going in, on the ground that they lost enough by work, and could not stand any more perspiration. One of them broke down on a hot day, when mowing. I said to him, "Now you are done for a week or so, you may as well try the bath." He went in and had a vigorous shampooing. The next day he took the lead in the meadow. That night the space could not accommodate the applicants.

Cure after cure having been effected, the want was so felt that a public bath was built in the neighborhood under my instructions.

The first horse I had to attend to myself, as none of my men would venture in. The horse, after an hour or so, followed me round the apartment, and would not rest unless he had his muzzle on my shoulder, or was licking my hand. He recovered from a bad strain in the loins. Weeks after he recognized me on entering his stable, and licked my hand. I asked a friend, skeptical of the horse's attachment, to go up to him. The animal rejected his caresses and followed me with his eye.

This is no exceptional case. Horses, cows, sheep and pigs, all show their satisfaction, and return to it with pleasure.

At first it was supposed that it would be dangerous to put a dog in, as not being able to perspire he might go mad.

My first case was a water-spaniel subject to rheumatism. It was very difficult to get him out; when he sees any one going in, he goes too, and lies down in the hottest corner.

I shall divide the subject into the five following heads:

1. Treatment of disease.

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2. Protection against the effects of exposure and approaching disease.

3. Increase of power for labor and productiveness in flesh, milk and offspring.

4. Subsidiary uses on the farm.

5. Benefit to the farm servants.

TREATMENT OF DISEASE.

Subjoined is a list of diseases in which I have obtained successful results: Bronchitis, strangles, colic, dysentery, indigestion, dropsical swellings, distemper in pigs, sturdy in sheep, jaundice in dogs, mange in horses and dogs, sore mouth and feet in sheep, garget in dairy stock, swelling in the head of calves.

Here I would call attention to the necessity of high temperatures to effect cures. All the cases of rapid and decisive cures have been at what are ordinarily called great heat, 170° to 180°. My bath was unfortunately constructed before the discovery of the cheap expedient by which heat of so much greater curative value can be obtained. Still, no case has arisen, either on my own farm or those of my neighbors who have applied to me, that has not readily yielded, and these cases include all diseases incidental to horses and farm stock.

HORSES.

The most violent form of "bats" are quickly got under. Fifteen minutes in the hot room produce relief; and a recurrence of an attack after entering is very unusual.

A horse belonging to a dealer in the neighborhood was cured of strangles, and sold within one month; so far from being reduced by the operation, he was brought out in high condition.

Under this head, an important item is the accidents common to horses in carting and plowing. One of my work mares, heavy in foal, fell under a load in soft ground, and after violent plunging was released with great difficulty. She was helped into the bath immediately, and in three days was at her usual work. A fine foal was born in due time,

A horse belonging to a neighbor becoming restive while plowing, threw himself, and was severely strained, as well as cut. His owner brought him immediately to me; and without any dressing he resumed his work in a few days.

Cases of this nature are so numerous, and their cure so certain, that no impression is made on my memory now.

The import of my experience has indeed been established throughout England as to running horses, but not as to working horses. It appears to me very surprising that the means employed in the one case should have been disregarded in the other, and that, too, where *the plow is concerned.*

COWS.

If only for the cure of one disease—distemper—this subject demands the attention of every stock owner in the country.

Lord Kinnaird's experiments on distemper in cattle are so conclusive, that I shall quote a report from the Scottish Farmer, September, 1862:

"Lord Kinnaird's bath at Millhill, designed for the treatment of cattle, is largely made use of by the people in the neighborhood. The curative properties of the bath have already been demonstrated in the case of several calves suffering from scour, etc., but still more wonderful is the influence it has had upon two or three feeding stots affected with pleuro-pneumonia. Out of three patients, two that we saw have every appearance of progressing towards perfect health. They eat well, walk about with seeming comfort and ease, the cough has lost its nasty, metallic sound, the discharge from the nose is stopped, they are no more hidebound, and their coat has no longer the staring aspect of disease. The third patient, a larger animal than the other two, is not yet so far recovered, but the beast is a great deal better than it was. The heat required to produce a favorable impression in cases of pleuro needs to be very great—up to 200 or 212°—boiling point in fact. At a less temperature the curative effect was not very visible. In other diseases, less dangerous, but if neglected hardly less fatal, the bath has been found a 'perfect cure.' It can be erected and carried on for a comparatively trifling

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cost—one that, we think, would repay large stock owners to expend."

Dysentery among dairy stock, so injurious to their milking, yields readily to heat. On the fourth day after the beginning of an attack, I have frequently had cows back to their full milk.

Heat in the skin, and loss of appetite, are got over the day they appear.

Hardness in the udder, and stoppage of the teat, are thought little of here. These diseases require careful shampooing.

I have never had a fully developed case of "black quarter" since the bath has been built. Before that I lost several fine calves by this disorder.

In swelling of the head in calves, we have found it most effectual.

SHEEP.

Two cases are worthy of record. One was a wether suffering from dysentery for three weeks, emaciated at times, suffering great pain, and bleating pitifully. When put in, the thermometer ranged from 150° to 180°; he chose the hottest part of the floor, and lying down seemed quite happy. He was left there several hours daily, and when turned out with the flock rapidly put on flesh.

The second is a case of "sturdy" (water on the brain)—the most intractable, if not incurable, of all diseases. To say a sheep has it, is to condemn it to the knife.

One animal evinced the ordinary symptoms, going violently round in a ring, moping by itself, and neglecting its food. It was let in, the thermometer 160° to 170°, daily for three weeks, when it was turned out with the rest of the flock. Two months later, as I was going round with a friend from a celebrated sheep district, and long accustomed to examining the best flocks in the country, he pointed out this very sheep as a good specimen of my flock, both for health and condition.

Firmly convinced as my herdsman is of the efficacy of the bath in diseases of cattle, he urged me not to make the experiment in this case, as it was sure to fail, and lose me whatever the animal might bring me for mutton.

PIGS.

On no animal have I got more satisfactory and decisive results than on pigs, whether fattening or brood sows. Distemper is rapidly relieved; the spots appearing on the skin in two hours. I have had no fatal case of this scourge. And the same thing I may say with reference to those of my neighbors who have sent their pig to me. The rule is to keep the pig in till the spots appear. Throwing alternately hot and cold water over the animal is useful in developing the spots.

When only two hours old, the two youngest pigs of a litter of 15 appeared to be dying. The byre-man put them in for some hours, and brought them again to the litter.

He repeated this frequently for some weeks, till they were able to hold their own with their elder brethren. "These two pigs were dead three times but for the bath," was his answer to an objector.

Previous to the appearance of this litter, the sow had been repeatedly put in for a hurt from a horse.

The first distempered pig I experimented upon was one of a litter of fattening hogs. He weighed one stone heavier than any of the same litter.

DOGS.

I have had some remarkable cases of jaundice after distemper. One pointer, during treatment, became so fond of the bath, that when let loose he ran to the door and scraped at it.

A setter that had lost his scent after distemper was sent to me for treatment. He recovered condition rapidly, being put in three times a week. His scent was quite restored.

The development of the power of scent by the bath is a subject pregnant with important results, as regards the detection of disease, as shown in Mr. Urquhart's pamphlet, "Consumption arrested by the Turkish bath."

PROTECTIVE AGAINST THE EFFECTS OF EXPOSURE AND DISEASE.

* * * * * * *

Under the head of positive disease, I am not able to quote an instance on my own farm of lung distemper. This is attributable, I believe, to the pre-

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ventive power always at command; the rule being to put every animal in on the first appearance of sickness.

The horse dealer I referred to before, on being asked if horses accustomed to the bath caught cold readily, answered:

"There is not a horse sheeted in the place. The top halves of the stable doors are always off. The horses are always ready for work. You will not hear a cough in the worst season. Whenever they are severely worked, or exposed, they are put in, and that sets them all right."

On one of the open nights last winter, I asked my steward how many horses he had had in at once. He reminded me of a wet wintry day that we had sent four horses to some distance, and kept them standing very much exposed. On their return late at night, he put the men and horses in at once. The men dried their clothes and went home refreshed and warm. The severity of the day had no effect upon either men or horses.

When we consider the number of such days in the year, and the loss by sickness in consequence, the advantage of such a preventive will be manifest.

INCREASE OF POWER FOR LABOR AND PRODUCTIVENESS.

I could give numerous cases of broken-down horses treated by the new process, because they were useless, and could therefore be experimented upon, and several years added to their working lives.

The first case so treated in England was a mare that had been given up because her feet and legs would not stand the training. She was brought into splendid condition in a few weeks, without a gallop, and hunted that and succeeding winters as well as when in her prime.

We are enabled to dispense with the use of medicine in getting horses in condition off grass. The results in the availability of the horse for service are so manifest, that I do not dwell upon them.

Having been disappointed of a foal from a mare I prized, I resolved to try on her the effect of the bath. I was led to this by hearing of some cases in human beings, from which it was to be inferred that the use of the bath had removed confirmed barrenness. The result justified the expectation. Not only was a foal obtained in due course, but the foals have not ceased during three years.

In regard to muscular power, I will begin by stating, that amongst men it has now been most fully established, that the bath develops it in an extraordinary degree, without any corresponding consumption of food. From this I inferred, that the *condition* being improved, the effect would be no loss in regard to the carcass of the animal when dead, than in respect of its power when alive.

Three years ago I made the experiment on two cows, and found that where they had gained one stone in weight previously, they gained 18 pounds when put in three times a week. They became quite free from heated skin, and improved in appearance and handling.

In this case I took means to measure the results. But equal results, though not accurately measured, have since been obtained. The gain being thus *one-third in flesh*, we may assume that there will be an equal gain in labor.

When the resources of nature are expended on milk, we may expect not only an economy of food, but a large increase of dairy produce, because the secreting organs of milk are so immediately affected by action on the skin, close to which the lacteal glands are situated. I have no experience to report in this respect, my attention having but recently been called to the subject; but the grounds are so evident, and the results obtained in women so striking, that there remains no doubt on my mind that the gain in respect to milk will not fall short of that in power and flesh.

SUBSIDIARY USES ON THE FARM.

In our damp climate the power of drying grain or seed with safety and economy, is too obviously an advantage to require comment.

Last harvest, by means of the hot room and the kiln over it, I was enabled to save the produce of two acres of

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beans that were heating, and on their road to destruction. They were threshed in wet weather, and the beans carried at once to dry. In a few days a great part of a heavy crop was ground into meal and fit for use.

Every one familiar with the ordinary mode of kiln-drying grain, knows the danger of producing diabetes in horses, arising from the admission to the grain of the fumes of burning coal. Here the process is carried on in pure air, and with equal facility.

We lose one million a year in flax seed, chiefly from the difficulty of saving it. Had every farm the facility of drying flax seed at once, and without the delay of using a public kiln, we might be that much richer in feeding stuff.

So much risk attends the process of drying flax seed, preparatory to hand scutching, that it is carried on in open temporary sheds, when a wet season retards, and sometimes stops, the operation. Here it could be accomplished at the time when labor on the farm is impracticable, the produce brought to market in better condition, and many weeks earlier.

I am happy to say that some small farmers in my neighborhood have applied to me for instruction how to convert a farm office into a bath.

The injury to horses' shoulders and backs from wet collars and saddles is avoided. The harness put into the drying-room at night is gradually and thoroughly dried by morning.

Incidental to breaking in young horses, I have found their shoulders much more rapidly made by sweating them constantly during training, and the restiveness arising from soreness and stiffness avoided.

How many corn sacks would be annually saved by a convenient place to dry them in quickly?

To the laundry also it is an addition of great importance.

FARM SERVANTS.

The preservation of health among farm laborers is no small matter. My farm servants often work willingly through wet windy days, well knowing that an hour in the hot-room will send them home in dry clothes. This habit gives them also the power of enduring cold. So also amongst my visitors, many have dispensed with flannel, some even at advanced ages. All find themselves in better health, freer from rheumatic pains, and firmer in muscle.

THE HYGIENE OF DRESS. (No. 3.)

UNDER AND OUTER GARMENTS.

FROM what has preceded, it is evident that woolen stuffs are the best materials for clothing in every climate. In warm countries at noon-day, when the vertical rays of the sun strike down in their greatest intensity, the want is to keep the heat *out*, and a bad conductor is as useful there for this purpose as it is in the Russian snows to keep the heat *in*.

"The old lady with her wraps of shawl and fur-lined hood, wending her way to her whist-party in St. Petersburg on a December night, has a strange counterpart in the gallant young European officer mounted on his Arab steed, with his head enveloped in turbaned shawls six inches deep, traversing the plains of Hindostan under a burning sun in the month of June; yet both are practical philosophers, despite the blow-hot and blow-cold objection."

Hence, also, the flannel costume of the stokers in ocean steamers, who are exposed to intense radiating heat, and they are in this way enabled to bear and resist it; whilst we prevent or check the melting of ice by wrapping it in flannel or straw.

We have also established the fact that white is the best color for protection against both heat and cold; and prominence should be given to this inculcation of the hygiene of dress.

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White should be the color of all underclothing worn close to the skin, and the color of our outer garments should be light rather than dark, in winter as well as in summer. All dyeing is, therefore, not only a mere fancy, but the various hues impair, more or less, the property of fabrics in the essential function of protection from heat or cold.

The various dyes may do more harm than that. It is certain that they alter the condition of the fiber to an extent quite appreciable to persons of delicate touch, if not to everybody. Impressed with this fact some years ago, the writer was enabled to convey the idea of color to a blind person, by fixing the attention of the latter on the "feel" of each piece of stuff; and after a little practice the leading colors were invariably distinguished by the touch.

This alteration of the fiber may not only weaken but even destroy a fabric. Dyeing conceals dirt, and sometimes makes an inferior fabric seem a superior one—especially in the case of black, which is a notorious hypocrite among the colors.

Nor is that all. Dyeing may render a garment what the robe of Nessus was to Hercules—poisonous. "Cases are recorded," says Mr. Wanklyn, "of damage being inflicted on the human skin—nay, of actual poisoning—through the wearing of clothing dyed with certain dyes." The arsenical green is by no means the only dye that may be deadly to the wearer. Many of the colors "come off" in the wear, as shown by the under-linen in contact with the garment; now, in contact with the skin the coloring substance may be absorbed, and the consequence may be some mysterious malady which puzzles the medical attendant, and, as is sometimes the case when the causes of disease are continuous under treatment, baffling the most appropriate remedy.

Let white be, therefore, the color of all under garments, to whatever extent we may permit fancy to revel in the hues of our outer habiliments.

Thanks, however, to the contrivance of modern textile manufacture, dyeing may be dispensed with, whilst a great variety of natural colors can be presented to the fancy. The result is not only a necessarily "wholesome" fabric, but one which must be much more durable than the ordinary dyed material.

Unfortunately, the natural black wool is not in sufficient supply to dispense with the dyer; but the darkest browns might well take the place generally of black, which is so very objectionable in the esthetic point of view—for black garments make short people look shorter, and detract from the imposing dimensions of "the big ones." If, however, the smoky and muddy season, as well as fancy, necessitates the adoption of the dark colors in winter, the fabrics should be rough and spicular—for this condition of clothing materials repels cold, whatever may be the color of the garment. Similarly, the dark colors may be rendered "cooler" in summer by making the texture smooth and glossy.

In our climate the first requisite in any material for clothing must be that it will enable the skin to withstand the sudden changes of temperature to which it is liable, and which constitutes our climatic danger. As Dr. Halton observes, there are 2,500 filaments of nerves on every square inch of the skin, and it is of the first importance that they should be prevented from receiving the injury caused by a sudden change of temperature.

Our first care should be, therefore, devoted to the material which should lie next the skin night and day. In our previous article we demonstrated the objections both to linen and cotton, especially the former, as a good conductor of heat, and consequently conveying away the heat generated in the body with great rapidity—besides retaining the perspiration caused by exercise, and feeling wet and uncomfortable—the frequent preliminary to catching a cold.

A flannel vest should be worn next the skin all the year round, and in winter a pair of flannel drawers coming up high round the waist should be added. Attacks of diarrhea, dysentery, or even

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cholera may be prevented by this protection.

In deference to the peculiar irritability of the skin in certain subjects, it has been suggested that fine linen or cotton may be worn under the flannel; but it must be obvious from all we have demonstrated respecting these tissues, that they cannot lie next the skin without disadvantage. If vigorous friction be applied to the skin night and morning, by means of the hair-glove, hair-brush, or by the hand all over the body, such irritability will be abated.

It is almost the universal habit to leave off flannel in the summer; but we must pronounce the practice to be most injudicious. A thinner flannel vest may be used in summer, but it is precisely at this season in this country that the most sudden changes of temperature occur. Frequently after a very hot day in June, the evening temperature becomes suddenly lowered; and a hot week is often succeeded by a week in which the weather is very considerably cooler, even in July.

This mode of protecting the skin is suitable to all ages and both sexes, and its general adoption would undoubtedly produce a striking improvement in the public health. There would be lessened mortality from those diseases usually produced or aggravated by chill; and the nervous system being saved from many shocks of cold, to which it is so liable; the state of health of the individual would range at a much higher level, and he would thus be less liable to catch fever or other infectious diseases.

The Registrar-General attests the fact that, since the more general use of flannel among the poorer clases, there has been a great diminution in the mortality from chest-disease—especially among children; but, indeed, from all that we have said, such a result was a necessary consequence to be expected.

It is to young children especially that these cautions are applicable. The delusion, once so popular, that scant clothing of children, reaching in extreme cases almost semi-nudity, caused them to become "hardy," is at last disappearing from amongst the educated classes, and the truth is now recognized that it was only the exceptionally strong children who survived the treatment, while the weaker ones died off or fell into chronic ill-health. Among the less educated classes many grave errors still exist, and will probably continue to exist, until the laws and precepts of sanitary science become more generally diffused and obeyed. To keep the legs, and arms, and a great portion of the breast and neck exposed. is a terrible ordeal for young children to pass through as a sacrifice to the Moloch of fashion.

The tailor's part of our subject is, of course, all-important in the eye of fashion. A good fit is essential; but we must never lose sight of the requirement that all garments should "give ample room and verge enough" to the walking and working limbs. In view of the function of the skin, the play of the vital organs and the muscles, you might almost as well plaster the body all over as ensconce it in tight-fitting habiliments. Certainly there is now a tendency in both sexes to adopt the "full and flowing" in their attire—as evinced in the home-spun dresses of women and the Ulster of the men—a veritable warm house to the wearer. In the latter there is, perhaps, a tendency to exaggeration—but no tegumentary contrivance ever equaled it in supplying all the requirements of hygiene, or was so capable of being co-ordinated to all the principles of esthetics ministering to dignity, elegance and grace. In a future article we shall describe some few of the recent improvements in outer garments, now more than ever objects of interest in the severity of the present season.

Examples of the effects of insufficient clothing are every day seen in our hospitals, where many poor people are constantly admitted suffering from various chest diseases caused by cold and wet. Many others fall victims to rheumatism from a similar cause; and this arises, not so much from want as from ignorance as to the evils of wet clothes or wet feet, and consequent neglect in changing their garments.

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Nor does the evil end here. "The neglect of a physical precept produces a moral evil; for there are many women in England who, having clothed themselves in tawdry finery, and spent their money in ribbons and false lace—which would have amply sufficed for comfortable flannel—when they get wet and cold, resort to the dram shop to supply by artificial means the warmth their wretched clothing is unable to afford. Thus disease, pauperism and death are often the result of an ignorance of the sanitary precepts we have propounded. But can we say that it is the women of the humbler classes only that err in this respect. Unfortunately we cannot. Women of the highest rank now go to balls and assemblies dressed in a way which renders it difficult for them to escape some one or other of the multifarious diseases which attack the chest and the air-passages. The entire skin of the neck and upper back, with a good deal of the chest, is exposed to any chance current of air that may find its way into the heated room."

All this is a needless and foolish sacrifice of health and life. Appropriate and sufficient clothing will enable them to maintain an even temperature under all circumstances; and if this be thus secured, the free circulation of the blood, a clear healthy skin, the bright animated countenance of health (and consequent good temper), will be the characteristics of the mothers and daughters of our land.—*Sanitary Record.*

PREVENTION OF INSANITY.

BY NATHAN ALLEN, M. D.

THERE is still another topic, which, from an economical point of view, is more important than those we have touched on, and at the same time is fraught with the highest interest to the public—the *prevention* of insanity. In reviewing the medical history of lunacy, and considering the immense labor and vast expense involved in its treatment, one is surprised that the prevention of the disease has received so little attention from medical men. In all the works treating of the subject, and in the multitude of reports of hospitals and asylums published from year to year, this question of prevention seems in a great measure to have been overlooked. From a cursory examination of more thau fifty reports of our own three State hospitals, it would seem that the only distinct notice of possible prevention is in the Tenth Report of the Taunton Hospital. This passage is so much to the point, that we may here quote it. Said the Superintendent (Dr. Choate), in a closing paragraph:

"The more we see of mental disease in its various forms, the more we are convinced that the study of its *prevention* is infinitely more important than even the study of its cure, and that the dissemination of more correct views of the true way of living, and a more rigid observance of the laws of health and nature, would greatly diminish its frequency."

Since this remark was made in a public report, nearly a million of dollars has been expended in the cure and treatment of the disease, under the direction of the trustees and superintendent of this same hospital, but not one dollar directly for the dissemination of knowledge for its prevention. In the reports of the commissioners in lunacy for Great Britain, there is also very little said on the subject; but in those for Scotland it has received more attention. In the last Scotch report (1874), we find a paragraph furnishing such clear and decided testimony that we quote from it three or four sentences:

"It is impossible to come to any other opinion than that insanity is, to a large extent, a preventable malady; and it appears to us that it is in the direction of preventing its occurrence, and not through the creation of institutions for its treatment, that any sensible diminution can be effected in its amount.

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Lunacy is always attended with some bodily defect or disorder, of which it may be regarded as one of the expressions or symptoms. We must, therefore, attempt to prevent its occurrence in the same way as we attempt to prevent the occurrence of what are called ordinary bodily diseases; and if it be admitted that, to a large extent, preventable diseases exist among us in consequence of the ignorance of the people, it is clear that we can only convert the preventable into the prevented by the removal of that ignorance through a sounder education. To this, and not to any machinery, however good it may be, for the treatment and cure of the insanity which has actually arisen, can we reasonably look for a diminution in its amount."

We have here three important points stated: 1st. Insanity is, to some extent, like other diseases, a preventable malady: 2d. That were proper means used for its prevention, they would prove successful; and 3d. That it is in this way, and this only, that the extent or amount of insanity can be materially diminished. There has not been the same progress in the medical profession, nor the same advancement of knowledge among the people, in reference to insanity, as there has been in regard to other diseases. In the general practice of medicine the question is constantly raised how to *prevent*, as well as how to *cure*, disease; and, in consequence of the great advancement in our knowledge of hygienic and sanitary laws, many diseases are now prevented. In fact it is admitted that fully one-third of all the prevalent diseases and premature deaths could thus be prevented. To secure this very desirable result in regard to insanity, the community must be made better acquainted with its causes, and must be taught that these causes are subject, in a great measure, to the gradual and effective, if not to the direct, control of human agency. Some express provision should be made by those familiar with the subject—and, if necessary, by legislation—whereby this knowledge can be more generally diffused, and its practical application encouraged. Were only one dollar in ever thousand that goes to build great hospitals judiciously expended to instruct our people in the manner suggested, what excellent results would follow!

One fact, we think, may be considered as pretty well established, viz., that lunatic hospitals, however numerous or well managed, never have, and apparently never will, put much check to insanity, though they may do something to prevent its rapid growth. This experiment has been already sufficiently tried. The cures do not keep pace with the development of recent cases; and so far as any present provision is made for the cure or the treatment of insanity, the number of the chronic insane increases in spite of it, and probably must increase more and more. Both economy and humanity demand that, if possible, some policy should be adopted by which there can be, as there should be, some wiser and more efficient provision than now exists for the cure of the recent and the cure of the chronic insane. To any one who should examine the matter, it would soon be very evident that our State, in carrying on its share in the great work of relieving the insane, has not been governed by any settled policy or general principles. Most of the important changes that have been made from time to time, have been the work of different individuals, different committees and boards, approaching the subject from different points of view. There has been no definite plan or system pursued in making these changes in order that they might all harmonize, one with another, and be adapted to produce the best possible results. When it is considered, however, that the work itself was somewhat experimental, and the means of carrying it on were but imperfectly understood, some mistakes might be expected. But now that the means of preserving health, and preventing mental as well as bodily disease by hygienic and sanitary agencies, are becoming every year better understood, the best appliances, the highest knowledge and skill attainable, should by all means be here brought into requisition.

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THREE HOURS SCHOOL A DAY.

THE following report is by Philip P. Carpenter, Ph. D., of Montreal, a scientific man, occupied now and for many years in teaching, familiar with sanitary matters, and a close and independent observer. The thing of which the public needs to be convinced is not that industrial education is *desirable*, but that it is practicable to give it, together with as valuable book education as we are now giving. And on this question Dr. Carpenter's testimony is most direct and valuable.

"I lived 23 years in the heart of the Lancashire factory population, at different places, and all the time paid the closest attention to education, and especially to the half-time system, which approved itself to me at first as being *natural*. Latterly, this system has been so developed in Britain that special inspectors of half-time schools are appointed, and their yearly reports, easily accessible, are, I think, nearly unanimous in its favor. It may be considered as *proved* by *long experience* that (other things being *equal*) an average child of 14, from a half-time school, knows as much 'in education' as one from a whole-time school. Many inspectors say *more*. Besides the education, so called, the half-timer has learned the *work*-education, in some respects even *more* valuable to the individual and to society than the book-work. A Yorkshire half-time scholar is now the respected chaplain of Sing Sing Prison. Any number of similar cases can be found. Before the inspectors had collected their experience I had formed my own, from two sources.

"(1.) In 1848, all the mills in the town being shut, my sister and I opened industrial schools for the young unemployed, in which the scholars (from 12 to 20) were in the workshops three hours, and in the school three hours daily. When the mills re-opened I was amazed to find how much the classes had learned from this short schooling, although several knew absolutely nothing on beginning.

"(2.) I kept on some of those scholars permanently, as printers, receiving from them 10 hours' work daily, and giving them one hour's schooling after dinner. I was able in this short time to give them not only common, but advanced, instruction; and some of them now hold distinguished positions both in England and the United States. It was my cherished desire in removing to the New World, to give to the richer classes the advantage of half-time schools, which the English poor possessed; but thus far I have not been able to start such a school, in consequence of the almost total ignorance which here prevails on the subject. I am deliberately of opinion (after having been an active teacher of boys, both rich and poor, for nearly 40 years), that if the half-time system prevailed, the following advantages might be expected to follow:

"1. The industrial part *uses* pleasantly, healthfully and profitably, the *animal energy* of the growing boy. It *lessens* the temptations to sexual excitement, to which well-fed, sedentary, nerve-excited boys are unnaturally liable. It *forms habits* of obedience, quickness, care, *industry* and *utility*, in a manner much more agreeable to boy-nature than the discipline and punishments of school; those habits being of the utmost importance in future life, in all occupations. It *breaks down* the old slaveholders' doctrine, that bodily labor is degrading; that common people must work with their hands, but that gentlemen's sons need not. It has a tendency to produce a race of men who know how to turn their hands to any kind of useful work, and to guide said hands by good heads. It gives the same recreation as *play* does, with useful results and Christian economy.

"2. *The school part* presents boys with heads not overworked, and bodies naturally developed. The study is a pleasing diversion from the workshop. The teacher, instead of losing a large part of his time in more or less unsatisfactory attempts to get his class in

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working order, finds boys already brought to order by the discipline of the shop. Each department helps the other, and is yet a relaxation to the other. Probably a half-timer will learn as much in a fifteen minutes' lesson as a common scholar would in thirty minutes.

"There is a general feeling now that emulation and book-work have been over-stimulated, and a movement for shorter hours of school. But with what results? The boys *play* more; probably are more *healthy;* but are not better scholars, because the play-ground does *not* teach useful work, orderly obedience, etc., as the workshop does. It has been found in many of the largest and best conducted schools, that Mondays are hard days to the teacher, because of the two days without discipline (Saturday being generally a holiday). Also, now, there is a complete break between school and work, to the detriment of each. A boy gets tired of school; goes to work (long hours) perhaps at 14; does no book-work; and at 18 has lost most of school *knowledge*, and school desire for learning. Whereas, in the half-time system, both work and learning would begin early, go on together, and might be continued indefinitely through college or technology training.

"The feeling of boys, that they are 'above work,' is a diabolical principle, which culminated in the Southern slave-holding, but poisons the whole of society in proportion as it exists. If I must have either *exclusively*, I would say the education of the *shop* makes a better *man* and *citizen* than the education of the school; but of course neither *ought* to be had exclusively.

"When I first traveled in New England, I got among the English emigrant factory people. They all lamented the non-enforcement of the English factory laws, especially for 10 hours and half-time schools. I found, even in Providence, that scores, perhaps hundreds, of children were growing up *without any education*, in spite of free schools, etc. The greedy parents were allowed to send them at almost any age; they worked as long as the men; breakfasted before six; worked six whole hours; only 30 minutes for dinner, and then six hours more; ate supper, and were unfit for anything but bed. This, in the boasted New England; while in old England, not only no child under 14 can *work more* than five hours in any shop, or other associated labor, but *must* be at school for three hours. Really, the Yankees, who beat the English in so many things, ought not to be so far behind them in the employment of women and children, and in the teaching of the poor. But, as I have said, the rich really need the half-time discipline, though as yet they do not see it. Whoever can get the half-time system thoroughly worked in America, at least *as well* as in England (it should be *better*), will be one of the very greatest public benefactors. Would that even my poor opinion could be carefully studied."

ANECDOTES OF THE EARL OF PEMBROKE.

THE Earl of Pembroke kept a number of swine at his seat in Wiltshire, and crossing the yard one day, he was surprised to see the pigs gathered round one trough, and making a great noise. Curiosity prompted him to see what was the cause, and on looking into the trough he perceived a large silver spoon. Just at this crisis a servant maid came out, and began to curse the pigs for crying so. "Well they may," said his lordship, "when they have got but one spoon among them." This nobleman, who had many good qualities, but always persisted inflexibly in his own opinion, which, as well as his conduct, was often very singular, thought of an expedient to prevent the exhortations and importunities of those about him. This was to feign himself

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deaf; and under pretence of hearing very imperfectly he would always form his answer, not by what was really said to him, but by what he desired to have said. Among other servants was one who had lived with him from a child, and served him with great fidelity and affection, till at length he became his coachman. This man by degrees got a habit of drinking, for which his lady often desired that he might be dismissed. My lord always answered:

"Yes, indeed, John is an excellent servant."

"I say," replied the lady, "that he is continually drunk, and I desire that he may be turned off."

"Aye," said his lordship, "he has lived with me from a child, and, as you say, a trifle of wages should not part us."

John, however, one evening, as he was driving from Kensington, overturned his lady in Hyde Park; she was not much hurt, but when she came home began to rattle the earl.

"Here," said she, "is that beast, John, so drunk that he can scarcely stand; he has overturned the coach, and if he is not discharged may break our necks."

"Aye," says my lord, "is poor John sick? alas, I am sorry for him."

"I am complaining," says my lady, "that he is drunk, and has overturned me."

"Aye!" answered his lordship, "to be sure he has behaved very well, and shall have proper advice."

My lady, finding it hopeless to remonstrate, went away in a pet; and my lord having ordered John into his presence, addressed him very coolly, in these words:

"John, you know I have a regard for you, and as long as you behave well you shall be taken care of in my family; my lady tells me you are taken ill, and, indeed, I can see that you can hardly stand; go to bed, and I will take care that you have proper advice."

John, being thus dismissed, was taken to bed, where, by his lordship's order, a large blister was put upon his head, another between his shoulders, and sixteen ounces of blood taken from his arm. John found himself the next morning in a woeful plight, and was soon acquainted with the whole process, and the reason upon which it was commenced. He had no remedy, however, but to submit; for he would rather have incurred as many more blisters than lose his place. My lord sent very formally twice a day to know how he was, and frequently congratulated my lady upon John's recovery, whom he directed to be fed only with water-gruel, and to have no company but an old nurse. In about a week, John having constantly sent word that he was well, my lord thought fit to understand the messenger, and said, "he was extremely glad to hear that the fever had left him, and desired to see him." When John came in,

"Well, John," says he, "I hope this bout is over."

"Ah, my lord," says John, "I humbly ask your lordship's pardon, and I promise never to commit the same fault again."

"Aye, aye," says my lord, "you are right, nobody can prevent sickness, and if you should be sick again, John, I shall see it, though, perhaps you should not complain; and I promise that you shall always have the same advice, and the same attendance that you have had now."

"God bless your lordship," says John, "I hope there will be no need."

"So do I, too," says his lordship, "but as long as you do your duty to me, never fear, I shall do mine to you."

SCHOOL LIFE. — Early school life should do much to guard against the rudeness and coarseness which turn domestic life into bitterness, and prepare the way for outbreaks of violence. A constant stream of refining influence should flow through the minds of the pupils. Everything favorable in the reading book, in history, or in the incidents of the school-room should be utilized for this end. By all means at our command let us seek to refine and elevate. Our aim must be to give a softening tinge to the character, like the mellow bloom on the dark rich clusters of the vine.

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SELF-RESPECT AND HEALTH.*

SELF-RESPECT AND HEALTH.

FIRST, health. There is that in sickness, even when we are not consciously responsible for it in any way, that is a fruitful source of self-contempt. It makes us loathe ourselves; it relaxes our moral fiber, and we permit ourselves to engage in actions which in a higher state of health we should repudiate and scorn. "They must be very miserable to be so wicked," Mrs. Browning says of the poor people in the London alleys, and hints at things more vast than she declares. For sickness, with all its accompaniments of dirt and misery and squalor, acts with a fearful power of depression on the poor of our great cities. I have always coveted the saying attributed to the Koran. "Cleanliness is half of godliness," wishing it were in our own Bible, and making the most of that approach to it. "Who shall dwell in thy tabernacle, and who shall ascend into thy holy hill? He that hath *clean hands* and a pure heart." Cleanliness is half of godliness, because it is such a fruitful source of self-respect. Dr. Samuel Johnson did well to make his calls upon his "clean-shirt days," for he must have been less bearish on those days than on the others. I had a friend who said he could not trust himself to treat other people handsomely unless his linen was immaculate. One secret of Greek and Roman self-respect was no doubt their complete system of bathing. Some of the mediæval monks who had hydrophobia without ever having been bitten, save by the mad dog of superstition, boasted that they had not washed their faces for many years. Do you wonder they thought meanly of themselves? If Calvin could have had a Turkish bath occasionally, he might have thought differently on the subject of total depravity. Swedenborg, on one occasion, we are told, used 24 towels for a single bath, and perhaps it was just after this bath that he made this singular but self-respecting entry in his diary: "Looked at the soles of my feet and found that they were white; by which I knew that my sins had been forgiven."

Health is a prime source of self-respect, and, therefore, anything that is allied to health, that begets it, that assists it, ought to be cultivated and pursued, Hence air and sunlight, and good ventilation and good food, simple and plentiful, and exercise, and work and play in due proportion, are things that have a spiritual significance. When we are laying the foundations of health we are laying the foundations of character. When we invite ill-health, we invite ill-manners and ill-will. "Every man is a rascal," Dr. Johnson said, "as soon as he is sick."

In addition to these virtues of the body, self-respect demands some virtue of the mind. The vanity of learning is proverbial; but learning is not necessarily vain. The corrective of vanity is to compare our small attainment with the vast outlying country that we have not penetrated. But no man can respect himself who does not at least make some vigorous effort to grasp the threads of truth and fact, and understand in some degree the universe which he inhabits. Further, if there is going to be self-respect, the ethics of the intellect must be respected. The desire must be to know, and not to seem to know. There must be openness of mind. The reliance must be upon reason, not on the authority of numbers or tradition. The opinion of to-day must be held subject to the new light of to-morrow. Another condition is, that we shall respect the integrity of other minds, and not elevate ourselves into a universal standard.

But if I were asked, What is the one thing which more than any other is the basis of a true self-respect? my answer would be, Work.

"The self-contempt which poisons good desire," has no more prolific source than idleness. I do not see how any idle person can respect himself. An idle per-

* Extract from a sermon by J. W. Chadwick.

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son may be proud, he may be vain, he may be arrogant, but self-respectful never. And as self-respect is the parent of all manly enterprise, so is idleness the parent of all vice. "An idle brain is the devil's workshop." Why? Because self-respect cannot abide in such quarters. You must all have noticed the new light that comes into a a young man's face, the new grace that marks his general bearing, when the doubtful period between school-days and active life is well bridged over, and he is fairly entered on his new career. You must all have noticed, in that doubtful period, what a strain there is upon the young man's self-respect; in what fearful jeopardy it is sometimes; and even in after life, if, ere the time has come when a man feels that he can retire from business with a good conscience, he is thrown out of business, how easy it is for him to lose tone, to get "down to heel," to feel himself generally out of place and out of tune! Work a curse! It is the greatest of all blessings. The necessity which enforces it is the most benificent of all necessities. It cannot be so hard, so ill-paid, so unremitting as not to be better than idleness. One has only to look into the face of any habitual idler to see that. What vacancy is there, what *ennui*, what self-contempt and loathing. There are few exact synonyms in the English language, but the exact synonym of an idler is—*a sneak*.

Not work merely, but faithful and efficient work, is the ground of self-respect. We can go in a treadmill if the mill makes something go; if it helps on the world's work and benefit. The horse in the treadmill looks so downcast and shame-faced, I imagine, because he does not know that the mill is turning anything. If he realized that he was sawing wood, or making sweet cider, or kneading bread, his case might seem a little less unfortunate. It is because his work seems inefficient that it is so hateful in his eyes. Work is too sacred to be thrown away. I always liked the spirit of the man who told Girard that he would rather starve than earn his bread by piling up the same wood again and again, when there was no good in doing so. Our work may not be efficient, it may have to be done over again by other hands; but we must have faith in its efficiency, we must at least believe that our failure will hasten the ultimate success, or self-respect will utterly refuse to wait on our endeavors. But faithfulness is more than efficiency. The work done may be great or little, but if it is *our best* it need never make us ashamed. Merchant Billy Gray's retort on those who thought to shame him by reminding him that he was once a drummer, is of useful application: "Didn't I drum well?" If he had only tried to drum well his self-respect would still have been assured, though not so perfectly.

Growth in our work, whatever it may be, is another ground of self-respect; stagnation is its enemy. "I count not myself to have apprehended," was Paul's watchword. It should be every man's who would encounter without shame the eye of his own conscience. Jesus knew this, and provided for it when he set an unattainable ideal before his followers: Be ye therefore perfect, even as your father in heaven is perfect. "How long were you writing that sermon?" a young man asked Lyman Beecher. "Twenty years," was the reply. So every higher task ought to embody the experience of our life up to the hour; and if it does not, if we feel that we might have done the same thing years ago, then we are self-condemned and put to shame at the bar of our own consciences.

Work is the ground of self-respect, not only because it puts us on good terms with universal nature, permitting us to feel that we are not robbing or cheating her, but are engaged in fair and lawful barter, but also because it gives the feeling of personal independence. But beside work there must be good economy. It is necessary to self-respect that one shall at least feel that he could paddle his own canoe, if at any time his painter should be cut by those who now have him in tow. It is almost fatal to our self-respect to feel that we are dependent for our daily bread on friendly benefactions. The

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bread of charity, however kindly given, has something bitter in it, till we feel that we can get along without it. But independence sweetens every gift. I do not know who is responsible for the idea that husbands support their wives. I do know that this idea is inimical to self-respect in women, and that it is very helpful to this virtue for them to feel, as they have a right to feel, that they keep up their end of the pole; that their household cares, their management of the children, and so on, is worth at least as much as what the husband earns in his business, however lucrative it may be. But it is a poor education for the self-respect of young women to make them feel that a successful marriage is the only thing which is really a success; and one of the best signs of the time is the growing conviction that women are naturally as independent of marriage as men. Only "give them of the fruit of their hands, and let their works praise them in the gates;" only let pride and vanity be no longer mistaken for self-respect, and this crown will settle down on many a forehead that now aches with *ennui* and reddens with unnecessary shame.

THE POET.

BY MATTHIAS BARR.

A POET sat in his chamber,
Big with an unwrought plan,
That should strike at the root of evil
And gladden the heart of man;

That should gather like sheaves in autumn
The nations under the sun;
And clasp in a bond forever,
And make of the people one.

And he sought in the mystic legends,
The volumes of ancient lore,
For the wisdom and thoughts of others,
The wise that had gone before.

And he found that in all the ages
Had risen some master thought—
Had risen some grand conception,
Love-laden and blessing-fraught.

But he saw, and his soul wax'd bitter,
The ills that the wise had borne;
And the labor that brought for payment
A measure of earthly scorn.

And the heart of the poet grew heavy—
Alas, for the mighty scheme!
It set with the sun at even,
And pass'd like a fitful dream.

And all that was left of the glory
To grapple with vice and wrong—
To strike at the root of evil,
Was nought but an idle song.

And the song it was hailed with laughter,
And death took the poet away;
But the soul of the hoary singer
Lives on in that deathless lay.

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It flows like a mighty river.
  It wrestles with death and time;
It stands on the world's broad highway,
  And cries with a voice sublime.

And men are the wiser and better
  That hearken unto that song;
For love is the sum of its measure;
  Love, the avenger of wrong.

And when men shall be filled with its yearnings,
  And gathered together as one,
The work of the song shall be ended—
  The dream of the poet begun.

HYGIENE FOR BRAIN AND NERVES.

BY THE EDITOR.

THE SYMPATHETIC NERVOUS SYSTEM.

THERE are two nervous systems in each individual. They are entirely distinct from each other, and yet united by filaments, so that there is an action and reaction from one to the other. The one is the nervous system which we have described in previous articles, having its center in the brain and spinal cord, and its ramifications from these to every part of the body. This system is the seat of thought, emotion, will, and sensation. But there is another nervous system entirely different from this. We call it the *sympathetic;* but this name is a misnomer, for the sympathetic nervous system presides over the functions of nutrition, secretion and vegetative life.

This nervous system, too, has its nervous center in what might be called the abdominal brain, or rather pair of brains, consisting of large semi-lunar ganglia, one lying on each side of the spinal column in the upper part of the abdomen. A double chain extends upward on each side of the spinal column the whole length of the trunk, and extends into the brain. This double chain consists of a cord which swells into ganglia every few inches. From these ganglia are given off nerves which are distributed to all the great internal organs of the body, the heart, lungs, stomach, liver, kidneys, intestines, and especially to the muscular coats of the arteries. It is a striking peculiarity of the sympathetic nervous system that its nerves follow very closely the bloodvessels; starting from the heart they envelop the arteries in a network of fine interlacing nerves, which follow them everywhere throughout the body. The semi-lunar ganglia are often called the solar plexus, for the nerves radiate from them in every direction, as the rays of the sun. These radiating nerves control the action of the abdominal organs.

The action of the sympathetic nervous system is not yet thoroughly understood, but, unlike the other nervous system, it is entirely outside of our control. It acts in its own peculiar way, not hampered by the will, or interfered with by any caprice of the individual. It cannot think. It can scarcely feel, though experiments show there is slight sensation in it. It knows nothing that is going on in the world; it probably knows nothing of what is going on in the body, and yet it has control of the most important functions of vegetative life. It hastens, retards, increases or diminishes the supply of blood to any organ or part; thus providing for secretion, excretion and the maintenance of heat.

The action of the sympathetic nervous system is slow. It takes time for it to respond to any nervous stimulus. In this respect it differs from the other

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system, which responds at once to any excitement. Once excited, however, its action is uniform and regular. The peristaltic action of the bowels, for instance, is under the control of the sympathetic system, and the movement is slow and continuous. This slow action is seen in another way. When exposed to cold and wet the brain, or cerebro-spinal system, recognizes the cold at once; but the pleurisy which results perhaps from this exposure, is regulated by the other nervous system; and this does not come on at once, but slowly, and it may be hours or days before we are sick. So, too, the recuperation from sickness, which is largely under the management of this system, does not occur in a moment, but requires days, weeks, months, perhaps years. For this reason when we are warned by uneasy sensations that there is danger in exposure, we should at once avoid it, otherwise ill-health for life may result.

The sympathetic nervous system, like the other, is differently developed in different persons. In the thin, poorly nourished person it is generally poorly developed. In the person of sanguine temperament, ruddy face, and round, plump and healthy body, it is well developed, and keeps the body well nourished by sending plenty of food to the tissues, even if the brain suffers for it. When this system is healthy one recovers from sickness rapidly — recovers from fatigue in a few hours. We all know how different it is with different people in this respect.

There should be a harmony of development between the two systems. Then they help each other, and make a round, complete character; but this is not always the case, for where the cerebro-spinal predominates it is apt to rob the sympathetic of nourishment, so that sleep is not perfect and nutrition not complete. From such a state of things in the end results nervous exhaustion, depression of spirits and melancholy.

On the other hand, when the sympathetic system predominates, it results in too much nutrition and not enough mental and muscular action. All should strive to maintain a harmony of development between these nerves, and never tax both powerfully at the same time—as would be done for instance in using the brain vigorously just after eating a hearty meal. In such a case, the sympathetic system would be robbed of blood and digestion rendered imperfect.

TEMPERANCE AND EDUCATION.

BY MARK HOPKINS, D. D.

I AM desired to open this conversation by some remarks on "the relation of the social drinking customs to the educational interests of the nation."

This, I suppose, I am asked to do from my long connection with education. It is just 50 years this autumn since I first went to Williams College as an instructor, and, with the exception of three years, I have been there since—36 years as president. For several years I was the oldest president in office in the country. I may be supposed, therefore, to know something about education; but about the drinking customs of society I know very little; and to treat a double subject of this sort well, it would seem necessary to know both parts of it. But I have no statistics; I have collected no facts. The evils of intemperance I have known, but how far they have originated in social drinking customs I have not known.

I remember well the first movement in Williamstown and in the college on the subject of temperance. It was, I think, as early as 1832 or 1833. There were two hotels in the place, both selling liquor as a matter of course, and three or four stores that retailed several hogsheads each annually. No one

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seemed to suppose the traffic wrong. But one Sabbath Dr. Hewitt, then of Bridgeport, preached two tremendous sermons on the subject; and now note the effect of a trained conscience when it is enlightened. The next day both hotels and every store in town stopped selling. I have never known such an effect produced by any discourse, or any two discourses, before or since. The effect of those discourses is felt in the town to this day. A public sentiment was created that has never died out. For a long time the traffic was wholly suppressed, and has never been resumed in the stores since.

Dr. Griffin, then president of the college, a grand man, six feet four inches high and well proportioned, fond of a good dinner, and accustomed to have wine with it, gave up his wine at once. A society was formed in the college, and what could be done by moral suasion was done. After that, attention was drawn to the evils of drinking in the college as it had not been before; and since that time it has not ceased to be watched and guarded against. At one time the trustees passed a law requiring every student entering college to pledge himself not to use intoxicating drink during term-time and on college ground. This law was in force for a number of years, but it was found that the consciences of students—many of them, at least—were very elastic in regard to a pledge which they regarded as enforced; and the attempt to isolate the college by placing it under a different social law from that of the general community was abandoned.

The fact that the college could not be thus isolated shows two things. It shows the community of interest that runs through all parts of the social fabric, as through an organized body. This community of interest must always exist in some degree, but it becomes fuller and more vital as intelligence and the power of the press and facilities of intercourse are increased. The fact that we cannot thus isolate a college shows also that we cannot treat this subject of drinking customs and their effects in a satisfactory way, if we regard as education simply that which is technically so called.

By education we commonly mean that process for which special provision is made in teachers, and buildings, and books, and apparatus, and which has for its object to fit young persons for their positions in life. But there is a broader view. Taking the term in its wider sense, it will include everything that has exerted a formative influence, and has caused a young person to be, at a given point, what he is.

If we place before us a young man, say of 21, whose education is said to be completed, and technically is so, we ask, the community ask, respecting him, two questions. One is, What is he? and the other is, What can he do? What is he in his character, his principles, his disposition, his habits, his tendencies? What can he do? Can he plead a cause, or keep books, or build a bridge, or a railroad, or run one? These questions we ask, and according to our answer to them we estimate the prospects of the young man.

If now we ask how he came to be what he is, and to be able to do what he can do, we shall need to consider four things. One is the constitution and tendencies he inherited from his parents; the second is the family and social influences by which he was surrounded; the third is formal teaching in schools and colleges, commonly called education, and the fourth is that inscrutable will-power that belongs to every rational and accountable being, through which he is able to modify or control results, whatever the original constitution, or social influences, or positive instruction may have been.

Of the great influence of the first of these—inherited constitution and tendencies—there can be no doubt. God seems to have arranged the constitution of the race in a way to bring the most powerful influences possible to bear on those who were to perpetuate it, to do what they could to improve it, or at least not to deteriorate it. It may seem hard that the iniquities of the parents should be visited on the children; but in no other way could the laws of temperance be so powerfully

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enforced. Let parents see, as they must, that not only constitutions generally puny and feeble are inherited, but also a tendency to insanity, a tendency to drunkenness, and the whole power of parental affection, as well as of self-interest, will work to dissuade them from any form of vicious indulgence. It is not, you will observe, the consumption, or the insanity, or the drunkenness that is inherited, but the *tendency* to these. That tendency may or may not be overcome. There the will-power may come in; but the child enters upon life under conditions far less favorable than it would otherwise. If intemperate parents could blast only their own lives, and have it stop there, it would be comparatively little; but to send needless weakness and exposure, and degradation down to successive generations is fearful. To do this for the sake of any temporary pleasure is like the wickedness lately discovered of putting an infernal machine on board a steamer that would blow it up in mid-ocean for the sake of the insurance.

Looking, then, at our supposed young man, we cannot doubt the great influence upon him, both in what he is and what he can do, of his inherited constitution and tendencies. But as these were originally given, and could not be affected by us, they need not be considered further.

We pass, then, to the family social influences under which he has been placed. These have surrounded him as an atmosphere, and, the constitution being given, are undoubtedly the most constant, pervasive, efficient, and molding of all external influences in causing him *to be* what he is. I hold on to the distinction between *being* and *doing;* and these, I say, are the influences most likely to have been efficient in causing him *to be* what he is. So God intended it should be. For the same reason that he has established the law of heredity, by which the parents become responsible for the constitution of the child as it is born into life, has he established what may be called a law of social heredity, by which the family becomes responsible for what he shall be at his second birth into society. By a natural law, which he will not abrogate, God visits the iniquities of the fathers upon the children. By a similar law, identical in principle, he visits the iniquities of families upon society; and through both these laws he is constantly uttering to men the broader law announced by our Savior: "Make the tree good, and the fruit will be good." Do men gather grapes of thorns or figs of thistles? The family is God's institution, and so he honors and guards it. He intended it should be the seed-plot of society. Let all the families in a community be what they should be, and the community will be what it should be. This is according to the natural course of things; and then we have the promise of God for it: "Train up a child"—a *child*, observe, not a lad of a dozen years or a miss in her teens, but a *child*—"in the way he should go, and when he is old he will not depart from it." Childhood, early childhood, is the formative, the flexible, the impressible period. If the mind of a child can go through with all the processes by which it learns a language before it is four years old, it must also be possible to implant in it guiding principles that shall go with it through life.

The training spoken of will imply more than teaching. It implies a settled definite purpose, and time given to its accomplishment. It implies example as well as precept. It will include the set, the drift, the animus, the general spirit of the family. Let the spirit of the family be one of industry, economy, kindness, cheerfulness, temperance, purity, liberality and godliness, and the promise of God will be made good, however unfavorable the circumstances may be by which they are surrounded. When three young men, more than three thousand years ago, were cast into a fiery furnace, they were not in favorable circumstances, but they came out with no smell of fire upon them. What more unfavorable circumstances than for a large family of boys, with no sister to exert any refining or restraining influences, to be brought up in a large city, surrounded

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by every form of temptation, knowing that their father had wealth, and that they were to have it; and yet I have known a family of seven boys brought up to manhood in that way, and they promise not fail in regard to one of them. The Bible does not say that if a child is not trained up in the way he should go he shall never get into it. There are formative influences outside the family and there are the will-power and the Spirit of God to help; but, as in the case of heredity, the tendencies will be in the wrong direction.

As I have said, one main thing in training is the set, the drift and general spirit of the family, and of the social elements around them. Let a young man rightly trained go to a literary institution *from such a family as I have indicated*, and he will be almost sure neither to be a promoter of disorder nor to fall into intemperate habits. In all my experience I have never known an instance, where I was sure the training had been right, in which a young man has thus fallen. If all young men going into our literary institutions were to be thus trained, the institutions could not fail of being what they should be. Suppose, on the other hand, that the majority of the young men go from families, reputable indeed, but worldly, fashionable, selfish, self-indulgent, accustomed to the use of wine and other forms of nervous stimulation, having, perhaps, associated the use of wine with gentility, and the exclusion of it and of drinking customs generally with fanaticism and narrowness; and it is as certain as any law of nature that there will be occasional disgraceful disorder among the young men, and that numbers will form habits of drinking that will carry them down to drunkards' graves. Instructors may preach, and exhort, and set up what barriers they please; the young men are fortified against anything they can do by *filial piety itself*, to say nothing of incipient appetite and the begun work of the deceiver. God never meant that families should sink down into disregard of him and disobedience of his laws, and then be able to set up a system of outside institutions that should make their children what they ought to be. Parents are willing to pay money—oh! yes; but the gift of God in the results of parental faithfulness cannot be purchased with money.

It is precisely at this point that the drinking customs of a country will bear upon its educational interests. They will insure, to a greater or less extent the use of intoxicating drinks in our literary institutions. Whatever may be said of such use elsewhere and in other connections, as connected with education the effect is evil.

In an address two years and more ago, I stated and illustrated the following points in regard to the young generally:

1. That neither alcoholic drinks nor narcotics of any kind are needed at that period of life, either for the upbuilding of the system or for enjoyment.

2. That during this period these substances are especially injurious and dangerous—injurious from their effect upon the physical system in its formative period; dangerous, first, from the deceptive character of these stimulants, especially for the inexperienced; and, secondly, because it is the period of the ready formation of habits, and of habits that are also artificial appetites. It is to the power of habit that the fearful dominion of these substances over men is generally ascribed. It is not wholly or even chiefly that. It is from that, in connection with a craving artificially produced, that is really of the nature of a disease, and which often so becomes a disease as to require medical treatment and special asylums.

3. It was observed that those who least need artificial stimulants are in the most danger from them. Nervous persons, gifted persons, those of poetical temperament and special promise, are more likely than others to become the victims of artificial stimulation.

So much for the young generally. In regard to those who devote themselves to study, some things were mentioned as peculiar.

1. The life is sedentary, and not in the open air. Hence less power to re-

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sist or counteract the influence of narcotics or artificial stimulants.

2. That in his proper work a student has no use for his muscles, but must so use his brain as to draw from them blood and nervous energy. Hence the need of avoiding everything that will impair the digestive functions or lower the tone of muscular power, as narcotics and artificial stimulants are known to do.

3. That life in our educational institutions is social in such a way that there is special danger through the social nature that drinking habits will be formed.

4. That the effect of these substances is wholly antagonistic to that control of the voluntary over the involuntary powers of the mind, which it is one great object of education to give.

If these propositions can be maintained—and I am sure that every one of them can—it must follow that the whole influence upon the educational interests of the country of intoxicating drinks, and so of the drinking customs of society, is evil.

In closing, I desire to say that I agree with Dr. Edmunds, of London, in saying, that whatever is physiologically right is morally right. That doctrine I have always held. I have also went so far as to say that if stimulation by alcohol, or tobacco, or opium, or arsenic would enable us to reach the highest state of balanced power, physical, intellectual, moral, spiritual, then we are not only at liberty to use these substances, but we are bound to do it. This I say. But I go further and say that whatever is physiologically wrong is morally wrong. We have no right to do ourselves harm. No man has a right to make his body an instrument of pleasure in such a way as to lower its tone or derange its functions, or in any way unfit it for those higher uses to which it may be put in the service of the rational spirit. Let men so use their bodies as best to serve the interests of their higher powers, and I am content.

SUNSHINE.

BY MRS. JULIA WOOD.

HOW beautiful, how cheering is the sunshine! Who has not felt its quickening power? It is a blessing dispensed to all, lighting up the mansion and the cottage. How gladly we welcome it to our homes as a purifying influence!

Magnetic is its effect on a winter's morning, when it blushes on the snowy hill-tops, creeps down the sides and into the valleys, scattering gems wherever it goes. As it streams through the windows, bringing out the exquisite lines of Jack Frost's magic pencil, and when it touches the floor with its winning smile no wonder that little children stoop to kiss it.

Flowers turn their bright faces toward it, for in its genial presence their most perfect forms and colors are unfolded. It falls on the woods in a shower of beauty, and stately old trees lift their heads in adoration. It attracts the grand and solemn sea, and cheerfully it gives up its treasures. Silently it beckons, and the rill goes laughing on its way.

The glory of sunshine and the loveliness of sunset as seen in those perfect days of June and October! How can we speak of these? Words are tame, expressionless.

You all realize that no human artist can produce those heavenly tints, that wondrous light and shade! Oh! we who live among the hills have access to many a fine picture hung in the free halls of Nature, if we only keep our souls alive to perceptions of beauty. Yes, supremely beautiful is sunshine in the country. But let us follow it to the city for a short time, or perhaps go before it, ready to catch the first flash and watch it till it reaches far out over that mag-

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nificent pile. How grand, how inspiring are these works of man heightened by the smile of the Great Architect!

As it penetrates the great throbbing heart of the metropolis, what strangely contrasted scenes does it look upon; church spires pointing heavenward, and drinking saloons leading down to lowest depths; marble palaces and dens of want, woe and shame; beauty and fashion, deformity and rags; the selfish and sin-polluted, and on many earnest and faithful ones whose lives are given to some noble purpose. It beams on fine ladies who throng Broadway, and forgets not the old apple woman at the corner. Fair children of fortune swarm on the sunny side of the street; and pale, pinched, red-eyed little ones, whose homes are down in dank and darkness, come out to catch a sympathizing glance.

Oh! generous and loving is the sunshine. But far exceeding this, in life and beauty, is the sunshine of the heart. As we open our houses to the friendly light of day, so should we open our hearts to sweet and holy influences. In the little world of home, how potent are kind words! how encouraging the smile of appreciation! how contagious the spirit of forbearance!

No doubt we all experience some "blue Mondays," some days when everything goes wrong; and not a few of us, it may be, have learned to regard as a heroine that woman who gets serenely through one week of family work and care. There are so many ways to turn, so many little things continually coming up, so much that needs doing that must go undone, so much tact required in dealing with the peculiar dispositions of children, that it is not strange if there is now and then a creaking in the household machinery. But it is astonishing to see how smoothly it runs again as soon as we oil it with cheerfulness and patient endeavor.

More to be desired than jewels and gold is the light of a contented mind. Not that contentment which begets idleness—neither indifference to enjoyments it may not possess—but that sunny disposition which makes the best of everything, and having a worthy object in view labors on to attain it.

Divinely beautiful is the sunshine of love; steadfast, it shines like a signal light leading away from the rocks and shoals. In happiest moments it seems like a gleam of heaven. It brightens lonely hours of separation; for though far away, the loved one is yet how near! Time cannot dim its luster, for the more it gives the richer it becomes, and sweet charity looks out of its windows.

The never failing light of Christian faith, that sheds on earth its holy radiance, that finds a balm for every piercing wound, that sees in every affliction a means of purification, that can lay down its treasures, one by one, and, through tears, look beyond to the "bright, golden shore."

What a constant supply of God's *sunshine* in the *heart* do we *need* wherever our work may be, whether in wide fields or quiet corners. How much we need in order to do our little and do it well—to meet bravely changes that await us. And how freely it is given if we seek in a trusting prayerful spirit.

Truly, life is what we make it, a dark cloud or a ray of sunlight, a desolating storm or a rainbow of glory.

> "Let us gather up the sunbeams
> Lying all around our path;
> Let us keep the wheat and roses,
> Casting out the thorns and chaff;
> Let us find our sweetest comfort
> In the blessings of to-day,
> With a patient hand removing
> All the briars from the way."

PURIFYING WATER WITH ALUM.—Alum will only purify water from organic impurities, which it will precipitate in the same manner as it precipitates dissolved coloring matter in the manufacture of lakes from dye-woods. One teaspoonful of pulverized alum in four gallons of water is sufficient; if the water contains such an amount of impurities that this quantity will not purify it, it is unfit for drinking purposes. In the artificial manufacture of ice from Mississippi river water, at New Orleans, this method is employed to purify the water before freezing it.

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MEASLES.

A FEW hints respecting the treatment of this very common disease may be timely, as it is now prevailing quite extensively in many localities.

The cause of this disease is doubtless a specific animal poison. It has been thought by some that it is sometimes produced by fungi of wheat or rye, but the evidence of such an origin is not conclusive.

The first symptoms of the malady usually appear about one week after exposure, but may not be manifested for ten days or two weeks, or, in rare cases, several weeks. During the first three or four days of the disease the symptoms are those of a common cold or influenza. There is frequent sneezing, discharge from the nose, usually a dry, harsh and painful cough, slight soreness of the eyes, with more or less fever and chilly sensations. The appetite is commonly impaired, and there are, sometimes, nausea and vomiting. Nosebleed is a not uncommon symptom, and spasmodic croup and convulsions sometimes occur in children.

In rare cases the disease never manifests other symptoms than the above; but in the great majority of cases a peculiar eruption appears about the third or fourth day, though it may be delayed several days longer. This consists at first of minute red dots, which quickly enlarge, becoming somewhat elevated, and often arrange themselves in cresentic or circular forms. They have been compared to flea-bites. When pressed with the finger the redness disappears for a moment. As the smaller patches unite, large irregular blotches are formed. Sometimes the eruption is so profuse that the whole body is covered uniformly, no distinct patches being visible. The eruption usually appears first upon the forehead and temples, and spreads thence to other parts of the body. The color is dull or deep red, being thus easily distinguished from the crimson eruption of scarlet fever. During the eruptive stage there is often severe itching of the skin.

In favorable cases the eruption commences to disappear in four to eight days after its first appearance, the skin acquiring a rough appearance from the shedding of the epidermis in branny scales. The patient usually becomes convalescent at this period, if no complication occurs. The complications to which patients suffering from this disease are liable are diphtheria, true croup, pleurisy, capillary bronchitis, and pneumonia. Several of these diseases, together with consumption, disease of the eyes and ears, and enlargement of the lymphatic glands, not infrequently follow as results of measles.

TREATMENT.

With good nursing and no medication, nearly every case of measles would terminate favorably. Most physicians of all schools have learned this, and very few, even of those who have faith in drug medication, administer anything but some harmless mixture.

When the disease pursues its natural course, attention to the following points will secure a good recovery:

1. Keep the patient quiet, and in a room of uniform temperature, which should not be above 70° except when administering a bath.

2. Secure thorough ventilation, but carefully avoid exposing the patient to cold drafts. There should be at least two free openings for the entrance and exit of air.

3. Keep the patient's bowels regular, by enemata if necessary.

4. Keep the skin active and free from impurities by frequent sponge baths.

5. Allow a light diet of fruits and farinaceous foods. Oatmeal gruel is an excellent food in this as in all febrile diseases.

If the eruption does not appear readily, a sitz bath at 100° continued for 20 minutes, and followed by vigorous dry hand rubbing, or a wet sheet pack continued for the same length of time, will bring it out as fully as could be desired. Stimulating teas and other drinks

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hould be avoided, as being either useless or harmful. Two or three sponge-baths a day are none too many. If the irritation of the skin is so great as to cause itching, the sponge bath should be often repeated. Anointing the body with a mixture of equal parts of olive oil and lime water after the sponging, will frequently afford the patient very great comfort; especially in the latter stage of the disease when desquamation of the skin is taking place. The latter application should be well rubbed in.

Keep the feet warm and the head cool. If there is headache the cool compress should be constantly applied, being changed every few minutes. In case the eyes are inflamed, apply to them very thin and small compresses wet in cool water and changed every five minutes. If the throat and lungs are unpleasantly troublesome, apply the chest compress.

Physicians of many years' experience testify that they have never seen a case of measles lost under hygienic treatment. During the late war one-fifth of the cases among the troops were fatal. —*Health Reformer.*

NOTES OF TRAVEL IN YANKEE LAND.

BY T. A. BLAND, M. D.

WHILE spending a few days at Norwalk, Connecticut, recently, I availed myself of the opportunity to visit the now empty palace of the late Legrand Lockwood.

The building stands on an eminence overlooking Long Island sound, and commanding a view of wonderful beauty and grandeur. The grounds are ample and artistically laid out, and altogether the place is as lovely as it is possible to be made by Epicurean taste and unlimited wealth.

But the house, which is conceded to be the finest private residence in America, and which was only completed in 1871, is untenanted, and has stood so for three years. It is a monument to the great gambler, who died just as he was ready to live. Legrand Lockwood was the son of an honest cobbler, of Norwalk, who taught his own useful trade to his boy. But, like too many American boys, young Lockwood looked with contempt upon his father's trade and his father's lot in life. He was not content with the money he could earn, but wanted the earnings of a thousand men; indeed if it had been possible he would have robbed the world of its wealth and reduced the whole family of man to the condition of dependents. Yet he was an *honorable* man. He was only a Wall street stock gambler, and are not those bulls and bears all *honorable* men? They would not pick a pocket nor rob the till of the corner grocery, nor steal a sheep. No! but they will corner the market, and precipitate black Fridays, and bring ruin to thousands of families for the chance of increasing their gains a few thousands.

Lockwood went down under an avalanche of Pacific Mail and Southern Michigan stocks. Said avalanche having been set in motion and finally precipitated by a combination of unfriendly Wall street bears.

He lost millions in a few hours, and when he saw that his ill-gotten wealth had taken wings and fled, he went into a decline and died soon afterwards. His palatial home passed into the list of assets of the Michigan Southern Railway Company. The premises are in charge of a Mr. Hungerford, who resides in the lodge, a handsome two story stone residence, which is large enough and fine enough for any family of moderate pretentions.

I can testify that it is at present a most delightful place, the occupants being intelligent, cultivated and hospitable people.

THE KNIGHT OF THE NEW SHIRT.

American nobility is something entirely new in that line. Ye lords and ladyes, knights and squires of this country, depend not upon some capricious king for titles or honors, but re-

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ceive them directly from the *almighty (dollar)*. I met in Connecticut one of the best specimens of this modern type of nobility I have yet seen. He is known as the Knight of the New Shirt, which title he is entitled to without doubt, he having formerly been a *distinguished shirt tailor*, in which honorable profession he acquired a handsome fortune.

He retired some years ago, and building a castle after the style of those of the English nobility, with a lodge at the gate, etc., he set up for a *gentleman*. If any person doubts that he is a *gentleman*, their doubts will vanish instantly if they venture into his presence. Such a noble port, such lordly bearing, such impressive (oppressive) dignity, I think I scarcely ever beheld before. His profane (democratic) neighbors speak of him as a pompous fellow. They have forgotten, surely, that in *this country*

"'Tis money makes the man,
The want of it the fellow."

PUT THIS AND THAT TOGETHER.

New England is the great work shop of America, and her manufactories are a constant surprise to me, both for their numbers and magnitude, and the ablest and best men in this section are the manufacturers. I have been greatly interested in their careers, and I find that nineteen-twentieths of them are self-made men—by which is meant, they were poor boys, who had to work as soon as able, and got but limited education.

Five-sixths of them were raised on farms, and took to mechanical and business careers to gratify their natural tastes. Those who had the hardest time when boys, have, as a rule, been most successful as men, a strong argument in favor of the proposition that privation and toil are essential to the development of energy and sturdiness of character.

Farming has been practically abandoned in New England, and few boys are being raised to work, either on the farm or in the shop. *Put this and that together*, and tell me if you can where the manufacturers of the next age are to come from? and of what use the Yankee boy who is growing up with no prominent habits but idleness and extravagance, and no settled conviction, save that work is degrading—of what use to society, or to the state will such a boy be when he becomes a man in age and size, for he never can be a man in any higher sense.

A CASE IN POINT.

The founder and chief officer of one of the largest manufacturing establishments in Connecticut—whose chief boast is that he was a poor orphaned bound boy, and that he has made his way in the world without help of any sort—asked my advice about the education of his two sons, aged respectively 18 and 10 years. Said he, "My plan is to give them a first class education, and then allow them to select a business each for himself; but Arthur, the oldest, don't take to books, but quarrels with his teachers, and can't stay in school; nor does he seem to have any taste for any sort of work or business. In fact he don't show any enthusiasm for anything except base ball and billiards. Walter learns quite rapidly at school, but he takes to the street when school is not in session, and I fear he will get corrupted. Now what shall I do with them?"

Put Arthur into your own shop, or some other, as an apprentice, and keep him there for three years, subject to the rules governing apprentices; allow him no special privileges, and but a very limited amount of pocket money, if any. When he attains his majority and his trade, let him work as a journeyman till he saves money enough to start business. Don't give him a dollar, and be sure to provide by will that in the event of your death before he is 40 years old, that whatever may be his portion from your estate shall be held in trust for him till he shall reach his fortieth birthday, and then only on the condition that he has maintained the character of a temperate and useful citizen should he receive it.

For Walter find some useful employment to occupy his time when not in school, with stated hours for recreation. Teach him to systematize the division of his time, and not to allow recreation

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or amusement to encroach upon work or study. When old enough put him also to a trade, and pursue substantially the same course recommended for Arthur.

In a word, guard them against the demoralizing and paralyzing influences of wealth and luxury, and give them an opportunity to develop sturdy character and become useful citizens. You grew up under those conditions that develop vigorous character and energetic manhood; you have devoted your talents and energies to your trade and business, and the result is success and wealth.

Be wise enough to understand that a certainty in *early* life paralyzes effort; and wealth one does not earn is usually a curse; it is nearly always so when it comes to one before the meridian of life has been passed, and the habits of thought and action become fixed. It is the foolish man and not the wise one who says: "I had a hard time, but my children shall have an easy one."

AERATED BREAD.

THAT our present state of bread-making is in an unsatisfactory state is a fact which we think few people will be disposed to deny. The unpleasant circumstances which occasionally come to light through the medium of the police courts, as our columns have shown on more than one occasion, leave an unfavorable impression on the public mind. The incidents of the dough being mixed by manual labor, in a close under-ground cell, *by perspiring men in a state of semi-nudity*, are not comfortable to contemplate. From time to time the remains of insect life may be discovered in bread which has been purchased even in first-class localities.

These circumstances all point to the necessity which exists for abolishing *in toto* the primitive objectionable method of making bread by hand labor, whilst there is that inevitable danger of the "baker's plague," ropy bread, being caused by the constant use of the old-fashioned wooden troughs.

Besides these evils there is also another important reason why the present method of manufacturing the "staff of life" should be changed, and that is the loss of nitrogenous and nutritious qualities through fermentation. It is by no means improbable that 10 per cent. of the flesh-forming constituents of flour may be lost by being converted into carbonic acid.

When we look at an ordinary piece of bread, we see that the vesiculation varies from the minutest size to that of more than an inch in diameter, the very large vesicles being caused by a copious evolution of carbonic acid through sundry patches of flour. If this process were carried out long enough, there would be very little food value left in the bread. A worse result than this happens occasionally when lacteous and other acids are caused by false fermentation from the use of putrescent or highly impure yeast, the effect of using the ordinary baker's yeast being to give rise to a species of fermentation of which at present very little is known. One thing, however, is very certain, that some of these ferment growths resemble in a marked manner the ferments found in certain diseases of the blood. Whether, however, the one has ever conduced to produce the other is more than can be positively affirmed; but there is at least a probability that the one may be the result of the other.

Various methods of vesiculation have from time to time been attempted to obviate these dangers, such as the mixture of hydrochloric acid and carbonate of soda, and several other effervescing mixtures; but the best of these are liable to contain impurities to a considerable extent, which are not always free from danger, and must inevitably produce a larger proportion of

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salt than can be considered advisable in an article so largely consumed.

All endeavors to raise bread without importing fermentative matter, propose to accomplish the object by the formation of carbonic acid within the dough. This can only be properly attempted by adopting all the necessary precautions.

In the first place, the gas must be produced in a separate generator, then it must be washed and purified, and finally introduced into the dough from a receiver at a perfectly controllable pressure.

It must be obvious to any one who examines a piece of properly aerated bread that a much greater certainty of thorough vesiculation can be obtained by this method, whilst the necessity of this impregnation being accomplished by machinery has led to the perfection of that system of bread-making by the Aerated Bread Company. If no other result has been accomplished by this company than the introduction of machinery into the manufacture of bread, and the superseding of the old, dirty, foul and laborious system of bread-making, that would have deserved our best appreciation.

The best food value in the flour being secured, no waste or destruction of any of its most important constituents can occur in any of the processes adopted in making aerated bread; and as the wheat is ground, dressed, mixed, aerated and baked, without the possibility of pollution, either in dangerous ferments or disgusting manipulation, bread so made can alone be considered really pure.

As we said before, the present primitive, dirty, and uncertain system of bread-making is a disgrace to our civilization, and we gladly welcome any method which will insure a cleanly and wholesome compound, and effect a much needed sanitary reform.—*Sanitary Record.*

EDITOR'S STUDIES IN HYGIENE.

QUESTIONS AND ANSWERS.

WELLS AND TYPHOID FEVER.

Is typhoid fever ever spread by well water?

ANS.—Dr. Blyth refers to the statistics of Pettenkoffer, which shows that in places where the subsoil water rapidly sinks, when the wells are low typhoid fever is most active and fatal, and when high the disease is less active and virulent. The explanations given of this fact are various, but the most probable appears to be that when there is but little water in a well, if any leakage of infectious or organic matter should take place into it, the effect would be greater from its concentration than if the well were full. We would observe here, that observations which were carefully made at Zurich were quite opposed to Pettenkofer's. From observations made in England during the autumn of 1875, it appears that at the time the wells were full, and indeed overflowing, typhoid fever of a mild character was exceedingly prevalent; this Dr. Blyth attributed in most cases to leakages or overflows from the overcharged drains. In one village, however, where a severe outbreak occurred, there were no drains whatever, but the fever prevailed to a great extent along the lines of open channels which received the road and other drainage. In most places the epidemic was so mild that only about one per cent. of the attacks proved fatal. Disinfectants were freely used in all cases which came under the notice of the medical officer. It may be said that in Europe the soil is more saturated with filth than in this country, but it is bad enough in many of our towns.

FRUIT SIRUP.

Why does fruit sirup sometimes disagree with people?

ANS.—Frequent and alarming cases

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of poisoning have recently been noticed in Brussels, and on investigation the causes were discovered to be the use of raspberry, currant, and other fruit sirups. The Belgian chemists have analyzed these sirups, and assert that none of them contained a trace of the fruit after which the sirup was named. Many consisted of a solution of glucose, with aniline red, mixed with tartaric or citric acid, and a few drops of fruit essences. Fuchsine, the form of aniline red used, it is stated, is frequently combined with arsenic. American fruit sirup is no better than Belgian, and is about the only kind used in making summer drinks. They are injurious, and should never be used.

HOW TO DETECT LEAD IN WATER.

How can one detect lead in water?

ANS.—This is a question often asked, especially in scientific and semi-scientific journals. The almost universal method is to add sulphydric acid gas, or its solution. Few who are not chemists know how to prepare this reagent, and fewer still how to employ it. When carefully used it is an exceedingly delicate test. To ascertain the limits of its efficiency the writer made the following experiment: A solution of the nitrate of lead in boiling distilled water, of such strength that one gallon of water should contain two grains of metallic lead, was prepared. When one part of this solution was diluted with 40 parts of water, the color produced by a solution of sulphydric acid was so faint as scarcely to be relied upon. When, however, the standard lead solution was diluted with only 20 times its volume of distilled water, the change of color was very distinct. Hence we may say that sulphydric acid, freshly prepared, may be relied upon to detect one part of lead in 600,000 parts of water, or one-tenth of a grain in a gallon.

A corresponding experiment with ammonic sulphide proved that not less than one-third of a grain in a gallon can be detected by this reagent.

Potassic dichromate (bichromate of potash), on the other hand, proved quite as delicate as sulphydric acid, proving beyond doubt the presence of one part of lead in 600,000 parts of water. In testing with a colored reagent like this, it is advisable to aid the eye by comparative tests. A certain quantity of the water to be tested is placed in one test tube, and an equal quantity of distilled water in another. A drop or two of the reagent is added to each, and the color compared both by reflected and by transmitted light, falling at various angles. If the quantity of lead is very small, the solution containing it becomes somewhat lighter in color, but less transparent than the other.

The advantages claimed for the potassic dichromate are that it is more easily obtained and manipulated, does not decompose, has no odor, is less poisonous, and is quite as reliable as any other test. E. J. H.

INFLUENZA.

What causes influenza? and what is the best means of preventing it?

ANS.—Epidemic influenza is a violent catarrh, spreading over vast regions and affecting multitudes of persons. It generally comes on suddenly, and either in spring or autumn. It usually affects people who have some debility or weakness at the time. The best preventive is to maintain the highest vigor of the body, by thorough bathing, proper clothing and food. The best remedy is quiet, warmth, and inhalation of the vapor of boiling water after it has so cooled that it may be drawn through the nose without burning.

PRESCRIBING FOR THE SICK.

Is it proper for a person not a doctor to prescribe for the sick?

ANS.—It is proper for some persons, who may know how, but not for those who do not. Faith Rochester says: "I have sometimes been called upon by neighbors to give some advice about the care of persons who were suffering from pains of some kind, and who hardly liked to summon a doctor. If those who come to me knew what medicine to give, or if they had some undoubted panacea in the house, they would not ask for my advice, I presume. But I never have any medicines, and never want any. Neither do I know much about particular diseases. There are a few things which every one should

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know about curing diseases—and the same rules apply generally to the prevention of disease. When I am called upon for help, I ask, "are the feet warm?" and usually they are not. This, then, must be corrected as soon as possible. You can hardly trust an ignorant woman's report on this point, so common is it for women to go habitually with cold feet in the winter, calling them warm, perhaps, unless they actually ache with cold. Neither can you trust a sick child's report of its feet, and if you would do your best for the patient, feel of its feet yourself. Not only warm its feet, but see that *the whole body* has a comfortable degree of warmth. This is necessary whatever may be the disease. If the body, or any part of it, is hot and dry, cool it. Usually cloths wet with clean soft water are most available for this purpose. An equally important inquiry is concerning the state of the bowels.

"A Swede mother came to me one Tuesday afternoon in great anxiety about her child, four or five years of age. I asked, 'how are her bowels?' 'Well, I don't know,' she answered, 'for she has not had a passage of the bowels since Saturday!' I lent her my syringe, with instruction as to its use; for nothing but feverishness and pain could be expected while the waste matter of the system was retained in the body. This rule, 'keep the bowels open,' like the previous one in respect to a comfortable degree of warmth for the whole body, applies in *every case* of sickness, no matter what may be the disease.

FRUIT GEMS.

How are fruit gems made?

ANS.—With the batter of sweet milk and Graham flour, and the heated iron gem cups are at first about half filled with it. We have some apples of very fine flavor and very large, so that when cut up an eighth of one is just enough for one gem. We drop it into the batter and pour over more batter to cover the apple and fill the cup, and then bake in a hot oven. The cakes are so nice they do away with all desire for butter.

PAPAW FRUIT.

Is the fruit of the papaw wholesome?

ANS.—Yes, quite so. Welthandell says that, "It has long been known to the inhabitants of India, Africa and South America that tough meat may be made very tender by enveloping it for some time in the leaves of the papaw (*Carica papaya L.*), or by adding a little of the milky juice of the fruit to beef while cooking. In some places even the evaporation of the tree is believed to be effective, and meat or fowl is suspended from the crown of the tree. Dr. C. Roy has lately experimented with the dried juice of the fruit, and found that it exerts a powerful disintegrating and solvent action on fibrin; in fact, that it has strong digestive properties, similar to the gastric juice of the animal stomach. On adding 3 gm. of it to 10 gm. finely cut beef and 8 gm. water, and heating for 10 minutes, the beef appeared almost entirely dissolved; and the same result ensued at the common temperature, only in this case it required a little longer time. The same effect was noticed by allowing it to act upon coagulated albumen, or cartilaginous tissue, and Dr. Roy supposes that this juice might be found to be of value as an aid in sluggish digestion, and perhaps be of service for the kitchen."

Mr. Engle, of Marietta, Pa., can give information about the culture of the fruit.

CHLORAL ON THE HEART.

What effect has hydrate of chloral on the heart?

ANS.—Its effect tends to reduce the action of the heart, and often to paralyze it. It is a dangerous drug. Let it alone. The action of chloral hydrate is very unequal on different persons. Ten grains have destroyed a life. We once knew a man in a drunken state to take 200 grains without being killed—but he felt its effects very seriously for some days.

FIRE-PROOF CLOTHING.

In view of the danger of fire to which those are exposed who act in theatres dressed in light gauze-like clothing, is it not possible to invent

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some fire-proof material which will not burn?

ANS.—It is easy to render such clothing incombustible by plunging it in a solution of neutral tungstate of sodium, mixed with three per cent. of the phosphate of sodium. Use for the solution 20 per cent. of this mixture in a given quantity of water. This does not render them harsh, nor destroy their color.

EASILY DISTURBED BY NOISE.

Why is it that parents become often so intolerant to the noise of children?

ANS.—It is a diseased state of the nervous system, caused by over exertion of some kind, and insufficient sleep. A perfectly healthy person takes delight in the play of children, at proper times and seasonable hours, while all are annoyed by it at improper times. The cure for disturbance of the brain by excessive sensitiveness to noise, is the building up of the system by wise hygiene, abundant sleep, and not too much work. Few but delicate mothers know the torture inflicted by noisy boys and girls at unreasonable hours. They should remember to keep still at such times.

IDIOSYNCRASY.

What are idiosyncrasies which so much annoy some people? and what is the cure?

ANS.—An idiosyncrasy is an individual peculiarity different from others, as a disposition to faint at the sight of blood, to have an aversion to butter, milk, and strawberries, the sight of a cat, etc., etc. The best method of curing them is to keep the mind off them altogether.

HEART-BURN.

What is heart-burn? and what is its cure?

ANS.—Heart-burn ought to be called stomach-burn, as this organ is the seat of the trouble, and not the heart. The cause is derangement of the digestive organs, great acidity of the juices of the stomach, or the presence of some indigestible substance which is held there for digestion, causing pain, heat and inconvenience. It is easily cured by moderate eating and thorough mastication. Its presence generally indicates bad dietetic habits.

MILD WINTER WEATHER.

Is mild winter weather healthful?

ANS.—Dr. Snow, of Providence, R. I., remarks on this topic in his last monthly report:

"It is a popular idea that very mild weather in winter is very unhealthy. Let us examine this theory. January, 1875, was remarkably cold; January, 1876, was remarkably mild. The first January was colder, and the last warmer than any corresponding month for many years. Let us compare the mortuary results. The deaths from some prominent causes in the two months were as follows:

	1876.	1875.
Whole number of deaths....	115	159
Pneumonia.....	15	35
Consumption.....	22	31
Croup.....	5	10
Bronchitis.....	1	6
Scarlatina.....	4	19

"This shows a large decrease in the warm January of the present year, not only in the whole number of deaths, but also especially in those causes of death which might be supposed to be influenced by the winter weather.

"This result agrees with my observation for many years past. Extreme cold, or extreme heat, if continued for a week or more, increases the mortality; while more temperate weather, whether in winter or summer, is favorable to health.

"The population of Providence, by the census of June 1, 1875, was 100,675. The mortality last month was, therefore, at the annual rate of only 13.7 in each 1,000 of the population. In January, 1875, calling the population the same, the deaths were at the rate of 18.9 per 1,000."

TEMPERATURE OF BABIES' BATHS.

How hot should a babies' bath be?

ANS.—It should not be *hot* at all, but of a comfortable temperature. A lady writes: "When my child was sick one night I ordered the hot bath. The lady who was with me got the water ready, and said it was all right. Just as she was going to put the child in I said, 'Put your elbow into the water first.'

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She did so, and found it altogether too hot. In washing my babies I often find the water that is agreeable to my hands not so to my flesh that is kept covered with clothing, which leads me to think oftentimes babies are tortured, and even injured, by giving them a bath in water that is too hot."

WINDOWS IN CLOSETS.

In building a house would you put a window in the closets if you could.

ANS. — Yes. A lady writes to The Housekeeper: "Why are such receptacles made without windows? and why must one grope for a dress till the sense of feeling is quickened by practice? An apparel taken off when one is even slightly perspiring ought to be hung in the open air, instead of in a dark closet with other clothing.

"And in these days of hurry, when cars don't wait, and eating is merely a quick disposing of food, too much time is wasted in feeling for one's apparel.

"Being an amiable person, I would save the slight ebullitions of temper caused by bringing out the wrong garment; and so, in the hope that some architects take your very unique and valuable journal, I beg room in a corner for my hint for light and air in our clothes-rooms."

CELLARS.

Are cellars wholesome?

ANS. — The Journal of Chemistry says: "The old-fashioned, deep, dark cellar, with its deep stairs, its slimy walls, and its annual spring freshets, always seemed a fitting place for foul, dark deeds, and a good nursery for potato sprouts, fungi, and germs of typhoid fever. The rickety, thin-walled, breezy, out-of-ground basement of the modern "built-to-sell house" is better, but a proper medium between the two is better still.

"A cellar which finishes eight feet and a half in the clear is high enough for an ordinary house, and for this height put the floor four feet below the original surface of the ground, and bank or grade the walls two feet higher outside, This will leave two feet and a half of wall to show as underpinning. The walls should be started from broad flat footings of stone, or projecting courses of brick, or concrete of cement and gravel. They should rest on firm and solid ground, at least six inches below the cellar floor, and always below the deepest frost (reckoning from the level of new grade outside). The frost last winter penetrated to five feet in depth in exposed situations, and many foundations ordinarily considered safe were disturbed by it. An even, dry, gravel soil is the best, both for a foundation and for health. Clay soils are treacherous, and have a deservedly bad reputation."

SUCKING THE THUMB.

Is there any harm in allowing an infant to suck its thumb?

ANS.—Good dentists tell us that deformities of the teeth and mouth often arise from this cause.

CLEANING THE TEETH.

At what age should children learn to clean the teeth?

ANS.—As soon as the first teeth are all out, say at four or five years of age. Habit, to be firmly fixed, must be begun early. It has come to this, that every wise mother must make it a part of her duty to see to it that her children are taught to use the brush as soon as they are taught to wash their faces.

The habit of giving attention to the teeth thus early begun, coupled with the necessary instruction and advice, serves not only to fix impressions of their frailty, but also of their value. And thus a strong sense of duty, the safeguard against neglect, is early attained and never lost. The brush should be used at least morning and evening—deferred in the evening until just before going to bed. The teeth are thereby freed from whatever may have been taken into the mouth after supper, fruits, etc., and acid secretions. No money pays better than that put into tooth brushes. But the brush must be aided by the quill. There are points in perhaps every mouth, where solutions of food, or other acidulated matters cannot be disturbed with the brush. The quill breaks up these nests on proximal surfaces. The use of brush and quill is not a burden; it becomes a matter of comfort, and one does not feel well without them.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

BEAUTIFUL THINGS.

Beautiful faces are those that wear—
It matters little if dark or fair—
Whole-souled honesty printed there.

Beautiful eyes are those that show,
Like crystal panes where hearth fires glow,
Beautiful thoughts that burn below.

Beautiful lips are those whose words
Leap from the heart like songs of birds,
Yet whose utterance prudence girds.

Beautiful hands are those that do
Work that is earnest, brave and true,
Moment by moment the long day through.

Beautiful feet are those that go
On kindly ministries to and fro—
Down lowliest ways, if God wills it so.

Beautiful shoulders are those that bear
Ceaseless burdens of homely care,
With patient grace and daily prayer.

Beautiful lives are those that bless—
Silent rivers of happiness,
Whose hidden fountains but few may guess.

Beautiful twilight at set of sun,
Beautiful goal, with race well won,
Beautiful rest, with work well done.

Beautiful graves, where grasses creep,
Where brown leaves fall, where drifts lie deep
Over worn-out hands—Oh, beautiful sleep!

Ellen P. Allerton.

ALADDIN.

When I was a beggarly boy,
And I lived in a cellar damp,
I had not a friend nor a toy,
But I had Aladdin's lamp;
When I could not sleep for cold,
I had fire enough in my brain,
And builded, with roofs of gold,
My beautiful castles in Spain!

Since then I have toiled day and night,
I have money and power good store,
But I'd give all my lamps of silver bright
For the one that is mine no more!
Take, Fortune, whatever you choose,
You gave, and may snatch again;
I have nothing 'twould pain me to lose,
For I own no more castles in Spain!

J. R. Lowell.

FORTUNE.

I care not, Fortune, what you me deny,
You cannot rob me of free Nature's grace;
You cannot shut the windows of the sky,
Through which Aurora shows her genial face;
Nor can you bar my constant feet to trace
The woods and lawns by living stream at eve.

Dr. Beattie.

THE LAUGHING PHILOSOPHY.

"Here's nonsense styled Philosophy!"
I hear my sober reader say;
"An earnest heart must earnest live—
It has no idle hours to give
Time or eternity." Well said,
My critic stern, but have you read
How wisdom's page apportions half,
"A time to weep—a time to laugh?"
Then, modern Solomon of sighs,
Keep still, while I philosophize.

Earth's paths are rough! Ah, yes! I know;
I learned that lesson long ago;
But sighs and tears are dismal things,
While laughter floats on angels' wings,
And in her merry, airy way,
Can make November seem like May,
Changing a pathway, else of gloom,
Into a fair, perennial bloom.

Then laugh, though earth is full of care,
And every one must have a share;
What need to dim life's transient grace
By bearing round a rueful face?
When sunshine fills the circling air,
There should be sunshine *everywhere*;
And sunshine of the soul is best
To cheer and warm the human breast.

And laugh at toil—'twill ease the heart;
At pain—why add to Nature's smart?
At fortune's frown—the wheel turns round,
You yet may reach the upper bound;
For any ill that *life* can own
A laugh is better than a groan;
And 'tis (or so the adage goes)
Nature's best rule for adipose.

To start the stagnant blood aglow
Whene'er the circulation's low,
'Tis in each learned physician's code
That laughing is a proper mode;
And for the melancholy mind,
No truer cure can science find.
Then who, when rightly understood,
Would scorn a cheerful, merry mood.

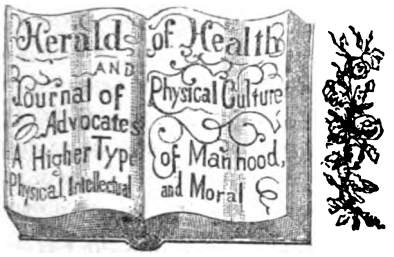
Should Death; pale horror! wrap in sleep
Thy loved, weep, friend! with thee I weep;
But e'en beside affection's bier
A smile would brighten sorrow's tear;
For love still lives, if we could be
Explorers of eternity—
How soon might dry the mist-dewed eyes
At one glad glimpse of Paradise!

For lesser woes smile when you can;
'Tis far the wisest, happiest plan,
The surest recipe for health,
Worth more than beauty, fame or wealth;
Let cold sedateness have its will,
Let somber fancies blight and chill,
Let others choose the drearier half,
But give to me "the time to laugh."

Mrs. G. W. White.

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EDITORIAL DEPARTMENT.



NEW YORK, APRIL, 1876.

WATER.

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

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

TOPICS OF THE MONTH.

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

THE COMPARATIVE STRENGTH OF MEN AND WOMEN.—The records of the various establishments of the Butler Health Lift afford some very interesting statistics concerning the absolute strength of individuals of both sexes. In this concentrated form of exercise, taxing evenly, as it does, every portion of the frame, developing its latent capacities of power by a natural and gradual increment of effort, we have the most perfect possible measure of the equalized capacities of the human machine.

I am not aware that any attempt has been made hitherto to compare the statistics of the two sexes, derived from their practice of this exercise. It is the object of this article to present the result of such a comparison, and estimate therefrom the relative strength of men and women.

It is evident that men are constructed, physically, for the exercise of greater muscular power than the gentler sex. The very framework is larger and more powerful. The structure of the body differs somewhat in the two sexes—the male having broader shoulders and narrower pelvis, the shoulders and hips differing little in width, and presenting more of the columnar form and build—which is the most favorable to great strength—and to sustaining heavy weights; while in women, the narrower shoulders, wider hips and oval form, giving curves of grace and beauty, and adapting her perfectly to the performance of the maternal function, detract at the same time from the absolute capacity of physical strength. So likewise does her tendency to fill out and soften the muscular tissues with adipose deposits, giving roundness and grace of outline at the expense of muscular size and strength; so that we would naturally expect to find a considerable difference in the physical force of the two sexes as tested by this method.

No doubt these differences are modified by the habits of life; those women who have considerable active out-door muscular exercise, losing somewhat of the grace and beauty which is bestowed upon their sisters who follow the usual routine of feminine employment, but never obviating entirely these differences which are inherent in the structure of the sexes, developed through ages of growth and inherit-

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ance in their diverse organisms, as ther differences of function and use have necessitated unlike environments.

In selecting the cases for comparison, an equal number of each sex has been taken—52 of each. The duration of exercise is in no case less than three months, and varies from that length of time to as many years; care being taken to secure as nearly as possible an equality in this respect.

The greatest weight lifted by any gentleman in the selected list is 553 pounds. The greatest weight lifted by any lady in the corresponding list is 500 pounds; the difference not being as great as might be supposed. But out of 52 gentlemen, 10 have lifted 500 pounds or upwards, while only *two* ladies have equaled that amount; 22 gentlemen have for their heaviest lifts between 400 and 500 pounds, while no other lady has reached a higher ultimate than 360 pounds; 31 ladies and only three gentlemen have for their greatest efforts a capacity of less than 200 pounds; so that the average of the whole number shows a difference much greater than would be indicated by a comparison of the heavi est lifters. The heaviest lifts of the 52 gentlemen aggregate a little less than 21,000 pounds, averaging about 400 pounds each; while the heaviest lifts of the 52 ladies aggregate but little more than 10,000 pounds, averaging a little less than 200 pounds each.

If this comparison be a just one, it appears, therefore, that the average muscular strength of woman is scarcely half that of man; while at the same time there are individuals of the weaker sex who approach much more nearly the strongest among men, and who exceed considerably the average strength of men.

Stepping outside our sele ted lists for another comparison, we find t heaviest lifts recorded on the recor of the Butler Health Lifts, to be t tween 1,200 and 1,300 pounds; while t heaviest weight lifted by any wom has been 740 pounds. It should be r marked that both the men and wom who have raised the heaviest weigh have been of no more than average si and weight, though of good natur muscular tone, and of enduring te perament.

It should also be remarked that t men have generally been more regul and persistent in their attendance a practice of the exercise, their recor showing fewer absences, and absenc of shorter duration, than those of the l dies. In the above comparison of figur some per centage should, therefore, l allowed to the weaker sex for und veloped capacity, which greater reg larity of attendance would have re dered manifest in the lifting of heavi weights.

It is also worthy of remark, that tw of the three heaviest lifters among w men, whose ultimate efforts were r spectively 740 and 500 pounds, we ladies who had left the usual ro tine of domestic life common to the sex, and had been systematically em ployed for years in occupations b which they earned their own livel hood. As they were not above th average in size, their occupations we sedentary, mostly writing, and as the were pre-eminently gifted with thos womanly graces which distinguish an beautify their sex, it becomes an inte esting question, how far their super ority of physical strength was encou aged by, and owing to, their acquire habits of application in their ordinar business or occupation.

We may conclude, fairly, I think that woman need find no discourag

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ment in her present inferiority, in so far as such inferiority is demonstrated, either physical or mental. Individuals of the gentler sex have demonstrated its wonderful latent capacities for both intellectual and bodily improvement; and we may expect, with the advancement of civilization, greater freedom of opportunity for culture, a wider field of usefulness, fashions and customs which savor more of equality and common sense, and, with the full use of their noblest powers, an improvement in the coming generations which, without taking from women one iota of feminine grace, or sweetness, or beauty, shall bestow upon the sex greater health and strength of body, a wider general intelligence, a sounder judgment and a purer reason; which shall make her more than ever the companion and help-mate of man.

What God has joined together let no man, or false custom of society, put asunder. Open wide every avenue of improvement, usefulness and activity to woman; nor let man cowardly object to her competition or assistance in any department of life or labor. Let her strengthen and render healthy her physical system, thus laying the only possible foundation for greater power and usefulness, and more perfect companionship with man. Nor need she fear by this means to detract from her feminine graces and accomplishments. Rather will they constantly increase; for, in the language of the German poet,

> "Beauty the offspring is of a free soul
> And vigorous healthiness."

LEWIS G. JANES.

VITAL STATISTICS OF MICHIGAN AND GEORGIA.—The death-rate is shown to have been decreased in Michigan at each succeeding census. In 1859 it was 1.14, in 1860 it was .99, and in 1870 it was .94 per cent. These seem to be very insignificant figures, having only minute differences; but, if they are true, and not due to differences in age of inhabitants, they imply an amount of human suffering and an amount of loss, or prevention of loss, of money, which is worthy of serious consideration by the State. Let us see what they mean in deaths, in cases of sickness, and in dollars and cents. If the death-rate had been the same in 1860 that it was in 1850, the deaths would have been 8,540, instead of 7,401, as appeared by the census of 1860. Here was a decrease of 1,139 deaths in a single year. It has been estimated that there are at least 20 cases of serious sickness to every death. At this rate there was a saving of 22,780 cases of sickness in a year. If it be estimated that each case of sickness costs on an average only $40 for medical attendance, medicines, nursing, loss of time, etc., there was a saving of $911,200. The expense of funerals and burying the dead, at a moderate estimate of $20 each, would be, for 1,139 decedents, $22,780. Adding this to the expenses for sickness, we have $933,980 in money saved in a year as the difference between a death-rate of 1.14 and .99 per cent. in 1860, in Michigan. If the death-rate had been the same in 1870 that it was in 1850, the deaths would have numbered 13,498, instead of 11,181, as returned. The saving in human lives was thus 2,317 in a single year. At the rate above mentioned the saving in sickness was 46,340 cases. The amount of human misery thus avoided is incalculable, but, at the previously mentioned rate, the saving in money amounted to $1,853,600 for expenses in sickness, and $46,340 for funeral expenses, making a total of $1,899,940 saved in one year because of a death

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rate reduced from 1.14 to .94 per cent. for the year ending June 1, 1870.

Turning now to Georgia, we find that in 1870 the number of inhabitants was almost precisely the same as in Michigan, (Georgia, 1,184,109, Michigan, 1,184,059,) but the death-rate was 1.15 per cent., nearly the same as it was in Michigan in 1850; being more than it was in Georgia in 1850, when it appears to have been 1.10 per cent. I cannot pretend to estimate the cause of the apparent increase, but can compute its value by the method just employed. We find that if the death-rate in Georgia had been the same in 1870 as in 1850, the deaths, instead of being 13,606, would have been 13,025, or 581 less. The increase of cases of sickness was, therefore, at above rates, 11,620. The increased cost of sickness was $464,800, and of burying the dead, $11,620, making a total of $476,420 for a single year. The fact that the death-rates have at different times been about the same in the two States may be an indication that the lessened death-rate in Michigan in late years is not altogether due to natural advantages of climate, etc., but may be partly due to the same intelligent forethought of the people, which has found expression in State laws for the drainage of swamps, and the promotion of research into the causes and methods of preventing sickness and deaths. Whether this is true or not, the facts are that Michigan established a system of vital statistics in 1867, and a state board of health in 1873; and I believe that Georgia has not yet established a system of vital statistics, although it has organized a state board of health in 1875. As to the comparative amount of land drained by State action I am not informed, but on examination of the index of the Revised Code of Georgia, published in 1873, I find no mention whatever of drainage of land, of records of deaths, vital statistics, public health, or even of local boards of health, all of which are common words in our Compiled Laws of Michigan. If the death-rate in Georgia in the last census year, 1870, had been that of Michigan at the same time, the number of deaths would have been 11,130, instead of 13,606, as reported, a difference of 2,476 deaths, representing 49,520 cases of sickness, costing $1,980,800, which, added to $49,520, cost of burying the extra number of dead, would make a total of $2,030,320 lost to the State of Georgia in a single year, through the difference between a death-rate of 1.15 per cent., and one of .94 per cent. H. B. BAKER, M. D.

IS MAGNETIZED PAPER POWERLESS?—In reading the February number of THE HERALD OF HEALTH, which is loaded down with richness, I noticed a remark in which you attributed the power of magnetized paper to *imagination*. Allow me to say that Baron Reichenbach once thought the same thing of all magnetized articles, until he, by numerous incontrovertable experiments, proved that there was a very decided power in magnetized water as well as all other articles. His *sensitives* could tell unerringly what water was magnetized and what not. The great chemist, Berzelius, of Stockholm, and the eminent physician, Dr. Gregory, of the Edinburgh University, tested the same matter. Dr. Wilbur, of Chicago, a powerful magnetist, had a patient who could not tolerate any but magnetised water, and he would be in the greatest distress when he could not get it. Not only could he tell the difference between water which was magnetized and that which was not, but

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one night when his wife secretly diluted the magnetized water a little for fear there would not be enough, he immediately noticed the difference and complained of it. How much imagination in this? Dr. J. R. Newton has cured multitudes of babes and children by magnetizing their garments. How much imagination in that? The sensitive wife of General S——, of Ohio, happening to get hold of one of my letters, felt it like a battery, and several have been healed by paper which I prepared, and sometimes contrary to their belief. A merchant of New England, by means of his will-power can throw out such a magnetic aura upon people as to sway their movements in the street in some cases, and that without contact or saying a word. I placed one of his letters to my forehead and it gave me an electric shock which left me a headache. A lady was once thrown into a brain fever by handling one of his letters. This was the result of a somewhat ungoverned nature which he possessed, although he had sometimes healed severe cases by his touch. A person of pure and refined character radiates a finer and more harmonious aura than a person of uncontrolled passion; though even a good person may not always send out an emanation that harmonizes with all others. Dr. Wilbur, while in New York, published a challenge in the Graphic for any physician to heal, in hospitals or elsewhere, by means of drugs, as many patients as he could by means of magnetism. He will stroke some paper two or three times, and it will spring for the wall like a thing of life when thrown within six to twelve inches. While he admits that the hand is more potent to heal than magnetized paper, yet he has healed large numbers at a distance with the paper, and can charge it so powerfully that it is utterly impossible for a person to sleep with it on. I once gave some magnetized tissue paper to a gentleman, who rolled and perspired under its influence all night, but felt his health quite improved afterward. From St. Paul's body "handkerchiefs or aprons" were brought to the sick, "and the diseases departed from them." (Acts xix: 11, 12.) But I must close this note by a short passage from Dr. Lutze, a distinguished homeopathic physician of Germany, who admits that "animal magnetism is the vivifying efficient power" of the homeopathic potencies, as he has repeatedly verified. "Every one who frequents my clinic has seen that the most violent pains often yield to a pass of my hand, to a breath, to a mere word. * * The zoömagnetic power may likewise be transmitted to natural objects, pure water, pulverized sugar, wood, etc. I have the most striking proofs that a powder of sugar upon which I had breathed, or a glass of water which I had touched *purposely*, has produced the most marvelous effects."—*Manual of Homeopathic Practice*, p. 34.

E. D. BABBITT, D. M.
11 Clinton Place, N. Y.

DISEASE FROM EATING HAMS.—There has been an interesting case of poisoning from eating ham, on Kelly's Island, which has been reported all over the country as trichina. The following letter from Mrs. Huntington shows it was not trichina, but blood poisoning. Our friends must know that pork may cause other diseases than trichina.

"The ham was purchased at a store on the island. The proprietor of the store purchased the ham from a Sandusky pork packer, who bought his meat in the Chicago market, and cured it himself.

"Mrs. Bunk and her child ate the ham raw, and began to feel sick in

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about two hours after. One of her neighbors came in, and Mrs. B. remarked to her that she believed the ham she had eaten was bad, and it had made her sick. Her neighbor looked at it, said she did not believe it was the meat, cut off a piece and ate it. By this time the child, about five years old, began to be sick. The neighbor was taken with vomiting soon after she went home, and was very sick for a day or two, but probably vomited it all, as she was well in about a week.

"I asked Mr. Bunk if he had eaten any of the meat raw. He said he had not, but had eaten a little fried. Others said he told them that he did eat a little of it raw.

"The man who boarded with him ate some of it raw. All were taken sick at the stomach in about two hours after eating.

"The Bunk family employed Miss J. E. Spaulding, homeopathic physician, pretty soon after they were taken, and all but the child recovered after about three weeks. The child was sick with a remittent fever for six or eight weeks, and bloated a good deal. All the Bunk family had remittent fever and were pretty sick.

"The man, Mr. Bruns, had a fever resembling typhoid; has been very much bloated, and been dangerously sick for three or four weeks.

"He is just getting so he can walk about the house.

"They ate the ham about the 8th of January. The doctor does not think it was trichina, but meat that was poisoned by disease.

"It smelled so offensively they had to put it outdoors. They gave some to the dog, but it did not make him sick; and some was sent to Sandusky and Cleveland for inspection, and no trichina was discovered.

"All were taken vomiting about two hours after eating the raw ham; all had fever for two or three weeks except the neighbor, but none had typhoid fever except Mr. Bruns. The latter and the Bunk child bloated very much, and were much the sickest.

"EMELINE K. HUNTINGTON."

TWO CENTENARIANS.—The Boston Herald says that Mrs. Mary (Hollis) White, widow of Nathaniel White, of Weymouth, with her many relatives and descendants, celebrated the one hundredth anniversary of her birth at the residence of Mr. White, of Braintree, Mass., on Friday. Mrs. White is the third of nine children of Captain Thomas Hollis, of Braintree. Her father and three of her uncles were soldiers in the war of the Revolution. She is a descendant of the first settlers in the town of Weymouth—John Hollis and Thomas Holbrook, the latter coming from Broadway, Somerset, England, to Weymouth, in 1635. She is in remarkably good health, and possesses a good memory. Her descendants number 84, as follows: Six children, 26 grandchildren, (among them Hon. George White, Judge of Probate of Norfolk county,) 37 great-grandchildren, and 15 great-great-grandchildren. Three of her children are living—two daughters in Worcester, and a son in San Francisco. She is possessed of all faculties to such a remarkable degree that she is able to do patchwork and sewing. She has not been ill for over 50 years.

On the same day Mrs. Tuttle celebrated her one hundreth birthday at the residence of her son-in-law, Mr. J. A. Haskell, No. 5 Wesley street, East Boston. A large number of friends and relatives, including her lineal descendants, were present at the birthday party.

TO OUR READERS.—After mature reflection we have decided to publish THE HERALD OF HEALTH hereafter every other month. This will be a disappointment to some, but we believe they will in the end be more than satis-

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fied. The numbers will appear June, August, October and December. There will be due to each subscriber whose subscription extends to December one-third of a years subscription, or four numbers. As compensation for these, we will allow 50 cents on *any of our own publications*, or extend the subscription over to another year to equal the amount, as they may choose. By this arrangement no injustice will be done to any subscriber. Will our friends indicate which they will do.

To Fasten Labels to Tin Cans.—Put a teaspoonful of brown sugar into a quart of paste, and it will fasten labels as securely to tin cans as to wood. Housekeepers may save themselves much annoyance in the loss of labels from their fruit cans when putting up their own fruit, by remembering this.

CURRENT LITERATURE.

—:o:—

On Alcohol. A course of six Cantor Lectures delivered before the Society of Arts. By B. W. Richardson, M. A., M. D., F. R. S. Fellow of the Royal College of Physicians. Paper, 50 cts., cloth, $1. New York: National Temperance Society and Publication House.

The National Temperance Society never did a better work than in publishing this book, for it is a valuable scientific argument against the use of intoxicating drinks. The work is prefaced with an introduction by Dr. Willard Parker, whose consistent labors for temperance ought to put to shame the feeble words of multitudes of physicians who say and do nothing for the cause. In his preface Dr. P., tells us that 10 per cent. of the deaths of the country are premature because of strong drink; that 35 per cent. of our insane are so from the same cause, that 75 per cent. of our criminals would not be so but for drink, and that a large share of the burdens of taxation come from the same cause; that the low morals of our public men are in part to be attributed to it, and if we go on at the rate we now are in consuming this monster demon, another century will make the outlook for civilization look dark. Dr. Richardson brings science and learning into the discussion of his subject. The first lecture relates to some of its supposed services to mankind; the second tells us of its chemistry; the third of its action on living beings; the fourth of its claims as a food; the fifth of its action in deteriorating animal tissue, and the final chapter shows its influence on the vital organs and on the mind. It would be impossible to give a complete synopsis of the book here. It must be read to be fully known. We have only space for one extract concerning the use of alcohol as a remedy for cold. The author says:

"I am bound to intimate that the popular plan of administering alcohol for the purpose of sustaining the animal warmth is an entire and dangerous error, and that when it is brought into practice during extremely cold weather it is calculated to lead even to fatal consequences, from the readiness with which it permits the blood to become congested in the vital organs. I cannot too forcibly impress the fact that cold and alcohol act, physiologically, in the same manner, and that, combined in action, every danger resulting from either agent is doubled.

"Whenever we see a person disposed to meet the effects of cold by strong drink it is our duty to endeavor to check that effort, and whenever we see an unfortunate person under the influence of alcohol it is our duty to suggest warmth as the best means for his recovery. These facts prompt many other useful ideas of detail in our common life. If, for instance, our police were taught the simple art of taking the animal temperature of persons they have removed from the streets in a state of insensibility, the results would be most beneficial. The operation is one that hundreds of nurses now carry out daily, and applied by our police-officers, at their stations, it would enable them not only to suspect the difference between a man in an apoplectic fit and a man intoxicated, but would suggest naturally the instant abolition of the practice of thrusting the really intoxicated into a cold and damp cell, which to such a one is actually an ante-room to the grave.

"Once more: I would earnestly impress that the systematic administration of alcohol for the purpose of giving and sustaining strength is an entire delusion. I am not going to say that occasions do not arise when an enfeebled or fainting heart is temporarily relieved by the relaxation of the vessels which alcohol, on its diffusion through the blood, induces; but that this spirit gives any persistent increase of power, by which men are enabled to perform more sustained work, is a mistake as serious as it is universal.

"Again, the belief that alcohol may be used with advantage to fatten the body, is when it is acted upon fraught with danger. For if we could successfully fatten the body we should but destroy it the more swiftly and surely; and as the fattening which follows the use of alcohol is not confined to the external development of fat, but extends to a degeneration through the minute structures of the vital organs, including the heart itself, the danger is painfully apparent."

The Relations of the Sexes. By Mrs. E. B. Duffey, author of "What Women Should Know," "No Sex in Education," etc.

The Banner of Light, Boston, says: "This is a book especially timely when the discussion over the marriage law is going on, and a desire for more light and knowledge on the subject is generally felt. The authoress has assuredly

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made a good sound book; and if she holds fast by the statutes as they exist, it is only intelligently and with intent to inspire them with a larger and better meaning. The perils of an abrogation of all marriage laws she depicts in almost startling language, bringing them home to men as well as women. She refuses to believe that in matters pertaining to the most important instincts of human life, ignorance is innocence, and a total lack of interest proof of purity of character. Her purpose, as she herself announces it, is to show how an enlightened understanding alone is able to cope with problems which our complicated social systems force upon us. Beginning at the beginning, she treats of the natural laws of sex, afterwards taking up the several forms and phases of social life, dating back from earliest history, noting, as she passes, the evidences of growth in man's moral nature, and the consequent improvement of these social systems. Polygamy and free love are discussed by her openly, and these chapters of the book will be read with profit and genuine instruction. The marriage relation worthily occupies a large share of the book, for that is held to be the central truth or fact around which all society life revolves, the family being the germ and promise of all possible civil government. Both the baneful and beneficial phases of married life are treated, and in each case only to aid in the genuine advancement of humanity. Published by Wood & Holbrook, New York. Price $2.00."

THE MORALS OF ABOU BEN ADHEM. Edited by D. R. Locke, (Petroleum V. Nasby). New York and Boston: Lee & Shepard.

Nasby's name alone gives character to the book without further comment, we will simply say in explanation of the book, that it purports to be a series of discourses upon various subjects by a venerable Persian, who, after many hundred years of wanderings settled in New Jersey, and gave our author an opportunity to take notes of his discourses and illustrative anecdotes. Of course these discourses are take-offs upon the weaknesses of the times, full of Nasby, but sparing us his usual bad spelling.

THE AINSLIE STORIES. By Helen C. Weeks. Illustrated. New York: Hurd & Houghton.

There is much questioning in mothers' minds now as to what is best and safest to put into the hands of children, but no mother will need to hesitate over this book. The author I think must have looked directly down into the young, tender hearts, and felt their natures and needs as she wrote. One mother says, "I have read this book nine times to my children, and it is always fresh. It meets their comprehension, their queries and their experiences. Ainslie is a natural, lovable little fellow, and the little colored boy Sinny is sketched direct from life—mischief itself embodied. The story was first published some years ago, but Hurd & Houghton have recently published a new edition in attractive from. The stories that are told by uncle Ainslie now and then, throughout the book, are full of marvelous conceits and appy imaginings.

THE ILIAD OF THE EAST. A selection of legends drawn from Valmikis' Sanskrit Poem. The Ramayana, by Frederika Richardson. New York: Macmillan & Co.

The translator in the preface of this book says, "Of the two great epic poems of India, the Ramayana and the Maha-bharata, the former is generally supposed to have claims to the greatest antiquity. The title of the work is derived from two sanskrit words *rama* and *ayana*, signifying the adventures of Rama." We pass over the learned explanations of the origin and meaning of the six books of the poem and gather the translator's object, which is as she says "To select from the twenty-four thousand verses, the purest, simplest and most entertaining parts, and to give them to us in a readable and familiar form—to comprehend in a small volume all the most striking and noteworthy incidents recorded by the inspired Brahmin." The poem is rich in poetic beauty and genuine humor; it reveals a high moral standard and a spirit of large and tender humanity. The character of Sita, childlike and brave, is one of the most charming sketches of womanhood met with in books. The story is marvelous in the extreme, but proves a great source of delight to us in reading, as it doubtless will to many others.

SOUL AND BODY; OR, THE SPIRITUAL SCIENCE OF HEALTH AND DISEASE. By W. F. Evans. Boston: Colby & Rich. Price $1.

This remarkable book will astonish medical men, who have been studying and treating disease on a purely physical basis. It goes to almost the other extreme, and attributes very many, if not all, diseases to spiritual causes, and would found a system of treatment having for its foundation spiritual forces. The author, who we understand is a clergyman, does not conceal his belief that Christ and the apostles and the prophets of the old Testament understood the use of spiritual forces, and actually used them in healing the sick; and he believes this gift would still belong to the world were we not grown so material in all our methods. The following subjects are among the ones mentioned in the contents: The Spiritual Idea of Health and Disease; the Spiritual Philosophy of the Cures Wrought by Christ; Faith and Fear, and their relation to health and disease; Prayer as a Measure of Health; Rational of the Magnetic Movement Cure.

The book is opportune, and will stimulate inquiry in regard to the subject.

FILTH DISEASES AND THEIR PREVENTION. By John Simon, M. D. Boston: James Campbell. Price $1.

This book would have been more useful if it had had an index and table of contents; but even without these it is a very able essay on a subject too little studied. Alas, that those who need its teachings most will be the last to read it. The reader will learn in it one lesson, that bad smells are not always contagious, and that often the most fatal contagion has no smell at all.

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THE

HERALD OF HEALTH.

JUNE, 1876.

ICE AND ICE-WATER IN SCARLET FEVER.

BY HIRAM CORSON, M. D.,

IN an article in The Medical and Surgical Reporter, August 7th, 1875, by Dr. James Y. Shearer, of Sinking Spring, Pa., he says: "Many members of our profession do not seem willing to accord to Dr. Hiram Corson due credit for having first promulgated, if he did not originate, which I think he did, the idea or method of treating scarlet fever by the application of ice. The editor in a note says: "We believe Dr. Jackson, of Northumberland, first advocated the cold water treatment in this country." Now if the editor had said, *first published*, he would have been correct as between Dr. Jackson and myself, and as referring to the use of cold water as drink, and small lumps of ice in the mouth, in scarlet fever, for he published what himself, Dr. Magill and others had done in 1833, while I published nothing until 1844. In the many brief papers which I have written in favor of what I call the cold water or ice treatment, I have always put Dr. Jackson forward.

In a report written by me for the Transactions of the State Society in 1864, there is a detailed account of what was published by Dr. Jackson in the May number of the American Journal of the Medical Sciences for 1833, and also in the August number of the same journal. The treatment thus announced in 1833 originated with him in 1832. I never made a claim to having originated the use of cold water and ice *internally* in the treatment of scarlet fever, and why? Because, from the first day of my practice in 1828, I never used any other drink than cold water for the sick. Those who have read my article on the treatment of measles, in The Medical and Surgical Reporter of a few years since, know how I was led in the very beginning of my practice to use only cold water as drink in every disease, when even my good friends Jackson and Magill were considering it a fearful risk. At that time, even in measles, I not only gave cold water freely as drink, but even urged its use in large quantities as a cooling remedial measure; and also used it *externally* to cool the overheated body. So, also, in scarlet fever, in my very first cases; but mark, this was only cold water. In the article referred to in the Transactions of 1864, I use the following language in reference to the use of *ice* in scarlet fever:

"In the year 1833 I first ventured to give ice water as drink in scarlet fever, with great comfort to the patient, and thought the practice peculiar to myself, but afterward saw in the May and August numbers of The American Journal of Medical Sciences the communication of Dr. Jackson, of Northumberland," on that subject. Although Dr. Jackson did not publish his treatment till I had originated it for myself, yet he had, so far as the *internal use of ice* was concerned, originated it the year

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before I used it; so *he was clearly ahead of me in that*, the use of small pieces of ice in the mouth. But Dr. Jackson never used the ice *externally to the neck* in scarlet fever ("though," he says, "I had often thought of doing so,") before the year 1844, when I first tried it. The history of my first case is given in the first work of Dr. J. Forsyth Meigs on the "Diseases of Children," page 480. I therefore have never claimed anything but the *external* application of ice, efficiently, some say daringly, applied; an application that renders of no necessity the stimulating gargles, washes and caustics which so horribly tortured children. But what right had either Dr. Jackson or myself to claim originality in giving cool drink, or even in sponging with cool water? Have I not shown in The Medical and Surgical Reporter, Feb. 11th, 1871, in an article on the use of ice and cold water in scarlet fever and diphtheria, that in Dr. Gregory's "Practice," American edition, p. 231, published in 1826, Dr. Currie, of Liverpool had used it long before that time? Professor Chapman, of the University of Pennsylvania, spoke of it to us in 1826-27, but condemned it so greatly that Dr. Jackson, if cognizant of Dr. Chapman's opposition to it, deserves more praise for having ventured on its use, than if he had never heard of its being used. In the same article I have quoted from "Burns's Diseases of Women and Children," edited by Prof. Thomas C. James in 1823, where he says: "Another remedy of great importance is affusion with cold water. I can with confidence recommend this remedy, from careful observation and repeated trials. It is of consequence to use this early, and whenever the patient feels steadily hot, and the skin feels warm to the hand of another person, it is time to put him into an empty tub, and dash over him a large pailful of cold water. By this I have known the disease corrected at once," etc. The above in our text-book, as far back as 1823, and yet, in our centennial year, our present professor standing where James stood, with Jackson's experience and the experience of hundreds of others before him, is afraid to teach anything beyond the old inefficient remedies. Nor can Dr. Currie claim originality. He had probably heard of its being used in the same way. There lies before me a small book, entitled, "The Curiosities of Common Water, or the Advantages thereof in Preventing and Curing many Distempers. Gathered from the Writings of Several Eminent Physicians, and also from more than Forty Years' Experience. By John Smith, C. M. To which are added some Rules for Preserving Health by Diet. The Third Edition, Corrected. London: Printed and Reprinted by Samuel Keimer, in High Street, near the Market-place, Philadelphia, 1723."

This book, published nearly a century before Burns wrote, and perhaps half a century before Currie practiced, is filled with praise of water as a remedy in nearly all diseases; and yet when Chapman flourished cold water was scarcely used as a drink for sick people. In every house where persons were sick the tea-sage, sweet marjoram, etc., were constantly steaming on the stove. Even yet there are many physicians in extensive practice who are afraid to use cold water as drink in measles and other skin diseases. Allow me to quote a few passages from "The Curiosities:"

"There is also published a book of experiments made with water by Dr. Hancock, a divine, called *Febrifugum Magnum*, wherein he saith, that drinking a pint or quart of cold water in bed will raise a copious sweat and cure all burning fevers, which at once taking has done the business. It will raise a sweat without much more covering than ordinary. And he further affirms that the same taken at the beginning of the cold fit of an ague, and sweating upon it, at two or three times taking, will cure the distemper. And he saith he has had long experience in curing common colds with cold water; and this is done by drinking a large draught of water on going to bed, another in the night and another in the morning. Pitcairn affirms, with great reason, that sweating in fevers by drinking cold water, is more natural than to do it with hot sudorifics, which often do harm in the beginning of fevers. But it has not

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often been advised by physicians, because they were ignorant of this cold way of sweating to cure fevers. Which cure, he said, did succeed in one who was his relation, at the fifth day after his falling sick, to whom he gave a dose of water after he was in bed, and he sweated profusely for twenty-four hours, and thereby was cured. Half a pint, he said, is enough for a grown child, a pint to a man or woman; but if they drink a quart it will be better.

"In scarlet fever, small-pox, and measles, though the water will not cause sweat, yet it will so quell and keep under the fever that the eruption will come out more kindly, which is a confirmation of what was before said about Dr. Betts prescribing two quarts of water when the small-pox did not come out kindly."

If, therefore, the able investigators who are now so zealously and commendably endeavoring to ascertain how greatly and speedily the heat of the human body may be reduced by a proper application of cold water to it, should succeed in bringing it into use for that purpose, they may find themselves walking in the footsteps of John Smith, Dr. Hancock, Pitcairn, and others. Even the writings of our own Dr. John Bell may stand in the way, disputing their claims to originality. But a fig for originality! If they can inaugurate a plan of operations with cold water which shall prove to the profession that we have an easy, safe, efficient, and very manageable means of lowering the temperature of the human system, and can thus set at rest the dangerous practice of using large doses of quinine and whisky for that purpose, they will confer untold blessings on mankind.

And here I might stay my pen, were it not that courtesy demands a word for Dr. Shearer's efforts. In his paper the value of ice internally by the mouth, and externally to the neck, is given in the most emphatic and, to me, satisfactory manner. "Forty cases of the most malignant type, and have not lost a single one." Of some of them he says: "They had been greatly neglected; throats were swollen, having gangrenous spots, accompanied by great physical prostration; in fact, I might almost say the sufferers were at the very threshold of eternity, as under any other treatment I had not seen or known of a recovery in any case equally bad." This is valuable testimony; and yet, natural and reasonable as this treatment is, and efficacious when put into practice, there are some practitioners and teachers of medicine who, having tried it, wholly object to it. Why this difference of opinion? Some persons who have *ventured* upon its use—I say ventured, for it seems to them an experiment with a fearful agent—have timidly told the family to get some ice and put it *around* the child's neck, also to give it small pieces in the mouth, and let it take some ice water as drink. After this, what did they know about the mode of using it? how much to use, how long to apply it, etc.? Dr. Shearer did not act in this way. He knew full well that he was wrestling with a disease that counted its victims by thousands and filled the land with mourning; and like a true physician, alive to his duties and responsibilities, he stood nobly to his work. He spoke confidently of the value of his remedial measures; instructed the parents in the mode of applying the ice *over* the inflamed glands, the bandages being carried over the top of the head instead of around the neck; impressed upon them the importance of giving cold water freely as drink, and the use of it, if needed, on the head or over the body, to relieve the brain or reduce the temperature of the body; proved to them by actual demonstration that if the ice which they had applied to the throat or sides of the neck were only the thickness of a knife-blade away from it, it was utterly valueless, and that therefore the muslin bag or the bladder which contained the ice should be pressed close upon it. I fancy that I see him giving all those instructions, and by the energy and confidence of his manner, and by the deep interest which he manifests in his little patients animating the parents to assiduous and hopeful labor for their restoration to health

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In a private letter of his to one of his friends, since the publication of his article, he says: "Since I used the ice I did not lose a single case, and I can recommend it highly to the profession. There are many timid men who have not the courage to use it, and it appears they cannot learn how to do it. When I first used the ice I was often compelled to remain in the house with the patient and apply it myself, for hours, until I was satisfied it was doing a deal of good and my patient was out of danger."

Had such testimony as Dr. Shearer's come to us from *abroad*, as the utterance of a French or German teacher, our journals would be filled with laudatory notices of it, and our medical teachers would hasten to proclaim it to wondering classes, and there is not a practitioner so timid that he could not venture on its use. Should we not rather credit our own countryman; a citizen of our own state; a graduate of our own college; a member of our own state society? Methinks I hear some one reply, "I should be afraid to use it; I see nothing of it in the text-books; our professors on practice do not recommend it." Ah! we now have an insight into the whole business. The authority of a great name is wanting. To such I reply, in the beautifnl language of an author deeply versed in human nature: "Show me a man who, leaving God and Nature, and himself, sits at the feet of masters, stuffs his brains with maxims, notions, usages and rules, and yields his fancy up to leading-strings, and I shall see a man who never did a deed worth doing."—*Medical and Surgical Reporter.*

RULES FOR GUIDANCE.*

WRITTEN BY GEORGE WASHINGTON IN HIS FOURTEENTH YEAR.

EVERY action in company ought to be with some sign of respect to those present.

In the presence of others sing not to yourself with a humming noise, nor drum with your fingers or feet.

Be no flatterer; neither play with any one that delights not to be played with.

Read no letters, books or papers in company; but when there is a necessity for doing it you must ask leave. Come not near the books or writings of any one so as to read them, unless desired, nor give your opinion of them unasked; also, look not nigh when another is writing a letter.

Show not yourself glad at the misfortune of another, though he were your enemy.

When you meet with one of greater quality than yourself, stop and retire, especially if it be at a door or any strait place, to give way for him to pass.

Let your discourse with men of business be short and comprehensive.

In visiting the sick, do not presently play the physician, if you be not knowing therein.

Undertake not to teach your equal in the art he himself professes; it savors of arrogancy.

When a man does all he can, though it succeeds not well, blame not him that did it.

Being to advise or reprehend any one, consider whether it ought to be in public or in private, presently or at some other time, in what terms to do it; and in reproving shows no signs of choler, but do it with sweetness and mildness.

Take all admonitions thankfully, in what time or place soever given; but afterwards, not being culpable, take a time or place convenient to let him know it that gave them.

Mock not, nor jest at anything of importance; break no jests that are sharp-biting, and if you deliver anything witty and pleasant, abstain from laughing thereat yourself.

* We print these rules, from the pen of our nation's first President, as an appropriate contribution for these Centennial times.

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Wherein you reprove another be unblameable yourself; for example is more prevalent than precepts.

Use no reproachful language against any one, neither curse nor revile.

Be not hasty to believe flying reports to the disparagement of any.

In your apparel be modest, and endeavor to accommodate Nature, rather than to procure admiration: keep to the fashion of your equals, such as are civil and orderly with respect to times and places.

Play not the peacock, looking everywhere about you to see if you be well decked, if your shoes fit well, if your stockings sit neatly, and clothes handsomely.

Associate yourself with men of good quality, if you esteem your own reputation; for it is better to be alone than in bad company.

Let your conversation be without malice or envy, for it is a sign of a tractable and commendable nature; and in all causes of passion admit reason to govern.

Be not immodest in urging your friend to discover a secret.

Utter not base and frivolous things amongst grave and learned men; nor very difficult questions or subjects among the ignorant; nor things hard to be believed.

Speak not of doleful things in time of mirth, nor at the table; speak not of melancholy things, as death, and wounds, and if others mention them change, if you can, the discourse. Tell not your dreams but to your intimate friend.

Be not tedious in discourse; make not many digressions, nor repeat often the same manner of discourse.

Be not angry at table, whatever happens, and if you have reason to be so, show it not; put on a cheerful countenance, especially if there be strangers, for good humor makes one dish of meat a feast.

Set not yourself at the upper end of the table; but if it be your due, or that the master of the house will have it so, contend not, lest you should trouble the company.

Let your recreations be manful, not sinful.

Labor to keep alive in your breast that little spark of celestial fire called conscience.

A REMEDY WORTH KNOWING.

BY MRS. FRANCES GERRY FAIRFIELD.

TO the legion readers of THE HERALD OF HEALTH, and especially to the many young mothers, whose sheet-anchor it is in all affairs relating to health, I propose to give two very simple remedies—both tried and approved in innumerable instances, by grateful mothers throughout the entire Union—relative to that fearful, and too often baffling, scourge of infancy known as *cholera infantum*.

Of the first and more important of these remedies, I can, in particular, speak with thankful and most conscientious personal knowledge, having tested its thorough efficacy in numberless instances, where every other known remedy has failed; and not alone in this disease among young children, varying in ages from six months to three or four years, but in cases of adult patients afflicted with various diseases of the bowels, including dysentery, various forms of diarrhea, inflammation of the bowels, etc., (in the latter to be taken of course with especial care as to strength and frequency, and decidedly best only under the advice of a good physician, as indeed in all cases where one can be obtained), of ages in many instances reaching to over four-score years. In all of these cases *thorough, permanent cures* were established; and by a course of treatment of but one day and a half to one week's duration, varying of course with the violence of the symptoms shown and the lengths of time of illness. I have, furthermore,

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gladly recommended it among friends and acquaintances, as I have already stated, east, west, north and south, and have yet to hear of a single case of failure when properly made and properly and perseveringly administered. The fact of never having met with it in print, however, or heard of its recommendation in such cases, is my excuse for the present screed.

The circumstances under which I became acquainted—as I shall always consider providentially—with its value were these:

Leaving my little girl upon one occasion apparently in perfect health, she then a bright healthy baby of just twelve months old, in most excellent charge, furthermore, of a thoroughly good nurse, who had been with her since her birth—the same overlooked, however, by a married lady friend, herself the mother of ten or twelve children. I, but a young mother at that time, of but little more than seventeen years of age, after an unfortunately protracted absence, in all of several more hours than I had intended, I returned to find my little darling, to my unutterable dismay, after I had hurriedly nursed her, as was my wont almost immediately upon my arrival, thrown almost into convulsions by the act. No sooner had she swallowed the milk than she rejected it, and almost as immediately purging from the bowels commenced, at times the two alternating, and presently both occurring together; both increasing in frequency, but decreasing in quantity with, in the course of a single hour, high fever, great apparent restlessness, and with almost incessant fits of vomiting, accompanied with great thirst and operations of the bowels. All of these bad symptoms increased with such rapidity and violence that in less than three, certainly four, hours from the first rejection from the stomach, my little angel, to my horror, was in the throes of pronounced cholera infantum.

I, of course, at the very first sign of illness, at once immediately summoned my family physician, an accomplished elderly scion of the milder allopathic school, and under whose skillful charge the baby had been from her birth, and I, her mother, for many years previous. He fortunately, to my inexpressible relief, arrived almost instantly, and in a few moments issued the terrible fiat above given, viz., *cholera infantum*. He, furthermore, pronounced it unhesitatingly, from the outset, to be a very serious case. The symptoms of brain trouble, too, my good old friend told me, were very marked; and as her brain was a remarkably large and active one, he informed my husband that he apprehended serious results. His directions were to bathe her two or three times a day with tepid water; taking care that she did not take cold, and as she grew perceptibly weaker to try to give her a teaspoonful of milk and water occasionally, slightly sweetened, if she rejected the milk from the breast, or sweet fresh cream and water, with from three to five drops of the best brandy in it. Again and again I tried to get the little pet to keep this latter prescription upon her stomach, but all in vain. She showed great avidity at times to nurse, but immediately threw it up as before, and also as invariably the cream, or milk and sweetened water (for I tried both). Constantly slight operations from the bowels continued, varying in color, first from dark yellow to a light buff, thence to green and dirty brown, sometimes slime streaked with blood, thence to the utterly colorless, and finally to the dangerous "rice-water passages." For one week and two days she lay in this state, night and day, all of the time in a high fever, and the best part of the time, for about two days and three nights alternately moaning—though seemingly unconscious—with pain, or an incessant restless uneasiness; continually moving, or laughing outright, never peevish—the blessed little one!—or cross, but with devious fancy, all the time growing perceptibly weaker and weaker, until for the last four days she seemed to lie, with half closed eyes, in a sort of stupor, only arousing for a second, conscious at my touch, or on calling her name. Still nursing for a moment when put to the breast, but always with the same sad and uniform result, viz., that of immediate

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rejection by the stomach, accompanied with purging.

All this time I held her in my own arms, never eating or drinking, save hurriedly swallowing a glass of wine, cup of tea or coffee, or a bowl of oatmeal gruel, as it was brought ready prepared to my side; my heart, as may well be supposed, trying in vain to cry "*Thy will, oh, our Father, not mine be done!*" All thought that she could not live, her prostration was so great, seemingly both mental and physical. The dear doctor alone, God bless him, only gently whispered to my agonized and voiceless entreaty: "*While there is life, my child, the good Father bids us hope!*" Bless his grand old soul! He can never know how his kind words comforted me. My darling seemed scarcely to sleep; to enjoy, I mean, what might be called natural *sleep*, but rather a terrible stupor, in which many agonized poor mothers have afterward told me their darlings had slipped quietly away from them, to wake up only in heaven.

On the morning of the tenth day my baby seemed scarcely able to stir, and scarcely to breathe, so utter was her increased prostration; but, thanks be to God! on that blessed morning, while I sat holding her in mute agony to my heart, she seemingly asleep, an *inspiration from Heaven came to me.* Remembering how, when in the exhaustion of diphtheria, a few months previous, I had raised my younger brother almost from as great prostration by the aid of continued doses of fresh, strong beef tea, I hurriedly sent the servant for a pound of fresh, lean, sound beefsteak. Bidding her cut it up before my eyes into little pieces (no fat) of about half an inch square, I directed her to put them all together into a covered vegetable dish, filling it about two-thirds full of clean cold water. This covered dish I had placed upon the hearth, near to, but not upon, a bright coal fire burning in the grate in the same room. I let it remain thus, soaking out its juice in the water for three hours and a half, at about luke-warm temperature; then, adding no more water, but a little salt, I covered the whole up in a tight saucepan and let it boil moderately for about three-quarters of an hour more, taking care to have an extra saucepan of boiling water ready to add to the broth, if too strong. The liquid was then of a deep blood-red color, from the juice. It was decidedly an experiment that I was trying, for my baby had then never tasted meat or soup—in fact nothing but her natural nourishment, her mother's milk. At the end of the three-quarters of an hour's quiet boiling I poured out half of a small teacupful of the broth, of a very pale straw color, added about a tablespoonful of water and a trifle of salt, and fed it to my little pet, who took it with the utmost gusto, to the amount perhaps of five teaspoonfuls.

God be thanked it remained upon her stomach, the first thing in ten days, and at the end of two hours I gave her about a quarter of a small teacupful. Pending the last dose, my dear old doctor called in to see her, and, to my delight, applauded my effort heartily, saying that he should most certainly have ordered it before, spite of the fever, had he not been afraid to do so, as the little one had never before even tasted other food than her own natural milk. Encouraged by his kind concurrence, I persevered in giving her a little (warm of course) at intervals afterward —say a quarter of a teacupful every three or four hours, the usual times of my nursing her. Imagine my gratitude, as all mothers may, when I found to my unspeakable joy that she never rejected one drop of it by vomiting or purging, appeared thoroughly to enjoy its slightly salty and appetizing taste instead, and that the operations first decreased and then ceased entirely after the fourth one the next day. After taking the second dose she fell into a sweet sleep, which lasted nearly three hours, and during which she fell into the first gentle perspiration she had had since her illness. The very next day she nursed a little, and two days after, the tenth of her disease, saving her weakness, was pronounced by my doctor thoroughly well of it. And well she continued, growing stronger and

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stronger from that time onward, though for a full week or ten days further, in order to further recruit her depleted strength, I continued giving her a small bowl of moderately strong beef tea once a day—a pound of lean beef, prepared as I have herein described, lasting two days, but freshly made, a half pound at a time, each day, and thus I continued to do for a week or ten days longer. After the second day she nursed almost with the same avidity as ever, and on and after the third fully so. All through her childhood, and even now, when she is a healthy girl of twelve years old, whenever she is a little weak in the summer, or at all ailing, I give her a week or so's diet of fresh beef tea; and if impossible to get fresh beef, that made with the genuine Liebig's Meat Extract, and she invariably regains her full health, strength and color under the admirable regimen.

I have stated that I have gratefully mentioned this positive *cure*—as it proved in her case—to many mothers with ailing or weakly children, and invariably with perfect success, upon their grateful trial.

I have yet to explain, however, how, leaving my darling, as I am certain I did, upon that nearly fatal day, in perfect health, I could have come home to find her so dangerously ill, and as "thereon hangs a tale," and a very serious one, I will perforce state it for the enlightenment of the many idolizing, though unfortunately as similarly maternally ignorant young mothers, whose eyes will I trust fall upon these pages, to their own ultimate profit.

It so happened upon the afternoon referred to, that I had been absent from my baby, whom I seldom left at home, from three to four hours longer than usual, owing first to a mistake in taking the cars in Brooklyn, to the ferry; and upon this side of the river I accidentally took a wrong stage which took me miles out of the way, owing to a fire upon their usual route, which necessitated a long *detour*. It being already, when I first started, even past the usual time for the baby's afternoon nourishment, I was half wild with apprehension that the dear little soul would be half starved and fainting before I could get to her. When, added to this, came the annoying perplexities of my double mistake in my homeward conveyances, and extending to such an altogether unreasonable time longer of delay—the longest by nearly three hours that I had ever before been absent from her since her birth—I actually became so worried in mind that my blood became heated as in a fever, the milk of course with it, and in no state whatever, until cooled, to nurse any infant, no matter how usually healthy. Young mother as I was, however, all unmindful of this fact in my wretched ignorance, instantly upon rushing home and into my baby's presence (who, little darling, had borne the unexampled delay with the utmost sweetness of temper and patience), without waiting even to remove my bonnet or gloves, I tore off my cloak and immediately nursed her to the extent of her appetite. In less than a quarter of an hour afterward she threw it all up, and before the next day, as I have said, owing to this, my mistaken indulgence, my little treasure was in the agony of pronounced *cholera infantum*. And I, in my ignorance, my lamentable ignorance, *her own mother*, was the unhappy cause. God in his great mercy, as I have gratefully stated, spared me the ultimate miserable consequences of this my unhappy act, by the inspiration of the above given remedy.

I have felt it to be my duty, however, as well as a great pleasure, to herein detail this account, as I have already said, for the especial benefit of young mothers with children similarly afflicted, who may, perchance, be—as there are, unfortunately, still thousands—as ignorant as I was, throughout the land, eager and willing to avail themselves of the results of another's sadder experience.

In numberless instances of diphtheria, cholera morbus, dysentery, diarrhea, scarlet fever, measles and indeed of almost every disease known, both to infancy and adult age, in the physical weakness of the relaxed system, commonly known as "spring fever," or spring weather weakness in particular,

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beef tea made from the fresh lean meat, or the genuine Liebig's Meat Extract, has proved of the utmost and most astonishing avail. Even when high fever existed, and meat and stimulants of all sorts were ordinarily forbidden, I have known it in a very short time to effect a perfect cure, with the additional good feature of leaving the patient oftentimes stronger, and *never weaker*, at the expiration of the disease than at or before its commencement. It has never to my knowledge caused nausea, even the Liebig, unless made too strong for a weak stomach, or too highly salted; but, on the contrary, has always been relished with avidity, the slightly salty taste proving very grateful to the patient. A very severe case of inflammation of the bowels, in my own instance, was easily cured in the course of a little over two weeks constant treatment by nothing else than a course of Liebig's Meat Extract tea and boiled rice water, taken together four times a day, a good-sized teacupful at a time; I remaining in bed, however, in a recumbent position the entire time. On recovery I felt surprisingly strong and clear both in body and mind.

Another remedy for cholera infantum, cholera morbus, dysentery, diarrhea, but for none of the other diseases given in my last paragraph, and a very good one in mild cases especially, (although possessed of no particularly strengthening properties) is that of a quart of fresh boiled milk, with five teaspoonfuls of wheat flour, (better to have it browned first) stirred into it, a trifle of salt and sugar, if preferred, with a dash of nutmeg or cinnamon, if liked, and a piece of fresh beef tallow, or mutton tallow (the former said to be better) the size of a pigeon's egg, stirred into it while hot, all boiled together to the consistency of thick, rich cream, for about five or six minutes, and this served hot each time. The tallow is not tasted in this way, but acts very efficaciously in healing the inflamed bowels. This remedy, whether or not I employed it in time, I do not know, in the case of my little baby, I am bound to say failed. But, to tell the truth, I do not consider that I gave it a fair trial, as she could not be prevailed upon to do much more than taste it, immediately thereafter saucily spitting it out of her little mouth even. This however, I have often since thought, as she grew older, may have been because of a special idiosyncrasy discovered later throughout her childhood, and even evinced to the present day, viz., a marked dislike, and invariable one, to "made messes," as they are termed, of any sort, no matter how nicely prepared, gruels, oat or cornmeal, or wheat flour, soups or broths (except plain beef tea), puddings, milk (*blanc mange* or wheat) porridge I could never get her to more than taste; or in fact, any other food prepared with milk, or eaten with it.

In many other similar instances of choleraic troubles, however, both of children and among grown people, I have known of this last simple remedy given with great effect, producing rapid and thorough cures.

In regard to the former, however, except in cases of the most old-fogyish of old, obstinate, opinionated physicians, both allopathic and homeopathic, I repeat I have never known its trial on properly humble presentation to be refused. When all else fails, as in my child's case, herein given, at all events, doctor or no doctor, try it, and God bless it! *Better offend your doctor, even, than lose your child.*

MY TWO HUSBANDS.—IN THREE PARTS. (No. 1.)

BY LYDIA M. MILLARD.

FORTY-FIVE years ago, this morning, in an old farm-house by a river, in one of the most beautiful of New England towns, a little girl was born, and five hours after there was a knock at the old double front door, and Susan Winter, the child's only aunt on the father's side, came in to see the new baby,

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half hidden behind the festooned folds of the chintz curtains of the high-post bedstead in the corner of the low-roofed "keeping-room," so cheerily fitted up for the advent of the little stranger.

"Reuben," said Aunt Susan to the great tall brown, homely father, who stood by the bedside and turned back the sheet to show the fair little head; "Reuben, the girl has Rachel's brown hair and thy forehead, Rachel's eyes and thy nose, Rachel's mouth and thy chin. See the Winter dimple. Yes, she has the Winter nose and dimple; and don't thee see she has the hands of the picture, too, the picture over the mantel—small, smooth, plump-pointed fingers; harnsome hands I call them. I guess that's all the beauty she has."

"I hope she'll do a great many beautiful things with them," said the blue-eyed mother, smiling softly down into the opening eyes of her waking babe—waking from her first sleep on earth as her three friends bent lovingly over her. "Earth's first dream, what is it?" said the mother; "if babies ever dream. I have often seen a wonderful look in a baby's waking eyes. Even a baby's soul seems to me to be almost as perfect as ours, only its avenues to the outside world are closed; it can't talk, but I believe it can think, remember and reflect. I would be as much ashamed to do a wrong thing before a baby as a king. Reuben bought me that picture over the mantel six months before the baby was born, and those hands always seemed to fascinate me. I am glad my baby has them. Please lay her down, Susan, with her head to the north. It may be all a fancy of mine, but I can sleep better with my head to the north. I feel as if I were lying upside down, or had been standing on my head if I have my head any other way. I asked a very wise physician once, and he said that electric currents are passing between the poles, and that their course being longitudinal to the body may make it healthier for sick or well to have their head to the north. And Susan put those calceolarias and geraniums on the window nearest the bed. Do you know, I have found out that the flies never trouble me? I never have any flies if I keep my windows full of calceolarias and geraniums."

An hour after, as Aunt Susan sat knitting Reuben's blue yarn stockings, she said: "Nobody ever thought enough of me to name a child after me. I s'pose because my name is so homely. Beautiful girls that break all the men's hearts in novels are never called Susan, and I don't know as I ever read of a Queen Susan; but I kinder like the name, if nobody else does. It helped me along pretty well."

"I hope my little girl will do as much good as thee has done," said Rachel; but I don't fancy thy name. It seems that the Susans in the world are made on purpose to do all that other people leave undone. They are like the dandelions and clovers to keep the world good-natured and bright, not to be praised and petted like roses and lilies. Winter is a plain cold name enough, without putting Susan before it; but Susan I would rather name a child after thee than any living friend, and for thy sake, if Reuben likes, we'll call her Susan."

"Call her Susan," said the father; "but don't let any one call her Sue. I don't want my child Sued through the world."

Aunt Susan took a silver spoon out of her knitting bag, marked "Susan Winter." She put it in the child's mouth. "I hope she'll never want," she said. "And here's a dozen she may have," unrolling eleven spoons, each from its separate piece of brown paper. "I dreamed last night that you had a little girl, and called her Susan, after me. I dreamed it three times over, and I never dream a dream three times over but it comes true. So I was old fool enough to bring these spoons for her; and this deed is hers too, the deed of the old homestead. I've fixed it so her husband can't get it."

"Seems to me," said Reuben, glancing at the ten pounds of humanity wrapped up in flannel on the bed; "seems to me you look ahead a good ways."

"She'll have," said Susan, "$150 a year of her own, and he can't touch it.

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It's awful hard for a woman to have to ask a husband every time she wants a penny. I'd rather for my part scrub floors all my life for my living than do it. And some men, even if a wife half kills herself to work for 'em, day in and day out, think if they hand her a whole $5 bill they have done a most liberal and equitable thing, really a pious deed of pity or mercy. And here is a cap," she said, "mother made. She made it for me when I was a baby."

Susan took the cap out of its torn paper folds and held it up. Reuben looked as pleased as if some one had shown him a new sun or moon. In the center of the crown were three little open-worked leaves, and around this a constellation of close-worked rosebuds, and around them a border of the same three open-worked leaves, in which was run some blue ribbon. Around this border was a scolloped ruffle, with an eyelet in each scollop. As Susan tied on the little cap on the little Susan's head, the great tall overgrown father, the little meek-eyed mother, and the noble-looking, resolute aunt, made a picture happier, if not grander, than any three royal dignitaries crowning the queen of the proudest kingdom.

"She's our little queen, aint she? Queen Susan, if there never warn't none before," said Reuben, placing his great brown hand on the tiny head to see if the cap was on smooth."

Baby was two weeks old; the little head had grown browner and the eyes bluer. Baby was asleep one morning, and baby's mother was taking a cup of beef tea, when, without knocking, suddenly walked in one of the tallest, brownest looking men the world ever saw—everything about him, forehead cheek, chin, coat, pants and all—and a big pipe in his hand filled with villainous tobacco. Behind him walked close at his heels, Margaret, the faithful devoted attendant, friend and servant of the Winter family. She was as short and rosy as he was tall and brown, and generally as pleasant as he was cross. But this morning, as Margaret Maynard walked in behind Uncle Hezekiah Winter, she looked cross, even defiant. She carried in her hand a big horn spittoon, brought down from the garret on this particular occasion, and never seen in the Winter keeping-room save when Mr. Hezekiah Winter made his appearance; then Margaret always walked in behind him with this ugly old spittoon. Uncle Hezekiah walked up to the bed and breathed a good breath of tobacco into the baby's face and into its mother's beef tea, and said:

"Pity it warn't a boy, you could called it Hezekiah. You might call it Hezekiarna, though: but then you always thought more of Susan than you did of me."

Then he walked back to the big armchair, that Margaret had taken care to place as near the wall and as far from the baby as possible. He sat down as Margaret placed the spittoon directly under his long nose. She marched out, making a big face behind his back as she departed, wishing she could give the door a big bang behind her as a parting salute. She entered the kitchen, looked round on her snowy floor, spotless wood-box and shiny stove.

"S'pose I'll have to have him down here next," she said. "Anyhow he shan't stay up there long if I can help it." Then she went out at the big gate and stood looking up the road impatiently, every other minute saying to herself, "I wish he would come! Why don't he come?"

Soon she saw Reuben's old white hat rising up above the top of a load of wood, and she ran out to meet him.

"Reuben," she said, "Hezekiah's up stairs. He's been there half an hour with that pipe of his, and he'll smoke the baby to death."

Reuben took very long steps always, but this time they were three times as long as usual as he walked into his wife's room, fast filling with a dingy cloud from Hezekiah's pipe. The beef tea was only half eaten. Rachel's head was aching, and she was coughing.

Reuben without any word of remark said: "Hezekiah, come out and see our new brown mare," and Hezekiah went out quickly, for next to tobacco he loved horses better than any other earthly good. Margaret marched out behind him with the spittoon, and

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back to her kitchen again. She put the spittoon down in the farthest corner as tenderly as she would a snake, and stood gloomily looking into the bright coals. All at once a smile came over her face, and at last she burst into a loud laugh—a succession of laughs. When Margaret laughed so all alone by herself, be sure she had some plan in her head that pleased her mightily.

Reuben and Hezekiah were looking at the brown mare. "Hezekiah," said Reuben, "thee musn't take thy pipe into Rachel's room; she can't bear it yet, and it hurts the baby, too."

"Well! well!" said Hezekiah, "a baby aint good for much if she can't stand a little tobakker-smoke, why the world is full of it, and always will be, is my opinion. I would not bring her up into no such notions. I wouldn't get that baby in the habit of goin' agin tobakker. It's good for worms. No man ever had worms who used it. Any man who in any meetin' gets up and talks agin tobakker ought to be rid out o' town on tar and feathers; and your baby ain't no better than other people's. My children were used to it."

"Where are they now?" said Reuben.

"All dead!" he said; "ten on 'em; and it cost a good deal to bury 'em, too; something was the matter with their throat or lungs, but they lived all my babies, tobakker didn't kill 'em. They all on 'em lived for two years, and tobakker won't hurt your darter neither. She aint sugar nor salt; she's made of flesh and blood, I guess. Tobakker is one of God's critters and comforters. I wouldn't give a cent for the world without it. I don't care for nothin' nor nobody if I don't have tobakker.'

(*Continued in our next.*)

HYGIENE FOR BRAIN AND NERVES.

BY THE EDITOR.

IN the four preceeding articles we have given a general view of the nervous system, and have shown that it consists of a brain and nerve-centers, a spinal cord, with nerves given off from it for conducting nervous force to all parts of the body, and the sympathetic nervous system, having control of organic life. With this picture in view, let us see if we can find out how it is that it manages to do so much important work. We cannot possibly enter into a long and elaborate discussion of the subject. It is too intricate for this place. Still a simple account will aid us when we come to discuss the management of the nerves and the care of nervous disorders. Let a person survey his own nervous activities for an hour, and find out, if he can, what they are. You are pricked with a pin hidden somewhere in your clothing. It is a very simple thing. The sharp point impinges itself against a nerve—perhaps lacerates or irritates it. Now what does the nerve do? It has no voice; it cannot speak; it can only act in a particular manner. It can feel. A limited, wholesome amount of feeling is pleasurable; an excess of it is painful. Now what are the phenomena. The pin pricks the nerve: the brain takes cognizance of it, sets the wits to work to find out where the pin is, and the muscular system takes hold and removes it. How did the news of the pricking get to the brain? How did the command of the brain to set the muscles to work get into the arms and hands? Let us see if we can make it clear. In the nerve-cells, where the pin pricked, is contained a certain amount of nutriment—digested and elaborated food—in a condition of what is called unstable equilibrium—that is to say, the slightest disturbance causes it to explode, as powder does in a gun by the fall of the hammer on the detonating cap. This explosion generates force, molecular movement, which is conveyed along the nerve till it comes to another larger nerve-cell, or collection of cells, called

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a ganglion, containing more matter in unstable equilibrium, which again, so to say, explodes, generating more force; and the little disturbance starting in the nerves of the skin travels to the brain at the rate of 30 feet per second. Reaching the brain, which is a large center stored with nutriment easily disturbed, a certain amount is again exploded, generating force sufficient to set the will in motion, and flowing along the nerves to the muscles sets a sufficient number of them in motion to remove the pin. Or take another case: You are standing on a street corner, waiting for an omnibus. It approaches. You lift your hand, a very simple thing to do, and the driver sets his whole frame in motion to stop his horses that you may get in. How can so slight a movement of your hand produce such results on the nervous system of the man who saw it? Thus: A ray of light reflected from your hand struck very gently on the sensitive retina of his eye. This retina is composed, among other things, of cones of nervous matter containing nutriment ready to explode on the application of a ray of light, and the force generated by the explosion traveling like a wave up the nerve to the brain, where more nervous matter explodes, generating motion, which applied properly sets the whole nervous and muscular system of the driver in motion to produce the desired result. Or take another case: A sudden, startling noise greets your ear, and you jump, and perhaps shriek. It is only an explosion of nervous matter. If we could see the action of the nerves we should see that life is a continual explosion of nerve substance. You sit quietly in your seat at the opera, and the vibrations of the air caused by the instruments and voices of the musicians impinging on the nerves of the ear keep up a series of explosions in the brain in the form of delightful sensations of music. Thus through the ears, eyes, mouth, nose and skin come from without multitudinous causes of nervous action. Could anything be more beautiful, more wonderful? revealing the creative power of the universe, which never sleeps.

CONDITIONS OF HEALTHY ACTION.

The first requisite to healthy nervous action is healthy and strong digestion, in order to supply abundant and rich blood, from which nervous power is, so to speak, extracted or obtained, as heat is obtained from burning coal.

The next requisite is that the blood be equally and efficiently distributed to the nervous apparatus, and those organs that transform its latent force into sensible force.

Still another condition of healthy nervous action is that the blood be well supplied with oxygen.

It is also necessary that the blood be not loaded with the products of decomposition, which choke the play of the organs as ashes choke the burning of the fire in the grate. This is secured by a healthy action of the skin, lungs, kidneys and bowels.

Nerve substance does not bear pressure well. Pressure on the brain stops its action; pressure on a nerve trunk modifies or even prevents its action altogether; pressure on the large nerve of any limb so alters its conducting power as to cause it to be sensibly observed in a numb, sleepy feeling. Nature has placed the nerves in such a position that they can hardly be pressed upon unless one goes out of his way to do it.

Another condition of vigorous nerve action is a normal degree of bodily heat. This is shown in many ways. The amount of nervous activity in a cold-blooded animal is less than in a warm-blooded one; but when the cold-blooded creature is warmed by heat its nervous force is increased: and as cold weather approaches and the temperature of the body diminishes, the cold creature stops generating nerve force almost entirely, and hibernates till heat sets in motion the blood, and permits the generation of nervous force again. So, too, in warm-blooded animals (in man for instance), if the bodily temperature is lowered the generation of nervous force is diminished, and if lowered to a certain degree it ceases altogether and the person becomes drowsy, unable to keep himself awake, and if not rescued dies.

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It has already been remarked that an abundant supply of rich blood was the prime essential to healthy nervous action. General bloodlessness is a principal cause of inactivity of the nervous system. Temporary loss of blood causes fainting and suspension of nervous activity in the brain. If the blood is deficient for any length of time, the nervous explosions of which we have spoken are feeble and infrequent. If the heart is feeble and unable to supply the brain and extremities with blood, nervous action is limited; aneurism of an artery which prevents the blood from circulating freely produces the same effect, and when a clot of blood plugs up an artery it may cause paralysis of the brain or any part of the body. Notice also when the hands become very cold, and the supply of blood in them deficient, how stiff they are, and how difficult it is for them to obey the command of the will. Not only must the blood be abundant, it must be rich. Poor blood will not supply the nerves with the right material for generating nerve force. It must contain those substances which the nerves can use. Oxygen must be abundant, and the carbonic acid must be carried off as fast as generated. The urea if allowed to remain in the blood will alone put an end to healthy nervous action.

Last of all, the nerves themselves must be sound and healthy. They must be continuous in their substance. A cut nerve prevents the conduction of force. An injured brain interferes with the generation and distribution of nervous energy.

THE FOUR EVILS—A SERMON OF BUDDHA.

WHAT are the four evil states that tempt men to sin? Through partiality men commit sin, through anger men commit sin, through ignorance men commit sin, through fear men commit sin. But inasmuch as the holy disciple lives uninfluenced by partiality, or wrath, or folly, or fear, therefore these four evil states tempt him not to sin. Whoso from partiality, wrath, folly, or fear, is tempted to pervert justice, his glory shall fade like the waning moon. But whoso untempted by these refrains from perverting justice, his glory shall be made full, like the glory of the increasing moon.

And what are the six means of dissipating wealth? Strong drink, young man, and theater-going, and evil companions, and dicing, and wandering about the streets at night, and idleness—these six bring a man to poverty.

There are six evils, young man, in being addicted to strong drink—poverty, strife, disease, loss of character, shameless exposure of the person, and impaired faculties.

Six evils attend on him who wanders about the streets at night. His life is in danger, his wife and children are uncared for, his property is unguarded, he falls under the suspicion of frequenting places of evil resort, false rumors circulate concerning him, and sorrow and remorse follow in his train.

Six evils wait upon him who thirsts after worldly amusements. He is ever crying out, "Where is there dancing? where is there music? where recitation? where conjuring? where public shows?

Six evils wait upon the gambler. If he win, he begets hatred; if he lose, his heart is sorrowful. His substance is wasted, his word has no weight in a court of justice, his friends and his kinsmen despise him, and he is looked upon as ineligible for marriage; for men say, a gambler is unfit to support a wife.

Six evils attend on him who associates with bad companions. Every gambler, every libertine, every cheat, every rogue, every outlaw is his friend and companion. Six evils attend upon the sluggard. He says it is too cold, and does not work; he says it is too hot, and does not work; he says it is too early, and does not work; he says it is too late, and does not work; he says, I

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am hungry, and does not work; he says, I am full, and does not work; and while he thus lives ever neglecting his duties, he both fails to acquire new property, and that which he possesses dwindles away. Some friends are only boon companions, some are hollow friends; the true friend is the friend in need.

Sleeping after the sun has risen, adultery, revenge, malevolence, evil communications, and avarice — these six things bring a man to ruin.

Woe to the dicers, to them that drink strong drink, that go in unto their neighbor's wife. Whoso follows wickedness and honors not the wise, he shall fade as the waning moon.

He that drinks strong drink is needy and destitute, ever thirsting with unquenchable thirst; he plunges into debt as one plunges into water, and will quickly bring his family to nothing.

He who sleeps by day and rises at night, who is ever full of lasciviousness, is unfit to maintain a family.

Poverty overtakes him who says: 'Tis too cold, 'tis too hot, 'tis too late, and neglects his daily work; but he who, performing his manly duties, recks not a straw for heat or cold, his happiness shall not decay.

There are four, young man, who, seeming to be friends, are enemies in disguise—the rapacious friend, the man of much profession, the flatterer, and the dissolute companion.

In four ways the rapacious man may be known to be a false friend; he enriches himself at your expense; he expects much in return for little; he does what is right only under the impulse of fear; and he serves you from self-interested motives.

In four ways the man of much profession may be known to be a false friend; he boasts of what he meant to have done for you; he boasts of what he means to do for you; he is profuse in unprofitable compliments, but in the hour of need he protests his inability to serve you.

In four ways the flatterer may be known to be a false friend; he assents when you do wrong; he assents when you do right; he praises you to your face, and speaks ill of you behind your back.

In four ways the dissolute companion may be known to be a false friend; he is your friend if you follow after strong drink, if you wander about the streets at night; he is your companion in theater-going, he is your companion in dicing.

The rapacious friend, the insincere friend, the friend who speaks only to please, and he who is a companion in vicious pleasures — recognizing these four to be false friends, the wise man flies far from them, as he would from a road beset with danger.

These four, young man, are true friends: the watchful friend, the friend who is the same in prosperity and adversity, the friend who gives good advice, and the sympathizing friend.

In four ways the watchful friend may be known to be a true friend; he protects you when you are off your guard; he watches over your property when you are careless; he offers you an asylum in time of danger; and when work has to be done he gives you the means of doubling your wealth.

In four ways the friend who is the same in prosperity as in adversity may be known to be a true friend; he confides to you his own secrets; he faithfully keeps yours; he forsakes you not in trouble; and he will lay down his life for your sake.

In four ways the good counsellor may be known to be a true friend; he restrains you from vice; he exhorts you to virtue; he imparts instruction, and points the way to heaven.

In four ways the sympathizing friend may be known to be a true friend; he grieves over your misfortunes; he rejoices in your happiness; he restrains those who speak ill of you; he applauds those who speak well of you.

The watchful friend, the steadfast friend, the good counsellor, and the sympathizing friend—recognizing these four to be true friends, the wise man cleaves to them as the mother cleaves to her infant son.

The wise man, endowed with righteousness, shines like a flaming fire. He who gathers wealth as a bee gathers

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honey, his wealth shall accumulate as the ant's nest is built up: and with wealth thus acquired he will bring no dishonor upon his family. Let him apportion his property into four, and so let him cement friendships. With one portion let him maintain himself, with two let him carry on his business; the fourth let him treasure up, it will serve him in time of trouble.

But in what way does the disciple of holy sages guard the six quarters? Know, young man, that these are the six quarters: Parents are the east quarter, teachers are the south quarter, wife and children are the west quarter, friends and companions are the north quarter, spiritual pastors are the zenith, and servants and dependents are the nadir.

In five ways, young man, a son should minister to his parents, who are the east quarter. He should say, I will support them who have supported me, I will perform their duties, I will guard their possessions, I will make myself worthy to be their heir, and when they are gone I will pay honor to their memory. And in five ways the parents show their affection for their son. They keep him from vice, they train him in virtue, they provide him with a good education, they unite him to a suitable wife, and in due time make over to him the family heritage. And thus is the east quarter guarded and free from danger.

In five ways the pupil should honor his teachers, who are the south quarter. By rising in their presence, by ministering to them, by obeying them, by supplying their wants, and by attentively receiving their instruction. And in five ways the teachers show their affection for their pupil. They train him up in all that is good, they teach him to hold fast knowledge, they instruct him in science and lore, they speak well of him to his friends and companions, and protect him from danger in every quarter.

In five ways should the wife, who is the west quarter, be cherished by her husband. By treating her with respect, by treating her with kindness, by being faithful to her, by causing her to be honored by others, and by furnishing her with suitable apparel. And in five ways the wife shows her affection for her husband. She orders her household aright, she is hospitable to kinsmen and friends, she is a chaste wife, a thrifty housekeeper, and skillful and dilligent in all her duties.

In five ways should the honorable man minister to his friends and companions, who are in the north quarter. By liberality, courtesy, and benevolence, by doing to them as he would be done by, and by sharing with them his prosperity. And in five ways do they in their turn show their attachment for their friend. They watch over him when he is off his guard, they watch over his property when he is careless, they offer him a refuge in danger, they forsake him not in misfortune, and show kindness to his family.

In five ways the master should provide for the welfare of his servants and dependents, who are the nadir. By apportioning work to them according to their powers, by supplying them with food and wages, by tending them in sickness, by sharing with them unusual delicacies, and by granting them occasional relaxation. And in five ways do they in return testify their affection for their master. They rise before him, and retire to rest after him, they are content with what is given them, they do their work thoroughly, and they speak well of their master.

In five ways should the honorable man minister to his spiritual masters, who are the zenith. By friendly acts, by friendly words, by friendly thoughts, by giving them a ready welcome, and by supplying their temporal wants. And in six ways do they show their affection in return. They restrain him from vice, they exhort him to virtue, they are kindly affectioned toward him, they instruct him in religious truth, clear up his doubts, and point the way to heaven.

Parents are the east quarter, teachers are the south, wife and children are the west, friends and companions the north, servants and dependents are the nadir, the zenith are spiritual pastors; let a man worship these quarters, and

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he will bring no dishonor upon his family.

The wise man, who loves a virtuous life, gentle and prudent, lowly and teachable—such a one shall be exalted. If he be resolute and diligent, unshaken in misfortune, persevering and wise—such a one shall be exalted. Benevolent, friendly, grateful, liberal; a guide, instructor, and trainer of men—such a one shall attain honor.

Liberality, courtesy, benevolence, unselfishness, under all circumstances and toward all men—these qualities are to the world what the linchpin is to the rolling chariot. And when these qualities are wanting, neither father nor mother will receive honor and support from a son. And because wise men foster these qualities, therefore do they prosper and receive praise.

MY CREED.

AS other men have creeds, so I have mine;
I keep the holy faith in God, in man,
And in the angels ministrant between.
I hold to one true church of all true souls;
Whose churchly seal is neither bread nor wine,
Nor laying on of hands, nor holy oil,
But only the anointing of God's grace.

I hate all kings, and caste, and rank of birth;
For all the sons of man are sons of God;
Nor limps a beggar but is nobly born;
Nor wears a slave a yoke nor czar a crown,
That makes him less or more than just a man.

I love my country, and her righteous cause;
So dare I not keep silent of her sin;
And after Freedom may her bells ring Peace!

I love one woman with a holy fire,
Whom I revere as priestess of my house;
I stand with wondering awe before my babes,
Till they rebuke me to a nobler life.
I keep a faithful friendship with my friend,
Whom loyally I serve before myself;
I lock my lips too close to tell a lie;
I wash my hands too white to touch a bribe;
I owe no man a debt I cannot pay,
Save only of the love men ought to owe.

Withal, each day, before the blessed Heaven
I open wide the chambers of my soul,
And pray the Holy Ghost to enter in.

Thus reads the fair confession of my faith;
So crossed with contradictions of my life,
That now may God forgive the written lie!
Yet still, by help of Him who helpeth men,
I face two worlds and fear not life or death.
O Father, lead me by thy hand! Amen.

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MENTAL DYSPEPSIA.

BY R. LUDLAM, M. D.

CONCERNING the real value of acquirement as a matter of discipline, authorities are not agreed. No doubt the mind may be strengthened by training, as the physical digestion and bodily health are improved by exercise. But with too many persons this discipline is the chip in the porridge that does little harm and no good. It is a serious question whether the men and women who load their minds with the juiceless roots and remains of the dead languages and literature exclusively, are not in the condition of the fabled frog who swallowed the shot he could not digest, and which would not let him leap when he wanted to.

Brain exercise increases the development of the brain and stimulates its digestive power. But while this exercise is being taken, the physiological requisites of its healthy action must also be supplied. Some increment of knowledge must remain, or the student will become a mere literary pugilist, and not a producer.

Six weeks ago a girl of thirteen came to my clinic for relief from a distressing and intractable headache, which for several months had come on every morning and continued until 2 o'clock in the afternoon. The pain was severe, and her expression gave evidence of martyrdom. I said: "Do you go to school?" She answered, "Yes." "For how long a time have you been to school?" "Three years." "How many studies have you?" "*Eight.*" The case was one of mental dyspepsia, induced by over-feeding and cramming of the mind. And no wonder she was ill. If eight dishes were thrust upon the stomach, in season and out of season, whether the appetite craved them or not, month after month, what would be the consequence?

This amount of mental pabulum was absorbed, but not assimilated. The poor girl had a load on her mind that was indigestible and alien to her faculties.

The brain revolted against such treatment, and her periodical headache was a sort of flagging the train, a signal of danger ahead. Of course the remedy was to take her from school and place her on a more sensible bill of fare. She was cured in two weeks.

In this matter of feeding the intellect, and of contributing to our mental growth, I know of no better rule than to obey the maxim which commands one to "stop while the appetite is good." If we read or study too much, or too many subjects or authors, the attention flags, the interest is gone, and then the mind does not seize upon thought factors with avidity. What cloys the appetite will clog the digestion. A loss of relish is a sign of repletion. There is a time to stop as well as a time to begin this brain-work.

The celebrated Dr. Benjamin Rush recommended the plan of reading at night, just before retiring, in order that one's ideas might be clarified during sleep. With many persons this is not a harmful habit. They fill the mind with materials for thought, and, while they sleep, the brain unconsciously filters these materials and reorganizes them. Not a few students may be said to do most of their thinking while they are asleep. Under these circumstances the world is shut out, all distracting influences are cut off, and the mind works out its problems without interruption or embarrassment. An essay which has the flavor of the early morning air in it is a very different thing from that which smacks of the tea or the cigar that kept the writer awake after everybody else had gone to bed.

But there are cases of mental dyspepsia which are due to this practice of reading at night. And it is very singular to note how little reading at such a time may suffice to make one ill. A very intelligent young lady had suffered for a year with a severe morning headache, inability to sleep after 4 A. M., and a loss of appetite, especially for breakfast and dinner. She had lost interest in everybody and everything ex-

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cept her Bible class, which she attended regularly every Sunday afternoon. She was not morbid nor melancholy, but weak and wretched. The headache was an incubus on her spirits, which suppressed but did not wholly extinguish her vivacity. All sorts of remedies were tried, but without avail. Finally I said there must be some thorn in the flesh; some particular habit which is responsible for this peculiar and persistent suffering.

It proved that although for many months she had not been able to read or to study anything else with comfort, yet she had formed and continued the practice of "getting" her Bible lesson every night before retiring. Sometimes she would spend an hour and sometimes two or three in this way; then she would go to bed, sleep soundly until 4 o'clock, and waken again with the old headache.

This was the source of the mischief—not because the Bible text was any more indigestible or harmful than that of other books, but because the brain refused to work properly after a late meal, and resented this kind of treatment. Her dyspeptic symptoms came the day after the imprudence, and were as directly traceable to it as if they had been limited to the stomach and had followed the eating of a hearty supper. There are plenty of mental dishes which, in order to insure their digestion, should be taken some hours before sleeping; and there are plenty of people whose brains will work well at one time and not at another.

In no single respect are the interests of science and letters advancing so rapidly as in the direction of special studies. A special aptitude for learning implies a necessity for special nourishment, for something that the mind is particularly fitted to appreciate and appropriate. But this gift and the culture that comes of it are the outgrowth of a general intelligence. In every department of human effort, as throughout all nature, the general must precede the special. If we try to reverse this order we shall derange the process and stop the progress. For mental development is a progressive affair, and capacities for improvement increase with experience.

In their haste to be rich or famous (which in this case are synonymous), men often take the shorter route, and expect to accomplish in a brief period as much or more than it has taken others a lifetime too acquire. And this blunder reacts with a terrible force upon their mental faculties. The mind has not been fortified by the steady accretion of knowledge. The appetite has not been governed and educated in a gradual and healthy manner, but is ruled by caprice or accident. The ability to digest and to utilize the class of facts that are taken is impaired, and the specialist, who of all men should have a clear intellect, becomes the victim of a mental dyspepsia. He has tried the experiment of taking food that was too strong for him. It is like feeding a baby whose teeth have not appeared, with solid beefsteak or a bit of cheese.

The world is full of these dyspeptics, of men and women who should have waited and watched for the dawning of a special genius and adaptability before determining their especial pursuit. It is not in love affairs alone that we are mismated. It is not the times alone that are out of joint. We are apt to settle into the wrong groove, and to fail and flounder there because the digestive capacity of the brain was not considered, and because our natural tastes and inclinations were overborne by something else.

There are those who, having acquired a smattering of knowledge, assume to be thoroughly prepared to digest and discuss special topics, This is the characteristic of the Veneering family. Its members constitute a tasting committee for society at large, and the function is a useful one. But it curdles the meaning of special knowledge to submit its claims to the minds of such people. Indeed nothing will induce a fit of mental indigestion more quickly and surely. Good, bad, or indifferent, the flavor of our brain food will be in the fiber of our thought.

A glaring error of certain specialists is based on the theory that because they have worked a certain vein of research successfully, therefore they are

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practically familiar with all the rest. Granted that we are blessed with special endowments, to have discovered what they are, and to have developed their best fruits should be glory enough.

Dr. Priestley was a natural born chemist, but an unnatural theologian. His discovery of oxygen alone will make him famous while men continue to breathe; but his seventy volumes of controversy, and the bitter experiences which came of them, will always illustrate the most virulent form of mental dyspepsia. And yet the mistake of this wonderful man is being perpetuated. Men who have genius for science and nothing else, are working as vigorously, and writing and teaching as if they were not out of their orbit. And some who belong by gifts of the head as well as of the heart to morals, have a strange propensity to disturb their own equanimity and to damage their usefulness, by going out of their way for something that is foreign to their faculties. In every line of thought there is the same blunder, and with a similar result. The consequence is that in our current literature the symptoms of mental indigestion are as common as the signs of sunrise. The only antidote to this strange predilection is to amend the old proverb so as to read: "Let every *mind* mind its own business."

Perhaps the most unfortunate result of mental mal-assimilation is shown in those cases in which there is not only a consequent impairment of the mental vigor, but also an acquired insensibility to moral and social distinctions. For, strange as it may seem, this kind of dyspepsia is liable to take on a chronic form, in which, beside the inability to digest the proper nutriment, there is a positive loathing of it, and a train of morbid symptoms that make everybody around both wretched and unhappy.

Horace defined the poets as an "irritable people." Every diligent scholar is more or less sensitive; but there is a point at which this peculiar irritability becomes a symptom of mental disease. While the mind works well, no matter how slowly or how swiftly, there is no jar or friction. The brain may fag, but feed it properly, and give it a little rest and it will recuperate. It may have had an incredible yield, and nobody, not even its owner, shall realize the work it has done. For, like the great forces of Nature, it has played its part in silence and without any clatter. But the moment that men or women begin to worry, and to talk and think of overwork, to fret about excess of employment, to magnify or to multiply their duties, and to imagine that all the cares and responsibilities of the community have come down upon them, they are the subjects of a confirmed and perhaps of an incurable dyspepsia. These are the people who are soured with human nature, and who see no good in anything or anybody. They have few real friends, and no lovers. They turn state's evidence against the church and the state. They declare with a perpetual echo that everything is going to the bad, because they feel so badly, and this is a characteristic sign of dyspepsia, whether it be located in the brain or in the stomach.

By so much, therefore, as these persons have been popular and prominent, is their after influence a deleterious and unhappy one. The morbid croaking of Carlyle and the ranting of Ruskin are mischievous in their effects, because these famous authors were once known and read of all men. But, if we compare their later writings with those of Guizot, their bluster with his calmness, their pessimism with his reliance on Providence, we have a good illustration of the operations of a healthy and a disordered mind in those who have grown old as brain-workers. Nothing so dignifies the race as the steady, straightforward, persistent and fruitful use of our faculties, so as to shield us from the reproach of being very disagreeable, peppery, ill-tempered, suicidal and ridiculous. A literary scold is an unmitigated dyspeptic.

FOOD IN FEVER.—It has been found to be a successful method to freeze beef tea and then administer it in lumps to children or patients to suck; they will take it in this form in preference to any other kind of food.

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NOTES OF TRAVEL IN YANKEE LAND.

BY T. A. BLAND, M. D.

SAM SLICK *Redivivus.*

THE genuine provincial Yankee of the ante-railway era has almost entirely disappeared from the chief centers of Yankee Land, and perfect specimens are rare anywhere. I had the pleasure, however, of meeting a man in Connecticut who revived most distinctly memories of Sam Slick, of Slickville, which was I believe a Connecticut village. This man is quite an old gentleman, who has retired from active life; but he retains the power of speech in full vigor, and his mode of expression has not been vitiated by the verbal mannerisms of modern society. He speaks the Yankee dialect in its original purity. I discovered that he was a character worth interviewing, and by a few well chosen questions I set him going, and got his autobiography in brief, also his opinions upon various important matters, which I now give my readers in his own words:

"I was born deown in New Britain, and edicated in the common skewl, and worked on a farm till I was twenty-tew. Then I got an inkling of the clock business, bought a kit of tewls and started eout to travel and fix clocks for people. I followed this tew year, and then got me a horse and begun to peddle clocks for old Mr. Jerome."

"You mean a team and wagon," I said.

"*No I deont*, I mean just what I say. I got a horse and saddle and started eout with tew clocks tied together and swung across my horse's neck; and that's jist the way Jerome used to peddle his own clocks, and if he'd a stuck to it and not got steuk up, he would'nt a got broke up in his old age. Why I thought I was a gitting rich rite deown fast when I sold tew clocks a week and got my pay in keows and calves and horses and sheep, and sometimes in money when I'd strike a customer that wanted a clock rite deown bad, and didn't hev nothing else to pay for it with. I didn't like sich customers eny tew well, for they were allus cluss in a trade; and then there want no chance to specalate on money. It was jist so much, and ye couldent make eny more of it; but when I got a keow and calf I would driv 'em eout of the neighborhood where they was known, and by a little jeudicious tradin I could git twice what they cost. Why I'd dicker for a most enything in them days rather than miss a trade, and I nearly allus made both ends of the trade pay. But the best specalation I ever made was when I got my wife."

"How was that?"

"Why I stopd at a farm-house deown at Weathersfield one trip, and was trying to sell a clock to the old farmer, but he said he didn't hev enything to buy a clock with unless it be one of the geirls; but as he hed more of them than he knew what to dew with, he wouldn't mind givin' me choice of the lot for a clock. There was five of 'em, rangin' from fifteen to twenty-five year old, and es fine lookin' geirls as I ever see in my life.

"But ye ort to a seen 'em scamper for the kitchen when the old man sed that. They didn't wait to give me eny chance to make a selection, so we didn't trade that time; but I'd been a casting sly glances eout of the corner of my left eye at Hulda (the third one), and it want a great while before I made another trip to Weathersfield and stopd over Sunday with old Farmer Mason (that was his name), and I made bold to set up to Hulda, and the upshot of it was I sold the old man a clock and got a keow and a calf, and the geirl throwd into the bargain; and if you'l blieve me, that was the best trade I ever made, for Hulda was one of the gineuine old-fashioned Yankee geirls, who had bin raised to work, and she didn't hev eny sich highflyin foolish noshuns in her head as the geirls hev now-a-days. She saved the money as fast as I made it, and that's half the battle, if you blieve me. But Hulda did more than save, she worked, and helpt make the livin'."

At this moment a gray-haired woman with a pleasant countenance op-

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ened the door leading to the dining-room, and in a kindly voice said:

"Supper is ready, father."

With true Yankee hospitality, the old gentleman invited me to sup with him, and on entering the dining-room I was introduced to this best investment.

INTERESTING HISTORICAL RELICS.

New England has attained the remarkable age of two and a half centuries, and she has accumulated and preserved many relics of historic interest of which her people are justly proud.

Her annals contain also many names that shed a true and unfading luster on the land of their nativity.

Boston glories in her Tree of Liberty (now but a memory), Hartford preserves as a sacred relic the original charter of Connecticut, granted by Charles II in 1662, and a picture of the famous oak in whose hollow trunk this charter was securely hidden from the representatives of the same monarch, who were sent to reclaim it in 1686, has been adopted as the chief feature in the coat of arms of the commonwealth. Springfield, Mass., holds annual festivals on the 22d of February, in the old Parsons Tavern in which Washington found shelter a hundred years ago. Hawthorne, with pardonable family pride, gives us a most delightful history of New England in his story of "Grandfather's Chair," which every American boy and girl should read. New Haven is by no means devoid of historic interest or poor in *souvenirs* of the past. Here stands famous old Yale, established in the 17th century, and which, with the single exception of the equally famous Harvard, approaches more nearly the rank of a first class university than any institution of learning on the continent, and from whose classic halls have gone out some of America's greatest *savants*, statesmen, theologians, and men of letters. Here the world-renowned scholar and theologian Jonathan Edwards was educated; a man of giant intellect and ripe scholarship, and who but for the narrow and dogmatic character of his creed would have ranked among the first thinkers of his own or any other age. I am disposed to place his name in the catalogue with the names of Melancthon, Calvin, Latimer and Locke, all of whom were among the greatest minds that have graced this planet, but whose writings have ceased to interest the world because of their polemical style and dogmatic character. I had the pleasure of seeing a portrait from life of Jonathan Edwards, now in the possession of Eli Whitney, Esq., one of the five hundred living descendants of the old Calvinistic Ajax, also of his wife, the beautiful, talented and accomplished Sarah Pierpont. Mr. Whitney also called my attention to the portrait of his father, the distinguished inventor. Eli Whitney's name is known throughout the world in connection with the invention of the cotton gin, an invention which alone made cotton growing profitable, and which enriched the South beyond computation. This distinguished man was a native of New England, and in 1797, after striving in vain with the cupidity of the South for some remuneration for his great invention, which they were determined not to, and never did, pay him for, he secured a contract from the Government of the United States, through his friend Thomas Jefferson, for ten thousand stand of muskets, and at once built an armory at New Haven, inventing most of his tools and originating the system of constructing guns in parts.

This armory—the first regular armory in this country—is still in operation, and is owned and conducted by Eli Whitney, Jr., who, as the son of a father of such distinction, and of a mother in whose veins coursed the blood of Jonathan Edwards, may well be proud of his ancestry. Happily in this country a man gets no popular recognition on the score of ancestry. On the contrary, the greater his ancestry the more is demanded of him; and if he falls below the line he disgraces himself as the plebian could not.

SWEET ACORNS.—There is an oak tree in Windsor Park, Eng., the acorns of which are as sweet as filberts. They are small and rather long, and the foliage of the tree is very unlike that of any other oak.

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ALEXANDER T. STEWART.

BY EDWIN F. BACON.

THERE is nothing heroic or inspiring in the history of a man whose chief ambition was to accumulate wealth, and whose career was simply that of a successful tradesman. Such a man was Mr. Stewart; and yet in his life there are practical lessons which we may profitably look into. We shall find a few strongly marked traits of character, and in them the evident explanation of the amount and kind of success to which the man attained.

Alexander Turney Stewart was born in Antrim county, province of Ulster, Ireland, Dec. 12, 1803. He was of that sturdy Scotch-Irish race the progenitors of which settled in the north of Ireland nearly 300 years ago, and which has given both to the old and new world a remarkable number of distinguished men, among whom, in this country, Andrew Jackson, John C. Calhoun and (upon his mother's side) Horace Greeley may be taken as representatives. Courage, honesty and endurance, rather than great breadth of character have given to this race its prominence.

Of Mr. Stewart's father we only know that he was a respectable but not wealthy landholder, and that he died when his only son was eight years of age. From his mother Mr. Stewart seems to have inherited his business capacity. Some years after he came to New York she followed him, and established a business of her own as a dealer in furniture, and in this accumulated a handsome property. She is described as a woman of extraordinary energy and ability—one fit to be the mother of a great merchant.

It is fortunate that we have this information concerning her, since it is so common to talk of our successful men as "self-made," and to tell aspiring youths that they have only to *resolve* in order to be as great and accomplish as much; whereas an exact knowledge of the origin of any man must necessarily show that his organization, and hence the measure of his success in any given calling, is primarily and essentially a matter of inheritance. Although Mr. Stewart did not inherit his fortune he did inherit its equivalent in that combination of qualities which in his parents united to produce him.

Mr. Stewart received a good education under the care of his maternal grandfather, who intended that he should become a minister of the Episcopal church. But the young man showed a disinclination to that calling, and in the year 1823, at the age of about 20, he came, by the advice of his relatives, to New York, where he first found employment as a teacher.

In 1825, having received a legacy of £700 from the old country, Mr. Stewart opened a small store at 283 Broadway, directly opposite his present wholesale house. His salesroom was 22 feet front by 30 feet deep, and in the rear he had his lodgings. Soon afterward he married Miss Cornelia Clinch, and then with his wife lived in a single room over the store. Mrs. Stewart not only did her own work, but rendered valuable assistance in the business. The goods were largely sample lots bought at auction, and required careful handling in order to make them presentable, and this young couple spent their evenings in assorting and arranging them for the morrow's sales. To his domestic purchases, however, he added with great profit the importation of Irish laces, and especially of elegantly embroidered dresses.

It was in a similar manner that John Jacob Astor and his wife had some years previously toiled together at the foundation of their colossal fortune. Mrs. Astor was as skillful a manipulator of furs as Mrs. Stewart was of dry-goods. When Mr. Stewart commenced Astor was already worth several millions, while Commodore Vanderbilt had been some years in the steamboat business.

These three men, destined to be the three wealthiest in America, were, each in his place, pursuing exactly similar methods; that is, each was intensely and exclusively devoted to a single oc-

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cupation for which he had a peculiar aptitude. Each had commenced poor, and married an industrious young woman, who was willing to wait until money was earned before spending it; and not only that, but to help earn it.

From the beginning Mr. Stewart's business was prosperous. It outgrew the narrow quarters in which it originated, and required successive removals and enlargements until it finally became the most extensive of its kind in the world. The retail store at Broadway and Tenth street covers an entire block, is six stories high, and has under its roof about 2,000 employees engaged either in selling or making up goods to order. Upon a pleasant afternoon as many as 1,500 customers may be seen here at one time.

It was Mr. Stewart's ambition to be able to retail at this place the average amount of $100,000 a day, though he did not quite accomplish it; but the combined sales of the wholesale and retail houses in prosperous times exceeded $50,000,000 per annum. The heaviest business was done during and immediately after the war. Although he had several partners Mr. Stewart reported his income to the Internal Revenue Department in 1863, at $1,900,000; in 1864, $4,000,000; in 1865, $1,600,000. In 1869, when nominated for Secretary of the Treasury, he estimated it at a $1,000,000.

There were foreign branches of his house for the purchase or manufacture of goods at Manchester, Belfast, Glasgow, Lyons, Berlin, and Chemnitz in Saxony, besides agencies in other countries. With this enormous business, and with payments averaging nearly $200,000 a day, he was able to keep a cash reserve with his bankers of about $3,000,000.

Mr. Stewart died at his residence on Fifth avenue, on the 10th of last April, thus closing a business career of 52 years, during the whole of which period he appears to have been uniformly successful, often indeed most so in seasons of great commercial distress, as was especially the case during the revulsion and general bankruptcy of 1837. By strictly legitimate trade he accumulated a fortune variously estimated at from $20,000,000 to $40,000,000, its real value not having yet been made public.

It is certainly profitable to inquire in detail into the causes of this extraordinary success. Was it luck or genius? While we should say most decidedly that it was the legitimate fruit of genius—of inherited genius—Mr. Stewart himself, who ought to know, attributed his success, in some measure at least, neither to his own abilities nor to any fortunate combination of circumstances, but to sheer luck, in the narrow and superstitious sense of that term. Many anecdotes are told as illustrating this peculiarity of his; but this also was an inheritance, for the north of Ireland abounds in superstitious whims and observances, and he never outgrew them.

But it is often said that he had rare opportunities, and that thousands of other tradesmen could have done as well in his place. Is it not true, however, that every young man in Stewart's day had the same opportunity? The way was open to all; not alone to A. T. Stewart. There was no magic in that commonplace name until *the man* immortalized it, and there was no charm, no luck in the number 283 Broadway until the public learned that there, of all places in the city, in one of the smallest stores, could be had a good article at a low and fixed price.

Those whose recollection of business practices in this country extends back even 25 years, will recall the old style of haggling, beating down and "splitting the difference" in almost every transaction over the counter. To the reformation of this Mr. Stewart probably contributed more than any other man. Selfish as he undoubtedly was, he perceived clearly that it does not pay for a merchant to lie to his customers, but that it does pay to treat them with a Quaker-like honesty and frankness, and he did actually so treat them; and when this became known, when all classes of purchasers, rich and poor, wise and simple alike found that they could get more for their money, and with less words about it, at Stewart's than elsewhere, a tide of prosperity—

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call it luck if you will—set in and flowed steadily on for half a century.

Mr. Stewart himself was accustomed to state very frankly the principles upon which he conducted his business, making no claim to other than selfish motives. A recent writer in The Tribune reports him as having, in a private conversation, spoken as follows:

"I began with a theory which was not so much a matter of principle and morality as of expediency. I had seen so much of the lack of common honesty in common business, that I concluded that *telling the truth* would pay. A salesman would warrant a piece of prints to be as it appeared, and not merely firm with the finishing. The purchaser would take it home to see the tub it was put in grow white with the starch, and sigh over the falsehood of storekeepers. A silk would be sold as pure, to an inexperienced buyer, and the linen back be pointed out by a friend. A flannel would be sold as all wool, at so near the price of cotton as to please the purchaser, until wear revealed the cotton in it. A damaged place would be gathered in the hands of the salesman in showing the draped effect, and the customer be flatly disputed on returning it or wanting a reduction. A bargain lot would be held at full trade prices, and the benefit of the margin not made a gratuity to the customer. In brief, I saw that advertising was a success, and that the best possible advertisement was to have each customer say to all acquaintances: 'I was politely treated by that young man Stewart, and I got good worth of my money.' My cardinal principle was to make a pleased and moving advertiser of every person who bought from my shelves."

To describe Mr. Stewart's character in full would require the mention of every trait that goes to make up the successful merchant. He was a man of keen natural perceptions, of great energy, of sound judgment and of inflexible purpose. His executive ability was of the highest order. He knew how to choose and to control men, and he possessed that rare combination of faculties that enabled him to survey the whole field before him while attending to the minutest details.

Physically he was of medium size, well organized and active; in all his ways quiet, neat and methodical. He had no habits or passions that conflicted with the main purpose of his life; yet he was a man of literary tastes, preserving his early knowledge of the classics, and finding in them and in the society of artists and men of letters the relaxation and enjoyment which health demanded.

He was a man who did his work easily, and who could throw it aside when done. Probably he was the only Broadway merchant who found time to read Greek. Parke Godwin stated recently, that meeting him on the street one day Mr. Stewart asked: "How is Bryant getting on with his translation of Homer?" to which Godwin replied; "Very well; regularly every day fifty lines." "That," said Mr. S., "is precisely my quantity of Greek." In reply to further inquiries as to his literary pursuits he added that he had continued his study of the classics ever since he left college, adding thereafter, by way of variety, some knowledge of French and German literature. In French he conversed fluently.

This fondness for study was but one manifestation of his capacity for details. In business his watchfulness and close economy were conspicuous. Said one of his clerks recently: "He never spoke to me but twice. Once I tore a piece of wrapping paper roughly across, and he came around to tell me I should have folded it and made even edges. 'People' he said 'don't like to get shiftless looking bundles.' Again I wound a bundle round with an extra turn of string, and before I could cut it he had the bundle out of my hand and unwound the unnecessary turn. 'Never waste a piece of string,' he said; 'waste is always wrong.'"

In his dealings with the public, that is with the multitudes that flocked to his stores as customers, Mr. Stewart was unquestionably a man to be commended in the highest terms, and whose example has been of very great value to the commercial world; but beyond

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this what can be said in his praise? For what purpose, save the selfish pleasure of accumulation, did he amass his millions and go on adding block after block to his real estate? Was he a philanthropist? In the numerous eulogiums that have been pronounced upon him since his death much to this effect has been said; but in truth he was no philanthropist, and if he had any grand or noble purpose in life it has failed to appear either in his history or in the provisions of his will. With his customers he was indeed honest; but in his dealings with his employees, and with laborers generally, he simply made the best bargain he could. He paid the workingman and the workingwoman not what justice demanded, but simply that which their necessities compelled them to accept. He was besieged with applicants for places, and hence could get his work done cheaper than almost any other merchant; and he did this regardless of any law save that of supply and demand. This at least is the current opinion regarding him.

It appears that some years before his death he gave much attention to plans of benevolence, with the apparent intention of devoting a portion of his fortune to some charitable object. In this connection much was said about his great building enterprise at Garden City, L. I., where it was understood he intended providing economical homes for city people of small means; but this place he finally built up with fashionable country residences for the wealthy, expending thus a million of dollars. Then his proposed home for workingwomen at Thirty-third street and Fourth avenue, New York, was regarded as a princely work of benevolence. Here industrious women were to have homes at exceedingly low rates, but after the foundations had been laid for a building to accommodate 1,500 persons the work on it was discontinued, and for the avowed reason that he had concluded it would not prove a useful charity. It is now said, however, that this building is to be completed by his executors as originally designed.

It is no wonder that Mr. Stewart found it difficult, supposing he so desired, to dispose of his fortune in charity. He had a Scotchman's hatred of professional beggary, and he knew that no real good but rather harm is done by providing for the thriftless poor, or by giving them the assurance of support in sickness and old age. To such should be presented the alternative of honest labor or starvation. Our free hospitals and asylums serve to immortalize the philonthropists who endow them, but by encouraging indolence they indirectly cause more poverty than they relieve. The real complaint that humanity has a right to make against the selfish rich man is not that he refuses to give away his money, but that he should ever have acquired it by means that disregard the rights of labor. What the poor man needs is not charity, but justice; that is, a fair equivalent for honest work.

The chief means by which Mr. Stewart sought to perpetuate his fame was not by endowing institutions, but by providing with great care for the continuance of his business in his own name after his death. The new firm of A. T. Stewart & Co. consists of Judge Henry Hilton, the executor to whom Mr. Stewart gave one million of dollars, and Mr. William Libbey, the surviving partner of the old firm.

To the very close of his life Mr. Stewart continued to conduct his immense business, going daily both to the wholesale and retail houses. During the last few years this was evidently too great a tax upon his vital forces. His family physician is reported as saying that he was usually very careful of his health, but that when unwell he would still attend to business regardless of all advice. Just before his last illness a gentleman remarked to him at his store that he was not looking as well as usual, to which he replied that he did not feel well, but that he "could not afford to leave his business." Two or three days afterward he went home to die. For that he found time. The main bulk of his property he bequeathed to his wife, with the injunction to carry out the plans of benevolence which he had designed, but what these plans were

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has not been made known, except with regard to the Woman's Home. He left no children and no blood relations whatever. He was the last of his race. His widow, a childless old lady, resides in the marble palace which he thought it extravagant to build, and which he upon one occasion designated as "a little attention to Mrs. Stewart." It is the finest residence in America.

THE INVALID'S TRIALS.

BY K. C.

I'LL tell you a story of how sick I was once,
How I baffled the doctors, who called me a dunce;
I can laugh at it now, tho' 'twas serious then,
For they thought I was crazy—I *ought* to have been.

For a long time I had lain shut up in my room,
Not a window must be opened when they swept with the broom,
Not a bit of sweet sunshine, not a ray of pure light,
But almost the darkness of an Egyptian night.

They dosed me to death with their pills that were blue,
And every day brought me something else that was new,
I took dram after dram of their dear calomel,
Till they wondered with surprise why I didn't get well.

They dared not to bathe me, for fear I'd get cold,
They covered me with blankets fold upon fold,
And there I lay dying, and panting for breath,
A beautiful subject for the grim monster Death.

But one night I dreamed that a new doctor came,
That he said if I died myself I might blame,
If I would open the windows with attention and care,
I would find there was life in the beautiful air.

So I mused in the morning, and made up my mind,
That to live on in this way I'd do nothing of the kind;
I'd just as lief die in God's sunlight and air,
As to die in such darkness and mistaken care.

So I called to my nurse with an anxious cry,
To raise me, for there I no longer would lie,
To give me fresh air, to let in the bright sun,
And give me cold water till my thirst was all gone.

Obeying with reluctance and trembling with fears,
She watched me intently, her eyes filled with tears,
She saw how I gasped for the breath that was given,
How I panted to embrace the bright sunshine from heaven.

She saw the new color as it stole to my cheek,
Saw how the blood rushed from my head to my feet,
Saw the look of sweet triumph illumine my face,
And knew that not yet was I done with my race.

So day after day, on God's sunshine and air,
With pure sparkling water and right kind of fare,

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I grew stronger and better, grew healthy and bright,
Just because I had dreamed I was not treated right.

Now I've only to tell you, what I firmly believe,
That our ills nearly all we might easy relieve,
By using those means that are sent by the gods,
And minding the adage, "Throw physic to the dogs."

EDITOR'S STUDIES IN HYGIENE.

QUESTIONS AND ANSWERS.

CANDY AND THE TEETH.

Does sugar candy injure the teeth?

ANS.—We prefer to let Dr. E. Cutter, of Cambridge, Mass., give his opinion on this subject, which is as follows:

"But supposing the question cannot be settled at once, there are some facts about candy, or sugar rather, which I have not seen mentioned in connection with the phillipics against candy, or the arguments in its favor. As a *food* it is a failure. The chemist tells us that cane sugar is composed of carbon, hydrogen and oxygen. The human body has some fourteen elements. How can three elements make fourteen? Dogs fed on sugar died in forty days. Their eyes ulcerated and came out. Dogs fed on nothing lived just as long. The system has a natural loathing for food containing nothing but sugar. We pass then to the occasional use of sugar. Does it affect the conditions of the organs of the body? Several years ago, Dr. S. Weir Mitchell, of Philadelphia, proved that he could produce cataract of both eyes in half an hour, by simply injecting a teaspoonful of a saturated solution of sugar beneath the skin of a frog or Guinea-pig. Dr. B. W. Richardson, of London, has confirmed this, and these results are received by the medical profession as satisfactory. Now if a teaspoonful of sugar solution will make a frog or Guinea-pig totally blind in half an hour, can sugar be regarded as an innocent substance for young and growing persons, especially when they diet so largely upon white flour, which is chiefly composed of starch, whose chemical formula is identical with that of sugar? According to Dr. C. R. Agnew, of New York, out of 1,000 children under 18 years of age, in a large school in his vicinity, 703 were found with defective organs of vision when examined with the opthalmoscope. Have we a right to infer that sugar and starch diet have anything to do with this large percentage of deficient eyes? The experiments quoted show that sugar does act promptly, quickly and terribly upon the substance of the crystalline lens of lower animals. Can we deny the probability of its action upon the eyes of human beings?

"Now for candy and diseased teeth. Lime and phosphorus form the chief mineral ingredients of teeth. The organic matter (*i. e.*, that like sugar) amounts roughly to about twenty per cent. of the whole tooth. The mineral matter and water make the remaining eighty per cent. In other words, sugar gives the teeth, under the most favorable construction, twenty per cent. of their food only, when it is used as an aliment. But sugar cannot be used as an exclusive aliment, as death would ensue. Used occasionally, when the other food has its normal amount of mineral ingredients, candy, when pure, probably does not harm the teeth. But used frequently, in connection with flour diet, there is no doubt that it will promote the decay of the teeth. When organized substances are fed, they must receive all the elements that enter into their composition. Failing to receive these, their vitality is impaired and decay results. Teeth fed with candy do not receive any mineral elements. No phosphorus and no lime are found in candy, but they constitute the main

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part of the teeth. Hence we see that candy and teeth are not interchangeable things, and that candy eaters must not be surprised if their teeth fail.

"When we remember that starch, a colloid, has to become sugar, a crystalloid, before it enters the circulation, what has been said of candy may (excepting the subcutaneous injection experiments) be applied to starch.

"Dr. Harriman, one of our Boston dentists, has given the writer the account of several marked cases where the disuse of flour was followed by a restoration of the teeth and an arrest of the decay, thus proving what a diet containing all the elements of the teeth will do for dental health. Those desiring sound teeth will then be in the way of obtaining and keeping them if they eschew the excessive use of the carbohydrates, starch and sugar-candy."

LIGHT TRADES FOR WOMEN.

Why are not all the light mechanic trades open to women? Why cannot women become house, or furniture, or carriage painters, glaziers, paper-hangers, upholsterers, or engage in various sorts of light carpentering or cabinet-making?

ANS.—Simply because they have not learned these trades, and there are no special institutions where they can learn them; yet we do not see any insurmountable obstacles to individual women acquiring and practicing them.

Suppose, for example, a young girl wishes to fit herself for a paper-hanger. If she lives in or near any large city she could find there some one paper-hanger who would teach her his trade, though many might decline to do so. The business once thoroughly acquired the girl would find no more trouble in obtaining work than any young man at the beginning of his career. She would have to work and show what she could do, and if her work was good she could find patrons. Women of energy, scattered here and there, may make a way for themselves, and so gradually for many others. It rests with these individuals to lead the way and to make a path for the masses.

There are many other employments monopolized by men, but eminently suited to women. In all work requiring skill and dexterity rather than physical strength, women would certainly excel. It is probable that there will be less difficulty in finding the means to learn than is currently supposed, and none at all, when learned, in practicing the trade. From a health standpoint many trades would, no doubt, be better than much of the work now done by women.

DISEASED BLOOD.

Does diseased blood show any different appearance from healthy blood, when examined with a microscope?

ANS.—Yes; it shows the same difference that sound and unsound wood shows. This we have many times demonstrated.

BITING THE NAILS.

Is there any cure for the habit of biting the nails, which some have?

ANS.—A correspondent of the British Medical Journal having asked for a cure for this habit, a reply was given suggesting the application of styptic colloid (tannin in collodion) in a thin line at the end of each nail. It dries quickly, forming a film the bitter taste of which acts as a reminder. It must be reapplied whenever the hands have been washed.

PARIS GREEN ON POTATOES.

Does Paris green applied to growing potatoes poison the plants so as to render them unfit for food? and is it in any way dangerous?

ANS.—It does not poison the plant; for none of it is absorbed. The chief danger comes from applying the green. The person who applies it is liable to be poisoned by getting it on old sores, breathing the dust into the nostrils, getting it onto the eyes, or from the hands into the mouth. Children have been poisoned by playing among the vines covered with it. Paris green is aceto-arsenite of copper, and contains nearly 60 per cent. of white arsenic. If wheat be sown on a field after the potatoes have been harvested and the Paris green incorporated in the soil, the wheat will not absorb it. The question whether it may not be washed out of the soil into wells and springs, is a very important one, and Prof. Kedzie has demonstrated that there is no danger

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from this, as the soil, which is constantly undergoing changes of a chemical nature, has the power of holding the poison in an insoluble form where it can do no harm. What would be the effect of applying it for a series of years on a soil, has not yet been shown.

POTATO-PEST POISON.

What is the potato-pest poison? and is it a safe thing to employ it for destroying the enemy of the potato?

ANS.—This poison is arsenate of soda and common salt mixed together. It looks and tastes like salt, and on this account is a very dangerous substance to have lying around the house. Should it be mistaken for salt by the housekeeper and mixed with the food, fatal results would follow. Cattle eat it as they would salt. The poisonous properties of the substance lie in the arsenic, and it should not be mixed with salt, for which it may be mistaken.

BASHFULNESS.

I am a young man, 20 years of age, of temperate habits. When I go into the presence of strangers my heart beats very rapidly, my hand trembles so that I cannot sign my name in decent form. When I am alone, or in the company of my brothers and sisters, I am not troubled. By giving me a little information you will confer a favor that will be long remembered.

ANS.—Your trouble is bashfulness. What you need to do is to cultivate self-respect and self-esteem. Put yourself under rigid discipline in this respect, and you will soon outgrow the weakness. Emerson says: "If you think you can't do a thing, then do it." So you must do; and if you hesitate to go into society through fear of mental agitation, then place yourself where you must go in. Cultivate your will power in every possible way. The will is one of the most important of the mental faculties; make it strong, and you will find it easy to hold your own in society and in the battle of life. But without a strong will you are nothing but a chip on the sea, wafted hither and thither all to little purpose.

DYSENTERY.

Please give your treatment in a case of dysentery. We have just lost three dear children by the disease, or by doctor's stuff, and have one other sick with it, but now getting well. Please give your method of treating it?

ANS.—Dysentery is an inflammation of the mucus membrane of the large intestine, and presents many symptoms similar to inflammation of the bowels; but there is generally a discharge of muco-purulent, bloody mucus. The old-fashioned way of treating the disease was by bloodletting, purgatives, blisters, brandy, castor oil, laudanum, etc. The more modern method is to keep the patient quiet, apply cooling compresses to the abdomen, and injections of cool but not too cold water. The tepid or warm sitz bath may be used daily.

SMALL-POX AND SCHOOLS.

How long after a child has had small-pox before it can go to school again?

ANS.—A pupil who has had small-pox, varioloid, measles, or scarlet fever, should not be permitted to return to school until, desquamation having entirely ceased and convalescence being complete, the surface of the body shall have been finally disinfected by means of warm baths (with abundant soap), applied several successive days, and until no roughness of the skin remains. Furthermore, the pupil shall not be allowed to re-enter school until the teacher shall have received satisfactory evidence that all clothing worn by the patient has been thoroughly disinfected, and that the sick-room and its contents have been properly cleansed. To be on the safe side a month at least should intervene between the beginning of convalescense and returning to the school, and if the health is not perfectly established, even this is not sufficient for the child's sake.

DEVELOPMENT OF THE CHEST.

How can the chest be developed?

ANS.—By exercise of this part mainly. But this should not be too severe. Let it be regular and long continued, but never excessive. L., who asks this question, will find her reward by perseverance; but it is possible she is too nervous, and all the energy of her system is worked off in excitement. She should sleep much, keep the nervous

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system quiet, and drink a glass of cream every day, or use carbonaceous food that is easily digested.

SWEET OIL.

I wish to inquire what kind of oil is used with vegetable diet?

ANS.—Olive oil is generally used. It furnishes a large quantity of carbon, and is of great service to those whose occupations require a large amount of exertion. Some of the continental porters are in the habit of drinking half a pint of olive oil daily, and find that it maintains great bodily strength. Olive oil is very similar in composition to cod-liver oil. The latter contains a little nitrogen and iodine in addition.

CARBON AND FORCE.

Is carbonaceous food important to hard-working people in hot climates?

ANS.—The Dietetic Reformer says: "Many authorities speak of the great muscular power of the Bosphorus boatmen, who use lentils, which are very low in the scale as heat givers. Here Nature's teaching is, that in consequence of the great heat of the country, carbon is not required to so great an extent. The lentil is full of nitrogen, and ranks high as a muscle-former. Its fittest use in our own country is during the summer. It should be replaced by oatmeal or Indian corn in the winter."

MALARIA.

What is the malaria which causes ague?

ANS.—The authorities think that malaria is due to vegetable organic germs or spores. These grow and multiply in a damp soil, with superficial ground water which has been exposed to a heat at and above that of summer temperature, and which contains in solution more or less vegetable matter. These germs are heavier than atmospheric air, their vertical spread is short, varying from 30 to 1,000 feet; their horizontal spread does not often exceed 500 yards. A sure way to prevent the growth of these germs is to keep the ground dry by lowering the level of the subsoil water. As surely as vaccination will prevent small-pox, so surely will a thorough system of subsoil drainage prevent malaria.

IRRITATING COUGH.

What simple remedy is there for an irritating cough?

ANS.—For the irritating cough that is so harrassing to many patients, nothing is better than frequent draughts of warm water, a little at a time; and when the throat is inflamed or the tonsils swollen so that deglutition is painful, a wet napkin covered with a dry cloth should be put around the neck and worn until relieved, rewetting the cloth as often as it becomes dry. It should be wet in cool water.

TEST FOR ARSENICAL WALL-PAPER.

What test is there for arsenic in green wall-paper?

ANS.—Prof. Hodges says it is merely necessary to place a piece of the suspected paper—about the size of a penny-piece will be enough—on a saucer, and to pour over it about half a teaspoonful of the solution of ammonia. If any of the arsenical green be present, the solution in a few seconds will become of a rich blue color, and if on placing a bit of lunar caustic (nitrate of silver) about the size of a pea in the solution, a yellow ring or crust of yellow arsenite of silver forms round the caustic, the presence of the poison may be regarded as certain.

SANITARIUM IN EGYPT.

Is there any good hygienic institution in Egypt where a traveler may stay when there, and enjoy the climate and still have a good home?

ANS.—Yes. We learn from the London Medical Times and Gazette that Messrs. Cook & Son (who have been intrusted by the Khedive with the complete control of the Nile steamers) have established a well appointed sanitarium just above the first cataract. The situation chosen is said to be one of the most beautiful to be found anywhere on the Nile; it is on the right bank of the river, opposite the island of Philæ, just on the edge of the desert and close to a picturesque grove of palm trees. A steamer runs fortnightly from Cairo to the second cataract, and invalids may start thence for the sanitarium in the middle of November. It is contemplated to organize a weekly service of steamers, and medical aid is promised.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

WAKE UP.

Cheer up, and wake up to your labor,
Nor lounge the bright hours away,
Look hopefully up to the Giver
Of every beautiful day.

The fleet-footed moments are going
Forever beyond your recall,
And God in his wisdom has given
A work and a duty for all.

Go cheerfully forward to meet it,
Wherever your lot may be cast;
Be diligent, earnest and faithful,
And worthy of honor at last.

The path may be humble and lowly,
With trials and crosses to bear,
But patience and cheerfulness always
Take much from the burden of care.

There is work for the mind and the body,
Wrong habits and faults to o'ercome;
No time to be squandered and wasted
When there is so much to be done.

Drive indolence far from your presence,
'Twill prove but an enemy strong,
And rob you of many a blessing,
And make you an author of wrong.

The wrong of defrauding another
Of time or of duty you owe,
Inviting both losses and trouble
To be the sad parent of woe.

There's pleasure in work and in duty,
With laziness out of the way,
A pleasure most healthful and healing,
That saves from the rust of decay.

Anna Linden.

FIFTH AVENUE BESS.

Well may eagles from the air
Drop to offer thee a feather,
Well may lambs lay off their fleece
To cloak thee from the weather!

Well may camels on their knees
Stoop and doff their wealth before thee,
And red foxes leave their holes
To wrap their warm hoods o'er thee!

Well may gold and silver shine
Thus to sit so close beside thee;
Well may the ermine on thy throat
Caress and strive to hide thee!

But of thee I ask no pearl,
As a token while we sever,
For my heart has caught thy smile,
And that I'll treasure ever.

George Houghton.

JOHNNY'S BATH.

Spat-a-dash! slap-a-dash!
Guess I make a jolly splash!
Water spatter, baby chatter,
Such a clatter!
Mamma says, "What is the matter?"
Now she's gone to fetch a towel,
Sure's my name is Johnny Rowell!
Wonder if I could, I wonder,
Souse my curly head all under!
(Birdie does, and so does Ponto),
Then she'd look all round, and may be
Say, "What's dot my Johnny baby?
Where's my ducky-lucky gone to?"
Then I'd spatter, chatter, slatter,
And she'd say: "That's what's the matter.
That's my baby in the water."

No I can't; 'is thing's too small;
Dot to sit up *we-al* tall:
When I grows a great big man,
Bet I'll have a *monsous* pan,
Big, oh, big as gran'pa's barn is!
(That one where we got the eggs out
Last year, down to Gran'pa Harney's),
Then I'll tretch my arms and legs out.
My! I guess I'll splash and play
Free, fo' hunderd times a day.

Helen Barron Bostwick.

HORSE TALK.

Going up hill, whip me not;
Coming down hill, hurry me not;
On level ground, spare me not;
Loose in stable, forget me not.

Of hay and corn rob me not;
Of clean water stint me not;
With sponge and water neglect me not;
Of soft dry bed deprive me not.

Tired or hot, wash me not;
If sick or old, chill me not;
With bit or reins, oh, jerk me not;
And when you are angry strike me not.

THE BIRD OF DARKNESS.

(From the French.)

A strange bird sits upon a snow-capped tree,
Mute, and in motionless despair is he;

The somber earth he holds in fixed survey,
Or does he see in yonder field his prey?

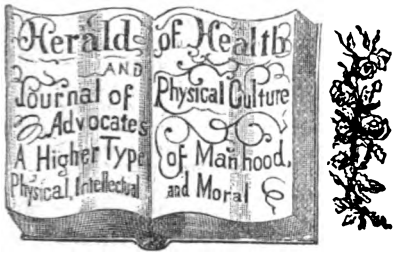
Dead, is he? No; for darting from the bough,
And through the snow his beak goes plunging now;

Now with a winged weight the air doth wave,
And now the stern gravedigger digs a grave.

Joel Benton.

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EDITORIAL DEPARTMENT.



NEW YORK, JUNE, 1876.

WATER.

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

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

TOPICS OF THE MONTH.

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

THE BAD THAT COMES FROM WORRYING.—Worry is defined in our dictionaries as a state of undue solicitude, anxiety, trouble. Shakespeare says that worry is

"A hell-hound that doth hunt us all to death;
A dog that hath his teeth before his eyes
To worry lambs and lap their gentle blood."

Shakespeare's picture is graphic, and one almost sees the monster before him. He personifies and makes it a creature visible to our senses, and all we have to do to escape his clutches is to run away, or take our tomahawk to him. But, notwithstanding Shakespeare's graphic poetical statement, worry is not a creature at all, but simply an abnormal action of the mind to which we commonly attach very little importance; and yet which, if persisted in for any length of time possesses elements of danger that will produce disastrous effects on the health and happiness of the individual. Worry is not a cheap and easy form of mental action, but an expensive one. The mind does not run smoothly, but with friction, heating the nervous machinery and destroying its substance. Worry is a nervous strain, a load of care and anxiety, which is too much. It comes on in times of mental weakness, when the person is tired, worn-out, exhausted. Worry is more dangerous than overeating. Yea, it may be even more dangerous than drinking, bad as that is. It breaks down the body and mind. Worry also is useless. It is foolish. It is wrong. And yet most people will do it. Worry is a symptom of mental unsoundness. It does itself. The will cannot control it. It will not stop when ordered. It keeps on day and night often. It prevents sleep. It destroys appetite. It spoils digestion. It takes laughing away, and puts sighing in its place. The man always in a worry never sits down to the table with a heart full of thanksgiving. He never laughs or tells a funny story. His face is long. His heart is sad. His head is hot, and his feet and hands cold. He is not healthy. A perfectly healthy person never worries. He must begin to break down first. The nerves must first begin to tremble. Then worrying comes easy.

In these times, when the business of the country is depressed, there is far too much worrying. It don't do any good; but it does do much harm. A few hints may be of service to the worrying man:

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Take care of the health of your brain. Do not let it overdo. Take a great deal of sleep. Eight hours of sound sleep will do much to drive worry away. Keep the digestion strong. As long as the stomach continues to furnish pabulum for blood in rich abundance, so long will the nerves hold out against the strain. It is the dyspeptic who worries most. His blood is thin. His nervous system is not well fed.

Above all, keep up the appetite, and supply yourself with plenty of wholesome and easily digested brain food. We once cured a case of worry by advising the patient to eat a dozen raw oysters with a little lemon juice on them every night before going to bed. They were easily digested, and furnished pabulum with which the nerves and brain could be repaired during the hours of sleep. A very simple remedy, some will say. Yes, and all the better for its simplicity. It could do little harm if it did no good. The time is coming when we shall know how to combat the little trials of life—which are, after all, only indications of our own weakness—with sanitary measures, with food, sleep, rest. If you suffer from worry, which is a form of disease, do not take more care on you than you can bear; or if you have got it on throw it off. Men with this demon should not rush into debt "head over heels." They should not give their notes agreeing to pay money when they can't. They should not run great risks in business, but keep on safe ground and go sure. A physician said to us the other day: "I do not owe a dollar to any man in the world. I pay as I go. I give no notes. I am not rich; but I have enough, and am happy. How unhappy I should be if in debt, without the means to pay." Such men are to be envied. They are philosophers. They ought to be examples for others to fo low.

Above all things don't seek to drow worry by drinking. It will only weal en the brain and make matters worse Hold on to a firm reliance in the grea power that rules the universe, knowin that after we have done our best, wit this trust all will be well.

DEATH OF A. T. STEWART. — Since the publication of our last number, the great A. T. Stewart has gone to his resting-place. We have in other pages given an article concerning this man, which will be read with interest. Here we only throw out a few reflections which may set some to thinking. In judging of his life all ordinary rules fail. Physically he was a small man, and yet bottled up in his organism was power for managing immense business interests. Generally great men are great eaters, but he was very abstemious. According to phrenology, he should have had enormous acquisitiveness; yet his head was of the Scotch type, rather long and narrow. Perhaps however, the greatest contradiction consists in the fact, that while he died rich and honored he also died poor and bankrupt, for he could not pay his honest debts. Who made A. T. Stewart rich? The working men and women of New York—those who were only half paid and half fed and housed. All the millions he left would not pay them for their service to him. In dying he made not the slightest effort to contribute anything to their welfare. Suppose, for instance, he had established on a most extensive scale facilities for bathing the poor, and filthy, and diseased, at a merely nominal cost; a place where every form of bath could have been had, the hand bath, the swimming bath, the

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douche bath, spray bath, Russian bath and Turkish bath for the unwashed millions, where they could have made themselves sweet and clean. What a blessing it would have been! and why did he not think of it? Ah! that is the question. He did not know enough. Mr. S. knew how to accumulate, but not how to use for humanity great wealth. He was first in wealth, he will be last in the hearts of his countrymen. Nor are we to expect much from Judge Hilton, his successor and apparent heir, who has already disgraced himself by his connection with the ring, and who when a Park Commissioner, it is said, ordered the destruction of the casts constructed by Waterhouse Hawkins to supply the missing parts of the skeleton of the mastadon found in this State several years ago. He has since then been the laughing-stock of intelligent, thoughtful persons in New York for this stupidity.

One word more: The press have said much in favor of Stewart, little to his disparagement. Why? Because the press is not free. The advertising patronage of the great firm must not be injured by words of condemnation. The writer of leading editorials in one of our prominent newspapers said to us, after he had written his editorial on Stewart: "Well, I cannot say what I think." "Why?" we asked. "Because we should lose advertising patronage."

We might let our pen run on at greater length on this subject, but we will not; we have said enough to set our readers thinking. May they think to some purpose.

LABOR AND CAPITAL.—The labor question cannot be settled by the triumph of either party to it in a passionate contest. The issues involved are too intricate and momentous to be decided in that rough way. They must be subjected to careful examination by candid and competent judges. Both sides must have a patient hearing, and each must be willing to concede everything that is fair to the other. When this spirit is attained, it will be seen that the real interests of capital and labor are one; and the quarrel of ages, which began in ignorance and was nursed by selfish greed, will be found to have no foundation in reason or in fact.

In that good time coming let us hope that all who have acquired or inherited great riches will not consider it a hardship to share their surplus possessions with the truly needy. Or if any shall be of a different way of thinking—disposed to horde for exclusive personal use the goods they have acquired through the freedom and protection conferred by the State—society may have means to convince them that worldly wisdom dictates a more liberal policy. Taxation has been suggested as a legitimate instrument in the hands of the people to keep down the evil of overgrown fortunes. It might at least be tried. Is it objected that such a principle, carried into practice, would discourage the production of wealth? To a certain degree, possibly it might. But would it not discourage avarice as well? Would it not set the seal of public disapprobation on that selfish, grasping spirit which converts so many of our people, body and soul, into money-getting machines? Would it not foster nobler ambitions? It would teach the gifted, the shrewd, the energetic, that there are better ways to acquire distinction than in the strife for enormous riches. For the narrow spirit and selfish aims so prevalent, it would in time substitute the public virtues. It would

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serve to enforce the lesson so needful to learn in a republic, that all we have and all we are we owe to others; that we are inseparably bound to our fellow-citizens in ties of common interest and duty, and that if we are possessed of any special gift or talent, it is not for our own good alone that we have it, but for the good of the whole as well.

Till this generous spirit rises to give law to our public life, we must postpone all hopes of an improved civilization. The evils under which all classes groan will go on increasing to the bitter end. The poor will grow poorer, the abject more abject still, the rich more selfish, exacting and insolent, the burdens of monopoly, corruption, taxation and crime more grievous, till at length the last thread that binds the toiling, crushed millions to the infernal conspiracy, which their sweat, agony and blood have so long upheld, will snap asunder, and the whole ignoble fabric come tumbling in ruins about their heads.—*J. B. Beach.*

FLORIDA FOR ORANGES—A COLONY. —*To the Editor.*—I see in one of the numbers of THE HERALD OF HEALTH an inquiry whether orange culture in California would do for consumptives. Now as lands are generally high in California, and it is also expensive to get there, why not come to Florida? as it costs not more than $30 to come here from the Middle and New England States, and good homesteads can be had for the mere taking of them. Then it is an easy matter, if desirable, during August and September, to go North a few months.

We can raise oranges, lemons, limes, figs, guavas, bananas, Japan plums, grapes, pine-apples, peaches, and a great many other fruits and vegetables, sweet potatoes, etc. Fish, oysters and game are in abundance. The climate here, four miles from the coast and about 20 south of St. Augustine, is fine.

I shall be pleased to give any desired information to persons inclosing a stamp to pay postage.

LEWIS SEEBOLD.

ST. AUGUSTINE, Florida, May 1st., 1876.

We may state in connection with this letter, that a company holding a large tract of land in Florida adapted to orange culture, is desirous of founding a health colony on a portion of it, should there be a sufficient number who would like to join it and purchase 10,000 acres of the land. Our readers are invited to write to us concerning the matter.

We may add that Dr. Foster, of the Clifton Springs Water Cure, is planting 20 acres of orange trees on Lake Jessup. To avoid the drought that sometimes prevails, he has had water pipes laid all through the grounds and a force-pump erected, so that a barrel of water can be given each tree in time of need. This is water cure in earnest.

Dr. Gleason, of the Elmira Water Cure, has just returned from Florida, and he tells us of a man who went there seven years ago, with only $200, cleared the ground and planted some 20 acres of orange trees with his own hand. Last winter he was offered $30,000 for his plantation, but he refused it. Florida oranges are as good, if not the best raised in the world.

The drawbacks to life in Florida are, that people become lazy and lose their energy. The climate favors indolence. This, however, is just the thing for our over-worked people. To those who desire to go there we advise going in a colony, if one can be started.

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DR. W. W. HALL, so long favorably known as the editor of Hall's Journal of Health, and a very able popular writer on health topics, died suddenly, May 10th. Few men have done more than he has in his sphere for the physical wellbeing of his race. No writer on health was so much quoted. He died suddenly, falling on the street and expiring soon after. Though dead, the good he has done will live long after his body has crumbled to ashes.

REMONSTRANCE AGAINST OPPRESSIVE LEGISLATION. — Geo. M. Bourne, a water-cure physician of San Francisco, has published a very powerful circular letter addressed to the members of the California Legislature in reference to the various bills for regulating medical practice and suppressing quackery. His opinion is that all schools of medicine should be recognized as legitimate, and that all physicians should be held responsible for malpractice and false pretences, damages to be determined by a court and jury, as in cases of trespass, etc. Dr. B. is strongly of the opinion that if legislation and the execution of the law were put into the hands of any school of practice, it could not be otherwise than oppressive to all others, and he is also of the opinion that there is, after all, more empiricism and quackery in the regular profession than out of it; so that legislation will be nothing more than a protection to legalized quackery, and a bar to medical progress, which is really much of it the work of men outside the profession.

HOT WATER FOR INJURIES AND BRUISES. — The New York Medical Journal reports this case: "The patient was engaged in a machine shop, and while his hand was upon the anvil of a trip hammer, the hammer—weighing 700 pounds—fell. It so happened that a file was on the anvil, and in this way the force of the hammer was arrested about half an inch before it reached its bed. When the hand was examined it was found that the whole palm was a mass of pulp. The metacarpal bones were comminuted extensively, and there was apparently but small chance of saving the hand. It was, however, placed in hot water, and kept there for two or three weeks, and then taken out and dressed. In three months the patient was sufficiently well to leave the hospital, and now—nine months after the accident—he is able to move the fingers, and has quite a useful hand."

Bruises and injuries do much better when treated with hot than with cold water. The temperature should be about 103° F. Another case is reported of compound fracture and dislocation of the ankle joint, in which the proximal end of the first metatarsal bone protruded from the foot. The dislocation was reduced, and the foot placed in hot water. At the end of a week it was taken out and dressed in the ordinary manner. The foot is now doing well, and promises a good result.

THE SCIENCE OF HEALTH, published for four years by S. R. Wells & Co., is to be discontinued with the June number. Subscribers to it are to receive the Phrenological Journal instead.

TEMPERANCE LECTURE.—Mrs. Cora M. Bland has been highly complimented by the press of Poughkeepsie, N. Y., for her lecture recently delivered there. Our friends will do well to secure her services as a health and temperance lecturer, when opportunity offers.

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CURRENT LITERATURE.

—:o:—

THE BODY AND ITS AILMENTS. By George H. Napheys, M. D. Philadelphia: H. C. Watts & Co.

This is intended to be a handbook of familiar directions for the care and medical treatment of the most usual complaints and injuries of old and young. It does not claim to be an original book, but only a compilation from the writings of others, and in some respects it is exceedingly well done, for it presents an amount of information on the human body, its functions and diseases, in a condensed form, which is quite remarkable. The author has evidently done his best. The work also shows the tendency of the times in the orthodox medical ranks to yield up their old prejudices against allowing the people at large to know anything about prescribing medicines. Hitherto they held to themselves the right to prescribe drugs about as tenaciously as the Catholic clergy have held to the right to interpret the Bible for the people. The catholic says, if the people interpret the Bible to suit themselves, we shall have sects without number, interpretations will disagree—and in one sense he is right. He, however, enumerates the disadvantages but not the advantages of a freedom of thought for the individual. The physician says, if the people who are uneducated are allowed to prescribe for themselves they will do more harm than good—and he, too, may be right. But then men must be free, and if some harm themselves they will learn in time to avoid that which is not good for them, and this will be a great gain.

We said before that the book was in many respects a good one; but we wish it were better. It contains much valuable information, but it omits more that is very important. For instance, it gives a page to jaundice, which, considering its infrequency, was hardly necessary; but says nothing, or next to nothing, about the ordinary liver complaints with which nearly all suffer. So, too, the page devoted to the headache leaves the unprofessional reader as ignorant as it found him. For instance, it says: "When the headache is due to nervous exhaustion, as when there is no nausea, it is known as nervous headache, and a full dose of the aromatic spirits of ammonia, or of the bromides, or of the two remedies combined, will give prompt and permanent relief." Now what does an unprofessional person know of a "full dose" of ammonia, or anything about bromides, or the two combined. For debility he says: "Quinine, nux vomica, strychnia, arsenic, and the preparations of iron." What sort of useful information does this convey to a man or woman who turns to the book for help in such cases? Just none at all.

Chronic catarrh gets really no attention; and yet it is a subject of great importance, for it afflicts poor humanity more than is generally known, and plain, simple directions for relieving it would have been very appropriate.

The chapter on bathing is meager in the extreme, and the one on exercise might about as well have been omitted, for it is hardly worth the space it occupies.

We have pointed out these defects in no spirit of unkindness; they are real defects. Still we believe in books intended to educate all in the care of the body in health and disease. The real book for this purpose has yet to be written.

DISEASES OF MODERN LIFE. By A. B. Richardson, M. D. New York: D. Appleton & Co. Price $2.00.

The author of this book is a distinguished London physician, lecturer and writer, and author of the paper published in our January and February numbers, entitled "The City of Health." This, his last and best book, is the result of much study and observation, and designed to do a great deal of good. The author takes bold advance ground, but without being technical he is very scientific. His words on the subject of narcotics, alcoholic drinks, and the like, are calculated to be messengers of good wherever they are read. Here are a few specimen paragraphs:

"To escape the evils arising from the use of alcohol, there is only one perfect course, viz., to abstain from alcohol altogether. No fear need be entertained of any physical or mental harm from such abstinence. Every good may be expected from it. A man or woman who abstains is healthy and safe. A man or woman who indulges at all is unsafe. A man or woman who relies on alcohol for support is lost.

"Smoking tobacco, and the use of tobacco in every form, is a habit better not acquired, and when acquired is better abandoned. The young should specially avoid the habit. It gives a doubtful pleasure for a certain penalty. Less destructive than alcohol, it induces various nervous changes, some of which pass into organic modifications of function. So long as the practice of smoking is continued, the smoker is temporarily out of health. When the odor of tobacco hangs long on the breath and other secretions of the smoker, that smoker is in danger. Excessive smoking may prove directly fatal.

"Indulgence in narcotics—opium, chloral, chlorodine, ether, absinthe, and all others of the class—is an entire departure from natural law. It is doubtful whether the freedom of the subject ought to be permitted to extend to the uncontrolled self-indulgence in these poisons. The indulgence indicates an unsound reason, which requires to be governed by sound reason, temperately enforced.

"The habit of eating underdone flesh is an almost certain cause of parasitic disease. The amount of fluid taken in any form should not exceed 24 ounces daily. Water is the only natural beverage."

We might add in conclusion that if the author had revised his manuscript carefully, he would, perhaps, have improved some of his sentences. We notice some blunders of expression hardly

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to be looked for in so distinguished a writer. They would not be tolerated in a less able man. The matter, however, is so excellent, that we can forgive the manner for this time at least.

KINDERGARTEN TOYS, AND HOW TO USE THEM, By Heinrich Hoffman. New York: E. Steiger. This little book, of some 40 pages, gives a practical explanation of the first six gifts of Froebel's kindergarten system. Not only is it a valuable work for the kindergarten teacher, but for the mother who desires to apply this method for herself. The author in his preface starts out with the statement that it is through play that nature develops the bodies and minds of children in a healthful manner, and that playing organized with a method teaches order, industry, punctuality, perseverance, and all those traits so necessary to success. We commend the book to all mothers. Price by mail, 25 cents.

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All are put up neatly, and sold for 30 cents a box. Mr. Steiger is doing the cause of education of children real service by his efforts for the little ones. We advise all who are interested to send him a stamp for his circular.

RELATIONS OF THE SEXES. By Mrs. E. B. Duffey. New York: Wood & Holbrook. Price $2.00. The Springfield Republican says of it: "The striking facts are sharply defined in the appearance of such a book as 'The Relations of the Sexes,' by Mrs. E. B. Duffey—the widening range of 'woman's sphere,' and the growing change of public sentiment with reference to works on the sexual relations. Forty years ago it would have been as difficult to find a woman qualified to write an intelligent physiological discussion on theses themes, as a reputable publisher to put it in type, or a demand for its reading among moral book-buyers; so strongly intrenched was the ancient theory that ignorance in this field was virtue. But during the last few years a change has been coming over the public mind, the common-sense idea that young men and young women, most carefully trained in every other department of knowledge, ought not to be left to drift into marriage in ignorance or imperfect knowledge of the most important laws of their nature, is at last making itself felt. One of its most striking results is seen in the book we have named—an intelligent, philosophical and physiological treatment of the sexual relations, by a pure-minded woman of much intellectual strength. It is a work which any husband or wife will be the better for reading, and young people who expect to be husbands and wives some day as well, discussing its delicate themes plainly, yet so purely that the merely prurient reader will derive no gratification from its perusal.

PROBLEMS OF LIFE AND HEALTH. By Reuben Greene, M. D. Boston: B. B. Russell, Price $1.50.

This book contains chapters on the Science of Medicine, Sanitary Science, Stimulants, Narcotics, Sleep, Brain-work, Sunlight, Exercise, Dress, Human Life, etc. It is a book abounding in valuable hints, and the author believes in progress, and is not afraid to say what he thinks, let it cut where it may.

INSANITY IN ITS MEDICO-LEGAL RELATIONS. By A. C. Cowperthwait, A. M., M. D. Philadelphia: J. M. Stoddart & Co. Price $1.00.

This little volume contains in brief space an epitome of the best knowledge we now have concerning insanity, and though written mainly for physicians, will be found useful to all intelligent persons who desire to understand this subject. It contains the kernel of the matter.

REPORT OF THE MICHIGAN STATE BOARD OF HEALTH FOR 1875. Lansing: W. S. George & Co., State printers.

The Board of Health for the State of Michigan are doing very excellent service by their practical reports. They do not make a large, cumbrous book that will never be read, but one of about 150 pages filled with good things. If other states would follow the example of Michigan they would do well. We think the time is coming when large books, except on special subjects, will be substituted by small and condensed ones that people can read in an hour. Human life is too valuable to be wasted in reading long wordy volumes that hardly have an idea in a whole chapter. We commend the book as a model for boards of health.

SPIRIT INVOCATIONS; OR, PRAYERS AND PRAISES. Compiled by Allen Putnam, A. M., from utterances of Mrs. J. H. Conant. Boston: Colby & Rich, Price $1.25.

This book will find many admirers, while others will call the aspirations so much trash. Although the utterances claim to come from advanced spirits of many nations and tribes, yet we see a wonderful similarity in them. The Wanandago Indian chief talks about as Channing and old Father Cleveland do. Why is this? Let those who can answer.

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