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OUR MOTTO:

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CONTENTS FOR JANUARY, 1879.

GENERAL ARTICLES. Page.

Physiological and Sanitary Marriage and Parentage.—*By the Editor*..... 1
The Out-Door Cure.—*Edwin Faxon*..... 2
A Word to the Unwise.—*Rachel B. Gleason, M. D.*..... 4
Deleterious Use of Alum in Bread and Baking Powders.—*H. A. Mott, Jr.*.. 6
A Moral.—*Samuel Butler*..... 7

OUR DESSERT TABLE.

The Old Man Planting Trees—Letters—Better Late than Never—Prayer.. 8

TOPICS OF THE MONTH.

The New Year—Economy of Mental Force..... 9
Mechanical Treatment of Consumption..... 10
Vegetarianism *vs.* Liquor—A new Food Preparation—Temperance—Hygiene of Beds..... 12

EDITOR'S STUDIES IN HYGIENE.

Directions for Preserving the Teeth—Noise in the Sick-room—Damp Rooms—Advice on Health—Pork, Beans, and Jaundice—Permeability of the Ground to Gas..... 13
Drafts—Depressing Effects of Medicines—Experience with Oatmeal..... 14
Tapeworms—Fresh Air for Animals—Baking Powders—The Child's Bath. 15
Current Literature..... 16

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THE
HERALD OF HEALTH.
JANUARY, 1879.

PHYSIOLOGICAL AND SANITARY MARRIAGE AND PARENTAGE.

BY THE EDITOR.

INTRODUCTORY.

PROBABLY we could have chosen no subject for a series of papers of more general interest, or more difficult to treat, than the one which heads this page. It is a theme which the old and the young never tire of discussing. It is a subject of infinite jest, of much thoughtfulness, often of sad memory. The perfectly married are only few, the imperfectly many, and the very badly mated are far more than they should be. This is not altogether to be avoided. The race is yet too imperfect and far too ignorant to be capable of making all the marriages perfect, and this will continue so long as intemperance, licentiousness, pauperism and crime abound. These interfere with the carrying out of the natural laws, and often make marriage a sad and sorrowful arrangement for one or both parties. In the animal kingdom Nature has a more perfect work, and here marriages are more perfect; but the life of animals is not so complex as that of man, and so it is an easier matter. Almost any mating is good enough for birds and beasts. They have no vices which mar the family relation. No robin comes home late at night to turn his home into a bedlam. With man the case is very different. Marriage is a complex matter; it involves so many faculties, so many likes and dislikes, so varied educations, such temperamental and physical differences, so many imperfections of body, so much ill health, such ancestral differences. These questions do not concern animals; but they make marriage among human beings a very complex question—far too complex for the knowledge which is yet possessed.

If we turn back the pages of history we find that marriage is to-day a very different thing from what it was in ancient times. Formerly in Great Britain polyandry existed; 10 or 12 families dwelt together under the same roof, and had wives in common; and brothers and fathers and sons allied with each other in partnership of wives. It was not till about the year A. D. 78, or just 1800 years ago, that in England legitimate marriage was acquired as one of the privileges of citizenship. From that time on there has been gradual change for the better. In A. D. 450 the wife was generally bought for money, or a consideration, yet her consent was required.

About A. D. 600 the church modified marriage laws, forbade a man to marry his first cousin, or stepmother, discouraged second and third marriages, and permitted divorce for adultery. At A. D. 1100 secular marriages were forbidden and so were consanguineous ones. In 1500 wives were confined closely to domestic labors and duties. During all this time the wife could be punished by the husband, and it was not till 1660 that this right, hardly yet entirely extinct in England, began to be doubted in courts. In 1714 parents could

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compel daughters to marry whom they wished, and often did it.

If we take other nations we find a somewhat similar state of things. Among the ancient Mexicans it was next to impossible to contract a marriage except as parents ordered. The common people were generally content with one wife, but the chiefs and kings had several. Concubinage was lawful. A stricter fidelity was exacted of the wife than of the husband. Divorce was disapproved of, as dishonoring the parent who formed the alliance; but a husband could put away a bad or slovenly wife. In Yucatan fathers put the matter of marriage into the hands of match-makers, and the son-in-law served five or six years for his wife in the father-in-law's house, and great was the jealousy. In Chibchas, South America, every one married as many wives as he could and treated them as slaves. "In Honduras," says Herrera, "if a man wanted a wife for his son he sent an old man with presents to ask another man's daughter, and that messenger made a long narrative of the actions of the bridegroom's ancestors, and of his good qualities; the presents were received, and all got drunk together. The next day the bride was wrapped in a colored mantle, then one of the men took her on his shoulders and went before, singing and dancing; they stopped and drank at every brook, a great reception was made at every town, and when he who carried her was weary another took her up, going on in the same manner, though it were 20 leagues. She never showed her face; but when she arrived at the bridegroom's house the women took her, bathed her in water that flowers were boiled in, shut her up three days, and then she was given to the bridegroom, after which all became drunk, and scenes too fearful to mention were enacted under the name of rejoicing."

In ancient Peru every year or every two years the king ordered all the marriageable ones of his family to meet, and he gave them away in marriage as he deemed fit, and ordered the same to be done by proper officers throughout his whole kingdom. Think of such a thing in any civilized country now! the President, for instance, ordering the marriage of all the single ones of proper age in his employ, and giving orders to the governors and county and town officials to do the same throughout the land. In all this history of marriage we find not a hint as to the fitness of one party for the other. Young people must be mated well or ill. Nor is it much better now. Though woman's condition as a wife is greatly improved, yet a majority of marriages now are contracted on a basis of convenience, a temporary fleeting passion or fancy. That these marriages are often satisfactory, and even physiological, we do not doubt, simply because Nature is stronger than man, and often leads him aright instinctively. But multitudes who marry do so in direct violation of the law of adaptation, and the consequences are serious. Happiness is destroyed, and sickly children are reared.

It is time that there was a step in advance taken, and that marriages should be made in accordance with physiological law; or, at least, that we should try to learn what physiology teaches in this respect. This is the object of these papers, which will be continued from month to month throughout the year.

THE OUT-DOOR CURE.

BY EDWIN FAXON.

THIS health institution, the largest in the world, is now open and ready for patients. Its name sufficiently indicates its locality. While advancing its own claims to patronage it is not jealous of its excellent neighbors, the water cure, the movement cure, the grape and milk cures, etc. It cheerfully recognizes their several merits, and respectfully asks to be received as a co-worker with them all, so far as they promote those hygienic conditions

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upon which health depends. As an apology for its own separate existence it presents first of all the important fact that man is by nature an out-door animal; not absolutely so, indeed, for it is the nature of nearly all animals to seek shelter from storms, and to retire to some form of habitation during the winter and at night; nevertheless their fullest enjoyment of life and their essential condition of health are found in the open air, and man is no exception to this rule. His claim to superior intelligence and to an immortal life does not exempt him from the laws that govern all similarly organized beings; he, too, is an out-door animal. There has, indeed, been an attempt, persisted in for many generations, to change his nature in this respect. The ability to kindle a fire has greatly promoted this, but nothing can accomplish so radical a change. The habitations of other animals are determined largely by the conditions of external temperature. The wild fowl that summer in the extreme north have not the arts of building houses and making fires when winter approaches. Their only external source of heat is the sun, in whose glorious light they constantly live. They instinctively know that he is the source of their life. In him they live and move and have their being. To their low intelligence no other deity has been revealed, and when the "god of day" journeys southward they, like a winged escort of angels, bear him company and bask ever in his smiles. To them he is the same yesterday, to-day and forever. They are his children and he is their heavenly father, their guide, their strength, their light. When he arises beyond the eastern hills they arise and sing his praises in their merry morning songs; when his light is obscured they seek shelter from the baneful influences of the other powers of the air. The clouds are evil spirits that vail from them the face of their maker. When his beams fall not upon them they make to themselves no graven image and kindle no ignoble flames, but patiently await his reappearance as he comes forth again victorious over the powers of darkness. When he sinks below the western horizon they, too, seek repose, and make no human-like attempt to convert night into day. Are they wise or foolish in all this? Are they natural or unnatural? and if natural are they not right? Shall we then despise the lesson they teach us? Shall we despise the sun that smiles alike upon all the children of earth, the sun that invites us all to dwell ever in his glorious presence?

There is no controversy upon this subject. All thinking persons recognize the importance of light, pure air and sunshine, and these in their fullness are only to be enjoyed out doors. As a protection from storms and as a resting-place at night houses are indispensable. Comfortable habitations and winter fires enable man to live upon almost the entire earth, but in cities and among all persons of literary and sedentary occupations the injurious effects of confinement within doors are too apparent to need further discussion The pale faces, weak nerves, and poor digestion of a large portion of the population of cities is clearly attributable to the want of Nature's true hygienic agencies, the chief of which is sunshine. We propose, therefore, the Out-Door Cure, and intend making a specialty of it. We invite to it first of all American women, and with them men enough for good company. We invite the children from the very first day of their earthly life. They, indeed, of all human beings teach us the true nature of man. Their most earnest entreaty is always, "May I go out-doors?" The free air is their delight. See them as they rush from the school-room to the playground, or from the pent-up nursery to the yard or the street. "Come into the house," is a command equivalent to "Return to prison." Long before they can speak they express their delight in escaping from the dwelling to their true home in the full sunlight.

"Out-doors all day!" was the lively exclamation of a father to us recently, as he held up and thus introduced his only child, a splendid boy, less than a year old. "Out doors all day!" There was a volume in that expression. It meant more for that rosy-cheeked babe

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than to have exclaimed: "Born to a fortune of millions;" and when it, as a strong and sound man, recalls all that its parents have done for it, the chief cause of gratitude will be that in its infancy they laid the foundation of its future health and strength, and thus of its success and happiness throughout life, by keeping it "out-doors all day," that is to say, of course, wind and weather permitting; for even in pleading for air and sunshine for the little ones reason and science must guide us.

In the further advocacy of the Out-Door Cure we shall deal mostly with the facts of experience, inviting such statements as may contribute to true knowledge and to a wise practice. Lovers of sunshine, advocates of pure air, come over and help us! We ask for facts and results. Give them to us and we will make them public through THE HERALD OF HEALTH, in which we always find a free platform for the discussion of all live questions bearing upon human welfare. We have all experienced either the benefits of an out-door life, or the evils resulting from its opposite. Let us, with these simple facts of experience, popularize the Out-door Cure.

A WORD TO THE UNWISE.

BY RACHEL B. GLEASON, M. D.

WHILE confirmed drunkards and moderate drinkers are receiving much needed attention, I am "under concern of mind" for those who seemingly need no care; those who are called temperate, who are never known to drink, but who frequently use some form of alcohol as a medicine. Many such begin with a dose and go on to drink; they begin with a teaspoonful and end with a tumbler. When used to relieve the weariness and wakefulness which comes from overwork, or for indigestion, the dose is almost imperceptibly increased.

A friend, a very excellent physician, of feeble frame, held to his professional work for 25 years, or more, after he became an invalid, taking in emergencies a dose of whisky, which never exceeded three teaspoonfuls, and often less. I watched his waning years with unspeakable pleasure, marking his clear eye and comprehensive view of every case. But, on the other hand, I have also observed many others with the unbalance which comes of the overdose of alcohol in some of its varied forms. Few persons can keep to the exact amount that benefits only.

We are often surprised at the bad bargain made by the good business man; shocked at the morality of the Christian gentleman; amazed at the irritability of the fond husband and father, and wonder that the good doctor should have made so bad a blunder, when, if we knew the facts, the wonder would be dissipated by the knowledge that they were victims of moderate alcoholism.

Remember, I am not writing of those of whom it is often said, "Oh, he is all right when not under the influence of liquor," but of those who are supposed never to be under its influence. Being unused to stimulants they are the more impressible, and hence are over-rich, or over-wise, and make financial failure, or are filled with egotism, and are imperious toward those whom they love and cherish. But, worst of all, the baser passions are aroused and inflamed, and the husband and father perils all he holds most dear while under the influence of the one unusual glass. If the temperament be nervous, and the work mental, there is much more danger from the use of stimulants than when the avocations are manual.

A minister, famed for his eloquence in Northern and Southern cities, and much admired for his general culture, sometimes took brandy to quiet nervous irritability, and, at one time after his favorite remedy, was missing from

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his home at night, and found in a house of ill fame. That one glass too much blasted a reputation.

A physician of good repute takes a glass of whisky on which to sleep when suffering from nervous exhaustion from overwork; fails to sleep it off, and takes liberties with his patient which compromises his character, and costs him heavily in the way of "hush-money."

A brilliant member of the bar 25 years ago, committed an offense after a club dinner which his wife never forgave; and he, though still an able lawyer, and by no means a drunkard, bears the burden of domestic misery, and her handsome face is marred by lines which scorn and disgust placed there indelibly a quarter of a century ago.

A young lady of unusual intelligence and self-possession was taking private lessons in German, of one who was tutor in many excellent families, when, to her great distress, he made improper advances, and was promptly dismissed from her presence. Unfortunately she dared not mention the matter to any one lest she should herself be blamed, and bore the shame in silence, thinking there must have been, during the months she had taken lessons, some fault in her manner which led to the indignity. Many weeks after he was ejected from one of the best residences in town by a police officer, and this was the first time any of his many patrons suspected him intemperate.

I mention this case the more particularly because it illustrates the fact of ladies' reluctance to make public insults of this kind. Men understand this, and take advantage of it.

One of the principal causes of the social evil is strong drink. The fact that a town in Maine had three houses of prostitution abundantly patronized, and that within a year after the prohibitory law was enforced they were all closed for want of business, is evidence of the truth of this theory. "Wine is a mocker, and strong drink is raging," and these lead their subjects "to her whose steps take hold on hell." Many a generous husband tries to live in a style beyond his means, works beyond his strength, takes stimulants to keep up body and brain, and at last brings poverty or disgrace, or both, on those he loved, and for whose sake he made his life-mistake.

The habit of taking tonics to sustain the system under overwork often leads to the practice of stimulating, moderately at first, but almost surely excessively in the ultimate. The habit of taking whisky for any slight discomfort leads soon to its habitual use. There are few families where the demijohn in the pantry, or the cask in the cellar can be kept full. If the master and mistress do not exhaust the supply the manservant or maidservant will. Almost any one who keeps it at hand to take whenever they feel the need, will find the frequency and the dose increase rapidly.

During 30 years extensive experience with all phases of invalidism, we have seen few cases where brandy or whisky seemed to be the best or the only remedy. Observing how ready nervous patients are to rely upon it, makes us more and more careful of its use.

We observe among the professional brethern, that those who take it themselves are the more ready to prescribe it for others, and that they give a larger amount than those who avoid its use.

In this merest allusion to a grave subject, I have been able only to give a few examples of the evils of medicinal or occasional alcoholism from hundreds which have come directly to my knowledge.—*The Alpha.*

TEMPERATURE OF THE HEAD.—Experiments before the English Royal Society show that mental activity at once raises the temperature of the head, and even when merely the attention is excited the same effect is produced, only in a less degree. If mere volition, therefore, wastes nerve tissue, one can see how very severe mental work is a drain upon the system, which calls for constant and careful hygienic living, if it is to be properly supported and continued.

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DELETERIOUS USE OF ALUM IN BREAD, AND BAKING POWDERS.

BY HENRY A. MOTT, JR., PH. D., E. M.

HAVING been appointed chemist by the Indian Department, it became my duty to submit to chemical analysis, among other articles, the various baking powders offered the Department, and as a result of my investigation I found that at least 50 per cent. of the baking powders offered were grossly adulterated. After making this discovery I determined to submit to analysis every baking powder I could find on the market, and to expose such powders as were adulterated, so that the public may be warned from purchasing them in the future. The number of baking powders I have examined amount to 42—29 of them from various sections of the country having been offered to the Department, and 13 obtained from various grocery stores throughout the city of New York.

Instead of the baking powders of commerce being composed alone of those constituents which have been demonstrated to be perfectly harmless and wholesome, the public have imposed upon them powders largely adulterated with most injurious and hurtful compounds, put up in cans neatly labeled "chemically pure," as if that fact had anything to do with rendering the powders wholesome. Scheele's green (arsenite of copper) is often chemically pure, but it is always a deadly poison. It therefore becomes necessary for the benefit of the public to examine into the powders on the market, and to denounce such of them as are composed of constituents detrimental to health.

The best powders are composed of the bitartrate of potash (cream of tartar), tartaric acid, carbonate of ammonia, and bicarbonate of soda, held together to prevent decomposition by a little starch.

The injurious powders are composed of alum and bicarbonate of soda, and often contain terra alba (white earth), insoluble phosphate of lime, etc., etc. The effect of alum when taken internally has been shown by Wilmer and others to produce dyspepsia, constipation, vomiting, griping, and even inflammation of the gastro-enteric mucous membrane, as it is a powerful astringent acting chemically on the tissues. These serious effects will not of course be brought about immediately from the small quantity of alum used in one loaf of bread; but it is certain that persons continuing to eat bread containing alum will, in time, suffer from its evil effects, and the weaker the constitution the sooner will the effects be noticed.

Duma speaks to the same effect when he says: "It is too be feared that this salt exerts a deadly action by its daily introduction into the stomach, especially in persons of a weak constitution." And other great authorities, such as Carpenter, Dundas, Thompson, Gibbon, Normandy, all agree that the continued use of bread containing alum will bring about dyspepsia and other troubles, and such was the opinion of the late Baron Liebig. The celebrated Pereira considered "that whatever may have been the effect in the case of healthy persons, sick persons did really suffer in that way." In the Lancet is mentioned a case in whom dangerous gastro-enteritis was apparently induced by a single dose containing from 10 to 20 grains of burnt alum. Dr. Parkes, in his work on Hygiene, states that from eight to 40 grains of alum, and probably more, have been found in a four-pound loaf of bread.

The effect of alum on bread is to tend to whiten it, and to prevent an excess of fermentation (when yeast is used) when the altered gluten or cerealine acts too much on the starch; but while it accomplishes this object, it lessens at the same time the nutritive value of the bread by rendering the phosphoric acid insoluble.

Sufficient proof, I think, has been shown that alum is a most dangerous element to introduce in baking powders, and it now becomes necessary for the benefit of the public to expose such unwholesome and injurious powders as contain it.

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Out of the many baking powders I have examined I have selected the more prominent ones that are adulterated, giving in each case a quantitative analysis of the same. The following analyses are of "Dooley's Standard Baking Powder," "Patapsco Baking Powder," "Charm Baking Powder," and the baking powder manufactured by C. E. Andrews & Co., of Milwaukee. The analysis of the last three baking powders given in the first column was made by Professor Robert W. Schedler.

DOOLEY'S STANDARD BAKING POWDER.

Burnt alum	26.45 per cent.
Bicarb. soda	24.17 per cent.
Sesquicarb. ammonia	2.31 per cent.
Cream of tartar	None
Starch	47.07 per cent.
	100.00

PATAPSCO BAKING POWDER.

Smith, Hanway & Co., Baltimore, Md.

		Analysis by Dr. Mott.
Burnt alum	19.16 p. c.	20.03 p. c.
Bicarb. soda	23.36 p. c.	22.80 p. c.
Cream of tartar	None	None
Starch	57.48 p. c.	57.17 p. c.
	100.00	100.00

CHARM BAKING POWDER

Rohrer, Christian & Co., St. Louis, Mo.

		Analysis by Dr. Mott.
Burnt alum	29.60 p. c.	30.06 p. c.
Bicarb. soda	31.13 p. c.	31.82 p. c.
Cream of tartar	None	None
Starch	39.27 p. c.	38.12 p. c.
	100.00	100.00

BAKING POWDER MANUFACTURED BY C. E. ANDREWS & CO., Milwaukee, Wis.

Burnt alum	22.53 per cent.
Bicarb. soda	21.79 per cent.
Cream of tartar	None
Starch	55.68 per cent.
	100.00

On reviewing the above analyses it will be seen that in the Patapsco Powder about 20 per cent. of burnt alum is used, over 22 per cent in Andrews', over 26 per cent. in Dooley's, and about 30 per cent. in the Charm. And the manufacturer of Dooley's Powder not only has the audacity to put on the market this injurious and unwholesome powder, but to put upon the labels the deceptive statement, "chemically pure."

Not one pound of these powders could be sold in England, as it is against the law to use alum for making bread. Why have we not such a law?

A case is reported in the English Law Reports of 1871-2, 7th Queen's Bench, 135, November 15, 1871, where a baker was convicted for using alum in bread.

What would become of the above-mentioned baking powders containing alum if they were introduced on the English market? The answer is simple—they would be swept out of existence. It is to be hoped, then, that the public, by refusing to purchase them, will bring to them all the same fate.—*Scientific American.*

A MORAL.

BY SAMUEL BUTLER.

As gold that's proof against the assay,
Upon the touchstone wears away,
And, having stood the greater test,
Is overmastered by the least;
So some men, having stood the hate
And spiteful cruelty of Fate,
Transported with a false caress
Of unacquainted happiness,
Lost to humanity and sense,
Have fallen as low as insolence.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

THE OLD MAN PLANTING TREES.

A man of eighty years was planting trees,
"Ha! ha!" laughed out some striplings from the village;
"Planting at eighty! Had his task been tillage,
Or building houses, or aught else you please,
The folly might have passed as not worth noting,
But planting trees! He must indeed be doting!
Why, in the name of all that's odd, old neighbor,
What fruit can such as you expect to gather
From this ridiculous and driftless labor?
You, who already are a great-grandfather?
What, do you think to rival in his years
Methuselah? For shame! Do penance rather
For your past errors! Mourn your sins with tears
Abandon plans and hopes that so ill suit your
Age and gray hairs! Give over looking wildly
Out through the vista of a boundless future!
All these things are but for us, and such as we."

"They are not even for you," replied the old man, mildly;
"Youth may be just as nigh eternity
As age. What though the pitfalls of existence
Be covered o'er with flowers instead of snows,
Who shall fore-measure the brief distance
Between this dim dream's birth and close?
The winged bolts of Death are swift to strike
Life in its dawning as decline;
The pallid Parcæ play their game alike
With your days and with mine.
Who knows which of us four shall be the one
To gaze last on the glory of the sun?

"Molest me not, then. Leave me to employ
The hours that yet remain to me. I love
To think my great-grandchildren will enjoy
The shade and shelter of this embryo grove.
Meantime I live, breathe, and I may even
Share for some time to come the gifts of heaven
Alas! even I may see the morning light
Shine more than once, young men, upon your graves!"

The old man spoke a truth which time revealed.
Boating, soon after, on a stormy night,
One of these youths was buried in the waves—
A second was cut off upon the battle field—
The third fell ill, and in four fleeting weeks
His bier was dressed with death's pale plumes.
So died the three—thus early fated!
And while the tears rolled down his cheeks,
The old man sculptured on their tombs
The story I have here narrated.

—*From the French of Lafontaine.*

LETTERS.

Every day brings a ship,
Every ship brings a word;
Well for those who have no fear,
Looking seaward well assured
That the word the vessel brings
Is the word they wish to hear.

BETTER LATE THAN NEVER.

Life is a race where some succeed,
While others are beginning;
'Tis luck at times, at others speed,
That gives an early winning.
But if you chance to fall behind,
Ne'er slacken your endeavor,
But keep this wholesome truth in mind—
'Tis better late than never.

If you can keep ahead, 'tis well,
But never trip your neighbor;
'Tis noble when you can excel,
By honest, patient labor;
But if you are outstripped at last,
Press on as bold as ever;
Remember, though you are surpassed,
'Tis better late than never.

Ne'er labor for an idle boast
Of victory o'er another;
But while you strive your uttermost,
Deal fairly with a brother.
Whate'er your station do your best,
And hold your purpose ever;
Remember, though you are surpassed,
'Tis better late than never.

Choose well the path in which you run,
Succeed by noble daring;
Then, though at last, when once 'tis won,
Your crown is worth the wearing;
Then never fret if left behind,
Nor slacken your endeavor;
But ever keep this truth in mind,
'Tis better late than never.

PRAYER.

Prayer is balsam, comfort, peace,
The loss of self in Deity;
The harmony of human souls
With heaven's eternal melody!

Prayer is freedom, loss of all
That binds the soul to this poor clod:
So that no words, nor forms, nor thoughts
Stand darkening between her and God!

Mysterious, and yet so bright,
It bears the soul to heaven away;
'Tis like a slumbering at the source,
And yet a waking into day.

Nicolaus Lenan.

LAWS.

Laws, as we read in ancient sages,
Have been like cobwebs in all ages,
Cobwebs for little flies are spread,
And laws for little folks are made;
But if an insect of renown,
Hornet or beetle, wasp or drone,
Be caught in quest of sport or plunder,
The flimsy fetter flies asunder.

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EDITORIAL DEPARTMENT.



NEW YORK, JANUARY, 1879.

WATER.

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

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

TOPICS OF THE MONTH.

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

THE NEW YEAR.—On each recurring New Year we find ourselves seated to write to our numerous readers our congratulations, and to extend to them our best wishes. These are trifles of themselves, yet without the kindly sympathy which exists between man and man the world would be cold and gloomy, and unfit for the abode of human beings. We cannot place too high a value on that sympathy which exists between man and man—that bond of fraternal feeling which enables them to get at each other's souls and to understand each other's natures. Nor is there any better season of the year to renew and cultivate this sympathy than on the holidays which come at this season. Now the days begin to lengthen; the sun is on its return northward to gladden Nature and bring life once more into fields and flowers. The earth is now beginning its annual journey around the sun, a journey of over 500,000,000 of miles, and yet one which it makes, reaching each station on its way and its return with greater exactness than the finest chronometer.

Why should not human beings at such a time be glad, and renew their bonds of friendship which have become lax or severed by the duties, cares and sorrows of the departed year. Costly presents are not necessary; indeed it were far better if less were spent for gifts, and more in kindness, tenderness and love. What costly gift makes so deep an impression as the gift of one's own self? Especially at the beginning of the year should parents open their hearts to their children. What multitudes of parents never really understand the beings they have brought into the world, beings without which life would be poor indeed.

If THE HERALD OF HEALTH has any special word aside from what has already been given, it is to inspire its readers to reach forward to a higher state of health. The ideal of physical perfection is far too low. The world does not seem to know that the mind, the heart, the affections, the disposition are all dependent on the body. Injure this and these are manifested less perfectly. Even character is dependent on health. And, after all, character is the most important thing in life. Then on the New Year's Day why not let us all resolve to make the improvement of our characters the great work of the year. It will not hinder our devotion to business, or to our daily labor, but favor both. With these words we wish each and all of our readers a *Happy New Year.*

ECONOMY OF MENTAL FORCE.—It is as important to economise our mental force as to economize our money. Every person of good sense has force enough to carry him successfully through life, and to accomplish much that is useful

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and noble, provided he knows how to economize his strength and to work always to the best advantage. With some, indeed — those whose physical constitution is weak—this economy is of the first importance ; for mental labor draws upon the whole vital force, and unless wisely directed rapidly exhausts the body, and leads to various forms of disease, especially of the nervous and digestive organs.

The following suggestions may be useful to those who feel the necessity of this mental economy. First. Let the intellectual labor be definitely arranged with regard to time and place. The time should be as early as possible in the day, and the surroundings such as to occasion the least possible interruption. Edison, the great inventor, does his best intellectual work in his workshop at night, between the usual bedtime and three in the morning. He chooses this time to avoid interruption. Barnes, the great commentator, wrote all his great volumes early in the morning before his family had arisen. Neither of these plans are to be recommended, for the night should be given to sleep. Barnes ruined his eyes and became blind in old age, and Edison will doubtless suffer from over-work. But, without violation of the laws of health, a time should if possible be chosen during which there will be no interruptions.

Second. The work should be vigorously continued while the mind is in its best condition, and laid aside when much fatigue is experienced. Dr. Carpenter, in his work on "Mental Physiology," in speaking of his own experience in this respect says he "has found it practically the greatest economy of mental labor to work vigorously when he feels disposed to do so, and to refrain from exertion, so far as possible, when it is felt to be an *exertion*. Of course this rule is by no means universally applicable, for there are many individuals who would pass their whole time in listless inactivity, if not actually spurred on by the feeling of necessity. But it holds good for those who are sufficiently attracted by the objects of interest before them, or who have in their worldly position a sufficiently strong motive to exertion to make them feel that they must work ; the question with them being, *how* they can attain their desired results with the least expenditure of mental effort."

Third. Let the work be done patiently, methodically, and without fret or worry. A strong will and a steady, unflagging purpose will thus enable a person of even moderate natural capacity to secure a good education, and to develop excellent talents.

Dr, Carpenter's work, from which we have quoted, is a rich mine of suggestive thought and practical direction in all that relates to mental culture, and should be read by all earnest students.

MECHANICAL TREATMENT OF CONSUMPTION.—This consists of three exercises, which follow each other, as the strength of the patient will allow. No dumb bells or gymnastic apparatus are required, and they can be taken almost anywhere. The patient commences with the first and easiest, gradually increasing the number of times daily till his strength enables him to take up the next, and so on. These exercises expand and strengthen the three different layers of muscles of the chest, and in their regular order. Unlike all other exercises, they do not in any way strain the lungs, but only develop the muscles around them. The effect produced by these exercises is to force the air into the remotest parts of the lungs by suction, clear them and the air passages of accumulated phlegm and pus, restore respiration and circulation around the diseased parts, and increase cellular activity generally. By the proper use of these exercises the chest measurement and lung capacity steadily increases. One of them has been successfully resorted to in case of hemorrhage, by opening the walls of the chest and relieving the pressure upon the oppressed bloodvessel, and so allowing the blood to pass on into the general circulation. None of these exercises require more than two minutes at a time, but they should never be attempted by any one without the supervision of a physician who understands the treatment. Under

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such supervision, the first exercise affords the patient immediate relief, by clearing the lungs and air passages of accumulated matter.

Medicine.—The medicines and drugs usually resorted to in this disease, such as whisky, brandy, wine, morphine, opium, iron, quinine, cod-liver oil, etc, form no part of this treatment. No stimulants of any kind, not even tea or coffee, are allowed under any circumstances. Nothing destroys the action of the great sympathetic nerve quicker than whisky, and the physician can do nothing unless it is restored to its healthy condition. Certain substances are used containing organic lime, for the purposes of calcifying (healing) the lungs. Certain articles of food are selected for the same purpose. Citric acid is also an important element for the blood, and is taken in the form of pure lemon juice. The quantity taken must be regulated entirely by the state of the system. Hectic fevers, night sweats and sleeplessness soon disappear, without the use of sulphuric acid, tannin, ergotin, or any of the drugs mentioned above. As nothing is used which produces either artificial flesh or strength, the patient is never deceived in regard to his true condition, and he has the satisfaction of feeling as he advances that every step gained certainly places him so much nearer perfect health.

Exercise.—As every breath taken into the lungs is for the purpose of purifying the blood as it passes through them, it follows that the purer the air is the purer will the blood become. For this reason patients are required to take as much out-door exercise as their strength will permit, and to be in the open air every possible moment. They go out in all kinds of weather, avoiding only extreme heat and facing strong winds. They become able to go out in almost any weather without taking cold. They must keep their sleeping-rooms thoroughly ventilated night and day, and never remain where the air is foul or impure.

Bathing. — The skin must be kept clean and the pores open by frequent bathings. On rising in the morning the patient's chest and back is rubbed by an attendant with his open hand, dipped in cold or cool water: that which has stood in the room during the night is ordinarily used. In drying, the body is rubbed until it becomes warm from the friction. Sometimes the same bath is taken before retiring at night. There are also special baths to be taken occasionally, which are superintended by the physician.

Pulse. — This symptom is watched more than any other. The pulse of the consumptive is almost always among the hundreds, and its gradual falling towards the normal rate, shows that the disease is improving. Its rate is taken by the patient in the morning before rising, and by the physician at a uniform hour during the day. Everything is prohibited which has any tendency to excite its action.

Diet.— This is the most important part of the treatment, and does more toward arresting the disease than all else. The blood being made from what is taken into the stomach, and all of it passing through the lungs, it is of the greatest importance that only such food shall be eaten as will make the blood of those elements which have the greatest tendency to calcify the diseased parts. If the stomach, liver, or bowels are out of order, they are first made to work properly by a preliminary diet. As soon as these organs are in their normal condition, lime and silica are introduced in an easily digestible form. There are certain foods which are never allowed, and combinations which must not be made at the same meal. The particular articles prescribed continually change according to the stage of the disease, the condition of the pulse and the time of the year. For this reason no two patients are ever treated alike. Some foods must be cooked in a particular way or they fail to have the proper effect. The diet must be regulated entirely by the judgment of the physician who thoroughly understands the principles in regard to the effect of foods in this disease, and which have been discovered by the experiments of over 20 years.

CHAS. T. SHELDON.

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VEGETARIANISM *vs.* LIQUOR.—Baron Liebig's theory that liquor drinking is compatible with animal food, but not with a farinaceous diet, has been lately tested by an English scientist, and the results substantiated Liebig's theory. "Among the more striking results of reform brought about by a change of diet was that of a gentleman of 60, who had been given to intemperate habits for 35 years, his outbursts averaging one a week." He had had *delirium tremens*, and was so shattered in constitution that he could get his life insured only with great difficulty, when he was persuaded to take up a farinaceous diet, which effected a cure that was complete in seven months. When he began the experiments he was very thin in flesh, but in the period named had gained 28 pounds.

Some of the articles of food specified which are antagonistic to alcohol, are maccaroni, haricot beans, dried peas and lentils, "all of which should be well boiled and flavored with butter or olive oil." All the garden vegetables are good in this connection, but maccaroni and farinaceous food are more specifically helpful. It is supposed that highly glutinous bread would be of great utility in forming this diet, but it should not be sour.

The philosophy of this treatment, and of the general disinclination of vegetarians to alcoholic liquors, consists in the fact that carbonaceous starch contained in vegetable food renders unnecessary, and therefore repulsive, carbon in an alcoholic form.

J. B.

[It may be interesting to note that this cure for intemperance was first given to American readers in THE HERALD OF HEALTH, in a communication from Mr. Napier, and has been widely copied. We have in press a book on the subject, which will be announced soon.]

A NEW FOOD PREPARATION.— It seems that Dr. Morfit's gelatine process for the preservation of food is likely to become popular. According to "Nature," it consists in adding to the substances to be preserved a certain proportion of gelatine, and then drying the mixture till it does not contain over 10 or 12 per cent. of moisture. Among other things a sort of *milk jujube* is prepared by this mode which has great preservative qualities, and yet contains no more than one part of gelatine to 10 parts of the nutritive matters of milk, a much better showing than the ordinary condensed milk, with its 25 to 28 per cent. of sugar.

TEMPERANCE.—The one principle of health which may fairly be described as fundamental and universal, is temperance in its widest sense; temperance in the pursuit of pleasure, in excitement, in speech, in thought, and above all, in worry, which kills oftener and far more surely than work. Next to temperance comes sleep. Shakespeare and Young anticipated the conclusions of modern hygiene when they described sleep—the former "as the chief nourisher in life's feast," and the latter as "Nature's sweet restorer." Insufficient sleep is probably the most frequent cause of nervous failure, and certainly when the failure has come, sleep opens the surest avenue to recovery. Then, indeed, too much sleep can hardly be taken; for, as in infancy, the recuperative powers seem to work only during complete sleep.

HYGIENE OF BEDS.—Beds should be made of such materials as will absorb but little dampness or impurity of any kind. Every good housewife knows the importance of airing the beds thoroughly every morning. Not only ought they to be aired every morning, but, in addition, the bed-clothing should be so porous that fresh air may constantly pass through it while occupied. Air-tight bed-clothing is exceedingly unwholesome. The exhalations of the body should find their way immediately into the external air, otherwise they will cause restlessness and imperfect sleep. The hygiene of the bed is a subject which has received but little attention, even from hygienists. We propose to have something to say on this subject in future numbers.

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EDITOR'S STUDIES IN HYGIENE.

DIRECTIONS FOR PRESERVING THE TEETH.—In the morning, before breakfast, always brush your teeth, using first pure soft water, and afterwards powder. Powder should be used at least once a day. Without powder the teeth cannot be kept perfectly clean. Using the brush with tooth soap just before retiring at night is a commendable practice. To brush the teeth most effectually, place the upper and lower rows parallel to each other, the points in contact, then brush up and down between the gums, being not unmindful to brush the gums as well as the teeth, thereby toughening the one and cleansing the other. The back teeth need more brushing than the front ones. Particular care should be taken of the backs and outsides of the rearmost teeth. After each and every meal use a quill toothpick and rinse the mouth with cool water. Decomposed and acidified food, whether animal or vegetable, is the worst enemy to the teeth.

NOISE IN THE SICK-ROOM. — One of the most frequent annoyances to a very nervous patient is caused by putting coal on the fire. The rattle of the coal grates upon the nerves of the invalid painfully. An easy remedy is to divide the coal into small parcels, wrapping each parcel in a bit of paper, so that it may be laid upon the fire without causing any noise. Another annoyance to invalids is the sweeping of the trail to a long skirt over the carpet. Not only does the noise of the trail grate harshly upon the nerves of the invalid even when asleep, but another injury is caused by the dust which it raises. Nurses should never, while attending the sick, wear a dress that sweeps upon the floor.

DAMP ROOMS. — Much ill health is caused by sleeping in damp rooms. Where walls are damp, and the bed is placed close to them, bringing the sleeper very near to the damp surface, coughs and catarrhs are the frequent result. A temporary remedy for such rooms is a vessel filled with freshly burned quicklime. Better still is a little fire in an open grate. Such rooms need thorough ventilation and exposure to the rays of the sun. The best way to avoid having damp rooms is to plaster them in such a way as to leave an air space between the plastering and the wall, especially if the wall be of brick or stone.

ADVICE ON HEALTH.—Prof. Silliman says: "If you wish for a clean mind, strong muscles, quiet nerves, a long life, and power prolonged to old age, avoid all drinks except water and mild infusions of that fluid. Shun tobacco, opium, and everything that disturbs the normal state of the body. Rely upon nutritious food and you will need nothing beyond these things except rest and proper moral regulation of your powers to give you long, happy and useful lives, and a serene evening at the close."

PORK, BEANS, AND JAUNDICE. — A German journal charges an epidemic of jaundice in a regiment of soldiers to a diet of pork and beans. We all know that pork is a frequent cause of biliousness; and who knows how much of the incipient jaundice existing everywhere may have the same origin?

PERMEABILITY OF THE GROUND TO GAS.--Prof. Pettenkofer says: "I know cases where persons are poisoned and killed by gas which had traveled for 20 feet under the street, and then through the foundations, cellar vaults and flooring of the ground floor rooms. As these kinds of accidents happen only in winter, they have been brought forward as a proof that the frozen soil did not allow the gas to escape upward, but drove it into the house. The house being warmer inside than the external air, acts like a heated chimney on its surroundings. If there is any gas or other smelling substance in the surrounding ground, air, or cellar, they will enter the current of this ventilation. I have witnessed a case in Munich where not the least smell of gas could be detected in the street, but a

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great quantity found its way into the ground floor of a house where no gas was laid. In another case the gas always penetrated into the best heated room, producing an illness which was taken for typhoid fever. The movement of gas through the soil into the house may give us warning that ground air is in continued intercourse with our houses, and may be the introducer of many kinds of lodgers. The evil resulting therefrom may be immediate or remote; our senses may remain unaware of their presence. We take a short-sighted view of this subject when we believe that the nuisances of our eighbors can only poison the water in our pumps; they can also poison the ground air for us, and I see more danger in this, as air is more universally present and movable than water."

DRAFTS.—Drafts or currents of air cause a one-sided or partial cooling of the body. Their danger lies in the local disturbance of the heat economy of the body which they cause; producing chiefly disorders of the nerves acting on the bloodvessels which regulate the outfall of animal heat. When we are in the open air, and it flows equably all around us, we are not injuriously affected by it. If one is perspiring, and goes to the window with bare neck and chest, there is a shiver all over the body, and the perspiration becomes suddenly suppressed. The blood, which at times filled the bloodvessels of the glowing skin, is driven from the whole surface to the internal parts. If one or more of them should be in a state of weakness, danger or bad consequences cannot fail. It is the same as when a large quantity of cold water is taken in too quickly when the body is heated. A draft, then, is injurious for all, so far as it causes perturbations in our heat economy. The effects of drafts may be almost wholly obviated by proper bathing and friction to the skin, and by a little carefulness.

DEPRESSING EFFECT OF MEDICINES.—Dr. George L. Austin, in an elaborate article on the dietetic use of wines, in the January number of Appleton's Journal, makes the following statement: "The majority of physicians and chemists of the present day regard beer, cider and wines as true foods, on the ground that they sustain and increase vital action. On the other hand, ardent spirits, including gin, brandy and whisky, are held to act as medicines because they lessen vital action. If this doctrine is true, and the majority of physicians have a clear conception of it, the day is not far distant when ardent spirits and medicines will cease to be used. Perhaps this is the reason why the great medical school at Vienna has almost ceased to believe in medication, except with those agents which are normal and hygienic."

LONGEVITY OF THE SHAKERS.—The December number of the Shaker Manifesto contains the obituary notices of all the persons who have died in their societies during the month of October. The number of deaths was six. The average age of the deceased was 66 1-3 years. The oldest was 86, next 82, next 79, next 76, next 62, next 13. So far as length of life is concerned the Shakers seem to out-do the rest of mankind. Their freedom from excessive care, their simple diet and natural habits, the healthful localities in which they live, all favor length of days.

EXPERIENCE WITH OATMEAL.—An Englishman writes: For the past 40 years I have made my breakfast on a pint of oatmeal porridge, with very rare exceptions, and nothing else, fasting for four hours afterward. If, however, I take any other form of breakfast I find myself very hungry before the next meal, which is never the case when I have had my porridge. I feel assured that if the laborers of Southern countries, with their children, would but take a basin of oatmeal porridge and milk in the morning, with such other food as they can procure in the interval, we should have a much stronger and healthier race of men and women than now. A few years ago I had a Devonshire girl living with me as a servant. She was willing to work but had no stamina. This I found arose from the deficient, ill-advised diet on which she had lived. She short-

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ly began to take her porridge night and morning, and this enabled her to perform her duties much more easily."

TAPEWORMS. — Prof. Kobold — who knows more about parasites that inhabit human beings than any other live man—declares that there are 10,000 persons in England who are playing the part of the host to the tapeworm; that is, carrying this creature in their intestines. How do tapeworms get into the stomach? some may ask. Mainly by eating measly pork and beef. How do the measles get into the pork? Prof. Kobold explains it thus: Millions of these creatures pass from their human bearers every day in the excrement, with other things that are evil. You know that Shakespeare says that "Evil things do fastest propagate." These evil things make their way into the sewage, which it is now the fashion to spread over the land far and wide, and they are thus distributed in millions over the delightful verdure on which cattle graze. The eggs are thus often taken into the mouths of animals with their fodder. Every egg thus swallowed from fresh sewage becomes a measle, and every measle in the flesh of the animal goes to market, is sold and eaten, and afterward converted into a tapeworm, provided it is not killed by the process of cooking.

FRESH AIR FOR DOMESTIC ANIMALS. — Domestic animals, according to Marker, require less change of air than man. Stable air may contain as high as three per millmeter of carbonic acid. While man requires 2,100 cubic feet of air per hour, 1,050 are sufficient for full-grown cattle, although their consumption of air may be much greater. The ventilation of stables is therefore less important than the ventilation of bedrooms, simply because animals can endure more poison than man. This is no reason, however, why stables should not be thoroughly ventilated, especially as it is so simple a matter.

BAKING POWDERS. — Dr. Henry A. Mott has been examining for the government a large number of samples of baking powders, the result of which we publish in another column. Dr. Mott seems to be opposed only to those baking powders which contain alum. A pure, genuine article, he thinks, cannot be injurious. With us the question takes a wider significance. Are baking powders, even the best ones, entirely healthful? That they are a convenient means of making bread light, no one doubts. But they do it at the expense of the finest flavor of the flour, and leave in the bread objectionable materials. For occasional use they may be admissible and do no particular injury; but when employed so universally as they are now coming to be, they cannot but do more or less harm. We are not opposed to light bread; for the digestive juices enter into it more readily, and it is therefore more digestible. But is there no better way to make bread light than by the use of baking powders? We think there is, and in a future number will undertake to show our readers how to do it.

THE CHILD'S BATH. — There is one important point which is the question of the day with mother and nurse, and that is the morning bath. Let the room be well warmed before the child is taken out of bed, and let those who think a cold bath an absolute necessity remember that on a summer morning their children enjoy it, and if they keep the temperature of the water the same all the year round, that is, about 55° or 60° F., they may obtain all the benefit possible. Let them think how unreasonable it is to take water not above the freezing point, and attack the nervous system, already depressed, by a shock which is followed by a reaction which requires the whole morning to recover from. We have no hesitation in recommending a warm bath early in the day, followed by a simple douche of cold water, as far preferable to the cold bath, or a warm bath at night, for the sake of cleanliness, and none at all in the morning. It may be taken as a rule that, in the case of children, sudden changes of temperature are dangerous, and that 58° to 60° F. may be taken as the safe average temperature in which they should be constantly kept.—*British Medical Journal.*

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MOTHER TRUTH'S MELODIES. Common Sense for Children. A Kindergarten for Little Folks. By Mrs. E. P. Miller. 300 illustrations. New York: G. W. Carleton & Co. Price $1.

The introduction to this book will show its object, and therefore we quote it!

"Since little ones are *geese* no more,
But *knowing* have become;
It ill beseems that Mother Goose
Should dwell in every home.
So Mother Truth, in melodies
For babes, here lifts her voice,
Assured that parents, children—all
Will welcome and rejoice.

The first poem reads as follows:

Mother Goose, Mother Goose,
Fly, fly away,
Mother Truth is coming now,
Coming to-day.
She'll tell us funny things,
But they'll all be true;
She'll bring us pictures
As many as you;
She'll sing us melodies helping to show
How to true women and men we may grow.

In giving this little book to the world Mrs. Miller has done a good thing. The impressions made upon the mind in childhood often last into mature life, and even to old age. If these impressions are for evil they may do lasting harm. On the contrary, if the impressions made are for good, their happy effects may be equally permanent. The hints in this little work, the lessons concerning correct living, the knowledge of physiology, hygiene, etc., conveyed in the form of rhymes, will certainly not only amuse but instruct far better than Mother Goose has ever been able to do. We commend the book heartily to all.

HOW TO READ, and Hints on the Choice of the best Books. By Amelie V. Petit. New York: S. R. Wells & Co.

The following are the titles of the chapters of this little book: How to Read. Why Criticism and Critics are Necessary. Taste and Imagination. Why a Writer's style is Improved. Certain qualities that Books possess. Books and their binding. Comparative rank of Authors. Books which the Student of Literature should Read. Novels. Poetical Reading. Biography. Essays. Growth of English Literature. Thoughts upon a Course of Reading. After this follows long lists of American and English books. There is no doubt that books of this character have their value. The book before us seems to be fairly done, although it contains in its list of books some works of little worth, while omitting many excellent ones. Price $1.

THE TEMPERAMENTS; or, Varieties of the Physical Constitution in Man, considered in relation to Mental Character and the practical affairs of Life. By D. H. Jaques, M. D. New York: S. R. Wells & Co.

This is certainly a very interesting book, and one that will help a multitude of readers to a better understanding of the human temperaments. He divides the temperaments into three kinds; the motive, in which the muscles are largely developed; the vital, where the nutritive system ranks highest in development, and the mental temperament in which the nervous system prevails over the others in development. The work is profusely illustrated with portraits of distinguished men and women, classified as related to temperament. The book will repay a careful reading. Price $1.50.

JUVENILE TEMPERANCE MANUAL. By Julia Coleman. New York: National Temperance Society. Price, paper covers, 30 cents. Cloth, 60 cents.

Our friend Julia Coleman, a most earnest worker in all that relates to the welfare of the race, has given us a little book of rare value, and one which we hope will find its way into a large number of families, especially those where there are children to educate whose habits concerning tobacco and intoxicating drinks need to be formed aright. Miss Coleman goes to the root of the matter, and furnishes us in a simple and attractive form with a fund of knowledge not to be found elsewhere. We heartily commend the book to all parents.

THE LAW OF POPULATION; its Consequences and its Bearings upon Human Conduct and Morals. By Annie Besant. New York: A. K. Butts. Price 50 cents.

The object of this little work is to induce the English working people, who live in stifling courts and crowded hovels, to rear a less number of children, in order that the path from poverty may be easier to British mothers. It is written with great earnestness and power, and shows the author to be possessed of a very vigorous and philanthropic mind. Chapter 1st treats of the Law of Population. Chapter 2d, Its Consequences. Chapter 3d, Its bearing upon Human Conduct and Morals. Chapter 4th, Objections Considered.

LIFE AT HOME; or, the Family and its Members. By William Aikiman, D. D. New York: S. R. Wells & Co. Price $1.50.

This book seems to have been written for the newly married, yet not for them alone. Its object is to inspire in the reader a determination to perfect the family relation and make it what it ought to be. It contains nine chapters written in a deeply earnest and religious spirit, in which are to be found many suggestions which, if heeded, would save a world of sorrow. The writer is strongly of the belief that the family is the educator of the race, far more than the school. What the individual is in the world depends to a large extent upon what he has been at home. The family is the first place where the lesson of life is received. The atmosphere of the family determines the constitution of the man and the woman. Each of its members is a member of that atmosphere; father, mother, brother and sister, combined together for good or for bad. In America there is danger that the power of the family will be diminished because here, more than elsewhere, a young man leaves home and its influences for the excitement of city life, or to settle in some far off Western locality.

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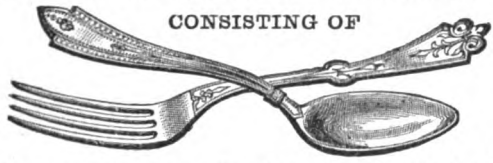
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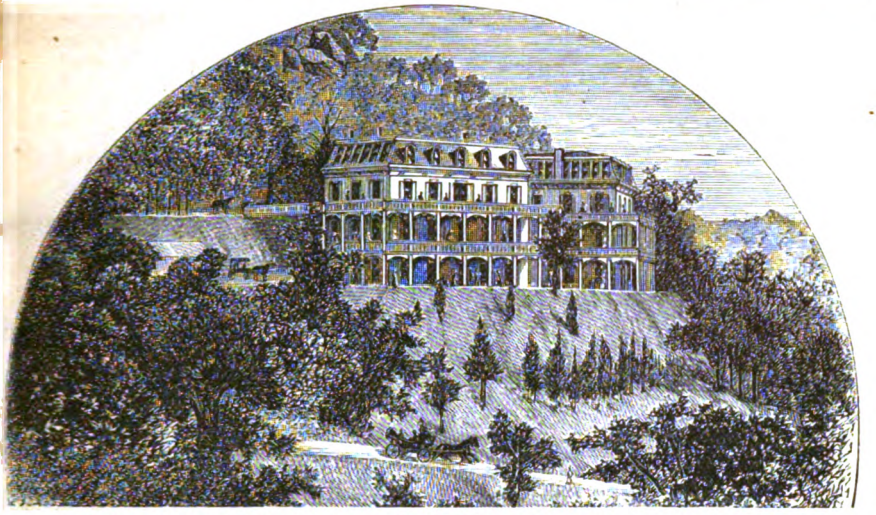
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CONTENTS FOR FEBRUARY, 1879.

GENERAL ARTICLES. Page.

Physiological and Sanitary Marriage and Parentage.—*By the Editor.* (2). 25
Pure Air and Health.—*Dr. C. E. Page* 26
Sketch of Friederich Ludwig Jahn 29
Is Knowledge Power?—*Edwin Faxon* 30
Sunshine 31

OUR DESSERT TABLE.

Not in Vain—Selfishness—Faint Not! Pause Not!—Beautiful Things. 32

TOPICS OF THE MONTH.

The Princess Louise—Her Tastes and Habits of Exercise 33
Bayard Taylor—The Death of the Princess Alice 34
Temperature of the Head 35
Caleb Cushing as a Worker—Roscoe Conkling's Health Habits—Dead and Sick Congressmen 36

EDITOR'S STUDIES IN HYGIENE.

The Spread of Scarlet Fever 37
Propagation of Diphtheria—Detection of Adulterations in Flour—Gluten in Wheat 38
Flour Running in Bread—Millstone Dust in Flour—Light Gymnastics—Current Literature 39

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THE
HERALD OF HEALTH.

FEBRUARY, 1879.

PHYSIOLOGICAL AND SANITARY MARRIAGE AND PARENTAGE. (2.)

BY THE EDITOR.

THE OBJECTS OF MARRIAGE.

IN our introductory paper in the January number of THE HERALD OF HEALTH, we discussed our theme from a general point of view, and tried to show that as the race had advanced in knowledge and culture, marriage had from time to time improved, and that though far from being perfect to-day, it is almost infinitely better than it was in ages past. In this chapter it is our purpose to treat of the objects of marriage. These are more numerous than are generally supposed. Marriage seems to be one of the institutions which has its foundations deeply laid in nature. In the animal kingdom it has great significance. Birds and beasts mate for a longer or shorter period, mainly for the rearing of their young and the continuance of the species. With man it has a higher meaning. With him it is for the promotion of human happiness; and the more civilized man becomes, the greater importance there is to be attached to it. Do away with marriage and the race would deteriorate at a rapid rate. Individuals may refuse to marry, and live in comfort; but the whole race could not do this. Let us now see what are some of the objects of marriage:

First. One object is the establishment of a home, where man and woman may retreat from the cold harsh world, and gain rest and strength for combat in the struggle of life.

Second. Another object is that this home may be made the place for the increase of human comfort and human happiness, where friends may be called around us, where luxury may be enjoyed and refinement cultivated. In those countries where the homes are only hovels, and human beings live together like animals, the race is wonderfully degenerated.

Third. Another object of marriage is the development of character. What a place does the well-ordered family afford for the culture of all that is best in man! The affections here bloom in their greatest beauty; the sympathies become warm and fervent, and the character finds an atmosphere for its best development.

Fourth. Another object of marriage is companionship with those who may have the same sympathies, hopes, aspirations. It is not a pleasant thing to go through the world without sympathy, and to meet only those who have no interest in us except to make us contributors to their welfare and their selfish ends. In marriage, as it should be, there can be no selfishness. Each member works for the other's good; each contributes to the other's welfare. In the outside world it is different; each seeks to use the other for selfish purposes, and this makes life a contest, a struggle, a battle. If such a state of things were to prevail in the home and married relation, then marriage would so far be an evil, and not a

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good. All marriages where there is such a state are not physiological.

Fifth. Another object of marriage is love. Love is the highest impulse of the human heart. Intellect pales before it. The sacred Book could have said nothing higher when it said: "God is love." All human hearts have somewhere and some time a desire to love and be loved. A loveless life is a starved life. Love warms human nature; it sets it on fire. The affections can only receive their highest development in marriage. The loves between friends are poor and transient; but the love between a man and woman in a perfect marriage is something divine—heavenly.

Sixth. Another object of marriage is the raising of a family. If there was no marriage the rearing of children would be a most difficult task, and would fail. Children require so much care that the mother would find it a difficult task to rear the children alone and outside the family. Marriage makes this easy. It furnishes a home for protection and comfort, which would not otherwise exist. It furnishes incentives to improvement, and these act favorably on the child, and often make it better than the parents. This makes progress possible. In savage nations where the home and marriage are less respected, progress is slow.

Seventh. Finally, the state and civilization have their root in marriage; without it they could hardly exist in any high degree. If we would have the state prosper most of its members must be married. It is true, individuals may remain single, to their own advantage and the advantage of the state; but this does not contradict the general rule. It may be better for the world that Herbert Spencer remained single and took the time he would have devoted to the care of the family to investigate the laws of society; and yet even in his case he finds one of his chief delights and recreations in the society of the children of his married friends and acquaintances. This may be true of multitudes, but not of all. It is true that the state is not benefited by the marriage of the lame, halt, or blind, the insane or idiotic. These cannot make happy homes, and only tax society to prevent them from doing harm. Such may properly be discouraged from marriage—perhaps prohibited from it by public opinion at least, if not by law.

We might enumerate many more objects for marriage, but the above are sufficient for our purpose. If it is so important and has so much dependent on it, it follows that the more perfect the marriage the more perfectly it will serve its ends. The physiological marriage is something more than a union on purely physiological principles for the rearing of the most perfect children. It is a marriage in which there is union of mind, union of heart—a union of all that is sweet and beautiful in human nature.

PURE AIR AND HEALTH.

BY DR. C. E. PAGE.

THE poisoning process occasioned by remaining in a bad atmosphere is thus illustrated by Mrs. Stowe, and cannot be recalled too often:

"No other gift of God so precious, so inspiring, is treated with such irreverence and contempt in the calculations of us mortals as this same air of heaven. A sermon on oxygen, if one had a preacher who understood the subject, might do more to repress sin than the most orthodox discourse to show when and how and why sin came. A minister gets up in a crowded lecture-room, where the mephitic air almost makes the candles burn dim, and bewails the deadness of the church—the church the while drugged by the poisoned air growing sleepier and sleepier, though they feel dreadfully wicked for doing so.

"Little Jim, who, fresh from his aft

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ernoon ramble in the fields, last evening said his prayers dutifully, and laid down to sleep in a most Christian frame of mind, this morning sits up in bed with his hair bristling with crossness, strikes at his nurse, and declares he won't say his prayers, that he don't want to be good. The simple difference is, that the child having slept in a close box of a room (after having eaten all the supper he wanted, *i. e.* crammed his stomach to distension) his brain all night fed by poison, is in a mild state of moral insanity. Delicate women remark that it takes them all the forenoon to get up their strength. Query. Do they sleep with closed windows and doors?"

"The freshest and strongest hour of the day, so to speak, should be upon awakening in the morning, for sleep is indeed 'tired Nature's sweet restorer,' and no one need arise in the morning feeling unrefreshed by their night's sleep, although it must be stated that pure air alone cannot successfuly combat an otherwise entirely unhygienic *regime*. Sleep, as designed by the Creator—perfect nervous repose—is dreamless, and can come in its perfection only to a perfectly healthy person. The conditions of health, as unfolded by physiology, may be briefly stated to consist of five necessary requirements—diet, air, exercise, water, and nervous repose. These are undeniably the essentials; no human being can continue in a fair state of health when deprived of the just proportion of any one of them. Besides the various diseases directly traceable to the influence of impure air, its effects are seen in a general depression of the tone of the system. Persons habitually occupying badly ventilated apartments show this in palor of countenance, depraved appetite, feeble digestion and weakness of body; and such are proverbially subject to attacks of acute disease. Dwellers in low situations, and the vicinity of marshes, as well as those exposed to the poisonous emanations of sewers, and of decomposing organic matter, suffer in a similar way, and this general impairment of the powers of the body is, doubtless, often the signal for the development of inherited taints that, under more favorable conditions might lie dormant through a long and vigorous life. The incompleteness of nutrition gives strength to the lurking predisposition. Instances are constantly recurring in which consumptive tendencies are developed to a fatal issue through various bad conditions, impure air being the most common. And physicians are aware that the constant presence of a pure atmosphere, with other means for healthy nutrition (a good mixed diet of bread, milk, vegetables, meat—fat as well as lean—the avoidance of pastry, and the restriction upon the appetite never to lack a relish for plain, wholesome food, will hold the predisposition in check, and maintain the system above the plane of its influence. That breathing air already vitiated by respiration is a powerful aid in the production of consumption is acknowledged by all observers., and some go so far as to affirm that this is its principal cause. We know that respired air is deficient in oxygen—the great purifyer and clearer of the vital economy—and contains an excess of carbonic acid, watery vapor and organic matter. If it is breathed again the blood immediately suffers both from lack of oxygen and from the accumulation of effete material. This condition of the blood necessarily hinders the healthy waste and repair of the tissues, and must contribute to the formation of those depraved products which are everywhere characteristic of consumption. The tubercles, which in this disease make their appearance in the pulmonary organs, consist of crude, coagulated, half-organized masses of albumen, the abortive products of incomplete nutrition. And it seems but natural to expect that the organs with which the foreign ingredients of the atmosphere come more immediately into contact, and the bloodvessels which they must enter on their passage into the system, should feel in a distinctive manner their noxious influence."—*Youmans.*

Besides acting as a cause of consumption, impure air is a source of much suffering to those already diseased, and i

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innumerable instances prevents recovery. The reason is obvious. The capacity of the lungs is more or less reduced, hence less air can be conveyed to the blood; and if this is deficient in oxygen and contains impurities, the malady is directly aggravated. In short it may be said that while pure air is essential for the preservation of health, it is of even more vital importance in the cure of disease, and yet in practice, while the healthy inmates of a house habitually breathe air that is far from pure, the sick-room is in most cases made vastly worse by closed doors and windows. The fear of the patient's catching cold often decides the case fatally, when good ventilation, with proper precautions against direct drafts striking the sick-bed, and against chilliness by ample clothing, might have ensured recovery. Says Professor Youmans: "Breathing an impure atmosphere injures the mind as well as the body. If the blood which is sent from the lungs to the rest of the system is imperfectly aerated, no organ feels it more than the brain. Its immediate effect is to cloud the mind and depress its energy; sharpness of attention clearness of apprehension, and readiness of memory are all impaired. The health of the mental and bodily functions, the spirit, temper, disposition, the correctness of the judgment, and brilliancy of the imagination, depend directly upon pure air."

Dr. Ray remarks: "In a school or hospital, or other considerable assemblage of people, the purity of the air may be pretty accurately measured by the amount of cheerfulness, activity and lively interest which pervades it; and yet so little do people think or care about this subject, that under existing arrangements there are very few who do not every day of their lives inspire more or less highly vitiated air. The listlessness and stupidity of students, and especially of their teachers, are often due to the bad state of the air they breathe. Using the brain in a vitiated atmosphere is like working with a blunted instrument, and the effect, of course, must be aggravated where the inexperienced are first learning the use of the instrument."

The aim should be to maintain a temperature in the living rooms of about 65° to 70° F., with a constant change of air going on all the time, so that upon entering the house after a period spent in the open air, the most sensitive nose could detect no close smell. The sleeping-room should be subjected to the same test. Upon rising in the morning leave the bed-room *just as it has been all night*, and after an hour or so out of doors, or, as some one has put it, "until the nose is thoroughly awake"—pay a visit to the bedroom, and if it smells sweet and fresh, like the air without, you have breathed the breath of life all night. This test would surely condemn 90 in the 100 sleeping-rooms the world over. We need to learn that "we find Nature's standard of purity in the external atmosphere; and, other things equal, the nearer we approach this in our dwellings the healthier will be the inmates."

In practice I have found the best means of ventilating a room to be by the windows. Not by lowering them at the top—this establishes a direct current of cold air that often will be sensibly felt, and should always be avoided. By inserting a three-inch strip of board beneath the lower sash we obtain the effect of "mis-matching" the sashes where they lap over each other in the middle, admitting a stream of air which is thrown directly upward, becomes mixed with the heated air above, and ensures perfect ventilation—ingress for an abundance of pure air, and egress for carbonic acid—without the slightest perceptible draft. Even persons sitting directly by the windows will feel no cold air. All the windows in the house, office, church or school-room should be thus fitted.

It is best when practicable—and with the delicate and feeble always—to have the temperature of the sleeping-room at a comfortable point, not less than 60° F. Nothing is gained to any one by going shivering to bed. Only the robust can safely submit to such a practice. The *doctor* is sure to afford comfortable sleeping-rooms *if you don't.*

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SKETCH OF FRIEDERICH LUDWIG JAHN,
THE FATHER OF MODERN GERMAN GYMNASTICS.

FRIEDERICH Ludwig Jahn, born at Wittenberg in 1778, was in his time one of the most popular men in Germany. No other man ever exercised so great an influence over German youth in colleges and universities, or was so ardently worshiped by the youthful disciples. During the eventful years from 1796 to 1800 he studied divinity at the University of Halle. At this early date, from the age of 18, he appeared as a reformer of German student life. He vigorously opposed those associations called *Landsmannschaften* with their time honored abuses of idleness, drinking and duelling; and by his opposition he exposed himself to great personal danger from the ill-will of those societies; but his principles did not yield. However, for the sake of safety he took up his abode in a cave near Giebichenstein, from which he went forth to attend the lectures at the University. After finishing his course at Halle, he studied at various other universities, among them Gottingen. Here he laid aside theology, giving his attention to the German language and literature, publishing several works on the latter subject. At the age of 22 he came forward as a political writer, by the publication of his work on the promotion of patriotism in the German Empire. At the commencement of his attempt to reform the social life of German university students, he founded the *Burschenschaft* in opposition to the old societies. These latter, however, were protected by the governments of the time, which preferred, as it would seem, that the students should devote their leisure to a wild life of carousing and duelling, while the associations advocated by Jahn, aiming at intellectual culture and national liberty, were soon put under the ban. As all students' unions had special colors, Jahn shows for his black, red and gold, which afterward became famous as the emblem of German unity and liberty, and which have not even yet been superseded in the hearts of the German people by the new colors of the Empire, black, white and red.

During Jahn's university life evil times were threatening Germany. The French armies were devastating the country; the old empire, already in decay, fell into ruins under the stroke of Napoleon. The French Emperor advanced against the Prussian army, and Jahn hastened to join its ranks; but he was too late to do more than to share its retreat. The *Fatherland* lay bleeding at the feet of Napoleon. But Jahn would not yield to despair. He labored hard as a teacher and as an author. In 1810 he published his work on German nationality; and in the same year he put in practice the plan of drilling large companies of boys in gymnastic exercises. In 1811 he opened in Berlin a gymnasium which in time became famous, being indeed the *alma mater* of all the *gymnasia* afterward established in Germany. Jahn was, moreover, the originator of societies for the purpose of competition in their art, and the German youth, by their marching to join these gatherings, as well as by their training in the gymnasium, were soon fitted to meet the earnest conflict of war, which was soon to call forth all their energies. When in 1813 Germany rose against Napoleon, Jahn joined the renowned corps known as *Lutzowsjager*, as commander of the battalion, and during two years of war fought to establish the independence of Germany.

When the independence of Germany had been secured, Jahn gave his especial attention to the subject of physical culture. In 1816 he published his famous work entitled "German Gymnastics." But the German princes, forgetting the great effort made by the nation to re-seat its rulers, disregarded the promises made in the hour of necessity to bestow a free government and liberty on its subjects. A political reaction set in, and Jahn, in spite of his great services to the government, was not spared, but was arrested as a dem-

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agogue, and sentenced to two years captivity. And though this unjust sentence pronounced against one of the best sons of Germany, was cancelled by the courage of a superior tribunal, yet the government banished him to Freiburg, prohibiting him from teaching, or even living in any town where there was a university or college; and it was not till 1840 that he was set fully at liberty. During all these years of disgrace—disgrace of the rulers, not of him—he published many German works.

In consequence of his great services in the cause of national independence, he found himself reduced to poverty. A national subscription procured him a home and its comforts. This home soon became an asylum for German patriots, and his pecuniary difficulties began again, and were again met by the generosity of his countrymen.

The spirit of repression once more gave way before the united efforts of enlightened Germany. The rulers were compelled to grant free constitutions, a parliament was formed, the longing of many Germans for a national union seemed now in a fair way to be accomplished. The first parliament met at Frankfort, and Jahn was a member of it. The dream of his youth seemed to be realized. But it was only a dream; delightful but brief. The rulers once more proved too strong for the aspirations of the people; the parliament was dissolved, liberty was again crushed, and thousands of men were sent to prison or into exile. A second period of reaction, more severe than the former, set in, and Jahn—Vater Jahn, as the Germans fondly called him—retired with a broken heart from public life. He died in 1852. The martyr's crown was his only recompense. He was not permitted to see the dawning of these better times for which he had helped to prepare the way. But he will live forever in the affections of his countrymen; and as the modern apostle of true physical education, he deserves well, not only of his own countrymen, but of mankind. His character was in all respects worthy of the sympathy and esteem of enlightened Americans, themselves the representatives of that union of well chosen enthusiasm and manly rectitude, which was so conspicuous in Friederich Ludwig Jahn.

IS KNOWLEDGE POWER?

BY EDWIN FAXON.

THERE is no saying more popular, none that gains more complete assent from the masses, than this: "Knowledge is power." There is a strength and boldness in the expression—coupling as it does two of the grandest words in the language—and making them synonymous in meaning, that commands assent, and makes us accept its truth without reasoning upon it. Our whole system of education and mental training seems to be based upon it. Would you be strong? Would you be powerful? Then acquire knowledge, for "knowledge is power," and *power* is a word that stands for all that a mortal can desire. It is the "open sesame" that commands all the forces of Nature, and all desires of art, and makes heroes and rulers of all in proportion as they have it. Thus are the hosts of eager students in the public school, in the university, and in many an obscure cottage spurred on to noble exertion. As the alchemists of old sought the "philosopher's stone," that should convert all baser metals into gold, so do the devotees of learning seek to accumulate that which shall work for them as mighty a miracle. *Power* they have not, but *knowledge* is its equivalent; and so the midnight oil is burned, and the nervous system is taxed to its utmost to secure the inestimable treasure.

It seems cruel to step in upon a long cherished delusion and expose its fallacy, but it would be a real service to

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many a noble-minded and devoted student to point out to him the fallacy, the actual untruthfulness of this most popular phrase. No, knowledge is not power. It is a very desirable thing indeed; it is worth getting, it is better even than gold, but it is not power, as many know to their sorrow, who have gained it and found it inconvertible into that for which, in the well-sounding phrase, it stands. In a word, the equation, knowledge equals power, is false, and admits of no realization in actual life.

It always pays to discover and accept the simple truth, whatever may be the subject, and whatever fond delusion may thereby be exposed and destroyed; and upon no other subject whatever is the truth of more practical value than this. What, then, is the true source of power in human affairs? Where shall we seek its true spring and fountain head? We would answer that it is to be sought first of all and above all in the *character* of the individual. The powerful man in the busy world of actual life, in the world of rivalry and strife, is not primarily and essentially the wise man, the learned man, but the man of character, the man of will, of courage, of energy, of moral integrity. He is the ruler, the chosen one whom the masses single out and proclaim as their leader. Such a man does not despise knowledge, but labors diligently to acquire it. He, of all men, knows its value and its true use. If his stern will and steady purpose and high resolve may be compared to the strong right hand of the warrior; then knowledge, which is the true handmaid of power, may be likened unto the left hand that meekly reaches to its companion the weapon with which the battle is fought and won. But to say that the sword is a valiant warrior, is no more absurd than to say that knowledge, the useful instrument in the mind of the strong man, is itself the force by which great things are achieved.

It is character, then, young man, young woman, to the evolution of which you are to devote yourself as the first great work of life. When you thus become great yourself, when the strong will within you has conquered all that is base and menial, when you are able to make and to keep a good resolution, (and this is the highest achievement of life) in a word, when you have reached the dignity of true manhood, of true womanhood, then be your external circumstances what they may, you may feel, with no danger of self-deception, that you are *powerful;* and having gained this noble eminence, wearing thus the crown of earthly dominion upon your brow, you may well press on in the acquisition of knowledge, knowing that it will serve you right well in those heroic efforts whose assurance of victory rests upon *character.*

SUNSHINE.

HE who would work to win a fame
As lasting as the hills,
Must weave the sunbeams in his plan,
To cheer our human ills.

The friendship formed by kindly word
Will long unbroken be;
The trial met with smiling face
Will prove a victory.

For he who adds to life a joy,
Proves fellowship with God,
Who scatters sunbeams everywhere
On kingly throne or clod.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

NOT IN VAIN.

They have not lived in vain, who loved
So well, that lovers cherish still
Their memories, and hearts are moved
To nobler use, and poets fill
The hour which inspiration claims
Making new melodies to hold their names.

They have not lived in vain, who toiled
So well, that many a grief to-day
Is calmed, and many a coil uncoiled
Which winds about our narrow way,
Reading the words to which they lent
Their glorious strength, until their life was spent

They have not lived in vain, who dared
Battle for all men's common cause;
Although perhaps they were not spared
To see the working of God's laws
Of Truth and Justice, in whose name
Their service has been counted all the same.

Nor have they lived in vain, who died
Honored and loved, or all unknown,
Who did for others' lives decide,
Choosing to sacrifice their own;
Nor the more patient martyrs, they
Who in slow suffering wear their lives away.

Let us not live in vain! Be sure
'Tis not our proud *beliefs* which tell
If but the test we each endure
Sent to each life, 'twill all be well.
Shall we not find that Heavenly grace
Keeps for each child beloved its favorite place?

J. S. J.

SELFISHNESS

Selfishness affects the brain
In some mysterious way,
And drys it up in spite of all
That books or doctors say,
And shrinks it so it cannot hold
A kind or noble thought;
And soon it gets too weak to think
Of anything it ought.

Selfishness affects the heart,
And makes it wondrous small.
So much so, that it seems no use
To have a heart at all;
It feels no other rights or needs
Except for self alone,
And soon becomes as hard and cold,
And worthless as a stone.

Selfishness affects the eyes,
With sight too short to see
Farther than self, and caring not
For neither you nor me,
Nor any one, nor anything,
Except for selfish ease,
And selfish pleasure, selfish greed,
And only self to please.

Anna Linden.

FAINT NOT! PAUSE NOT!

In the heat of summer's sun,
Ere thy life-work is half done,
Faint not! Pause not! Much remains,
Worthy of great toil and pains,
To be conquered and possessed
Ere thou enterest into rest.

Steep and thorny seems the way?
Grows it rougher day by day?
Do the lightning's vivid flash,
And the thunder's deafening crash,
As they play about thy head,
Fill thee with a mortal dread?
Do life's bitter waters rise
Surging madly toward the skies?
Has a serpent reared his head
In the path thou art to tread?
Lonely dost thou feel and sad?
Pluck up courage and be glad!

Yes, rejoice that thou art strong
To endure each bitter wrong.
No; not wrong, but right for thee,
As, believe me, thou wilt see,
When the Golden Gates once passed,
Thou art safely home at last.

Home; where Peace and Love abide.
Home; where knowledge dwells, and wide
As the circuit of a star
Thou may'st roam, and from afar
Gather gems of wisdom bright,
Glowing in celestial light.

E. A. Kingsbury.

BEAUTIFUL THINGS.

Beautiful faces are those that wear—
It matters little if dark or fair—
Whole-souled honesty printed there.

Beautiful eyes are those that show
Like crystal panes where heart-fires glow,
Beautiful thoughts that burn below.

Beautiful lips are those whose words
Leap from the heart like songs of birds,
Yet whose utterance prudence gird.

Beautiful hands are those that do
Work that is earnest, brave, and true,
Moment by moment the long day through.

Beautiful feet are those that go
On kindly ministries to and fro,
Down lowliest way, if God wills it so.

Beautiful shoulders are those that bear
Ceaseless burdens of homely care,
With patient grace and daily prayer.

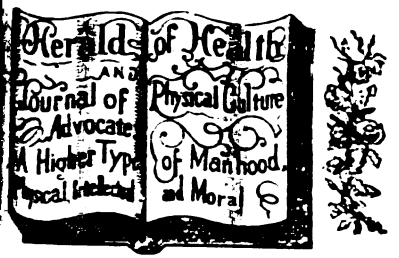
Beautiful lives are those that bless—
Silent rivers of happiness,
Whose hidden fountains but few may guess.

Beautiful twilight at set of sun,
Beautiful goal, with race well won,
Beautiful rest, with work well done,

Public Opinion.

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EDITORIAL DEPARTMENT.



NEW YORK, FEBRUARY, 1879.

WATER.

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

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

TOPICS OF THE MONTH.

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

THE PRINCESS LOUISE—HER TASTES AND HABITS OF EXERCISE.—An Ottawa correspondent of a Canada paper furnishes the fullest account we have yet seen of the simple tastes and healthful habits of the Princess Louise. At a recent "presentation" to the Marquis and Princess it seems all the Canadians were greatly surprised to find themselves ushered into "a very plain room, very plainly furnished," but still more surprised to meet, as the Governor-General and his wife, a very simply dressed, unobtrusive pair of people. They indulged in an easy chat, and cordially shook hands with each of their guests. The Governor-General was dressed in plain morning suit, while the Princess, though it was three o'clock in the afternoon, was arrayed "in the simplest possible style, high neck, and without even a single ornament." Quite a contrast, the writer thinks, to the Americanized young ladies of Canada, "who cannot go to the nearest market without a gold chain dangling from their necks," and who would feel disgraced in the social scale to appear in the drawing-room without a full display of jewelry.

It has long been known that Queen Victoria brought up her family with common-sense rules that are in vogue with sensible common people; but this correspondent's sketch of the Princess's habits is none the less interesting for all that. The writer says:

"One of her chief characteristics is her love of exercise. She may be seen in the dull gray mornings, of which we have had so many since her arrival, at as early an hour as 8:30, vigorously walking in the romantic neighborhood of Rideau Hall. She comes to town nearly every day, not in a carriage, but in good stout English walking boots, in which she tramps through the mud and slush with a bold, firm step, which puts to shame the mincing ladies who, if they venture out at all in bad weather, pick their way as tenderly as if they were walking on eggs. I met her last Sunday at about four o'clock, near the Chaudiere. I must tell you that Rideau Hall is about a mile and a half from the Parliament Buildings, and the Chaudiere Falls are but a mile farther west. She was walking with his Excellency, and Sophia MacMamara. The Princess was dressed in black, over which she wore a long, gray Ulster; her head was wrapped in a white cloud, and she carried a small cane — she always appears in the street with a cane. You ask why she carries a cane. I do not know; but I suppose she is guided by the good common sense which tells her that such an appendage is useful on slippery streets, and that the extension of the muscles of the chest is promoted by the swinging of the arms, which the use of the cane increases. You may be certain there is some simple, sensible

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reason for it. I know ladies who would think themselves degraded by wearing heavy walking boots—boots fit to keep out the wet, and with which muddy, slushy roads might be traversed with impunity. She delights in them, and is apparently as much at home and as happy while doing her six-mile walk on any indifferent road as she would be in her drawing-room, and, I suppose, more so. The party had walked from Rideau to the Chaudiere, and when they reached the Government House, on their return, they would have covered at least five miles of a rough road. This was a Sunday afternoon constitutional.

"This habit of walking exposes the Princess to much inconvenience, for there are always ill-bred people who stare at, and even follow, her in the streets. She seems fond of shopping, and has already visited a number of the leading dry-goods houses. But she does not confine herself to the first class houses. A few days ago she was seen suddenly to stop before a small tin-shop. She saw something in the window which attracted her attention, and, after observing it for a moment, walked into the very humble place. Now what do you suppose had struck her fancy? A small tin teapot! A little common thing, with a capacity of about one cup, and worth about 25 cents. She bought it, and, I was told, put it in her pocket; but this I doubt. Now, this shows the utter absence of that false pride which makes so many of our women objects of ridicule. Plain, simple, unostentatious, affable, and courteous. She has already won the affections of all who have come within her influence; and there can be no doubt that her example will be of incalculable value to this young country, and will go far in checking the growth of the pernicious modes of life established among our American cousins, which have already done much to make our women unwomanly, and our girls idle, proud and snobbish. Let the young women of Canada watch the life of this daughter of royalty; let them imitate her industry, her simplicity, her pure, healthy, useful life, as well mental as physical; let them recollect that no life is happy which is idle; that the highest and purest enjoyment in this world is the consciousness that we are constantly employed in doing good and being useful, and that the most wretched of all lives is that of the woman of fashion, or the girl who spends her time in the whirl of social excitement."

It seems by the explanation which this writer gives that the "full dress" order, which was lately the subject of so much talk, did not originate either with the Governor-General or the Princess, but proceeded from a military official of the Dominion. It was an exact copy of those issued by her Majesty on "drawing-room" occasions, and "he doubtless felt that, as Canada was receiving a royal child as the head of her social system, there was nothing incongruous in elevating the *status* of their gatherings."

THE DEATH OF THE PRINCESS ALICE.—The recent death of the Princess Alice, older sister of Louise, has been the occasion of much being said concerning her most excellent character. Her death was caused by an attack of diphtheria acquired while nursing members of her family sick with that disease. It has been suggested that the ancient castle, which was her home, was not in a good sanitary condition. This only shows that this disease is not wholly confined to the unclean, and that it can be prevented only by the greatest vigilance.

BAYARD TAYLOR.—The death of Bayard Taylor, which occurred just as our January number was completed, has already been signalized by the press with appropriate mention, and the story of his life hardly needs, at our hands, any further exemplification. It was one with which every bright schoolboy was more or less familiar, and it was more or less romantic and instructive. Mr. Taylor, without possessing the very first order of genius, had been long welcomed as a peer among our most alert and cultured literary men, and there is scarcely a field of literary thought and exertion to which he had not furnished some nota-

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ble or valuable contribution. The best of it all was, that, without collegiate training, and under disadvantages in early life, he had become a chosen lecturer in the college and on the platform; an easy and able writer, an author of uncommon versatility, and an honored representative of the government itself in high and coveted positions.

The boys of America will long remember the boy who at nineteen traversed Europe on foot, and gave us his views about it in graphic sketches of what he saw; or, if they forget or have not heard, it will long be a stimulating and healthful story for parents to tell them. In many other ways, as a stirring and resolute worker, his example will be in point, and furnish hope to those who think difficult things impossible.

But there is also a lesson in Mr. Taylor's life which must be read somewhat reversely. There was no natural and solid reason why he should die at an age scarcely rising of 50, when Nature had offered so much in primitive health and stalwart frame, while a brother author, Bryant, who began in feebleness, leaped a generation beyond him. Mr. Bryant became more than an octogenarian, and was also a hard worker, and Mr. Taylor's father and mother are still living on the borders of or beyond four score years. But Mr. Bryant preserved and increased his health by abstemious and thoughtful habits. He had no strength to spare, and so he husbanded what he originally had to wonderful advantage. Mr. Taylor, on the contrary, felt that his bank account of physical capital could not well be overdrawn, and so for years he habitually overdrew it. We must even go further than this, and say that he tried to piece it out when fatigue seemed too great, or the will faltered at more tasks, by that sort of stimulating which makes the life-candle, so to speak, burn at both extremities. He chafed at a surrender to physical limitation, and preferred to work on; but no man can do this with impunity, and there is no elixir of life that will make up for, or help to condone, the constant infringement of life's laws. There is no lesson in this world truer, (and nowhere is the proverb more applicable than in respect to health), than that which says: "You cannot eat your cake and have it, too." It is our business to dwell upon this point and emphasize it, for Mr. Taylor is by no means the only man who has driven his health into useless and premature bankruptcy. This class of persons is all about us, in high station and low—people so absorbed in work and ambition that they dig themselves premature graves, though Nature year by year, in tell-tale pains and disorders, is struggling to show them the pitfalls which, unless they reform, will surely engulf them. It is hard for the world to lose the contemplated biographies of Goethe and Schiller which Mr. Taylor had planned, and the still larger career which should have been his; but if his sudden death from protracted overwork should teach the class it most strongly appeals to, with any effect, it will not be to an idle purpose, as it is not without kindness and charity that we have called attention to it.

TEMPERATURE OF THE HEAD.—Some investigations have recently been made by several physiologists concerning the effect of mental activity upon the temperature of the brain. Several thermometers are placed on different parts of the head and fastened there by means of straps; then the person subjects himself to various intellectual processes, and the result shows a decided increase of temperature in certain parts of the brain. The temperature of the brain of a professor was elevated several degrees while delivering a lecture. Even the slightest intellectual effort raises the temperature of the head above that which it reaches in idle conversation.

It is interesting to note that certain parts of the brain show a greater increase of temperature than others. Where the temperature of the head is increased beyond a certain point, intellectual effort takes place with difficulty, or with pain. This is very apt to be the case with persons of a very nervous temperament. It would therefore be

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prudent for such to cease intellectual effort before this temperature is reached, and devote themselves to some physical exercise which shall equalize the circulation and restore the normal temperature to the extremities.

CALEB CUSHING AS A WORKER.—The death of this eminent lawyer and civilian, which recently took place at his home in Newburyport, Mass., brings to mind some stories of his habits as a worker. It is believed that his power lay in his "sheer force of physical application." He had what may be called tremendous health, an acute mind, of course, and a power of memory absolutely unequaled. He could read for 16 hours a day for weeks together, and he became in due time the highest authority on Federal law in the country. It is matter of note that every administration for the past 30 years, whether hostile to him in opinion or otherwise, found it necessary to consult him on difficult points, as a confidential adviser. As an evidence of his way of working it is said that at one time he read 60 various volumes of law within 19 days time, and he could preserve all essential points in his memory no matter how much he read. He frequently worked through meal hours, and would often eat an entire meal without looking at it or resting from his work. He had been known to sit at his desk for 23 consecutive hours. He smoked and used wine, and, in fact, had but little practical respect for hygienic rules and reasons.

To be sure he lived to a respectable old age in spite of all this, but his habits were none the less the habits that should be warned against. He has proved that the human system in rare exceptions will stand flagrant abuse, and seem to survive it; but Caleb Cushing had a natural endowment of physical power that not one in 20,000 persons possesses. It would, doubtless, have been better for him even, to have lived thoughtfully and rationally — to have set apart separate hours for recreation, and to have eaten in repose, or n a social way; but for the race these rules are not merely convenient, they are necessary. Whoever disobeys them need not expect Caleb Cushing's apparent immunity, but an almost sure record either in chronic disease or premature death.

ROSCOE CONKLING'S HEALTH HABITS.—It is frequently the case that great absorption in public duties induces a forgetfulness of health and its rules. There are certain striking exceptions to this tendency, and one of our New York senators, it seems, illustrates the better way. According to the Washington correspondent of a Chicago journal no man in public life takes better care of himself than Roscoe Conkling. "He is an accomplished gymnast; he practices every day with the dumb bells, and takes a great deal of out-door exercise. He bathes twice a day, and diets himself as if he were in constant training for a prize fight." It is reported, too, that he notices irregularities in others. For instance: Major Ben. Perley Poore is a square, not to say heavy, eater; but will not readily skip any item in the most bountiful bill of fare. Sitting by Poore's side one day at dinner, Mr. Conkling said: "My dear Major, I do not feel at all like dictating to a man how or what he shall eat, but I do consider the way you are going on is positively dangerous."

If a good many other public men, as well as men in private life, could be occasionally jogged after Mr. Conkling's method, there would be fewer cases of apoplexy to record, and a considerable extension of human life.

DEAD AND SICK CONGRESSMEN.—For some reason, which must be general as well as particular, there has been an unusual mortality among Congressmen at Washington of late. Not only more members of the present Congress have died, but several others are seriously ill. It looks from these facts as if the sanitary condition of the Capitol building, or of Washington itself, might be looked after just now to possible advantage. The American Congress does not, as a rule, keep anywhere near as

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late hours as the British Parliament does habitually; its labor is not exceptionally hard in comparison with other legislative bodies; and there seems to be no reason for the marked ill health of its members. We have not thought any too well of the present Congress, but humanity pleads that it shall not die any faster than the laws of Nature decree, except in a purely political or official way.

EDITOR'S STUDIES IN HYGIENE.

THE SPREAD OF SCARLET FEVER.—We have reports from various sections of the country concerning the spread of scarlet fever. It would not be at all strange if during the present winter far more children would die of this disease than died of yellow fever during the last epidemic in the South; but the fact that it is spread over a wider extent of country makes it seem less terrible.

Scarlet fever is so contagious a disease that it is everywhere to be dreaded, and that knowledge which will enable people to prevent it, and stamp it out is most important. To this end, whenever a child is taken down with the disease it should at once be isolated from all other children most thoroughly. This is best done by placing it in a large, well ventilated room, to which none shall be admitted but the necessary attendants. These should under no circumstances caress, play with, or handle other children. If fresh air is coming into the room in abundance it will so dilute the poisonous emanations and sweep them off as to render the contagion less likely to do harm.

The daily oil bath over the skin of the patient also helps to prevent the contagion from spreading. Every bit of clothing in the room must be disinfected before used. This may be done by chloride of lime, one pound to a gallon of water, or by carbolic acid. All carpeting and articles of clothing should be removed from the sick-room. All the secretions and excretions from mouth, kidneys and bowels should be disinfected at once, and thoroughly, too. Before a child sick with scarlet fever is permitted to go about with other children its hair should be cut short and thoroughly cleaned, and so should be its skin. Indeed this should be done for the child's own good while sick.

When the sick one is convalescent the room must be repapered, painted and whitewashed. If the patient dies, the burial should be private, and no children allowed to attend it.

Of the treatment of scarlet fever we do not need to speak here. The most successful methods are those where the least medicine and the most hygiene and good nursing are given. The old method of treating it, so barbarous and monstrous, is yet in vogue in some places. It is to keep the patient in a close room, covered with blankets, and constantly dosed with medicine. Whoever treats scarlet fever by this method is a quack, though he may have a thousand diplomas. Pass such doctors by, and trust Nature and good nursing rather than them.

Scarlet fever is a disease belonging to a low state of civilization. It cannot be stamped out till public sentiment demands it. Better stop our crusade against thieves, murderers and criminals long enough to arouse a healthful sentiment in favor of stamping out scarlet fever.

One word more—a distinguished English physician discovered, some years ago, the fact that scarlet fever probably had its origin in the decaying blood from slaughterhouses, and especially from the blood left to decay by farmers when they butcher. Many cases were traced directly to this source. There are many reasons for favoring this as at least one cause, and perhaps a principal one. If so, the remedy is

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apparent. In Japan, where they have no butcher shops, or animal murderings, scarlet fever is almost unknown. It is dear cost for the habit of flesh-eating, a habit yet destined to be ranked as a species of cannibalism.

PROPAGATION OF DIPHTHERIA.—It is well enough to know how this frightful disease is sometimes spread, either by ignorance or carelessness. The following is an illustration: A little girl in St. Albans, Vt., was ill with diphtheria; the case was not a severe one, and the child recovered. Innocently and ignorantly, her parents took her to visit in a neighboring town immediately after convalescence, while the seeds of disease still remained in her skin and clothing. The child while on this visit slept with the children of her parents' friends, shortly after which four of them were sick with this disease, and some of them died.

While the children of the latter family were sick they were visited by their relatives and neighbors. Those that died had a public funeral, and in one case the body of the dead child was kept for an unusual time that it might be buried with another more recently dead. The physician did not seem to be cognizant of the fact that there was anything wrong in this, and he took no precautions for the protection of the neighborhood, or even of his own children, one of whom died, and another became dangerously ill.

A lady who was employed to robe the dead children for the grave also visited the houses in the vicinity, without changing her clothing or disinfecting her person in any way, and played with the children in those families in utter ignorance of the danger to them.

This is only a single instance of the way in which contagious diseases sometimes spread. People are afraid of snakes, even the most harmless ones, and keep at a safe distance when there is not the slightest danger. If they would do the same with reference to diphtheria and other contagious diseases, the mortality from this source would be much diminished.

DETECTION OF ADULTERATIONS IN FLOUR.—A London miller gives the following simple method of detecting mineral substances in flour: "Empty the specimen to be examined into an assaying cylinder; pour spirits of wine over it, and soak it thoroughly. Now add a few drops of tincture of iodine, which will give it a yellowish color. If to this mixture water be now added, the color will become a dark violet. Now add hydrate of soda until the fluid becomes pale. We shall now see the flour suspended in the fluid in small flakes, and if left in repose the minerals which are in it will sink to the bottom. Now add sulphuric acid until the original violet color reappears. Left now in repose most of the mineral matter will settle to the bottom, over it will be a layer of violet-colored flour, and over this again the almost colorless fluid. This method requires no measuring or weighing, no knowledge of chemistry, but particular attention to the change of color.

GLUTEN IN WHEAT,—The more gluten the wheat contains the more nourishing and easily digested will be the bread made from it. On the contrary, the more starch in proportion to the gluten, the less easy of digestion will the bread be. Starch forms about 60 per cent of the wheat. Dr. Townsend, of the Ohio Agricultural College, has been investigating the subject of gluten in wheat, and finds that the more thoroughly the wheat is allowed to ripen before it is harvested, the more gluten it will contain. Early cut, the wheat makes the whitest flour, because it contains more starch and less gluten; but bread made from this flour is less nutritious, does not not make such light, moist and sweet bread. Hungarian wheat, which is supposed to be the best in the world, contains much gluten. Minnesota wheat is also very rich in this substance. From a hygienic point of view, we ought to cultivate more glutinous varieties of wheat. Some stomachs are so weak that they cannot digest the starchy part of the bread, and so it yields to them no

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nourishment, We all know that a slice of bread cut thin and toasted until it is brown, can be digested by invalids when it could not be done before toasting. The heat changes a portion of the starch into dextrine, which is quite soluble and easily digested. Toast water has its value for the same reason. The dextrine is dissolved, and can be borne by the stomach when nothing else can. French bread is made in rolls of such shape that there is a large amount of crust in proportion to the whole. This crust is very sweet, and it is simply because its starch has been changed into dextrine. It is also very easily digested.

The value of the wheat crop of the world would be increased many millions of dollars, and its nutritious qualities greatly augmented by increasing the amount of gluten and diminishing the amount of starch.

FLOUR RUNNING IN BREAD.—Housewives often wonder what makes the dough of their bread before it is baked, run. One reason is said to be that the miller grinds the flour all into snuff—in other words, kills the life of it. Another reason is said to be that the burr-stones are not evenly set, and so they grind a part of the flour too fine. The wheat grown in a wet season contains more water, and flour made from it is also apt to run.

There is a great deal of poor flour made, and somebody has to eat it. If there were more good bakers, and they were always to demand the very best, millers would try and make better flour. Bread-makers are very apt to treat all kinds of flour in the same way, and if the bread is not good they will say the flour is good for nothing. Where the flour runs, the dough should be kneaded a little stiffer, and the oven should be of a proper heat.

MILLSTONE DUST IN FLOUR. — In grinding wheat or rye, a certain part of the millstone becomes worn off, and incorporated with the flour. A German chemist has analyzed several specimens of flour and discovered the amount of millstone dust which they contain. It is very small. One sample contained two hundredths of one per cent., another four hundredths of one per cent.

LIGHT GYMNASTICS. — Mrs. Z. R. Plumb, who originally introduced light gymnastics into New York, has resumed teaching, and will form additional classes in schools or at private residences. The demand for an efficient and experienced instructor in this most essential branch of education is an evidence of the high place it occupies in the public estimation.

CURRENT LITERATURE.

—:o:—

TOTAL ABSTINENCE. A course of Addresses by Benjamin W. Richardson, M. D., F. R. S., etc. Macmillan & Co., 1878.

The author of the little volume, of which the aforesaid course of lectures constitutes the contents, has a familiar and distinguished name in medical practice and authorship; and whatever falls from his lips or pen is sure to deserve the attention of the careful and conscientious reader. The course of lectures which is here collected divides the subject of total abstinence into five parts, which may be briefly summed up, as 1, the practice itself in health and disease; 2, the difficulties, general and individual; 3, hereditary and acquired difficulties: 4, physical difficulties; and 5, mental and social difficulties.

It seems that, until 17 or 18 years ago, Dr. Richardson, as he frankly tells us, was himself a believer in the commonly accepted value and physiological position of alcohol. At that period, while in the midst of some experimental researches, and on account of them, he began to doubt the ground he had held. Still it was not until six or seven years later that he began himself to abstain from the moderate use of alcoholic drinks as a beverage, and, finding himself benefited in many ways during these periods, he resolved at last to abstain altogether. In the first lecture he traces carefully the results which flow from alcoholic stimulation in all forms, and he finds that the abstaining class, even though compared with those who are but moderate users of alcohol, "are the healthiest of all our community, and the happiest. They do not know what it is to feel the necessity of the false support. They have at command more precision, decision and presence of mind than other men. They sleep better, they have purer natural appetites, and they are of more equable turn of mind. Physically and mentally everything is on their side. The action of their hearts is steadier and more enduring: their muscles are firmer and stronger; their secreting and excreting functions are more regular; they have

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a clean tongue, a good digestion; and they recover from the injuries of disease and accident with great facility. I believe, too, they are less susceptible to acute diseases, and especially to those diseases which arise from the absorption of morbid poisons."

The views of our author upon alcohol in disease are not that it never does any good, but that for the most part, and perhaps altogether, other substances possessing less dangerous tendencies are to be found which will more than fill its place. If administered at all, it should be administered as alcohol, and not as wines, beers and spirits, and should be given only by a physician. "Leave it to the option of the patient to take what he likes, in any form he likes, and he had better not be prescribed for at all by that remedy." In reference to the few places where it may play a useful part, the author by no means considers it a necessity, and his whole conclusion is that "total abstinence from it is as sound a practice in disease as it is in health.

"In the treatment of starvation in cases of stricture of the œsophagus, the very worst types of prolonged starvation, no more injurious practice can be applied than the administration of alcohol in any mode. In such instances alcohol excites the heart, produces febrile disturbance, interferes with the natural secretions, increases cough, and diminishes waste. By the side of milk it has no place whatever, neither does it offer a single indication of its value as a food."

In making our review and synopsis thus far we have confined ourselves entirely to the first lecture, which is perhaps the most important of all; but those which follow are by no means devoid of pertinence and interest. Almost every conceivable ground of the argument is, in these various and lucid addresses, taken up, and nothing is superficially or inadequately treated. The cool and convincing tone, the lack of narrow and headlong enthusiasm, and the effort to give each side fair play, should commend this little volume to the most unfriendly reader, and for total abstainers we know of no tract that would be more timely and useful to circulate.

THE PSYCHO-PHYSIOLOGICAL SCIENCES, AND THEIR ASSAILANTS. Being a response by Alfred R. Wallace, of England, Prof. J. R. Buchanan, of New York, Daniel Lyman, of Washington, and Epes Sargent, of Boston, to the attacks of Prof. W. B. Carpenter, of England, and others. Boston: Colby & Rich.

We have here a pamphlet of 216 pages on the subject of spiritualism and clairvoyance, the essays being thrown in the form of a defence against the sharp strictures of Prof. Carpenter on spiritualism and its cognate pretensions. There is, no doubt, at this time, a brisker controversy than ever going on between those who believe in spirit and immaterial (not to say immortal) life, and those who think that in matter alone is to be found the promise and potency of all known or knowable phenomena. The combatants on both sides are men of thought and erudition, and the literature of the age is strongly infected with the atmosphere of the contest. As a contribution to one point in the field, where the warfare must necessarily be hot and heavy, this little book furnishes abundant and very lively material. It ought to be interesting to people who doubt the claims of spirit communication, and the existence of mind-seeing or mind-reading, as the facts it advances and the arguments put forth are apparently well authenticated, and appeal to the sceptical and the faithful alike for a fair hearing. We scarcely know to which of the respondents in this book we should award most praise for clearness and candor of statement, but think the inquisitive reader will be interested and profited by going over the whole ground and comparing the facts adduced with those brought forward by Prof. Carpenter in his two lectures before the Royal Institution, of London. It is not a question to be settled in a day or by *ex cathedra* dicta, or by fine repartee. It should be tried by careful scientific inquiry and for a correct conclusion, important as it is the world can well afford to wait and be patient.

DRIFT; from York Harbor, Maine. By George Houghton.

We have been interested from time to time in different portions of a series of poems, occasionally issued by Mr. Houghton. They have been spoken of before in our pages, as our readers may remember. What strikes us in them, in addition to the modest, low key in which they are pitched, is a certain graceful tenderness added to fine poetic feeling; a sense of wit, indeed, which is quite unusual in most tentative efforts. The volume before us does not differ from its predecessors in any noticeable respect, and, like them, appeals to an exquisite taste by the neat and graceful form and the impeccable typography which constitute its material outfit. While there are many verses which we might copy from Mr. Houghton's work to justify our encomium, the following will do well as a sample, and commends itself for its brevity:

THE CHILD SONGSTRESS.

The roses nod when she draws near,
Clouds blush, and courtesying disappear;
Each lark and Robin leaves its nest,
And trills and carols its very best.

But when she sings the birds stop—all
The winds let their rough voices fall,
Or in the cedar clumps and brush,
With finger on the lip, breathe, "Hush!"

VICK'S FLORAL GUIDE. Rochester, N. Y.: James Vick.

This work is before us, and those who send five cents to James Vick, Rochester, N. Y., it will be *disappointed*. Instead of getting a cheap thing, as the price would seem to indicate they will receive a very handsome work of 64 pages, and perhaps 500 illustrations—not cheap but elegant illustrations, on the very best of calendered paper, and as a set-off to the whole an elegant colored plate, that we would judge cost twice the price of the book.

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THE HEALTH FOOD COMPANY.—This organization has existed for several years, making a specialty of preparing foods by improved processes, and applying them to various diseased conditions. Their work has thus far been mainly with the cereal grains, especially wheat. They treat this nutritive seed very much as flesh meat is treated when the fat and lean parts are separated. The fat of meat may be said to correspond to the starch of wheat; the lean, to the gluten or albumen of wheat. As the fat—the carbonaceous—part may be isolated from the nitrogenous or lean portion, so may the gluten be set free from the starch, for use as a more concentrated form of food. Besides this work the Health Food Co. prepare a large variety of easily digested foods for dyspeptics, diabetics, and invalids of all kinds, as well as for infants. Their motto is, "Food better than medicine," and the opinions of those who have made use of their preparations clearly sustain the assertion. We have decided to allow some of these to briefly speak for themselves, and invite others to express their views.

May I tell your readers how my life has been saved? I was at the point of death in April last. Neither medicines nor the best foods prepared by nurses and physicians, were retained by the stomach. A good lady came to my relief with the soluble foods of the Health Food Co., and I began to improve. Comfort came at once, followed by strength. But for these wonderful Foods I must have died. I should deem it a privilege to tell all who are sick about my case, and will gladly answer all letters concerning it.—MRS. KATE M. BENSON, 125 East 12th Street, New York.

I owe much to the Health Food Co.'s preparations. For one year I have used them daily, and they have lifted me from terrible pain and misery to a state of comfortable health. So long as I use them I have no dyspepsia. How I could live without them I do not know.—J. M. YOUNG, 210 W. 14th Street, New York.

A single 25-cent package of the delicious Brain Food of the Health Food Co., 74 Fourth Avenue, New York, has relieved my constipation of seven years standing. I think I can now "throw physic to the dogs."—SUSAN A. KNOX, Harlem.

I began the use of Health Foods at a time when I was very sick with acute dyspepsia, and what several physicians called consumption. They gave me little hope of recovery. Under Providence I think I owe my life to these delicious Foods. I am now quite well and strong. — SARAH W. SCOTT, Middletown, New York.

My experience and observation in the use of the Health Food Co.'s Cold Blast Flour and Gluten is that they are perfect Foods. I earnestly recommend these Foods to all.—W. H. PRATT, Newtown Highland, Mass.

I have used "Graham" and crushed wheat, as a supposed duty, for 20 years, and could never eat largely of it without suffering from heartburn or sour stomach. Wheat Foods of the Health Food Co, are more delicious in flavor, digest more easily, build up rapidly, and never occasion uneasiness, so far as I have heard or observed. I hardly see how we could live comfortably without them.—SAMUEL JOLLEY, 81 4th Street, Brooklyn, E. D.

I beg to assure you of the great comfort and enjoyment we experience from the use of the Health Food Co.'s whole Cold Blast Flour, and Pearled Oats, and especially the "Gluten." To the use of the latter I attribute the restored health of Mrs. Huss, who is feeling more and more confident that the Gluten has accomplished for the kidneys and liver what medicine, and other forms of diet failed for years to do. Indeed, it is one of the "standing" dishes for daily use in our home.—GEORGE J. HUSS, 36 7th Avenue, New York.

I find the Health Food Co.'s articles very serviceable."—REV. T. B. SMITH, Medford, Mass.

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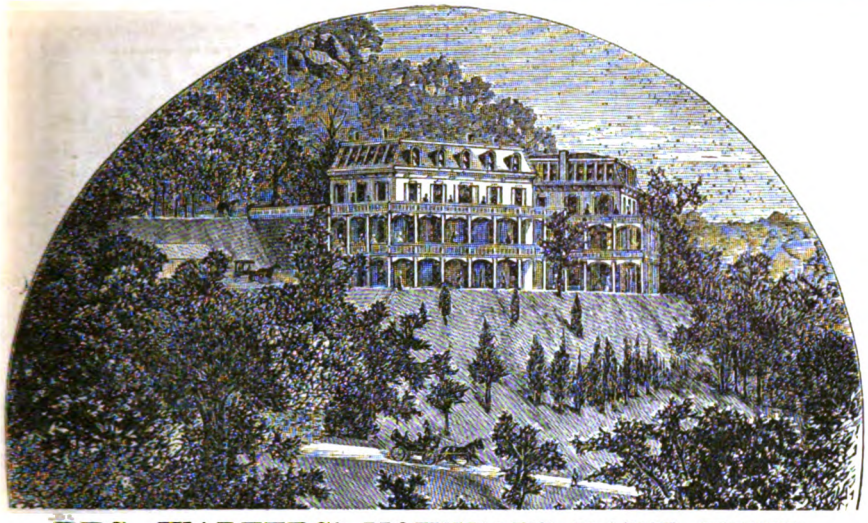
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CONTENTS FOR MARCH, 1879.

GENERAL ARTICLES. Page.

Physiological and Sanitary Marriage and Parentage.—*By the Editor.* (3). 49
Excessive Alimentation.—*Dio Lewis, M. D.*: 51
Hygiene and Literature.—*C. C. Vanderbeck, M. D* 52
Mr. William Chambers on Boy Smoking 54

OUR DESSERT TABLE.

Tobacco—Ben's Musings—To Wadsie—Cometh a Blessing Down—Be Strong 56

TOPICS OF THE MONTH.

Hygiene in Honduras 57
Hygienic Architecture 58
Colds, So-called—Care of the Feet in Winter 59
The Woman's National Health Association—Long Life Essential to Progress 60

EDITOR'S STUDIES IN HYGIENE.

Strong and Weakly Constitutions Contrasted 61
Weaning the Baby—Bryant's Health 62
Hygiene of Motherhood—Rheumatism and Climate—Current Literature. 63
Health Foods 65

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FUNDAMENTAL PRINCIPLES OF PHYSIOLOGICAL MARRIAGE.

HAVING in a previous number stated our views concerning the objects of marriage, we now come to consider somewhat more closely some of its fundamental principles from a physiological standpoint. In doing this we shall take a broad view of the subject, and perhaps trench somewhat on the domain of psychology, which, after all, may be considered as closely related to physiology, if not a branch of it. Psychology, as now defined, is simply the science of man, including the emotions, thoughts and feelings. It takes into account the individual in his intellectual and social aspect. It regards the man himself, quite as much as his framework and the functions of his organs. To discuss the subject of marriage, therefore, from a purely physical standpoint would be a great error. A physiological marriage must be more than a physical adaptation of persons to each other, it must be a mental and spiritual adaptation also. And to accomplish this it must be a marriage of love. Love, then, is the first corner stone of all physiological marriage, and without it, no matter how well the parties may be adapted to each other by age, habit and education, it is not a physiological marriage.

We will now look for a moment into this great question of love, and see what it is and what it demands. There are many kinds of love. There is the love of parents, of children, of friends; the love of society, of wealth, of honor and distinction; the love of nature, art, literature, all well in their way; but the love which should exist in marriage is of another kind, which makes two persons one. It is an attachment which causes a devotion, a kindness, a respect and adaptation in one person for another. Where this exists in marriage, the life, even if one of privation, is happy. No discords can grow up, for the reverence of each for the other is so great that it gives the most perect love. Where no love exists all the good effects of an otherwise physiological marriage are lost.

But love must not be mistaken for sentiment, for simple admiration, for an idle fancy. Love is more than this. It goes to the very core of the being; while the other is superficial, transparent, fleeting. In order, therefore, that there must be love, there must always be adaptation—the parties must be going the same way in life. They must have similar tastes, aspirations, hopes and desires. One must not be a narrow Catholic, and the other a Calvinist. One must not love tobacco and the other hate it. One must not be an advocate of temperance and the other of drinking. One must not be highly educated and the other an ignoramus with no love of knowledge. One must not be a devotee and the other an infidel—extremes of belief do not go well together. It is not, however, necessary

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that they should be alike in everything. One may love art and the other care nothing for it. One may be a musician and the other a microscopist, and yet perfect harmony exist, for each respects the tastes of the other as much as his own. Indeed it is far better that differences like these should exist, otherwise there would perhaps be too much monotony in their lives, or too much devotion to one special branch of study. These differences give a zest to love and make it broader and grander. Where there are differences they should be such as increase the love rather than diminish it. If the one is an ardent Catholic and the other an ardent Protestant, then each will be likely to hate the other's faith, and soon to hate each other. But if one is a fine botanist and the other a fine physiologist, there will be no mutual hate, but respect—each will respect the other, and the love between them will be greatly increased.

In the present state of human development nearly all marriages are fragmentary. A perfect marriage can only take place between equals, or at least between equivalents. Now it frequently happens that the parties are very unequal, the one by no means the equivalent of the other; hence they are married but partially, and there are but few points of agreement between them. In the future this will not be so.

In concluding this article, let us protest against the mistake so often made in supposing that sentiment is love. Sentimental marriages, as a rule, ought to be avoided. It is painfully true that the divine and social intention of marriage is in many ways thwarted; perverted by stupidity, ignorance, lust and brutality. But it is also equally true that daintiness, prudishness, mental and moral dilettanteism, sentimentalism calling itself spirituality, are at work baffling the heavenly purpose of a true marriage. The wise will not permit these to influence them when entering upon this life.

As an illustration of the complex nature of the passion which unites the sexes, we append the following analysis by Herbert Spencer:

"This is habitually spoken of as though it were a simple feeling; whereas it is the most compound, and therefore the most powerful, of all the feelings. Added to the purely physical elements of it, are first to be noticed those highly complex impressions produced by personal beauty; around which are aggregated a variety of pleasurable ideas, not in themselves amatory, but which have an organized relation to the amatory feeling. With this there is united the complex sentiment which we term affection—a sentiment which, as it can exist between those of the same sex, must be regarded as an independent sentiment, but one which is here greatly exalted. Then there is the sentiment of admiration, respect, or reverence; in itself one of considerable power, and which in this relation becomes in a high degree active. There comes next the feeling called love of approbation. To be preferred above all the world, and that by one admired beyond all others, is to have the love of approbation gratified in a degree passing every previous experience; especially as there is added that indirect gratification of it which results from the preference being witnessed by others. Further, the allied emotion of self-esteem comes into play. To have succeeded in gaining such attachment from, and sway over, another, is a proof of power which cannot fail to agreeably exite the *amour propre*. Yet again, the proprietary feeling has its share in the general activity; there is the pleasure of possession—the two belonging to each other. Once more, the relation allows of an extended liberty of action. Towards other persons a restrained behavior is requisite. Round each there is a subtle boundary that may not be crossed—an individuality on which none may trespass. But in this case the barriers are thrown down; and the love of unrestrained activity is gratified. Finally, there is an exaltation of the sympathies. Egoistic pleasures of all kinds are doubled by another's sympathetic participation; and the pleasures of another are added to the egoistic pleasures. Thus, round the physical feeling

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forming the nucleus of the whole, are gathered the feelings produced by personal beauty, that constituting simple attachment, those of reverence, of love of approbation, of self-esteem, of property, of love of freedom, of sympathy. These, all greatly exalted, and severally tending to reflect their excitements on one another, unite to form the mental state we call love. And as each of them is itself comprehensive of multitudinous states of consciousness, we may say that this passion fuses into one immense aggregate most of the elementary excitations of which we are capable; and that hence results its irresistible power."

EXCESSIVE ALIMENTATION.

BY DIO LEWIS, M. D.

WRITERS are fond of saying that too much food is better than too little; that Nature can dispose of an excess, but cannot supply a deficit. This is a physiological fact; but why it should be repeated to a people, not one in a thousand of whom eats too little, is not quite clear. Perhaps those doctors who persistently reiterate to a rum-cursed people, the statement that alcohol is sometimes good for the human system, can explain why the other statement is so often repeated.

The faculty of adaptation to circumstances in the functions of the body is something wonderful. If the carotid artery, which furnishes the brain with nearly all its blood, be tied, a small artery in the back of the neck will suddenly enlarge and supply the immense demand of the brain. Illustrations of the law are familiar to every one, and medical men have frequent occasion to wonder at new manifestations of this curious intelligence.

Let us experiment on a young man with a good stomach. Let us suppose that 15 ounces of solid food are just enough to keep his machine in good working order. We will increase the quantity to 20 ounces, and then to 25. Now we will raise it to 30. A little restlessness, an inability to sit still, will be observed, and this will be alternated with dullness and sleepiness. Otherwise the functions all go on very well. At any rate there is no disease which stops his work and amusements. We will gradually increase the quantity to 45 ounces. "*Impossible!*" you say. Why, my dear friend, it is the commonest thing in life. There are literally millions of men in this land of gluttons eating 45 ounces of food per day, who ought not to eat more than 15 or 20 ounces. It is this law of adaptation which enables them to make such a wide departure from the normal standard. The first time a boy chews tobacco, though it is a mere speck, and he keeps it in his mouth but a moment, the effect is disagreeable. But in a short time, through this mysterious law of adaptation, he can soak himself in tobacco, and the effects are no longer disagreeable. When he begins opium a small pill disturbs his nerves, but in a year he can swallow enough to kill 50 fresh men.

I can show you hanging about almost any large hotel certain middle-aged men who have devoted themselves to eating, until they can consume a quantity of food which puzzles the physiologist. Of course they can do nothing else, and they must die early. They succumb with *apoplexy* or *heart disease*. These are the polite words: *gluttony* is the true one. These hotel gourmands must start with good constitutions, they must be men of rare consuming talent, men of true alimentary genius, or they never could achieve these gastronomic feats at all.

I used to know a family remarkable for longevity, but as usual only a small part of the family achieved long life. The grandfather died at 94, the father at 95, and the man whom I knew was nearly 86, and still delightfully young.

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He told me that a number of great uncles and great aunts, and a still larger number of uncles and aunts had died early; that in his tribe his grandfather, father and himself were the most remarkable for long life. I asked him how he accounted for it? He replied, without the slightest suggestion from me, that the only peculiarity of the three was that they had been distinguished, each in his own family, as a very small eater.

In 1872 I spent some months in the British Museum Library reading up the subject of longevity, in the literature of which that library is surprisingly rich. I was struck with the testimony on this very point. Where anything was known of the habits of a person remarkable for longevity, it came out almost uniformly that he was a very small eater. Where one person in a family had lived long, while his brothers and sisters had died early, it was often mentioned that the one who lived long was chiefly remarkable for moderate eating.

In one case the following facts were given: A Welchman lived to be 99, was able to walk five miles of a morning during the last year of his life, and actually walked three miles on the very day he died. He had 11 children—all sons but three. The father had been noted as a very light eater. People wondered that he could exist on so little. His third son inherited this peculiarity, and although less vigorous in appearance than his brothers and sisters, he could go without sleep longer, work harder, and was thought brighter than the rest of them. He ate very little, and that vegetable food, and, strangest of all, drank no beer. People thought he must soon break down and come to nothing. But he lived to be nearly as old as his father, and was never sick. His 10 brothers and sisters all died between 30 and 73. The reason for the third son living almost a century was, that he inherited his father's temperance. He had a smaller stock of vitality than his brothers and sisters, but having the divine grace of temperance lasted almost a hundred years.

I am not more certain of anything than that the average man can add more than 10 years to his life by strict temperance. It is a constant drain upon the vitality to digest more food than is needed to run the machine. If I need 20 ounces to run the machine, and eat 25, to rid myself of the extra five ounces costs vital force. Suppose I add 10, or 15, or 20 ounces; don't you see the machine must wear out rapidly, and I must die early.

It is no exaggeration to say that where one person dies of too much drink 10 die of too much food. That Thanksgiving dinner, the doctor will tell you, remains in the system for some time, producing bad taste, dull head, sore muscles, and often rheumatism, while a drunken spree passes off in a day or two, leaving the system clean.

With our barbarous system of compound cookery you must look long to find a person whose blood is clean.

HYGIENE AND LITERATURE.

BY C. C. VANDERBECK, M. D., PH. D.

"WHAT has hygiene to do with literature?" I think I hear some of the readers of "THE HERALD OF HEALTH say. "Doesn't hygiene mean the care of the body?"

Close the journal, dear reader, and tell me what is on the cover. "THE HERALD OF HEALTH, devoted to the culture of the Body and Mind. Our motto: A higher type of Manhood—Physical, Intellectual, and Moral." Your editor, and all true hygienists, recognize the scope of hygiene as embracing the whole man, dealing with his mind and his morals, as well as with his body. The late Dr. Parkes, of England, says of this: "For a perfect system of hygiene we must combine the

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knowledge of the schoolmaster the physician and the priest, and must train the body, the intellect and the moral soul in a perfect and balanced order."

There are those who assert that morality is not included in the scope of this science. They tell us that the minister or the reformer has to do with the morals of the people, and that the physician oversteps his bounds in considering to any degree the subject of immorality. I contend that any one possessing such an idea as this, lacks one of the prime essentials of a hygienist. "Evils of all kinds are more or less of kin, and do usually go together; it is an old truth, that where huge physical evil is, there, as the parent and origin of it, has moral evil to a proportionate extent been. The converse is just as true, physical evil is oftentimes the parent of moral degradation. In fact the body, mind and soul are inseparable, as far as the influence of one over the other is concerned."

At this time let us ponder some facts concerning the relation of literature to morals. In referring to works of sanitary science, it has been a matter of great surprise that this subject has not received some attention. The only book of hygienic science that I have found treating of this relation is that most excellent little book of lectures by Richard J. Halton, of London.

Halton makes some very odd statements, and yet my observations made in Philadelphia lead to the same results. For instance, he says that teaching the peasant lad and humble factory girl just sufficient reading to enable them to poison their minds and depress their hearts with the wretched immoral trash which is now everywhere sold under the pretence of harmless light reading for the people, *is incalculably doing more harm* than leaving them in ignorance of letters altogether. There are people, no doubt, pleased to dignify this smattering of knowledge with the high sounding title of "education," to which it has no claim whatever. It is merely in a great majority of cases a blind to hide the great deficiency of knowledge that exists beneath it.

It is generally understood that our prisons and workhouses are filled with those largely who are not able to read or write—by the woefully ignorant class. This, however, is not the case; they are filled by those possessing a *little* knowledge, by those who can just read and write—neither by the totally ignorant nor by the finely educated.

Halton gives various tables to show this to be the case in England and France, and I shall now present some facts to show that the same thing is true with us. From the seventh annual report of the Alleghany County Workhouse, 1871, I extract the following: Inmates 1,610; of these 1,171 could read and write; 256 could read but not write; 183 could neither read nor write. Of the 11,787 prisoners received since its organization 8,071 could read and write; 1,784 could read but not write; 1,932 neither read nor write.

MAGDALEN ASYLUM, PHILA.

No. of inmates who do not read	4
" " who can read only	5
" " who can read and write	11
" " farther advanced	8

HOUSE OF CORRECTION, HOLMESBURG.

Collegiate education	10
Read and write	5660
Read and write imperfectly	1171
Neither read nor write	1233

HOME FOR THE HOMELESS, PHILA.

Neither read nor write	4
Read but not write	4

RASINE ASSOCIATION, PHILA., 1877.

Neither read nor write	0
Read only	4
Read and write	12
Farther advanced	11

PHILADELPHIA COUNTY PRISON, 1877.

Prisoners who can read and write.	375
Prisoners who cannot read	28

Scores of dens of infamy have given the very same result—that for some reason or other one and all of these various places of incarceration and of resorts of criminals and of vile persons, are filled by those who can read enough to poison mind and heart with sensational and trashy literature. It is not my purpose to moralize further on this subject; my object in writing is already accomplished, and, to summarize, it is as follows:

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1, We should not fail to recognize the full scope of hygiene, as embracing soul, mind and body.

2. Genuine education carries one further than simple reading and writing, and in such limited acquirements there is danger to our youth.

3. It is of the utmost importance to recognize the danger in so-called light reading.

4. Our prisons are filled with thos not totally ignorant, but with thos who can merely read and write.

5. Attention being called to thes facts, it behooves us to do all in ou power to secure a more complete educa tion for the mass of youth, and to ster the tide of corrupting literature tha weekly and daily flows out of ou cities.

MR. WILLIAM CHAMBERS ON BOY SMOKING.

A LEARNED professor of medicine in one of our universities, some time ago made the remark to us that those students who passed through his hands rarely succeeded in distinguishing themselves if they were habitual smokers of tobacco. The smoking of cigars or pipes seemed to dull their faculties, and to have the effect of preventing them from sedulously gathering facts sufficient to excel at examinations for degrees. We repeat the remark as we heard it, and submit it for consideration. Perhaps other professors equally candid and observant might have a similar tale to tell.

As is pretty generally known, the smoking of tobacco has a certain intoxicating effect. It soothes the nervous system, and in cases of poor living it lulls the craving of a hungry stomach without in any degree feeding the animal system. Men who happen to be enclosed in a coal mine, and are perishing for want of food, are stated to have protracted life by a few consoling whiffs of tobacco. In cases of this nature smoking may be allowable as a positive necessity; but we cannot perceive the slightest reason for this indulgence in ordinary circumstances. As usually observed, smoking is a vice, like dram-drinking. It is taken up in a spirit of idleness, without a vestige of excuse. We need say little of its wastefulness of means, though this may be very considerable. The government duties alone exigible on the tobacco used in the United Kingdom amount to about nine millions annually; and if we add the cost of the article, the yearly tobacc bill to smokers probably reaches th sum total of 20 millions. We have hear of instances of youths in fashionabl life who yearly smoke 50 pounds wort of cigars, and doubtless there are man whose outlay must be far greater. I the less affluent classes the habitua expenditure on tobacco cannot but en croach on available means of living and often when the outlay can be i spared. Viewed as a narcotic, tobacc may be presumed to be of some valu medically, though we have never hear what are its actual merits in the pha macopeia. What we specially dra attention to are its mischievous effect on the youths growing into manhood It tends to a weakening of the intellec ual system, which to all who have t make their way in the world ought t be exposed to no such blighting influ ence.

It is scarcely necessary to point ou the fact that tobacco-smoking pollute the breath, damages the teeth, an weakens the digestive organs. In no a single feature, as a common indu gence, is it commendable, but ver much the reverse. It disposes to ina tivity and carelessness. Few habitu smokers attain to eminence in busine Farmers given to smoking are usual the latest in getting in their crops. publically exhibited, the practice odious. Smoking in the streets has b come a downright nuisance, for passe gers are compelled to inhale the fume whether of cigars or pipes, disgorg by smokers. In steam vessels the nu

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ance has risen to something absolutely intolerable. We believe it is often the cause of destructive fires in dwellings, warehouses, farmyards, and ships. In our voyage to America in a steamship some years since, we were not a little surprised and horrified to observe the reckless indifference with which certain passengers threw down the still burning ends of cigars and matches on the deck —a practice which strangely enough did not seem to incur the reprobation of the officers on duty.

Within our recollection, few but those of middle or old age smoked. The practice has now been imitated by the young. Boys of 10 years old are seen with pipes in their mouths, and lads at the different colleges think it manly to have smoking parties. It appears to us that writers on matters of public health have been singularly remiss in not denouncing the mischievous effects of smoking on youth. We hear plentifully of the ruinous effects of liquid intoxicants, but little of the injury committed on the youthful body or mind by drugging with tobacco. The German authorities, as we learn by a correspondence in The Times, have at length become alive to the pestilent evil. They would probably not have troubled themselves on the subject, but for a political reason. In Germany all males from their birth are enrolled to be soldiers, and the discovery is made that the youths who are about to take their turn in the ranks have been weakened by smoking. "The State," as is observed, "must have a nation of soldiers. Smoking is believed to be ruinous to the constitution of the young. It weakens the powers of the stomach at that important crisis of our development when the largest quantities of food have to be assimilated to build up the growing frame. It lowers the vitality of the body, and affects the action of the heart. Muscle, energy, endurance, indeed all that makes the man and the soldier, are thus at stake. The youthful nature is more susceptible of such injurious influences, and the young may be said to make or unmake themselves by their own habits. The German physicians appear to have arrived at the conclusion, no doubt on the proof of facts, that a young tobacco smoker unmakes and in a manner destroys himself, and incapacitates himself for the defence of his country." As a result, the police in certain towns have had orders to forbid all lads under 16 years of age to smoke in the streets, and to punish the offence by fine or imprisonment. As the Germans might be called a nation of smokers, with a corresponding amount of drowsiness in their constitution, we await with some interest to hear the outcome of this new and judicious policy.

In reference to the foregoing observations on the discouragement of tobacco smoking in Germany, a correspondent gives his own experience. "I may mention," he says, "that while traveling last month on a Danish steamer, I had much conversation on various subjects with a Belgian medical man, who informed me that he was then engaged, at the request of the Belgian Government, on a journey of observation and inquiry as to the cause of color blindness, an ocular affection which, he said, is occasioning increasing anxiety, not merely in his own country, but especially in Germany, from its influence on railway and other accidents, and also upon military inefficiency. I asked the question, 'What, so far as your investigations have proceeded, appears to be the main cause of this color blindness?" He replied: "The too general and excessive use of tobacco.'"

We have only touched upon this important subject. The odious practice of tobacco smoking by the young concerns the national welfare, and is worthy of very general consideration. Every one in his sphere is called on as a moral obligation to do what lies in his power to discountenance and abate a practice so needless and reprehensible.—*Chambers's Journal.*

NEVER read when lying down; it is too fatiguing for the accommodative power. Many a tedious case of weak sight has been traced to the pernicious habit of reading in bed.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

TOBACCO.

Tobacco may be good enough
To kill the bugs on roses,
But was not meant to smoke and chew,
Nor snuff up human noses.
Men may be men, who use it though,
Bound down by habit's fetters,
But those who taste or handle not,
Are certainly their betters.

They show the strength of mankind most,
Whose mouths are like their morals,
Pure and clean, and undefiled,
Giving no cause for quarrels;
And save in health and looks and wealth,
And sum it all together,
It gives the atmosphere of home
A fairer state of weather.

Though silly girls may praise the weed,
Their woman's heart belie it;
Ladies despise it through and through,
And they will not deny it;
They love a clean and wholesome kiss
From husband, son, and brother,
And lily-buds of baby-girls
Object to any other.

Anna Linden.

BEN'S MUSINGS.

Does she love me? that's the question
I once pondered in my mind,
Still uncertain of her verdict,
Hoping, trusting 'twould be kind,
There's a language of the spirit
Beaming from the love-lit eye—
You may see it, yet not hear it;
'Tis divine from God on high.
'Tis the language of the angels,
Of the martyred and the blest,
Far transcending words and gestures,
'Tis affection's surest test.
She has once expressed this language
When her sweet glance met my own,
And a beauteous lovesome radiance,
Soft and warm upon me shown.
The heaving bosom and the sigh
Plainly tell me I am dear;
The moisture gathering in her eye,
The fond embrace, the falling tear,
These, all these, are tokens sure
Her love is unalloyed and pure.

George W. Copley.

TO "WADSIE."

Do right now in thy youthful days,
Avoid the tempter's snare;
Direct thy steps in wisdom's ways,
To virtue's shrine repair.
Beware, O, youth, of vice and sin,
Thy heart keep pure and true;
Fret not though wealth come slowly in,
And never wed a shrew. *G. W. C.*

COMETH A BLESSING DOWN.

Not to the man of dollars,
Not to the man of deeds,
Not to the man of cunning,
Not to the man of creeds,
Not to the man whose passion
Is for the world's renown,
Not in form of fashion
Cometh a blessing down.

Not unto land's expansion,
Not to the miser's chest,
Not to the princely mansion,
Not to the blazoned crest,
Not to the sordid worldling,
Not to the knavish clown,
Not to the haughty tyrant,
Cometh a blessing down.

Not to the folly blinded,
Not to the steeped in shame,
Not to the carnal minded,
Not to unholy fame,
Not to neglect of duty,
Not to the monarch's crown,
Not at the smile of beauty
Cometh a blessing down.

But to one whose spirit
Yearns for the great and good;
Unto the one whose storehouse
Yields the hungry food;
Unto the one who labors
Fearless of foe or frown;
Unto the kindly hearted
Cometh a blessing down.

BE STRONG.

Be strong to hope, O heart!
Though day is bright,
The stars can only shine
In the dark night.
Be strong, O heart of mine!
Look toward the light?

Be strong, to bear, O heart!
Nothing is vain.
Strive not, for life is care,
And God sends pain:
Heaven is above, and there
Rest will remain.

Be strong to love, O heart!
Love knows not wrong;
Didst thou love—creatures even,
Life were not long;
Didst thou love God in heaven
Thou wouldst be strong.

Adelaide A. Proctor.

He that hath light within his own clear breast
May sit in the center and enjoy bright day;
But he that hides a dark soul and foul thoughts
Benighted walks under the midday sun.

Milton.

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EDITORIAL DEPARTMENT.



NEW YORK, MARCH, 1879.

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.

HYGIENE IN HONDURAS.—There can scarcely be found a more salubrious spot than the high lands of Honduras, Central America, yet I venture to say scarcely a more unhealthy people inhabit the globe. In that strange country, about which little is known, and perhaps for the reason that there is little to know, I found many and varied interests: but the physical condition of the masses, their ignorance of the simplest laws of health, and their treatment of disease, is, so far as I saw it, as interesting as any subject the country offers. Air and water are their abomination; and the first thing ordered by your physician is: "Shut out the air and don't wash."

I reached the capital in the evening, more utterly exhausted than I had ever been in my life, suffering intensely from sick headache. I begged for a glass of warm water—that is my favorite remedy for such an ailment—but I might as well have asked for the moon. No one would give it to me, though I reiterated in English and French, it was to *drink*, not to *bathe* in. The Government Physician brought me himself a wine punch, or sangaree. I am a teetotaler, and may not have called the beverage by its proper name, but it was a glass, a tumbler in fact, of wine, lemon, sugar, and a homeopathic quantity of water. I drank it eagerly; it was refreshing certainly, for the time being, but what a sized head I walked with, after a few hours sleep. I rose from the bed and started for the window, and with just sense enough in the head large enough for a giant, to perceive that to reach the desired point I must make for another at a direct angle. With a languishing look toward the window I started for the washstand, and came, as I knew I should, to the window; but with a surprising force that almost brought me to my sober senses. To my dismay I found the heavy shutters fastened. Despairingly I flung open the *postigos*, (shutters within shutters) and projecting my head got a breath of pure air. I shall remember the sensation to the day of my death, and the good woman, Heaven bless her, who came to help undress me. She took the handkerchief she wore about her shoulders and tied my throbbing head up with it in fresh coffee leaves, murmuring the while in sympathetic tones what I knew was kind, though I could'nt understand a word. She soothed me gently to sleep, and I awoke the next morning feeling well, but especially stupid.

Everything born of scrofula is met with in that country, and in all the years of my life never at home have I seen so many physical deformities as I saw there in the eight months I spent among them. Goiter of such magnitude as to quite conceal the throat, or worse, hanging like a large sack, wav-

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ing as they walk; club feet, ill-shapen hands and weeping sinews; catarrh, weak eye-sight, disordered stomach, dyspepsia. And what wonder! in the Government School for Girls eight human beings slept in the dormitory, shut up as air-tight as they could get it; and the private houses are no better. I paid a visit to the house of a gentleman worth 80, or more, thousand dollars, and was admitted through a bed-room. I tell you I held my breath passing through the foul air I was afraid to inhale.

The diet is in every way conducive to an overheating of the blood. Fancy rich black beans fried—boiled, I might better say—to a crisp in fat; rice, and all their meats cooked in *manteca*, (badly tried lard) and the fried plantain actually soaked with it; and *tortellis*, the bread of the country made of Indian corn. Then their drinks, coffee and chocolate, and sweet bread eaten early in the morning.

A few instances cited may prove interesting. A gentleman who had been threatened with their fever called after a week of confinement, and said, though he had been out every day he had not paid any visits for the last week, as he had not *washed*. A young lady said she did not like to wear cuffs, as her skin was so *yellow*, but she was going to take a bath to-morrow, and then she would put them on. I went to pay a visit to a friend. "Do you notice the smell of brandy?" she asked. "I have a cold in my head and my doctor told me to wash my face in *brandy* instead of *water*." Yet when they do bathe they do it very well. They go to the river and have a genuine scrub.

En route for home we were detained for the night only 12 miles from the capital, at a house which consisted of two rooms, communicating. In these two—both without windows—three women, two men and a boy, beside myself and traveling companion, were put to sleep. The door was closed and barred. One of the men had a cough, which kept him coughing and spitting all night, and down upon the floor between his board bed and mine, until I really felt in danger of being carried off, bed and all, upon this disgusting canal. In the morning I gave him some aconite, and advised that he apply the *manteca* that would go in his beans, to his chest. This stamped me in my guide's mind as a doctor, and he canvassed my cause admirably, trotting in at the next stopping a woman little more than a skeleton, whose breast was entirely eaten away with a cancer, and that is a disease quite prevalent.

The women whose occupation keeps them most in the sunlight and air have exquisite figures, better complexions, and brighter and more cheerful faces generally than those who sit by dim candle light, or behind half closed blinds plying the needle, who are as miserable as they look. They let their case go until it becomes chronic, and then call in medical aid; and if the patient die, there, as everywhere, it is the doctor's fault, of course. A case of eight years standing was lost and the surviving relict *wondered*.

And yet Nature has done everything for this people. The climate is perfectly delightful, and the fruits delicious; vegetation spontaneous, and the wild natural beauties of the country unsurpassed. Yet it is not a place one would wish to make a home, nor one that any need grieve if he never saw.

E. IDA WILLIAMS.

HYGIENIC ARCHITECTURE.—In determining the sanitary condition of a dwelling we are too apt to be misled by external appearances, by elegance of style, or cleanliness of rooms. The attention should be directed first of all to the cellar, and to the foundation upon which the building rests. In the great cities of England this essential condition of health has until recently been quite neglected. Attention was called to it in a very emphatic manner by the nearly fatal illness of the Prince of Wales a few years since. It was announced by his physicians that his sickness was caused by the escape of sewer-gas into his dwelling, and since then attention has been given throughout England to the condition of drains, and to the soil upon which houses are built. Decayed organic matter, animal or veg-

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etable, under a house or in a cellar, may breed a pestilence in the most elegant dwelling. The following are the essential conditions of health in this respect: 1st. The house should rest upon clean natural soil, from which all remnants of former sinks and drains have been carefully removed. 2d. New drains should not traverse the foundations unless laid in glazed earthenware, or other air-tight material: and where they pass under the walls they should be covered by relieving arches to protect them from the pressure and possible rupture caused by settlement. They should be properly ventilated, and often flushed with water to keep them free from obstructions. 3d. Over the whole foundation of the house a damp-proof course should he laid, consisting of glazed earthenware tiles, or slate, laid in cement. A dry area around the main foundation wall is also very desirable. This is secured by an additional wall outside, leaving a free space between them. 4th. Cellar floors should be of wood, and well ventilated underneath. Material that readily absorbs and retains moisture should never be employed for cellar floors. Of such material brick is the worst. 5th. The condition of the upper walls with regard to dampness also needs attention. They should be properly closed at the top, and the roof water securely conducted off so as to avoid any saturation of the walls from water unnecessarily running over them. The water leaders from the roof may be so arranged as to ventilate the sewers with which they connect.

The proper observance of all these precautions would add much to the health of our city dwellings.

COLDS, SO-CALLED. — It is rare indeed that a person catches cold if decent regard be paid to dress. So marvelously is Nature prepared to guard against even violent changes of temperature when the individual is "in condition." A celebrated physician relates a fact in his experience of a certain family — nearly every member invariably had a cold in the head after dining on roast goose, a dish of which they were especially fond. Dining there one day he observed how they caught their colds! He was the only one at the table that was not helped twice, and, strangely enough, the only one that escaped a cold.

Many scrupulously careful people, about dress, are continually suffering with the complaint in question, when, if they were as considerate as to what they put *in* the body as to what they put *on*, they would be exempt from this, as well as many other troubles. When the stomach is disordered, bowels closed, the system completely clogged, and headache, running at the nose, fever, lameness, weakness and lassitude give warning of a fearful reckoning near at hand, the poor, self-abused victim wonders how he caught such a cold! or very likely fancies he can remember just when he caught it; like the old lady when fairly at a loss for an exciting cause, attributed her last cold to taking gruel out of a damp basin. I cured one of the worst cases, where all of the above alarming symptoms were well marked. The cure was complete in 24 hours, and without one drop of medicine. A sponge bath was ordered at bed-time, another in the morning; no breakfast was allowed, in spite of the gnawing at the stomach, which was appeased by small draughts of cold water, one-fourth the usual dinner, and a single slice of bread and butter with a cup of weak tea for supper, pure air throughout the day, sponge bath at bed-time. Simple enough, certainly. The result was a good night's rest, and an awakening in perfect condition. It is safe to assert that 90 in the 100 of these colds might be as speedily cured, instead of having their usual run, while this treatment would prove the most effectual in every case, and if due care be taken they may be still more easily prevented.—*From Page's Good Health.*

CARE OF THE FEET IN WINTER.— For a number of years I have worn boots one and a half sizes larger in winter than in summer, and boots instead of shoes. I put in solid leather insoles —felt is too warm. I wear good firm cotton next the feet, and heavy home-

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made woolen over it; the cotton prevents sweating. The insoles should be removed every night and dried. The boots should be made of firm leather, the soles heavy and with an extra tap. They should be greased — well rubbed in—the bottoms of the soles as well as the uppers.

Over-shoes and rubbers are not healthful; they keep the feet too warm, and make them very tender. The moment they are removed the feet become chilly, even in the house. If the boots are kept greased with tallow and beeswax in sloppy weather the feet will never be wet, unless the boots are so thin as to be worthless. Some will say they do not wish to be going about business with large greased boots on. Your neighbor will not know they were ever greased if you will use a shoe-brush to keep them clean; they will even shine, and be much lighter to travel in than over-shoes or rubbers. Sensible people always dress according to the weather, and take comfort if they once learn how. By following this method no one will have cold feet, except perhaps an invalid, provided always they are kept as clean as the face is, or ought to be, just before breakfast.

J. B. ZIMMERMAN.

THE WOMAN'S NATIONAL HEALTH ASSOCIATION.—Dr. Cora A. Bland, formerly editor and publisher of The Ladies' Own Magazine, has entered upon the practice of the healing art, in Washington, D. C., where she also gives frequent lectures upon hygiene to most enthusiastic audiences. Her most recent move has been to establish a Woman's National Health Association, which we learn has a large number of members. It is the object of Dr. Bland, the president of this association, to form auxiliary societies wherever there is an interest in this great question of woman's health. Such societies ought to do a great deal of good.

LONG LIFE ESSENTIAL TO PROGRESS.—If intellectual attainments are to make us personally richer and riper, if they are to promote a more rapid social development, then the constant reproduction of a feeble and short-lived race must cease, and all social wisdom and strength be applied to the science of health and to the art of prolonging human life. Here we find the true life insurance, and when fully applied the life insurance societies must lose the patronage of the sound and long-lived, and be limited to risks against accidents. But no mere caricature of the art of true living is to be taken as a pattern. Nature in its entirety and in its perfect harmony must be followed. As has been well said: "Only he who hears the entire voice of Nature perceives its true harmony."

EDWARD BALTZER.

MANY persons who have derived great benefit to health and spirits from plain or hygienic living, and who have consequently become more or less wedded to that regimen, must have experienced great drawbacks in the fact that they were comparatively alone in their views, and surrounded by the great mass of mankind who from one motive or another, or without motive, follow the current of popular fashions in doctoring, dress, housefurnishing and housekeeping. This is particularly the case with women and children, who are not easy unless they can do substantially as their neighbors do. To obviate this difficulty and have "hygiene made easy," a couple of health reformers, whose announcement will be found on another page of this issue, have conceived the idea of forming settlements, or colonies, of persons having like views on this and kindred topics; and have, in order to put the experiment in practice, selected a spot situated in Central New Jersey, with special reference to sanitary attractions, as well as to accessibility, markets, exemption from social pressure or the like, 35 miles from New York and 65 from Philadelphia, with two lines of railroad and canal close by. These brothers having purchased 50 acres for their own use, as fruit growers, offer their services to such persons as may be induced to settle near them, to secure adjacent farms or country sites. There is no pretence of communistic or socialistic ties, or of

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taking in patients or boarders; all that is proposed is simple neighborship, separate homes and industries, but a reasonable co-operation in marketing, amusements, schools, lectures, etc. Nothing is proposed in the way of worship, though of course wide latitude in matters of religion is tolerated among independent thinkers. To persons of leisure, or to those wishing the advantages of hygienic teaching and example, this experiment fills a need out of which something good and great may grow.

EDITOR'S STUDIES IN HYGIENE.

STRONG AND WEAKLY CONSTITUTIONS CONTRASTED.—There is a considerable difference in the diseases to which persons of robust and those of weakly constitutions are disposed. Persons of a robust constitution necessarily have in their bodies much of the plastic, or tissue-forming substance, and also an abundance of blood. When these violate the laws of health they are subject to inflammation of the brain, of the organs of the chest and abdomen, and also to acute inflammations of the joints and to active congestions.

On the other hand, persons of weakly constitution are subject to diseases of the nervous system, on account of the poverty of their blood and the diminution of plastic material. Weakly persons are more restless in their nature than persons of a stronger constitution, and they are seldom perfectly happy. The strong are seldom sick; the weakly are almost always ill. Strong men, like strong trees, defy the storms, or are broken by them. Weakly persons remind one of the reed which is easily moved by the slightest breeze, but rarely broken. The difference between robust and weakly persons is purely a physiological one. In the case of the former there is sufficient blood to build up the bony and muscular systems, and all the external forms of life. There is a certain firmness of tissue, concentration of the fluids of the body, no excess of fat, great physical strength and, in general, a firm will. These appearances are the result of health, a normal manner of living of the previous generations, and a careful physical training in early youth. These show themselves in the quality of the blood and the strength of the respiration.

Robust men have strongly developed chests, also large lungs and normal breathing. It is impossible to think of a robust constitution without these.

It has been shown by the investigations of Mathieu and Urbain that the cooling of the body diminishes the amount of oxygen in the arterial blood, and increases the amount of carbonic acid; that the taking in of oxygen is dependent upon increased respiration, and that the depth of the inspirations, more than their number, contributes to the increase of oxygen in the blood. These conditions are favored by a well developed breathing apparatus, by good food, proper muscular activity, and the influence of an exhilarating climate; and we see where the nourishment is abundant and the climate good the most active races and the most robust constitutions.

The tendency to disease in those of robust constitutions is caused mainly by the ingestion of improper food, and the misuse of their means of enjoyment. The diminution of the circumference of the chest, and of the capacity of the lungs, diminishes likewise the energy of the body and the animal heat. The blood is deteriorated, nutrition becomes incomplete, and nervous diseases increase. Nervousness is, in fact, a notice given by Nature that the constitution has become impaired, that the nutrition is insufficient, and that the body must be properly cared for, and climatic and social condititions made favorable.

According to the investigations of Denis the number of blood corpuscles

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in a very strong constitution as compared with a weakly one is as 490 to 403. From this it is plainly to be seen that there is a close relation between the strength of the constitution and the respiration; that the properties of the blood are conditioned by the breathing and the nourishment; that the tendency to disease in any people is derived from the conditions of their living; that the constitution is the product of generations of ancestors; and that the tendencies to disease are the necessary results of the unnatural manner of living of the race.

WEANING THE BABY.—Dr. Brochard in a French medical journal lays down four rules to be observed in weaning infants, as follows: 1. It should never be done suddenly, one regimen being gradually transformed into another, so that the child may be progressively prepared for weaning. The time for it, as Trousseau justly observes, cannot be fixed by the almanac, but it must depend on dentition. As soon as the teeth appear we should commence our preparations. About the fourth or fifth month we may accustom it to the sucking bottle, substituting this for one of the sucklings at night, and afterward for another; and even for a fortnight after weaning the child should have nothing but milk. At a later period farinaceous food and broths may be added. Many women begin to give their infants this kind of food far too soon, and at the time of weaning cannot get them to take the milk which should then form almost their only diet. Solid food should be delayed for weeks, and given only as the teeth appear. 2. The child should never be weaned until it has teeth. 3. It should never be weaned in very hot weather when diarrhea is apt to occur. 4. It should not be weaned while in the act of cutting its teeth, the intervals which occur between the cutting of the different groups of teeth being selected.

BRYANT'S HEALTH.—"I am warranted in saying that, until the distressing accident that terminated his days, he was never disabled by sickness within the memory of any person now living.

'In years he seemed, but not impaired by years.'

"His health responded so faithfully to the inexorable loyalty of his character as to go very far to justify Buffon's theory that the normal life of man is a 100 years, and that it is due not to the use but the abuse of his organization if he finds an earlier grave.

"Meeting him some years ago and after a somewhat prolonged separation, I asked him particularly about his health. He said it was so perfect he hardly dared to speak of it. He was not conscious from one week to another, he said, of a physical sensation that he would have different, and was forgetting that he was liable to disease and decay. I asked him for his secret. He replied that he did not know that there was any secret about it, but he supposed he owed much of his health to a habit formed in early life of devoting the first hour and a half or two hours after leaving his bed in the morning to moderate gymnastic exercise, after which he took a bath and a light breakfast, consisting usually of milk with some kind of cereal food and fruit, but no meat. At dinner he ate pretty much what other people ate. His evening meal, when he did not dine late, was much the same as his breakfast. He drank sparingly of anything stronger than water. He avoided all condiments, he used neither tea nor coffee, and held tobacco in abhorrence. I remember the time when he could not stay in a room infected with the fumes of tobacco, though later in life he became less sensitive to its effects. He rarely allowed himself to be out of bed after ten at night, or in bed after five in the morning. To these habits and regimen he said he attributed in a great measure his exceptionally good health. Not many weeks before his death, and when recovering from a slight indisposition which he had been describing to me (he was then approaching his 84th year), I said, 'I presume you have reduced your allowance of morning gymnastics?' 'Not the width of your thumb nail,' was his prompt reply. 'What,' said I; 'do

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you still manage to put in your hour and a half every morning?' 'Yes,' he replied, 'and sometimes more; frequently more.'" JOHN BIGELOW.

HYGIENE OF MOTHERHOOD.—There has been much said in the columns of The Alpha on the power of the mother over the organization and destiny of her child. Now we would like to put in a word of caution to young mothers not to use that power indiscriminately. Molding character is delicate work, and cannot be forcibly done by unskillful hands or heads. Our attention was particularly called to this fact by a remark of a very successful lady physician, who said: "Well, these women that set out to have model children do sometimes make awful work of it. I sometimes think that Nature does her work best without interference."

This is true of those who exercise zeal without wisdom. We can recall two instances that will illustrate. An intelligent, well educated young wife decided her child should be intellectual. So during gestation she read philosophy and metaphysics with a studious application. Not feeling very strong, she did not take out-door exercise as much as she needed, but reclined many hours in the day with her mind always engaged with her books. This course developed the child's brain enormously and nearly lost its mother's life, and from the first week of its young existence it showed marked precocity. He lived five months, his head growing rapidly at the expense of his body. His intelligence was equal to that of most children more than a year old.

Another mother desired to make her child a musician, one that would be a great master, and realize the career she had hoped to attain to, had she completed her musical education. She devoted herself to severe piano practice, and one day fell from the music stool in spasms, brought on by nervous exhaustion. Her babe was small and feeble, and died of convulsions when three months old.

These are very sad cases, and only repeated to serve as warnings against excess in any direction. Both these mothers have other children now bright and healthy, well balanced and well developed.

An equable state of mind, cheerfulness, sunshine, with much out-door exercise, pleasant company, with a moderate indulgence of any study or pursuit that suits ability and taste, is always safe. Nature will do the rest.

RHEUMATISM AND CLIMATE. — Persons subject to rheumatism should avoid, if possible, living on damp clay soils, and seek sandy or gravely loam soils. They should never sleep in damp rooms, but warm, sunny ones should be chosen. There are some places where rheumatism seems to spring up spontaneously like grass. Investigation would show the cause, which no doubt might be removed with half the cost of the doctors' bills and the loss of time the disease entails.

CURRENT LITERATURE.

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AIDS TO FAMILY GOVERNMENT, according to Froebel. By Bertha Meyer. Translated by Dr. M. L. Holbrook. New York: M. L. Holbrook & Co. Price, paper cover, 50 cents; cloth, $1.

The issue of this little book is most timely. The late introduction of charity kindergartens for the very most neglected class of children—those who live chiefly in the streets, and when at home are subject to the hardest treatment by tired fathers and mothers, whose whole idea of goodness in children is that they shall keep still—will be much aided by this book; for it will show the benevolent how much can be done for the little ones under five years old, at which time they are sent to the primary school with all their childish faults uncorrected and intensified both by their street life and their home life. The most striking effect of these charity kindergartens, of which there are five in Cambridge, Mass., supported by the benevolence of one noble woman, is the reflex effect upon the families. The children are little savages when they enter these kindergartens, profane, obscene, quarrelsome, false, crafty. It is fearful to think that children from three to five can have been so far corrupted; but the very first day they are charmed into sweetness, and in a week or two they show by their good behavior how superficial the evil has yet been, and are as docile as the most aristocratic children in similar paradises. The most refractory and apparently vicious little things yield their will almost at once to the blandishments of the young women who become in the hands of their trainers angelic missionaries, and to the enchantment of the delightful occupations they give to

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the children, and the lovely sentiments of good will and gratitude to heaven that they sing into them. I know no places that seem so like the vestibules of heaven as these kindergartens. Soon the parents begin to look on their children as if they were divine changelings that have taken the place of their refractory babes. Instead of knocking down a child of two and a half years old, as our good Irish girl told me she saw a father do a few days ago, they stand fairly in awe of them and of the gentle rebukes that come in the form of "what Miss Bancroft thinks," and "please don't say such bad words," and "let me kiss you;" "do wash baby's tyer, Miss Bancroft does not like to see little children with a dirty dress." And they will soon learn to wash their own faces and hands "and baby's too," and are designated as "the politest persons in the house at table," where they say "please" and "thank you," when it has formerly been a snatch and cry for the best thing. Fathers stay at home at night to hear these children prattle of the kindergarten pleasures, and the pretty songs they sing, and to look at the charming things they make and bring home. I said to my informant about the little child that was knocked down: "I would tell those people about the kindergarten; or, if the child is too young for that, about the day nursery."

"Oh, ma'am, I talk about the kindergarten wherever I go, until I am hoarse, and I mean to go there again; and my mother says she will try to make them send it there. Why my mother does not slap our children half so much as she used to. She says your way is a great deal the best, and Henry begins to tell such pretty stories when he comes home, Father always punishes the boys a good deal, but I don't believe he ever will so much again."

This is an exceptionally good family of nine children, of which the eldest daughter is a very favorable specimen, quite well educated for her class, kind-hearted, generous, appreciative of good advice and good ideas. She can read such a book as the "Aids to Family Government," with great intelligence, and is gifted of speech to impart it to others in her sphere. "Oh, they don't know any better; they ought to be told," she often says when she hears kindergartens spoken of. But the most aristocratic of mothers will find herself enlightened by Bertha Meyer's wisdom; and the book should be in the hands of all young parents, fathers as well as mothers; and the "Mother and Cosset Songs," by Froebel, lately translated by Miss Dwight, and published by Lee & Shepard, Boston, will make this work complete. Its numerous illustrations, which have been well characterized by one reviewer as full of the simplicity of mediæval art, and its pretty games for babes, educate mothers charmingly for their work on the poetical side, while Mrs. Meyer's treatise will give them the rationale of the method. To the uncultivated mothers it will convey the idea that there is another mode of training than the one by violence that educated themselves. How true it is that the earliest impressions are the most lasting. When men and women become parents, and meet with the difficulty of disciplining a human being, they do not reflect upon it, but they recur to the discipline that guided their own childhood. If this has been the severe one of the prevailing religions of the world, which are based upon the principle of punishment, it is perpetuated by the new generation; albeit every one of them would say, if intelligently asked, that they did not think it had been good for themselves. Mr. Herbert Spencer's new gospel of discipline, appended in this volume to Mrs. Meyer's treatise, will let in a flood of light to eyes not blinded by prejudice and custom. MARY MANN.

HABITUAL DRUNKENNESS AND INSANE DRUNKARDS. By John Charles Bucknill, M. D. New York: Macmillan & Co. Price $1.

We have here a little book treating of drunkenness as a disease, and especially the relation between drinking and insanity. It will be particularly interesting to all physicians who may desire to study this subject from the standpoint of the author. The chapter upon drunkenness as a vice and crime, or a disease, and the one on the relation between intemperance and insanity, are especially interesting. The remedies for drink-craving the author regards as all moral. A paragraph regarding the effect of drink in causing sterility goes to show that Nature does not permit intemperance to become a very permanent cause of the degradation of the race, for drunkards generally have but few children, and their families usually die out in from two to three generations.

MODERATE DRINKING — FOR AND AGAINST, FROM SCIENTIFIC POINTS OF VIEW. By Benjamin W. Richardson, M. D., F. R. S. New York: National Temperance Society. Price 25 cents.

Dr. Richardson is a distinguished scientist, and a member of the Royal Society. A few years ago he undertook to investigate the effects of alcohol upon the human body from a scientific standpoint. He was at that time in favor of moderate drinking. The results of his investigations were not favorable to moderate drinking; for in the experiments made, he found an almost immediate lowering of the vital forces of the body after imbibing alcoholic drinks. He went so far as to experiment upon himself. It is fortunate for the cause of temperance that he was honest enough to adopt total abstinence, and brave enough to become its most distinguished champion. The numerous books and lectures of which he is the author, are all very able and convincing, and The National Temperance Society are doing an excellent work in placing them before the American public. It would be well if they could get this little book in the hands of every moderate drinker in Christendom.

A MANUAL OF PRESCRIPTION WRITING. By M. D. Mann, A. M., M. D. New York: G. P. Putnam s Sons.

We have here a little work containing in a condensed form explanations and methods of writing prescriptions correctly, which must have great value to all young physicians, and, no doubt, to older ones as well.

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HEALTH FOODS.—A good many responses have followed our article on the Health Foods in the February issue. Very strong testimony as to the value of the Cold Blast, or "Attrition" whole wheat flour is given by Dr. Ephraim Cutter, the eminent microscopist, of Cambridge, Mass.; Dr. T. L. Brown, Binghamton; Dr. L. P. Fitch, Charles City, Iowa; Dr. R. L. Parsons, Medical Superintendent, New York City Lunatic Asylum; Dr. L. Duncan Bulkley, the skillful dermatologist, of New York; Dr. George H. Foote, Stamford, Conn.; Dr. A. H. Tompkins, Jamaica Plain, Mass.; Dr. J. K. Barnes, Surgeon-General U. S. Army; Dr. R. C. Moffatt, Brooklyn; Dr. S. C. Smith, Springfield, Ill.; Prof. Shepard, Harvard College; Prof. Alexander Wilder, of New York. To publish all the testimony at once would too greatly burden our pages; we will, however, from time to time, devote a page to the subject, deeming it one of interest to all seekers after health, and the best means of preserving or restoring it. Such of our readers as have not perused the pamphlets published by the Health Food Co., would do well to address them at 74 Fourth ave., N. Y., asking that one be sent them by mail.

The White Wheat Gluten, or vegetable albumen, prepared by the Health Food Co., of New York City, has accomplished a wonderful work for me, after seven years of constant sickness. Could I have had the pure Gluten when first taken down, I have no doubt I should be a well man to-day, and I yet have hopes that by continuing with this diet I may recover my strength.—FRANKLIN SHOEMAKER, 45 Tulpehocken St., Germantown, Pa.

I use the Health Foods in my family, and we all thrive finely upon them. I take pleasure in commending them wherever I go. REV. SIDNEY K. SMITH, Wolcottville, Conn.

The delicious foods of the Health Food Co., prove invaluable for me. The Cold Blast Flour is splendid, and the Pearled Oats are superb.—A. D. SOUTHWORTH, Banker, Wabasha, Min.

Miss Van Houten, of Closter, N. J., who was very feeble till lately, has gained about two pounds each week since she commenced taking the Universal Food prepared by the Health Food Co.—E. SCHOONMAKER, 222 W. 24th St., New York.

We like the Granulated Wheat of the Health Food Co. very much.—MRS. J. L. REQUA, Tarrytown, N. Y.

For one year we have lived chiefly on the products of the Health Food Co. During this period my boys have added more to their growth and strength than in any three previous years, while my two daughters and I, all of us naturally weakly, have been made able to meet emergencies requiring an amount of physical effort which, before using these foods, would have been wholly impracticable. I can now walk five miles without fatigue, while before a walk of half a mile, or a short ride in the cars, would exhaust me for the rest of the day.—MRS. F. A. CHAPMAN, 931 Gates Ave., Brooklyn.

We use the Health Foods altogether. We make all our bread from the Cold Blast Flour, and prefer it to any.—MRS. M. D. MUNSON, Wallingford, Ct.

I use the Health Food Co.'s Granulated Wheat nearly all the time, and after making a meal from this delicious food and fruit, I feel such comfort in digestion that I am not aware that I possess a stomach at all.—WM. MCCONACIE, 124 East 82d St., N. Y.

I began the use of the Gluten of the Health Food Co., 74 Fourth ave,, N. Y., in September, 1878. It agreed with me perfectly from the first, while all other foods distressed me greatly. It has built me up in every way, increasing my weight from 147 to 167 pounds in two months. I earnestly recommend it to all dyspeptics.—L. SHULTS Yonkers, N. Y.

I cannot speak too highly of the Gluten Suppositories of the Health Food Co., 74 Fourth avenue, New York, as they have been a real God-send to me. I have been troubled with constipation more than 20 years, and have reason now to think I have found lasting relief.—C. BRADBURY, Hopedale, Mass.

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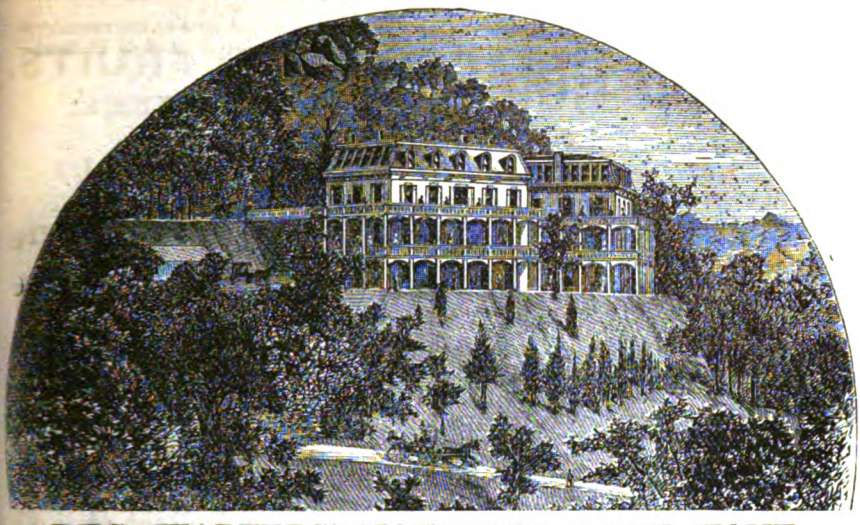
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CONTENTS FOR APRIL, 1879.

GENERAL ARTICLES. Page.

Physiological and Sanitary Marriage and Parentage.—*By the Editor.* (4). 73
A Hygeian Farm Home.—*By the Editor* 76
Disease Germs 79

OUR DESSERT TABLE.

His Temperance Pledge—An M. D's Love Poem 80

TOPICS OF THE MONTH.

James Parton concerning the Health Habits of Bayard Taylor 81
Mr. Gladstone's Habits—William Howitt 83
Mr. Alcott's Summer School of Philosophy—Rev. C. H. Brigham 84
Letter to the Editor 85

STUDIES IN HYGIENE FOR WOMEN.

Healthfulness of Bread made from unbolted Wheat-meal 85
Bread from Minnesota Flour—Meat for Children—Oatmeal Crackers 86
Society and Solitude—Paint and Paper for Houses—A Respiratory Vail—Physical Deterioration of New Englanders 87
Current Literature 88
Health Foods 89

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THE
HERALD OF HEALTH.

APRIL, 1879.

PHYSIOLOGICAL AND SANITARY MARRIAGE AND PARENTAGE. (4.)

BY THE EDITOR.

TEMPERAMENTAL ADAPTATION.

THE doctrine of the temperaments goes back to very ancient times, and yet we do not find that the literature of the subject is very voluminous. The fact is the subject has never received any very extensive attention through scientific research. Indeed it is doubtful if it would bear scientific analysis. Modern physiology hardly recognizes the subject at all. Carpenter, in his work on "Mental Physiology," does not refer to it. Neither do our modern authors on human physiology have much to say about it. Those who have written on the subject do not agree as to how many temperaments there are. Some enumerate three, some five or six, and no doubt there might be more shown by close analysis. Although science at present ignores the doctrine of the temperaments, and perhaps will continue to do so, yet it can not well be spared from the practical, every day knowledge of life and of men. By its aid we classify human beings, so as to be able to distinguish some of their most important physical peculiarities. The word "temperament" means a state of the body with respect to the predominance of any single quality. If in a person the brain and nervous system predominate, we speak of his having the nervous temperament. If the bony and muscular structures predominate we speak of his having the motive temperament. If the vital organs predominate we say he has the vital temperament. These three temperaments are all that need be recognized for practical purposes. They are always combined in every individual, but in varying proportions. Sometimes they are harmoniously blended, and then we speak of the harmonious balance of temperaments. Sometimes one temperament is excessively developed and the others very deficient. Sometimes two predominate and one is deficient. Sometimes neither are well developed, and then we have stupidity and feebleness.

According as one or the other temperament is developed so is the character. If the brain is in excess it will influence the life and mold the nature. The person will then be fond of brain work, and less fond of muscle work. If the muscles are in excess, he will be fond of motion, of something that requires physical exertion. If all the temperaments are developed he will like variety to call all his powers into exercise.

The value of a knowledge of the temperaments in deciding the question of marriage is very great. Not only the happiness of the parties is involved, but the symmetry, mental balance and well-being of offspring, too. The consequence of a discordant union may plunge future generations into misery, or cause a whole family to become extinct.

Dr. Jacques, in his excellent little work on the temperaments, has given som

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very valuable suggestions on marriage, to which we should like to call the attention of all our readers. He says:

"Some physiologists have taught that the constitution of the parties in marriage should be similar, so as to insure similar tastes, habits, and modes of thought, while others have contended that contrasts should be sought, to give room for variety and prevent the stagnation of a level sameness. Neither of these statements expresses fully the true law of selection, though both are partly true. There can be no harmony without a difference, but there may be difference without harmony. It is not because she is like him that a man loves a woman, but because she is unlike. For the same reason she loves him. The qualities which the one lacks are those which in the other attract and hold the fancy and the heart. The more womanly the woman, the greater her power over men, and in proportion as she approaches the masculine in person or in character will she repel the other sex; while a woman admires, no less, in man true manliness, and feels for effeminacy and weakness in him either pity or contempt. What should be sought, and what is sought, as a rule, in a husband or a wife, where arbitrary conventional customs and considerations of rank, wealth, and position are not allowed to interfere, is not a counterpart, but a complement—something to supply a lack—the other self, which shall round out one's being, and form a perfect, symmetrical whole. As in music it is not contiguous notes which combine to form chords, but those separated from each other, as a first and a third, or a third and a fifth; so we produce social and domestic harmony by associating graduated differences. Two persons may be 'too much alike to agree.' They crowd each other, for 'two objects cannot occupy the same space at the same time.' So while a 'union of opposites' is by no means to be insisted upon, or even recommended, as a rule, yet a too close similarity in constitution should be avoided, as detrimental to offspring, as well as inimical to the happiness of the parties themselves. The mental temperament, for instance, strongly developed in both would tend to intensify the intellectual activity, already perhaps too great, in each, and if offspring should unfortunately result, they would be likely to inherit in still greater excess the constitutional tendencies of the parents.

"In the same way, a marked preponderence of the motive or the vital systems in both parents leads to a similar state of connubial discord, and a lack of temperamental balance in the children, if any, resulting from the union. Where there is a close approximation to a symmetrical and harmonious development—a balance of temperaments—the union of similar organizations is less objectionable, and may result favorably, as respects both parents and children; but such cases are so rare that a rule drawn from them would prove of little practical value.

The disastrous effects upon their offspring of the marriage of blood relations, it seems probable, are mainly, if not wholly, referable to the similarity of constitution inherited by each from the common stock; for we find that such unions are by no means uniformly unfavorable to progeny—some instances being quoted by eminent writers on the subject, where intermarriage has resulted in the improvement instead of the deterioriation of the families thus uniting their members. It is likely that a close investigation into the circumstances in such cases would show either an approximate balance of temperamental elements in the parties, furnishing no excesses or deficiencies to be exaggerated in progeny, or else an exceptional diversity in the constitutions of the male and female members of these families.

The vital system is the life-giving and life-sustaining element in the human constitution, and must be considered as the physical basis of marriage and of parentage. This temperamental element should, therefore, undoubtedly be strongly indicated in one, at least, of the parties to a conjugal union; and if strikingly deficient in one, should be predominant in the other, to insure a proper balance in offspring. A man

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with an excess of the mental temperament and deficient in vital stamina, should either remain single or marry a woman with an immense fund of vitality, but sufficiently intellectual to appreciate him, share, in a degree, his aspirations, and sympathize with him in his tastes. If he were to marry a woman of the mental temperament and of low vitality, the children, if any, would probably be few and puny, and die young; the too keen sensibilities, the excess of mental activity, and the intensity of all the pains they suffer or the pleasures they enjoy, would soon wear out the inadequate physical system with which alone their parents were able to endow them.

Where the motive temperament is strongly indicated, there is needed in the one selected as 'partner for life,' a predominance of the vital or nutritive system, to impart vivacity and cheerfulness to the family circle, and to transmit to offspring the proper degree of mental and physical activity, warmth, amiability, and suavity of character, as well as to give a desirable softness and plumpness to the physical system; while a good development of the mental is requisite to refine, elevate, stimulate, and give intellectual power and esthetic tastes.

"A man with a strongly developed motive temperament united in marriage to a woman of the same organization, would lack the stimulating, warming, and softening influences which so favorably modify the somewhat slow, cold, rough, hard and austere features characteristic of the constitution, and the pair would move too slowly for the current of progress around them, unless awakened by the strong influence of some grand revolutionary movement; and their children would inherit, in a still higher degree, their homely angularities of person, and their energetic, persistent, and sturdy, but hard, rough, and severe traits of character. Fortunately the motive temperament is not a common one among women, nor do men of this organization affect their style of beauty, even in its modified feminine form, but look rather for the plump rosiness of the fair-haired blonde, or the pale, delicate loveliness of the gray-eyed Psyche, whose frailness appeals to their strength, and whose mental quickness contrasts so strongly with their slow but powerful intellectual movements. In general, a medium between these two attractions will be found the safest and best course for them.

"A rational, natural, and harmonious marriage connection requires to have its foundation laid in a broad, full vitality; but this element must not compromise also the superstructure. Where both parties are of the vital temperament the union is not favorable, either to them or to their children; there being no cooling, restraining, or refining influence at work with them, the parents are apt to give way too much to their impulses and passions, to live too fast, to fall into excesses and dissipations, be fitful, vacillating and indolent, and to transmit to their children too much of the animal nature, too little mental power, and an excess of appetite, passion, and love of pleasure. An influential development of the mental and the motive elements in a husband or wife should be sought by a person of a full vital temperament, the one to give toughness, consistency, persistence and coolness, and the other to refine and elevate the character, and impart intellectuality, taste and love of culture to offspring.

"From the foregoing considerations it appears that the point to be aimed at is a proper balance in all the temperamental elements, what is lacking in the husband to be made up in the wife, and *vice versa*—the one being a complement or counterpoise of the other, so that an even development, as nearly as possible, may be transmitted to offspring.

"Beyond the somewhat general statements thus made, the correctness of which can hardly be called in question, it is not, perhaps, in the present state of our knowledge of the laws of social harmony, safe to go. We have correctly given, as we believe, the general law of harmony in our social relations. If we can not lay down exact formula for its practical application, which will ap-

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ply to all cases, it is simply because the gamut of the human passions, unlike that of the musical notes, has not been definitely determined, or the elements of our physical organization reduced to a graduated series. The time will come, in the progress of the race in knowledge, when men will touch with no uncertain fingers the keys which are to render the sublime anthem of disenthralled and harmonized humanity. In the meantime, reader, first 'know thyself,' mentally and temperamentally, and then, through the 'signs of character'—as stamped upon every organization—upon the cranium, upon the face, upon every organ, feature and movement, study and become acquainted with those around you, and you will find little difficulty in determining, in reference to any particular individual of the opposite sex, whether there is between you and him, or her, that graduated difference that might bring harmony out of union."

A HYGEIAN FARM HOME.

To the Editor of The Herald of Health:

—DEAR SIR.—Will you be so kind as to give a pen picture of a model hygienic farm-house in some of the spring numbers of your most excellent journal, and oblige yours truly,

MRS. B. R. VALE.

REPLY.

MY DEAR MADAM. — You request a pen picture of a model hygienic farm-house. It would require the combined knowledge of a good architect, and at the same time an intelligent hygienist, to draw such a picture. As we are not an architect we can only give you such hints as may be useful to you when you come to arrange your plans.

The farmer's house should be built to live in, rather than to look at. It is not a specimen of some particular style of architecture that he needs, but a structure that will afford shelter and security, warmth and fresh air, abundance of light, good water, thorough drainage, and facilities for doing a large amount of domestic work with the greatest comfort and ease. Of these things we purpose to consider first

SHELTER AND SECURITY.

In a climate where the annual thermometric range is more than 120° F., a shelter is as much a hygienic necessity of life as good food. This shelter should be wind-proof, frost-proof, fire-proof, and, if possible, proof against burglars.

To be wind-proof the walls must be able to resist a pressure of at least 50 lbs. to the square foot. The violent gales and hurricanes occasionally experienced, especially in the Western states, sometimes attain a velocity of 100 miles an hour; and this gives to them a pressure of about 50 lbs. to the square foot. Where a farm-house stands upon an open plain, unprotected by the trees or hills, it requires to have a stronger frame and more solid foundations than when it is so protected.

Most farm-houses have roofs made of pine shingles, which, when dry, are very easily and quickly set on fire. It is surprising how many shingled farm-houses take fire from the roof. To make a brick house frost-proof a hollow wall is necessary. Whether the hollow is in the center of the wall or between the bricks and the plastering, does not seem to be important. To make a house burglar-proof is more difficult. Something in this direction may be gained by the use of solid fastenings, instead of cheap ones, for doors and windows. It is not so very expensive to arrange a system of telegraphic bulwark, so that at night, when any door or window is opened by a burglar, a report of the transaction is made in the sleeping-room.

SECOND—DRAINAGE.

A house should be built only where perfect drainage can be secured, where even the cellar can be made perfectly dry, where all waste water and sewage will pass off into a safe receptacle

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where it can be utilized, or into some rapid stream where solution and oxidation will render it harmless. If this is not done there will always be danger from the ravages of typhoid fever, diphtheria, dysentery, and other diseases.

THIRD—VENTILATION.

None of the rooms of a farm-house can be made large enough to dispense with arrangements for securing a constant supply of fresh air. It is not necessary to have the rooms unusually high, for the heated air near the ceiling will not readily change places with the colder air near the floor. Artificial ventilation can always be secured in connection with some good system of heating. Perhaps as simple a method as any where the rooms are heated either by fireplaces or stoves, is to have an opening made into the chimney near the ceiling of the room, through which the foul air may pass into the latter. A great deal of fresh air enters all houses through the cracks about the doors and windows, however close-fitting their casings may be made; it enters even through the walls themselves. But this is not sufficient; consequently there should always be an opening near the top of the room through which an additional amount of air may be supplied. Sometimes these ventilators are fastened into one or more of the window panes, and in this way sufficient ventilation is secured.

FOURTH—HEATING.

Probably the most wasteful method of heating a house is by means of an open grate, leading into a large chimney. This method indeed secures a rapid change of air in a room, but it has its disadvantages in causing an enormous waste of fuel, not less than 90 per cent. of the heat passing up the chimney. Air-tight stoves, without provision for ventilation, economize fuel, but they are injurious to health. Furnaces in the basement, with pipes to convey the hot steam, and proper arrangements for the admission of fresh air, are, perhaps, all things considered, the most satisfactory.

FIFTH—WATER.

If well water be used, it is important to see that the well from which it is obtained cannot possibly be contaminated by filth from sinks, drains, or cesspools, either flowing over or sinking through the soil. Contrary to the commonly received opinion, rain water is not absolutely pure, especially if collected from roofs. But when it is properly filtered and cooled, rain water is likely to be better than any other. Especially is this the case in all malarious regions. To have a supply of water in every room in the house, it should be stored immediately below the eaves, and thus avoid the labor of pumping necessary when stored in cisterns beneath the ground. Where the rain-fall cannot be relied on for a sufficient supply, and it has to be obtained from deep wells, or other remote source, a windmill may be employed to raise it.

SIXTH—LIGHT.

This is as essential to health as it is indispensable where work has to be done. In assigning the rooms to their several purposes it may be well to remember that the north window affords the best light for sewing or reading, and especially for microscopic work. Dark passages and dark narrow halls should not be permitted in any house—they are only abominations.

SEVENTH—THE KITCHEN.

This is the most important room in a farm-house. It should be most accessible to water and wood on the one hand, and to the pantry and dining-room on the other. It is seldom that the kitchen in the farm-house is half large enough. It ought to be light and cheery, and thoroughly ventilated; and especially should there be means of carrying quickly into the chimney the various gases and odors arising from the work going on. The walls of the kitchen, as well as of any other room in the house, should be neatly plastered; and a few pictures and bits of statuary to remind the occupants during the hours of labor of the refined and beautiful, would not be out of place.

EIGHTH—THE CELLAR.

A spacious and dry cellar is equally indispensable to the farm-house. Besides being properly drained, ventilated and lighted, it should contain a

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fireplace and chimney, or flue communicating with some well used chimney above; so that in the winter time, when the external air is mostly excluded, it may still be possible to get rid of all stale and musty odors. If the cellar be divided into several compartments for the storage of vegetables, fruit, fuel or milk, these rooms may be kept at different temperatures, and it is safer to have the vegetable cellar open only on the outside.

NINTH—BED-ROOMS.

These rooms should be large, and have open fireplaces, and windows letting down from the top, and so arranged that they may be securely fastened at any time. An average-sized, healthy person will consume 20 cubic inches of air at each respiration, of which there are about 16 per minute, so that 320 cubic inches per minute, or 19,200 cubic inches, equal to 1,178 cubic feet, per hour will be charged with one per cent. of carbonic acid, which is 20 times as much as the ordinary out-door atmosphere contains. If a bed-room eight feet by ten, and ten feet high, be tightly closed, a sleeper will double the amount of carbonic acid in his room every four hours. A room of this size is too small even for one person, unless a door or window is open, or there is fire enough to maintain a current of air up the chimney. The purer the atmosphere in our sleeping-rooms the better, if all the other conditions be favorable, will be the health of their occupants. The greater the number of persons in a sleeping-room the worse the air in it, therefore the greater the danger to the physical life. A bad atmosphere causes bad blood, and there is a close connection between bad blood and bad morals. Every moment of our existence gases and vapory excretions are thrown out from the body into the air. To dissipate these it is plain there must be a constant change going on, otherwise the health will suffer.

TENTH—FAMILY SITTING-ROOM AND PARLOR.

The sitting-room of the family should be large, well lighted, well supplied with books, pictures, maps and musical instruments; and it should also have, if possible, a pleasant outlook, where sewing, reading, and the various other employments of the different members of the family go on at the same time. And if this room be well furnished and well kept, and made homelike and cheerful by the head of the family, the need of a parlor will scarcely be felt. Still, a room for receiving company is desirable in every home. But to take one of the largest and best situated rooms in the house for a parlor, fit it up expensively, and fill it with costly furniture, other rooms being deprived of necessary conveniences on account of this outlay, all this that there may be one fine room, that will not perhaps be opened once a month, is not a good thing to do. Better make the family sitting-room as pleasant and comfortable as possible, rather than sacrifice it for that which is scarcely enjoyed at all.

ELEVENTH—THE WORKSHOP.

Near the farm-house should be a building fitted up as a workshop, where a workbench, carpenter's vises, and an anvil are in order, and ready for use in case of any immediate requirement, or in case of a rainy day. For want of such a shop, with its tools and fixtures, long journeys often have to be made, time lost, and the business of the farm or household not infrequently interrupted.

TWELFTH—CLOSETS.

Every house should be abundantly supplied with large closets. Small closets are an abomination. All closets should be so arranged as to be thoroughly ventilated. The closet is usually the receptacle for much dirty clothing, and other materials from which poisonous emanations may proceed. Proper ventilation will prevent all this.

THIRTEENTH—THE BATH-ROOM.

We hope the time will come when a bath-room will be considered as much a necessity in the country farm-house as in the city mansion. It is true that one may take a bath in his chamber from an ordinary wash bowl partly filled with water, and a sheet, or a few towels, for rubbing dry with. Perhaps in most cases this is sufficient. A rub-

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ber mat, turning up at the edge, to stand in, catches all the water, so that no injury is done to the floor or carpet. But still there are times when it becomes necessary to take a thorough warm or hot bath, and this cannot be done without the proper arrangements. Just how this bath should be arranged we will not undertake to say; but it ought to be as handsomely and carefully furnished at least as the kitchen. It ought to be well and easily warmed, either by a stove or furnace, and abundantly supplied with hot water. By a very simple arrangement a shower bath can be had. A sitting bath is also easily provided for, and a very restful bath it is to those who do hard work, especially if they are not very strong. Nor is it so very expensive to provide for a very good Turkish bath, or even a steam bath. A hot air furnace with pipes so arranged as to give off all, or nearly all, the heat generated before it can pass with the smoke into the chimney, would accomplish it.

This is not to be regarded as a complete picture of a model hygienic farmhouse, but it will furnish such hints and suggestions as will enable thoughtful designers to make one. Nothing, for example, has been said concerning the lawn, or flower garden, or shade trees, out-buildings, etc. To mention all these things with any degree of fullness would require another paper.

DISEASE GERMS.

THE recent application of the microscope to medical inquiries has developed the important fact that many diseases are occasioned by malign attacks upon the vital domain by germs of various kinds. It is well known that typhoid fever, yellow fever, malarial fevers, and most other febrile diseases, are occasioned by the introduction of germs into the system; but it has not in many cases been the good fortune of physicians to discover the exact character of these microscopic enemies of human life. In the case of diphtheria, many most eminent physicians and scientists are satisfied that the mischievous germ has been discovered, after a long and pains-taking search.

The germ causes of diphtheria are very minute organisms, being too small to be seen except by the aid of a very good microscope. They are so small that a row of them an inch long would contain from 10,000 to 20,000. Singly they are too insignificant to deserve attention, except as microscopical curiosities; but when massed together in the countless numbers in which they infest the mucous membrane in this disease, they acquire an importance which is often terribly great to the victim of their ravages. There are two varieties of these parasites, known respectively as *micrococcus* and *bacterium termo;* the names are certainly no more formidable than the creatures themselves, small though they are. The two organisms are always associated, and can be very easily studied with the aid of a good microscope, by any one at all familiar with the use of the instrument, by examination of the false membrane, freshly taken from a patient.

We have just taken a small piece of diphtheritic membrane from the throat of a patient suffering with the disease, and placing it under the microscope, with a little mucus from the same source, the germs referred to are distinctly visible in great numbers, all actively swimming about, making the whole microscopic field alive with motion. Just so they existed in the throat of the patient a few moments ago, vigorously at work insinuating themselves into the mucus membrane, prying their way in between the cells, even getting into their interior and depriving them of the power to perform their functions, clogging the bloodvessels, causing irritation of the membrane, and, as a consequence, the pouring out of fibrous matter which forms false membrane.—*J. H. Kellogg, M. D.*

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

HIS TEMPERANCE PLEDGE.

Her darling stood beside her knee,
A boy scarce six years old,
She laid her pale and wasted hand
Upon the rings of gold
That fringed his brow, so warm a light
Through all their sunshine stole,
It seemed from Paradise had dropped
An angel's aureole.

How tender was that mother's voice!
How softly sad and low
She murmured: "Ah! my little one,
How can I leave thee so
Bereft and orphaned?" and the tear
Came glistening to her eye.
"Look up! remember what I say,
For I am going to die.

"I cannot tell you what I would,
You could not understand,
But there are many wicked men
In this fair, lovely land,
Who make their bread by selling rum,
And when I am afar
With God, just think how I should feel
If you a drunkard are."

"Mamma, Oh, mamma, if you die,
Will you come back and see
How very, very, very good
Your boy will try to be?
If you will only sometimes look
Down through the big blue sky,
I will not do a single thing
To ever make you cry.

"I've heard the temperance people talk
About the drunkard's way,
And if you'll help me write a pledge,
I'll make you one to-day."
A bright drop trickled o'er her cheek
As from her side he ran,
But, hastening with his treasures, soon
The mournful task began.

"I'll never touch the tiniest taste
Of what makes drunkards, when
I'm young or old. I'll keep this true,
For mamma's sake. Amen."
Her fragile bosom shook with pain,
Scarce could she gaze upon
The wavering strokes, where fingers small
Were printing "LITTLE JOHN."

"Now—and from two dark, shining eyes
The shining mist was driven—
Here is my name, and when you go,
You take this up to Heaven;
And when you get to feeling bad—
Of course you'll lonely be—
Read it, and make believe you've got
A letter right from me."

* * * * * * *

Twelve moons ago a grave was made,
For one all white and cold,
Two wan hands on a pulseless breast,
Held close within their fold
The purest dearest, holiest pledge
That earth has ever known;
And though it shall not e'er be read
Beside the golden throne,
A little boy whose dreary woe,
In bitterest tears was shed,
Will never while he lives forget
His promise to the dead;
And if, in years to come, the wine
By fairest hands is given,
He'll turn away at thought of one
Who watches him from Heaven.

Mrs. G. W. White.

AN M. D's LOVE POEM.

Joy of my life! how fair, how beautiful,
Is the smooth whiteness of thy cuticle!
Through the thin epidermis, lo! I trace
The shadowy, veining lines that add a grace
To the fine contour of thy charming face.
The vital hue that simulates the rose,
Lit by thy bosom's heart fire, redly glows,
Through each round cheek's exquisite adipose.

When the denticulatory task devolved,
Nature from protoplastic pearl evolved
More precious gems than Egypt's queen dissolved.

Those irridescent, summery orbs of blue,
What sunlit, soulful radience shineth through
Their vitreous humor and lachrymal dew.

How oft I watch the dear capillaried flush,
When vivid tides of red corpuscles rush,
As varying thoughts compel the wavering blush
Bright dephlogistic carmine! ah, thy flow,
In diagnosing wavelets to and fro,
Breathes sweeter tales than words can ever know.

Thy metatarsal bones articulate
In high patrician curves; a lovelier weight
Beauty ne'er guided in a daintier gait.

Noting thy healthful draughts of oxygen,
I think of buried loves that *might have been*
The joy, not sorrow, of pure, noble men.
For many a fair, white tombstone reads to-day
Of pious trust, that, truth were told, would say:
"Here lies a maiden who laced her life away."

Forgive the praise that thrills thy tympanum—
Phrenology would bow adoring, dumb,
Before that templed shrine, thy cranium.

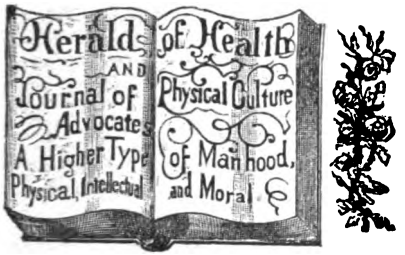
Our wedded home love's boudoir neat will be,
In such plain, tokening prominence I see
Order, my dear, and ideality.

Imponderable soul elements at last,
Our fraction of this earth-life overpast,
Sextupled space could never prove so vast
That we should drift apart. Eternity,
Mystic incomprehensibility,
Will but reveal thy higher grace to me.

G. W. W.

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EDITORIAL DEPARTMENT.



NEW YORK, APRIL, 1879.

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.

JAMES PARTON CONCERNING THE HEALTH HABITS OF BAYARD TAYLOR.—Although we have already spoken of the death of Bayard Taylor, and also of his health habits, we cannot omit the following very suggestive letter from one of our first literary men. It is taken from The New York Ledger:

"The recent death of Bayard Taylor recalls to mind the great number of literary men of the last 50 years who died before they had lived out their lives. Since James Gordon Bennett founded The New York Herald in 1835, I suppose 50 New York journalists have either died in their prime or before reaching their prime. A similar mortality has been remarked on the other side of the Atlantic. Dickens died at 58, and Thackeray at 52. A great number of lesser lights have been extinguished that promised to burn with long increasing brightness.

"What is the matter? Is there anything in mental labor hostile to life? Was it overwork that shortened the lives of these valuable and interesting men? I think not. I think most of them died before their time because they did not know how to live.

"The last time I saw Bayard Taylor, about six months before he sailed for Prussia, he looked the picture of blooming health. His form, which in early life had been extremely elegant, and somewhat slender, had attained ample proportions. He had the shape and the complexion of a thriving Pennsylvania farmer, who rides a good horse, and has a stone barn as big as a church crammed with produce. He was then full of desire to complete his 'Life of Goethe,' which had occupied his thoughts for many years, but which he was prevented from completing by the necessities of daily life. He told me that he had given way to a folly (so seductive to a poet) of building an expensive house before he had conquered a steady income adequate to keep it. He wished then that he had some of the money thus expended to put into his darling project of a book.

"'But,' said he, 'though it cost me $45,000, I cannot get an offer of $15,000 for it; and there it is, an elephant on my hands.'

"I told him there was only one way for a married man in limited circumstances, in this country, to accomplish an arduous and expensive literary task, and that was to remove to a good solid country town, with a library, with plenty of intelligent people, with good old country roads: say, like old Newburyport, for example, at the mouth of the Merrimac river. There he would find the best people in the world, who understand the beautiful and noble art of economy, and could live a good deal better on a $1,000 a year than people in New York can live on a $1,000 a month. Nay, better in some respects than New

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Yorkers can live on a $1,000,000 a year. He approved the scheme, and said he had serious thoughts of attempting it. He made many inquiries as to the cost and ways of living in such places, and I derived the impression that when he had gathered all the materials for his work, he would be very likely to settle down in some quiet place beyond the range of New York expensiveness and New York dinners, and execute his task. He talked much of his illustrious subject, the great German poet, whose mortal career he had undertaken to relate. Like most of us who have read much of Goethe, he believed that he was the greatest sum of mind and feeling which the world has known since Shakespeare. But what he chiefly valued in the great Goethe was the richness and depth of his moral nature. He looked upon him as a kind of savior of the modern world, and he repeated with great fervor the famous saying of Goethe:

"'The spirit in which we act is the highest matter.'

"He maintained, too, that the accounts previously published of Goethe's life at Weimar, where he spent most of his mature years, had conveyed an erroneous impression, which he hoped to correct. Mr. Taylor had himself lived at Weimar, where he had met the family of the poet, and conversed with many persons who had known him. He thought he should be able to present his life there in a far more pleasing and satisfactory manner than had been done by the previous biographer, Mr. Lewes.

"'Lewes,' said he 'did not remain at Weimar long enough, and did not converse much with the people who knew Goethe best.'

"Nevertheless, I gathered from Mr. Taylor that this immense Goethe was not acquainted with some of the most obvious laws of our physical welfare. Bayard Taylor was always laughing at me for two articles that I wrote once for the Atlantic Monthly, one called 'Does it Pay to Smoke?' and the other 'Will the Coming Man Drink Wine?' I had ventured to answer both of these questions in the negative. He, on the contrary, not only drank wine in moderation, but smoked freely, and he was accustomed to point to his fine proportions and rosy cheeks, comparing them with my own meager form, as an argument for the use of those stimulants.

"Well!' he would say, on meeting me, glancing down at his portly person, and opening wide his arms, with a cigar in his fingers, '*does'nt* it pay to smoke? How does this look? The Coming Man may do as he likes; but the man of the present finds it salutary."

"And this was not merely a joke. He seriously thought that the daily use of wine and beer, in moderation, was beneficial, and particularly that it produced, as he used to say, 'a finer quality of brain' than could be had from unstimulating fluids.

"'What was Goethe's opinion on this subject?' I asked once.

"I can tell you,' said he, 'what his practice was. He drank two bottles of wine after dinner every day.'

Then, of course, arose the question between us whether Goethe was so great a man in consequence of his drinking wine, or in spite of his drinking wine, upon which we conversed with the usual result, each remaining a little more positive of his own opinion than he was before.

The last subject upon which we touched, strange to say, considering what has since happened, was the immortality of the soul. He quoted some remarkable sayings of Goethe on that subject, in which the great poet gave utterance to a strong conviction that the soul of a man, having once come into being, can never die. Mr. Taylor, with a warmth unusual with him, expressed the same conviction.

"'I could not support life,' said he, "if I did not believe it. I could not accomplish my work. I have noticed, too, that when an artist ceases to believe in immortality he no longer paints fine pictures.'

"He was proceeding to expatiate upon that subject, and seemed about to mention some cases in point, when we were interrupted, and the conversation ended. I never saw him again.

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"The next thing I heard was that the President of the United States had done a wonderful thing. He had actually appointed as Minister to Prussia a gentleman who knew the language, the literature and the people of the country to which he was accredited. Mr. Taylor had inherited a sturdy Pennsylvania constitution, but he had been for some years afflicted with a local malady which is peculiarly liable to be aggravated by excitement, either mental or bodily. With natural enthusiasm, with mistaken kindness, his numberless friends hastened to give him a series of farewell banquets and receptions. I cannot resist the impression that to those banquets he owed his death. I believe that if he had gone abroad quietly, and fallen quietly into his new duties, as he would have preferred to do, we should not now be lamenting his early death.

"Mental labor is not hostile to health and life. But I am more than ever convinced that a man who lives by his brain is of all men bound to avoid stimulating his brain. In this climate, to stimulate the brain by alcohol and tobacco is only a slow kind of suicide. Even the most moderate use of the mildest wine is not without danger, because the peculiar exhaustion caused by severe mental labor is a constant and urgent temptation to increase the quantity and strength of the potation.

"I would say to every young man in the United States, if I could reach him: If you mean to attain one of the prizes of your profession, and live a cheerful life to the age of 80, throw away your dirty old pipe, put your cigars in the stove, never buy any more, become an absolute teetotaler, take your dinner in the middle of your day, and rest one day in seven."

MR. GLADSTONE'S HABITS. — The most scholarly and able statesman in Europe to-day, is, no doubt, the English ex-Premier, Mr. Gladstone; and though out of office, his labors are no less severe and constant than they were when in the midst of his official portfolio. To judge by cotemporary English journals, that comment upon his smallest utterances, what he says and thinks is still a matter of daily concern in England. But Mr. Gladstone has attained this importance, and keeps it, only by the most strenuous intellectual exertion on a wide variety of themes.

It becomes an interesting question, therefore, at his present age—for he lacks but one year of 70—how he manages in the midst of so much mental strain, to maintain and preserve his health unimpaired. One of his habits, we find, is not to omit a good amount of exercise, and this he takes in the form which was so agreeable to Horace Greeley, both of whom have made havoc, not only with a good deal of political underbrush, but with stalwart trees and lords of wood. It is said that Mr. Gladstone wields the ax with great force, and is more than a match as a walker, for active and alert men 20 years younger than he. We understand, too, that he does not do this work perfunctorily, and without relish, but it is a real delight to him, as the Saturday holiday was to Mr. Greeley. Of course, as a recent writer has said, "Gout and rheumatism have no terrors for this busy man," and one of his most intimate friends used to say that "wonderful as is his mind, it is nothing to his body."

WILLIAM HOWITT.—The recent death at Rome, Italy, of William Howitt, removes a venerable author, whose name has been a household word for many years on both continents. He was 84 years old, his wife, who survives him, being about 75. For 55 years they have lived and labored together, and in such constant unison that every one has spoken of them as William and Mary Howitt, rarely having occasion to use either name separately. They were friends of almost all the English literary workers in the early part of the century, and were as much esteemed for the purity and excellence of their characters as for the quality of their writings. To history, fiction and poetry they gave their efforts, and they have had a wide constituency of readers. In all movements which had for

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their object the betterment of life—and more especially the cause of temperance—Mr. Howitt was an earnest worker, and his own habits of life were simple and frugal. His letter in the recently published volume of "Hygiene of the Brain" gives a very full and elaborate account of his mode of living, which has carried him successfully to a ripe old age. It was his habit from boyhood to be a good deal in the open air, to rise early, and to take exercise, and it was he, and not a French doctor, as the newspapers have so often stated, who recommended "temperance, early hours and daily exercise," as the three doctors most essential to health. That his example of obedience to these three would, if generally followed, revolutionize the health of the world, hardly needs reiteration or argument.

MR. ALCOTT'S SUMMER SCHOOL OF PHILOSOPHY.—It is one of the pleasantest of spectacles, in those days of business depression, to see that some of the most hopeful signs in our advancing civilization are not thwarted by what we call the hard times. The recent announcement that Mr. Alcott, at the age of 80, intends to start, at his residence in Concord, Mass., a summer school of philosophy, has already raised great expectations of a little plant which will grow to still larger importance. The school is to be open in July, and to be kept open five weeks, when it will listen to lectures at the rate of two a day on "Christian Theism," "Speculative Philosophy," "Plato," "Art," "Politics and Philosophy." In addition to Mr. Alcott himself, Prof. W. T. Harris, Dr. Jones, the Platonist, of Jacksonville, Ill., R. W. Emerson, Mrs. Cheney, D. A. Wasson, and others, are to give addresses and conversations.

It is an interesting feature of the school that it proposes, after the manof Plato, one of its patron oracles, to hold its sessions in pleasant weather in the orchard, or in the pine grove adjoining Mr. Alcott's house. The scheme is a small one, but in the interest of health and natural inspiration it ought to prove a worthy success. If there is any spot in America where the intimacy of choice spirits and the beauty of Nature can be faithfully blended it must be in this old revolutionary town, where, near the shades of Thoreau and Hawthorne, so much is present to stimulate the imagination and to fire the soul to high ideals. And no better figure than the patriarchal form of Mr. Alcott could well be chosen to stand as sponsor to this undertaking. He is now 80 years of age, but is still as vigorous and earnest as when in early days he made the vocation of teacher an inspiration and a prophecy. His acute Socratic talks on things which concern the mind and spirit, and the life of the soul, have been one of the famous educational influences of nearly, if not quite, two generations of our people. He has been, in fact, a teacher of teachers, and his themes, though usually too lofty and ideal for mere *popularity*, are at least beginning to be welcomed by a wider and wider audience. They will be fortunate, indeed, who can claim it as their privilege to hear this new series of conversations; and we who are distant from them shall be glad to pick up such crumbs as may fall from them into the newspapers, or on some future printed page.

It is the charm of Mr. Alcott's discourse that he not only thinks deeply himself, but makes his utterance the source and provocation of thought in others. His words, being in the fashion of a conversation, insinuate themselves as no others can, and are full of the gentlest as well as wisest of persuasions.

REV. C. H. BRIGHAM.—Rev. Chas. H. Brigham died in Brooklyn, Feb. 20th, after a long and painful illness. Mr. Brigham was a very remarkable man. Thoroughly educated and devoted to his profession, he yet found time to write much for papers and magazines, and being almost an encyclopedia of knowledge, his articles were always instructive. For nearly four years he never failed to furnish monthly an article for THE HERALD OF HEALTH, and his contributions to this

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magazine were highly esteemed. But though Mr. Brigham understood the general subject of hygiene most thoroughly, he never gave much attention to personal hygiene, and many have attributed to his habits of diet largely the disease of which he died at so early an age, when Nature had endowed him with such a robust constitution and such a fund of vitality. He will be missed by a very large circle of friends and admirers, as a man of great learning, highly social, and full of kindness and love for his fellow men.

To the Editor.—DEAR SIR.—I wish to call your attention, and also the use of your pen, to the evil of one session in our high schools; in commencing at 9 o'clock, A. M., and continuing with slight intermission till 2 o'clock, P. M. Most families take their breakfast between 6 and 7 o'clock in the morning; youths, with their active habits and quick digestion, need their dinners between 12 and 1 o'clock, and, as a rule, suffer unless they have it. All the time they give to study after 12 o'clock is so much tax upon their reserve power, undermining their constitutions by exhausting their nerve and digestive power.

Two lovely, intelligent girls, about 17 years of age, my intimate friends, have lost their lives by that pernicious and, it seems to me, barbarous system; and a third is now suffering from nervous prostration from the same cause.

A morning session from 9 to 12 o'clock; and an afternoon session from 2 to 4 o'clock, with an intermission in the morning of 15 or 20 minutes, would enable the scholars to accomplish more without injury to their health.

I hope you will commence writing at once, and follow it up till the one session, youth-destroying system is brought to an end.

Yours truly, WILLIAM C. LANGLEY.

STUDIES IN HYGIENE FOR WOMEN.

HEALTHFULNESS OF BREAD MADE FROM UNBOLTED WHEAT-MEAL.—During the administration of William Pitt in England, there was a great scarcity of wheat, and in order to make it go as far as possible, Parliament passed a law that all the bread for the army should be made out of unbolted wheat-meal. History states that the result was such an improved condition of health among the soldiers as surprised them, and also their officers and the surgeons. The latter declared that never before were the soldiers so healthy and robust, and that disease had nearly disappeared from the army. For a long time this kind of bread was used almost exclusively, but when wheat became once more abundant, its use was discontinued.

The use of unbolted wheat-meal bread has become greatly extended throughout the civilized world within the past generation, and every housewife should know how to make the very best article and have it constantly on the table. Children do much better upon it than upon bread made from fine flour.

In the State of Massachusetts they have normal schools where young men and women are educated for teachers at the public expense. In one of these schools, it is stated to us upon good authority, that the young ladies who come there to be educated are mostly from the rural districts, and that they are not well developed physically. Inquiry having been made into the cause of this, it has been found that these young women had not been well fed at home. They are brought up on hot biscuit and tea, and this does not supply sufficient nourishment to develop healthy bodies. The substitution of wheat-meal bread in all these cases would make a great difference in the physical development, health, longevity and usefulness of these persons. In our book, "Eating for Strength,"

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there is a large number of recipes for the making of brown bread in every variety.

BREAD FROM MINNESOTA FLOUR.—A lady correspondent asks us the pertinent question: "Why is the flour of Minnesota wheat sold at a higher price than that of Michigan or Ohio wheat? and is bread made from Minnesota flour any more wholesome or nutritious than that made from the flour of these other states?"

In answer to this question we will state that Minnesota wheat is much more rich in gluten than is the wheat in either Ohio or Michigan; and this is a great advantage both in the way of nourishment and of health. Michigan wheat makes a very white flour, because it is composed more largely of starch. It is also a fact that several varieties of wheat recently introduced, as the Clawson and the Fultz, contain too small a proportion of gluten and too large a proportion of starch. A first-class and highly nutritious flour cannot be made from either of them. The process of bolting increases this disproportion, as it removes a considerable portion of the gluten and but little of the starch. This should be a strong argument against the process of bolting, and more especially bolting flour made from wheat with too little gluten.

MEAT FOR CHILDREN.—A thoughtful mother asks the question: "Do children need fleshmeat as soon as they are weaned as a part of their daily food?" To this we answer: No; they do not. It is true that children brought up on hot biscuits and tea, or coffee, may do better with an allowance of meat, but if they have been kept on a simple natural diet, flesh food is not only unnecessary but often hurtful. The practice with children in the Oneida Community is interesting in this respect at least. They give their children no meat until after they are six years old, and but little then. They feed them on cracked wheat, oatmeal and milk, and all the fruit they want. These contain all the nourishment of flesh, and more. The results have been marvelous. Of the 50 children born within the past eight years, not one has died. What other community can show such results? The average weight of their children is something above the average weight of farmer's children brought up in the country.

On this point Prof. Buckmaster, in a recent lecture in England, says: "You cannot nourish your bodies, or properly feed your children, on tea and white bread, treacle or butter." And then he adds: "The chief food of the Roman gladiator was barley and oil, because this gave muscular strength. Hippocrates calls this strong food. The Roman soldier does not appear to have eaten much, if any, meat, his rations being one and three-quarter pounds of barley-meal, three ounces of oil, and a pint of wine daily."

OATMEAL CRACKERS.—Oatmeal has become a favorite dish for many Americans, as well as for the Scotch; but it is usually served in the form of porridge. It is not known to all that it makes a very nice breakfast bread, and also excellent crackers.

Oatmeal cake for breakfast is made as follows: Take equal parts of finely ground oatmeal and water, mix and pour into a dish about one-third of an inch deep, and bake for an hour, until it is crisp and somewhat brown. Or it may be made half an inch or an inch thick, and baked like corn bread. It is almost impossible to spoil it, provided reasonable care is taken and the bread is not made too thick. It is better warm than cold, but if any is left over it may be slightly moistened with water and rebaked for a little time, or, better still, it may be steamed, when it is nearly as good as new. Such a bread for children is not only nutritious but wholesome, and worth a great deal more to their growing bodies than hot biscuits, no matter how well the latter may be made.

Julia Coleman, who is good authority, gives the following recipe for making oatmeal wafers: "Take equal parts of water and oatmeal. Make it as thin as you can and shake it out on the bottom of the pan, so that when it is done it will not be thicker than a knife

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blade anywhere, bake very slightly until it is quite dry, watching that it may not scorch. In taking it out it will break into many fragments, not shapely for the table, but still delicious. They are very nourishing, and easily digested, and better for the sick than gruel. As for the well folks, put the wafers out of the way of healthy people, if you expect to find any for the invalid's next repast.

SOCIETY AND SOLITUDE.—A correspondent writes that she thinks her health would be much better if she did not get so lonesome, and asks if lonesomeness is not the cause of a morbid condition bordering on disease?

To which we answer, that man by nature seeks society and also solitude. A harmonious change from one to the other is essential to the best health. Where there is too much solitude there is apt to be despondency. Where one has too much society he is apt to wear out prematurely. It is not easy to arrange life so as to have just enough of each. If every hour brings a swarm of company the result upon the moral nature is unfavorable.

If, on the other hand, man is too much isolated from his fellow men his social nature suffers, and the mental faculties are not properly developed. Lonesome people who live in the country should make friends of Nature; animals, plants, trees. These become to them, in a certain sense, society. A horse and a dog make very good friends indeed, and rarely give offence.

PAINT AND PAPER FOR HOUSES.—In another part of this magazine we have given some general directions for building a healthful farm-house. We should like to add a few words applicable to any house, on the subject of paint and paper. In the first place, all the painted wood-work should be varnished; in this way the deleterious ingredients of the paint are rendered harmless, and the cleaning is much more easily accomplished. In regard to paper, it may be said that all rough papers should be avoided, because they collect, absorb and retain too much dust. All papers containing arsenic or Paris green in their coloring should be avoided. The smoother the surface of the paper the better. Whenever rooms are to be repapered, all the old paper should be removed.

A RESPIRATORY VAIL.—As a rule vails covering the nose prevent full respirations, but they are at times useful, as when one is exposed to dust, as in riding upon dusty roads, either by rail or carriage. In such cases a properly constructed vail keeps the dust from entering the breathing organs. The best method of making one is as follows: Take an ordinary piece of blonde 12 inches wide, over the lower four inches sew a double thickness of gossamer silk. Two layers are sewn to the piece without difficulty. Ladies may attach them to the lower part of an ordinary vail, and thus the objection made to the appearance of ordinary respirators, so much used in England, is avoided.

PHYSICAL DETERIORATION OF NEW ENGLANDERS. — Dr. Oliver Wendell Holmes declares it to be a fact that the race in New England is deteriorating. The chief reason he gives for it seems to us far from correct. He says it is owing to the want of material in the soil to produce muscle and bone. It is very true that New England soil is somewhat sterile, and for this reason manufacturing is more profitable there than farming, water-power being abundant and cheap. A large portion of the food is imported into New England from the West. Wheat is hardly ever grown in the New England States. If the grain brought into New England was not injured by taking out of it much of its nutrition by bolting the flour it is made into, there would be no danger of our New Englanders deteriorating from the cause alleged.

One cause of deterioration there is the removal of the most robust and able-bodied men and women by emigration, their places being supplied by foreigners whose physical and intellectual development is not equal to theirs. Another cause is, that so many spend their lives in factories. The best physical development of the race will never

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be attained where the manufacturing interests are so great.

Dr. Holmes says that the finest figures in the world will in the future be found in the valley of the Mississippi. This may be true. Here is abundant food, and their manufacturing interests are never in excess of the agricultural interests.

WANTED. — Copies of the January and February numbers of THE HERALD OF HEALTH for 1879. Any one having copies they are willing to exchange, may receive for them a copy of the Hygienic Cook Book, if sent to us immediately and in good condition.

IT is not overtasking the brain, but the stomach, which brings many students into a condition of ill-health.

CURRENT LITERATURE.

—:o:—

HEALTH PRIMERS. No. 1. Exercise and Training. No. 2. Alcohol, its Use and Abuse. No. 3. The House and its Surroundings. No. 4. Premature Death, its Promotion or Prevention. New York: D. Appleton & Co.

The little volumes titled above are the first four of a series of reprints on topics directly relating to public and private health. They are brief, simple, and elementary in statement, the preparation of them being confided to eminent scientific and medical men of London, each author treating the special topic on which he is a recognized authority. That they were written for a different country and latitude does not, as we can discern, impair in the least respect their value for American consumption; for the prime rules which concern the subjects discussed are of about equal validity the world over. In the building of a house, for instance, it behooves people everywhere to look to the soil it is to stand on, the light it is to receive, the possibilities of drainage, and its ventilation; and in Primer No. 3 those and many other things are touched upon in a plain and forcible style. The writer of this volume says that diarrhœa, cholera, typhoid fever, dysentery, diphtheria, and, in a great degree, consumption, are all diseases of the preventable class. Smallpox, scarlet fever, erysipelas, and typhus fever belong to the contagious or infectious group of diseases, and "their disastrous effects may be much modified, even if the spread of the malady cannot be altogether arrested, by intelligent administration in our houses." Other diseases are also avoidable by the same means, but not to so great a degree, There are more good things in this No. 3 Primer alone than we have space to refer to; and not the least sensible thing is the discourse the author gives on the use of the so-called disinfectants and deodorizers, which while they may be useful when properly applied, are too often made to take the place of cleanliness itself. In Primer No. 2, Dr. W. S. Greenfield discusses in no unpartizan way the physiological action of alcohol, its effects in excess, and its use in health and disease. If it is not strictly total abstinent, it is almost practically so, and gives little comfort to the other side. The two remaining primers are to be commended, in general terms, as faithful efforts in the field they occupy.

HEALTH AND HOW TO PROMOTE IT. By Richard McSherry, M. D., Professor of the Practice of Medicine, University of Maryland. New York: D. Appleton & Co.

We find from a cursory reading of this book that it is full of good sense, and so constantly appeals to the reason that, where one might in any case differ from the author as to details or principles, we must at least give him the credit of a conscientious and intelligent purpose. In speaking of hygiene the author says that "the life of every man, woman and child ought to be governed by its laws." And though he does not say with Dr. Holmes, that "if all the medicines in the world were thrown into the sea it would be the better for the people, but the worse for the fishes," he believes the success of the doctor will be far greater where hygiene is understood. This book, therefore, is really an appeal to individuals, and suggests what each person may do for himself in the way of promoting health and right living. It credits benefits incidentally to the milk diet; says that tea, coffee, wine, beer and liquors are usually objectionable; advocates the kindergarten, and on air, clothing, ventilation, and the cardinal doctrines says some vigorous and timely words. Dr. McSherry writes in a very pleasant and fluent manner, and with reasonable brevity considering the extent of ground he compasses. We regard this book as one calculated to do good, and provoke earnest thought on all subjects that relate to health and its preservation.

THE VOICE. A monthly devoted to Voice Culture. Albany, January and February, 1879.

This is a new periodical of about a dozen pages, without cover, whose title indicates plainly enough its purpose and mission. The voice is a very important function in the human economy, and any treatment or culture that will strengthen or improve it is worth a wide dissemination. The cure of stammering is discussed by the different German writers in No. 2, which is before us, and speech-sufferers will do well to look this journal over,

A NEW ITALIAN PERIODICAL. We have received from Milan, Italy, the Jan.-Feb. number of the Journal of the Italian Society of Hygiene, (*Giornale della Societa Italiana D'Igiene.*) It is a beautifully printed magazine of 150 pages, and, with this number, makes its first appearance before the Italian public. Among its topics are "Hereditary Transmission," "The Purposes of the Italian Society of Hygiene," and "International Congress of Hygiene at Paris." It looks bright and vigorous enough to prove a valuable helper in the field which it has selected.

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CONTENTS FOR MAY, 1879.

GENERAL ARTICLES. Page.

Physiological and Sanitary Marriage and Parentage.—*By the Editor.* (5). 97
Womanhood.—*By Mrs. Chilion B. Allen, M. D.* 99
Physical Development of the Parisians 100
Inunction; or, Oiling the Skin 102

OUR DESSERT TABLE.

Spring—The Truth of the Matter—So the Story Goes—Two Thieves 104

TOPICS OF THE MONTH.

Encouraging Moderation 105
City Streets—Mourning Costume 106
Women and Hygiene—The Emperor of Germany—Elihu Burritt 107
Death of F. R. Elliott 108

STUDIES IN HYGIENE FOR WOMEN.

Tea-Drinking for Ladies—The Rural Habit of Eating Pork—Miasm from Cisterns—A Breakfast Beverage—The Coming Woman 109
Mother's Marks—Barley and Apple Pudding—Hints about Cooking 110
Current Literature 111
A Health Colony 112
Health Foods 113

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THE
HERALD OF HEALTH.

MAY, 1879.

PHYSIOLOGICAL AND SANITARY MARRIAGE AND PARENTAGE. (5.)

BY THE EDITOR.

HEALTH.

IN the physiological marriage health is a most important factor. Let us consider this subject carefully. What is health? Is it something that can be taken hold of with the hand? No. Is it something which can be bought or sold? No; but it can be lost or gained, for health is a condition, a state of being. The words healthy, holy, and hale have about the same meaning and origin. They are all derived from words meaning safe, sound, whole. A condition of health, then, is a condition of holiness, soundness, integrity. There are two processes going on in the body continually, which influence and decide the healthful or unhealthful condition of every person. One is the process of waste, and the other that of renewal. Where the waste of tissue is in excess of renewal, the tendency, if long continued, causes a diseased state. Where the renewal of tissue is perfect, health is maintained. In childhood the growth of tissue is in excess of decay. In manhood's prime there is an equilibrium of these processes. In declining years the tissues are not renewed as fast as they are worn out, and so the integrity of the system, its wholeness, soundness, diminishes. Health is the normal condition of man. It is that condition which gives ease, comfort, happiness; nay, more, it gives power to accomplish the tasks of life, to fight its battles, bear its burdens without fainting or growing weary. Where a healthful condition does not exist in the individual all this is reversed; the battle of life becomes hard, the struggle for existence weighs down the individual, and he groans, complains, rebels—he is unhappy.

The physiological marriage must be between healthy persons. As, however, perfect health does not always exist, indeed rarely exists in any person, this rule admits of slight modifications; otherwise many would be prohibited from marrying who ought not to be. In general, however, it may be said that:

1. Two invalids ought not to intermarry. If they are obliged to make their own way in the world they will not have the strength to do it. Their lives will consequently be lives of privation and suffering. If they rear children these will be likely to inherit their diseases and become burdens on the public. Two invalids as husband and wife could hardly be happy together. They would aggravate each other's troubles and drive each other wild, unless they were both saints, and, as a rule, invalids are not saints.

2. Two persons with a tendency to the same disease, either inherited or acquired, should not intermarry, even if both are in apparent good health at the time. If they do they but entail a curse on their offspring, who will be pretty sure to inherit their diseased tendencies. If two persons with a disposition to consumption, scrofula, or dyspepsia intermarry knowingly, they

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commit a sin against their progeny which cannot be blotted out. If two persons both descended from parents with insanity in their blood marry, they do a wrong which is unpardonable.

3. There are some families which may best be designated "played-out families." Excesses have told on their constitutions so that they are blighted. The doom of extinction is written on every feature of their faces and every fiber of their bodies. Their blood is tainted with the vices of generations of ancestors. Examined under the microscope it shows a great deficiency in protoplasmic or living matter. When such families intermarry they commit a crime against the laws of physiological and sanitary marriage which heaven can never smile upon, but only condemn. Even love does not sanctify such a union. It is true, under favorable social circumstances such persons might, if past the age of rearing children, marry for friendship, a home, or other consideration; but such unions have nothing to do with sanitary marriages. They do not presuppose offspring, which the latter does.

4. Where there is any serious disease of the generative system in either party, their marriage would not be physiological. In order to decide this question the advice of a careful, judicious physician should be taken. It is not, however, always safe to be guided by the physician's councils; for, as a rule, he has not in our time given sufficient thought to this subject, and often advises marriage when, from a physiological standpoint, it should be prohibited. Syphilis is one of these diseases, which transmits to offspring feebleness, and a good-for-nothing, deplorable condition. Morally the syphilitic have no right to marry, and if they do it cannot be considered physiological or sanitary.

The physiological marriage, as before stated, can only occur between healthy persons, as well as those adapted to each other by habit, education and temperament; but as health is the exception, and not the rule, so it is permissible for those to marry who are not specimens of the highest condition of health, and their union may be considered a physiological one. But in such cases care is to be exercised, and if one of the parties is deficient physically the other should not be deficient but rather have an excess. If one has lungs not as well developed as the highest physical development demands—though they may not be diseased—the other should have strong, well developed lungs; but in that case it is better that the deficiency should be on the part of the father, as weakness of these organs, it is thought, is most likely to be transmitted from the mother to offspring. If there is also a deficiency of development in the digestive apparatus of one party there should be no deficiency in the other; but as weakness of the digestive organs are most likely to be transmitted by the mother it is better that the deficiency should be on the side of the father. This branch of the subject, however, will receive a more full treatment in a future number.

We should like to lay all the stress possible on the subject of health in connection with marriage. Even if love exists between unhealthy parties marriage had better not take place. Many think love between two justifies their marrying. This is not so. Beautiful as this passion is, heavenly as is its source, it does not justify doing a wrong to offspring which may curse generations yet unborn. We use the word "curse" advisedly, for disease is one of the greatest of curses, and indirectly leads to crime. A majority of all criminals are either diseased or have an imperfect physical development. We have spent weeks in criminal courts, and have always observed that nearly every person convicted of a crime is inferior in his or her physical development. They cannot earn an honest living by honest work, and so they try to do it by "light-fingered" employments. Besides we acquire quite enough diseases on life's journey without adding to the number by transmitting those of one generation to another.

The following is a list of diseas

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known to be inherited: Insanity, gout, syphilis, consumption, scrofula, dyspepsia, emphysema of the lungs, cancer, rheumatism, and other maladies of a similar nature.

We are, perhaps, not justified in saying that no person with a tendency to these diseases should marry under any circumstances, but such marriages cannot be considered sanitary, and they ought not to take place except on mature and wise reflection, and for the best of reasons. Only the selfish or inconsiderate will for their own brief pleasure run the risk of transmitting misery to others.

There is one subject which may be mentioned here. Persons whose constitutions have been somewhat injured, but who are not tainted with actual disease, may rear children much healthier than themselves, provided their own lives are regulated by a wise hygiene. We have seen this over and over again. Good habits of eating, sleeping, working, a wise control of the appetite and passions, give them a great advantage. If they are growing better all the while, instead of worse, and are not too much broken in constitution, it is safe and proper for them to marry, if wisely.

On the other hand, healthy persons under a physiological marriage often rear sickly children. Frequently the reason is that their own habits are not physiological. They go to excesses in labor, in food and drink, in passional indulgence. They waste life's forces instead of husbanding them. They are on the retrograde, instead of maintaining their physical integrity. They throw away their advantages, and are surpassed by the physically inferior, but more wise and prudent.

Life is growing more complex with each generation. If it were not so, if the course of our lives was as simple as that of uncultured nations, it would be needless to study these questions. But as it is so, it is important that we master them and apply them to the conduct of our lives. Otherwise we shall be left behind in the race, and perhaps be forgotten and altogether lost.

WOMANHOOD.

BY MRS. CHILION B. ALLEN, M. D.

"A perfect woman nobly planned" is the expression often quoted as being an epitome of all that is needful to a rounded, complete, womanly character. In its few words it comprehends the sound judgment, the kindly heart, the judicious tongue, the sensitive conscience, the sympathetic ear, the quick eye, the ready hand. But it comprehends something more, for even this array of virtues is not sufficient to make the perfect woman; but the perfect woman is something far grander and nobler. Perfect womanhood demands a good physique; a physique whose natural powers have been preserved by care and developed by education; it demands strong lungs, with unrestrained activity; it demands a heart which works steadily and without friction; it demands a digestive apparatus with power to elaborate and assimilate healthful food; it demands a steady, well-balanced nervous system, a healthy, uncongested brain, and a plentiful supply of pure, nourishing blood. Add to these physical qualities the mental characteristics before enumerated, and the result would be a woman who would be a mighty power; a woman who could both "warn and comfort and command."

We find many women whose mental and moral organizations are all that could be desired, but they fail to be great moving forces in the world because they lack the physical stamina which is the great mainspring of all activity, whether it be worthily or unworthily employed. Of what use are dreams of noble deeds, of vague, undefined plans of worthy reforms sketched

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out in the silence of our chambers, if our hands are too feeble to accomplish the achievements of which we dreamed; or if we have not the power to crystallize the vague thought into action, and demonstrate the utility of our theories?

In parsing the world's great sentences of grand things accomplished, passive verbs are needed, and there are times when "to be" and "to suffer" are more noble than "to do," and in such an hour happy are we if we can thankfully accept our lofty fate. But to be called upon to be an active verb, to have all we demand of worthily doing and nobly achieving made of us every day, and to feel that we, alas! have only the power "to be" and "to suffer;" that in spite of the call to labor, and our earnest desire to respond heartily to the call, we have only the power of a passive verb, is indeed a condition to be deplored. Yet this today is the fate of multitudes of women. Husbands are asking of them assistance and comfort; children are demanding of them care and instruction; society demands of them hospitality and sociability; the church asks for aid in its work, and charitable associations claim time and thought, labor and money; and fashion, too, makes its demand, not last, nor least, nor most unheeded. But the hands are feeble, the brain is confused, the back and limbs ache, the nerves tremble, and the poor creatures feel that oblivion would indeed be a welcome boon. But how changed would all this be if the physical strength were equal to all these labors. If the body could but keep itself in the background, and never obtrude its aches and pains upon them, how much dearer would husband and children seem to be, how easy to respond to the demands of society, how keen the sympathy for the oppressed.

And is this conflict between what seems to be duty and the weakness of the flesh something unavoidable? Is it inherent in woman's organism, and therefore to be resignedly accepted? or is there not a way by means of which we can rise above bodily ills, and in spite of them devote ourselves to the world's great conflict for right and truth? Can we not lull the body into a state of quietude where it will forget to remind us of weariness or pain? There are hundreds who strive to ignore pain and suffering, and in work to forget their ills; but it is a great waste of vitality to run the machinery of life with so much friction, and the only means by which we can lull the body into silence is by restoring it to health and strength. Health is the best "soothing syrup" ever invented, and it would be well if every human creature could be transformed into a living monument of thankfulness to the Inventor and Giver of health, a gift so often despised and wasted, and yet so bountifully and mercifully bestowed.

In studying this problem of a perfect womanhood, and how it is to be gained or regained, it is well also to consider in what ways it may be lost.

PHYSICAL DEVELOPMENT OF THE PARISIANS.

IN going to Paris for the first time one cannot understand why it is that the physical stature of the people is universally so small. In Paris we meet upon all the streets men and women of such ridiculous smallness. Upon expressing surprise at this, a person said to me that the bodily size of the French had been decreasing in a most remarkable manner, and that in order to fill up the different ranks of the soldiery it has been found necessary to reduce repeatedly the standard of height. In fact the Minister of War has just declared that it is not now possible to fill up the ranks of the army, since the requisite size is no longer reached by the applicants for enlistment, and that it has now become necessary to reduce once more the standard of height to one meter and 66 centimeters.

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On account of this announcement the press of the country has been busying itself with discussions as to what causes the diminished height of Frenchmen is to be ascribed. It seeks to console itself, however, with the belief that the same decrease in the size of the people is to be found throughout all Europe. But no one seems to recognize the importance of taking some measures, so far as it is possible, toward preventing the evil; for the question apparently concerns not only the mere decrease of physical height, but it concerns also the accompanying decrease of physical strength and health of the present generation. Physicians and hygienists unitedly agree that over excitement of the nervous system and poverty of blood are the immediate causes, and they also agree that it is through an unnatural manner of living that these become effective; but in the specification of sins against Nature there is a radical difference of opinion. They recognize the fact that the education and treatment of the child from its birth is faulty, and effeminacy and want of moral earnestness in youth, and a feverish devotion to business, united with a pleasure-seeking propensity in the case of adults, are the germs whence spring the universal chronically diseased condition of the people. For this they recommend moderation, temperance, bodily activity, gymnastics, bathing and cold washings, more outdoor life, and regularity in sleep. While one party wages war against tobacco and spirituous liquors, another condemns tea and coffee, and others still, according to Balzac, find in sugar and spices the cause of the evil, and say that the French, especially in the country, eat too little flesh food, and that they ought, therefore, to make greater use of preparations of meat and eggs. In a very extended paper by a distinguished author the view is expressed that all these injurious influences are insignificant, and that the true cause of the physical deterioration of the French is to be found in the bad air of their workshops and factories, and the extensive use of steam power. It is not necessary to preach moderation in eating and drinking to the Frenchmen; but they are a sweet-toothed people, and the preparation and serving of meals is a matter which belongs exclusively to the housewife and the cook. Especially have the Parisians a very refined cookery, and when they visit other lands, especially Italy and Germany, they find the cooking not at all to their taste. They have a great variety of courses, and even among the poor the methods of preparing food are quite complicated. Wine, which is usually mixed with water, is never wanting. The same is true of white bread; and there are few in Paris who do not know the taste of oysters. The soups are made chiefly of the water in which vegetables or flesh have been boiled; vegetables and salads are common dishes; and likewise potatoes, chestnuts, pumpkins, apples, etc. Indeed the people are largely nourished on vegetables, but the cooking spoils everything, on account of the seasoning and the methods of preparation. The housewife is so proud of her culinary skill that she will not allow any one to trespass on her domain. She prides herself upon the fact that she can make even the flesh of rats, cats and dogs appetizing. Many would in principle have nothing against vegetarianism, were it not too strictly interpreted; but they declare that it is impossible to carry it out on account of the costliness and the time required in cooking. When the vegetables are cooked, and the soup made from the hot cooking water, they say it takes but a few minutes to prepare a beefsteak, a couple of cutlets, or sausages, by either broiling or frying. Leguminous vegetables require a long time to cook; farinaceous foods demand much more time and consideration than the people are able to give to them. Where a cook is employed rich food is usually demanded, and a natural manner of living finds no followers.

In the country the food is more simple, and chiefly vegetable. There, however, is to be found the miserable tobacco-smoking from short clay pipes, and the abominable schnapps, to which even many add pepper, which destroys the vigor and soundness of the consti

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tution. Many who have adopted the vegetarian manner of living afterwards give it up because it is not sufficiently exciting.

The consequence of all this is a miserable condition of health and a too early death: and the love of the Parisian for quackery gives to an enormous number of physicians, apothecaries, druggists and herbalists a means of secret swindling. In spite of all this there is hope in Paris for the cause of a natural method of living. The most lively interest has been shown in the lectures of Dr. Dock, and perhaps there will soon be a foundation for societies devoted to the propagation of the doctrine of the vegetarian.—*Dr. Aderhaldt in Vereins-Blatt fur Freunde Naturlichen Lebensweise.*

INUNCTION; OR, OILING THE SKIN.

IN the wide variety of conditions in which inunction is clearly indicated the aim is generally to effect one or more of the following results:

1. To strengthen weak lungs, as when bronchitis or pneumonia is threatened, or either has been successfully combated, in which event inunction should be followed up daily until the case has been conducted through convalescence to complete restoration. Its value in cases of this character does not admit of question. As early a writer as Pliny says that olive oil is good to warm the body and fortify it against cold. The traveler Galton verified this in his own experience, and it was a knowledge of the warming qualities of inunction that enabled Webb to perform the unparalleled feat of swimming the English Channel, the unguent used in his case being the oil of the porpoise. Many a sufferer whose sensitive organization makes him shake and shiver at the thought of winter long before its approach, might by judicious and persistent inunction escape the expensive and hateful necessity of abandoning home, business, and friends every winter for an enforced sojourn in a southern climate. We can produce examples of this class, who, for the winter and spring months, by frequent recourse to inunction, have not only escaped colds, but have found positive pleasure and recuperation in the Arctic weather itself, which they had hitherto so much dreaded.

2. To remove debility of whatever form arising from impaired nutrition. Under this head marches the great army of dyspeptics, who will find meat and drink, weight and strength, in inunction. According to my own observation, improvement in digestion and increase of weight have been the ordinary results of frequent inunction. In one marked case, that of a young man greatly run down by overwork of the brain, 12 pounds were gained in three weeks by inunction on alternate days, after the failure of a three month's trial of other means of recruiting. Another young man, suffering from dyspepsia, severe constipation, some fever, and great depression of spirits, was treated with daily inunction for nine successive days, and gained in that time seven and a half pounds, entirely recovered his spirits, and was made practically well in every respect. Ordinary medication tried in his case had not helped him at all.

3. To allay insomnia, hysteria, and incipient insanity. Dr. Fisher mentions a diminution of nervous irritation as one of the effects of inunction; and its sedative influence upon excitement, whether febrile or nervous, was very marked in Dr. Taylor's practice. I have often seen patients drowse under the process; and cases have occurred in protracted insomnia, when sleep had proved impossible for several days and nights, despite medication, when the process of inunction before completion, has left them in a profound sleep, which has usually been uninterrupted until the morning hours were well advanced, when the sufferer ha

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awakened practically to a new life.

4. To relieve rheumatism and paralysis. In these cases the rubbing is probably the major factor of the result, being greatly facilitated, however, by the unguent, which doubtless directly as well as indirectly in some degree enhances the benefits.

5. To abort fevers. The efficacy of inunction in breaking up fever after it was fully established, as recorded by Dr. Taylor, seems to indicate clearly the wisdom of employing it to avert febrile attacks before they are completely developed.

6. To guard against contagion. In the treatment of the plague inunction was found to be not only the best remedy in the cure of the disease, but the best protection against its spread, none of those engaged in anointing having ever been known to contract the malady. In many cases where physicians and others are exposed to infection, or are particularly liable to it, regular inunction during such exposure, or until the susceptibility is overcome, would doubtless be a prophylactic measure of great value. It is my impression that a system of hot air disinfection, supplemented with anointing, would have contributed largely to diminish the plague in our sadly scourged Southern cities.

An objection which is sometimes brought against inunction deserves brief mention. This is the argument that the process must choke the pores, and check the functional activity of the skin—certainly a very undesirable result. Dr. Taylor and others who practiced inunction largely, have observed no evidence of such obstruction, but rather a marked improvement in the skin's action; and I am satisfied that perspiration is more facilitated than hindered by thorough rubbing with any smooth, fine, pure unguent. By such rubbing the particles or minute globules of oil are forced through the epidermis, and brought in contact with the lymphatics and bloodvessels of the cutis vera, by which they are taken up and conveyed into the circulation. Without friction the chief part of the unguent would remain upon the skin, a small portion being probably drawn, by endosmosis, through the cuticle. The remainder would cover the surface, and would of course more or less effectually check perspiration in the skin beneath. With thorough rubbing, however, the unguent is forced through the epidermis and carried off, so that nothing is left to clog the sudoriferous ducts. The idea that these ducts absorb the oil and thus become choked is of course idle, there function being purely excretory; and the notion that the oil is rubbed in through them is equally groundless, as may be seen from the fact that it is much easier to rub oil through the thin epidermis of the back, with its less than 500 pores to the square inch, than through the thick epidermis of the palm of the hand, with its 2,800 pores to the same area. Further than this, that the action of the skin is not checked is made doubly sure by the very practical fact that when one arm or one leg is anointed with thorough rubbing, and the other is left without oil, the anointed limb will perspire in hot air as soon and as freely as the unanointed one, and in most cases sooner and more copiously.

A further evidence that anointing does not impede the activity of the skin has been repeatedly furnished in cases of general anasarca in Bright's disease, in intermittent fever, as well as in eczema and psoriasis. In fact in all cases in which the skin is dry and inert, a preliminary inunction before the introduction of the patient to the hot-air chambers of the Turkish bath has invariably been found to greatly facilitate the activity of the skin; and in cases of this character anointing should always precede as well as succeed the employment of the hot-air bath. And here it may be remarked that the opportunity most favorable for the employment of general inunction is directly after the application of hot air. The skin is then in the best possible condition to receive the unguent, and the very best result may be confidently expected. Another favorable opportunity is found in direct exposure of the body to the rays of the sun.—*E. C. Angell, M. D.*

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

SPRING.

Spring has come, the bright blue sky
And balmy air bring joy and gladness,
The little birds with song mount high,
Their voices free from winter's sadness;
The babbling brook runs gayly now,
O'er rocks and fields, and through the dells,
So glad that winter with its snow
Can work no more its icy spells.

The sweet wild flowers spring forth to life,
The bare, brown trees put forth new leaves,
And all the earth, with pleasure rife,
Unfolds each beauty it receives.
The little violet in the shade,
The sweet mayflower with rare perfume,
Lift up their hearts which long have laid
Beneath their snowy winter's home.

And in the fields where grasses grow,
And shrubs around which mosses cling;
The cattle gambol to and fro,
The birds make nests and gayly sing,
And on the water's placid breast
The lily buds and blooms again;
And so all Nature wakes from rest,
In Spring's sweet sunshine, shower and rain.

Then let our heart's rejoice, and in
The springtime's happy mood be gay;
Let all our thoughts be free from sin,
And with sweet Nature let us say:
"We thank thee, Father, for thy care,
Through winter's storm and sleet and cold,
Thou didst protect, when cold and bare,
And will our springtime life unfold."

Caroline M. Cushing.

THE TRUTH OF THE MATTER.

We parted one day by the gate,
The great open world was before;
I would make her a name and more—
Wealth and honor—and she vowed to wait
All the years.

That was long, long ago, yet I see
The same loving form by the stile,
As she bade me good by with a smile,
Ere she turned her sweet eyes off from me
Filled with tears.

But this same loving soul that was there
Did the natural laws disobey,
And a fever soon bore her away
To that fair better land over there,
Far from me.

Oft I wander at noon down the lane,
Where we on the gate used to swing;
Where our children now might be swinging
If she hadn't hated hygiene,
Do you see?

C. E. Page.

"SO THE STORY GOES."

'Twas once upon a summer day—
So the story goes—
The franklin's daughter chanced to stray
Where the mill stream flows.

And as the rustic bridge she crossed—
So the story goes—
Over the rail she stooped, and lost
From out her breast a rose.

The stream ran fast, the stream ran strong—
So the story goes—
And on its waters bore along
The careless maiden's rose.

The miller's son stood by the bank—
So the story goes—
He stopped the wheel, and ere it sank,
Caught up the maiden's rose.

Then in his cap he placed the flower—
So the story goes—
And boldly to the maiden's bower
He hied at daylight's close.

"Is this thy flower, sweetheart?" he cried—
So the story goes—
The maiden blushed, the maiden sighed,
"Oh, give me back my rose!"

"The flower," he said, "so sweet and fair"—
So the story goes—
"'Twere shame to part—one breast should bear
Thyself and this red rose."

What more the youth and maiden said
That summer eve, who knows?
But he kept the flower and won the maid—
So the story goes.

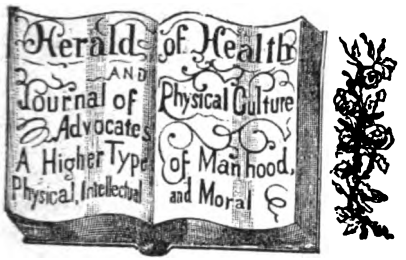
TWO THIEVES.

One stole of gold, a rich man's mite;
The good name, one a poor girl bore;
One stole in fear, at dead of night;
One spoke a word—the deed was o'er;
One took a part, and one took all;
One left enough for life and joy;
One left but weeping, and the pall
Of more than death o'er all employ.
One expiates in chains his sins,
And stolen gold for him has bought
Thick prison walls to close him in,
And scorn of men and bitter thought;
And one who stole so much, a name,
Beyond the worth of life or gold,
Is free and courted, and the fame
Of his dark deed is never told.

Art thou weary, tender heart?
Be glad of pain;
In sorrow sweetest things will grow,
As flowers in rain.
God watches, and thou wilt have sun
When clouds their perfect work have done.

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EDITORIAL DEPARTMENT.



NEW YORK, MAY, 1879.

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.

ENCOURAGING MODERATION.—There is a large class of people who have always looked upon the efforts of the temperance reformers as fanatical, extreme, uncalled for. This class has never been a very great temperance force in any community. They would never do anything for its advancement unless circumstances forced them to it.

They never seemed to realize the fact that all immoderate drinking is the fruit of what is called moderation. Now, however, when the so-called temperance fanatics have become such a power in the land, and are having such an influence for good on society, the moderate drinkers are coming to the conclusion that it is time for them to do something, and so a society has been formed in New York, with four different pledges, as follows:

1. I hereby solemnly pledge my sacred honor not to drink as a beverage any intoxicating liquor at the expense of any other person, nor to invite another to drink, for the term of one year.

2. I hereby solemnly pledge my sacred honor not to drink as a beverage any intoxicating liquors until after the hour of — o'clock in any day during the term of one year.

3. I hereby solemnly pledge my sacred honor not to drink as a beverage any intoxicating liquor stronger than wine or ale, and these only at meals, for the full term of one year.

4. I hereby solemnly pledge my sacred honor not to drink as a beverage any intoxicating liquors for the unbroken term of one year.

These pledges may be made for one or several years, as the pledger desires.

The name of the society is "The Businessmen's Society for the encouragement of Moderation." Its objects are to reach a class who have not been attracted by the more radical and natural total abstinence doctrine; and it seeks co-operation with all temperance societies, rather than opposition to them. This movement is being conducted by some of the foremost business men of New York, and cannot fail to have some influence for good. At any rate it asserts the necessity for temperance, and keeps the subject before the people. Its ultimate end, however, can only be backward to the old condition of things, or forward to total abstinence. There can be no permanent half-way ground. Moderation in the end leads multitudes to immoderation. Rev. O. B. Frothingham said at one of the meetings of this society:

"The evil of intemperance breaks up the family, eradicates the manhood of men and the womanhood of women, and ruins all hope of the progress of civilized men. It is impossible that a republic can be carried on by drunkards. I have a profound sympathy.

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for those who advocate total abstinence. Though not a total abstainer myself, I recognize the fact that there are many persons who must abstain wholly or be lost. Let us stand by the law to the letter. Many people specially regard what is ordained. As we have been informed many times in public of late, 'official utterances' in this country are always to be respected. Drinking is a social vice. It is the most popular vice. It touches the gentleman and boor; the workingman and the idler; the man of luxury and the man of drugery. There is no solitary drinking in the world. If the practice of treating is abolished a heavy blow will be struck at drinking usages. This is the emphatic and decisive step. If I were a young man beginning life anew, I would never touch a single drop of anything that could intoxicate. Although I cannot say that I have suffered in principle, character, or health, from the very moderate use of wines in which I have indulged, I think my mind would have been clearer, and I would have had more useful hours and more available purpose if I had never touched a drop."

Mr. Frothingham has said the true word. Let those who cannot make the full step onto the platform of teetotalism, make half the step; and let them not turn back, but rather go on.

One word about pledges. It is a rather sad thought that men must pledge themselves on their sacred honor not to do certain things. It shows the low condition of the race. It may be necessary, but it is not the highest ideal of a character that needs to do this. The pure man needs no such bonds, for he loves what is good and hates what is bad by instinct. When the race reaches this height, if it ever does, we shall need no temperance societies, for each man and woman will be a law unto himself and herself.

CITY STREETS.—It is a great misfortune that in America there is no high standard of cleanliness, as far as city streets are concerned. Go where we will, San Francisco, New Orleans, Philadelphia, Cincinnati, New York, or Boston, and we find the same low standard of cleanliness. We have often thought it would be wise to appoint Quaker women, who know what a clean house is, and how to keep one so, to inspect the streets of all cities, and give them power to bring the standard of cleanliness up to their ideal.

In Paris, perhaps the only city in the world, we have a model of what clean streets ought to be. A man who is a citizen of New York tells the following story: As he walked along the Rue Rivoli one morning, he bought some grapes at a fruit shop and ate them as he walked. When they were all gone he wrapped the stocks in a paper, but hesitated what to do with the parcel. In an American city they could with propriety be thrown into the street, on the sidewalk, or into one of the ash-barrels or boxes that stand before every door. But the pavement of the Rue Rivoli was so scrupulously clean that he could not think of doing anything of the kind there. He walked on and on, but could find no ash-barrels, and so turned into a side street with the hope of finding some place in which to throw his parcel, but in vain. Everywhere the streets had the appearance of well washed floors, and at last he put the parcel into his pocket and took it to his hotel.

Such a state of things ought to exist in every large city. Money enough is paid to have it so. And certainly in these hard times there are men enough who would be glad to do the work. It would save every year in doctors' bills, disease and death, more than enough to pay the cost.

MOURNING COSTUME.—Rev. Dr. McLeod, in a recent sermon to his Philadelphia congregation, has taken the ground that there is neither health, sense, nor religion in a full mourning costume. He says that "a bit of black ribbon worn in some way tells the story of bereavement quite as well as a complete mourning suit. Christians," he declares, "should never take a gloomy view of death. There are glorious hopes linked with the sorrows, and these hopes should be symbolized ra-

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ther than the sorrows, for those who are left behind. White for cheerful garments worn by the mourners in token of the triumph of the glorified one, and a bit of ribbon, or crape, as a memorial of their own sense of bereavement. The full mourning costume of black send to those heathen who have no hope of a hereafter."

We quite agree with Dr. McLeod. There is no more sense in a full mourning costume for women than for men. Sanitary science demands a radical reform in this respect. Good morals also demand it, for there are thousands who go into the deepest mourning in their dress when they do not feel it in their hearts.

WOMEN AND HYGIENE.—The 17th annual commencement of the New York College for Women has just been held. Mrs. Dr. Lozier, in her address to the graduating class, declares that it is the duty of women physicians first of all to instruct mothers and teachers in the laws of hygiene, as the mortality of children is in a great measure due to their ignorance. Another great thing in the community which they could help to cure is the false methods of dress so common everywhere, and the bad methods of diet. In an uncivilized society, where people dress but little, and where they eat what they can get, the laws of hygiene are of little account; but in civilized communities, where life is so complex and its demands upon the body so great, it is of the highest importance that no vital force be spent in doing what is needless, or in digesting food which gives no nourishment.

THE EMPEROR OF GERMANY.—The Emperor of Germany is now over 80 years of age, and although he has passed through severe physical trials within the last year, he is still remarkably vigorous. He has always taken excellent care of his health, been temperate in eating and drinking, and taken a great deal of exercise. In a short time he will celebrate the golden anniversary of his wedding, and it is currently reported that in order to be able to enjoy its festivities to its fullest extent, he is at present following out the strictest rules of hygiene.

Only one member of his house ever celebrated his golden wedding, and this was Frederick the Great. If the emperor of the great German nation takes such excellent care of himself, why may not others do the same who have less responsibility, less to tax their powers of endurance?

ELIHU BURRITT.—The late Mr. Burritt, who, 25 years ago, was familiarly known as the "learned blacksmith," began his education over the anvil when a boy in his teens, and pursued his self-imposed studies so diligently that he soon became proficient in more languages than are studied in any school. He conquered at length something like 25 different tongues; and made acquisitions in international law and other fields. As a man he was very simple and quiet in his tastes, and though not specially a hygienist, his whole life was a creditable commentary on high thinking and plain living.

The writer of this who knew Mr. Burritt well, remembers that he boasted of his agricultural exploits, particularly his skill and success at laying stone wall. He used to say that he had built more stone wall than any farmer in New Britain, and spoke as if he excelled in quality as well as in quantity. His farm was a small stony tract when he took it in hand, and he used to delight to make improvements on it of this laborious kind. At one time he used to raise calves, and carried all the milk of the place by hand up to a hill-side pasture lot, a long distance, to feed them. It is doubtful, as he himself admitted, whether there was much profit in this; but then, he said he enjoyed seeing them drink.

Mr. Burritt's almost phenomenal industry in study, and his labors in behalf of peace, cheap postage, and kindred reforms, ally him to the good and great of our country, and will serve to keep his name in kindly remembrance.

MADAM BONAPARTE.—Madam Elizabeth Patterson Bonaparte has recently

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died in Baltimore, at the ripe age of 94. It is said that she did not die of any disease, but simply of old age. Her career has been a somewhat remarkable one. Married at the age of 19 to the youngest brother of Napoleon I, her marriage was not recognized in France by the Bonaparte family, and her husband was induced to leave her.

What is particularly interesting to the readers of this journal, in this connection, is that this remarkable woman lived almost a century in the enjoyment of uninterrupted good health. Few persons ever possessed a more perfect physical organization, and her step, even to the last, maintained its quickness and elasticity. She was very beautiful in person, her features of the Grecian type and very expressive; her complexion fair, her hair a beautiful shade of black, and her figure symmetrical. She was accustomed modestly but frankly to boast of her physical perfection, saying that her height and proportions were exactly those of the Venus de Medici, and as she said this, throwing back her sleeve and displaying a beautifully molded wrist and arm such as few could boast of in the prime of life, and yet this was when she was 84 years of age.

Napoleon I refused to see her. If he had he might have admired her, and thus the whole current of her life have been changed.

It is said that her greatest ambition was to see her son on the throne of France. To accomplish this she made sacrifices unheard of. She voluntarily relinquished a life of ease, luxury, and splendor, and set herself to the sordid task of saving money. She even threw away her faith in God.

Most women after being abandoned as she was by such a husband, would have sunk, unable to survive the loss of that lifelong fellowship of all divine and human rights which mankind has defined marriage to be; but this woman was mistress of the situation, and could make a stepping-stone even of her own fate to further her ambitious views. With her wonderful talents and her splendid health she might have lived a more useful and satisfactory life.

DEATH OF F. R. ELLIOTT.—We are called upon to record the death, and burial in a pauper's grave, at Cleveland, O., of F. R. Elliott, the distinguished horticulturist, and author of one of the most valuable books on fruits and their culture. He was also at one time an occasional contributor to THE HERALD OF HEALTH. He was a pupil of the late A. J. Downing, who did so much in his short life to promote the cause of fruit culture and landscape gardening. Mr. Elliott settled in Cleveland, O., at an early day, and he became quite wealthy. Through dissipation and recklessness, however, he was reduced to abject poverty.

It was during this part of his life that we made his acquaintance. He was at that time supporting himself on a pittance of $3 a week by writing a number of articles for the Ohio Farmer. More than once he has told us that his sufferings were so great that it was all he could do to refrain from casting himself into Lake Erie.

Fortune, however, smiled upon him once more, and he again became comfortably well off; but the habit of drinking wine was not forsaken, and in time he made it so uncomfortable for his family that they induced him to accept a large sum of money to give up his interest in the old home and live by himself. The entire amount given him was lost within a month. In poverty and want he struggled along until his health failed utterly, when he sought quarters in the almshouse where he died.

His life is a fearful lesson to those who look upon the wine when it is red. He was well known to the public for many years as Secretary of the American Pomological Society.

BORAX as a preservative of meat is strongly condemned by M. Le Bon, a French *savant*, who points out that while this substance is an excellent preservative agent, it nevertheless originates serious intestinal derangements when meat thus preserved is eaten.

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STUDIES IN HYGIENE FOR WOMEN.

TEA-DRINKING FOR LADIES.— More than a hundred years ago Dr. Letsom published a little book entitled "The Medical qualities of Tea and the effects of Tea-drinking." He said that this article had contributed more or less toward the production of the low nervous diseases then so prevalent. Spirituous liquors have also done considerable; but the trembling hand seeks a temporary relief in some cordial in order to refresh and excite again the enfeebled system, whereby such almost by necessity fall into habits of intemperance, and frequently entail upon their offspring distempers which otherwise would not occur.

Dr. Adams, in his excellent work upon electricity as a tonic, declares tea to be one of the most injurious articles taken by women, and that while it often does not seem to injure the one who drinks it, nevertheless it injures her posterity. He says: "Occasionally we meet with persons in whom the use of tea seems to have, and to produce, no apparent harm; but look at their children and the truth of the Bible axiom is too plainly visible. that the sins of the parents are visited upon their children.

THE RURAL HABIT OF EATING PORK. —Mr. Shelby Read, in his address upon the sanitary aspect of the farm life, says: "Pork eating was acquired when beef, roast and steak, was unattainable. No article of diet has been so generally condemned by the medical faculty as pork; yet it is master of the situation upon the farmer's table, and will in all probability long remain the terror of dyspeptics." To this we add that it would not be a difficult matter for the farmer's wife to banish pork from the table if she cared to do it. A good substitute can always be had in oatmeal, good Graham bread and fruit.

NIGHT AIR.— A lady correspondent has asked a question which has been asked a thousand times by others: "Is night air injurious?" To this we answer: Night air may be inferior to the enlivening air of the day, but it is vastly better to breathe than the second-hand article sealed up in close bedrooms. Does our correspondent ever consider the fact that in the night-time there is never any other air to be had than night air? We have simply to choose between out-door night air and bottled night air.

We may add, however, that in malarious districts when the sun goes down malaria begins to accumulate. In such places the sleeping-rooms should be as high up in the house as possible, and on the sunny side of it. The nearer the ground the more of the poison in the air.

MIASM FROM CISTERNS.—It may not be generally known that one cause of miasm is from foul cisterns. Water running from decayed shingles fills them with decaying vegetable matter. In such cases the cisterns should be frequently and thoroughly cleaned; and in addition the water should be turned off during the first part of the rain, so that it may carry the accumulated dirt from the roof to the ground.

A BREAKFAST BEVERAGE — Where people are not satisfied with water for a drink, and think they must have something warm and sweet, good barley, roasted to a nice brown, ground in a coffee-mill, and used as coffee, with sugar and cream, makes an excellent and nutritious drink. It is much to be preferred to the ordinary coffee or cocoa. It may be roasted in the same manner as the ordinary coffee.

THE COMING WOMAN.—Mrs. Stanton, in her recent lecture, declares that the coming woman is to be wealthy, because she will have skill and power and ambition to gain wealth for herself. Medical work is already to some extent in her hands, the liberty of the pulpit and the law courts have already become hers. In another generation women will have equal freedom with men to earn all the money they can. Indeed they nearly have this freedom now. But if the coming woman is to be rich she must first become strong.

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Health is worth more to her than money, for money will not buy health; but the strong arm of a healthy woman can acquire money.

MOTHER'S MARKS. — An intelligent mother writes to the Alpha that her child bears upon its chin a mother's mark in the shape of a small cluster of Delaware grapes. This mark was at the time of the child's birth raised from the surface of the chin, and now at the age of five years is still quite prominent, although it is gradually disappearing. The explanation given of this phenomenon is, that the mother refused to be helped for a second time to Delaware grapes, although she strongly desired to have more than the one bunch which she had already eaten. She did this through delicacy and the fear of being thought greedy. She explains the fact that the mark was upon the chin by saying that she rested her own chin upon her finger while longing for the grapes which she could not have; and she has come to the conclusion that the mental action of the mother will not blemish the physical body of the child if she can refrain from concentrating the nervous force upon the body while resisting the effort of desire. There may not be much value in this theory however.

There is a child living in Indianapolis, now 10 years old, called a dancing idiot. Ever since its birth it has been going through the motions of a waltz to silent music. It is never still in its waking hours. How did this happen? The mother had danced to excess at a ball just before the child was born.

BARLEY AND APPLE PUDDING.— Soak the barley all night, pour off the water and then pour on just enough of boiling water to cover it. Cut up some apples as for an apple pie. Stew them over the top of the barley with sugar, and bake. Nothing else is required.

BEAN AND WHEAT BREAD. — Take bean meal one pint. Put in a convenient vessel and moistened thoroughly with cold water. Let it stand two hours, then add one pint of whole wheat-meal finely ground. Stir with a wooden spoon into a loose paste and bake it in one cake in a moderate oven. It will keep for two or three weeks Eat with olive oil or baked fruit.

TO COOK POTATOES. — Remember that the best part of a potato is nearest the skin. Select your potatoes all of one variety, and as nearly of one size as possible. Clean thoroughly by scrubbing them with a hard brush—a knife should never touch them even to remove the eyes. Pack lightly in a saucepan so as to cover with the smallest quantity of water, pure rain water is the best if you can get it. Bring the water to a boil, then set the potatoes to one side to simmer. In general potatoes are boiled too quickly. When nearly done set over the hotter fire again for two or three minutes rapid boiling. Now pour off all the water, raise the lid of the saucepan sufficiently to allow the moisture to escape, give one or two shakes to loosen the potatoes, lay a clean white cloth in a wooden bowl, peel the potatoes quickly, place them on the cloth and send them to the table hot.

HINTS ABOUT COOKING.—Prof. Buckmaster, in a recent lecture to ladies, says: "In the cooking of our food we are content to remain savages. We should begin at the beginning, and make cooking an essential object of our national education. It is a science, also an art. Poverty is often a result of ignorance rather than the want of money. Let all children be taught the value of cleanliness and temperance, and the sinfulness of waste. Speak to them of the rain and the sunshine, and the hard work necessary to procure daily bread. The sacredness which attaches to food, and the example of one who performed a miracle to feed the hungry, and who has left us an example of carefulness in collecting the fragments."

BUNDLING CHILDREN'S NECKS. — Mothers often tie tippets and other heating clothing around the necks of their children, even in warm weather, to keep them from taking cold. This is not a good practice. Keep the hands, legs and arms as warm as you like, but do not overheat the neck. The pres-

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dent of one of the largest life insurance companies of New York recently told a gentleman whose life was insured in his company, and whom he saw with his neck tied up so closely, that it was not a wholesome thing to do. "Take off your tippet," said he, "and let the fresh air get close to your throat continually, and you will live the longer for it."

If you are subject to colds, coughs, and throat affections, bathe your neck in cold water and rub it vigorously. No part of the body requires less clothing than the throat. Mothers take this hint, and act upon it wisely with reference to your children.

CURRENT LITERATURE.

—:o:—

HARMONY OF SCIENCE AND THE BIBLE ON THE NATURE OF SOUL AND THE DOCTRINE OF THE RESURRECTION. By J. H. Kellogg, M. D. Review and Herald Publishing Co., Battle Creek, Mich., 1879.

There is nothing new under the sun, it would seem, in those days; for what at first look seems so, is often merely a revival of conceptions that are either antiquated or have been forgotten. Perhaps the remark of Solomon is equally as true in the 19th century as it was in his time; or at any rate it appears to be in matters of theology and biblical interpretation. For instance, we have a book here of over 300 pages to prove that the earthly body is not the body that will be raised in the resurrection; and that only those persons can expect immortality who are regenerated while on earth. All the rest of the human race receive endless death by annihilation, as do the beasts of the field. The latter is a curious theological notion which has had its adherents in former times, and which just now is quite popular with some scattered congregations of Adventists in Michigan and Connecticut, and with a few ministers of other churches in England and America. It seems to be a kind of Sadduceeism with an orthodox modification or attachment. That a writer who has had a fair opportunity to investigate science, and who has read its text-books and employed its methods of thinking, as the author of this book has, can find much satisfaction in the particular view spoken of, is quite beyond our comprehension.

As to the kind of body which is to appear in the resurrection, that is quite easy to argue upon, since no one knows or can know anything about it. Nor is it from any point of view a matter to be concerned about. It is not to be denied that the author shows a good deal of ingenuity in making out his case; but it is also true that a good deal of the hermeneutical skill expended on the objections he confronts, is put forth with a constant remembrance of what his theory requires.

FASTING GIRLS; their Physiology and Pathology. By W. A. Hammond, M. D. New York: G. P. Putnam's Sons.

The occasion of this book is the remarkable story published in the newspapers recently concerning Miss Mollie Fancher, of Brooklyn, who, it is said, has lived for 14 years without nourishment. We say without nourishment, for it is admitted that she does occasionally take a few drops of the juice of some fruit, or a spoonful of milk. So much has been said in the newspapers about Miss Fancher, and so many intelligent people and even physicians believe the story, that Dr. Hammond has thought it best to tell the world what he knows about such cases.

The work is divided into five chapters. 1. Abstinence in the Middle Ages. 2. Abstinence in Modern Times. 3, Abstinence from Food with Stigmatization. 4. The Mollie Fancher Case. 5. The Physiology and Pathology of Inanition.

There is not much that is new or interesting in this book. Dr. Hammond admits that hysterical women exhibit a marked power to go without food and drink. He also declares that they take a great delight in deception, and from these two facts often arise remarkable stories having little truth in them. But he does not believe that Mollie Fancher, or any other invalid woman ever went without food for even one year to say nothing of 14 years.

SALT-EATING HABIT. By R. T. Colburn. Price 25c.

We have here a concise and excellent pamphlet of 30 pages on the salt-eating habit. The author is, we conclude, a vegetarian, and believes in eating simple and natural foods. He denies that the habit of salt-eating is universal, that it is necessary to life, that human beings deprived of it die, that wild and domestic animals seek and crave it, and that it must be supplied artificially. He goes further. He denies that animals are more healthful to whom salt is given, that it is essential to promote the secretion of saliva and bile, and that it renders food more palatable.

He admits that salt is found in the secretions, that animals make more flesh by eating it, and that it to some extent retards the waste of the system. He declares it to be a great mistake to feed salt to cattle and horses, and that these animals will not eat it until they have first acquired the habit. The great herders of Texas, Colorado and California cattle say that the native animals are never fed salt and will not eat it. He says: "I have both horses and cows which do not and will not eat salt if offered to them. The parents, when I cut off the supply did not suffer perceptibly, and in a short time unlearned the habit. Neither the old ones nor their progeny touch it now. I may record also that while my neighbors have been afflicted with murrain distemper among their cows, and the epizootic and similar diseases among their horses, mine have escaped. This may not, however, be wholly owing to the absence of salt, but to the fact that I give my animals a great deal of fruit, and this promotes their uniform good health. The wonder is that scientific men repeat this argument when six months of experiment would prove it false."

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His own experience and that of his household is a great improvement in health by the disuse of salt. The stomach digests the food more promptly, the salivary organs supply a larger quantity and a more powerful saliva, the liver acts more healthfully; even his domestic servants are improved in health, and when they go from home find salted food neither palatable nor wholesome.

His argument may be summed up as follows: Salt-eating is not a natural but an artificial habit. The great mass of animals do not use salt. It is fatal to many, and probably conducive to pestilent diseases among domestic animas. Human beings live to a great age and enjoy good health without it, while they sicken from a persistent excess of it. It is no more necessary to the human system as an addition to our food, than phosphorus, lime, or sulphur. The fact that it appears in the secretions and excretions has no scientific value. The fact that it retards the waste of tissue is also an objection to its uso. As a condiment to increase the taste of the food it has no value. It tends to produce nervous disorders, leads to the tobacco habit, and the still more terrible craving for alcoholic drinks.

A HEALTH REFORM COLONY.—Situated as the majority of health reformers now are, it is quite impossible for them to attain to anything like perfection. Vice, misery and crime, intemperance, profanity and licentiousness stare them in the face on every hand; these are anything but favorable surroundings for those who would present their bodies as living sacrifices, holy and acceptable to God."

There are thousands of men and women who find it utterly impossible to live up to their convictions of duty, on account of their connections with those who are opposed to all progressive and reformatory measures. Now, if full-grown men and women find it impossible to live as they should, what is likely to become of their children when the whole community in which they live is engaged in poisoning the air they breathe with tobacco and other poisons, and laying snares to entangle their minds in the ways of unrighteousness. Corrupting examples, licentious influences, whisky, tobacco, riotous living, obscenity and profanity pervade all places and infect all classes, all ranks and all ages; even our schools and seminaries of learning are often hotbeds of moral pollution and sources of bodily disease and infirmity. To raise a family of children in any part of the civilized world, in the midst and under the evil influences of so-called refined and enlightened society, without exposing them to contamination on every hand, is impossible. How is this condition of isolated reformers to be bettered? Certainly not by remaining where they will be exposed to all the evil influences and temptations of society as it is. All hygienists are convinced there is but one remedy, and that through health reform. Before the evils that now infect society can be materially remedied, the masses must be taught that it is a religious duty to so live as to avoid sickness and make it a matter of conscience to obey physiological as well as moral law, and maintain a rigid conformity with the laws of Nature as manifested in the living organism.

To do this, health reformers must go away from society as it is and found a society of their own, where the can obey as well as learn the laws of Nature, where they may find a home in which they can live and enjoy the company of congenial spirits.

The efforts now being made by health reformers are undoubtedly doing a great amount of good; but if they would organize and form colonies, and all work together, their combined efforts would accomplish more than they can now. There are thousands of earnest health reformers in the country who are tired of the present condition of society, and the mode of life it pursues.

Now let us all join hands and form a colony in some fruitful and healthy part of the country, where we can live a higher, truer and better life.

If those who would like to join a community will send me their names, with what suggestions on the subject they deem necessary, I will give each of them my plans, with all useful suggestions from the others. Write one and all. There are a few health reformers in this vicinity who have determined to form a colony, and we want to open as large a correspondence with others as possible.

J. C. CLARK, Black Jack Grove,
Hopkins county, Texas.

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HEALTH FOODS AGAIN.

From Professor R. F. Thurston, of the Stevens Institute of Technology.—

After exposure more or less during 17 years past to the malarias of our coast, all the way from Georgia to New York, and of the interior from Alabama to Kansas, and after a succession of nervous overstrains which completed the work of the malarial poison, my digestive system became completely broken down, and to my other physical ailments was then added the terribly destructive action of the poisons arising from the imperfect digestion first of meats and finally of milk, the use of which I was compelled to resort to when unable to take solid food. The preparations of the Health Food Co., 74 Fourth avenue, New York, were brought to my notice, together with Dr. Jackson's excellent "Granula," and I cautiously introduced them into my bill of fare. I have abandoned my milk diet, and am living chiefly upon the Health Foods. I use the Gluten very freely and find the "Brain Food" just what I want. I now digest well, and am recovering health and strength. These improved preparations from the various grains are in every respect admirable, being perfectly adapted to the upbuilding of the dyspeptic, the worn out and the enfeebled. I feel that I owe the Health Food Company a debt that I shall never repay, and if you care to make any use of my testimony regarding the value of these Foods, you are perfectly welcome to do so, whenever, wherever and however you may choose.—Very respectfully, R. H. THURSTON.

The White Wheat Gluten of the Health Food Co., 74 Fourth avenue, New York, is a most valuable Food. It is the bone-making element of wheat, and cooking converts it into a delicate jelly, acceptable to the most impaired digestion. For children whose growing bodies demand bone-making food, for those whose teeth are failing, for nursing mothers, for invalids suffering from wasting disease, it is a wonderful restorer.—F. W. FOOTE, Elizabeth, N. J.

There can be no wheat flour more perfect than the Cold Blast Flour of the Health Food Co., 74 Fourth avenue, New York. It perfectly supplies the place of meat, imparts great strength, and renders stimulating substances unnecessary and even distasteful.— DR. G. W. KEITH, Stoughton, Mass.

I find great benefit from the White Wheat Gluten and the Brain Food of the Health Food Co., 74 Fourth avenue, New York. They agree with me perfectly. The latter I have nicely molded in a form, then sliced and fried in butter. Eaten with sugar and cream it is delicious. — MRS. WASHINGTON MIMS, Atlanta, Georgia.

Two summers ago my little girl, fourteen months old, was delicate and feeble, and suffered greatly from indigestion and constipation. At that time she weighed only twelve pounds, clothes and all. She was pale and blue, and her appetite entirely left her. The doctor sent me to the Health Food Co., 74 Fourth avenue, N. Y., and there I obtained the "Universal Food." This she liked from the first, and gained a pound in weight for each pound of the Food consumed. She is now a strong, healthy child. I fully believe the Universal Food to have been the means of saving her life. MRS. JOHN S. WIGHTMAN, 384 Bowery, N. Y.

I am exceedingly thankful that I ever became acquainted with the admirable goods of the Health Food Company, 74 Fourth avenue, New York. I use their Gluten daily, and am greatly benefited by it. I am always glad to write and speak a word in favor of these scientific preparations.—REV. J. BASTOW, Portchester, N. Y.

For six months past we have used the Gluten and other foods of the Health Food Co., 74 Fourth avenue, New York, and they have done wonders for us. One member of my family could not exercise without fatigue, and could not "shop" two days in succession without getting down sick. We all needed more strength than ordinary foods give, and we found it in these excellent foods. — A. C. WARREN, 157 West Fifteenth street, New York.

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	PAGE.		
Dedication	5	Effects of Mental Culture	
Preface	6	Moral and Emotional Influences	
Introduction	11	Social Conditions and Occupations	
Structure of the Human Body	19	Effects of Climate and Locality	
The Perfect Man and Woman	31	Direct Physical Culture	
The Temperaments	44	Practical Hygiene	
Laws of Human Configuration	54	Womanhood	
Embryology	64	The Secret of Longevity	
Childhood	76	The Arts of Beauty	

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PHYSIOLOGICAL AND SANITARY MARRIAGE AND PARENTAGE. (6.)

BY THE EDITOR.

IN our preceding article we presented the subject of health as a factor of physiological and sanitary marriage and parentage. Closely allied to this subject is physical culture, without which the highest condition of health is not attainable. There is such a thing as excess of physical culture. Athletes and professional gymnasts are apt to have too much of it; so are those whose lives are devoted to the hardest kind of muscular labor. Physical culture should never be in excess nor in deficiency. Although it may seem to be a departure from our subject, we purpose here to give a brief account of physical culture among the ancients, and its relation to the health of offspring. Although useful sports have been the spontaneous outbursting for the young of all ages and nations, they had never been reduced to a system until it was done by the Greeks. Their course of education included two very important subjects, viz., music and gymnastics. Music had relation to mental culture, and embraced the liberal arts and sciences, including architecture, sculpture, language, poetry, eloquence, philosophy and history. Gymnastics had relation only to physical education. The gymnasium of the ancient Greeks was their school, and not a town in Greece but had one or more. Their situation was in the suburbs of the most beautiful and healthful part of the city, occupied nearly ten acres of ground, and embraced beside its buildings, groves for philosophic study, and inclosures for out-door exercises in fine weather. The buildings contained rooms for lectures on philosophy, for private instruction, for washing and dressing, for anointing with oil, for boxing, running, wrestling, ball-playing, bathing, and for spectators. A presiding officer, called a gymnasiarch, had oversight of the gymnasium, pupils, lecturers, and teachers, enforced the laws of the institution, and dismissed those teachers who were unfit for the place. Many instructors were employed; some to conduct the exercises, and others to adapt them to the age and requirements of the youth. From an early age until 16 the boys were taught music and grammar, and gave attention to the lighter gymnastic games. From 16 to 18 they spent most of their time in the practice of their exercises. At 18 they were fitted for war, for leisure, for the study of philosophy; or perhaps they devoted their lives from this time on to athletic sports, and became prize runners, wrestlers, or fighters.

The kinds of exercise were, for boys, the ball and top, and the *scaperda*; which consisted of two boys drawing each other up and down by taking hold of a rope passing over a pulley. The *pentathlon* was practiced by the young men, and consisted of five different exercises, viz., running, leaping, throwing the *discus*, hurling the spear, and wrestling. The *discus* was somewhat

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like our game of quoits, and the game was won by the person who threw it the farthest. The rougher games were prized most by those who expected to follow a military life, or to become athletes. The lighter games, that cultivated ease and grace in manner, were prized by those who desired to be gentlemen, scholars, or philosophers. The sick were prescribed for according to their requirements.

The training varied somewhat in different parts of the country. The Spartans considered the subject of the education to be mainly the training of men for war. They valued those citizens most who were brave, hardy and able to fight. To secure such they did not however depend exclusively upon physical education. Lycurgus made laws regulating marriages, so as to prevent the sickly from marrying or from becoming parents. He ordered the young women to be trained in running, wrestling, throwing of quoits and darts, in order that they might become strong and give birth to offspring like themselves. In a cruel manner he ordered all children to be examined soon after birth, and only the strong ones reared. The nurses never bandaged them, but their bodies were left free that they might have a better physical development. Parents were not allowed to educate their children as they pleased, but at seven years of age they were enrolled in companies and trained so as to secure vigor, firmness and courage. Lycurgus considered children the property of the state; he would neither have them begotten nor trained by ordinary persons. Their gymnastic education continued until the 18th year.

In Athens, where philosophy and poetry were so successfully cultivated, the training was not so severe; and while it was calculated to secure a graceful and manly bearing, it did not debase, but quickened the intellectual faculties. The Athenians understood quite perfectly the relation between the body and mind; and the fact that the latter could not be in full health and elasticity, unless the former was sound; and no means were thought by philosophers and physicians more valuable to preserve and restore health than exercise. Gymnastics were considered of so much importance that they consumed more time in the educational course than all other branches of education. Nor did their culture cease on the youth arriving at maturity, but was continued, although in a less degree, to the end of life.

In Sparta, as previously mentioned, the girls received training in the gymnasium; but in Athens this was not the case. It was infamy for a woman to appear at their games, and public opinion forbade her appearance in the gymnasium. The rearing of children and household duties filled up her time. History informs us that the Spartan women, and no doubt on account of their physical training, were far superior to those of other Greek nationalities.

The reader must be informed, however, that the Grecian athlete did not belong to the regular schools of philosophy, although his first education was in them. They were the professional prize-runners, wrestlers and fighters who contended at the Olympian games, and devoted their whole time to training. These athletes had institutions for their special use, and mental culture constituted no share of their education. Plato speaks of these athletes as "A sluggish set of men, in dubious health, and short lived. A more elegant kind of exercise is required for our military wrestlers, who ought to be wakeful, to see and hear acutely, to be able to endure changes of food, heat and cold, and not to fail in health." Of the food of the athlete we have full accounts, but of that of the pupils in the gymnasium we know but little. One historian says that originally the former lived on fresh cheese, dried figs and wheat; but after a time they ate pork, beef, bread and cheese. All seasonings, delicacies and confections were abstained from, as producing an injurious effect upon the body. Bathing was considered so important that every gymnasium had magnificent apartments where cold, hot, and sweating baths were administered daily after the exercises were over. By this means a

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vigorous and healthy condition of the skin was maintained, and thus not only congestions of tissues and membranes, which often follow vigorous training and are so productive of discomfort and disease, avoided.

The result of this blending of gymnastic and mental training, for which the Athenians were so famous, was productive of infinite good. They excelled all other nations in a healthy and beautiful development of body, and possessed minds of power and elasticity, which have made their productions the admiration of ages. We have spoken of gymnastics in Greece only during her palmy days. They were not the growth of one day, or of one mind. Their birth was with the birth of the nation. At first they were rude and warlike; their exercises took place in the open air, usually by the river side, where bathing and swimming could be practiced. They grew into a distinct order as early as the time of Solon, who made the first laws for their more complete development. At a later period, when wealth became more abundant, and gymnasiums became popular places for idle loungers, their original use was forgotten and they degenerated into places of amusement; and at last, when Greece lost her own identity and became a part of Roman civilization, gymnasiums which previously had been the schools of philosophy and manly culture, became places for training gladiators whose exhibitions so much amused the brutal taste of the Roman people.

In our day physical culture has no such place in the curriculum of education as it had in ancient Greece. The result is that the bodies of our people present every phase of physical imperfection, and this physical imperfection is transmitted to children. The physiological marriage requires that the muscular system be evenly and harmoniously developed, though not in excess; and also that all the organs of the body, the lungs, heart, stomach, liver and intestinal canal be full of vigor—and this can only happen through physical culture. It need not be in the gymnasium; it may be by labor, by sports, by all those means which develop the body. It is a well known fact that animals inherit the weaknesses and deformities of their parents. It is equally true of the human race. If an organ is allowed to become weakened through want of exercise the offspring inherits this organ weakened and with a tendency to disease. Our school system, on account of its defective system of physical culture, throws upon the world each generation a host of people who can never be physiologically married. The multitude of young men and women who work in illy ventilated factories and dwarf their bodies, are poor subjects for physiological marriage, for this, as before stated, presupposes a high state of physical culture.

The sooner we can impress this upon our educators the better. Philosophers and statesmen, social reformers and philanthropists can find no more important theme for their tongue and pen. Instead of busying ourselves with our selfish schemes, our sordid greed for wealth, which too often injures instead of benefits our children, let us engage in this highest of all labors, the preparation of public opinion for the reception of these grand truths.

HOW CHILDREN BECOME DEFORMED.

BY MARY J. SAFFORD, M. D.

THE mother is the first to deform the child while she carries the plastic little form through all its stages of development, close to her own heart.

She may do this great wrong to her child through ignorance, and the sin of ignorance, we are told, is to be winked at. Circumstances beyond her control may dwarf and maim her child, as seen among the over-worked, heavily burd-

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ened women in some parts of Germany and Switzerland, where cretinism, goiter and deformity are so common. She may be the victim of a beastly, brutal husband, whose personal violence leaves its impress in the maimed body and imbecile mind of the child.

Again, from some cause, an intelligent mother, cognizant of the wrong she is doing, desires to conceal the natural development of her form consequent upon her pregnancy. To accomplish this she draws the unyielding steels and bones in her corsets more tightly about her, with no provision in her garments for comfort during the period of legitimate increase in her size. The results are as disastrous upon the mother, in weakening her muscles, and in destroying their power to do the natural work assigned them during labor, as upon the child, who is, as all close observing physicians of such cases know, not unfrequently born with hunch-backs, club-feet, and undeveloped limbs. The next step that follows with disastrous results to the child lies in its imperfect dress. It can scarcely be said that the child is born with bones, so cartilaginous and pliable are they at first. Then it is that three or more bands are pinned around the baby's body, and some nurses still insist that they have a mission to improve upon Nature by making what they call a trim waist. And the result is, and must ever be, under such circumstances, a lack of freedom of movement and the natural development of the parts swathed.

You will always find when baby is held upright, and jogged, to relieve its stomach of wind after a full meal, that the bands, which if put on loosely, are now snug, even tight.

It is as true, as wrong, that unless the physician is on the alert to see that no wrong is done, these bands worn by day are frequently not removed at night sometimes for weeks; and what is still worse, sometimes the same clothes worn by day are never removed from the child at night. This unceasing pressure upon the pliable ribs causes an inturning of the floating ribs, and even an ingrowing of them into the liver and spleen, as seen in adults. This pressure also closes the ribs down upon the lungs, thus decreasing their capacity to act; it may lead to that peculiar growth of the sternum called in children chicken breast.

Next, the carrying of children in arms. This is often intrusted to little children who have not the strength adequate to carry them, and by a misstep they are liable to fall, and thus the infant may suffer a severe shock by striking upon the head, causing temporary or permanent brain disease, or concussion of the spine.

The dangers to the child intrusted to an inexperienced nurse are too appalling to have their care the rule, rather than the exception. The child is carried with its chest pressed to that of the nurse; the only support given the child is the arm of the nurse beneath its body. The child suddenly animated gives a spring and falls backward, the spine is wrenched, or it may be dislocated or broken; the child is thrown into spasms and dies, or if it lives is a victim of paralysis, or it may be to a life-long deformity, such as is so often seen following curvature of the spine.

An adult should never hold a child on his arm, or pressed to him, without the other hand or arm gives protection and support to the back, and much less should a child be allowed to do it. The child-nurse, or the little sisters who care for the baby are often injured for life by the strain and pressure brought to bear upon their undeveloped bodies by the constant lifting and carrying of children.

Children are sometimes carried or dragged about resting on the hip of the immature nurse, until the whole side, hip and shoulder are permanently deformed. Babies nursed only at one breast are sometimes made one-sided; the head will be perceptibly flattened on the side so constantly pressed to the mother. Children left to lie long in one position, as is the case with those whose mothers go out to work, have the head misshapen. Spines are distorted by allowing young children to lie with high heads. Fathers and other masculine members of the family amuse

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themselves by swinging children in mid-air, over their heads and shoulders, by the arms of the child. If it is done ninety-nine times in safety the hundreth may injure the child temporarily, or cripple it for a lifetime.

Bow legs are the result of various causes. 1. Among over well-cared-for children, because they are held and carried so constantly in arms by nurses that they do not get a chance to carry on their own little leg gymnastics, which creeping and kicking give, and which are so essential in gradually strengthening the muscles preparatory to walking. 2. Again, the young father and mother are ambitious to have their Johnny as forward to walk as neighbor B's was, and so he is urged to stand and step. He is small of bone and large of flesh, and the result is a bending of the plastic bones, and bow legs.

Proper food for the child has also to do in making its bones firm enough to bear its weight. If the mother nurses her child she must select plain, nourishing food for herself ; if it is fed, good milk must be had, and oatmeal and Graham gruel with it, if it thrives on them.

Bad positions in sitting in young children, in school or at home, lead to round shoulders and curved spines. The young as well as old should maintain an erect position in sitting, and not crouch down upon the lower portion of the spine, if they will avoid a premature stoop, round shoulders and narrow chests. Girls who practice on the piano for two or more consecutive hours have very injudicious teachers and mothers to allow it, and often suffer from the folly of those who ought to be wiser, by a lifetime of lame back.

Occupations entered upon very early often dwarf and deform children. This is seen more particularly in Europe, where children are early apprenticed to trades, and where much more work is done by hand than in America. In pottery manufactories in which boys turn a wheel by the foot, you will see the knees turned in—what is called knock-kneed—and the feet correspondingly turned out.

There is one other abnormal appearance, and in some instances deformity, in children, brought about by their sucking their thumb, two fingers, or tongue. I have often called the attention of mothers to the folly of allowing a child to indulge in this habit, that could result in no good. Quite recently my attention has been called to the subject by a dentist who has made the abnormal shape of the upper jaw of the before-mentioned suckers a study, and I am surprised to find that my objection, that of injuring the shape of the mouth, was trifling as compared with the change in the bone tissue itself. The jaw may be elongated, and in proportion narrowed, or it may be broadened, flattened and awry by the suction of the tongue that is sucked.

All of these abnormal conditions interfere with the symmetry of the jaw, and the coaptation of the teeth of the upper and lower jaws is interfered with, and imperfect mastication is the result. This adds still another to the multitude of evidence against the mother who permits the continuance in her child of a foolish, useless habit. She has it in her power to control this one, as she has the majority of those developed in the first few years of its life. For truly the child is her garden ; as she is vigilant to sow his mind with good seeds, as she is diligent to pluck, as soon as they appear, the weeds of bad habits, as she strives to make a harmonious development of mind and body, so shall she be blessed in the fruits of her labor.

LEAD POISONING BY BREAD. — The people in a populous district of Paris suffered lately from lead poisoning, and Dr. Ducamp traced it to the bread used. The baker from whom it was obtained, as well as his family, were equally affected. The flour, water, and yeast used by him were of the same kind as those used by neighboring bakers, and contained no lead, while the bread he sold did contain it. Finally, it was discovered that he had heated his oven with old boards taken from demolished buildings. These had been painted with white lead, which was deposited around the oven.

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ALCOHOL IN MELANCHOLY AND NERVOUS EXHAUSTION.

BY B. W. RICHARDSON, M. D., F. R. S.

OVER and above the purely mental effects produced by alcohol, there is an action of a mixed physical and mental order which is highly destructive. In dealing with the action of alcohol on the muscular power, I explained that there is a form of muscular or physical weariness which does not depend on exhaustion of muscle, but on the presence in the blood of accumulated organic substances which are made in the body, and which, owing to their presence, interfere with the muscular activity. These substances being removed from the body by a dose of purgative medicine, or brisk exercise, or change of atmosphere, or a Turkish bath, the weariness passes away. The same or similar substances produce, by their presence in the body, weariness of the mind, low spirits, and, I had almost said, despair. I am sure there is not one of you here, be he an abstainer or not an abstainer, who has failed some time or other to experience this sensation; that occasionally, when there is least cause for depression of mind, there is a depression which nothing can shake off; and again, that occasionally, when there is some real cause for trouble or anxiety, there is a lightness of spirit which carries you through, as if nothing of any moment had occurred. We are accustomed to say that the weather has a great deal to do with these changeful moods, and there is a strong dash of truth in the saying. But how does the weather act? It acts through the body. When the atmosphere is laden with moisture, and when with moisture there is cold, or when with moisture there is great heat, the body cannot throw off its secretions from the skin and lungs so freely as when the atmosphere is crisp and dry. When the air is heavy and close the body is unable to throw off freely its secretions, and, with the change that takes place in the activity of its animal chemistry, it becomes for a time oppressed, and the mind weary and woebegone.

The natural remedy in all these cases is simple enough. It is to wait for what is sure to come, natural relief; to fill up the waiting time by active exercise, that shall counteract the cause of depression, and shall work it off, if I may use so plain a term. Or, as Cowper, following Horace, puts it:

> What though thy heaven be overcast,
> The darkness will not always last,
> Expect a brighter sky.
> The god that strings the silver bow,
> Awakes sometimes the muses too,
> And lays his arrows by.

I think this is common sense experience for all who will follow it, and I dwell on it because it is corrective of one of the most grievous of errors. It is in the sad and sorrowful moods, the natural and yet evanescent periods of depression, that foolish men and women fly to alcohol for relief. For a time the stimulant quickens the circulation of the blood, and does seem to cheer. But remember that it does nothing more. It does not help to remove from the body the exciting causes, those agents which can only be removed by brisk excretion and active waste of the body. On the contrary, alcohol locks up the secretions; causes accumulation of the products of excretion; makes the breath heavy and disagreeable, arrests the action of the liver, and, in the most favorable seasons, leads to the very evils it is so often taken to relieve or remove.

Hence it happens that they who take alcoholic drinks to remove mental depression, and who adhere to the practice, are persons whose doom may be too truly foretold. They sink into entire slavedom to drink. They soon become disorganized, and they soon either pass into insanity or die from organic disease.

The difficulty of rescuing these unfortunates is indeed great. For them there is no remedy but to abstain once and for all, and they are so easily disheartened, so morbidly sensitive to fear, they are all but unmanageable. We get them now and then to forswear and reform. They bear "the privation," as they call it, for a time, and if

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they were cheerfully sustained they would get along well; but something crosses their path. A friend laughs at them; a friend tells them how bad they look; a friend says, "One glass, old fellow, to cheer you up;" and so the way to death is re-opened to them.

There is one more physical, mental state in which weariness of mind is felt from another cause, that is, from sheer mental exhaustion, and the fact is used over and over again as an excuse for having resort to alcohol. The jaded brain is craving for rest, and instead of rest is treated with alcohol. It asks for bread, and it gets a stone. Its vessels are filled with blood, and at last the wearied heart begins to fail in power to propel the blood onward. Then the man feels heavy and oppressed in the head, or, it may be, giddy and stupid, and at the same time wearied at the heart and feeble in the limbs. A patient once described this state to me in three expressions, photographic in their fidelity: "I am top-heavy, hollow in the middle, and down at the knees."

In this state the rage is for alcohol. The alcohol supplies nothing, gives no force, gives no constructive matter either for brain or muscle; but, for a spurt, it lets the heart run a few paces faster, like a clock running down, and that motion is mistaken for strength, and that work which is done merely under the influence of the alcohol is believed to have been done by it. Thousands upon thousands of our countrymen, who possess the best brains of the country, make use of alcohol for this insane purpose; worse still, they swear by it in this insane mood, and not until they are stricken down by it with diabetes, or epilepsy, or paralysis, are they conscious of their insanity. They are not always conscious then, for some learned word applied to the disease too often covers the cause and gilds the evil.

The difficulties which oppose abstinence in these persons are as prominent as in the melancholic class; but on the whole are perhaps not so obstinate. The brain workers, as a rule, are wise men, and only go wrong from utter ignorance of the folly in which they have been innocently trained.

Connected with the topic of mental difficulties and abstinence, there is one more difficulty which affects all classes. I refer to what is known as the social difficulty. In many instances the social difficulty arises really out of fear or nervousness, and, in so far, is allied to the mental obstacles. Men who themselves, do not care a button for a stimulant, sip their wine and see their less favored comrades drown themselves, morally, in wine; and from absolute fear of being considered peculiar retain the privilege of observing the ruin that is being inflicted. Thus by a tacit acquiescence they lend themselves to the misery that is entailed. There is here involved the fear of being peculiar, of being unpopular, and perchance in some the honest fear of seeming to pretend to be better than the majority of mankind. These various sentiments have marked influence on character, and when they combine in a man they make him very resolute against the principle of abstinence: more resolute than some persons who drink heavier, but who, knowing the consequences and feeling the desire to avoid them, are ready to admit the slavery to which they are subjected.

To the persons who are in fear of the social discredit arising from total abstinence I have nothing to suggest beyond the hope that in time their admiration of the world and its fashions will of itself lead them to abstinence as the thing in fashion. I can meantime assure them that a man may enjoy every social privilege and favor while acting conscientiously as a total abstainer, and that in all society which is worth cultivating and maintaining there is no adverse remark made upon abstinence. It is only the vulgarest of the vulgar, in these days, who comment with levity and insult on the abstaining members of society.

THE REPORT of an Irish benevolent society says: "Notwithstanding the large amount paid for medicine and medical attendance, very few deaths occurred during the year."

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

WARNING.

Never marry a man whose looks or breath
Tells of the poison that leads to death.
His form may be noble, his heart beat true,
In the love and worship he gives to you;
But pause and tremble, and oh, beware!
For a fiery serpent is lurking there;
A foe whose grasp is the grip of death,
So stand afar from its poisoned breath.

The man may be honest at heart, and feel
That his will is strong and his nerves are steel,
Thinking his manhood and pride too great
To basely yield to so low a fate.
But others have thought and reasoned the same,
Yet alas! for their strength, and for home and name,
Men noble and strong, and gifted and brave,
But they sleep to-day in a drunkard's grave.

Learning and station, and wealth, all the same,
Were swallowed up quickly and burned in the flame
That was kindled perhaps as the wine at the feast,
That stamped on the forehead the mark of the beast;
And surely, though slowly, the downward path led,
In spite of the hearts that have suffered and bled,
And desolate graves where rank weeds grow,
Tell where the drunkard is sleeping below.

The wives and the children—oh, what of the moans!
The shame and tears, and the sighs and groans,
That come from the hearts so weary and worn,
From which the bright hopes have been ruthlessly torn;
While all that is holy, and sacred, and sweet,
Is trodden in dust under reeling feet,
And grim, cold want by the desolate hearth,
Makes it the dreariest place on earth.

Can you risk all of this, and smilingly say,
That you can then honor, and love and obey,
While curses rain thick till your heartstrings are cleft,
With nothing to hope for, where nothing is left,
And see only brutehood where manhood has died,
And left not a semblance of honor nor pride?
Can you suffer it all, while the years creep past,
And patiently bear and endure to the last?

Anna Linden.

CASTLES IN THE AIR.

Build ye castles stout and strong,
With lofty towers and stately spires,
Adorn the halls with taste and skill,
And gratify your hearts' desires;
Let the rippling waters ebb and flow,
And the gardens blossom fresh and fair;
But if these only *wishes* are,
They are but "castles in the air."

DEATH SPEAKS.

Am I a wanton thief, that man should say,
I steal his breath, his life, his soul away?
Am I a murderer that he should cry
Against me in the hour of agony?
Am I the prince of torture, or grim fate,
That I should joy to see him desolate?
A fierce, stern tyrant, or a ghoul of woe,
That I should bear the stigma name of "foe?"

Upon my rounds I went one recent day,
Gathering the souls of those who pass away,
And many a one I clasped unto my breast
Who was not summoned to eternal rest;
And poor heartbroken creatures wildly cried,
And called me "cruel death," because they died,
Mourning their dreary loss, in grief and pain
They fell to blaming me with might and main.

A few sweet souls the Master bade me call,
Pure, true, and ripe for Heaven—the list was small—
Tobacco killed some hundreds, and not I;
Men are such fools they cannot help but die;
They smoke, they chew, they eat from morn till night,
And hardly any of them live just right,
With habits so awry, and mostly wrong,
The only wonder is they live as long.

Some do not know and others do not care
Whether they breathe foul gases or fresh air;
They swallow nauseous drugs and griping pills
To rid them of their self-created ills;
And for the "stomach's sake" their hearts incline
To rum and beer and gin, as well as wine,
Making poor Timothy a rare excuse
For every kind of poisonous abuse.

Women are martyrs in a certain line;
God's model is not—well, not quite, divine;
The corset-cuirass shapes them, and they shun
The healthful influence of the genial sun;
And if their little ones, weak, puny, frail—
Having no strength for living—die, they wail.
Claiming that Heaven the precious treasure craves,
When their own folly dug their darlings' graves.

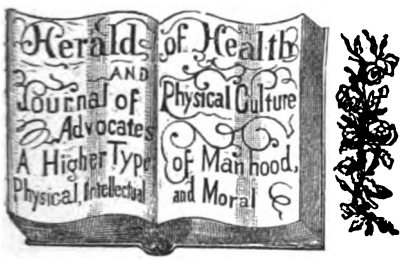
Man sows the seeds of sorrow, and he reaps
The bitter harvest, murmuring as he weeps.
And I, who should be but a guest of peace,
Am the black horror of a dread release.
No war against the human race I wage;
All should glide on to happy, cheerful age,
But when men will not bow to Heaven's laws,
They perish solely with themselves as cause.

When Eve and Adam sinned, the Lord saw why
They and their children must so surely die—
They ate what they *ought not*, of course He knew
The children would be somewhat greedy too.
The story teaches what the world should heed:
He who partakes of what he does not need,
Opens the door to Death, and when I come,
Let no man marvel that I strike him dumb.

Mrs. G. W. White.

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EDITORIAL DEPARTMENT.



NEW YORK, JUNE, 1879.

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.

SEVENTEEN MONTHS ON FRUIT AND BREAD.—Thirty years of active business I have been fond to join in the mixed festivities of sober merchants in the chief cities of America and Europe, having good health, with only the common disturbances; which with me took the form of sick headaches. In New York, in December, 1877, in the thick of the battle of life, vigorous, working at high pressure speed; feeding plentifully on meats, vegetables, coffee and tonics; awakening at three o'clock and thinking until morning, wearing out the nerves of my brain, I was struck down by the worst of all the sick headaches. From this it seemed I could not recover; reading, writing, consecutive thinking pained my head; my digestive power did not return; sleep left me at three o'clock; I lost strength and flesh.

I was satisfied that there must be something radically wrong in the feeding and living that produced this condition. I set out anew to find foundation facts relating to food. I then came to the conclusion that fruit and bread and vegetable oils constitute the natural food of man, and water the only natural drink: so I determined to give fruit and bread a fair trial, and I will try to state plainly how I succeeded in doing so, and what I learned in the effort. This began in December, when the heated feeling which meat diet produces seemed most needed; a season least promising success.

In December, on rising, begin by bathing—not in water, man cannot be a fish—in the air, naked, and when possible in the sun's rays, rubbing the skin all over freely. Slowly expand your chest, take deep breathing, shut your hands and swing them like a fly wheel parallel with your side to test your wind. Take a glass of pure water; you feel refreshed and light. Begin breakfast by eating slowly the largest baked apple you can procure; the largest are best; the richest parts lie nearest the skin, where the sunlight has stored the choicest life-giving forces for your use. Sweet apples are better than tart, or sour.

Next, and more slowly, you will then eat a dish of cereals. To prepare this you will get "pearled oats," "pearled wheat," "pearled barley meal," "pearled corn meal," pearled rye meal," selected grains peeled of only their woody skin, under which lies closely the gluten, the greatest blood-maker, nerve-builder, and strength-giver in all Nature's provision markets.

Procure a double boiler to cook cereals; it cannot scorch them; it must have a tight cover to prevent the delicious aroma from escaping. The unbroken grain in two hours boiling absorbs four times its size of water, the meal three and a half; do not use more

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water. Eating slowly, that is chewing vigorously, until every particle of the cereal has dissolved perfectly, changed into grape sugar in your mouth. You will spend at least three quarters of an hour at breakfast. This thorough chewing, which at first promises to be a tedious effort, soon becomes a real pleasure; the longer the grinding the sweeter the flavor grows. You may use a little salt if you wish, but Nature has given the grains enough of salts, and you will soon dislike to add any. You may also add a little sugar until you gain confidence in your masticating ability to turn the cereal into sugar in your mouth; then you will prefer to do it with the cereal only. You will vary your breakfast cereals—every day in the week a change. Always begin breakfast with fruit as a substantial food, especially apples, the most life-giving of all: more cheering than wine, at all times giving a cheerfulness that lasts without any pull back. Now your digestion improves, and you must learn to eat raw apples; begin by slowly eating one eighth of one, the skin peeled off as thinly as possible; next morning eat a quarter and go on. About noon you find great refreshment, after your upper stomach has been emptied, in taking a drink of pure water. Early after noon you have dinner. This begin with fruit, and boiled or baked gluten. cereals; bread in some form; or better yet, and best of all, boiled or baked. Wheat gluten, cooked or baked, with perfectly sweet olive oil, plenty of it, and with a little sugar; or, for the present, plenty of sugar and a little olive oil. In the winter, while changing from animal fats, you will rub olive oil into the soft parts of your body, inside arms and thighs. This feeds you, gives you heat, and builds your nerve strength, helps you to sleep and protects you from the cold. Your dinner is varied with gluten bread, or biscuit, baked full of dates or other sweet fruit. A dinner, or meal, of gluten requires in it plenty of either sugar in some shape, or plenty of vegetable oil with very little sugar; for the gluten alone is almost as void of flavor as its competitor, lean beef. Apples you will always eat, if you can get them sweet.

Now you have had enough food for the day, but to satisfy a bad old habit, you will take a cup of chocolate at evening, with a little toasted bread. You have stopped taking coffee, as it fevered you; and now you will stop taking tea, as it prevents sleep and causes constipation of the bowels. You do not feel the slightest need of either of them, or of wine. Already your cheerfulness is even, equable, constant, assured. You find the fruit and bread so delicious that you often eat too heavily, and this is hard to avoid. You learn when to stop, and to stop then. Your sleep all night returns. Your weight increases. Your head calms. Your nerves can not be easily shocked. You can walk five miles, chill suddenly and not take cold, as your skin is not clogged with the excretions of animal food. The odors from your body are free of offence, and have been so, excepting in the week when you used milk. You made your tongue bilious in a week's use of cow's butter, and only extra out-door exercise cured that. Now the summer has come, and your face seems ten years younger. No more headaches. Every action of your body is free and light. Now you can digest hickory nuts with ease. The muscles of your abdomen are strong as leather thongs; last December they were limp, weak, and flabby.

In the summer you began too soon to eat new fruits that were plucked unripe, were sour and not fit to use; this thinned your blood, caused an acrid, acid condition, and carbuncles, boils, (which were, strange to say, free from pain; as, no doubt, your death will be at last), and you cured them by dosing a week with lime water.

Now it is winter again. You are strong, and use olive oil and sugar on hot toast, or with gluten. You increase your weight steadily. The fruits and gluten have so increased your nervous force in brain and body, that your digestion is perfect, and the action of your bowels under the control of your will, needing neither laxatives nor bran any day in the year. Your intellect

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has triumphed over the force of the worse than beastly dietary habits of modern cookery. Your food is a sensation of a new revelation daily, through your mouth, sending a thrill of new life and sure hope of future enjoyment. The winter is past, and the old neuralgia did not come. Your pulse is soft, full and regular; your blood circulates evenly, and the coldness of your feet has not returned day or night. By introducing into your body only absolutely pure natural food, selected by the effort of your best reason; with pure water for drink, you allowed Nature to shake out the old diseases and avoid others. You enjoy living as no fevered flesh-eating, coffee-drinking person ever can. You have proved the absurdity of eating flesh and drinking stimulating decoctions, and opened a simple way for the coming cook.

Knowing what I know, and have demonstrated in 17 months on fruit and bread, I would vote myself a fool to swallow besh or alcohol, or any other fever breeder or nerve whip. As regards strength and the "staying qualities," as the jockeys call them, I have a standing challenge to my meat-eating friends to run with me six times to the top of Trinity steeple.

A NEW YORK MERCHANT.

A SENSIBLE THING TO DO. — Cornelius Vanderbilt, the favorite grandson of the Commodore, and who was remembered by him to the extent of several millions in his will, although not a man of the most robust health, is yet, after all, something of a hygienist. He believes in bringing up his children in a plain and sensible way. If any of them be sick he employs a homeopathic doctor. He has just taken a farm in New Jersey, where his family will spend the summer, instead of at a fashionable watering-place. He has chosen a farm on which his boys may learn to fish and swim, after the manner of their great-grandfather. It is to be hoped that they will develop a more humane spirit, and use their opportunities for human advancement rather than for selfish ends. Cornelius Vanderbilt is a genial, kind-hearted man, and the world will no doubt be better for his living in it. He takes, as we know, good care of his health, and is temperate and moderate in his life.

OVERWORKED.—Prof. David Swing, who has made such a fine record for himself as a preacher and reformer, is said to be overworking himself. How hard it is for a man to be good on all sides. The temptation to do all that is given to do is very great. Those who make themselves famous are sure to have too much work on their shoulders, while thousands cannot get enough to do. The professor should take the advice given by Mrs. Mann in our book entitled "Hygiene of the Brain." Mrs. Mann says she does not believe that any one has the right to kill himself or herself in order to elevate humanity. She thinks the world can well afford to wait.

INTRUSION OF VISITORS.—It is said that Edison the inventor sleeps in the day time and works at night. The reason given is that by no other course can he avoid the influx of curious visitors who desire to see and talk with him. If he had lived in Shakespeare's time the world would not have heard of him until long after his death, and he could have applied his genius by day without the fear of being troubled by newspaper reporters and curious persons.

GLOOMY WEATHER. — The London Lancet has a wise thought upon the effect of gloomy weather. Dull, depressing, dingy days produce despairing reflections and gloomy thoughts. The reason is because the mind is a receptive organ, and all the impressions it receives from without reach it through the media of the senses, which are directly dependent upon conditions of light and atmosphere for their action. It is a common sense inference that if the impressions are set to a minor key of color and sound the mind must be affected by it. We do not make sufficient allowance for our dullness and weakness when the weather is gloomy. At such times we should be surrounded

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by pleasant objects and in companionship with agreeable friends. This to some extent makes up for the lack of those pleasing impressions which come from a perfect state of the atmosphere and light.

Some persons are more dependent upon external circumstances than others; but all value the things of the outer world, and to these things the sick and the delicate are especially responsive. There are very few persons who have sufficient sunshine in their own natures not to be at times affected by unpleasant and gloomy weather.

OPIUM IN CHINA.—The Chinese Government has recently passed a very stringent law regarding the cultivation of the poppy. It is worthy of notice that the largest number of victims to the famine have been the opium smokers. The edict speaks of the foolishness of the people in cultivating the poppy, which can only do injury, to the neglect of cereals, and it indicates that for the future the cultivation of this noxious drug must cease. To disobey this law is to be subjected to severe punishment. The edict applies to the whole of China, soldiers and officials are strictly prohibited from smoking, under heavy penalties. So says the Peking Gazette.

A similar law applied to the production and sale of alcoholic drinks in the civilized world, if it could be enacted and executed, might be of great value.

UNHEALTHY INTELLECTUAL DETELOPMENT. — Charles F. Freeman has startled the world and made himself infamous by murdering his little daughter, as he believes, by the command of the Lord, as Abraham was ordered to do with Isaac. One of the sorrowful features of the case is that his wife, mother and brothers, and his church, seem to approve of the deed. In ancient times such unhealthy mental action was more common than now; but the light of science seems to have swept away, to some extent, such fanaticism. Here and there traces of it yet linger among ignorant and superstitious people.

What will be done with this religious fanatic by the courts it is impossible to say. One thing is certain, there are few sadder spectacles than that of a man given up to believing a lie. In nine cases out of ten, however, it happens that this condition proceeds from a faulty early education. His religion is saturated through and through with superstition, and lacks common sense. The only remedy for such sad occurrences is in a more general education in science, and a development of the race in accordance with it.

But while we pity such a murderer as Freeman, there are thousands of murderers at large who are not pitied as they deserve to be, and who do not even know that they are murderers. Is the man who employs a large number of women to work at starvation prices anything less than a murderer? Is he who destroys the fair name and fame of a woman anything but a murderer? Is he who panders to the licentious tastes of people and leads them into sin and crime, anything but a murderer? We think not.

DEATH OF MRS. SARAH J. HALE.—Mrs. Sarah Josepha Hale, after 50 years of active literary life, has passed on to the higher stage of existence, at the ripe age of 91. Her public work has always been clean, pure and elevating. She had a thoroughly healthy body, a strong will, and a good control over herself. She was rarely sick during the 50 years in which she edited Godey's Lady's Book. Only once did she fail to prepare her work at the proper time. She attributed this uninterrupted good health to a naturally sound constitution, to regular and temperate habits of living, to early rising, and to an invariable rule of doing all literary work by daylight, and especially in the morning.

Notwithstanding that her literary life has been a long one, and most of her reputation came from her pen, she was a most excellent mother, having been left a widow at an early age, and penniless, she reared and educated her five children, and placed them all in honorable positions in the world.

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STUDIES IN HYGIENE FOR WOMEN.

TALENT NOT ALWAYS TRANSMITTED. —Jenny Lind was no doubt one of the sweetest singers the world has yet produced; and if the laws of inheritance had their full force, her children ought to be singers as well as herself. But her eldest daughter—so Mrs. Hooper says—has no love for music, and will not study it. It is not uncommon for children to dislike what their parents like, and this seems to be a genuine case. They often get a surfeit of what is always before them. A strong argument has often been made in favor of temperance from the fact that children inherit from their parents a fondness for alcoholic drinks. But who has not known the children of intemperate parents having the strongest dislike for liquor? It is not always the case, it is true; but it is sometimes. They see the evil effects, and turn from them. How often the children refuse to follow the occupation of their parents, however they may be pressed to do so; and yet the law that like begets like, is in the main true.

GEORGE ELIOT'S HEALTH. — Whoever has read appreciatingly the works of George Eliot cannot fail to have been impressed with the wonderful vigor of her intellectual productions. All such will be grieved to learn that she has been so overwhelmed by the death of her husband as to aggravate a long-standing and incurable malady from which she suffers. It is now somewhat doubtful if she will ever again be able to charm the world with her stories.

QUEEN VICTORIA AND DRESS REFORM.—Queen Victoria is quite a dress reformer in her way. Of course she does not wear the bloomer costume, nor advise others to wear it, but she objects very seriously to wearing the hair in a fringe across the forehead. At the recent marriage of her son she would not allow any of the bridesmaids to wear their locks in this fashion. More sensible still, she would not permit them to don high-heeled boots, nor to wear tied-back gowns. On one occasion a young lady came to a drawing-room with her hair over her eyes. The Queen informed her, through the Lord Chamberlain, that she need not attend any more at the palace until her hair was fully grown.

On the occasion of the marriage of one of her daughters she refused to allow her to wear the dress which had been ordered for her, because she did not like the style in which it was made. The Queen of England evidently believes in plainness and simplicity of of dress.

LUCRETIA MOTT.— Lucretia Mott is one of the most remarkable women that America has yet produced. She is now in her 87th year, vigorous, and still interested in public affairs. She has recently been elected President of the Pennsylvania Peace Society, before which she delivered an address. There is probably not another woman in America of her age in as active and intellectual life.

Peter Cooper is about the same age. He often appears in public, lending his presence and the weight of his influence to some good cause. William Lloyd Garrison has usually been styled the father of American abolitionism, but Lucretia Mott was an earnest abolitionist when Mr. Garrison was a child.

This somewhat noted woman ascribes her longevity and excellent mental and physical health to her simple mode of living, her continual self-government, and her constant intellectual activity. A noble example, which it would not hurt the millions of beautiful girls just blooming into womanhood to follow.

DRUG TAKING MANIA.—Women are rather more given to drug taking than men, though both are bad enough in this respect. Here is what one of our most eminent physicians has to say on this subject:

"Dr. Holmes has said that it would be well for the world if most medicines were thrown into the sea; that it might be bad for the fishes, but it would be better for mankind. For this unasked and impertinent suggestion he has received a good deal of orthodox

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censure, which I am here now to share with him, for I am of the same opinion as Dr. Holmes, and this opinion has long been a part of my Christian faith. That the major part of the world does not agree with us is plain. Indeed most people seem to think that the chief end of man is to take medicine. Babies take it in their mother's milk; children cry for it; men and women unceasingly ask for it, and no one dies without it. Shrewd men have taken advantage of this instinct, and in most civilized nations it is to-day one of the chief articles of manufacture, and of commerce. It is one of those things which is never permitted to be out of sight; but is thrust upon you in the nursery, in the streets, upon the lamp-posts and upon the curbstones, along the highways, from the rocks which border the rivers; the medicine chest follows you at sea, as if the sea itself, a vast gallipot of nauseants, were not enough. In this model city, a drug store sends its blue and green lights from every business corner not occupied as a liquor store, giving a ghastly and ominous complexion to the faces of all who pass or enter. Jennie Deans, stopping at the great city of York, on her sad journey to London, to implore the clemency of Queen Caroline in behalf of her poor sister, wrote back to Butler, as the first token of comfort she had derived from her long foot-toil: "They hae mair medicines in this town of York than wad cure a' Scotland, and surely some of them wad be gude for your complaints." With what an increase of comfort and acceleration of hopes, had this great city been in her way, might she have looked on the prodigious stores of medicines displayed from the shelves of its drug stores. Enough, one would say, to cure not only all Scotland, but all the world beside. One might naturally suppose that the supply would at length exceed the demand! but it does not. Everywhere the people are stretching out their arms and begging for medicine, blessing him who gives and cursing him who withholds. They believe, in their simplicity, that if medicines do no good, they can at least do no harm. They imagine also, that there is a r icine which may be regarded as a cific for every human malady, and these are known to science, and therefore we have the means of cu all diseases; but the people imagi vain thing. Whatever medicine is pable when properly administere doing good, the same medicine is eq ly capable, when improperly adm tered, of doing harm; and drugs o substitute a malady more serious t that which they were intended to c The Irishman said his physician stu him so with medicine that he was a long time after he got well.— *Frank Hamilton.*

EFFECTS OF QUININE ON THE HE ING.—It is a fact well-known to m ical men that there exists a great p judice among a large number of pe against taking quinine, the idea be very prevalent that a prolonged use it not only affects the hearing, but use the common expression, it "g into the bones." As regards the for belief, Dr. Roosa, of New York, has cently been collecting and examin the evidence as far as possible, and l come to the conclusion that in so cases there really is a permanent ne ous affection of the ear produced wh justifies common opinion. Hithe physicians have generally disbelie this and ascribed the notion to pr dice.

LEARN TO SWIM.—The London Gl Says; "Learn to swim." It canno questioned that the general inab of women to swim even for a strokes causes a large addition to number of deaths from drowning. they only had an elementary acqu ance with the art it would give t confidence, and greatly aid the ef of rescuers. There is the greatest in approaching a woman when sh out of her depth, owing to the tainty that she will catch any man goes to her help in such a way a prevent that free exercise of the li on which his life, as well as hers, pends. Many a valuable life migh saved every year, if the element swimming were made a branch

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girl's education. It is not as if there were some inherent inability in the gentler sex to acquire the art. The facts rather lie in the other direction, and tend to show that other things being equal, women have greater power in the water than men, owing to the smaller specific gravity of their bones and muscles.

ATTENTION AFTER MARRIAGE.—The beautiful attentions which were so pleasing before marriage are too often forgotten afterwards; the gifts cease, or come only with the asking; the music dies out of the voice; everything is taken for granted, and the love that, like the silver jet of a fountain leaped to heaven, denied its natural outlet, ceases to flow altogether. Then come dull, heavy, hard days, with two unhappy ones tied together, wishing themselves apart, and not always content with merely wishing. This is unnatural and wrong. What married life wants to give it new tone and sweetness, is more of the manner as well as the spirit of the courting time. Very much of the pleasure of courtship comes from the constant attentions of the parties to each other. Their affection voices itself in all possible ways. Every sentence is edged with a compliment, and spoken in tender tones. Every look is a confession. Every act is a new word of the exhaustless vocabulary of love. And it is the fact that affection confesses itself continually in look and word and act, making the voice musical and the fingers poetic in their touch and doing that makes the experience so beautiful, the only Eden many a woman has on earth. Love must have expression or it will die. It can be kept forever beautiful and blessed as at first, by giving it constant utterance in word and act. The more it is allowed to flow out in delicate attentions and noble service, the stronger and more satisfying and more blessed it will be. The house becomes home only when love drops its heavenly manna in it fresh every day, and the true marriage vow is not made once for all at the altar, but by loving words, helpful services, and delicate attentions to the end.—*St. Louis Observer.*

SHOWER BATHS are going out of use. People are using a flexible tube with a hose nozzle, which can be handled easily and applied to all parts of the body without the shock usual with the old style of "shower."

CURRENT LITERATURE.

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THE SCHOOL GARDEN. A practical contribution to the subject of Education. By Prof. E. Schwab, Director of the Military Gymnasium, of Vienna. Translated from the German by Mrs. Horace Mann. New York: M. L. Holbrook & Co. Price 50 cents.

We have here something new. The author is an enthusiastic reformer of education, and his theme is a school garden for every school. His motto is, "Nature is our home: to be a stranger in it brings loss and disgrace." We cannot do better than give our readers a taste of this book.

"The question now arises, What are all the requisites of a good school garden?

"One demand is, deeply dug, well arranged and sanded paths, which shall always be kept clear and in good condition by the children of the upper classes. A school garden which would comprise everything desirable (that is, such a garden as should be appended to an institution for the training of teachers) should contain

1. A selection of the characteristic plants of the plain and the meadow, mountain and wood of the given country.

2. All home evergreen and foliage trees; at least one sample of each, and all the more important wood shrubs.

3. A seed nursery for fruit, a nursery for the improvement of wild stock and quinces, a collection of berry fruit and a nursery for them, plantations of precious fruit trees, and especially dwarf fruit trees, and where possible a trellis for wall fruit and grape vines.

4. An agricultural "experiment garden" of several square meters—that is, an agricultural botanic garden proportioned to the circumstances of the place. A small but very complete experiment garden was represented in the school garden at the Austrian Exposition, and gave much pleasure. In the school garden of a teachers' seminary there should be small beds also for the experimental work of individual pupils.

5. In the borders around the experiment garden there should be a collection of economical and technical plants of the home region; stalk fruit, hoe fruit, leguminous plants, and fodder plants, as far as they do not belong in the experiment garden; also aromatic, medicinal, and commercial plants of all kinds.

6. A collection of the chief poisonous plants of the home region.

7. A little kitchen garden with hot-bed or leaf-bed, and beds for planting out. The leaf-beds are made in boxes and covered with glass, and are good both for raising seeds and planting slips. They can be used in a window, or

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over an oven or stove, and are made of red clay, which absorbs warmth from the sun even if the glass cover is shaded.

8. In small beds, or singly, flowers, high-bush roses, ornamental shrubs and perennials.

9. A beehive in a distant part of the garden.

10. A small plantation of mulberry trees and bushes (in southern regions); and where it is practicable a large water basin. A fountain belongs to every school.

Since the school has patriotic aims—that is, to build up an army ready for defence and capable of enthusiasm, there should be a good gymnastic ground in the neighborhood of the school-house. If this can be within the school garden it has found its most beautiful and appropriate location."

PERSONAL APPEARANCE IN HEALTH AND DISEASE. By Sidney Coupland, M. D. New York: D. Appleton & Co. Price 40 cents.

This is Health Primer No. 5. The author has put into readable form many of the facts of medical science, and made an interesting little work. In speaking of the preventable causes of disease the author says wisely: "A multitude of errors in our artificial life ought to be cleared away and a stricter attention paid to the laws of health. Sedentary occupations which require constant bending at work, close study over books, and a want of systematic exercise contract the chest of the young, growing organism. The round shoulder goes along with the narrow chest, and unless measures are taken in early life to prevent it, it becomes an attribute of the individual. Narrow chests are to be feared, because they indicate diminished lung capacity. As a portion of the lung is depressed the chest falls in and hollows appear under the collar bones. Consumption is not wholly incurable; indeed it may in many of its forms be cured if measures are early taken to arrest its advance."

Speaking of corsets, the author says: "The wearing of tight stays leads to compression of the lower part of the chest, interfering with movement and displacing the abdominal organs. Stockings, as well as corsets, may produce a change of form, and cramped and deformed feet often have their origin in tight stockings. The barbaric habit of wearing earrings alters the form of the ear-lobe, and sometimes causes a troublesome inflammation of the skin at the part pressed."

This little book is by far the best of the series yet produced, and will repay a careful reading. The special point of interest in it is the fact that it discusses subjects not usually discussed in health works.

BATHS AND BATHING. New York: D. Appleton & Co. Price 40 cents.

We have here a little book of 90 pages, containing five chapters, as follows: 1. Physiological action of Baths. 2. Varieties of Baths. 3. Bathing Localities. 4. The uses of Baths. 5, A visit to a Bath.

The work as a whole is quite interesting, though it is not so inspiring as it might have been. Physicians often go into ecstacies over the good effects of some new drug; but when they write on hygienic subjects they are often tame and insipid. The writer of this book is very guarded in his statements, and might have said more in favor of baths than he did. In speaking of Turkish baths he says "For Bright's disease of the kidneys warm baths, vapor baths, and Turkish baths are employed with benefit. A Turkish bath is very great aid to dwellers in cities who get a insufficiency of air and exercise, since it produces an activity of the skin which can only be brought about by such means, or violent exertions."

Speaking of the stimulating power of the bath the author says that "Mud and bran baths possess a great power of stimulating the skin. Mud baths retain the heat of the bather more effectually than the simple water bath. A carbonic acid bath is said to have the greatest stimulating action on the skin, the saline bath the next greatest, and the mud bath next, and a water bath follows." The cooling effect of baths he speaks of as follows: "An hour's duration in a water bath at a temperature of 98° lowers the bodily temperature of a healthy person nine-tenths of one degree. A mud bath lowers it one and a half, a salt water bath two and a carbonic acid bath two and a half degrees."

Sulphur baths our author does not praise as highly as most physicians do. He says there is nothing peculiarly beneficial in the sulphur. The good effects of the sulphur bath are due more to the heat of the water than anything else. The same is said of the steel bath; the good effect is more probably due to the water and its temperature than to the steel.

The following description of a steel bath may interest some readers. We may remark, however, that the steel baths have fallen almost entirely into disuse: "As soon as the patient is ready to enter his bath the first thing which crosses his naked mind as he stands shivering on the brink is a disinclination to dip even his feet into a mixture which looks as thick as horse-pond, and about the color of muddy tawny soup. However having come as far as Langen there was nothing to say but *en avant*, and so descending the steps I got into the steel so deeply colored with the red oxide of iron that the body two inches below the surface was invisible. The temperature of the water was neither hot nor cold, but I was no sooner immersed in it than I felt that it was evidently a strengthening nature, and I could almost have fancied myself with a set of hides in a tan-pit. The half hour which every day I was sentenced to spend in this red decoction was by far the longest in the 24 hours, and I was always glad when my chronometer, which I regularly hung on a nail before me, I saw pointed permission to me to extricate myself from the mud. While the body was floating, hardly knowing whether to sink or swim, I found it very difficult to enjoy any sort of recreation or to reflect on any subject, and as half shivering I watching the minute hand on my dial, it appeared the slowest traveler in existence.

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HEALTH FOODS AGAIN.

Several of our readers have written to us inquiring which of the preparaof the Health Food Company we would advise in conditions which they describe. All such letters we forward to the Company for appropriate reply. It is better that all who would avail themselves of the benefits of carefully prepared foods should write to the Company, at 74 Fourth avenue, New York, and state their case fully. They may depend upon an intelligent answer, without fee or reward. A complete description of their foods is sent by them freely to all applicants.

We continue to offer extracts from letters written by persons who have used these foods in diseased conditions.

For nearly five years I have lived almost exclusively upon the foods of the Health Food Co., of 74 Fourth avenue, New York. I began as a constipated dyspeptic, and was cured. I continue from choice. I believe these delicious foods have added many years to my span of life. They have literally made an old man young—if not in years, at least in physical and mental power.—EPHRAIM H. GUNN, Boston.

On the bill of fare of the Windsor Hotel, where I am stopping, I find "Health Foods." They are a new revelation of delicacy to me. The Health Food has enabled me to use my brain 18 hours a day with little fatigue, and has established those regular movements of the bowels which I have sought for many years, but failed to find. I have ordered a quantity of the Health Foods to be sent to my home from the factory of the Health Food Co., 74 Fourth avenue, New York.—K. B. OERTEL, New Orleans.

I have been greatly benefited by the foods of the Health Food Co., 74 Fourth avenue, New York, and I am always glad to say so. One great hope with me is that all nervous, dyspeptic, constipated, broken down people will obtain and read the admirable pamphlets which the Company mail free to applicants. I do not believe that sensible persons will resort to patent medicines after learning how surely health and vigor depends upon these perfect foods.—REV. J. BASTOW, Portchester, N. Y.

Our family of seven pronounce the bread made from the Cold Blast Whole Wheat Flour of the Health Food Co., 74 Fourth avenue, New York, a decided success. It has been on the table every meal for the last week, and each and all continue to choose it rather than the excellent bread made from the superlative "patent process" flour.—L. P. FITCH, M. D., Charles City, Iowa.

Let me say that, after having tested the admirable foods of the Health Food Co., of 74 Fourth avenue, New York for several years among my patients, I am firmly of the opinion that their general use by young and old would reduce the amount of sickness one-half—a terrible disaster to nurses, doctors and undertakers. —DR. J. H. HANAFORD, Reading, Mass.

I am thoroughly convinced that those persons who suffer from constipation and its attendant ills, will find a thorough and permanent remedy in the delicious foods of the Health Food Co. A food prescription filled by them will nine times out of ten dispense with the doctor or the druggist. Those in want of concentrated tonic food for bad nerves and dyspeptic stomachs can get it of the Health Food Co., 74 Fourth avenue, New York. They send a very interesting book free.—D. B. HIGGINS, Middletown, Del.

I have been living very largely of late on the Gluten and Brain Food of the Health Food Co., of 74 Fourth avenue, N. Y., aud my health has greatly improved. The fearful constipation has entirely disappeared, and I have gained in flesh at the rate of half a pound per day.—EUGENE ADAMS, Brattleboro, Vt.

The nourishing foods of the Health Food Co., 74 Fourth avenue, N. Y., have proved a great blessing to my aged, infirm, and paralyzed mother. They have relieved her terrible constipation, given her an appetite, and made her more comfortable than she has been for years.—H. E. FROST, La Cygne, Kansas.

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What is Compound Oxygen? It is a combination of Oxygen and Nitrogen, the two elements which make up common or atmospheric air, in such proportions as to render it *richer in the life-giving element*. This exact combination, so long sought by chemists and pathologists, never before been made; and its discovery, after long and patient investigation and experiment, marks the beginning of a new era in the healing art. Thousands of suffering men and women have already been restored to partial, or to complete health, through its remarkable curative action.

How Does It Cure? It cures by a natural, strictly physiological process; that is, by assisting nature to throw out of the system the excess of carbon, which from habits of respiration and imperfect respiration, and from other causes incident to our in-door sedentary, effective and abnormal modes of life, has been daily accumulating in nearly all the tissues and vital organs of the body.

Compound Oxygen does not cure by the substitution of one disease for another, as when drugs are taken, but by an orderly process of revitalization.

In Consumption the Compound Oxygen treatment has been remarkably successful. A few recover entirely from Pneumonia, all for the want of a vitalizing agent such as Compound Oxygen would certainly furnish. Thousands might, by its use, be saved annually from the grasp of that great destroyer, Consumption.

Dyspepsia yields readily to this treatment. An improved appetite and an increased power to assimilate food always follows the use of Compound Oxygen.

Nervous Headaches, some of over 20 years' standing, have been permanently cured by this new treatment.

Are You Asthmatic? Then try the Oxygen. It is giving relief and making cures in cases which have baffled all other remedies.

Catarrh, which has never been cured by any other kind of medicine, yields to this treatment. Some most remarkable cures have been made.

Broken-Down Constitutions are renovated by this new curative agent, which gives power to the vital forces their normal control in the bodily organism.

Convalescents from acute diseases, who have got so far on the returning way to health, and no farther, will find in Compound Oxygen an agent that will, in most cases, tide them over this critical period, and bear them back to full health again. Thousands of these, who are drifting toward fatal maladies, might be restored to health by its use.

Business and Professional Men who, in consequence of overwork or from any other cause, find themselves suffering from a gradually increasing brain and nervous exhaustion and a loss of power to do their best, will find in this new treatment the means of saving themselves from the breakdown of paralysis that must surely come, unless there be a cessation of work, or help from some revitalizing agent.

All Nervous Disorders find speedy relief under the revitalizing influence of Compound Oxygen.

Catarrh and Bronchitis are speedily relieved, and in many cases permanently cured.

Diverse Diseases are cured by Compound Oxygen, because, not being a medicament, but Nature's own remedy, its sphere of action is universal.

Don't go to Florida or Colorado! Stay at home and use Compound Oxygen, and you will save your time and your money, and gain a larger benefit than if you went away.

Who have been Cured by Compound Oxygen? From among the large number of those who during the past ten years have found relief and cure in this new treatment, we refer by permission to Rt. Rev. John John J. Keane, Bishop of Richmond, Va.; Rev. Father James Knowd, Germantown, Pa.; Sisters of Charity, St. Mary's Orphan Asylum, Norfolk, Va.; Hon. W. D. Kelley, Gen. Fitz-Henry Warren, T. S. Arthur, and others, who have used and been *largely benefited* by this treatment.

How is Compound Oxygen Administered? By simple inhalation. This can be done at our office and under our personal attention; or at the patient's own home.

Home Treatment. The "OXYGEN HOME TREATMENT" can be safely sent any distance in a small and compact package. Price for two month's supply, with inhaling apparatus and full and explicit directions, **$15.00.**

FREE! A Treatise (200 pp.) on Compound Oxygen, its mode of action and results, to which are added a large number of testimonials to most remarkable cures, will be sent free by mail to any who write to us for it.

E. B. STARKEY, A. M., M. D. *G. E. PALEN, Ph. B., M. D.*

STARKEY & PALEN,

1112 Girard Street, Philadelphia, Pa.

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AND

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During the past season this house has been thoroughly repaired, newly papered, carpeted, etc., and was never so cheerful and pleasant as now. We hope our friends all over the country who desire to spend a few months in New York, where they may have the advantages of Turkish Baths and Hygienic Treatment, a thorough course of Physical Culture, instruction in Right Living, and the social and intellectual advantages of New York, will come and spend the Fall, Winter, and Spring with us.

We can furnish excellent opportunities to those who desire to study Music, French or German, the Microscope, Hygiene, Painting, and other branches. Terms very reasonable.

The Hotel Department is always open for the reception of transient or permanent 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.

In connection with the Hotel and Turkish Baths are Swedish Movements, Electric Baths, Health Lift, etc.

Circulars Free. Terms Reasonable.

M. L. HOLBROOK, M. D. Proprietor.

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