OLD SERIES—VOL. 63 NEW SERIES—VOL. 29

THE HERALD OF HEALTH

DEVOTED TO THE CULTURE OF THE

BODY AND MIND.

OUR MOTTO:

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

CONTENTS FOR JANUARY, 1878.

GENERAL ARTICLES. Page

Hygiene for Farmers and Mechanics.—*By the Editor*..... 1
State Regulation of Vice—International Congress at Geneva.—*By A. M. Powell*..... 4

OUR DESSERT TABLE.

Frogs at School—The Farmer's Scepter—Heart Ventures—The Grumbler..... 8

TOPICS OF THE MONTH.

A Happy New Year—With Some Reflections Thereon..... 9
Good Resolutions for the New Year..... 10
Mental Health..... 11
Co-operation—Flowers—A Useful Water-Cure Item..... 12

EDITOR'S STUDIES IN HYGIENE.

Ague Cured by Turkish Baths—Use of Opium in Maine..... 12
Dental Caries..... 14
Potatoes for Food—Fish as Brain Food—Diet and Habits of the English..... 15
Current Literature..... 16

NEW YORK:
WOOD & HOLBROOK, PUBLISHERS, 13 & 15 LAIGHT ST.
GENERAL AGENTS—AMERICAN NEWS CO. . . . NEW YORK NEWS CO.

$1 a Year. Single Copy 10 Cents.

Digitized by Google

The Scientific American says: **"The Herald of Health contains more sensible articles than any other magazine that comes to our sanctum."**

THE HERALD OF HEALTH,

FOR 1878,

Besides other rich and varied contents, will contain a series of papers entitled

HYGIENE

FOR

FARMERS & MECHANICS,

Which will be plain and practical, and filled with suggestions for preserving the health of the agriculturist and mechanic. A special feature will be that questions pertinent to the subject will be answered at the close of each article. This will make the series exceedingly interesting.

FIRST PAPER.—General Statement, and the question of Bad Drainage, especially of Sinks, Drains, Laundries, Wash-houses, etc,

SECOND PAPER.—Illy Ventilated Cellars, that communicate only with the dwelling, and give off poisonous gases, which are a source of much disease and loss of time, money, and health.

THIRD PAPER.—The Ventilation of Farm-houses, and the evil effects of Close Bed-rooms, especially in winter, when the farm-house is only partly warmed.

FOURTH PAPER.—Privies, Barnyards, etc., and how they may directly or indirectly be a source of disease, by poisoning the air, or the wells and springs.

FIFTH PAPER.—Warm Garments, and their use after Fatigue on a Summer Day, an omission which causes more colds and rheumatism than all the storms of a century.

SIXTH PAPER.—School Children, and the way they are Chilled, both in the country school-house and in going to and from school in the winter.

SEVENTH PAPER.—Wet Feet, the harm they do, and the remedy—the hygienic boot.

EIGHTH PAPER.—Farm-house Cookery, with hints as to the best foods for health and strength, insufficiency of early fruits and vegetables, best breads, etc.

NINTH PAPER.—Gestation and Lactation, and the necessity of securing rest for farmers' wives when they need it. A thrifty farmer may easily kill two or three women while he remains comparatively vigorous and lives to a good old age.

TENTH PAPER.—Carrying the Baby as a Cause of Deformity, causing bow legs and crooked spine in many a young girl who is set to tend the younger children.

ELEVENTH PAPER.—The Farmer's Muscular System; its Care and Management, so as to maintain vigor, suppleness and elasticity to old age; The Eyes; Amount of Sleep; Bad Positions at Work, and how to Counteract them; Hours of Work; Diseases and danger to which Farmers are Exposed; Poor Lights; Drinks for Hot Weather; Changes of Food; The Farmer's Bath-house, etc.

TWELFTH PAPER.—Culture of the Mind, books, libraries, and in general how to make farm life more beautiful and desirable.

The articles will be mainly written by the editor, Dr. M. L. Holbrook, who is familiar with the subject; but he will bring to his aid a large number of persons qualified to render efficient and practical assistance.

This brief synopsis gives only an imperfect view of our intentions, for we hope to make the articles so broad, suggestive, and complete, that farmers, mechanics and their wives will receive a hundred times the good from them that they cost. Questions to be answered, and subscriptions should be sent in at once. All new subscribers will be entitled to four numbers of 1877 free, if they send in their names in time.

Price $1.00 a Year.

A SPLENDID PREMIUM.

☞ Every person who sends 30 cents extra will receive free a fine **Pocket Magnifying Glass**, which costs at retail $1. Such a glass will prove very handy to farmers and gardeners in examining insects, seeds, etc. Five subscribers, at $1 each, will each receive THE HERALD for one year, and the Magnifying Glass free. Samples 10 cents.

CLUBBING WITH BOOKS.

We will send THE HERALD OF HEALTH and "Eating for Strength" for $1.75, both postpaid; and it and "Parturition Without Pain" for $1.75, postpaid; it and "Sexual Physiology" for $2.50, postpaid; it and "Relations of the Sexes" for $ 2.50, postpaid; it and "Liver Complaint" for $1.75, postpaid. In sending money the best way is to get a postal order, or register your letters. Fractional change may be sent in postage stamps.

CLUBBING WITH OTHER MAGAZINES.

We will send THE HERALD OF HEALTH for one year and any $4 magazine, both postpaid, for $4.25. The list includes Atlantic Monthly, Harper's Monthly, Scribner's, Galaxy, Harper's Weekly and Harper's Bazar.

One Two and Three Dollar Publications,

THE HERALD OF HEALTH will be sent for one year, with St. Nicholas, $3—for $3.50; with Demorest's Monthly, $3—for $3.25; with the Phrenological Journal, $3—for $3.50; with the New York Weekly Tribune, $2—for $2.50; with the American Agriculturist, $1.50—$2.10; with the Boston Journal of Chemistry, $1—for $2.

ADDRESS

WOOD & HOLBROOK, 13 & 15 Laight Street, N. Y.

Digitized by Google

THE

HERALD OF HEALTH.

JANUARY, 1878.

HYGIENE FOR FARMERS AND MECHANICS. (No. 1.)

BY THE EDITOR.

IN undertaking to prepare a series of papers on hygiene, as applicable to farmers, we do not fail to recognize the fact that his calling is one in its nature essentially healthful; that the out-of-door life which it demands brings him into the free, fresh air every day of his life; that the sunshine, which is a sanitary agent of great power, does more for him than for any other class of persons; that the exercises demanded in his daily labor, when not too severe, are promotive of a high degree of health; that as a rule his sleep is sound and his life free from many of those trials which tax the man of business beyond what is healthful to him. Nor do we fail to recognize the fact that farmers live longer than those who dwell in cities, and that everywhere in agricultural districts we find examples of very old people. Farmers often reach the four score and ten, and not a few pass the normal period allotted to man and live on to 90, and even now and then to 100 years. Still, notwithstanding this, the average age of farmers is, allowing three score and ten to be the natural age which man should attain, about 20 years less than it should be. They live *en masse* about two-thirds of the number of years which under favorable circumstances they might attain. From 20 to 25 years is taken from their earthly existence, and multitudes are removed from their families, their friends, and their enterprises in the very prime of life, before their work is fairly begun—at least before it is completed.

Now, we do not indulge any vain illusion that we can tell farmers how they may all live to be three score and ten, or longer. Many are born into the world too feeble to attain old age. Nor do we forget that there are some causes of disease and early death that cannot easily be removed. Malaria is one of them. It takes time and the united efforts of a community, and, more than all, science and intelligence applied during a series of years to remove such widespread cause of disease. On the other hand, there are very many causes of disease which are local. They exist about every person, in every man's clothing, are found in his house and outside of it. They are the preventable causes of disease and death. The havoc they make in a community we often charge to the inscrutable ways of Providence, when in truth we are to blame for their existence ourselves. Now, is it worth while to make the effort to help to reform the great evil of ignorance that festers and rots out the working life of a community? Is it worth while to show up some of the preventable causes of disease among farmers. and will they appreciate it if we show them how they may avoid a great deal of ill health, save themselves much pain and expense, and render life more valuable. We think it is, and shall make the attempt. If what we say shall start a more healthful

Digitized by Google

sentiment and begin a work of reform we shall feel amply repaid.

In looking over the subjects which are to engage attention, one of the very first evils which comes to our view is drainage, and especially of sinks, laundries, washhouses, etc. In regard to the general subject of the drainage of the soil on which a house stands, perhaps already a majority of people have the correct idea. It may be well enough, however, to remark that if the soil on which a house stands has not a natural drainage, and few soils have, an artificial one should be made, in which tiles should be properly laid in the ground and an outlet secured, so as to relieve the soil from surplus water, which would otherwise evaporate and cause a lowering of its temperature. Few seem to recognize the fact that a damp soil is not only often a source of malaria, but a very frequent cause of colds, coughs, and pulmonary consumption. Without going more into detail in this particular we will advise every owner of a farmhouse to examine thoroughly the ground about it, and if it is not already in a good mechanical condition to make it so by artificial means. If this is impossible, then it is better as soon as possible to change its location to one more fortunate and favorable in this respect.

We now come to another allied subject, that is that of the slops of the house, especially those from laundries, washhouse, kitchen refuse, etc. In every house there is of this refuse material a large amount. On washing day many gallons, often barrels, of water, in which our clothing has been washed, and which contains the filth which the skin has thrown off during the week, must be disposed of. All through the week more or less dish water, and dirty water from various sources accumulate. As a rule it is thrown into a drain, which is perhaps covered only with a board, and carried only a few feet away, when it soaks into the soil or spreads out on the ground and evaporates into the air. If the soil is pervious it may soak into it, and some of it eventually finds it way into the well. In the course of a short time these slops fill the soil full, and a sort of fermentation takes place, and as the air is more or less excluded most poisonous gases are generated. It is now positively known that many diseases have their origin in breathing these gases. It does not follow that they always cause disease, because the germs may not always be present, but they frequently do. Diphtheria, that scourge of both city and country, has been traced time and again in the city to sewer gas passing into the house. In the country, where less attention is given to the causes of disease, the drain for slops is not always recognized as a source of diphtheria; but in very many cases it has been proved to be so beyond the slightest doubt. The gas which forms in such a drain is very similar to sewer gas. It forms in filthy places, where animal and vegetable matters decompose without contact with the oxygen of the air, which would render it nearly harmless. For this reason the sewer generally is less harmful in summer, when doors and windows are open, and the air acts on it, than in winter when they are closed. The drain of a country house often contains more poisonous gases than the sewer of a city, for the latter may be flooded with air or water. In the country there is no doubt but the atmosphere oxydizes the poisonous gases to a great extent, but sometimes it does not, and then there is danger. Diphtheria is not the only disease which may have its origin in a defective house-drain. It may also form the hiding place of scarlet fever, typhoid fever, erysipelas, and nobody knows how many more diseases. As I write these lines I am in receipt of a letter from Dr. N. S. Townsend, now Professor of Agriculture in the Ohio Agricultural and Mechanical College, bearing on this subject. He says:

"When Medical Inspector in the U. S. Army in 1863 I was stationed at New Orleans. One of the hospitals I inspected regularly was the Asylum Hospital, at Baton Rouge, which contained upwards of 600 patients, and was in charge of Dr. Tolle, an excellent physician and most estimable gentleman. At one of my regular visits I was in-

Digitized by Google

ned of a recent and sudden outak of a malignant form of erysipelas one of the largest surgical wards. th Dr. Tolle I examined the ward l every part of the hospital, together h every outbuilding and the entire pital inclosure. Each part, indoors l out, was found to be scrupulously t and clean, and no cause for the break of disease discovered. We n went outside of the hospital insure and found that the drain from large washhouse, or laundry, where soiled garments and bedclothes of eral hundred men were cleansed, l been stopped, and the discharge l spread over more than an acre of und. The ward where the outbreak urred was nearest this overflowed t, and so situated that the gulf eze brought the exhalations directly its open windows. The patients occupying beds by windows nearest the erflow were first affected, and then e disease passed from bed to bed un- 50 were attacked. The defective ain was repaired as soon as possible ter the discovery, and at once the rther spread of the disease was arsted.

"At another time I was called in nsultation to see two young people, brother and sister, who had typhoid ver. The mother of our patients, a ost excellent lady, was accustomed look upon disease as a Providential spensation, expressed to me the hope at she might be enabled to see a Dine purpose in this affliction. She was mewhat startled when I replied that trusted she would acquit the Divine eing of any unkind purpose towards erself or family; for, so far as any experience enabled me to judge, the Lord ever had anything to do with sending yphoid fever on his children. This isease, I said, never comes to a house r person when it has not been in some ay, though of course unintentionlly and unconsciously, invited; in hort it comes from a defective sink, rain, or sewer, a damp unventilated ellar, a contaminated well, or somehing of the kind. Proceeding to inpect this house and its surroundings, I lmost immediately found that the drain from the kitchen and wash-room was closed near the house, and that the sink pipe discharged, and the soap suds were thrown after washing, upon a bank on the south of the kitchen, where they evaporated, and from which the exhalations passed with every breeze back into the kitchen; for this being small and the weather warm the one window was always open, and in front of this the daughter did much of the work of the household close to the kitchen window, and equally near the bank over which the soap suds were spread was the window of the bedroom which the brother occupied at night—a window he always opened on account of the smallness of the room. Here, then, was the source of the mischief to both of these young persons; other members of the family whose work and sleeping appartments were in other parts of the house were unaffected by the fever."

These cases, which might be multiplied without number, go to show the danger that may came from neglect of the sink and washhouse drains. It is impossible in this brief article to go into details as to the best method of managing kitchen and washroom slops. We can only call attention to the subject in a general way, and stimulate those interested to manage the practical details of the subject according to the demands of the case. If any of our readers have any methods which are good, we shall be glad to print what they will send us.

QUESTION.—If soap suds and household slops are so dangerous, why do they not always produce some form of contagious disease?

ANS.—The germs of disease are not always present, or if they are, they may be destroyed by the ozone and oxygen of the air, or favorable winds may drive them off, or the system may not always be in a condition to receive them. If a thistle blooms and seeds on a grass plot, the seeds are wafted off, and only a few ever find a place to grow. Change the circumstances and let it seed on a plowed field, and a majority of the seeds will find a place to grow. The germs of disease are infi-

Digitized by Google

nitely more easily destroyed than those of the common thistle, and for this reason do not take effect except where all the conditions act favorably.

QUESTION.—In what way is the sink dangerous to health ?

ANS.—It may be dangerous, and we should certainly see that it is kept clean. The refuse matter is generally run off into a barrel through a straight pipe. Here lies the danger; this refuse matter sometimes generates a poisonous gas, and as the heat of the room warms the pipe then the gases flow into the room. The consequence is that the pipe may become a source of disease and death. If you have diphtheria in your houses, look to your drains before you give up searching for its cause.

STATE REGULATION OF VICE—INTERNATIONAL CONGRESS AT GENEVA.

BY A. M. POWELL.

ORIGIN OF THE CONGRESS.

IN the continental cities of Europe government regulation of social vice has long been in vogue. In 1866 the regulation system, under an act of Parliament bearing the ambiguous title of "Contagious Diseases Act," applying to sundry military districts, was introduced in Great Britain. As soon as the real import of this legislation became known, beyond the limited circle responsible for its introduction and consummation, it gave rise to a profound agitation for repeal. Foremost in this agitation, since that period, has been Mrs. Josephine E. Butler, an earnest, highly cultured, Christian woman, the wife of Rev. George Butler, of Liverpool. Around her have rallied many noble women and men in Great Britain in the crusade still in progress, against state-sanctioned vice. In 1874 Mrs. Butler, supported by the sympathy and co-operation of English friends, undertook an important mission on the Continent, chiefly in France, Switzerland, and Italy. Her reception in Paris was cold, and anything but encouraging, but her observation in the French capital of the practical workings of the regulation system there, served to render still more obvious the urgent need of reformation. In Switzerland she found more encouragement; and in Italy, in many cases, she was welcomed with enthusiasm. Out of this mission, as a preliminary preparation, grew the recent International Congress at Geneva, under the auspices of the "British, Continental and General Federation for the Abolition of Government Regulation of Prostitution."

CHARACTER AND ORGANIZATION.

The attendance at the Congress was large, and exceeded the anticipations of those by whom it was called. The delegates numbered 510, representing Switzerland, France, Germany, Russia, Denmark, Poland, Belgium, Holland, Spain, Italy, Greece, England, Scotland, Ireland and America. Among them were many, both women and men, distinguished for intelligence, scientific attainments and philanthropy. Among the Italian delegates were Dr. Bertani, an eminent physician and member of the Italian Parliament, Signor Nathan, of Rome, an able journalist, and coworker with Garibaldi, Mlle. Mazzoni, of Milan, and Prof. Colonna, of Salerno. From Italy came also a deputation representing 1,600 societies of workingmen. Spain was represented by Signor Zorrilla, formerly at the head of the Madrid Government. From Germany came Dr. Baur, a distinguished court preacher, bearing a message of sympathy to the Congress from the Empress; also Pastor Instorp, of Pomerania. Among the delegates from France were the eloquent preacher, M. Pressensè, Dr. Gustave Monod, M. Desmoulins, a Paris journalist; M. Leon Richer, an earnest advocate of the enfranchisement of women; Dr. John Chapman, author of the valuable Westminster articles on Stat-

Digitized by Google

gulation. Mlle. Raoult, a working oman, and founder of a "Women's rades Union" in Paris, and M. harles Lemonnier, a leading member the Peace and Liberty League. enmark was represented by a disnguished physician, Dr. Meyer. Madne Behrends, M. Nicholet, and M. utton were delegates from Belgim. Holland was ably represented by . W. Vandenbergh, of the Hague, nd Pastor Pierson. The largest delegaons were from Switzerland and Great ritain. Among the former were Prof. mie Humbert, of Neuchatel, a man f distinguished position, and greatly ifted for the work of organization, Dr. e la Harp, of Lausanne, an eminent hysician; Pere Hyacinthe, as well nown in this country as in Europe; rof. Hornung, of Geneva, a distinguished jurist; the venerable Pastor Borel, and M. Sautter de Blonay, a retired scholar and gentleman. From Great Britain there were, beside Mrs. Butler, her husband, the Rev. George Butler and their two sons, many of her most helpful allies and co-workers, including the Right Hon. James Stansfeld, M. P., formerly a member of Gladstone's Cabinet, and President of the General Federation; Sir Harcourt Johnstone, the leader of the Repeal movement in the House of Commons; Prof. Stuart, of Cambridge; William Shaen, Esq., President, and Mr. and Mrs. F. C. Banks, Secretaries of the National Repeal Association; Mr. Ashurst, of London; Henry J. Wilson, of Sheffield, one of the deputation to America last year; George Gillet, Esq., of London, Secretary of the Friends' Repeal Association; Mrs. Lucas, of London, sister of John and Jacob Bright; Edward Backhouse, Esq., President of the Northern Counties League; Edmund Jones, Esq., President of the Workingmen's Repeal Association; Dr. Nevins, and Mr. Burgess, of Liverpool, Secretary of the National Medical Association; Henry Richard, M. P., of London; Dr. Carson, of Liverpool; P. W. Bunting, Esq., and Mrs. Sheldon Amos, of London; Miss Estlin and Mrs. Russell Carpenter, of Bristol; Mrs. Richardson, of York; Mr. R. F. Martineau, Rev. W. Wastell, and Mrs. Kenway, of Birmingham; Eliza Wigham, of Edinburgh; Miss Todd, of Belfast; Henry Allen, Esq., of Dublin, and others. America was represented by Mrs. Julia Ward Howe, of Boston; Dr. Caroline F. Winslow, and A. C. Winslow, Esq., of Washington, and Mr. Powell, of New York.

The Congress was organized with Mr. Stansfeld as President, and divided into five bureaus, or sections, with each a president, vice-president and secretary and six additional members of different nationalities. These bureaus or sections were: 1. Hygiene, presided over by Dr. De la Harpe, of Lausanne; 2. Morals, presided over by M. Sautter de Blonay; 3. Social Economy, Prof. Dameth, of Geneva, President; 4. Benificence, Pastor Borel, of Geneva, a veteran in rescue work, President; 5. Legislation, presided over by Prof. Hornung, of Geneva. Much of the laborious preliminary work of organization devolved upon Prof. Humbert, of Neuchatel, assisted by Prof. Stuart, of Cambridge, and Mrs. Butler.

PROCEEDINGS.

The opening proceedings, and the general meetings of the sections were held in a large hall appropriately named the "Hall of the Reformation." The audiences at these meetings were large, intelligent, and attentive, and included many who were not delegates. It is an unusual circumstance on the Continent for women to take part, as in this Congress, in public deliberative gatherings. M. Laurent Karcher, President of the Geneva Reception Committee, made a brief address of welcome, in which he cordially greeted the delegates as having assembled there "in the cause of a crusade against depravity, and against the infamous trade in unfortunate women, carried on under the patronage of governments." After the delegations from different countries had been announced, and the organization ratified, brief addresses were made by Mr. Ashurst, of London, as representing the London City Committee; Signor Cevasco, who spoke for Italy; Eliza Wig-

Digitized by Google

ham, of Edinburgh, in behalf of the women of Great Britain, Mr. Lishman, of England, in behalf of the Workingmen's Repeal Association, and Mr. Powell, as from America. Mr. Stansfeld, as President, subsequently made a formal opening address, of marked ability, stating the objects and aims of the Congress, and presenting the various aspects of the question, as represented by the several sections. He arraigned the regulation system as a failure hygienically, as well as wrong morally; as oppressive to women, delusive to men, and inconsistent with the principles of enlightened jurisprudence. While he would join with the medical faculty for the cure of those diseases, which demand care even though born of vice, and also in preventing disease by methods which will not promote its cause, he would not have the medical profession degraded by becoming the servant of the lowest vice. He appealed to the jurist to support the dignity of the law; to the hygienist to rise to the true hygienic level and refuse to sanction laws which, by depraving the morals of the people, prepare the way for their physical degeneration. He appealed to the moralist against systems which deny the possibility of virtue; to all that is generous and courageous in man not to soil his hands with this cruel and cowardly injustice towards the weaker sex; and to woman to protest at any cost in the name of the rights, the dignity, the purity of one half of the human race, against this white slave trade carried on to satisfy the lust of man.

Mrs. Butler followed Mr. Stansfeld in an address of great power and eloquence, in which she appealed to both women and men to welcome the duties and responsibilities, and whatever crosses this new emancipation movement may impose, for the sake of outraged and suffering womanhood and imperilled manhood. As a speaker Mrs. Butler has great power and influence with her hearers. In this respect she has few equals on either side of the Atlantic.

Following Mrs. Butler's address, some of the addresses forwarded to the Congress from various committees and organizations in different countries were read or announced, including an address from the New York Committee for the Prevention of Licensed Prostitution.

The several sections held separate meetings daily, and one general meeting of the members of all the sections was held each day, under the particular direction of some one of the sections. There were about 125 papers upon various aspects of the question presented, an unexpectedly large number, and many of them of great value. They were distributed to appropriate sections and read in full or in part as time would allow. The discussions were searching and earnest, but characterized to a remarkable degree by courtesy and a kindly feeling. The proceedings were in French and English, the former predominating. There were frequent translations, that all might be reasonably well informed as to the substance of the deliberations in the unfamiliar language.

Among the English speaking delegates, Mrs. Howe, of Boston, spoke with exceptional fluency and ease to herself and her hearers. She participated in the proceedings of the sections on Morals and Legislation, and addressed briefly the closing session of the Congress. She invited attention to the desirability of co-education for girls and boys, and of enfranchisement and equal opportunities for women, and was listened to with marked attention. Dr. Winslow, of Washington, read a paper before the Hygienic Section on the moral attitude of the medical women of America, and received the thanks of the section, and also spoke in one of the general meetings of the efforts for and against the introduction of the Regulation System in Washington.

At the general meeting of the Legislative section, Mr. Powell, of New York, presented a paper upon "Regulation Efforts in America." Sir Harcourt Johnstone read a paper of much interest upon the progress and prospects of the repeal movement in Great Britain. The papers as a whole covered a wid-

Digitized by Google

ıge of topics, and embodied a large ıount of most valuable information ncerning the causes, consequences, d methods of dealing with social vice. ıntributions were also sent from nerica by Mrs. Caroline H. Dall, of ɔston ; Dr. Lozier, of New York, and e Woman's Suffrage Association, of ɜw York.

CONCLUSIONS.

The conclusions of the Congress will ɜ of most importance to the general ıblic. Each bureau, or section, forulated a series of resolutions or proɔsitions, which were discussed and lopted by the section, and which ere also subsequently presented and ıtified at the general meeting, at hich the members of all the sections ere present. In view of the great diersity in habits of thought, in educaion and experience in so large a body, epresenting as many nationalities, the ınanimity with which the important onclusions of the Congress were eached was something remarkable. Those of the Hygienic Section are as ollows :

RESOLUTIONS OF THE SECTION OF HYGIENE.

1. The Section of Hygiene affirms : That self-control in sexual matters is one of the indispensable bases of the health of individuals and of nations.

2. That prostitution is a fundamental violation of the laws of health.

3. Considering that the duties of the Department of Public Health ought not to be restricted to the prophylaxy of the diseases which afflict the population, we declare its true function to be that of developing in the people all the conditions favorable to health, of which public morality is the highest expression.

4. The Section of Hygiene repudiates all systems of police regulation of prostitution, on account of their entire want of success. It bases this view upon the following reasons, among others: That the compulsory surgical examination of women is revolting to human nature ; that it can only reach a certain number of prostitutes; that it is not to be relied upon to discover the gravest constitutional form of disease, or to arrest its progress ; and that consequently it gives a false security in regard to the health of the women examined.

5. The Section of Hygiene urgently desires the removal of the obstacles which prevent the treatment of venereal diseases as readily as all other diseases, in all hospitals under the control of municipalities or other public bodies, as well as in all those supported by voluntary contributions.

6. The Section of Hygiene also expresses its desire that the ordinary police should cause decency to be respected in the street, and in all public places, and that it should repress all public scandal, whether caused by men or women.

To give the conclusions of the other sections, on morality, social economy, benificence, (rescue work), and legislation would exceed the limits assigned to this article. They were to the effect that "the practice of impurity is as reprehensible in men as in women ;" that "regulation" tends to lower the moral tone of public opinion, and increases clandestine prostitution ; that it incites to debauchery ; that it is incompatible with rescue and rehabilitation ; that there should be better industrial opportunities for women : that the police power over women conferred by regulation is arbitrary and unconstitutional, and that the State has no right thus to sacrifice constitutional guarantees and compromise with social vice.

The Congress has furnished a common platform for all countries, as the basis of an effective opposition to a common enemy. It will mark in history the beginning of a new era in social progress. It has been found possible for a large congress of intelligent and highly reputable men and women to meet and deliberate, with a becoming delicacy, and a profound reverence for truth, upon the gravest of the problems which concern social science, Christianity, and civilization.

S. D. Goss, M. D., says : "Of the essence of disease nothing is known."

Digitized by Google

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

FROGS AT SCHOOL.

Twenty froggies went to school,
Down beside a rushy pool;
Twenty little coats of green,
Twenty vests, all white and clean.
"We must be in time!" said they,
"First we study, then we play;
That is how we keep the rule
When we froggies go to school."

Master Bullfrog, grave and stern,
Called the classes in their turn;
Taught them how to nobly strive,
Likewise how to leap and dive;
From his seat upon the log,
Showed them how to say "Ker-chog!"
Also how to dodge a blow
From the sticks which bad boys throw.

Twenty froggies grew up fast;
Bullfrogs they became at last;
Not one dunce among the lot,
Not one lesson they forgot;
Polished in a high degree,
As each froggie ought to be;
Now they sit on other logs,
Teaching other little frogs.

New Orleans Christian Observer.

THE FARMER'S SCEPTER.

A giantess, when pagan folk
Held all the world in sway,
Looked from a hill one sunny morn,
Across the fields of May.

The song of birds was in the air,
The winds with balm were sweet:
Her daughter, rosy-cheeked and fair,
Was playing at her feet.

Soon runs with glee the little one
From slope to slope away;
She holds the summer in her arms,
The streams and fields of May,

The child could step from hill to vale,
And as she wildly ran,
She saw beneath her towering stride
The busy husbandman.

His oxen, plow and him she took
Within her apron's space,
And, hastening with the portent queer,
She sought her mother's face.

"Oh, mother! thou hast told me much
I did not understand,
Now tell me what this beetle is
Which wriggles through the sand."

"Oh, child," the giantess replied,
"Go, put it back again;
These are the stern forerunners of
The patient race of men.

"In other realms, my little one,
Our home henceforth must stand,
For these who come in littleness
Have come to rule the land."

Joel Benton.

HEART VENTURES.

I stood and watched my ships go out
Each one by one, unmooring free.
What time the quiet harbor filled
With flood-tide from the sea.

The first that sailed, her name was Joy.
She spread a smooth, white, ample sail;
And eastward drove with bending spars
Before the singing gale.

Another sailed, her name was Hope,
No cargo in her hold she bore;
Thinking to find in western lands
Of merchandise a store.

The next that sailed, her name was Love.
She showed a red flag at the mast—
A flag as red as blood she showed,
And she sped south right fast.

The last that sailed, her name was Faith.
Slowly she took her passage forth;
Tacked and lay-too: at last she steered
A straight course for the north.

My gallant ships they sailed away,
Over the shimmering summer sea,
I stood at watch for many a day,
But one came back to me.

For Joy was caught by Pirate Pain,
Hope ran upon a hidden reef,
And Love took fire and foundered fast
In whelming seas of Grief.

Faith came at last, storm-beaten and torn,
She recompensed me all my loss,
For as a cargo safe she brought
A crown linked to a cross.

THE GRUMBLER.

HIS YOUTH.

His coat was too thick and his cap was too thin
He couldn't be quiet, he hated a din;
He hated to write, and he hated to read,
He was very much injured indeed;
He must study and work over books he detested.
His parents were strict, and he never was rested;
He knew he was wretched as wretched could be.
There was no one so wretchedly wretched as he.

HIS MATURITY.

His farm was too small and his taxes too big,
He was selfish and lazy, and cross as a pig;
His wife was too silly, his children too rude;
And just because he was uncommonly good.
He never had money enough or to spare,
He had nothing at all fit to eat or to wear;
He knew he was wretched as wretched could be.
There was no one so wretchedly wretched as he.

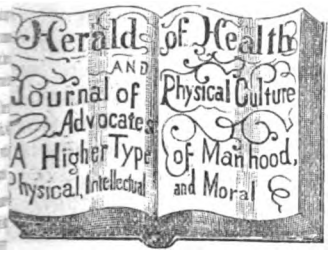
HIS OLD AGE.

He finds he has sorrows more deep than his fears,
He grumbles to think he has grumbled for years;
He grumbles to think he has grumbled away
His home and his fortune, his life's little day.
But, alas! 'tis too late—it is no use to say
That his eyes are too dim, and his hair is too gray,
He knows he is wretched as wretched can be,
There is no one more wretchedly wretched than he.

Dora Goodale, in St. Nicholas.

Digitized by Google

EDITORIAL DEPARTMENT.



NEW YORK, JANUARY 1878.

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.

A HAPPY NEW YEAR—WITH SOME REFLECTIONS THEREON.—The many readers and friends of THE HERALD OF HEALTH, who have traveled with us to a new milestone in life's journey, will not need to be assured, after so many years, of our good wishes for their welfare and happiness. But they will please accept from us on this, as they have on former occasions, the full compliments of this holiday season. We cannot take all by the hand, but none the less we would extend to all abundant benison with our heartfelt greeting.

The opening of a new year is like the turning leaf of a new book. The pages which are still before us are waiting in expectancy to show the results of new experience, and we are confronted by the conscious fact that they will reveal just what we please to write. The transcript of all our thoughts and deeds, in other words, is to end in *character* — which means only (as we shall see by dipping into the greek etymology of this word) the thing, or things, written upon the mind or soul, and the beginning of a new year is, therefore, but the beginning of a new opportunity. Our mission is to help all who would make their bodies worthy temples for high exploits, and to inaugurate "high thinking and high living" in its noblest sense.

How beautifully Longfellow sums up in the picture of an architect and his work, this power of the resolute will to build such a temple as we choose to fashion. The materials for this structure grow in value and number with each generation, so that each new year becomes the portal to possibilities that were once undreamt and unknown. If, as Tennyson says, 50 years of Europe are better than a cycle of Cathay, so a new year now is equal to a generation of the far distant and darker ages. But we were just speaking of Longfellow, who says:

"All are architects of fate
Working in these walls of time,
Some with massive deeds and great,
Some with ornaments of rhyme.

"Nothing useless is and low,
Each thing in its place is best,
And what seems but idle show
Strengthens and supports the rest.

"For the structure that we raise
Time is with materials filled,
Our to-days and yesterdays
Are the blocks with which we build.'

As to the future purpose of our magazine, we can only say its past must be our all-sufficient promise. We shall continue to do that work in the future which it has been our aim to accomplish in the past—the end being the development of physical health by all rational means; and to this is inseparably joined the steady evolution of all that is good and inspiring in human character. Never before has man had such foothold and fulcrum for the achievement of great purposes on this

Digitized by Google

planet as he has now in this year 1878. And to neglect either our bodies or our minds at this time, when there is so much to stimulate us to the perfection of both, is a greater recreancy than could have befallen in any anterior period.

We shall try to show, among other things, how we can best use our new helps and opportunities until each reader may utter, as he thinks of the power and significance of life, Goeth's *Gedenken Leben*.

> "For to live is something awful,
> And I knew it not before,
> And I dreamt not how stupendous
> Was the secret that it bore."

GOOD RESOLUTIONS FOR THE NEW YEAR.—There is a popular story of a college professor, who, after giving the students a lecture upon the virtue of self-denial, suggested that they each and all announce their determination, then and there, to forever renounce some favorite, dear delight; whereupon they all arose, and with one accord, asserted their readiness to renounce *Hash*.

I am going to propose to the readers of THE HERALD OF HEALTH, at this beginning of a new year, when good resolutions are in order, to unite in renouncing two other dear delights, namely, *hot bread* and *tea*. I know it is asking a great deal, for there are some souls, especially feminine ones, to whom the morning hot biscuit and the evening cup of tea are as essential as the after dinner cigar is to the masculine soul; and this is one of the very cogent reasons why their renunciation is called for, for the moment we allow an appetite for any one thing to dominate us, in that same moment we lose our personal freedom, and our slavery is as abject, in its way, as any other form of slavery.

I am moved to make this proposal by two considerations. First, because I feel assured that the readers of this journal are conscientiously seeking for the best way of living, and are therefore ready to accept suggestions in that direction.

Second, because I desire to reach as many mothers as I may, and to entreat them to do better things for their daughters than the mothers of [illegible] of these young ladies of this [illegible] have done for their daughters, in the matter of cultivating the habit of tea drinking and hot biscuit eating. It would certainly startle you—any of you who have come to realize the misery which results to young women who early become the slaves of the teapot—to see how many young ladies are here with this pernicious habit already fastened upon them to such an extent that it is almost impossible for them to reform, even with the help of the combined precept and example of the resident faculty of lady teachers, not one of whom is a tea drinker.

Popular opinion associates the teapot with the middle aged and the elderly ladies, but popular opinion would find itself mistaken, if not shocked, to see the middle-aged lady teachers refreshing and rebuilding their brains at the day's close, with that perfect one of all foods and brain-builders, a glass of milk, while they of 16 sip their cups of tea. Of course, one sees at a glance that the habit is brought from home, and wonders how mothers can so wofully have misled daughters at such an age.

And then the fancy for hot biscuits is something truly marvelous. There was a time when nothing else could be had for breakfast. That, of course, was a glad time for the mistaken souls that dream of finding bliss in such a way, and was a no less glad time for the pill-venders. Now, by one of those revolutions which come to families now and then, the hot biscuit breakfast has come to be a thing of the past, and the wail that goes up from the souls of the biscuit eaters is well nigh heart-rending. Their pill-men join in the wail and protest against these innovations which substitute the "ounce of prevention," of dyspepsia—in the form of bread which has reached its perfection by means of the chemical change secured by an interval of 24 hours between the baking and the eating—for the "pound of cure" which is sure to be in demand, sooner or later, as a consequence of the pernicious habit of offering it to the stomach

Digitized by Google

a from the oven. Bread can never properly masticated when so new, that which cannot be thoroughly ticated can never be thoroughly sted. But we are making progress y day here, in this matter, and so "thank God and take courage."

MARY J. STUDLEY, M. D.

AMINGHAM, Mass., January 1, 1878.

MENTAL HEALTH.—You desire that should contribute my views on ntal hygiene for your forthcom- journal. I will reply briefly, t the subject is one of very great portance, and if any thought of ne will aid you, you are welcome it. After an extensive experience d observation of life, extending er 73 years, I have come to the nclusion that the state of mind in nich we habitually allow ourselves remain determines very largely, for od or for evil, our mental health. here are two states which I will men- on particularly as favoring rather a ealthy nervous system, or the reverse. he one is what I call a positive state. n this the mind resists and throws off nfavorable mental impressions, so nat they do not gain a foothold in the rain. The other is the negative state, nat does not throw off bad mental tates, but rather harbors them till hey occupy the entire thought, to the xclusion of everything else. Such peo- le have the blues, are easily discour- ged become despondent and low spirit- d, imagine the worst is to happen, ind fault with their best friends, and re about the most miserable creatures n earth. To them their troubles are real, and not imaginary. It is no use to tell them the world is not going to the bad, for there is no room in their brain for such a thought. Now such patients cannot be cured by medical treatment of the ordinary kind. They can, however, easily cure themselves. How, you ask? I answer, by working themselves out of the negative state, which leaves them the prey to their fancies, into the positive state, that actually compels these fancies to flee away and leave the brain in a condition to produce agreeable sensations. Let such persons every morning, when they get out of bed, assert in the most positive manner that they will not once during the day harbor a disagreeable thought, but the very instant it arises they will drive it from the mind, as they would a viper from their bed, and be very sure it will go. Understand me. Every species of uncomfortable mental sensation must be driven out, no matter what it is. If the effort is strong enough, even bodily pain can be driven out too. I know what I say from my own experience. No amount of bathing, dieting, or drugging will cure the man or woman who continues in the negative frame of mind. When the positive condition has been attained permanently, under no circumstances fall back again.

Well do I remember the day and the hour when I made this, to me, great discovery. I had suffered for a month the most intense mental pain because my business did not go to suit me. I found fault with my wife and children, and nothing suited me. Things were getting most uncomfortable for all of us. I got up one morning as usual and expected to have a bad day, when all at once an impulse seized me as if it had come from the other world, and, straightening myself up to full might, I said to myself emphatically, "By the Eternal, these miserable feelings have got to go; not once to-day will I tolerate one of them in my mind for an instant." I kept my word, and have done so till now, and find it is easy enough to keep them at bay. Indeed my mental condition now is a positive one, and not easily am I thrown into that state, which before for many years made life more or less miserable.

I may add that this principle is applicable to a large number of mental processes. The man in the positive, instead of negative condition, will have untold advantage in whatever he undertakes. I may also add that many persons will find much aid in this matter through music, if they are musicians, through humorous stories, through occupation, and by reading from books of the highest order of moral and religious writers, such as inspire faith,

Digitized by Google

hope and courage. Of course the laws of health must be observed.

W. ARNOLD, M. D.

CO-OPERATION.—A meeting to discuss co-operation in household affairs, and co-operative living, was held in the parlors of the Hygienic Hotel, on Saturday evening, December 22. Dr. M. L. Holbrook introduced Mr. Samuel Leavitt to the audience, who spoke of nearly all the co-operative schemes in the country, and recommended to notice a co-operative enterprise in progress at Glens Falls, near Orange, N. J., which has attractive elements for the city resident longing for suburban privileges, and also for the country householder. Dr. J. R. Buchanan, Dr. Harmon, M. M. Bose and others, made effective speeches, and the meeting was closed with music and social discourse. Mr. Bose, who made his first public speech, is a native Hindoo, the only one now in America, a student of Calcutta, London and Edinburgh, and a young man of fine sympathies and aspirations.

FLOWERS.—Miss Nightingale, speaking of this subject, in her book of Nursing says: "I have seen in fevers —and felt, when I was a patient myself —the most acute suffering produced from the patient not being able to see out of the window, when the view to be seen was nothing but a clump of trees. I shall never forget the rapture of patients over a bunch of bright-colored flowers. I remember in my own case, a nosegay of wild flowers being sent me, and from that moment my recovery became more rapid. People say that the effect is only on the mind. It is not so. The effect is on the body too. Little as we know about the way in which we are affected by forms, by color, and by light, we do know this, that they have an actual physical effect upon the body. Variety of form and brilliancy of color in the objects presented to patients, are actual means of recovery."

Do not be afraid to place shrubbery, plants, and bunches of cut flowers in the patient's room. There is a "learned ignorance," common to nurses and physicians, that such things are injurious on account of the carbonic acid they are supposed to give off. Of course if you should fill a room, like a hot house, with plants and flowers, some evil effect of this kind might be expected. Besides, plants only give off carbonic acid at night; and even if they should be left in the patient's room at night—which is not at all necessary—the amount that would be given off by a good sized plant or bunch of flowers, would hardly poison a fly! As to cut flowers, the actual is the reverse of that feared; if they are placed in a tumbler or vase of water, as they generally should be, they absorb carbonic acid gas, decompose water and give off oxygen, which is a healthy process. Some flowers are not healthy. The smell of the lily depresses the nervous system, so the jassamine, and some other flowers of a disagreeable faintish sickening smell, though ever so handsome and brilliant, should not be brought into a sick-room. The rose, the pink, the geranium, and such flowers of grateful smell, are beneficial, on account of their healthful and agreeable fragrance, as well as their beauty and brilliancy of color. Brilliant colors are to be preferred, red is the best color, blue the poorest; blue seems to be a depressing color to the sick.

A USEFUL WATER-CURE ITEM.—Dear Dr. Holbrook:—Here is a water cure item that I learned to-day, in a way that rather pleased me. Passing through a basement room down town, I saw a laboring man sitting upon a window-sill bathing his forehead with his handkerchief and a glass of water. He said he had a little while ago received an accidental blow over the eye from a piece of wood while at work. I commended his use of cold water, but he proved himself wiser than I in the matter, for he replied: "No, I am not using cold water. It is hot water; cold water would congeal the blood that has already settled there. I am rubbing the blood out while I keep it hot." And then, while carefully continuing his self-treatment, he went on to tell how

Digitized by Google

once received a terrrible blow from stone on his forehead, and that after great mass of blood had settled in e wound (the scar from which I obrved still remained) he bathed and essed it with cloths taken from hot ater, until the coagulated blood was l removed. After this he kept a cold ater compress on it to prevent more ood from settling in it. His method emed very sensible, and as it added my little stock of water-cure knowlge, I send it to you for the benefit of others, who like myself are glad to pick up practical information. It was only a way side item, but it led me to reflect upon the importance of such information to common people. Those who write and otherwise labor, to diffuse such information are doing a good work, however humble or unrewarded it may be. I am always glad to see such items in THE HERALD OF HEALTH, and hope this one may be of value to others, as it has been to me.

E. F. B.

EDITOR'S STUDIES IN HYGIENE.

AGUE CURED BY TURKISH BATHS.—*To the Editor of The Herald of Health.*—promised to write you on the result f treatment at the Hygiene Hotel last all, but have been so much engaged vith other matters, have failed until iow of doing so. I regret this delay he most from the fact that my expeience, if known, might have induced some other poor sufferer to get relief as I did. Before visiting your place, my life had become a burden almost to grievous to be borne. But that Turkish Bath, the proper diet, with the pleasant association I found there, soon put matters all right. The fever and ague, that aggravated all my other troubles, was completely removed by twice passing through the Turkish Bath, with the skillful manipulation of your faithful attendants. And let me here add, that the whole process from beginning to end was a delight. Very unlike that of taking medicines for the same difficulty; and then there were no after pains, to be removed by other medicines, or waiting the slow process of time to overcome. The whole difficulty seemed to be removed at once. It was a new birth.

Let all who are afflicted with ague, or fever and ague, resort to your Turkish Bath, or some other, managed with equal consideration to the wants of the patient's conditions, as yours is, and I have no doubt they will save much suffering, time and expense.

Yours, etc., ALONZO BARTLETT

USE OF OPIUM IN MAINE.—Dr. M. L. Holbrook—*Dear Sir*:—I have just received your note of the 26th ult., enclosing the following sentiment:

"Prohibitionists may learn something about a new phase of the laws which they promote by the announcement that the practice of opium eating has increased enormously in Maine, and that more morphine is sold in that state than in any other in the Union in proportion to its population. This is owing to the enforcement of the Liquor law."

You ask me what the facts are. This story is an old one, and has been going the rounds of the anti-temperance press for several years. There is not a word of truth in it; it is a lie made entirely out of whole cloth, as the slang phrase is.

The drinkers of alcohol never resort to opium as a substitute. The habit of opium eating is usually the result of the medical prescription of that dangerous and pernicious drug. The friends of grog-shops resort to all sorts of falsehoods to make an impression unfavorable to prohibition. Here in Portland, it is often falsely said by such people that the Maine Law has driven a vast amount of business out of the state, never to return. And at other times the same persons will declare that the Maine Law is a complete failure; that there is as much liquor sold and drank in Maine as ever there was. This latter falsehood is the most

Digitized by Google

frequently repeated, and it is no more shameless than that which you send me in the slip about opium eating in Maine. We used to have many distilleries and breweries in this state; now not one, all are suppressed by the law. We used to have cargoes and cargoes of West India rum imported into the state, now not a single puncheon. Half a million dollars will cover the cost of all the liquor smuggled into the state and sold surreptitiously, while our share of the United States drink-bill would be $13,000,000, and we used to consume our full share, and more.

In 1866, half Portland was burned down, destroying $10,000,000, and notwithstanding that, our valuation has been constantly increasing — while the valuation of New York has ran down $12,500,000 the last year, and $100,000,000 the last five years. The valuation of Boston ran down also, more than $8,000,000 the last year. Free rum in New York and in Boston; but the valuation of Portland, under prohibition to the grog-shops, increased $180,000 the last year, and business here now is as good as at any time in the history of the town. Every year we save more than $12,500,000, which would be wasted in rum but for the Maine Law. After the experience of the results of prohibition in Maine of more than 26 years, the Maine Law is now supported by both political parties and by an overwhelming public opinion. At the last session of our Legisltaure, January 1877, an additional act of greater stringency than any which preceded it, was passed without a dissenting vote in either House, and is thoroughly supported by the popular voice. This would be impossible, were the results of prohibition other than favorable to the highest interests of the state and people.

Truly yours, NEAL DOW.

PORTLAND, Maine, Nov. 27, 1877.

ON DENTAL CARIES.—Mr. A. Stewart writes to the British Medical Journal:

"The general prevalence of dental caries is chiefly owing to food remaining on and between the teeth after meals — from breakfast time till the following morning — when, according to custom, the teeth are brushed brushed, but probably not cleaned. The brush is more often used to polish the surface merely than to assist in removing what has accumulated between them. Experiments have been referred to that prove the solvent action of weak acids on the teeth; and I think it will be conceded without proof that were portions of our ordinary food mixed and moistened as in mastication kept during the night at the high temperature of the mouth, the compound would be sour. It follows that dental caries must continue to prevail as now, while it is the custom to allow the food to remain in contact with the teeth all night.

"The following observations show the dependence of caries on food remaining in contact with the teeth. When the teeth are wide apart food is not retained, and they generally remain free from caries. The lower front teeth are seldom attacked by caries when, as is generally the case, the spaces between are closed to the entrance of food by tartar. The backs of all the teeth, upper and lower, being kept free from food by the tongue, are seldom affected by caries. Lodgment of food takes place between the bicuspids, between the molars, in the depressions on the masticating surface of these teeth, and on the buccal walls of the molars, and these are the chief seats of caries. While mastication is performed by the molars and bicuspids, the upper front teeth remain free from food and from caries; but, when they themselves are made to do the work of lost or diseased molars, and the food gets between them, carries is certain to follow before long. Further proof cannot be required that, if no food remained in contact with the teeth after eating, they would be free from caries, unless acted on by acidity from other sources. The only indications, therefore, for the prevention of dental caries are the neutralization of acid applied to the teeth, and the removal of food before it has become acid. The food should be removed after every meal, and all who have not the opportunity of doing so should not fail to remove it every night

Digitized by Google

bed time by rinsing, as the brush not be trusted to remove the food n between the teeth."

'OTATOES FOR FOOD.—Dr. H. writes Dining-Room Magazine: "For my part I am not much of a believer potatoes, except for those whose la- is largely muscular and in the open For such they are valuable. The son I object to them is because they composed largely of starch, and rch is too difficult of digestion for se with only moderate stomach ver. In order that starch may serve purpose in the system it must first converted into sugar, and this is ıe only by most thorough chewing. t one person in ten thousand chews otato finely enough to convert its rch into sugar, so much of it passes of the body undigested, and then uffers for lack of nourishment. Dys- ptics, nervous people, and brain rkers should not eat potatoes, except great moderation, and I generally vise them to avoid them altogether. ey do not contain phosphorus and neral matter enough for the nerves. ey are apt to produce a condition of rvous despondency, which is very de- ssing. I know a person who, after ting heartily of potatoes, experien- a desire to commit suicide, which es away at once after refraining from eir use a day or two. I have advised ıny invalids to let potatoes alone, d to great advantage. Adding but- r to potatoes is a mistake. True, it ıkes them taste better, but the melt- g butter covers the starch grains th a coat of oil which prevents the ices of the mouth and intestines om getting at them; and as for the stric juice, it has no influence on ırch, and cannot digest it. If pota- es are eaten, it should be with a lit- milk or cream, but without butter. ıe best way to cook them is by boiling baking. The best substitute for tatoes is apples, and a little more ead."

FISH AS BRAIN FOOD.—The belief nt fish is specially adapted to feed e brain, and that fish-eaters are erefore more intellectual than the average, does not find much favor with Dr. Beard. He says that this "delusion is so utterly opposed to chemistry, to physiology, to history, and to common observation, that it is very naturally almost universally accepted by the American people. It was stated," he adds, "by the late Prof. Agassiz, who impulsively, and without previous consideration, apparently, as was his wont at times, made a statement to that effect before a committee on fisheries of the Massachusetts legislature. The statement was so novel, so one-sided, and so untrue, that it spread like the blue-glass delusion, and has become the accepted creed of the nation."

We think Dr. Beard is right. We have repeatedly asked newspaper men their experience in this matter, and they invariably oppose the notion that they can work better on fish than anything else. There are two articles which most editors say furnishes them sustaining power. One is oatmeal and the other is good beefsteak. Fish is too difficult of digestion to form a steady staple article of diet for brain-workers.

DIET AND HABITS OF THE ENGLISH.—To an American the simple diet of the English is something astonishing. Among the wealthy classes porridge and milk often form the sole food for breakfast; or a slice of cold meat, with bread, butter and tea. For lunch a slice of cold beef or mutton. For dinner, a slice of roast beef and mutton, with cauliflower and potatoes; and for dessert, celery, cheese and bread. For this plain food they have great appetites, and you never hear of dyspepsia; whilst the people are stout, vigorous and ruddy with health.

They have no heaters in their houses, but small open fire-places, and seem to care little or nothing for fires, depending very much upon exercise to keep warm, and they go out in all weather. For a tonic they take long walks, instead of pills and nostrums. They seem to have a dread of getting what they call "soft."

Their clothes are economical, strong, substantial and plain, and they avoid enervating comfort and self-indulgence as they would disease.

Digitized by Google

CURRENT LITERATURE.

—:o:—

CHOICE OF PURSUITS; or, What to Do and Why. Describing 75 Trades and Professions, and the talents and temperaments required for each. Also how to Educate, on Phrenological principles, each man for his proper work, together with portraits and biographies of many successful thinkers and workers. By Nelson Sizer, author of "How to Teach," etc. 500 pp., extra cloth, price $1.75. New York: S. R. Wells & Co., 727 Broadway.

The author attempts, in this work, to aid persons in the choice of pursuits, a most important matter in the voyage of life. The drift and scope of the work occupies new grounds; many trades and professions are carefully analyzed, and the talents and temperaments adapted to them are clearly stated.

The author was fully qualified for his task, having been engaged wholly and actively as editor and lecturer, and in the practical application of mental science to every-day life for 35 years, affording opportunities for making the fullest observations and original investigations on the human mind and its capacity.

The most important step in life is the selecting of the right pursuit—that pursuit for which one's faculties, temperament, and education best adapt him. The young man or woman who makes the right selection is guaranteed thereby a happy and successful career; and the man or woman that stumbles into one pursuit after another for which they are not adapted, will give dissatisfaction to all who employ them, and become restless and dispirited, losing hope, courage, aspiration, and ambition, and that sense of independence that lends dignity to the character. What a contrast between one who has selected rightly and one who has not; one is a blessing to himself, his family, and the world; the other is either a machine-like workman, having no interest in what he is doing, or is a load to his friends and a burden on the community. Every one can find living illustrations of these truths. Many people with talents, the exercise of which would place them in the front ranks of some of the higher callings, are living in obscurity, filling some menial place, which they dropped into by chance or accident, ignorant of the talents with which God has endowed them; and many a man that would have made a good farmer is a poor mechanic or professional man, and *vice versa*. Let every man, woman, and youth read this book and profit by it, and undertake only that which they can do best.

CAUSERIES AVEC MES ELEVES. [Conversations with my Pupils.]

CAUSERIES AVEC LES ENFANTS. [Conversations with the Children.] By Dr. Lambert Sauveur. New York: Henry Holt & Co.

We have here two of a series of text books in ancient and modern languages, prepared by a distinguished French scholar, who is now introducing his methods of instruction into this country, having opened schools of language both in New York and Boston. We can testify from experience to the excellence of his system, which may be fully described by saying that it is perfectly natural. The pupil is introduced to a new language precisely as he was in childhood to his mother tongue, not through grammatical study nor by translation into some other language, but by the objective methods of the kindergarten—reading and grammatical study coming afterwards. Among those who have heartily endorsed Dr. Sauveur's system are Prof. J. Russell Lowell and Wendell Phillips. The tendency of modern education in every department is towards naturalness. The "object teaching" of Pestalozzi was followed by the still more perfect kindergarten system of Froebel, and now in one department after another we see the same principles applied to the higher branches. Of this the school of Prof. Agassiz on Penekese Island was an eminent example, and now Dr. Sauveur, and his German associate Prof. Henness, have displayed a genius for the application of the natural and objective methods to the teaching of languages, and they have already proved the excellency of their methods by the most satisfactory results. Dr. Sauveur, who is now teaching in New York, is a man of rare endowments, and he cordially invites strangers to visit his classes and witness the application of his system. The fullest information may also be obtained by addressing him at his school of languages No. 1481 Broadway. We believe that he is destined to effect a complete revolution in the method of teaching all languages, both ancient and modern, making of them all living languages when in the hands of a live teacher.

ALBUM LEAVES. By George Houghton. Boston: Estes & Lauriat.

This is a dainty little *brochure* of verses, which appears in pleasant and modest garb, and will be welcomed by those who like delicate gracefulness and tender fancies. The songs are all brief, but they show a very sensitive mind and one open to all good influences. From among many that seem equally good, we take this little quatrain as affording a fair taste of Mr. Houghton's easy and familiar muse:

COURAGE.

Darkness before, all joy behind!
Yet keep thy courage, do not mind:
He soonest reads the lesson right
Who reads with back against the light!

NORTH AMERICAN REVIEW. New York: D. Appleton & Co.

The January-February number of the North American Review has its usual diversified table of contents, embracing historical, political, archæological, social and literary topics. Among the most prominent themes are "Charles Sumner," by Senator Hoar; "The Origin of the Italian Language," by W. W. Story; "Ephesus, Cyprus and Mycenæ," by Bayard Taylor; "Myths and Marvels of Astronomy"; and "Money as a Legal Tender in the United States." Some of the briefer book reviews are on volumes that have lately had a wide and familiar reputation.

Digitized by Google

ıe American Agriculturist

Is a Beautifully Illustrated Journal,

[Established in 1842.]

ɔr the Farm, Garden and Household,

Including a Special Interesting and Instructive Department for Children and Youth.

is a large periodical of 44 pages, well printed, and filled with *plain, practical, reliable, original* ır, including hundreds of Beautiful Engravings, in every annual volume.
contains each month a Calendar of operations to be performed on the Farm, in the Orchard, en and Dwelling, etc.
, comprises thousands of hints and suggestions, in every volume, prepared by practical in- ent working men, who know what they write about.

It has a Household Department

Valuable to every Housekeeper, affording very many useful hints and directions calculated to lighten and facilitate indoor work.

IT HAS A DEPARTMENT FOR CHILDREN AND YOUTH,

pared with special care, to furnish not only amusement, but also to inculcate knowledge and nd moral principles.
When the large expense involved in providing its interesting and varied reading matter, and reat number of superb illustrations, is considered,

It is the Cheapest Paper in the World.

Its subscription price (including the postage, prepaid by the publishers) is only **$1.60 a Year**; ır copies for $5.20; ten copies for $12.00 twenty or more, $1.10 each
An edition is also published in German, on the same terms as the English.

TRY IT.

he Best and Cheapest in the World, for City, Village and Country.

Send to the Publishers for a Circular, announcing their Splendid offers for the coming year.

ORANGE JUDD COMPANY, Publishers,

No. 245 BROADWAY, NEW YORK.

Digitized by Google

WHAT OUR GIRLS
Ought to Know.

BY DR. MARY J STUDLEY,
RESIDENT PHYSICIAN AND PROFESSOR OF PHYSIOLOGY, HYGIENE, PHYSICAL CULTURE, AND THE NATURAL SCIENCES, IN THE STATE NORMAL SCHOOL, MASS.

The writer of this splendid book has had a quarter of a century of experience with young girls, since she graduated from the school where she is now located, first in the capacity of teacher in public high schools, and later as practicing physician and frequent lecturer on physiology and hygiene in private and public schools for young ladies. Being a graduate of the New York Medical College for Women, an institution which has such names as Dr. Willard Parker, Dr. Austin Flint, and Dr. Stephen Smith on its Board of Examiners, her qualifications in her chosen field of labor require no further indorsement than their signatures, which her diploma carries.

This book is the outcome of these years of experience as teacher and as physician. It is designed to serve as a convenient, and also an attractive guide from young girlhood to young womanhood. Its purpose is to cultivate a better physical type of womanhood, as the first requisite for a better moral and intellectual life. It presents a connected series of lessons upon personal hygiene, interspersed with numerous references to prominent writers upon kindred topics, and aims to point out to our young women the way in which they should so walk that they may become, in the home life, in the busy life of a daily labor for self-support, and in the society life, such women as the poet Wordsworth described his wife to be:

"A perfect woman, nobly planned,
To warn, to comfort and command;
And yet a spirit still and bright,
With something of an angel light."

THE HERALD OF HEALTH says: "This book will be just the thing for every mother to put into the hands of her daughters, and a real help in educating and directing their attention to those hundreds of things which they ought to understand. The style and the matter will be such as to make it a delight to both old and young, and we believe that boys as well as girls will enjoy and get good from it. The author has prepared this book as a real labor of love on her own part, and at the oft repeated request of the multitude of mothers who know her, and wished the book for their daughters. The work of preparing such a book could hardly have fallen into better hands."

We shall want a large number of agents for his book, and all who would like to act should apply at once. It will contain 250 pages, be neatly and tastefully printed and bound, and sold at the very low price of $1.00. Liberal discount to agents.

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

READY IN JANUARY

Early Orders Solicited.

STATE REGULATION OF VICE

By Aaron M. Powell, of New York.

CONTAINS

1. STATE REGULATION OF VICE.

A paper read before the New York Committee for the Prevention of Licensed Prostitution.

2. REGULATION EFFORTS IN AMERICA.

A paper prepared for the International Congress, at Geneva, Switzerland, 1877.

3. THE GENEVA CONGRESS,

embracing a sketch of the proceedings and, in full, the conclusions of the several sections of the Congress: 1. Hygiene; 2. Morals; 3. Social Economy; 4. Rescue Work; 5. Legislation.

4. NEW YORK COMMITTEE'S ADDRESS TO THE GENEVA CONGRESS.

The author, Mr. Powell (formerly editor of the *National Anti-Slavery Standard*), represented the New York Committee as a delegate in the International Congress, at Geneva, to promote the abolition of Government Regulation of Prostitution.

This is a book of great interest and importance to all students of social science; especially to all physicians, ministers, journalists and legislators, and to the intelligent and philanthropic everywhere.

Under the guise of hygiene, and of the public welfare, already several States have broached the question of regulating prostitution by law, and unless the opponents of these movements are wary we shall have in this country laws which will be disgraceful to humanity and oppressive to virtuous women, before we are aware of it. Let every one who favors justice to woman morality in man, and purity everywhere, buy and help to spread the sale of this book where it will do the most good. Price $1.00.

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

Digitized by Google

Healds' Hygeian Home,

WILMINGTON, DEL.

This first class institution is the *most comfortable and attractive Water-Cure* in America. Pure warm air from *indirect* steam radiation throughout. Special ventilating flues from each room. Attractive and liberal hygienic table, with meat for those who wish. 1,250 half gallons choicest fruit *in glass*, put up by ourselves. Judicious Bathing, including Hot Air, Steam Baths and Sun Baths. Best *Movement Cure* appliances, including Dr. Taylor's Manipulator, Vibrator, Health Lift, etc. Intelligent, kind assistants, home comforts; efforts to entertain and instruct. Physicians—man and woman—with seventeen years' experience. Send for circular.

PUSEY HEALD, M. D., MARY H. HEALD, M. D.

Digitized by Google

THE WESLEY WATER CURE,

AND HEALTH INSTITUTE.

DELAWARE WATER GAP, PA.

During the four years since we opened our newly built and newly furnished Cure, we h been, far beyond our most sanguine expectations, the recipient of the patronage and confid of the sick.

We have had patients from 20 States, from Washington, D. C., Canada, Nova Scotia, Prin ward's Island, and England, and have treated successfully the following diseases: *Chron mation of Spinal Cord with Anemia, Acute Scrofulous Inflammation of the Eyes, Mar sumption* in its first stage, *Rheumatic Irritation of Heart, Suppressed Fever and Ague, Lar Cough and Impetigo, Fever and Ague, Torpid Liver with Mercurial Poisoning, Neuralgic A tism of Ovaries and Uterus, Nervous and Mental Prostration with Irritability, Nervous Dy Nervo-Mucous Dyspepsia, Incipient Softening of Brain, Congestion and Irritation of Kidney matorrhea, Sleeplessness and Brain Irritability, Liver and Cachectic Chills, Catarrh, Chron rhea, Laryngeal Coughs with Hectic Fever and Sweats, Mucous-Dyspepsia, Congenital M Inebriety, Constipation, Anemia, Prolapsus Uteri, Leucorrhea, Sick Headache, Hay Fever, Lo Vitality from Aurism and Torpid Liver, and Suppressed Fever and Ague, Incipient Epilepsy, R cult, Tuberculous Abscess of Throat, Enlargement of Liver, Apoplectic Symptoms with Obesity, M rhagia with Irritaton of Brain, Incipient Consumption, Gall Stones, Chronic Gastritis, Incipient P ysis, Purpura Hemorrhagica, Hysteria, Enlarged Stomach from Strain, Chronic Inflammation of B Inordinate Appetite, the Depraved Appetite and Craving for Chewing and Smoking Tobacco and Op um, Ulceration of Bowels and Hemorrhage*, and many other complications.

TWENTY YEARS' EXPERIENCE

In treating the sick without medicines has shown us more and more the wonderful results to be obtained by the employment of Nature's remedies alone. Scarcely one in a hundred need fail to secure good health. In the majority of cases the recovery will be rapid and complete, provided the patient faithfully carries out the plan proposed. In old, long-standing ailments the process will be more slow, and painful changes occur as the old IMPACTED WASTE MATERIAL is set free and the vital organs are burdened with excess of work, causing Fevers, Fluxes, Eruptions, Irritation and other disturbances of the system; but all of which will prove a blessing to the patient when the CRISIS is past and his system assumes its healthful sensibility.

Watch-care and fidelity on the part of patient and physician, and hard work frequently necessary; but when "joy comes in the morning," and brings light to the heart, and the sense of relief from the burden of years, the reward is ample.

We are easy of access from all quarters, being situated near WATER GAP DEPOT on the DELAWARE, LACKAWANNA AND WESTERN RAILROAD, with through cars twice daily from Binghamton, New York and Philadelphia.

We are in the midst of a country of the most romantic beauty and picturesqueness, associated with grandeur which calls forth the worship as well as the love of all cultivated minds who behold it.

In natural healthful influences there is no locality equal to it east of the Rocky Mountains. The air is dry, very clear, and remarkably bracing to the relaxed and enervated nervous system.

Thousands of persons annually for the past 30 years have visited the vicinity of Water Gap for rest, recuperation, and recovery from disease; and the tide increases yearly. There is a large number of hotels and boarding houses established for entertainment.

THE SITUATION OF THE CURE

Is within a broad circling amphitheater of low hills, with an opening to the south toward the renowned DELAWARE WATER GAP, through which the Delaware River pours its waters on its passage to the sea.

THE BLUE MOUNTAINS AND THE GAP,

together with the rare pictures of varied beauty of river, falls, hill and valley, farms, hill, wood and plain intermingling, make up a scene which is rare to behold, and which helps our sick ones to forget their sadness in the constant delight which is before them.

In the keeping and appointments of our CURE we labor to please; but not at the expense of utility. We make the guest the central point; to his or her benefit every arrangement must be. The house, in every part, is kept scrupulously neat and clean. The beds have no superior for ease and healthfulness. The table is bountifully supplied with the best of best prepared food, and

Thoroughly Hygienic as any other in America.

We ever hold in greatful remembrance the kindness and confidence of our many friends. The expressions of love and esteem, and the many words of encouragement we receive, are "baskets of gold in pictures of silver." To those who are sick, and making themselves sicker by taking drugs, we would say:—

Come to the Mountains,

"Where the pure waters wander through valleys of gold,
And life is a treasure sublime,"

And get well without medicines; and learn to *keep well* by obedience to the physical as well as the moral laws of God.

We use as our visible means of cure, Water Baths, of tepid or hot temperature in various forms, Vapor or Russian Baths, Electricity, Swedish Movements, Exercise by Walking, Rest, Social Amusements, and **Diet**; all of which are regulated specifically.

We shall be pleased to answer all inquiries. Send stamp for new Circular, and 25 cents for Lithograph of "Cure." Address

F. WILSON HURD, M. D.

Experiment Mills P. O., Monroe County, Pa.

Digitized by Google

Eating for Strength.

BY

M. L. HOLBROOK, M. D.

NOTICES OF THE PRESS.

"The book is for the most part uncommonly apt, coming to the point without the slightest circumlocution."—*New York Tribune.*

"One man's mother and another man's wife send me word that these are the most wholesome and practical receipts they ever saw."—*E. R. Bronson.*

"I am delighted with it."—*H. B. Baker, M. D., Secretary Michigan State Board of Health.*

"The part devoted to innocuous and wholesome beverages deserves warm commendation. Just such information as it contains, widely disseminated, will be a real aid to the temperance cause; better than a thousand overdrawn pictures such as we have *ad nauseam.*"—*Medical and Surgical Reporter, Philadelphia.*

"It would, we believe, be nearly a cure for dyspepsia."—*Druggists' Circular, New York.*

SENT BY MAIL FOR ONE DOLLAR.

Lady Agents Wanted.

Parturition Without Pain.

OR

A Code of Directions for Avoiding most of the Pains and Dangers of Childbearing.

BY

M. L. HOLBROOK, M. D.

WHAT IS SAID OF "PARTURITION WITHOUT PAIN."

Godey's Lady's Book says, "We give our cordial approbation to this work, and would like to see it in the hands of every mother in the land. The information it contains is most important, and, we are fully convinced, reliable."

"A work whose excellence surpasses our power to commend." *New York Evening Mail.*

PRICE BY MAIL, $1.00.

AGENTS WANTED.

Liver Complaint, Mental Dyspepsia, and Headache;

THEIR CURE BY HOME TREATMENT.

BY

BY M. L. HOLBROOK, M. D.

CONTENTS.

General view of the Liver.
Functions of the Liver.
The Bile: Its Quantity and Uses.
Derangements of the Liver.
Torpid liver.
Relation of the Liver to the Kidneys.
Diseases caused by Uric Acid.
Diseases caused by Deranged Liver.
Effect of a Deranged Liver on the Nerves.
Effect of Disease of the Liver on the Heart.
Causes of Liver Complaint.
The Home Cure of Diseases of the Liver.
Miscellaneous Questions Answered.
Mental Dyspepsia: Its Treatment.
Headaches, and their Cure.
Practical Notes Concerning Headaches.

PRICE BY MAIL, $1.00.

The Relations of the Sexes.

BY MRS. E. B. DUFFEY.

AUTHOR OF "WHAT WOMEN SHOULD KNOW," "NO SEX IN EDUCATION," ETC.

CONTENTS.

1. Introductory Chapter
2. Sexual Physiology.
3. The Legitimate Social Institutions of the World—The Orient.
4. The Legitimate Social Institutions of the World—The Occident.
5. Polygamy.
6. Free Love and its Evils.
7. Prostitution: Its History and Effects.
8. Prostitution: Its Causes.
9. Prostitution: Its Remedies.
10. Chastity.
11. Marriage and its Abuses.
12. Marriage and its Uses.
13. The Limitation of Offspring.
14. Enlightened Parentage.

"It is a work which any husband or wife will be the better for reading, and young people *who expect* to be husbands or wives also."—*Springfield Republican.*

"With such books, there will no longer be any excuse for the sins of ignorance."—*Woman's Journal.*

Mrs. Chas. Brewster, Portland, Me., writes: "Had I possessed this book ten years ago, it would have saved me ten years of invalidism, and I should have been the mother of healthy instead of sickly children."

PRICE BY MAIL, $2.00.

WOOD & HOLBROOK, 13 & 15 Laight Street, N. Y.

Digitized by Google

"THE MAGAZINE OF MAGAZINES." — *Philadelphia Press*



THE MOST EMINENT LIVING AUTHORS, such as

Rt. Hon. W. E. GLADSTONE,	THE DUKE OF ARGYLL,	GEO. MACDONALD,
Prof. MAX MULLER,	MRS. MULOCH,	JULIA KAVANAGH,
Prof. TYNDALL,	WM. BLACK,	MATTHEW ARNOLD,
DR. W. B. CARPENTER,	JEAN INGELOW,	HENRY KINGSLEY,
RICHARD A. PROCTOR,	MISS THACKERAY,	W. W. STORY,
Prof. HUXLEY,	SARAH TYTLER,	IVAN TURGUENIEF.
JAMES ANTHONY FROUDE,	MRS. OLIPHANT,	BERTHOLD AUERBACH,
EDWARD A. FREEMAN,	R. D. BLACKMORE,	RUSKIN,
FRANCES POWER COBBE,	MRS. ALEXANDER,	TENNYSON,
D. MACKENZIE WALLACE,	MRS. MACQUOID,	BROWNING,

and many others, are represented in the pages of

LITTELL'S LIVING AGE.

THE LIVING AGE has been published for more than thirty-three years, and is admittedly unrivalled in its special field. It has never failed to receive the warmest support of the best men of the country, and has met with constantly increasing success.

A WEEKLY MAGAZINE, of sixty-four pages, THE LIVING AGE gives more than

Three and a Quarter Thousand

double-column octavo pages of reading-matter yearly, forming four large volumes. It presents in an inexpensive form, considering its great amount of matter, with freshness, owing to its weekly issue, and with a *satisfactory completeness* attempted by no other publication, the best Essays, Reviews, Criticisms, Tales, Sketches of Travel and Discovery, Poetry, Scientific, Biographical, Historical, and Political Information, from the entire body of Foreign Periodical Literature.

During the coming year, the productions of

THE LEADING FOREIGN AUTHORS

will be presented in its pages, — embracing the choicest Serial and Short Stories, and an amount

Unapproached by any other Periodical

in the world, of the most valuable Literary and Scientific matter of the day, from the pens of the foremost Essayists, Scientists, Critics, Discoverers and Editors, **above-named and many others,** representing every department of Knowledge and Progress.

THE LIVING AGE is, in short, a time, labor, and money-saving publication, furnishing the only satisfactorily COMPLETE as well as fresh compilation of a literature that is indispensable to *every American reader,* — *indispensable* because it embraces the productions of

THE ABLEST LIVING WRITERS

in all branches of Literature, Science, Art, and Politics. Attention is invited to the following recent

Opinions.

"THE LIVING AGE affords the best, the cheapest, and most convenient means of keeping abreast with the progress of thought in all its phases. . . . It is the best work of its kind ever published in the country, and can hardly ever be improved upon."—*North American, Philadelphia.*

"In it we find the best productions of the best writers upon all subjects ready to our hand. . . . Through its pages alone it is possible to be as thoroughly well informed in current literature as by the perusal of a long list of monthlies."—*Philadelphia Inquirer.*

"Cannot be matched by any other periodical."—*Episcopal Register, Philadelphia.*

"For all who desire to know the tendencies of current thought and feeling, *The Living Age* is not simply desirable, but necessary and indispensable."—*Boston Journal.*

"Grows richer and richer the longer it lives. There is no other known way of getting so much good reading for so little money."—*Christian Register, Boston.*

"Fairly without a rival."—*Congregationalist, Boston.*

"Its frequent issue and ample space enable it to do fully what it proposes to do, — to give *all* that the very ablest of living writers furnish to periodical literature on science, history, biography, philosophy, poetry, theology, politics and criticism, and to add to this the full complement of the best that there is in fiction."—*The Interior, Chicago.*

"Every weekly number of *The Living Age* now-a-days is equal to a first-class monthly. For solid merit, it is the cheapest magazine in the land."—*The Advance, Chicago.*

"It is incomparable in the richness, variety, and sterling worth of its articles."—*The Standard, Chicago.*

"It contains the best results of the world's thinking."—*The Churchman, New York.*

"Its pages teem with the choicest literature of the day."—*New-York Tribune.*

"It is, beyond all question, the best compendium of the best current literature."—*New-York Evening Post.*

"*With it alone* a reader may fairly keep up with all that is important in the literature, history, politics, and science of the day."—*The Methodist, New York.*

"A pure and perpetual reservoir and fountain of entertainment and instruction."—*Hon. Robert C. Winthrop.*

"The best periodical in America."—*Rev. Thos. L. Cuyler, D.D.*

"It has no equal in any country."—*Philadelphia Press.*

"The most valued of all the issues of the periodical press. . . . In offering in their completeness and freshness the best stories, sketches, essays, and reviews of the day, *The Living Age* has distanced all competitors among the eclectics, and well deserves a place in every household."—*Iowa Churchman, Davenport.*

"The ablest essays, the most entertaining stories, the finest poetry of the English language are here gathered together."—*Illinois State Journal.*

"In fact, a reader needs no more than this one publication to keep him well abreast of English periodical literature."—*Sunday-School Times, Philadelphia.*

"To keep up with it, is to master the best thought of our time."—*Illustrated Christian Weekly, New York.*

"Of all periodicals in the world, if a man can take only one, he should by all means take THE LIVING AGE."—*Mobile Register.*

"There is no magazine published that gives as general a knowledge of what is going on in the literary world."—*Presbyterian Weekly, Baltimore.*

"It is the only compilation that presents with a satisfactory completeness, as well as freshness, a literature embracing the productions of the ablest and most cultured writers living. *It is, therefore, indispensable to every one who desires a thorough compendium of all that is admirable and noteworthy in the literary world.*"—*Boston Post.*

"Ought to find a place in every American home."—*New-York Times.*

PUBLISHED WEEKLY, at $8.00 a year, *free of postage.* An extra copy sent *gratis* to any one getting up a club of five new subscribers.

☞EXTRA OFFER FOR 1878.☜

All new subscribers for 1878, will receive *gratis* the six numbers of 1877, containing the first instalments of a new serial, "ERICA," translated from the German of Frau von Ingersleben, — the best work of one of the best and brightest authors of Germany. A new story by the charming English authoress, MISS THACKERAY, also appears in the same numbers, and the usual amount of other valuable matter.

CLUB-PRICES FOR THE BEST HOME AND FOREIGN LITERATURE.

["Possessed of 'LITTELL'S LIVING AGE' and of one or other of our vivacious American monthlies, a subscriber will find himself *in command of the whole situation.*"—*Philadelphia Evening Bulletin.*]

For $10.50, THE LIVING AGE and either one of the American *four-dollar* monthly Magazines (or *Harper's Weekly* or *Bazar*), will be sent for a year, *with postage prepaid on both;* or, for $9.50, THE LIVING AGE and the *St. Nicholas,* or *Appleton's Journal, both postpaid.*

ADDRESS **LITTELL & GAY, 17 Bromfield St., Boston.**

Digitized by Google

HYGIENIC HOTEL,

13 & 15 Laight Street, New York.

WOOD & HOLBROOK, Proprietors.

THIS well-known house is convenient of access from all parts of the city, six lines of horse cars passing near the door.

It has recently been improved in a variety of ways, thoroughly renovated, and is in a better condition than ever before for the accommodation of guests.

The table is supplied with the best kinds of food, *healthfully prepared;* special attention being paid to the preparation of breads, fruits, farinaceous foods, vegetables, etc.

This house is noted for its pleasant parlors, and the cheerful, home-like feeling which prevails.

In connection with the Hotel are Turkish Baths, the Swedish Movement Cure, Electro-Magnetic Baths, Health Lift, etc.

Circulars Sent Free. Terms Reasonable.

IT PAYS

TO SUBSCRIBE FOR THE

Western Agriculturist

AND GET OUR

DOLLAR SEED PREMIUM FREE.

With each Subscription for 1878, at $1.10, we will send One Dollar's worth of CHOICE, NEW AND RELIABLE SEED, either vegetable or flower seed, or half of each, postpaid.

IT PAYS

TO READ THE AGRICULTURIST,

the oldest, cheapest, and best Family Journal in the West. Devoted to the financial interests of Western Farmers. How to make the farm pay. Is ten years old, handsomely illustrated, and embraces all the departments of the Farm and Household.

A Cheap Paper for the Masses, only $1.10 a year, with Dollar Seed Premium, all postpaid.

Agents Wanted in every neighborhood. Liberal cash commissions and valuable premiums. Specimen copies ten cents, to be applied on subscription. No sample copies sent free.

Address T. BUTEERWORTH, Publisher,
Quincy, Ill.

THE NUTRITIVE CURE

explains the successes and failures of the Water Cure, the Diet Cure, the Rest Cure, the Movement Cure, the Sunlight Cure, etc., and embraces all that is valuable out of each of these. Our "Outlines of a Common Sense System," 48 pages, sent free, and our "Hygienic Treatment—What is It?" a new and greatly enlarged edition, 80 pages, for only 20 cents, explains this most successful of all systems.

Address ROBERT WALTER, M. D.,
Drs. Walters' Mountain Home,
Wernersville, near Reading, Pa.

PHOTOGRAPHS OF DR. TRALL.

Card size, 25 cents; Royal, 75 cents. Sent postpaid by DR. MARY BEARD HARMON,
Florence, N. J.

P. S.—Dr. Harmon will answer calls to lecture or to visit the sick at their homes, on notice.

KANSAS.

All about its soil, Climate, Resources, Products, Laws, and its People are given in the KANSAS FARMER, a 10-page Weekly, in its 15th year. Post paid, 3 months, 50c.

Address J. K. HUDSON, Topeka, Kansas.

Has quickly taken a high place among agricultural journals.—*N. Y. Tribune.* . . . We have considered it among the best of our exchanges, and a worthy representative of the West.—*Practical Farmer*, Phil'a. . . Our Kansas friends should feel much pride in the high character and sterling worth of their State agricultural paper.—*National Live-Stock Journal.* . . We cheerfully credit it with being one of the best edited of our Western agricultural exchanges.—*Spirit of the Times, N. Y.*

SCIENTIFIC TEXT-BOOKS.

Huxley's Lessons in Elem. Physiology.	$1.50
Huxley & Martin's Elementary Biology....	2.00
Roscoe's Lessons in Elementary Chemistry.	1.50
Jones's Junior Course of Pract. Chemistry.	1.25
Jevon's Elementary Lessons in Logic.....	1 25
Stewart's Lessons in Elementary Physics..	1.50
Lockyer's Element. Lessons in Astronomy.	1.75
Mrs. Fawcett's Polit. Econ. for Beginners..	1.00
Mivart's Lessons in Elementary Anatomy..	2.00

We will send any of the above on receipt of price. WOOD & HOLBROOK,
13 & 15 Laight street, N. Y.

DRS. STRONGS' REMEDIAL INSTITUTE,

Saratoga Springs, N. Y.

has Turkish, Russian, Sulphur, Air, Hydropathic and Electro-Thermal Baths; Equalizer, or Vacuum Treatment; Oxygen Gas; Faradaic and Galvanic Electricity; Health Lift, and other facilities for the treatment of Nervous, Lung, Female and Chronic diseases. For full particulars of the Institution send for a circular. mh-tf

THE PHYSICAL LIFE OF WOMAN,

Advice to Maiden, Wife and Mother,

BY GEO. H. NAPHEYS, M. D.

New enlarged Edition, $2 by Mail.

WOOD & HOLBROOK, 13 & 15 Laight st., N. Y.

Digitized by Google

Drs. Walters' Mountain Home.

WERNERSVILLE, NEAR READING, PENNSYLVANIA.

The public are cautioned against confounding Drs. Walters' Mountain Home, which was never more prosperous than to-day, with the so-called, "Mountain Home," at this place, which has just passed into the hands of an assignee for the benefit of its creditors.

Ours is not a Water-cure, nor a Movement-cure, nor a Diet-cure, nor a Blue-glass-cure, but it employs all of these upon a plan different from any at present or heretofore in vogue. We claim to have made important discoveries, which are set forth in our "Outlines of a Common-sense System," 48 pages, sent free, and our "Hygienic Treatment," 80 pages, 20 cents, and our success which has been so remarkable as to attract attention, is due to these discoveries, and the

NEW AND IMPORTANT RESULTS

that have grown out of them. "Truth is stranger than fiction." Our patients have recovered with a uniformity and rapidity, which has astonished the people, and rendered incredulous our rivals. Our institution, though in midwinter, is substantially full of patients. It was opened at the beginning of the panic, four years ago, and notwithstanding the general prostration of business in all departments, ours has nearly doubled every year, until during the last summer more have been refused admittance for want of room than could be accommodated, and a new building is in process of erection in the hope of accommodating the overflow.

Hygienic treatment for some years, has been accepted by the thoughtful reader as overwhelmingly proved on paper, but for some reason or other, it has been only partially successful in practice. Our institution differs from all others, we believe, in the following respects:

1. THE ERRORS AND EXCESSES OF WATER-CURE are avoided because of the discovery of new and important principles. To get the best results, the arrangement of principles in a system must be *just right*, and we point to our success in treating the sick as evidence that we have succeeded on this point. The first sewing-machine, though it embodied the great principles of all sewing-machines, was a failure, but after patient investigation and experience it has been brought to marvelous perfection.

2. We furnish to our patients A DIETARY consistent with our *convictions*. We do not preach one thing and practice another. The standing argument against the hygienic system has long been that it was impracticable, and that its founders were compelled to surrender their convictions on the diet question, or fail in application. The new principles will explain the inconsistency.

3. We employ the MOVEMENT-CURE as an essential part of our treatment, *and not as a specialty at the option of the patient*. We have found it so valuable in practice that we could not consent to part with it for any consideration. Our movements are not administered by machinery, but by the hand; and are thus within the reach of people at their homes as well as at the institute. Machine-made movements are a digression from the original plan, and much less effective.

4. SUNBATHING is an important part of our treatment. And the blue-glass is being thoroughly tested. *The whole south end of the fourth story of our building is devoted to sunbath-rooms*, for ladies and gents, and are tho most popular rooms these sunny days.

We are supplied also with PURE SOFT WATER, from living springs, in abundance; with pure mountain air, and as fine scenery as is in the world, we have been assured. Being near the city of Reading, the great railroad center, we are easy of access, and our grounds comprise

A NATURAL PARK OF 100 ACRES.

with a beautiful stream rushing over rocks in the center of it, 100 feet below the institution, which is new and modern in all its appointments.

In answer to some criticisms of our "movements," by those who know nothing of them, we publish the following extract of a testimonial, made August 1st, 1876, by our patients. (The whole testimonial with the names attached may be had on application.) It is signed by 51 persons from 18 States, including an ex-member of Congress, an editor, a minister, and many leading business men, 22 *of whom had been patients in so-called Hygienic institutions*. They say among other things:

"*There are here representatives from the leading health institutions in the country, and we are earnest in the conviction that this is the superior of them all, both as to natural advantages and as to methods of treatment employed. All the health agencies are intended to be employed here in a manner exactly suited to each individual. Most, and chiefest of all, is appropriate exercise, and here the Swedish Movement-cure is considered the best system of exercises known*; and though laborious in administration, we can testify that it is administered daily, and with great thoroughness, as an essential part of the treatment. We are enthusiastic over its merits. If there is any one peculiar feature about this institution it is the 'movements;' though the physicians insist that no single instrumentality is valuable over another, but that each is valuable in its place, and all are to be used in a proper combination."

Our pamphlets, "Plain Facts for Thinking People," 12 pages, "The Philosophy of the Health Reform," 32 pages; "Hygienic Treatment; What is it?" 80 pages; "Outlines of a Common-sense System," 48 pages; the whole sent for 30 cents, should be read by every invalid.

ADDRESS AS ABOVE;

Digitized by Google



HE NEW YORK HYGIENIC INSTITUTE,

13 & 15 Laight Street, New York City.

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

HE objects of this institution, which has been in successful operation for more than twenty years, are two-fold. 1. The Treatment and Cure of the Sick, without poisoning them, by Hygienic agencies alone. 2. To furnish a pleasant, genial HOME to friends of Hygiene throughout the world, whenever they visit this city.

CURE DEPARTMENT.

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

BOARDING DEPARTMENT.

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

WOOD & HOLBROOK, Proprietors.

Digitized by Google



Information worth Thousands To Those out of Health.

THE *Electric Quarterly* contains valuable information for invalids and those who suffer from Nervous, Exhausting and painful diseases. It treats upon the laws of hygiene and physical culture, and shows how perfect bodily health and energy may be fully enjoyed by means of

PULVERMACHER'S

ELECTRIC BELTS AND BANDS

THE BEST KNOWN CURATIVE AGENT.

These highly perfected Curative Appliances supply to the body mild and continuous currents of Electricity, and in so effective a manner that the most stubborn and complicated diseases yield to their magnetic influence after every other plan of treatment has failed. They are applicable to either sex, the young and old; and although applied externally by the patient himself, exert a beneficient and recuperative influence throughout the entire economy. The Electric action begins at once, as soon as the Belt or Band is applied, and the beneficial effects are perceptible almost from the start. Cases regarded incurable, and of years standing, yield to their mild but wonderful influence. In no case can the application be attended with the least harmful effects. The action penetrates every bodily organ, and thus promotes Digestion, Excretion, Nutrition and Circulation, restoring health and vigor to the debilitated constitution.

Their many invaluable qualities and adaptation for medical purposes, obtained for them at once full recognition from scientists and the *elite* of the medical profession at home and abroad. They combine in the utmost degree efficiency, comfort in application, and economy, and are *self-applicable by the patient himself*, for the speedy and effectual cure of Nervous, Chronic and functional Diseases. Among others, the following:

Rheumatism,	*Nervous Debility,*	*Spermatorrhœa,*
Neuralgia,	*Liver Complaint,*	*Epilepsy,*
Dyspepsia,	*Kidney Disease,*	*Paralysis,*
Constipation,	*Female Complaints,*	*Spinal Diseases,*
Sciatica,	*Skin Diseases,*	*Catarrh,*
Lumbago,	*Nervousness,*	*Deafness,*
Aches and Pains,	*Trembling,*	*Nervous Complaints,*
General Debility	*Indigestion,*	*General Ill-Health,*
Head Troubles,	*Diseases of the Chest,*	*Decline, &c.*

☞ *Descriptive Pamphlet and Electric Quarterly, an eight-page illustrated Journal containing valuable information and full particulars mailed free.*

ADDRESS

PULVERMACHER GALVANIC CO.

292 Vine St., Cincinnati, O

Digitized by Google