THE

HERALD OF HEALTH,

DEVOTED TO

THE CULTURE OF BODY AND MIND.

ADVOCATES

A Higher Type of Manhood; Moral Physical and Intellectual.

OLD SERIES—vols. 59. 60. NEW SERIES—vols. 25, 26.

M. L. HOLBROOK, M. D., Editor.

NEW YORK:
WOOD & HOLBROOK, PUBLISHERS,
Nos. 13 & 15 LAIGHT STREET.
1875.

Digitized by Google

THE HERALD OF HEALTH: Its law is progress; a point which yesterday was invisible is its goal to-day, and will be its starting-point to-morrow.

Oh, it is excellent to have a giant's strength.—*Shakespeare.*

Better is the poor, being sound and strong of constitution, than a rich man grievously afflicted in his body.

Health and good estate of body are above all gold, and a strong body above infinite wealth.—*Ecclesiastes.*

Plato rightly exhorts us not to employ the mind without the body, neither the body without the mind, but to keep them like a pair of horses, and when at any time the body toils and labors with the mind, to be the more careful of it by keeping it in its beloved health.

Give me health and a day, and I will make the pomp of emperors ridiculous. —*Emerson.*

It is better to prevent diseases than to cure them.—*Hufeland.*

To go early to bed, and early to rise, will make a man healthy and wealthy and wise.

All you rendered weak and miserable by your passions, are your nerves relaxed and your muscles enfeebled by continued indolence and inactivity of body, by warm drinks, study and the like; and would you restore them by means of internal remèdies? RIDICULOUS!—*Salzmann.*

When I meet a man healthier than myself I may possibly envy him, but I don't think I shall.—*An Englishman.*

To those who desire to live long, I say: Take life easily; its troubles are trivial in comparison with its enjoyments.

Go into a boys' school, note the little rascal who does the least work, catches the most cockroaches and has the most fun, and, depend on it, he is the healthest boy there.

The man who would live long should not shun the sunshine, bracing air and the bath.

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary, and they shall walk and not faint.—*Isaiah.*

Pleasant words are as an honeycomb, sweet to the soul and health to the bones.

A merry heart doeth good like a medicine, but a broken spirit drieth the bones.—*Proverbs.*

WM. J. LARMER, Printer, 13 Laight St., New York.

Digitized by Google

OLD SERIES—VOL. 66. NEW SERIES—VOL. 20.

BOSTON MEDICAL
JUN 25 1884
L. N.

HERALD OF HEALTH

DEVOTED TO THE CULTURE OF

BODY AND MIND.

OUR MOTTO:

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

CONTENTS FOR JANUARY, 1881.

GENERAL ARTICLES. Page.

Our Common Slight Ailments. (1).—*By The Editor*..... 1
Straight and Strong, or Bent and Feeble Children 4

OUR DESSERT TABLE.

Morning all Day—My Ships—Truth always Safe..... 8

TOPICS OF THE MONTH.

New Year Reflections..... 9
Suggestions concerning Long Life—Rules for Every Day Life 10
Force of the Will..... 11
Leicester Girls—Composition and Hygiene of Milk..... 12
Well Born..... 13

STUDIES IN HYGIENE FOR WOMEN.

Out-door Occupations for Women..... 13
The Hygiene of Towels—Woman's great Sin against Her Body..... 14
Milk vs. Beef—Washerwoman's Eczema..... 15
Grapes as Food—Ill Luck and Health—Working Habits of Lord Palmerston—Current Literature..... 16

NEW YORK:

M. L. HOLBROOK, M. D., Publisher,

13 & 15 LAIGHT STREET.

$1.00 a Year. Single Copy 10 Cents.

Digitized by Google

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

THE HERALD OF HEALTH,

FOR 1881,

ONE DOLLAR PER YEAR,

Will present some new features which will make the volume one of special interest. It will give as its leading articles a series of papers entitled

OUR COMMON SLIGHT AILMENTS,

AND THEIR

PREVENTION AND CURE BY SIMPLE NATURAL MEANS.

The following will be a few of the subjects which will be treated: Impaired Appetite, Voracious Appetite, Wind on the Stomach, Ordinary Forms of Indigestion, Constipation (hygienic treatment of) and Importance of Regular Action of the Bowels, Ordinary Diarrhea—Its Treatment, Vertigo, Treatment of Sick Headache, Drowsiness, Wakefulness, Nervousness, Neuralgia, Rheumatism, Diet in Rheumatism, Low Spirits, Taking Cold, Preventive and Curative Treatment of Coughs, Catarrh, Malarial Fevers, Sore Throat, Weak Lungs, Inflamed Eyes, Dry Skin, Imperfect Action of Skin, Some Diseases of Skin, Baldness, etc.

PREMIUMS.

Every subscriber who sends **10 cents extra** will be entitled to either one of the following books as premiums:

MEDICAL AND HYGIENIC HINTS ON THE PROTECTION AND MANAGEMENT OF THE SINGING VOICE,

BY LENOX BROWNE, F. R. C. S.

It contains the following chapters: 1. Introduction and Theoretical Statement. 2. Voice Production—Physiological and Practical. 3. Management of the Voice, Hygienic and Medical.

Muscle Beating; or, Active and Passive Home Exercise for Healthy and Unhealthy People.

BX PROF. KLEMM, MANAGER OF THE GYMNASTIC INSTITUTION AT RIGA.

AIDS TO FAMILY GOVERNMENT,

Including Physical, Intellectual and Moral Education.

BY MRS. BERTHA MEYER.

The appendix of the book will contain Herbert Spencer's great essay on "The Rights of Children." It will also contain, from the pen of the Translator, 100 Hints and Suggestions to Parents on the Training of Children. The work is more interesting than any novel.

THE SCHOOL GARDEN.

BY DR. SCHWAB, DIRECTOR OF THE VIENNA MILITARY GYMNASIUM.

Translated from the German by Mrs. Horace Mann.

For more complete description of these books see catalogue. Remember that to obtain one one of these premiums **$1.10** must be sent direct to us.

CLUBBING WITH BOOKS.

We will send THE HERALD OF HEALTH and "Eating for Strength" for $1.75, both postpaid; and it and "Parturition Without Pain" for $1.75, postpaid; it and "Sexual Physiology" for $2.00, postpaid; it and "Relations of the Sexes" for $2.00 postpaid; it and "Liver Complaint" for $1.75 postpaid; it and "What Our Girls Ought to Know" for $2.00 postpaid; or it and "Hygiene of the Brain and Nerves" for $2.00 postpaid. In sending money the best way is to get a postal order, or register your letters. Fractional change may be sent in postage stamps.

CLUBBING WITH OTHER MAGAZINES.

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

One, Two and Three Dollar Publications.

THE HERALD OF HEALTH will be sent for one year, with St. Nicholas—$3—for $3.40; with Demorest's Monthly—$3—for $3.25; with the Phrenological Journal—$2—for $2.50; with the New York Weekly Tribune—$2—for $2.50; with the American Agriculturist—$1.50—for $2.10; with the Boston Journal of Chemistry—$1—for $2. Address

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

Digitized by Google

BOSTON MEDICAL
JUL 25 1884
LIBRARY ASS'N.

THE
HERALD OF HEALTH.

JANUARY, 1881.

OUR COMMON SLIGHT AILMENTS—THEIR PREVENTION AND CURE.

BY THE EDITOR.

No 1.—Colds.

THE most common of all ailments is a cold. Few persons escape them, and a vast majority of people suffer from them many times during their lives. There are some diseases that we rarely have more than once. They seem to exhaust with one attack our sensibility to their influence. Why this is, no one has yet been able to explain. It is quite likely that they leave an impression upon the nervous system in some way that is antagonistic to their recurrence. With a cold it is quite the reverse, and the more frequently we have them the easier we get them. In general, any tissue that has been weakened by a disease, becomes predisposed to the same disease again from even slighter causes than those that first produced it. This is especially the case with those ailments which affect the air passages—the most usual seat of a cold.

What is a cold? Who can give a rational answer? We know its symptoms, and we know that it expresses itself locally by irritation, congestion, or inflammation of the mucous membranes somewhere along the line the air traverses to the lungs. But is this congestion all there is of the disease, or is it only its local manifestation? Undoubtedly the latter. It is quite probable that the nervous system is first disturbed. The nerves are largely influenced by the cold, and cease to perform their functions of enervating the different organs over which they preside, and the result is, these organs suffer, or begin to behave very strangely. First, the vessels of the skin contract in their diameter, and the blood which should circulate in them does not come to the surface, but goes to other deeper seated organs, and before the disease can be cured a healthy condition of this part of the body must be restored. Now let us see what are some of the causes of cold. We may enumerate the following:

1. The exposure of the body to sudden changes of temperature when in a heated condition, or when insufficiently protected by clothing, and especially when exhausted by labor or a weak constitution.

2. Exposure to fogs, and to damp, cold, chilly air.

3. Drafts of cold or damp air upon portions of the body.

4. Getting wet when tired or exhausted, without immediately changing the clothing and drying the person. Such exposure frequently causes rheumatism as well as cold.

5. Cold, wet feet.

6. Eating a very hearty meal of indigestible food after the body has been exhausted by work or exposure.

It is wonderful how careless many people are about exposing themselves in a way that brings on a cold. This is especially true of young persons, who are apparently vigorous, and who have had very little experience, and

Digitized by Google

who think they are able to endure a great deal more than they can. The female sex are especially careless in this direction, going out of warm rooms where they spend most of their time with the body very unequally dressed, and especially with thin shoes and too light clothing upon the limbs.

Most colds might be avoided by a little care and thoughtfulness, duties which every person owes to himself as well as to others. To contract a disease that might have been avoided is a sin, just as much as lying and stealing, and often does a great deal more mischief. A cold makes one cross and irritable, and a very disagreeable companion. It often leads to more serious diseases, which cost a great deal of money to cure and a great deal of work on the part of the doctors and friends. They often injure the constitution for life and bring on an early death. Is it not a sin of a very grievous nature to do what will cause all of these? The time may come when the moral sense of the people will be so acute that they will brand as suicides all of those who foolishly cut short their lives, either through ignorance or carelessness concerning the laws of health.

Having seen from the foregoing the importance of preventing colds, let us now indicate some of the best methods of doing so. One of the very best is to harden or toughen the skin, so that it shall not be sensitive to slight changes of temperature. In healthy, robust persons this is easily accomplished by means of the morning bath, with abundant friction of the skin, so as to bring on a delightful glow. Those who are not accustomed to bathing lose one of the great enjoyments of life. There is as much pleasure to be derived from a well ordered bath as from a dinner of most delicious food. We have known persons who have suffered all of their lives by cold, to break up the habit and be free from them for five or ten years at a time by proper use of the bath. If one had the conveniences, a short, quick shower bath is just the thing. Do not take it long, and after the bath immediately throw over the person a large warm sheet, and with this dry and rub the body until a healthy glow is established. The hand bath is just as good, and may be taken in any room by simply laying a large towel or two on the floor to keep the carpet from being wet by any drops that may fall upon it. The pleasure of the bath is greatly enhanced by using a large sheet to dry the person instead of towels. It prevents the water on the body from evaporating quickly and chilling the skin, thus preventing a perfect reaction.

Those who cannot bear a cold bath may take a tepid one of short duration, in a warm room, during such hours of the day as are most convenient, or at night before retiring. For such, a handful of sea salt thrown into the water will stimulate the skin and answer a very good purpose; but a salt bath should not be used too frequently, as it is apt to make the skin somewhat harsh and rough. Delicate persons may rub the body thoroughly after the bath with a little hot cocoanut or almond oil to great advantage; it seems to fortify the skin against a change of temperature. This may be done two or three times a week. Do not use so much oil as to soil the clothing. The oil bath is used to a considerable extent in many health institutions on delicate persons, and apparently with advantage. There are some persons who cannot bear frequent cold bathing; but their number is comparatively small, and might be still more reduced if they would learn how to bathe properly. For such, a good substitute for the bath is friction to the skin with a soft, dry towel, or with the friction gloves made for this purpose, and by muscle beating. Apply the friction thoroughly to every part of the body, and especially to the limbs and to the feet. Our present methods of clothing the feet are so bad that the skin on these members becomes exceedingly debilitated, and is most easily influenced by wet or cold. This is one reason why people take cold so easily by wetting the feet. In a state of perfect health we might wet the feet without more danger than in wetting the hands. The

Digitized by Google

muscle beater, which has been used extensively abroad, and has only recently been introduced into this country, is a most valuable instrument for such persons to use.

There are some individuals that are so very sensitive that they always know the moment that they begin to take cold. There is a slight shiver, which, perhaps, begins at the shoulders and gradually creeps down the back. Such should heed these warnings at once. If they are sitting in a draft or standing on a damp pavement or earth, or are insufficiently protected by clothing, they should begin to exercise or otherwise protect themselves. A vigorous effort of the will at such a time is often quite sufficient to keep a cold at bay. Slap the hands together and stamp the feet vigorously upon the floor, and declare mentally, with all the strength of the will, that you will not take cold, and ten chances to one you will not. This mental effort seems to invigorate the system and to keep up the circulation of the blood to the normal standard. We may as well remark here, that a person can not take cold without the circulation being at once deranged. Anything that keeps the circulation equalized prevents a cold.

The quantity and quality of the food which one eats has some influence upon the liability to cold. Over eating of indigestible, innutritious substances, as well as eating too little, renders one liable to this disease. Dyspeptics who cannot digest sufficient food to keep the body well nourished, are extremely prone, on slight causes to colds. Whatever weakens the constitution in any way, gives one a tendency to take on diseased conditions. The individual who eats just the right food and in the right quantities is the safest. Half of our diseases might be avoided if we would study *materia alimentaria* as thoroughly as we study some other less important subjects.

When a cold has once been taken the first thing to do is to get rid of it as soon as possible. In its first stages it often yields quickly and readily to treatment. A hot bath is sometimes quite sufficient. If a Turkish bath is accessible, perhaps nothing is better than this; and we may remark here, that a Turkish bath if taken once or twice a week in health is a most excellent preventive of many diseases.

A warm bath for twenty minutes, and if the sufferer is vigorous, for thirty minutes, is a very good remedy. Fill the bath tub so full that the body may be completely immersed to the neck and lie there quietly until the normal temperature and circulation of the blood have been established. The water should be warm enough to give an agreeable feeling of heat. Where the conveniences of a Turkish bath or a full warm bath cannot be had, a sweat taken under a blanket over an alcohol lamp, or over hot water in which hot bricks are thrown to create steam, is a very good remedy. The patient may be placed in an open bottomed chair through which the steam readily passes, and wrapped in a blanket, or blankets, and receive the effects of the heat and steam as they pass the body. After the sweating has been continued vigorously for a little while, remove the blankets and throw over the body a large sheet that has been dipped in tepid water, and take a wet sheet bath—a most excellent and simple bath, by the way—after which either go to bed or sit quietly by the fire. Persons who are very weak must manage baths with a great deal of care. It is a good precaution to keep warm and quiet in your room while a cold continues. One reason why it takes so long to break them up, is caused by the necessity for being exposed so much. Only persons with strong constitutions are able to do this. Another simple and effectual way of breaking up a cold is to go without the supper—take a hot foot bath and drink pretty freely for an hour before bedtime, of cold water. Let the morning and evening meal be light also. It is wonderful how a cold will yield to this treatment if it is carried out thoroughly. The old adage, "stuff a cold and starve a fever," ought to be reversed. There is one more remedy for a cold which is good in all of its stages; we have used it for twenty years with good success. It requires a little steamer

Digitized by Google

which will hold about a pint of water, closed on the top by a tightly fitting cork. There should be a spout like that of a small tin teakettle, which will carry off the steam as fast as it is generated. This vessel is placed over a spirit lamp and the water made to boil. Attach to the spout a rubber tube half an inch in diameter and about four feet long. Now throw loosely over the head and shoulders of the patient a woolen shawl or blanket, and let the steam from the boiling water pass through the pipe under the shawl in front of the face, where it may be breathed through the nostrils and also through the mouth. The end of the tube must not be brought too near the face, otherwise the skin and air passages will be scalded. Hold the tube at such a distance that the steam may be cooled a little, so that it can be breathed with pleasure. If the water condenses in the pipe more rapidly than it can be carried back in the vessel, a little care is necessary to prevent its getting out upon the face and burning it. Continue to breathe this steam for an hour at a time. Where the cold is confined to the nostrils and air passages this hot steam produces a very agreeable effect. Sometimes one of these remedies is better than another for particular cases. All of them are excellent in their way and are worthy of a trial. Again we urge upon our readers to avoid colds, and if they have contracted one not to neglect it but to cure it as soon as possible. A little care exercised at the proper moment will prevent much suffering, loss of time and money at a later period.

STRAIGHT AND STRONG, OR BENT AND FEEBLE CHILDREN.

BY BLAKIE.

THE following table shows the average increase of 200 students at Bowdoin College, in various measurements, after working half an hour a day four times a week for six months, under Dr. D. A. Sargent, now instructor at Harvard:

Av. in. in height	¼ inch
Av. in. in weight	2 lbs.
Av. in. of chest (contracted)	¾ inch
Av. in. of chest (inflated)	1 ¾ inch
Av. in. of girth of forearm	¾ inch
Av. in. of girth of upper arm	1 inch
Av. in. of width of shoulders	¾ inch
Av. in. of girth of hips	2 ¼ inch
Av. in. of girth of thigh	1 ½ inch
Av. in. of girth of calf	¾ inch

We all know a West Point man by his erect carriage, elastic step, supple movements, and the grace which is present in most well-trained men and animals. It is not alone brute strength which gives him beauty, for the coal-heaver is a more powerful man than the cadet; the difference between the two is that a large part of the cadet's body has received a liberal education, while the coal-heaver's body has been educated only in one branch of the body's curriculum of studies. Watch the coal-heaver at his work; it is heavy, hard work, which must make him exert every muscle in his body. But does it? While he keeps his knees steadily bent his back is all the while over his work. The tons of coal he lifts daily with his shovel insure a powerful back, but they also insure that back's remaining somewhat bent when the day's work is done. When a year is passed at such labor the back must take a lasting curve. While his back broadens, growing thick and powerful, his chest does not get so much to do, and he is soon a round-shouldered man; he contracts his lung room. His back has been taught and has grown. What would be thought of an education which gives a boy a good knowledge of spelling and leaves him unable to count? Let the coal-heaver run a race and see for how many thousand feet his lungs or his legs will hold out. The human body is just as pliant as the human mind; it can be taught and strengthened in one study or all studies, in one muscle or

Digitized by Google

all muscles. That we can make whole bodies of men, taken from all classes of life, go far toward becoming strong and shapely does not admit of a doubt, for it is done every year at West Point, by Maclaren at Oxford, and at many of the military schools. That we neglect to profit by Nature's willingness to do the same for every man, woman and child, is evident to the most careless observer of the human body. A skilled portrait painter told me recently that English women have the best bodies, American the best lower limbs, and French women are the best specimens anatomically, their muscles standing out far the more clearly of the three. A thoroughly erect, well-proportioned man, easy and graceful in his movements, is far from a frequent sight. Take the growing boys of the schools, and it will be found, that, as a rule, while their minds are pretty well trained, their bodies, especially the upper half of them, are neglected. To the question "What is done for their bodies?" a competent observer has replied: "The answer may be obtained by standing at the door of almost any public or private school or academy at the hour of dismissal. The inquirer will see a crowd of undersized, listless, thin-faced children, with scarcely any promise of manhood about them."

The girls are not a bit better off. Look at them as they pass from school or shop. Instead of high chests, plump arms, comely figures and a graceful, handsome mien, you every now and then see flat chests, angular shoulders, often round and warped forward, with scrawny necks, pipe-stem arms, narrow backs and a weak walk. Nearly every head is pitched somewhat forward, and no person ever was erect who carried his or her head habitually forward. The arms are frequently held almost motionless, and there is a general lack of spring and elasticity in their movements. Fresh, blooming complexions are so rare as to attract attention. Among eyes plenty of them are pretty, sparkling or intelligent, but few have vigor or force. The story is pretty much the same with both our American men and women. Put on canvas or in marble, not the strongest and most comely, nor the weakest or least favored of our men and women, but simply those who fairly represent the average, and however well the face and expression may suffice, the imperfect physical development and indifferent figure and carriage would at once justly provoke unfavorable criticism.

Such being the facts of the case it becomes pertinent to ask (1) if the average body can be trained and improved to an easily appreciable extent? (2) Will the benefits, physical and mental, derived from such physical perfection, repay the time, labor and expense given to accomplishing such an end? (3) What are the simplest means of attaining that end?

Half our succesful men break down under some particularly hard strain, because their bodies are not prepared for it. With proper physical stamina they would have gone through the test, would bend, perhaps, but would come up again. Thomas Hughes told me that when in Parliament he could work through a whole week together on but four hours of sleep a night and be none the worse for it, provided he could have all he wanted the next week. Dr. Morgan, in his "English University Oars" says: "An addition of three inches to the circumference of the chest implies that the lungs, instead of containing two hundred and fifty cubic inches of air, as they did before their functional cavity was exalted, are now capable of receiving three hundred cubic inches within their cells. The value of this augmented lung accommodation will readily be admitted. In case of sickness it may enable a patient successfully to tide over the critical stage of his disease.

When the organs and muscles of the body move harmoniously together, daily work becomes a pleasure; nervousness and headaches attributed to overwork disappear to give place to the tired feeling which insures a sharp appetite and deep sleep. The man who attempts to go through life's battle with his bodily machinery rusty, is trying to work with one arm, or under a fearful disadvantage. Women lose quite as much as men in neglecting ex-

Digitized by Google

ercise. The rules which bring success in mental development and in physical are in may respects identical. Give not only the delicate girls, but all girls, daily systematic exercise, which shall ensure strong and shapely limbs, and chests deep, full and high, correcting this high shoulder, or that stoop, or this hollow chest, or that over-step. Let this be done under a teacher as familiar with her work as the mathematical instructor is with his—and there's nothing difficult in the learning—and what incalculable benefit would accrue; not to this generation alone but to their descendants as well. The Sandwich Islanders have a proverb, "If strong be the frame of the mother her sons will make laws for the people." Sebastian Fenzi, the apostle of physical culture in Italy, who has made the study and practice of gymnastics compulsory in the state schools of that kingdom, urges its advantages on all mothers of families as likely to increase to a remarkable extent the personal charms of their daughters. Herbert Spencer says; "In the pale, angular, flat-chested young women, so abundant in London drawing-rooms, we see the effect of merciless application unrelieved by youthful sports; and this physical degeneracy exhibited by them hinders their welfare far more than their many accomplishments aid it. Mammas anxious to make their daughters attractive could scarcely choose a course more fatal than this, which sacrifices the body to the mind. Either they disregard the tastes of the opposite sex, or else their conception of those tastes is erroneous. Men care comparatively little for erudition in women, but very much for physical beauty and good nature and sound sense. How many conquests does the blue-stocking make through her extensive knowledge of history? Woman can unquestionably do for her body what the West Point cadet does for his. Look at what one or two women have managed to effect; far more than there is any need of, to be sure, but a certain index of what is possible by systematic and thorough bodily training. In "The Coming Man" Charles Reade says: "Nathalie, a French gymnast and not a woman of extraordinary build, can take two fifty-six-pound weights from the ground, one in each hand, and put them slowly above her head. She has a sister who goes up the slack rope. Farini saw her pitted against twenty sailors. The sailors had a slack rope; she had another. A sailor went up as far as he could; the gymnast went as high on the rope at the same time. The sailor came down tired, the lady fresh. Another sailor went up, the lady ditto, and so on. She wore out the whole twenty, having gone up an aggregate of feet higher than St. Peter's Church at Rome."

But, you will say, it is scarcely desirable for our young ladies to have arms like those of a champion athlete, and you are very right; I am merely giving you some instances of the certainty with which nature responds to any of our wishes. This woman was exercised in the thing out of all proportion to the others; but such is the desire to excel in some one thing that these instances of superfluous training in one direction may be found all around us. The oarsman cares nothing about running, the runner cares nothing about rowing, or sparing, or fencing. The place where a sound physical foundation, moderate in all directions, is to be laid is the school. Let the school commissioners of each state insist that each teacher shall forthwith obtain the knowledge to properly instruct and bring forward every pupil in his or her class, and when they come to search for it they will be astounded at the ease with which they get that knowledge. Let some suitable persons be appointed in the cities to supervise this branch of education and see that the teachers are qualified. Young medical men of good abilities and aims could soon learn to well fill such positions. Let the scholar understand that his body can be trained exactly as well as his mind, and that the sound health of both is intimately connected with having it so trained. Let people at once and forever get rid of the notion that this exercise is a mere play-spell, or that it is only good to make athletes or acrobats.

Digitized by Google

Let them alike get rid utterly of the idea that the gymnasium is a place for parade and for feats of physical prowess. It has a far higher purpose. If we were told that there was one study which would take up no more time than the least of those down on the list of all schools, but which would make a man's life work easier and double his chances of success, would not that study be given the place of honor? That table which I first set before you gives the result of systematic training. Here are some individual instances given by Maclaren of England: Under systematic training a boy at Radley College, ten years old in June, 1861, had seven years later increased in height from four feet six and three-quarter inches, to five feet ten and three quarters; in weight from 66 lbs. light weight for a 10 year old boy—to 156 pounds — far heavier than most boys at 17; his forearm went from seven and three-quarter inches to 11 and three-quarters, decidedly above the average even of that of most men; his upper arm from seven and a half to 13 and three-eighths inches — far above the average of a well grown man, while his chest had actually increased in girth from 26 inches—slender even for a ten-year old—to 39 inches and a half, which is all of two inches larger than the average man's.

Maclaren describes many such cases. This boy, and most of the boys under Maclaren's care, worked just one hour a week, ten minutes a day at physical development. What parent believes that any hour in the week was better spent—better for the comfort and welfare of the boy, and fitting him for future usefulness? Look at the benefit to the boy in all his after life. Does not this hour a week, in some instances, insure an after life and snatch not a few from an early grave? Had every slim, thin chested boy who never lived to be a man, passed an hour weekly under such tutoring from the age of ten to eighteen, would not the benefit to our land in working power, in vigor and force have been incalculable? How many boys in America to-day are weakly and unlikely to live long, with no one to hold out any encouragement, and not supposing there is any, of whom such a *regime* as Maclaren's would have saved and made vigorous and useful men?

Do you suppose that the apparatus necessary for this ten minutes' daily drill is complicated or costly? Not a bit of it. Suppose the teacher has a class of fifty. Let us see, for instance, how she will make the pupils stand straight on their feet and remove all tendency toward holding the knees slightly bent, and so causing that weak, shaky and sprung look about the knees so very common among persons of all ages, and among venerable horses, to give way to a proper and graceful position. If the aisles of the school-room are as they should be, at least two feet wide—and it is marvelous the variety and amount of exercise classes could take in those same aisles if they only knew how—let the children at about the middle of the morning, and again in the afternoon session, stand in these aisles in rows, so that each two of the children shall be about six feet apart. Let the first order be that all heads and necks be held erect with chins held upward. Once these are placed in their right position, all other parts of their bodies at once fall into place. Now raise the hands directly over the head, and as high as possible until the thumbs touch, the palms of the hands facing to the front and the elbows kept straight. Draw as much air into the lungs as possible. Now, without bending the elbows, bring the hands downward in front toward the feet, so far as can comfortably be done; generally at first about as low as the knee, taking care to keep the knees themselves absolutely straight; indeed, if possible, bowed even back. Now return the hands over the head and repeat six times. This is one of the scores of useful exercises calling for no apparatus, nor any thing save a floor to stand on, a wall to push against and ordinary school desks. Wooden dumb bells, weighing one pound each, ought to be had of any wood turner, and ought not to cost more than five cents apiece. With these the exercises can be indefinitely multiplied.

Digitized by Google

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

MORNING ALL DAY.

I have been the companion, the victim of sorrow;
I have lain down at night without hope of the morrow;
No gleam in the future—not a single bright ray;
No quiet at night and no morning all day.

Heartsick of the world, I have sometimes retreated
To forests and glens, and my sorrows repeated;
I have shrunk from the sound of my feet by the way,
No slumber by night and no morning all day.

I have wished—oh, how vain! I had wings and could fly
From earth and its turmoil, to rest in the sky,
Where glorified spirits, in brightest array,
Rejoice without ceasing, in morning all day.

But a change has come o'er me, I lift up my head;
The world is all joyons, my sorrows are fled;
No fears or foreboding beset my bright way,
I rise ere the lark, and 'tis morning all day.

You ask for the cause. The reply is soon given;
I have learned how to prize the rich favors of heaven;
I breathe the pure air, think, labor and play;
I repose when 'tis night, and have morning all day.

The world is now hopeful, I heed not its dangers;
My friends and companions no more seem like strangers;
The darkness and clouds have now all passed away,
I have peace all the night, and blithe morning all day.

My youth seems renewed; my thonghts on swift pinions
Explore the condition of monarchs and minions.
All scenes and all trials instructions convey;
I dream not by night— have morning all day.

O, ye who but sleep, while all nature rejoices,
Forsake now your slumbers, and join your glad voices
With that of the robin, that sings from the spray.
With that of the lark, and have morning all day.

And then, when the lessons of life are all o'er,
And they who now know us shall know us no more,
When the last gleams of twilight have faded away,
We'll soar to a world where 'tis morning all day.

William A. Alcott.

MY SHIPS.

In day-dreams of my youth
My ships went out to sea,
That sent in name of Truth
Alone comes back to me,
And in life's sunset I behold
On sea of pearl that ship of gold.

Ambition fired my soul
With deeds of high acclaim,
To reach some unknown pole
That ship sailed out to fame—
The storms of life swept o'er her deck;
She drifted long, a hopeless wreck.

Mammon spread eager sails
To float o'er silver sands,
And freight with rich avails
Of many golden lands.
Hasty her trip, sudden the shock,
When stopped her course on sunken rock.

Love fondly trimmed her bark
To reach some sunny shore,
And carol as the lark
Her song forever more.
In changing scenes of passing years
She foundered in a flood of tears.

So at life's exit door,
As I look out at sea,
Truth only of the four
Comes sailing back to me.
In sunset splendor I behold
On sea of pearl that ship of gold.

Henry Armstrong.

TRUTH ALWAYS SAFE.

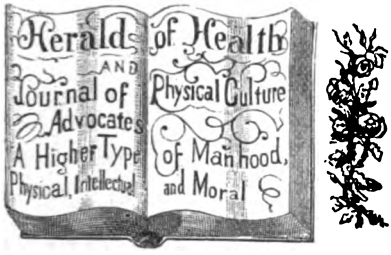
Men talk of dangerous truths, as if't could be
That truth is ever dangerous or unsafe!
'Tis only we and our imperfect ways
That are at fault. Nettles touched timorously
Sting to the quick; but grasp them with a will,
And they are harmless as sweet beds of balm.
And so with Truth, approach her with distrust
Or fear, she stings us with her positive
Sharp weapons, and we cry out, "We are hurt!"
But front her boldly and she harms us not;
Nay, wrestle with her, hold her till the day
Breaks, and the cry bursts from our lips,
"I will not let thee go, except thou bless!"
And we shall know her as she is, a sweet,
Strong, helpful angel, sent to us of God.
And blessing ere she goes.

Only half truths
Are dangerous; of them, my soul beware!
Look to it that they cheat thee not with shams,
And flattering specious forms of lower good,
When the supremest good is in thy grasp,
Or may be for the reaching after it.

Friend's Intelligencer.

Digitized by Google

EDITORIAL DEPARTMENT.



NEW YORK, JANUARY, 1881.

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* PUBLISHER *does not hold himself as indorsing every article that may appear in* THE HERALD. *He 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.

NEW YEAR REFLECTIONS.—As is customary, we greet our readers with a Happy New Year. How pleasant it is to have this holiday come to us so often! On some of the planets such an event can only happen at long intervals, and if there are any human beings there, the greeting "Happy New Year" cannot be heard many times in a whole life, counted as we count lives.

On the first of the year there is much to be done, or rather much to be planned, for the future. The day itself is no more than any other day, and it is proper that we enjoy it in a rational way; but the season brings special duties. Every New Year we ought to take an inventory of ourselves, as well as of our business interests, to see how we stand in relation to life, to find out whether we have held our own, fell back, or advanced forward, physically, intellectually, or morally. Human beings were made to grow, to progress, to learn something new and valuable every day; and it is a sorrowful thing if they only stand still, or retrograde.

After having settled the question of our past progress, it is quite important that we arrange for future improvement. In our ambition for wealth, or in our struggle to live, this question should not be forgotten, and we go on madly working till there is no strength left, and no taste left for anything but work. Work is good, and he who cannot do it is unfortunate; but to be a slave to work is almost as bad as excessive play, and he is wise who early in life—or late in life if he has not before—forms the habit of acquiring knowledge. We believe in knowledge. It will help to make life longer, better, and happier. What is all our wealth without it?

On the first of the year we may lay our plans for what knowledge we will acquire during the year. And here we may offer a hint which will be useful. There is much in knowing what to learn. Much we read is false and of no value. Of this character is too much of our politics and history. It is not wise to give too much time to their study; but scientific studies should be multiplied. True science and wisdom should go together, and all should study them faithfully, even when life is largely devoted to labor.

Then another point to be considered on the first of the year is health. Have we held our own during the year, or not? Inyouth we hold our own easily, perhaps improve; but after the prime of life is past it is more difficult, for health is not like wealth—something we can accumulate. We have most of it when young, and least in old age; but if we are prodigal in youth, old age comes sooner and we suffer more. Health is

Digitized by Google

something so precious we must guard it wisely and well. It takes more knowledge to conduct the human body from youth to age safely, than to manage any piece of machinery that ever was built, and the more enlightened we become the more knowledge we need.

The savage does not need much knowledge, for his life is simple; but the cultured man has a complex life, touching nature in many points, and his body is more sensitive and easily influenced, and needs greater care. So the study of health should be an important one.

There is one thing more we may do at the beginning of the year. It is to strengthen our hope in the golden age to come. The ancients put their golden age in the past. We put ours in the future. And what is the golden age we should hope for? It is the time when the land shall be blessed with blessings not yet dreamed of; the time when labor shall be honored, and war, strife, and enmity cease; when poverty and pauperism shall wane; when begging and thieving shall be forgotten trades; when our jails and insane asylums shall be empty, or turned into schools for training; when health shall abound and orphanage be rare; when our children shall be reared to pure thought, noble deed, high hope, and high desire; when unfaithfulness shall waste away, religion grow wise, knowledge grow religious, and a love of truth everywhere prevail. All this may not come, cannot come in our lives; but it is well to dream of it as possible, and to plan for it by strengthening our own lives, and making them pure and good.

SUGGESTIONS CONCERNING LONG LIFE.—If any one could furnish the world with a medicine which would insure a long life, there is no end to the demand he would have for his drug. He would need many factories to make it, and many banks to hold the money he would receive. Fortunately there is no such medicine, and so the world will have to get along in some other way.

Some time ago the French government sent a circular letter to all the districts of that country to collect information as to those conditions of life which seemed to favor longevity. The replies were very interesting, but on the whole rather monotonous; and the general result was that longevity is promoted by great sobriety, regular labor, especially in the open air short of excessive fatigue, easy hours, a well-off condition, a philosophical mind in meeting troubles, not too much intellect, and a domestic life. The value of marriage was universally admitted, and long-lived parents were also found an important factor. A healthy climate and good water were mentioned. All this agrees with common sense, unless the idea that the intellect is a hindrance to longevity be considered unreasonable. Some of the most intellectual men have lived long. But even if intellect shortens life, still it would make it so much richer with than without it, that it would be no objection.

RULES FOR EVERY-DAY LIFE.—Begin every day with a few minutes of retired meditation, tending to prayer, in order that you may put within yourself the spiritual form which will enable you to answer the demands of practical life.

Cultivate systematic employment, and learn to estimate correctly the time required to accomplish whatever you may undertake.

Try to occupy both your mind and your muscles, since each of them will help the other, and both will deteriorate without sufficient exercise.

Remember that there is great inherent selfishness in human nature, and train yourselves to consider adequately the advantage and pleasure of others.

Be thankful to be useful.

Try to ascertain what are real uses, and to follow such maxims and methods as will stand the test of time, and not fail with the passing away of a transient enthusiasm.

Be neither over-distant nor over-familiar in your intercourse, friendly rather than confidential, not courting

Digitized by Google

responsibility, but not declining it when it of right belongs to you.

Be careful not to falsify true principles by a thoughtless and insufficient application of them.

Though actions of high morality insure in the end the greatest success, yet view them in the light of obligation, not in that of policy.

Whatever your talents may be, consider yourself as belonging to the average of humanity, since, even if superior to many in some respects, you will be likely to fall below them in others.

Remember the Christian trial of virtues. Have faith in principles, hope in God, charity for and with all mankind. JULIA WARD HOWE.

FORCE OF THE WILL.—In Prince Metternich's "Memoirs of Napoleon," it is recorded that while at St. Cloud he was thrown violently from his carriage, striking a post, which nearly entered his stomach. When the Prince asked him the next day how he felt, he replied: "I yesterday completed my experiment on the power of the will. When my stomach was injured I felt life escaping from me; I had only just time to say to myself that I would not die, and I am alive. Any one else would have died."

By this we understand that he believed what may be thought Utopian and visionary, that the will is superior to bodily infirmities, and disease and injury could be willed away. In the main, the testimony of science supports this theory. Little is known of the power of the human will, for the whole course of education from the cradle to the grave is one of repression. In conspicuous instances, however, this power is expressed, and we learn what it is capable of being. We may take for examples travelers who push their way into the frigid north or burning south, enduring hunger, thirst, and the extreme of physical suffering, yet by indomitable will maintaining themselves and supporting their dependants. It is a significant fact that the leaders in such expeditions survive the loss of their followers and are the last to yield, if they yield at all; showing the supporting power of the will. When we read the story of the hardships of Kane in the Arctic, or Stanley and Livingstone in Africa, it seems impossible that they could endure them. Yet we find that their determination supported them amid deprivations even greater than those recorded.

There is a state of mind brought on by great excitement, in which the body is without feeling, and no infliction is recognized by the sense of feeling. Martyrs have often given evidence of this state, and smiled or sung songs of praise while the flames curled around them or their limbs were torn by the instruments of torture.

In this state of high exaltation, produced by whatever cause it may be, physical pain may even give rise to a sense of pleasure, as the writer can testify from his own experience.

Soldiers in battle often receive severe wounds, of which they at the time are wholly unconscious, the will being absorbed in the energies of the contest.

There are many instances on record where severe surgical operations have been performed, the patients remaining motionless throughout by the power of will. All physicians will agree that the worst symptom manifested by a sick person is loss of the desire to recover; and a determination to recover is half the battle gained. Many of the results so flippantly referred to imagination really belong to the will. How many pains and aches disappear when we resolutely cast them aside.

The will, as a healing agent, is considered as a valuable auxiliary, but by no means taken at its full value. Why is it not possible to educate the will so perfectly that it will be able to control the bodily functions completely, as it now does imperfectly? We believe the "coming man" will be endowed with such perfect will: and meantime we need not await his coming, but strenuously train our own wills and that of our children, especially the latter; instead of the old senseless methods of "breaking their wills," which, if actualized, resulted in making them mere ciphers. HUDSON TUTTLE.

Digitized by Google

LEICESTER GIRLS.—Dr. Nichol's London Herald of Health has the following concerning the Leicester girls. It may serve as a hint to some American girl:

"Has the reader taken a walk to the racecourse during the present season on any Thursday evening, whilst the military band has been playing? It has been a sight difficult to parallel in any other town in one special feature; and that has been the number of pale, thin girls, with pinched waists, tight skirts, and with Jerseys displaying a sudden and impossible robustness of figure, absurdly out of proportion to the general slimness. A stout, healthy-looking lass, on such occasions, with a natural grace of figure, has been as rare a sight as a dead donkey. And why? Because in Leicester the ridiculous and ignorant notion has gained an alarming hold on the very many partially cultured feminine minds that to be stout is to be vulgar, and to be healthy looking is common and is not genteel." Then he expatiates upon the causes of things. "She has compressed her lungs by a corset, squeezed round her and snapped together with steel springs, beyond the possibility of the faintest elasticity. The lungs cannot expand. A small quantity of air enters by the mouth. which she cannot close by reason of the pressure, and enters the top portion of the lungs only, vitalizing fully but a very small portion of the blood. She naturally suffers from stitch, inflammation of the diaphragm, and many other painful and distressing complaints. Naturally she is delicate, and if a thin, pale face, and a slim figure answer her notions of gentility, undoubtedly she is very genteel. Bnt she finds that this unnatural process of cramping has not an effect on one portion of her figure alone, it robs her of swelling curves, and general gracefulness of contour, it destroys that buxomness for which every true woman cannot but be admired. Thus in cheating Nature, she herself in time becomes cheated. Her purpose is defeated, and instead of being graceful she finds she is lank and gaunt. Then comes the greatest shame of all—burlesquing Nature, the mocking and masquerading with the pride and beauty of womanhood. True beautiful womanhood, the noblest and most sacred thing in all God's universe, is turned into a sickening mockery, made of padding and shape improvers, the latter mimicing the blessed founts of Nature—the glory of a woman, and the sacred source of her highest happiness —with wire-gauze toys, at about sixpence halfpenny a pair!" This is very sad. But waist-squeezing is not confined to Leicester. We see it everywhere. No young lady who follows the fashion can possibly breath half the air she needs, and must suffer the penalty sooner or later; but we do not see any particular harm in the other things, and they are certainly cheap at sixpence halfpenny a pair.

COMPOSITION AND HYGIENE OF MILK.—Milk consists on the average of

Water	87.5 per cent.
Casein	3.5 per cent.
Albumen	0.6 per cent.
Fat	3.5 per cent.
Sugar of Milk	4.3 per cent.
Ash	0.6 per cent.
Total	100.00

Milk from different cows varies, however, in quality. The water may vary from 84 to 92 per cent.; the fat from 2 to 5.5 per cent. The other constituents may vary in the same proportion. The specific gravity of milk varies from 1.029 to 1.033, and averages about 1.030. The reaction of milk in a normal condition is interesting; red litmus paper is made blue, and blue is made red. This is owing to the fact that it contains acid and neutral alkaline salts. Milk changes very quickly after leaving the cow, owing to the heat, and impurities in the air, which are readily absorbed; and for this reason, generally, it is healthier when perfectly new. We have known persons who could not take milk after it was a few hours old. As an article of diet milk maintains a high position, from the fact that it contains nearly all the constituents of a natural and perfect food. It is better, however, to eat it with some other food, especially bread and farinaceous arti-

Digitized by Google

cles, than to fill the stomach with it alone. Experiments made with great care prove that when a man eats milk alone much of it is never absorbed from the digestive canal. The reason is believed to be this: Taken in large quantities it coagulates in a hard mass, and the gastric juice does not penetrate it. Eaten with bread it is so divided that this does not happen. To those invalids who use milk largely, this hint will be valuable.

WELL BORN.—Rev. Robert Collyer gives us the secret of his fine health in one of his lectures, and shows us that his father and mother were phyisologically married. He says:

"It is a great thing for a man to be well-born, for, as the proverb runs, you cannot make a whistle out of a pig's tail. Only when Mr. Lincoln said this once in a speech at the West, an ingenious Yankee sent him such a whistle by the next mail. Still this is the truth to which the provèrb points, that what we call good blood is one condition of success in life; and this, I think, the Collyer clan can claim. But we cannot claim it as the Adamses can, and the Quincys, and the fine old families on this river, for we go back to the grandfathers and the grandmothers, and there we stop; and both the men were sailors, and both were lost at sea. So what I mean by being well born is this, that my father was one of the most healthful men I ever knew, and my mother one of the most healthful women, and he was brown and she was blonde. My father's eyes were dark and soft, and my mother's were blue, blended with gray, and could snap fire and make things boom. The family nose juts out strong, and matches the family chin; and, as I heard Mr. Emerson say once, there is a great deal in noses.

"My father was as good a smith as ever stood at an anvil, and that was all. He had no other faculty, except that of striking a tune in the little meeting house; and you were not sure what the tune was going to be until he got to the end of the first line. But my mother was a woman of such faculty, though she could hardly read or write, that I believe if she had been ordered to take charge of a 70-gun ship and carry it through a battle, give her time to learn the ropes and she would do it. She had in her, also, wells of poesy and humor, and laughter so shaking that the tears would stream down her face; and a deep, abiding tenderness, like that of the saints. And this they had in common, they were as free from infections as the stars. The most woful fevers would break out in the cottages all about us and decimate the neighbors, and they were always on hand to help, going and coming as the sunshine goes and comes, never thinking of changing their garments. Yet they never caught a fever, nor did any of their children, or felt the slightest touch of fear. This is how I came at the guess that we were well-born. They were so healthy, and not like in like, as the poets say, but in difference, and the mother was beyond all question the better half in those finer powers on which the children have to draw for their success in life. Moral, dont marry a doll."

STUDIES IN HYGIENE FOR WOMEN.

OUT-DOOR OCCUPATIONS FOR WOMEN.—The London Phrenological Magazine says: "When the fact is thoroughly understood that a large proportion of women are suffering to-day from disease and ill-health, through the want of more out-door occupation, then, and not until then, will facilities be given to enable them to obtain thorough instruction in those pursuits which are not only remunerative but conducive to robust health.

"That woman can do any remunerative work in agriculture or food cultivation is a point of conjecture in many minds; farming being considered one

Digitized by Google

of the things to which they cannot attain. But we propose showing that what has been done successfully in a few cases in this department of work by women, is rapidly becoming a more general vocation. We agree with the writer who says he sees no reason why women of capital, and women to whom land has descended or been suddenly left upon their hands, should not take to the work and carry it out with success.

"Women are known to cultivate their gardens and superintend their greenhouses for pleasure; why should they not be able to do so for profit, and make it a serious pursuit for earning a livelihood? At the last census there were no fewer than 2,200 women farmers in England and Wales, some of whom took the first prizes offered by the Royal Agricultural Society. Mrs. Millington is a worthy example of a lady farmer. She has shown by the result of years of good management that she possesses great energy, perseverance, and power of organization, so that in 1870 she successfully competed and carried out the conditions of the first prize, which were—general management, with a view to profit, productiveness of crops, suitability of live stock, management of grass-land, state of fences, gate-roads, and general neatness. She is not the only example we could give; as one of the best farms in East Lothian has for some years been under the successful management of a lady.

"There are but few departments in out-door work for which women cannot fit themselves if they choose, while there are many branches specially adapted to their patience, intuition, and keen sense of touch, or 'delicate-fingeredness." Many women who believe that industry is the foster-mother of social virtue, who have found that Monte Cristo's fortune is not showered upon all alike, have discovered that their motto must be 'To work and win,' and have made themselves Queens of the Meadow by being early and late in the field and dairy."

THE HYGIENE OF TOWELS.—*Mr. Editor*—Will you please give your readers something on the Hygiene of Towels. It would be a new subject, and interesting at least to a constant reader.

ANS. We thank our correspondent for a subject on which at least a brief article can be written. In the first place, as to material. A towel should be made of linen, and except for display need not be very large; but it ought to be thick and soft. Linen is best because it absorbs water, because it is a material which wears well, and because it becomes soft after a little use. Towels should be kept clean and sweet by careful daily washing. Persons with skin diseases, and also with any infectious or contagious disease, should have their towels disinfected after using, and no one else should use them. Indeed it is better for every person to have a towel for his or her own use. There is a feeling of dislike that comes over almost every one who is obliged to wipe on the towel another has used, similar to the feeling that would arise if one was compelled to eat on a plate used by another, without its having first been washed. Of course towels should be thoroughly washed, dried, and ironed. Many persons iron towels, fold them, and place them away before they are thoroughly dry. This is an error, and sometimes leads to results not expected. In this damp condition there is a mold which forms on them called "oidium," one variety of which causes a skin disease known as ring-worm. In using such a towel, if the skin is in just the right condition, the mildew which comes in contact with it takes root, like moss on the bark of a tree in a damp, shady place, and if not attended to properly at once it spreads over the whole body. The microscope shows perfectly that this disease is only a vegetable growth.

Women are the best, as they were the first, sanitary reformers, and perhaps some of our readers can add to the above some useful points which we may have omitted.

WOMAN'S GREAT SIN AGAINST HER BODY.—Gail Hamilton says: "So far

Digitized by Google

as women are concerned, total depravity is but the theological formula for fatigue. I rather think men may be bad in the grain. Wretch that I am to say that, when I my own self have seen so many who are as helpful and pleasant and 'nice' as women. Still we do see men who, in sound health and comfortable circumstances, are arrogant, fault-finding, and disagreeable, and who ought to be swept from the face of the earth; while the women who are hateful when they are happy are so few that they but emphasize the rule. Most women are bad only when they are tired. They have too much work to do, too much anxiety or responsibility to bear.

If we studied diseased minds as earnestly as we do diseased bodies, should we not find that sometimes a 'snarl' is like a cough or a cutaneous eruption, not itself the disease, but a symptom—an effort of nature to cure the disease; and that the true remedy is, not to stop it suddenly and thus drive the disease in upon the soul, but rather coax it to snarl itself out safely, and apply our remedies to the deep seat of life? When the soul is in high health and serenity, the unpleasant symptoms will all disappear."

MILK VS. BEEF.—Mrs. I. writes to ask the difference in nutriment of a pound of beef and a pound of milk; to which we reply: A quart and a half of good, fresh, new milk is equal to a pound of beef in its nourishing qualities. If the milk costs four cents a quart, and the beef sixteen cents a pound, then the milk is much the cheaper food. It is also cleaner and handsomer in its appearance, and there is a decided saving in preparing it. Milk needs no cooking. It costs something to cook beef, and there is considerable waste in the process. Whoever has observed a steak broiling and not noticed how the fat falls into the fire and burns in a blaze. Then the milk, if fresh and pure, is more healthful for the consumer. All flesh meat contains more or less effete matter, and some of this is deadly poison, if we may believe the chemists. If we were to take it in large quantities we should suffer more than we do. We do not now know how many of the minor ills of life come from this source. Milk, brown-bread, and fruit form almost an ideal diet. Milk is best when new and fresh, and from healthy, properly-fed cows. It is a stepping-stone from a diet composed of animal food to a vegetable diet. The extent to which milk and its products are used as a food, may be imagined from the fact that there are 13,000,000 cows in the United States.

WASHERWOMAN'S ECZEMA.—Women who wash a great deal and use strong soap sometimes get sore hands, a kind of eczema, which is very troublesome; the epidermis falling off, the inflammation extending to the root of the nail, so as to prevent its healthy growth, and often an intolerable itching which prevents sound sleep at night. It is often difficult to cure unless work is stopped, which is generally impossible.

The cause is to be found in the use of the strong soap, and keeping the hands wet for a long time. Soap and water seem to be a sort of poison to this disease. As a palliative it is a good thing to oil the hands thoroughly before putting them into the water. We have known a mother to wash her children in the same strong soap she used in washing dirty clothes, and to bring out on some of them a serious eczema, which could not be cured till the use of this soap was discontinued. The mother thought it could not be the soap did it, because one child escaped the disease. It was explained to her that this child was a very healthy one, and his skin was not sensitive like that of the other children, and so it escaped. Some persons will have a violent eczema if they wear a red flannel undershirt; a few others if they eat strawberries. This is one of the most common of the skin diseases, and has several stages which differ materially in their appearance. Sometimes it becomes chronic, and lasts for years. It is not "catching." The treatment varies so much in the different stages that it is impossible to give any hints for

Digitized by Google

managing it, as what is good in one stage may be very bad in another.

GRAPES AS FOOD.—We have often urged the value of grapes as food. With the abundance of this fruit grown in this country, but little attention has been paid to its value as an article of diet, either in health or in disease. Grapes contain a considerable amount of hydro-carbonaceous matter, together with potassium salts, a combination which does not tend to irritate, but, on the contrary, to soothe the stomach, and which is consequently used with advantage even in dyspepsia.

According to Dr. Hartsen, of Canhes, in France, who has recently contributed an article on the subject to a foreign medical journal, the organic acids in grapes, especially tartaric acid, deserves more consideration than they have generally received. Their nutritive value has, he thinks, been much underrated. It is known that they are changed to carbonic acid in the blood, and possibly careful researches may show that they are convertible into fats. Dr. Hartsen thinks that they should be ranked with the carbo-hydrates as food. They have been found a valuable diet in fever, and the success of the "grape cures" in the Tyrol and other parts of Europe appears to show that they are positively beneficial in a large number of diseases.

ILL-LUCK AND HEALTH.—Ill-luck is proverbially asserted to run in some families; and the proverb is one of that kind, born of popular belief, frequently found to possess a certain basis of fact. There is no reason why a particular nervous, or muscular, or functional deficiency, not distinct enough to be easily apparent, but sufficient to keep a man continually in the rear in the struggle for existence, may not be passed down from father to son during several generations. Adversity and ill-health are undoubtedly often conjoined in individual experiences, and "the health-cure" may transform business depression into prosperity. The London Lancet suggests an application of the same remedy to those members of a family who may seem to have inherited the family ill-luck. A practical difficulty is that the "unlucky" person is the last to admit his own deficiencies, and no physician's diagnosis of his case is likely to meet with any credence.

At least half of the bad luck we see would he prevented by preserving the health, and the other half by education.

WORKING HABITS OF LORD PALMERSTON. — Lord Palmerston worked standing, not to say walking. He would have a couple of high desks in his room. On one lay his paper, on the other (as far removed as possible) his inkstand. He considered the little exercise which he was thus compelled to take in order to fill his pen as tending to insure a brisk flow of ideas, as well as to give slight pauses for reflection and comparative rest.

Real rest Lord Palmerston never gave himself, except when he had a bad cold. He would then allow himself a holiday to be spent by the fire, in a cozy arm-chair, in company with a three volume novel, the more "sensational" the better. If I remember rightly, the "Woman in White" gave him some hours of intense enjoyment.

CURRENT LITERATURE.

—:o:—

IS CONSUMPTION CONTAGIOUS, AND CAN IT BE TRANSMITTED BY MEANS OF FOOD? By H. C. Clapp, A. M., M. D. Boston: Otis Clapp & Son. Price $1.25.

The following are the topics treated of in this work:

1. What we mean by the words "consumption," and what by "contagion." 2. Contagion among cattle. 3. Cases to illustrate. 4. Is it possible for tuberculosis to be transmitted by food, or by inoculation?

It is quite impossible here to enter into a full discussion of this work. Suffice it to say, the author believes, with several distinguished German teachers and veterinarians, that comsumption can be communicated by food and by contagion. His work is well worth reading by professional and non-professional men. The author is professor in the University of Boston, and writes after the manner of a student who is thoroughly honest and in earnest, and shows himself familiar with the literature of the subject.

Digitized by Google

D. LOTHROP & CO.'S MAGAZINES FOR THE FAMILY.

I. (For the Young People.)

WIDE AWAKE.

Twenty cents a number: two dollars a year.

This carefully edited magazine can be placed in the hands of young people with confidence and safety.

Great attraction for 1881. Four Serials, one of which by Geo. MacDonald, will be given in free monthly supplements. There will also be under the title of "To-day," a Special Department for Boys (which the girls are also invited to enjoy), which will be Newspaper News, or what the boys (and girls too) wish to know and ought to know of what the great world is doing, saying and thinking. This department will be under the able charge of Edward Everett Hale.

The publishers also take pleasure in announcing a New Cover, artistic and genuinely American in design and color, which, with entire new type, will add largely to the attractiveness of this popular magazine.

Subscribe now for the most

DELIGHTFUL CHRISTMAS GIFT.

II. (For the very Little Ones.)

BABYLAND.

Five cents a number; fifty cents a year.

This beautiful eight-page quarto is the only periodical ever made especially for the babies.

III. (For Primary Schools, Home-Teaching, and Kindergartens.)

LITTLE FOLKS' READER.

Seven cents a number; 75 cents a year.

The Little Folks' Reader is a sixteen-page quarto, exquisitely gotten up in every detail of letter-press and illustration.

THE PANSY.

An illustrated weekly, for Sunday reading for Young People. Edited by Mrs. G. R. Alden, author of the Pansy Books. Price 50 cents a year.

The above magazines will be sent, postage paid, to any address on receipt of subscription price.

Address D. LOTHROP & CO.,
32 Franklin St., Boston.

D. Lothrop & Co's. Holiday Books, 1880-1.

More Important and Attractive than any Previous Season.

Wide Awake Pleasure Book. H. The bound volume offered to the public this year is in some respects superior to those which have preceded.
4to. Boards.....$1.25
" Cloth.....$1.75

Christmas Morning. By Mrs. A. M. Diaz. One of the best pictoral story-books for little children ever written.
4to. Chromo Lithograph cover. 180 illustrations.....$1.25
4to. Cloth. 180 illustrations.....$1.75

Little Folks' Reader. Vol. I. This new annual presents greater attractions and a richer variety than any other quarto volume for children issued this year. It is exquisitely gotten up in every detail of letter press and illustration.
4to. Boards. 200 pp.....$1.00

Babyland. Outsells all other books for children. The volume now ready for 1880 is, if possible, more attractive than any of its predecessors, and will be a fountain of pleasure to any child.
4to. Boards.....$0.75
" Cloth.....$1.00

Stories for Language Lessons. A reading pastime. The bright little people in the play rooms will find it just fun to read these stories, supplying the missing words from the objects on the pictures.
4to. Boards.....$0.50

Spare Minute Series.
4 vols. 12mo.....$4.00
Vol. 1. Thoughts that Breathe. From Dean Stanley. Introduction by Phillips Brooks.
Vol. 2. Cheerful Words. From George Macdonald. Introduction by James T. Fields.
Vol. 3. The Might of Right. From Rt. Hon. Wm. E. Gladstone. Introduction by John D. Long.
Vol. 4. True Manliness. From Thomas Hughes. Introduction by James Russell Lowell.

Lothrop's Library of Entertaining History. Edited by Arthur Gilman, M. A. Each volume to have 100 illustrations.
12 mo.....$1.50
India. By Fannie Roper Feudge.
Egypt. By Mrs. Clara Erskine Clement.
Switzerland. By Miss Harriet D. S. Mackenzie.

New England Story-Book. By the best story writers of New England. Fully and beautifully illustrated.
4to. Cloth.....$2.00

America: Our National Hymn. By Rev. S. F. Smith, D. D., with memoir by George H. Whittemore. The volume contains eight full-page engravings, after designs by Harry Fenn, Granville Perkins, Robert Lewis, and Thomas Moran.
4to. Plain side and edges.....$2.00
" Full gilt side and edges.....$3.00

How We Went Birds'-Nesting. Miss Amanda B. Harris.
4to, 12 illustrations.....$1.50

Child Lore. Its classics, traditons and jingles. Edited by Clara Doty Bates. Illustrated with 200 engravings from original designs by Miss Humphrey, Miss Curtis, Miss Lathbury, Mrs. Finley, Messrs. Hopkins, Francis and "Boz," and eight exquisite chromos done in eleven colors.
4to. Full gilt.....$3.00

Christmas Snowflakes. Choice pictures and original poems by favorite American authors and artists.
4to. Full gilt.....$2.00

Jesus, Lover of my Soul. Exquisitely illustrated. An elegant small 4to. gift book. Gilt edges.....$1.00

The Ninety and Nine. By Elizabeth C. Clephane. Illustrated. Designs by Robert Lewis. Engraved by Wm. J. Dana.
4to. Cloth. Full gilt.....$1.50

Poets' Homes Series. Chatty and very full accounts of Oliver Wendell Holmes, William Cullen Bryant, Ralph Waldo Emerson, Col. Paul H. Hayne, John Boyle O'Reilly, etc. Each fully illustrated.
3 vols. 4to. full gilt.....$7.50
3 vols. 4to.....$6.00

Poets' Homes, Part I.
Poets' Homes, Part II.
Waifs and their Authors.

There are many other new quarto books upon their list, nearly or quite ready, varying in price from a few cents to dollars.

In addition to all this, D. Lothrop & Co. offer an unusual variety of charming books in sets, varying in price from ten cents to two dollars each.

Of their Pansy Books, Libraries for young folks, by standard authors (such as Ella Farman, Miss Eastman, Mrs. Porter, the author of "Andy Luttrell," Miss Yonge and others), we hardly need speak, they are already so well known. New editions of all are ready, and buyers will do well to send early orders.

ADDRESS D. LOTHROP & CO., PUBLISHERS, BOSTON, MASS.

Digitized by Google

DR. GARDNER'S SANITARIUM,

McPHERSON, KANSAS.

Our extraordinary success in treating Disease is due from a correct and

IMPORTANT DISCOVERY

OF THE

Nature of Disease

In all Its Different Manifestations.

Disease is manifest in three diffcrent forms, as follows :

1st. Weakness, or Insufficient Strength.

2d. Impure Blood and Tissue.

3d. Unequalized Circulation of the Fluids.

Disease may also exist in all three of the above forms to a greater or less extent ; but whatever these may be these three forms cover the whole range of diseased conditions. Our discovery is in the application of Hygienic remedies to improve the patient wherein he is deficient. If the patient be weak he must be made strong. If his blood and other fluids be impure they must be purified. If the circulation be bad, or unequalized, it must be improved or equalized. Then, with pure blood and tissue, with good circulation of all the fluids, and with abundance of strength, we will certainly have health.

The particular form of disease also indicates the treatment thereof. For instance, if the patient be weak he must get increased strength by manufacturing or producing more strength than he expends. This process is brought about by taking such exercise for the appropriation of food as will enable the muscular system to grow stronger, while the strength put forth is so small as to restrain the nervous or expenditory system. For this purpose the

Movement Cure

is the great visible means. Contentment, faith and passional influences are also great adjuncts to this end.

If the blood be impure, it must be purified first by using pure material from which blood is formed (food). Secondly, by improving the strength of the purifying organs. Food answers the first condition, while the second condition is supplied by special applications of remedies mentioned necessary for increasing strength ; but circulation must be equalized by conveying the blood from overtaxed organs to their proper channels. This is done by Baths, Swedish Movements, etc. In fact all the Hygienic agencies must be applied according to the requirements of each individual case, then health cannot help but follow. For urther information enclose stamp for circular.

ADDRESS

R. E. GARDNER, M. D. as above.

Digitized by Google

HOW TO GROW HANDSOME;

OR,

Hints toward Physical Perfection

AND THE

PHILOSOPHY OF HUMAN BEAUTY.

Showing how to acquire and retain bodily symmetry, health and vigor; secure long life, and avoid the infirmities and deformities of age. 250 pages. 12mo, extra cloth.

BY D. H. JACQUES, AUTHOR OF THE "TEMPERAMENTS," ETC.

PRICE $1.00.

What Our Girls Ought to Know.

BY DR. MARY J. STUDLEY.

Resident Physician and Teacher of Physiology, Hygiene, Physical Culture, and the Natural Sciences, in the State Normal School, Framingham, Mass.

"There is nothing before on this subject so suited to the wants of young girls. All its thoughts are pure and good."—*Mary J. Safford, M. D., Boston.*

PRICE $1.25 BY MAIL.

Fruit and Bread; a Natural and Scientific Diet.

BY GUSTAV SCHLICKEYSEN.

Translated from the German

By M. L. HOLBROOK, M. D., Editor of The Herald of Health.

250 PAGES. PRICE BY MAIL $1.00.

Hygiene of the Brain,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

PRICE, $1.50.

TALKS TO MY PATIENTS.

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

A Practical Handbook for the Maid, Wife, and Mother.

With a Beautiful Photographic Portrait of the Author.

PRICE BY MAIL $1.50.

THE SCHOOL GARDEN.

BY DR. SCHWAB, DIRECTOR OF THE VIENNA MILITARY GYMNASIUM, ETC.

Translated from the German by Mrs. Horace Mann.

50 Cents by Mail. 5 Copies $2, 12 Copies $4.

THREE BOOKS IN ONE.

FROM THE CRADLE TO THE SCHOOL. By Bertha Meyer.

THE RIGHTS OF CHILDREN. By Herbert Spencer.

THE GOVERNMENT OF CHILDREN. By M. L. Holbrook, M. D.

PRICE BY MAIL 50 CENTS.

M. L. HOLBROOK, Publisher, 13 & 15 Laight Street, N. Y.

Digitized by Google



THE GREATEST LIVING AUTHORS, such as

Prof. MAX MULLER,	THE DUKE OF ARGYLL,	MATTHEW ARNOLD,
Rt. Hon. W. E. GLADSTONE,	WILLIAM BLACK,	J. NORMAN LOCKYER,
JAMES ANTHONY FROUDE,	MISS THACKERAY,	FRANCIS W. NEWMAN,
Prof. HUXLEY,	MRS. MULOCH-CRAIK,	ALFRED RUSSELL WALLACE.
RICHARD A. PROCTOR,	GEORGE MACDONALD,	HENRY KINGSLEY,
Prof. GOLDWIN SMITH,	MRS. OLIPHANT,	W. W. STORY,
EDWARD A. FREEMAN,	MRS. ALEXANDER,	IVAN TURGUENIEF,
Prof. TYNDALL,	JEAN INGELOW,	RUSKIN,
Dr. W. B. CARPENTER,	THOMAS HARDY,	TENNYSON,
FRANCES POWER COBBE,	W. H. MALLOCK,	BROWNING,

and many others, are represented in the pages of

LITTELL'S LIVING AGE.

In 1881 THE LIVING AGE enters upon its thirty-eighth year, admittedly unrivalled and continuously successful. A WEEKLY MAGAZINE of sixty-four pages, it gives more than

Three and a Quarter Thousand

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

During the coming year, Serial and Short Stories by the **Most Eminent Foreign Authors** will be given, together with an amount

Unapproached by any other Periodical

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

The importance of THE LIVING AGE to every American reader, as the only **satisfactorily fresh and complete** compilation of a generally inaccessible but indispensable current literature, —*indispensable* because it embraces the productions of

THE ABLEST LIVING WRITERS

in all branches of Literature, Science, Art, and Politics, —is sufficiently indicated by the following recent

Opinions.

"In no other form can so much thoroughly good reading be got for so little money; in no other form can so much instruction and entertainment be got in so small a space." — *Philadelphia Times.*

"It has no rival in its chosen field." — *New-York Evening Post.*

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

"There is no diminution in the value and interest of this now venerable eclectic, or in the skill and discrimination shown in its editing." — *Boston Journal.*

"It remains altogether the best collection of the kind." — *Springfield Republican.*

"It is a thorough compilation of what is best in the literature of the day, whether relating to history, biography, fiction, poetry, wit, science, politics, theology, criticism, or art." — *Hartford Courant.*

"It being a weekly publication, is, comparatively speaking, the cheapest magazine published. Its contents are of the finest literature in our language." — *Commercial Advertiser, Detroit.*

"In it we find the best productions of the best writers upon all subjects ready to our hand." — *Philadelphia Inquirer.*

"The reader finds little occasion to go beyond its columns for instructive or entertaining articles of any description." — *Boston Evening Traveller.*

"The last volume of THE LIVING AGE presents a fresh example of the judgment in selection and adaptation to the demands of the best popular literature, which have secured so wide a circulation to that periodical." — *New-York Tribune.*

"We have so often recommended THE LIVING AGE to our readers that we are only at a loss for fresh terms in which to describe its merits. It is still in our opinion the best of magazines to subscribe to." — *Gazette, Montreal.*

"This periodical is one of those rare productions which seem to increase in value with their increasing years." — *New-York Observer.*

"There is no other publication like it. It is known and read by all who desire to keep abreast with the cultivated thought of the English-speaking world." — *Episcopal Register, Philadelphia.*

"It enables the reader, at trifling expense, considering the quantity and quality of the reading furnished, to keep pace with the best thought and literary work of our time." — *Christian Union, New York.*

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

"We know of no investment of eight dollars, in the world of literature, that will yield equal returns." — *The Presbyterian, Philadelphia.*

"THE LIVING AGE maintains its character as the oldest and most comprehensive eclectic weekly magazine in the world. It presents from week to week, all the year round, the cream of all the magazine literature of Europe." — *Lutheran Observer, Philadelphia.*

"It reproduces so fully the choicest articles from the foreign magazines, that one who takes it does not feel the need of any thing else in the way of foreign periodical literature." — *The Advance, Chicago.*

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

"Gives the best of all at the price of one." — *New-York Independent.*

"It is, by all odds, the best eclectic published." — *Southern Churchman, Richmond.*

"We can only repeat what we have already said, that THE LIVING AGE leads all other publications of its kind, not only in years, but in merit." — *Watchman, Boston.*

"One cannot read every thing. . . . No man will be behind the literature of the times who reads THE LIVING AGE." — *Zion's Herald, Boston.*

"The most complete of all the magazines." — *Evangel, San Francisco.*

PUBLISHED WEEKLY, at $8.00 a year *free of postage*

CLUB PRICES FOR THE BEST HOME AND FOREIGN LITERATURE.

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

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

ADDRESS

LITTELL & CO., 17 Bromfield Street, Boston.

Digitized by Google

The Hygienic Hotel
AND
TURKISH BATH INSTITUTE,
13 & 15 Laight Street, N, Y.

Two Blocks from the Grand Street Station of The Elevated Railroad.



There are Six Lines of Horse Cars Passing near the Door.

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.

Digitized by Google

For City, Village and Country;
For Farm, Garden and Household;
FOR BOYS AND GIRLS ALSO.

THE AMERICAN AGRICULTURIST

[FOUNDED IN 1842.]

BEAUTIFULLY ILLUSTRATED;

FULL OF

Plain, Reliable, Practical Information

FOR EVERY ONE HAVING

A Farm, A Garden, A Village or City Lot, A House;

FOR EVERY ONE KEEPING

ANIMALS, FRUITS OR FLOWERS; FOR HOUSEKEEPERS; FOR CHILDREN;

FOR EVERYBODY.

With 50 to 60 pleasing, instructive **Engravings** in every number (many large and beautiful); with the great care, labor and thought given to its preparation; with 44 double octavo pages in each number, well printed on fine, strong paper, including an illustrated tinted cover—the **American Agriculturist** is the

CHEAPEST JOURNAL IN THE WORLD.

TERMS—which include the POSTAGE to be PREPAID by the Publishers.

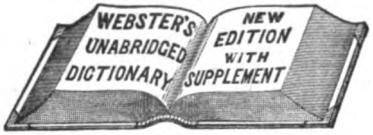
One or Two Copies, One Year		**$1.50 each.**
Four Copies, One Year	**$5.00**	**1.25 each.**
Six Copies, One Year	**7.00**	**1.17 each.**
Ten Copies and upwards, One Year, only		**1.00 each.**

Single numbers sent post-paid for 15 cents.

The Amerikanisher Agriculturist.

The only purely Agricultural German paper in the United States, and the best in the world. It contains all the principal matter of the English Edition, including the illustrations, together with special departments for German cultivators, prepared by writers trained for the work. Terms, same as for the *American Agriculturist.*

ORANGE JUDD COMPANY, Publishers, 245 Broadway, New York.



WEBSTER'S
UNABRIDGED
FOR THE FAMILY.

One family of children having WEBSTER'S UNABRIDGED, and using it freely, and another not having it, the first will become much the more intelligent men and women.

"Every *farmer* should give his sons two or three square rods of ground, well prepared, with the avails of which they may buy it. Every *mechanic* should put a receiving box in some conspicuous place in the house, to catch the stray pennies for the like purpose."—*Mass. Life Boat.*

Can you better promote the cause of education and the good of the community than by having a copy of Webster's Unabridged in your family, and trying to have a copy in each of your schools?

NEW EDITION.

Containing a **SUPPLEMENT** of over **4,600 NEW WORDS AND MEANINGS.**

ALSO, A NEW

Biographical Dictionary

of over 9,700 names.

G. & C. MERRIAM, Publishers, Springfield, Mass.

PRE-NATAL
CULTURE

BEING

SUGGESTIONS TO PARENTS

RELATIVE TO

SYSTEMATIC METHODS OF MOLDING THE TENDENCIES OF OFFSPRING BEFORE BIRTH.

BY A. E. NEWTON,

Author of "The Better Way."

"To the well-born child all the virtues are natural, and not painfully acquired."—R. W. EMERSON.

Price 25 Cents.

ADDRESS M. L. HOLBROOK,

13 & 15 Laight St., New York.

Digitized by Google

Drs. Walter's Mountain Park,

OPEN ALL THE YEAR.

All things Considered, the very Best.

WERNERSVILLE, NEAR READING, PA.

For winter treatment of invalids its arrangements are superior to all others; while for summer it is beyond competition. Terms very moderate. Send for new circular.

Address as above, ROBERT WALTER, M. D.

DR. F. WILSON HURD'S

HIGHLAND HYGEIAN HOME,

AT THE DELAWARE WATER GAP,

Address Experiment Mills Post Office, Pa.

SEXUAL PHYSIOLOGY,

A SCIENTIFIC AND POPULAR EXPOSITION OF THE

FUNDAMENTAL PROBLEMS IN SOCIOLOGY.

BY R. T. TRALL, M. D.

This work contains the latest and most important discoveries in the Anatomy and Physiology of the Sexes, explains the Origin of Human Life, how and when Menstruation, Impregnation and Conception occur, giving the laws by which the number and sex of offspring are controlled, and valuable information in regard to the begetting and rearing of beautiful and healthy children. It is high-toned and should be read by every family. It contains eighty fine engravings.

PRICE $1 POSTAGE FREE.

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

PERIODICAL LITERATURE

We beg to announce that we have prepared

A Comprehensive Catalogue,

containing a complete list of American and Foreign Serial Publications.

It gives the *nature, frequency of issue,* and *price* of over SEVEN HUNDRED Magazines and Periodicals, classified for convenient reference.

Mailed to any address, on receipt of ten cents in postage stamps.

American Publication Co.,

357 Washington Street, Boston, Mass.

Publishers' agents for every class of Magazine, Periodical and newspaper. Discount to Libraries, Reading Rooms, and Clubs.

MARVELS OF ELECTRICITY.

DR. JEROME KIDDER'S Electro-medical apparatus is of immeasurable value in relieving suffering from Rheumatism, Neuralgia, Swellings, Stiff and Inflamed Joints, Inflammation, Paralysis, Constipation, Want of Tone and Energy, Female Diseases, Prolapsus Uteri, Sciatica etc., and many other complaints too numerous to mention. Address ALBERT KIDDER & CO., 839 Broadway, New York City.

Mention HERALD OF HEALTH.

MEDICAL AND HYGIENIC HINTS

ON THE

Protection and Management of the SINGING VOICE,

BY LENOX BROWNE, F. R. C. S.

Address

M. L. HOLBROOK,

13 & 15 LAIGHT STREET, NEW YORK.

"THE MOUNTAIN HOME"

This old and well-established Sanitarium 1,000 feet above tide water at Philadelphia, is open for the reception of such as desire to avail themselves of a first class institution for the recovery of lost health etc.

For particulars, address for circular.

DRS. WENRICH & DEPPEN.

Wernersville, Penn.

DR. VAIL'S HYGIENIC & REMEDIAL INSTITUTE

is at Manhattan, Kansas. Send for circular to

W. F. VAIL.

Digitized by Google

THE MOTHER'S MAGAZINE.

The next January number will commence the 46th year of this old and popular MAGAZINE. It has hitherto been, and, we hope, will continue to be an ever ready hand-maid to the mother in her enlightened and hallowed Christian efforts to make her children precious jewels in the family circle, ornaments of society, and heirs of heaven, and the father and mother honored and blessed in their good name.

TERMS:—Three months, 45 cents; six months, 80 cents; one year, $1.50. Cash invariably in advance. Sample copy, 5 cents. Remit by draft, check, P. O. Money order, or registered letter; otherwise at the risk of the sender. Special rates to clubs. Agents and canvassers wanted. Liberal commission given. Address,

MOTHER'S MAGAZINE, Box 3157 New York.

Louisville, Ky. Nov. 8, 1879.

To the Editor of the *Mother's Magazine*:—I have taken and read your invaluable magazine for more than twenty-five years, and now give it to my daughter, who is the mother of three sweet little children. May God bless you in all your efforts to train up, through their mothers, the rising generation.—Mr. J. O. Campbell.

Stanstead, Canada, March 11, 1879.

Mr. Editor:—I cannot give up the *Mother's Magazine*. I hope I may be able to take it while I live, as my dear mother did. It is very dear to me, not only on her account, but from its own intrinsic worth. May God bless and strengthen you in your noble work.—Miss C. N. Hubbard.

Clinton, Mo., January, 1879.

Mr. Editor:—It is nearly, if not quite, thirty years since the magazine first came into our family, and it has never missed one year in all this time to gladden our hearts by its monthly visits. Next to the Bible have I prized its teachings, and felt that the timely suggestions contained in its pages have been an invaluable aid to me in the management of our children.—A Friend of the *Mother's Magazine*

The Mother's Magazine is one of the oldest and best monthlies for the family circle within our knowledge. It is ably conducted, and its pages well filled by talented and experienced writers. Not the least attractive feature is the department for the youth, which gives evidence of peculiar tact, both in its selections and contributions.—*Christian Observer*, Louisville, Ky.

The *Mother's Magazine* is the name of a monthly devoted especially to the interests of mothers and children, and filled with excellent reading for the family circle. It furnishes a Christian literature that will purify and elevate wherever it goes.—Waterville Mail, Me.

WHEATENA FOODS

are gaining in popular favor daily. Our Wheatena consists of the GLUTEN of the wheat. Our COLD GROUND FLOUR is made without millstones, and no heat is created during the process. Our STEAM COOKED DESSICATED OATS are far superior to Oatmeal. They can be prepared for the table in ten minutes. STEAM COOKED PEA and BEAN MEALS—delicious soup in five minutes.

Send stamp for 16-page book and other information. Address

CHAS. H. HOYT & SON,
121 Varick Street, N. Y.

THE DIETETIC REFORMER

AND

Vegetarian Messenger.

An English publication of thirty-two pages, will be furnished for $1 a year by

M. L. HOLBROOK, 13 & 15 Laight St., N. Y.

HEALDS' HYGEIAN HOME,

WILMINGTON, DELAWARE.

Presents especial advantages as a FALL and WINTER Home for invalids. We are further South than any other reputable Health Institution. While we are so located as to have all city conveniences, we are practically in the country on high ground, with extended views.

The "Home" is *heated throughout* by STEAM WARMED air, pure and free from gas or dust Each room is thoroughly ventilated.

OUR TREATMENT, including all judicious forms of BATHS, "MOVEMENTS," MASSAGE, etc., is most thoroughly administered. *No extra charge for "Movements."* We strive to bring *all* hygienic influences to aid our invalid guests to recover health.

OUR TABLE, we are sure, is not equaled by that of any other "cure" in the country. As the DIET of invalids is of the utmost importance, we have made it a study to provide the *best*. We have air-tighted IN GLASS, 1,500 half gals. of choice fruit for next Winter's use.

"RELATIONS OF THE SEXES," mailed 10c.

Wanted.—Hygienic helpers—both sexes.

Send stamp for circulars.

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

DR. FAIRCHILD'S HYGEIAN HOME

AND

MOVEMENT CURE.

537 Broadway, N. W. cor. B'way & 6th Streets QUINCY, ILL.

Unequaled facilities for treatment of chronic diseases. Send for Circular.

M. AUGUSTA FAIRCHILD, M. D.
tf Physician and Proprietor.

DRS. STRONGS' REMEDIAL INSTITUTE,

SARATOGA SPRINGS. N. Y.,

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

PATENTS!

L. DEANE, 515 7th St., Washington, D. C. formerly Principal Examiner in United States Patent Office, attends to all business before Patent Office and the Courts, and charges fair rates for services. Letters, with stamp, promptly answered.

SEND $2.00 FOR A SAMPLE VOLUME OF THE AMERICAN CYCLOPEDIA,

APPLETON'S latest, 800 to 850 pages, 6x9 inches Publisher's price $5.00, and $6.00 and $7.00. Our price, prepaid, $2.00.

ASA K. BUTTS,
13 Dey St., N. Y.

50C. BUYS 50 SCIENTIFIC LECTURES by Huxley, Tyndall, Proctor and others with sample copies of the THE EVOLUTION, MAN and THE SCIENTIFIC MAN. Prepaid by A. K. BUTTS, 13 Dey Street, New York.

THE EVOLUTION FOR JANUARY.

Essays by Moncure D. Conway, Edward Howland, Henry Edger, A. E. Lancaster, Thaddeus B. Wakeman, Alexander Wilder, Frederic Harrison, W. R. Grey and Prof. Huxley. The EVOLUTION is much improved; send 20 cents for the January number and see. Address, A. K. BUTTS, 13 Dey Street, New York.

Digitized by Google

1880 BEATTY'S 1881.

HOLIDAY GREETING.

SOLD DIRECT TO THE PUBLIC. NO AGENTS.

One price TO ALL.

SENT ON TEST Trial



BEATTY

CABINET ORGANS.

CHURCH, CHAPEL & PARLOR.

BEATTY

PIANO-FORTES.

GRAND SQUARE & UPRIGHT.

Best and sweetest toned instruments in the World

Organs 16 Stops, 2 Knee Swells, 9 full sets of Golden Tongue Reeds. 5 Octaves. Walnut Case, French Veneering. Handles. Lamp Stands. Pocket for Music, extra large fancy Top. Beatty's New Patent Stop Action, New Vox Celeste Stop, which is by far the sweetest and most perfect that has ever been attained.

Agents price about $400. ☞ My price (having no agents) with **Stool, Book, Music**, boxed & shipped **Only $85.**

Holiday Greeting. Order now for Christmas and New Years Presents. Dont wait till the very last moment. Endless variety of New Styles for the Holidays. **Largest assortment** of Pianos and Organs that are sold direct to the public, to be found in this country.

Organs $30 $40 $50 $55 $60 $65 $75 $85 to $1,000. 2 to 32 stops Pianos $125 to $1,000.

No. 5,000. A magnificent Organ, 14 Stops, 4 Set Reeds, only. **$65.** No. 700, **4 set reeds, 15 Stops, $88.** Warranted.

☞ **LATEST ILLUSTRATED CATALOGUE**

with beautiful **Steel Plate** Engraving, **Sent Free.** Those desiring to purchase are requested to visit my factory here and select the instrument in person.

☞ Be sure to write me for Catalogue Illustrated Newspaper, Circular &c, before you decide to purchase elsewhere

Address or call on DANIEL F. BEATTY, Washington, New Jersey.

PARLOR FIREWORKS.—Wonderful, curious and beautiful. Perfectly harmless; no powder; no danger. Just the thing for winter evenings. Price 15 cents a package.

THE HOLIDAY GUEST.—A collection of Stories, Games, Tableaux, Puzzles, Charades, Conjuring Tricks, etc., etc. 37 illustrations. Price 15 cents. One of each or two of either for 25 cents. Send orders to P. O. Box 3410, New York.

A KEY THAT WILL WIND ANY WATCH

AND NOT WEAR OUT.

SOLD by Watchmakers. By mail, 30 cts. Circulars FREE. J. S. BIRCH & CO., 38 Dey St., N.Y.

---

100 Scrap Picturos, 10c.; 100 Transfer Pictures, 10c.; 25 Xmas Cards, 10c.; First Xmas Morn, 10c.; 3 Oil Pictures, 9x12, 10c.; 3 Engravings, 9x12, 10c.; 5 fine 6x8 Chromos, 10c.; 12 Perforated Mottoes, 10c.; 3 Autumn Bouquets, 7x9, 10c.; all for 75c., postpaid; stamps taken. J. W. FRIZZELL, Baltimore Md.

---

50 Finest Chromo, Gilt & Colored, Scroll Cards ever sold, only 10c. Agents' Samples 10c. G. A. Spring, Northford, Ct.

---

50 All Lithographed Gold, Floral & Motto Cards No 2 alike, 10c. Agts Mammoth Outfit 10c. Globe Card Co. Northford, Ct.



ELGIN WATCHES,

All styles, Gold, Silver and Nickel, $6 to $150. Chains, etc., sent C. O. D. to be examined. Write for Catalogue to STANDARD AMERICAN WATCH CO., PITTSBURGH, PA.

GREAT WESTERN GUN WORKS, Pittsburgh, Pa.



Send stamp for Catalogue.

Rifles, Shot Guns, Revolvers, sent c. o. d. for examination.

Printing Presses

75 cents to $175. Circulars free. Book of Type, 10 cents. 40 kinds of cards, 10 cts. Printers' Instruction Book, 15 cts. JOSEPH WATSON, 19 Murray Street, New York.

PLAYS, RECITATIONS, DIALOGUES—Temperance, Sentimental, Comic—15 cents. Amusements all kinds. Books, Music, &c. Catalogues free. HAPPY HOURS BAZAR, 5 Beekman St., N. Y.

GET Rich selling our Rubber stamps and Music Samples free. Best sheet music at half price. Special rates to teachers. Cook & Bissell. Cleveland, O.

---

50 All Gold, Chromo & Lit'g Cards (no 2 alike) Name on, 10c, Clinton Bros., Clintonville Ct

---

JOSEPH GILLOTT'S STEEL PENS

Gold Medal, Paris, 1878.

The Favorite Numbers, 303, 404, 332, 351, 170, and his other styles.

Sold throughout the World.

Digitized by Google

GOLD MEDAL, PARIS, 1878.

BAKER'S

Breakfast Cocoa.



Warranted *absolutely pure Cocoa*, from which the excess of oil has been removed. It is a delicious drink, nourishing and strengthening; easily digested; admirably adapted for invalids as well as persons in health.

Sold by Grocers everywhere.

W. BAKER & CO.,

Dorchester, Mass.

GOLD MEDAL, PARIS, 1878.

BAKER'S

CHOCOLATES



Baker's Premium Chocolate, the best preparation of plain chocolate for family use. — *Baker's Breakfast Cocoa*, from which the excess of oil has been removed, easily digested and admirably adapted for invalids. — *Baker's Vanilla Chocolate*, as a drink or eaten as confectionery is a delicious article; highly recommended by tourists. — *Baker's Broma*, invaluable as a diet for children. — *German Sweet Chocolate*, a most excellent article for families.

Sold by Grocers everywhere.

W. BAKER & CO.,

Dorchester, Mass.

KNABE

PIANO FORTES

FIFTY YEARS BEFORE THE PUBLIC,

upon their excellence alone have attained an

UNPURCHASED PRE-EMINENCE

Which establishes them as unequaled in

TONE, TOUCH, WORKMANSHIP AND DURABILITY.

Warerooms, 112 Fifth Avenue, New York;
204 & 206 W. Baltimore St., Baltimore.



SAVE MONEY

by sending for our new FASHION GUIDE, containing 280 Illustrations, combined with Catalogue and Price List of our Human Hair Goods, embracing Switches, Curls, Street and Stage Wigs, Hair-Jewelry, etc. Beautiful and manifold styles in Invisible Front Coiffures. The best and most complete work in its line ever published in the U. S. No Lady and no Hair Dealer should be without it.

Mailed by HAUSSER & CO., 300 Grand Street, N.Y. City. Goods sent C.O.D., with privilege of returning.

NEW THEMES AND MODERN GEMS.

The **2d Volume** of this fine collection of Music for the Church or Parlor Organ, by Albert W. Berg, is just issued, and is even more interesting than the first vol., of which several thousand copies have been sold. Both should be in the hands of all Organ Players, whether professional or amateur. Price $2 by mail, postpaid.

WM. A. POND & CO., 25 Union Square, N. Y.



UNDER THE FORM OF A JELLY CALLED VASELINE, PETROLEUM IS GIVEN TO MEDICINE AND PHARMACY IN AN ABSOLUTELY PURE, HIGHLY CONCENTRATED, AND UNOBJECTIONABLE SHAPE. ALL ACIDS, ODORS, TASTE, COLOR, AND OTHER IMPURITIES, WHICH HAVE HITHERTO PREVENTED THE USE OF PETROLEUM IN MEDICINE, ARE ENTIRELY ELIMINATED, AND THE VASELINE IS AS HARMLESS AND DELIGHTFUL TO USE AS CREAM.

The most valuable family remedy known for the treatment of wounds, burns, sores, cuts, skin diseases, rheumatism, chilblains, catarrh, hemorrhoids, etc. Also for coughs, colds, sore throat, croup and diphtheria, etc. It has received the unanimous endorsement of the Medical Press and Profession, Scientists and Journals of all characters throughout the world, as being the Best Remedy Known.

As an emollient, Vaseline is superior to any other substance yet discovered. Its marvellous healing and restoring qualities excel everything else, and it is rapidly taking the place on the toilet-table, to the exclusion of the various complexion powders, pomades, cosmetics, and other compounds. It will keep the skin clearer, softer, and smoother than any cosmetic ever invented, and will preserve the youthful beauty and freshness of the healthy complexion.

POMADE VASELINE.—WILL CURE DANDRUFF AND MAKE THE HAIR GROW WHEN NOTHING ELSE WILL. **25, 50** CENTS AND **$1.00**

VASELINE COLD CREAM.—FOR IRRITATIONS OF THE SKIN, CHAFING OF INFANTS, FOR THE COMPLEXION, CHAPPED HANDS, &c., &c., &c. **25** AND **50** CENTS.

VASELINE CAMPHOR ICE.—FOR PIMPLES, BLOTCHES, &c., **25** CENTS.

VASELINE TOILET SOAP.—EMOLLIENT, BLAND, ANTISEPTIC (EXCELS ALL TOILET SOAPS).

COLGATE & Co. will supply these articles, if you cannot obtain them of your Druggist. None Genuine except in original packages.

Grand Medals at Philadelphia and Paris Expositions. Medal of Progress by American Institute.

Digitized by Google

OLD SERIES—VOL. 66. NEW SERIES—VOL. 32.

J. F. B.

BOSTON MEDICAL LIBRARY ASS'N JUL 25 1884

THE HERALD OF HEALTH

DEVOTED TO THE CULTURE OF

BODY AND MIND.

OUR MOTTO:

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

CONTENTS FOR FEBRUARY, 1881.

GENERAL ARTICLES. Page.

Man the Master of Circumstances.—*By J. Mortimer Granville*..... 25
Marriage between Sickly Persons..... 27
Cultivating Sight-Memory.—*By Francis Galton*..... 29
Costless Ventilation.—*By Dr. P. Hinckes Bird*..... 30

OUR DESSERT TABLE.

Two Characters—Progress..... 32

TOPICS OF THE MONTH.

Record of Hygienic Progress..... 33
Filthy Streets..... 34
The Brown Bread Question—Is Sickness Necessary?..... 35
The Food Question—A Demand for Knowledge..... 36
Epidemics..... 37

STUDIES IN HYGIENE FOR WOMEN.

Women as Sanitary Reformers..... 37
A Healthy Voice—A Good Idea..... 38
Laundry Epidemics—Injurious Effects From Tea-drinking..... 39
Kitchen Economy—Current Literature..... 40

NEW YORK:

M. L. HOLBROOK, M. D., Publisher,

13 & 15 LAIGHT STREET.

$1.00 a Year. Single Copy 10 Cents.

Digitized by Google

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

THE HERALD OF HEALTH,

FOR 1881,

ONE DOLLAR PER YEAR,

Will present some new features which will make the volume one of special interest. It will give as its leading articles a series of papers entitled

OUR COMMON SLIGHT AILMENTS,

AND THEIR

PREVENTION AND CURE BY SIMPLE NATURAL MEANS.

The following will be a few of the subjects which will be treated: Impaired Appetite, Voracious Appetite, Wind on the Stomach, Ordinary Forms of Indigestion, Constipation (hygienic treatment of) and Importance of Regular Action of the Bowels, Ordinary Diarrhea—Its Treatment, Vertigo, Treatment of Sick Headache, Drowsiness, Wakefulness, Nervousness, Neuralgia, Rheumatism, Diet in Rheumatism, Low Spirits, Taking Cold, Preventive and Curative Treatment of Coughs, Catarrh, Malarial Fevers, Sore Throat, Weak Lungs, Inflamed Eyes, Dry Skin, Imperfect Action of Skin, Some Diseases of Skin, Baldness, etc.

PREMIUMS.

Every subscriber who sends **10 cents extra** will be entitled to either one of the following books as premiums:

MEDICAL AND HYGIENIC HINTS ON THE PROTECTION AND MANAGEMENT OF THE SINGING VOICE,

BY LENOX BROWNE, F. R. C. S.

It contains the following chapters: 1. Introduction and Theoretical Statement. 2. Voice Production—Physiological and Practical. 3. Management of the Voice, Hygienic and Medical.

Muscle Beating; or, Active and Passive Home Exercise for Healthy and Unhealthy People.

BY PROF. KLEMM, MANAGER OF THE GYMNASTIC INSTITUTION AT RIGA.

AIDS TO FAMILY GOVERNMENT,

Including Physical, Intellectual and Moral Education.

BY MRS. BERTHA MEYER.

The appendix of the book will contain Herbert Spencer's great essay on "The Rights of Children." It will also contain, from the pen of the Translator, 100 Hints and Suggestions to Parents on the Training of Children. The work is more interesting than any novel.

THE SCHOOL GARDEN.

BY DR. SCHWAB, DIRECTOR OF THE VIENNA MILITARY GYMNASIUM.

Translated from the German by Mrs. Horace Mann.

For more complete description of these books see catalogue. Remember that to obtain one one of these premiums **$1.10** must be sent direct to us.

CLUBBING WITH BOOKS.

We will send THE HERALD OF HEALTH and "Eating for Strength" for $1.75, both postpaid; and it and "Parturition Without Pain" for $1.75, postpaid; it and "Sexual Physiology" for $2.00, postpaid; it and "Relations of the Sexes" for $2.00 postpaid; it and "Liver Complaint" for $1.75 postpaid; it and "What Our Girls Ought to Know" for $2.00 postpaid; or it and "Hygiene of the Brain and Nerves" for $2.00 postpaid. In sending money the best way is to get a postal order, or register your letters. Fractional change may be sent in postage stamps.

CLUBBING WITH OTHER MAGAZINES.

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

One, Two and Three Dollar Publications.

THE HERALD OF HEALTH will be sent for one year, with St. Nicholas—$3—for $3.40; with Demorest's Monthly—$3—for $3.25; with the Phrenological Journal—$2—for $2.50; with the New York Weekly Tribune—$2—for $2.50; with the American Agriculturist—$1.50—for $2.10; with the Boston Journal of Chemistry—$1—for $2. Address

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

Digitized by Google

THE
HERALD OF HEALTH.

FEBRUARY, 1881.

MAN THE MASTER OF CIRCUMSTANCES.

BY J. MORTIMER GRANVILLE.

THERE is a humiliating view of human nature and life, which regards men and women as creatures of circumstance. Every philosophy must recognize that both mind and body are influenced in a remarkable degree by their surroundings, and that the conditions of growth determine, or at least largely qualify, their development; but this is far short of saying that man is not only by accident, but by design, simply what the influences at work around him and the forces that operate on his physical and mental organism combine to make him. The hypothesis crude Materialism propounds represents mankind as constituted of lumps of clay cast into the midst of a scene where everything—except the plastic being man—is hard, and exercises a molding power over character, while human nature alone is passive and impressible.

There is always value in a doctrine or view of life which has survived the test of ages, and there can be no question but that there is truth in the dogma of Materialism. Let us see what that truth really is. We know that as to his physical nature man is, in fact and experience, largely influenced by the food he eats, the air he breathes, and the conditions which compel the development of certain parts of his organism, while they allow others to lie dormant. The savage, who lives principally on the game he hunts, will be essentially animal in his type, and while those powers and faculties which are called into action by his pursuits are vigorous, others, not so immediately useful, will be neglected. The like is true of the dweller in cities, who has his food brought to him, and in whose dietary gross substances are to some extent replaced by more refined and less animalizing elements of nutrition; he can scarcely vie with the savage in quickness of eye and fleetness of foot, but he surpasses him in powers better adapted to the needs of civilized life and a higher mental development. The brain is just as amenable to the laws of development as any other part of the body, and the character is in large measure the outcome or moral reflex of the brain.

Again, the whole being of man is influenced by the associations amid which he is placed; the sounds, the sights around him are factors in his personal development. The type of humanity found on the sea-coast differs from that encountered in inland districts, and every characteristic form of *locale* produces its special results. Not only does the habit of life affect the organism, but the impression wrought continuously by external objects exerts a controlling formative influence by directing the thoughts into certain channels and, so to say, making grooves for, and giving certain turns and twists to the mind. It is easy to see how widely different the sympathies and emotional nature must be in

Digitized by Google

the case of a being brought up amid the wild associations of a boisterous clime, from that of one bred under the silent suasive influence of a scene seldom disturbed by the stronger forces of the physical world.

Peculiarities of development wrought by the operation of external circumstances on individuals may be reproduced by inheritance in their offspring, and in this way what were at first personal traits come to be family and even national and racial characteristics. These, in process of years, are modified by surrounding influences, changes of scene, and contact or mingling with other types of character, so that at length stock features of development in body and mind are blended or confused, and it is difficult, if not impossible, to trace them back to their several original sources. Thus far we see men and women may be, and in truth are, creatures of circumstance.

The student of nature finds, as he traces the development of body and brain in the animal kingdom, increased perfection of special organs, side by side with the appearance, or improvement, of certain faculties. For example, as the eye, the ear, the nose, and the tongue and palate are more constantly and perfectly developed, the special senses are found to be present in higher form. In the same way, though not quite so directly, the development of certain portions of the brain is parallel with the exhibition of faculties which constitute the phenomena of mind. The observer is fully justified in reasoning by induction, and assuming the connection of the physical and mental facts as cause and effect; but he is not justified in pretending to be able to decide which are the causes and which the effects. No law is more clearly embodied in nature than that which makes the development of an organ dependent upon its use.

Well-meaning but short-sighted persons have gone astray and done mischief by rejecting the teachings of Darwin. The doctrine of Evolution finally disposes of the fundamental dogma of the materialistic philosophy by showing that no organ continues to be developed when it has ceased to be used, and none is wanting when there is need for it. The blacksmith develops the muscles of his arm by use in his trade. The spur of the cock has dwindled down to the mere rudiment of an organ of defence since the animal has been domesticated. The history of life and organisms shows beyond question that the lower animals have in a very marked degree been, in this way, creatures of circumstance, losing what they did not require, and developing organs adapted to their special needs. The simple reasoning of analogy explains that what has happened with the body has happened with the brain. Man has received a highly developed brain because he has also received a mind to use it. Brain has been suddenly developed to a high degree of perfection for the service of mind, instead of mind being nothing more than the outcome of brain. If the latter were the fact, the chain of development would have been perfect; as it is, scientists search in vain for the missing link. Spirit and mind have appeared suddenly.

If mind were the mere outcome of matter in the form of brain, every one with a large and healthy headpiece should be intellectual. The children of well disciplined and virtuous parents ought to be docile and virtuous; unless compelling circumstances made them otherwise, and even then the hereditary leaning to virtue would be evident. We know this is not the fact, and the conviction is forced upon us that brain is not the essence of mind, but only its agent. Meanwhile the mind has no other instrument of expression than the brain; so that, even if a man with a small or imperfect brain happens to have a large and powerful mind, he cannot show himself the possessor of an intellect in excess of his brain power. The study of cases of idiocy throws much interesting light on this subject. It is found by experts in the treatment of this most pitiable class of human creatures, that by discovering an avenue to the mind the intellect may be educated; in process of

Digitized by Google

time the results obtained in the way of enlightenment are very remarkable. The instrument existed, but the power behind, which should have brought it into action, was dormant.

Science has nothing to teach which should tend to unsettle the faith of any man in the belief that there is a soul or a mind—call it what we please—behind the vail of the flesh, and to which the physical and mental faculties of humanity are the means of expression and intercourse with the outer world. The more perfect the instrument, the wider its compass, the better its tone, the higher in point of excellence will be the function it performs; but neither the range of the performance nor its character can be a certain measure of the power behind; the defects observed may be either the fault of the instrument or the deficiency of the moving energy.

We are "creatures of circumstance" up to a certain limit, and circumstances exert a powerful influence on both our bodies and minds; but this fact neither explains nor excuses the faults of individual character—still less does it lessen the weight of personal responsibility. Those who seek refuge from an accusing conscience—reproachful for neglect—in this hypothesis, are looking for protection where none can be found. It is the bounden duty of man to emancipate his being from the thraldom of surrounding influences. It is fortunate when these are good; but no merit can then arise from the effect they produce on his character. The noble part to play is to "get the better of circumstance" and triumph over depressing and distracting forces which war against the interests of the soul.

The infinitely humiliating figment that man's nature is wholly plastic, is one which should be repudiated by the instinct of self-respect. We know and feel in our inner consciousness that we can buffet the waves, and struggle long and valiantly for life, even if we cannot reach the shore. Much mischief has been wrought on weak minds by the craven plea that man is the creature of circumstances. It is time to fling that sinister aphorism to the winds, and replace it by one of bolder and more pregnant import. Man is the *master* of circumstances. Those he has not himself created he can subjugate, and employ as means to his own noble and honest ends.

MARRIAGE BETWEEN SICKLY PERSONS.

ONE of the most important conditions of a happy marriage is the health of both parties, but most especially that of the wife. Experience teaches that the union between two sickly persons is, in the great majority of cases, only a sad misfortune, partly in itself, but principally on account of the miserable sickly children likely to be produced. It would be very difficult to forbid such unfortunate unions, for the most powerful despot can not control the inclinations of two lovers, or set aside the interest of love; but public sentiment and the teachings of hygiene may do much to prevent them, and it should forbid a maiden with a pelvis so small that parturition can only take place through the Cæsarean section to marry, and the physician may on every proper occasion teach the danger of such marriages, for it is his duty to do so. The press should also express its opinion strongly against them.

The old Franks said rightly, "a consumptive who has long been unable to fulfill the duties of citizenship is seized with a desire to propagate his race. What willst thou do poor soul? Is it not enough that so many hands must work for thee, and canst thou also not for thy race take some care that thy fatherland shall not be burdened by thy feeble offspring; strive with all of thy might, if it is possible to regain thy health, and then thou canst say, I will give to my country a citizen who is abl

Digitized by Google

to fulfill his duties. Canst thou not do this, O unfortunate, then spare that society in which thou livest, and so long as thou art unservicable to the community with thy labor make thy self servicable by restraining thyself from adding any more like thee to the world."

Notwithstanding the unhappy influence of ill health upon the married life, it is still greater upon children who may be born of such a union. Let us consider the matter more fully. It is well known that a disease which is fixed in any family, may be inherited by the children, and if one generation or a number of members of one generation are free from the disease, it shows itself in an increased degree in the next. The more a family afflicted with such disease, marries with foreigners, or those with foreign blood the sooner is the disease washed out and brought to an end. In the breeding of our domestic animals we proceed upon the principles of the mixing of races in order to promote the health of descendants, and upon those principles should those proceed who wish to generate strong and vital offspring. The life of the civilized man is so complex, and his social relations permit so little the bringing together the married pair according to the laws of rational breeding, that it is only possible to forbid marriage between those afflicted with most serious maladies. Among those diseases which ought to prevent marriage is epilepsy. In fact an epileptic married man may do a great deal of injury in his family, and it were better that one suffering from a high degree of it should abstain from marriage.

Epilepsy is invaribly transmitted to the descendants, but the capacity of this disease to transmit itself, in a most extraordinary manner, by psychical contagion is so great that as much injury may be done in this way as by inheritance. Diseases of the brain are in many cases inheritable. Rightly, then, must one with an existing tendency to serious brain disease abstain from marriage. When consumption exists in the father or in the mother the tendency for it to pass over to the next generation is very great. Scrofula and hemorrhoids are likewise inheritable diseases. They are so deeply rooted in our social and human relations that it seems hardly possible under present conditions to eradicate them. The best marriage laws can do little in the diminution of these physical evils, because we are not able to compel marriages in accordance with the laws of nature and correct breeding. The inclination to suicide is always transmitted from parent to child. This has been proved by a whole series of observations. Suppose that we were to prohibit marriage to any one whose father or grandfather or greatgrandfather had been a suicide? the person would assert his rights and the scorn of the whole world would be brought down upon the law. Cancer has been considered a disease which ought to be in any given case a hinderance to marriage. This is hardly necessary, because the person with cancer rarely thinks of it; it seems to hinder itself, besides it would be so difficult to diagnose such a case early enough. Many blood diseases are transmissible, and ought to be an obstacle to marriage; but there is no power in society to make it so.

Among all inheritable diseases syphilis transmits to posterity the most sad results. This has been proved over and over again by hundreds of observers. It ought to be insisted upon that any person suspected of this disease, should, before marriage, produce a satisfactory certificate that it does not exist. One of the most certain means of diminution of syphilis is an early and well chosen marriage.

A MAN'S greatness lies not in wealth and station, as the vulgar believe, nor yet in his intellectual capacity, which is often associated with the meanest moral character, the most abject servility to those in high places, and arrogance to the poor and lowly; but a man's true greatness lies in the consciousness of an honest purpose in life, and a steady obedience to the rule which he knows to be right, without troubling himself about what others may think or say.

Digitized by Google

CULTIVATING SIGHT-MEMORY.

BY FRANCIS GALTON.

THE forms of the visualizing faculty which we ought to aim at producing appear to me to be as follows.

The capacity of calling up at will a clear, steady, and complete mental image of any object that we have recently examined and studied. We should be able to visualize that object freely from any aspect; we should be able to project any of its images on paper and draw its outline there; we should further be able to embrace all sides of the object simultaneously in a single perception, or at least to sweep all sides of it successfully with so rapid a mental glance as to arrive at practically the same result. We ought to be able to construct images from description or otherwise, and to alter them in whatever way we may please. We ought to acquire the power of combining separate, but more or less similar, images into a single generic one. Lastly, we should learn to carry away pictures at a glance of a more complicated scene than we can succeed at the moment in analyzing.

There is abundance of evidence that the visualizing faculty admits of being largely developed by education. The testimony on which I would lay especial stress is derived from the published experiences of M. Lecoq De Bosbaudran, late director of the Ecole Nationale De Dessin, in Paris, which are related in his "*Education de la Memoire Pittoresque.*" He trained his pupils with extraordinary success, beginning with the simplest figures. They were made to study the models thoroughly before they tried to draw them from memory. One favorite expedient was to associate the sight-memory, by making his pupils follow at a distance the outlines of the figures with a pencil held in their hands. After three or four months' practice, their visual memory became greatly strengthened. They had no difficulty in summoning images at will, in holding them steady, and in drawing them. Their copies were executed with marvelous fidelity, as attested by a commission of the Institute, appointed in 1852 to inquire into the matter of which the eminent painter, Horace Vernet, was a member. The present Slade professor of fine arts at University College, M. Legros, was a pupil of M. De Boisbaudran. He has expressed to me his indebtedness to the system, and he has assured me of his own success in teaching others in a similar way.

I could mention instances within my own experience in which the visualizing faculty has become strengthened by practice; notably, one of an engineer, who had the power of recalling form with unusual precision, but not color. A few weeks after he had replied to my question, he told me that my inquiries had induced him to practice his color-memory, and that he had done so with such success that he had become quite an adept at it; and that the newly-acquired power was a source of much pleasure to him.

The memories we should aim at acquiring are chiefly such as are based on a thorough understanding of the objects observed. In no case is this more surely effected than in the process of mechanical drawing, where the intended structure has to be portrayed so exactly in plan, elevation, side view, and sections, that the workman has simply to copy the drawing in metal, wood or stone, as the case may be. It is undoubtedly the fact that mechanicians, engineers, and architects possess the faculty of seeing mental images with remarkable clearness and precision.

A few dots give great assistance in creating an imaginary picture, as proved by our general habit of working out new ideas by the help of marks and rude lines. The use of dolls by children also testifies to the value of an objective support in the construction of mental images. The doll serves as a kind of skeleton for the child to clothe with fantastic attributes, and the less individuality the doll has, the more it is appreciated by the child, who can the better utilize it as a lay figure in many different characters. The art of strengthening visual, as well as every other form

Digitized by Google

ot memory, lies in multiplying associations; the healthiest memory being that in which all the associations are logical and toward which all the senses concur in their due proportion. It is wonderful how much the vividness of a recollection is increased when two or more lines of association are simultaneously excited.

It is a mistake to suppose that a powerful exercise of the will can vivify a faint image. The action of the will is negative, being limited to the suppression of what is not wanted and would be in the way. It cannot create thought, but it can prevent thoughts from establishing themselves which lead in a false direction; so it keeps the course clear for a logical sequence of them. But if appropriate ideas do not come of their own accord the will is powerless to evoke them. Thus, when we forget a familiar name, it is impossible to recall it by force of will. The only plan in such cases is to think of other things till some chance association suggests the name. The mind may be seriously dulled by over-concentration, and will only recover its freshness by such change of scene and occupation as will encourage freedom and discursiveness in the flow of the ideas.

All that remains to be said refers to the utility of the visualizing faculty, and may be compressed into a few words. A visual image is the most perfect form of mental representation wherever the shape, position and relations of objects in space are concerned. It is of importance in every handicraft and profession where design is required, because workmen ought to visualize the whole of what they propose to do before they take a tool in their hands. This, the village smith and the carpenter, who are employed on our jobs, require no less for their work than the mechanician, the engineer and the architect. The lady's maid who arranges a new dress requires it for the same reason as the decorator employed on a palace, or the agent who lays out great estates. Strategists, artists of all denominations, physicians who contrive new experiments, and in short all who do not follow routine have need of it. The pleasure its use can afford is immense. I have many correspondents who say that the delight of recalling beautiful scenery and great works of art is the highest that they know. Our bookish education tends unduly to repress this valuable gift of nature. A faculty that is of importance in all technical and artistic occupations, that gives accuracy to our perceptions and justice to our generalizations, is starved by disuse instead of being cultivated in the way that will bring most return. I believe that a serious study of the best method of developing the faculty of visualizing is one of the many pressing desiderata in the new science of education.

COSTLESS VENTILATION.

BY DR. P. HINCKES BIRD.

A CONSTANT supply of fresh air is so important to our well-being, and in the prevention and cure of disease, that the subject needs no comment; an attendance, however, at any public meeting is only necessary to convince how much this axiom is ignored, or, if admitted, how unsuccessfully met; "crowded to suffocation" indeed, being the conventional term used to express a full assemblage.

For some time I recommended to my patients the plan of opening the window-sash at the top, and stretching out on a frame a corresponding depth of tarlatan, to intercept blacks and prevent draught; but the principle is wrong and the result was unsatisfactory, as the draught is directed downwards on the sitter, and not upwards towards the ceiling; the screen, too, is anything but ornamental, and

Digitized by Google

becomes clogged with blacks, so as to require removal and repair.

The method I now use is simple, economical, quite free from draught, and does not get out of order. Raise the lower sash of the window, and place in front of the opening at the bottom rail a piece of wood of any approved depth—from two to three inches is sufficient—this leaves a corresponding space between the meeting rails in the middle of the window, through which the current of air is directed upward towards the ceiling; heavy blacks cannot ascend with the air, which is driven so high as to be warmed before it descends.

The principle may be modified in various ways, making the bottom frame of wire blinds supersede the strip of wood, or if this be placed above and the top sash drawn down to a corresponding depth the same result will obtain; in a word, open the lower sash of the window two or three inches, and block it up anyhow, and the air enters the space in the middle and is carried to the ceiling.

The opening between the meeting rails will doubtless be found to admit more air than the various patented plans so erroneously applied to the top of the sash, whether of wire gauze, perforated zinc, or glass louvres; and while I am satisfied of a constant current of fresh air inwards, I am disposed to believe that occasionally there is a passage of heated air outwards, in which case the latter is always at the sides of the window, the fresh air rushing in at the center; however, provision should always be made for the escape of heated foul air from the ceiling, through a large valvular opening in the flue or elsewhere.

It will be seen that this simple plan is adapted for the cottages of the poor and the mansions of the rich: in the latter, however, the draperies must be arranged so as not to interfere with the current of air towards the ceiling: it may be used in any weather, day and night, summer and winter; indeed, in the house of a medical friend, to whom I had demonstrated the plan, to insure constant action the window of his reception room has been nailed open, and the same is the case in several rooms in my own house during the milder months of the year.

But, although the above plan answers for ordinary daily ventilation for windows without overhanging drapery, at night, with gas in crowded rooms, it is not at all equal to the occasion; in these cases I adopt the following, also costless, very efficacious, and which may bs used with overhanging draperies.

At nine inches above the height of an ordinary person, say six feet six, place a small hook in moulding of shutter case farthest from the window on each side, and another two inches below the moulding on each side, in front of window-still; tightly stretch across the window a length of linen or calico, with small loops or rings to attach to the four hooks, leaving the calico nine inches larger than required to hang down loosely on each side: this forms what is, I believe, technically called by architects a "hopper." Throw up the lower sash as required, and draw the blind down to the lower rail of the window sash wherever it may be. The air enters in full volume, strikes against the broad surface of the calico, and is directed upward towards the ceiling. Here is the advantage of a window more or less open, with privacy and without draught. When not in use, this calico can be rolled up into a very small compass.

REPUTATION.—A man's reputation, like his coat, may be soiled without touching the man himself, since the reputation is not the character, any more than the sleeve is the arm it envelops. The character can only be soiled by what the man himself does, while the reputation may have mud thrown upon it by any wretch unmanly enough to want to injure the standing of another. We are to see that our motives are pure, our principles honorable, and our outward life governed by them, and then go about our duty calmly, confident that in the end they who unjustly seek to injure us will do us no harm.

Digitized by Google

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

TWO CHARACTERS.

Twin drops together fall from heaven,
And strike upon a farmer's roof;
Sundering they run, till one aloof,
To the Atlantic deep is given,

And one to the Pacific rolls.
So to a far and alien sky
Two infants from one cradle fly,
With different birthmark on their souls.

I.

We meet him; in his cordial look
We see and feel a new sun rise,
Which sends an added glow to skies
Whence sorrow half the splendor took.

The cloud-racks hold a brighter gold,
New perfume wings the blithesome breeze,
And even in blackest clouds, he sees
The lining which they shall unfold.

As turns they sunflower to her god,
Our spirit in his smile expands,
And loosens round it all the bands
Which held us captive to the sod.

Our better angel seems to plead
For virtue's wintry skies had sealed;
The violet goodness stands revealed,
Which thought itself a common weed.

He puts a life in everything—
In Hope, in Faith, and last in us;
And glittering in the sky we swing
The sword he makes victorious.

II.

The other's eye diminishes
The world, which it can darken too:
Less sweet the heaven's discouraged blue,
And shadow all around us lies.

His owl-like wish proclaims the night,
Even where the Imperial splendor smiles.
His looks the innocent joy defiles,
Which blackens in untimely blight.

He sees this world a whistling ball,
Sent spinning on through cheerless space,
And life to man, an empty chase
For doubtful good, if good at all.

His supine spirit shames the brutes,
Who circle graceful through the days.
His eye on mirth can look disgrace,
And make the evil it imputes.

There sits an ever mocking sprite,
Whose swiftest comment is dispraise;
Who by a glance the heart betrays,
And sullies with a stain the light.

He dwarfs this fair, romantic earth
To a shop-counter, where the shares
Enchantment offers lose their worth,
And spleen sees always gaining hers.

How through his talk the fluffy air
Thickens, where spindles ring in rows;
The belted wheel, which near him glows,
Is scarce of vital warmth more bare.

We hear the hum of swarming towns;
Crash through their streets the iron trains!
What matter! wood or metal gains
If he his youthful dreams renounce.

God help them both! Impartial love
Shall couch the blindness nor condemn
The faulty eye; for both of them
One perfect sight in realms above.

PROGRESS.

Steadily, steadily, step by step,
Up the venturous builders go,
Carefully placing stone on stone;
Thus the loftiest temples grow.

Patiently, patiently, day by day,
The artist toils at his task alway:
Touching it here and tinting it there,
Giving it ever with infinite care
A line more soft or a hue more fair,
Till, little by little, the picture grows,
And at last the cold, dull canvas glows
With life and beauty, and forms of grace
That ever more in the world have place.

Thus with the poet, hour after hour
He listens to catch the fairy chimes
That ring in his soul; then, with magic power,
He weaves their melody into his rhymes,
Slowly, carefully, word by word,
Line by line, and thought by thought,
He fashions the golden tissue of song—
And thus are immortal anthems wrought.

Every wise observer knows,
Every watchful gazer sees
Nothing grand or beautiful grows,
Save by gradual, slow degrees.
Ye who toil with a purpose high,
And fondly the proud result await,
Murmur not as the hours go by,
That the season is long, the harvest is late.

Remember that brotherhood, strong and true,
Builders and artists, and bards sublime,
Who lived in the past and worked like you,
Worked and waited a wearisome time.
Dark and cheerless and long their night,
Yet they patiently toiled at the task begun,
Till, lo! thro' the clouds broke that morning light,
Which shines on the soul when success is won.

And, when the stream
Which overflowed the soul was passed away,
A consciousness remained that it had left,
Deposited upon the silent shore
Of memory, images and precious thoughts
That shall not die, and cannot be destroyed.

Wordsworth.

Digitized by Google

EDITORIAL DEPARTMENT.



NEW YORK, FEBRUARY, 1881.

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* PUBLISHER *does not hold himself as indorsing every article that may appear in* THE HERALD. *He 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.

RECORD OF HYGIENIC PROGRESS.—In October last, the editor of THE HERALD OF HEALTH addressed to a large number of colleges in the United States a request to send such reports or other materials as might inform him what systematic attention is given in these institutions to the subject of health and physical culture, with especial reference to students, with a view to making such quotations and notes as might be of general interest. The replies received indicate a general recognition of the duty of educators to give attention to the physical as well as intellectual welfare of students.

Amherst College ranks first in its attention to this subject. It is the only college, so far as we know, in which there is a professorship of Physical Education and Hygiene on a par with the other chairs. The annual reports of this department of the college have already familiarized the public with the system there pursued. Before us are two reports by Prof. Edward Hitchcock: "Hygiene at Amherst College," and "The Department of Physical Education and Hygiene at Amherst College." They exhibit in brief the results of the system pursued since 1859, at which date it was introduced through the influence of President Stearnes. The results have been of great importance, not only to the college but to the cause of Hygiene everywhere, since systematic reports have been made furnishing important data for the guidance of other institutions. We have in previous years published the substance of these Amherst reports, and add here only a brief statement from Dr. Hitchcock's reports of 1879, stating the circumstances under which the department was founded.

"During the early administration of President Stearnes, the apathy in relation to bodily health, the sad deaths of two promising young men, and the breaking down in health of others just at the end of their college courses, impelled him to protest against these failures as unnecessary, and to demand that the students should receive discipline in the care of their bodies as well as their intellects, and that the government of the college should give a proper attention to physical health, as well as to the culture of those powers for which departments were ordinarily created and endowments made. The idea was also impressively set forth by him, that, without the support of well-developed bodily powers and functions, the mental faculties could not reach their full development. To his mind, there could be no perfect manly character and culture without the proper blending and harmonious development of the three elements, the bodily, mental,

Digitized by Google

and spiritual. In the year 1859, the sixth of his administration, the trustees of the college, by his advice, created a department of physical education and hygiene."

From the Massachusetts Agricultural College, also located at Amherst, comes a letter from President Stockbridge, briefly stating the method of physical culture in that institution. Though far less elaborate and extensive than that at its neighboring college, it seems to us to possess one most important advantage, viz: it is all out of doors. President Stockbridge writes: "All our students are required to work on the farm six hours in a week, and they have military drill three hours. The results are strong and healthy physical developments and a corresponding mental force and activity."

From the Indiana Asbury University, Greencastle, Ind., we have a vigorous plea for military drill as a means of physical education. President Martin writes:

"390 students are in attendance here. Our Freshman and Sophomore classes are sent to the Prof. of Military Science and Tactics between two and three hours a week for drill. This embraces instruction and exercises in the school of the soldier, do. of the company, do. of the battalion. Also in artillery exercise, and during winter in those of dismounted cavalry. Students in other classes are allowed to volunteer, and many of them do so. The object is not so much to make soldiers of them—though many of them become really expert, and the officers especially could take a squad of raw recruits and organize and drill them about as thoroughly as is done at West Point—but to promote their physical culture and well-being as students. The 'setting up,' and 'straightening out,' and 'handling' of them by the Commandant and those acting under his instructions is of inestimable value in regard to their health, general bearing, and all that pertains to manliness and good physique.

"Its advantages as a gymnastic are incomparably more favorable than any other that has ever has been invented. Rowing, ball playing etc., etc., are liable to serious objections, and often over done. It is not possible, when properly conducted, to bring the same objections to our system. It is popular among our students, and though entered upon with some hesitation, has been so well managed by Capt. Wheeler and by Lieut. Hamilton, (now in command), that we would as soon think of discharging any other professor in the Institution, as trying to get along without one in charge of our Cadet Corps. I may say the same was my experience when in charge of the West Va. University, with Captain H. H. Pierce, U. S. A., as commandant of cadets. Of course not every military officer is just the man for such a position. It is important he should be just as strict with them when on drill as parade, as is the case at West Point, and yet when off duty be affable and agreeable with the students, and in short as a gentleman be altogether such as will secure their esteem and confidence. Failure in this is, I think, the chief cause why in some cases this system has not succeeded so well.

Very truly yours,

ALEX. MARTIN, President."

We shall continue in our next number, these notes upon hygienic culture in colleges and schools. The subject is a prolific and profitable one.

FILTHY STREETS.—By the man who has traveled in the Old World, the streets of the cities of the New are regarded as about half a century behind the age. In fine weather he views the miniature mountains and valleys that their surfaces present as the evidences of backwardness in civilization. He may be wrong; probably he is. But the condition of the streets in New York City, say, during the winter, is a standing disgrace to the public authorities, and in a degree—though the responsibility is further removed—to the public themselves. Badly cleaned streets are sources of continuous inconvenience; but they are something more. Imagine a deep snow covering New York City, lying under a sharp frost of several days duration—suffi-

Digitized by Google

ciently long to become well mixed with the frozen mud particles on which it fell. Then a thaw comes, converting this composite mass of frozen mud and snow into liquid mud. To be bespattered with this filthy mixture when walking along the streets is bad enough, but this evil injures the clothes and temper more than the health. But how about the thousands of young men and women who every morning and night have to wade through several inches of slush to and from their work? The pale-faced young women who work in our factories and stores, and who from necessity or fashion wear thin shoes, suffer from the inefficiency of our street cleaning force beyond computation. All day long they sit or stand with wet or damp feet at their work. The evil that follows does not show itself at once. It often comes months later in a hollow cough, a paler face, and a development of physical disorders which become chronic, and eventually fatal. Those who possess warm clothing, and above all, vigorous well-balanced constitutions can afford to ignore mud and wink at the neglect of street cleaning bureaus. We do not say that the streets of London or Paris are at all times what we should desire to see them; but they are never, in times of heavy snow-falls, let alone as are those of New York. The duty of governments is to legislate for the good of the people. When the municipal governments of the United States prove by their acts that they exist for the people and not for politicians, we shall have better ordered streets and a lower death-rate.

THE BROWN BREAD QUESTION.—A new association which has been formed in England, whose *raison d'etre* seems to be the diffusion of knowledge on the value of brown bread as an article of diet, has created some little sensation amongst our friends across the Atlantic. This is no doubt partly due to the fact that Dr. Richardson, the well known advocate of temperance, lends his powerful name and personal aid to the association. Some of our American papers have also commented on the "brown bread movement," and, as might be expected, have shown a great diversity of opinion on the subject. We met with one line of argument in favor of white bread in a New York daily paper, which if not original is at least characteristic. Desiring to be eminently practical, the writer asked his readers to compare the achievements of nations that eat white bread with those that eat brown, and then judge as to which is best. England and America—two white-bread consuming nations—where are their equals? Without pausing to consider whether it is because or in spite of white bread that great nations have arisen, or whether really they did not until recently live almost exclusively on brown, this writer jumps to the conclusion that white bread is at the bottom of all the cardinal virtues, and in exultation rushes on and says: Q. E. D. Opinions differ as to the causes of the rise of nations. If you talk with one Englishman about the chief cause of the greatness of his country he will say, perhaps, that it is the roast beef for which his land is famous. Another, a devotee of Bacchus, will ascribe his nation's greatness to its fine old ale. Another will say that it is the insular character of the land, coupled with the blending of races at, and prior to, the invasion by William the Conqueror. It is said of Queen Victoria, that when questioned by a foreign potentate, she took a Bible and handing it to him said: "This is the secret of England's greatness." But these theories, we learn, are all wrong. The real cause, after all, is white bread. We need not here discuss the merits of white and brown bread. That has been done by us before. Our only purpose now has been to point out the weakness of the cause of anti-brown-bread men when they have to descend to such weak arguments as we have attempted to explode.

IS SICKNESS NECESSARY?—A platform orator said in New York recently, that sickness must be borne, and is one of the pre-requisites of a higher, nobler, and more perfect humanity. While he regarded a condition of sick-

Digitized by Google

ness as very undesirable for the individual, yet the man who deems it a privelege to sacrifice himself for the good of humanity will rejoice that his sickness is the means of affording experience for the treatment of similar diseases in others. Now, this is a very unselfish position to take up; but there is another side to the question. We would ask, who does the most good for humanity? the man who falls sick, and thus affords a base of experimentation for the doctors, or he who so studies and cares for his health, as to afford example and precept to his fellows? Suppose a concourse of men are rounding a dangerous hill beneath which is a precipice and where the way is tortuous and difficult. Who renders the most practical service to his companions—the man who falls down the precipice and shows how the hill should *not* be rounded, or he who walks safely, and by his advice and firm steps points out the way for the others? We should say the latter. It is a mistake to suppose that sickness is a "pre-requisite of a higher and nobler and more perfect humanity." If we ever get this ideal humanity it will be in spite of sickness, and not in any way because of it. That man who passes through life without a day illness does far more for humanity—other things being equal—than he who is occasionally or frequently sick.

THE FOOD QUESTION.—A free lecture on "Food," was announced recently at the Cooper Union, New York, and it was also announced that the lecture would be illustrated. It was, we imagine, rather disappointing to the large audience which assembled that the lecturer dealt with "Food" only indirectly. He did not meet the subject fully and fairly, telling his hearers why this must be eaten and when, and why that should be eschewed. The lecture was really on "Food Supply," which to some people—theorists and others—is an important question. But the people of the country want to know more about the intrinsic qualities of the food they eat. They should be taught that it is bad for the health of a man who sits on an office stool all day to bolt hot rolls, mutton chops and coffee *ad lib.* for breakfast. They want to be taught that between dyspepsia and injudicious eating there is not only a slight connection, but that the one is the inevitable result of the other. A few practical and elementary lectures on food and human physiology to the common people, would do more real good than any number of statistics hurled at the heads of sleepy auditors as to the pounds of beef raised in the different States. A few figures as to the quantities of nitrogen and carbon (with of course an explanation as to what is the function of these elements) contained in beef, mutton, wheat and oatmeal, would be productive of far finer results than a thousand lime-light views of nice looking, symmetrical short-horns, rotund and diseased porkers, such as the Cooper Union audience was treated to.

A DEMAND FOR KNOWLEDGE.—Knowledge in the possession of a wise man is the best stock-in-trade extant. Most useful knowledge is what may be called bottled up self-denial. But there is a great deal of knowledge which requires very little self-denial to acquire, and this, too, is amongst the most important and practical. To pursue a thorough college course creditably, and to become what we should call a scholar, needs an enormous amount of self-denial. Valuable as a complete college education is, it often happens that men who have received it are deficient in some of the more practical knowledge which is easily acquired; and lacking this their lives and powers are often wasted, because they are really rudderless. A knowledge of the simpler laws of health would prove of incalculable value to many young men and women to-day, who are wasting their lives because they are ignorant of facts which it would take them a very little time to become possessed of. There are hundreds of young men who could give the name to nearly every bone in one's body, who could draw a map of Jamaica, give the exact dimensions of Heligoland, trace the pedigree

Digitized by Google

of Queen Victoria back to the eleventh century, who know little about the functions of the liver and less as to its complaints and the simple ways to treat them. Now, it does not require much labor or self-denial to acquire a great deal of valuable information concerning the laws of health. But the rising generation care nothing for such knowledge, and their teachers do not impart it because it does not happen to be fashionable. Although it is not fashionable, the fact remains that a man who is reasonably well informed on such matters—who has realized the desirability of obeying the dictum, "Know thyself"—possesses an equipment for journeying through life that is far more valuable than any amount of money. Let our young men and women think of this.

EPIDEMICS.—People are very apt to blame public officers when such epidemics as diphtheria and small-pox, commit any very considerable ravages in a particular district. The blame never lies with them so much as with the ignorance of the people. Everybody knows something of the devastating character of epidemics—that they often carry off the best-loved of a family, and that they have some connection with uncleanly habits, or unsanitary conditions under which communities live. But their knowledge is not sufficiently full as to precautionary measures to be taken. Recently, two children were taken with diphtheria in Fulton County, New York State, and died. Shortly after a family visited the house, and some children who were among the visitors actually slept in the same bed lately occupied by the dead. Thus the disease was spread, and the mortality which followed was very great. This was all traceable to what some might designate as culpable neglect on the part of those who should have shielded their children from disease. Unhappily the hand of the destroyer, as it appears in epidemics, generally falls heaviest on those who are in no way to blame for their spread.

STUDIES IN HYGIENE FOR WOMEN.

WOMEN AS SANITARY REFORMERS.—Dr. Richardson in a recent lecture says: "Good wives would, in one decade, make domestic sanitation the useful fashion and order of the nation they purified, beautified, beatified. I quote this basis of wifely work and duty, because I feel more deeply, day by day, that until it is admitted, and something more built upon it, sanitary progress is a mere conceit, a word and a theory, instead of a thing and a practice. It is in those million centers we call the home that sanitary science must have its true birth. It is from those centers that the river of health must rise.

"We men may hold our congresses year after year, decade after decade; we may establish our schools; we may whip on our lawgivers to action of certain kinds; we may be ever so earnest, ever so persistent, ever so clever; but we shall never move a step in a profitable direction until we carry the women with us heart and soul. Adam had no paradise in Paradise itself until Eve became the helpmeet for him. We ought not to blame womankind because it seems that women are behindhand in the work. They are not, in point of fact, behindhand at all; they are rather the forerunners of the race. Long before the word "sanitation" was heard of, or any other word that conveyed the idea of a science of health, the good, the cleanly, thrifty housewife was a practical sanitary reformer. Nay, if we come to the question of organization itself, we have in this country, in that admirable institution, the Ladies' Sanitary Association, the first of the great sanitary societies, which by its publications, its practical aid to mothers, its out-door recreative parties to the stived-up children of the metrop-

Digitized by Google

olis, and by various other means, has set an example which will one day be historical as a part of the great movement in the promotion of which we are engaged.

"There is not, therefore, one single difficulty in the way of making the woman the active domestic health reformer. The only thing that requires to be put forward is the method of bringing her universally into the work, and, if I may so express it, making the work a permanent custom or fashion, to neglect which would be considered a moral defect. The first suggestion is that the beginning of the crusade shall be a beginning that shall not drive, but lead; that shall not dictate, but patiently suggest.

"Women should ne'er be taught a thing unknown,
It should be credited as all their own."

"Nor can any finer or nobler occupation be imagined than is implied under this head of domestic care and nourishment of health. There are women who think it the height of human ambition to be considered curers of human maladies, content at best to take their place with the rank-and-file of the army of medicine, and not perceiving that the only feature in their career is its singularity—a feature that would itself become lost if the wish of the few became the will of the many. I press this office for the prevention of disease on womankind, not simply because they can carry it out, but because it is an office which man never can carry out; and because the whole work of prevention waits and waits until the woman takes it up and makes it hers. The man is abroad, the disease threatens the home, and the woman is at the threatened spot. Who is to stop at the door, the man or the woman? The house is her citadel. The majority of women will ask by what process of training can we help toward a triumph of science so benificent? I devote myself from this point of my discourse to give some answer to that question."

A HEALTHY VOICE.—Pronunciation rather than action is the important point in speaking. The speaker ought to use his lips as the reins of his voice, by which he raises and drops it in turn; he ought to adorn each word before it leaves his palate. But he ought not to do this inelegantly by distorting his lips, puffing out his cheeks, or looking as if he were cracking nuts with his teeth. A lady, before she leaves her chamber, consults her mirror for her expression. The voice ought to do likewise. If it is rough or too sonorous the lips and teeth should be used as barriers to check it; if it is too thin the cheeks should be used to give it animation; if it is too shrill the lips should be drawn together to give it volume, so that the long words be not tripped up by the too delicate palate. Strive that your speech be made pleasant in the speaking. The seductive power of the goddess of persuasion, the suavity of Pericles, the bees on the lips of Plato, the chains of Hercules, the lyres of Orpheus and Amphion, the sweetness of Nestor, nay, the grace of Christ himself was nothing else than a sweet, soothing, cheerful, soft speech, not affected nor elaborate, but beautifully, delicately, and subtly harmonized. The greatest orator will change the sound, not only in every sentence according to its sense, but in every word. It is better to hold the tongue than speak harshly, inarticulately, or unpleasantly. A sweet, beautiful, healthy voice may be acquired by patient practice, and is quite as desirable as a beautiful face.

A GOOD IDEA.—A young lady of our acquaintance, who is pursuing a selected course of study in one of the collegiate institutions of the city, was examining the printed curriculum with reference to deciding what study she should take up the next term. While consulting about the matter, she read over a list of text-books on science, language, literature and mathematics, when suddenly she exclaimed: "I'll tell you what I would like to study—I would like to study medicine. I don't mean that I want to be a physician and practice, but only to know what to do at home if anybody is sick or anything happens. I am sure that it would be more useful to me than"—and she

Digitized by Google

turned to the prescribed course of study—" than spherical trigonometry and navigation. What is the use of my studying navigation? But we can't run for the doctor every time any body sneezes or coughs, and I would like to know what to do for any one who is a little sick."

Here is a matter concerning which young women need some simple but careful instruction. But who gives them any? As daughters in the family, they can repeat the dates of the Grecian and Roman wars, work out an intricate problem in algebra, and give the technical names of all the bones in the body; but if the baby brother left in their charge burns his hand or is seized with croup, how many of them know the best thing to do while waiting for the doctor? And when, as wives and mothers, the duties of life increase, how many of them have any practical knowledge which will help them to meet calmly and intelligently the everyday experience of accidents and illness which are inevitable in every family? —*Harper's Bazar.*

LAUNDRY EPIDEMICS.—The system of mingling family clothing at public laundries with that from persons infected with the small-pox, scarlet fever, eczema, and other irritation ills, is in violation of all hygienic laws, as is also the sending of laundry work to be washed in some hovel or unsavory room, where the sender would not—could not—breathe the peculiar air for twenty minutes. Seven-elevenths of that which we eat passes off through the pores of the skin; and the clothing worn next to the skin is infused or permeated with these exhalations, so that sunlight and fresh air are as essential to our linen as they are to the health of the wearers. This neglect of sanitary requirements causes more epidemics and disease than even sewer-gas. Though imperceptible, yet it is no less an insidious, deadly poison. As soon as warranted by promised patronage, the Hygiene League will organize a laundry department near Hotel Wellesley, taking baskets from and returning them to the residences of patrons in Boston, washing in separate water, and, to avoid wear and tear, wringing by centrifugal mechanism. All clothing (when the elements permit) will be exposed to the outside air and to the sunshine. When storms prevent, they will be dried by mechanical whirlwinds. KRINO HYGIENE.

INJURIOUS EFFECTS FROM TEA-DRINKING.—At the last meeting of the British Medical Association, Dr. Wolfe, of Glasgow, described a peculiar disease of the eye in which there is softening of some of its internal structures, which become filled with floating dark particles, the presence of which occasion the appearance of spots before the eyes. He had found the disease very common, especially among the mining population, wash-women, middle-aged laborers, shop and factory girls, and many persons belonging to the upper classes. He has observed, particularly, its great frequency among Australians. He could discover no legitimate cause for the disease in the eye itself, and stated that "it was only on directing his inquires to their diet, and finding that they all agreed in consuming large quantities of tea, that he came to suspect its agency. A comparison of the numerous cases of opacity of the vitreous humor occurring among tea-drinking populations, with its less frequency in France and Germany, and its rarity among the Turks, tended to confirm his suspicions." He attributed the affection to the tannic acid. "This precipitated albuminoids from their solutions; hence it probably acted injuriously by precipitating some of the most important constituents of the food, and also by affecting the mucous membrane of the stomach and alimentary canal, and thus preventing digestion and assimilation. Some observations had been made as to the effects of teadrinking on the healing of wounds and ulcers, by a Glasgow surgeon, who had noticed that in persons addicted to this habit, they took on a sort of scorbutic character. Physicians also ascribed numerous cases of rebellious dyspepsia to the use of tea."

Digitized by Google

KITCHEN ECONOMY.—Dr. Edward G. Love, the present Analytical Chemist for the Indian Department of the Government, has recently made some interesting experiments as to the comparative value of baking powders. Dr. Love's tests were made to determine what brands are the most economical to use. And as their capacity lies in their leavening power, tests were directed solely to ascertain the available gas of each powder. Dr. Love's report gives the following:

"The prices at which baking powders are sold to consumers I find to be usually 50 cents per pound. I have therefore calculated their relative commercial values according to the volume of gas yielded on a basis of 50 cents per pound."

Name of the Baking Powders.	*Available Gas Cubic inches per each ounce powder.*	*Comparative worth per lb.*
Royal (cream tartar powder)	127.4	50 cts.
Patapsco (alum powder)	125.2	49 "
Rumford's (phosphate) fresh	122.5	48 "
" " old	32.7	13 "
Handford's None Such	121.6	47 3-4
Redhead's	117 0	46 "
Charm (alum powder)	116.9	46 "
Amazon (alum powder)	111.9	44 "
Cleveland's (short weight 3-4 oz)	110.8	43 "
Czar	106.8	42 "
Price's Cream	102.6	40 "
Lewis's condensed	98.2	38 1-2
Andrews's Pearl	93.2	36 3-4
Hecker's Perfect	92.5	36 "
Bulk Powder	80.5	30 "
Bulk Aerated Powder	75.0	29 "

NOTE.—"I regard all alum powders as very unwholesome. Phosphate and tartaric acid powders liberate their gas too freely in process of baking, or under varying climatic changes suffer deterioration."

CURRENT LITERATURE

—:o:—

EUROPEAN MODES OF LIVING; or the Question of Apartment Houses. By S. G. Young. New York: G. P. Putnam's Sons. Price 25 cents.

This little book will be read with interest and profit by all. The following extract will serve to give a general idea of its style and character, and we hope cause a desire to read the entire volume:

"The Hollanders set us a commendable example in regard to cleanliness and extreme neatness of their dwellings. In this country, the parquet of private houses, and the marble floors of palaces are washed, dried, and polished daily. The vestibules, corridors, and staircases are also perfectly cleaned. The following anecdote will give a precise, though somewhat exaggerated idea, of the ancient domestic neatness of the Holland women, which is by no means a tradition to-day.

"The Emperor Charles Quint, going through a Holland village, requested a dignitary to show him his house and the room of his wife. The Hollander begged the Emperor to wait an instant, and he ran to ask permission of his spouse. The lady hesitated a moment, and finally replied, 'No, he would refuse to take off his shoes.'

"The Hollanders are scrupulous to keep their chambers from everything that can soil them, to the point of not permitting a man to enter until he has taken off his shoes and put his feet into slippers. To penetrate in boots or shoes into this holy of holies is strictly forbidden.

"Americans display great ingenuity in mechanical contrivances to make housekeeping easy. It is not these which are needed; it is the removal of the causes which make these conveniences necessary, in order that the lives of women may be less filled with care and anxiety, and while their households are well looked after, that our matrons should have more time for intellectual pleasures or out-door exercise.

"Housekeeping is so easy in Europe, that we hear none of that clamor about learning to keep house current in America, young maidens acquiring this knowledge without difficulty or trouble. The time lost in America in learning what should belong to certain trades, such as bread-making and laundry work, would be better employed in studying the scientific preparation of food, and hygiene as applied to daily life.

"In America we are fond of repeating that life is a battle, and saddle Providence with the result of our own inconsiderateness. If we harass ourselves with useless cares, and do not pause to gather the flowers that nature strews in our pathway, is it the fault of Providence?"

The North American review for February is the literary phenomenon of the month. First we have an earnest and patriotic article by General Grant, advocating the Nicaragua Canal project. The genial Autocrat of the Breakfast Table, Oliver Wendell Holmes, follows with an essay entitled "The Pulpit and the Pew," written in the best spirit of the Christian philosopher, in which he endeavors to show the need that he believes to exist for a revision of the prevalent theological creeds. Under the quaint title of "Aaron's Rod in Politics," Judge A. W. Tourgee emphasizes the obligation, imposed upon the Republican party by the Chicago platform, of making provision for educating illiterate voters. James Freeman Clarke makes a valuable contribution to the discussion of the authorship of Shakespeare's plays. The grave evils that may result from the partisan character of the United States Supreme Court are pointed out by Senator John T. Morgan. The sixth of Mr. Charnay's papers on the "Ruins of Central America" is devoted to a description of the Pyramids of Comalcalco, which must rank among the most stupendous monuments ever erected by man. Finally, Walt Whitman writes of "The Poetry of the Future." The Review is sold by booksellers generally.

Digitized by Google

MUSCLE BEATING,

AND

The Muscle Beater.

This instrument is a cheap, simple, and effective method of administering exercise to the body, either by the hands of the person himself, or by an attendant, in case the one desiring the treatment is unable to make it to his or her own person. The value of the treatment is fully set forth in Klemm's little work entitled "Muscle Beating; or Active and Passive Gymnastics for Healthy and Unhealthy People," which is furnished for 30 cents. The following are some of the conditions in which the use of the Beater is very excellent: Cold Hands and Feet, Morbid Concentrations—Excessive Fatness—Muscular Debility—The Weakness of Years and Infirmities of Old Age—Lameness and Stiff Articulations—Morbid Mental Excitements—Sleeplessness—Incipient Diseases of the Spinal Cord—Paralysis—Rheumatism—Cold—Gouty Tumors—Neuralgic Headache—Vertigo—Loss of Hair—Muscular Curvature of the Spine, etc.

To this we may add, that for sedentary persons and those who are not able to take active exercise, the Beater produces a most exhilarating effect, starting the circulation in an incredibly short time, so that there is a delightful glow. In those who do not react well after a bath its use is excellent. After one has become weary with a hard day's work its use for a short time takes away the weariness and leaves in its place a most pleasant effect. Prof. H. E. Richter says:

"Now we are not to forget what we owe to our own bodies, and when the constitution or bodily health, or the demands of the time, or other concerns do not allow the ordinary use of the gymnastic exercise, for the removal of morbid conditions, then we may grasp with confidence the Muscle Beater; because at any time muscle beating will afford a complete means of promoting the blood circulation and nerve currents in the skin and in the muscles, and in this way not only relieve and cure chronic diseases, but also sustain our health and consequently prolong our life."

Price of the Beaters by Mail, Postpaid.

Sets of three of different sizes.....$5.00
Single beater..... 2.00

As a guide to those ordering the Beaters we commend a most excellent book just published, entitled

MUSCLE BEATING;

OR,

Active and Passive Home Gymnastics for Healthy and Unhealthy People.

BY PROF. C. KLEMM, MANAGER OF THE GYMNASTIC INSTITUTION OF RIGA, RUSSIA.

Dr. Karell, Physician to his Imperial Majesty the Emperor of Russia, says of this little work: "I agree completely with the principles explained in this work, which are based on the natural sciences."

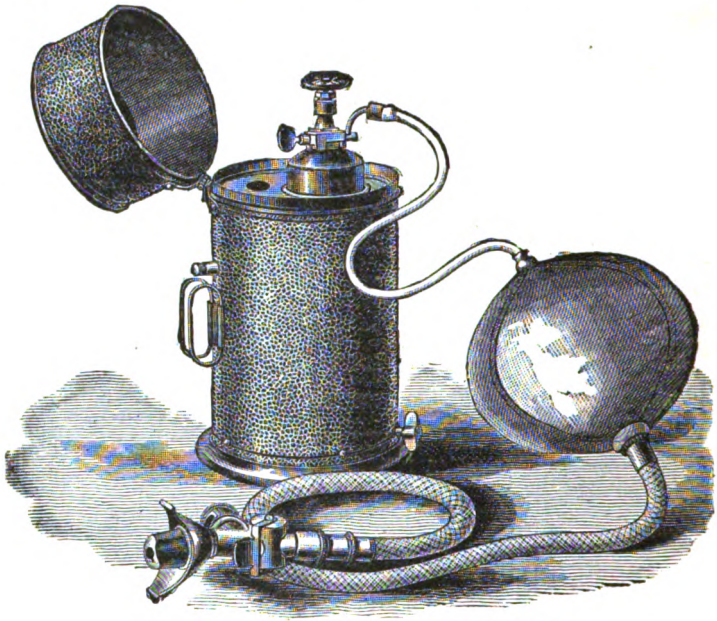
Price of the Book, 30 Cents.

ADDRESS

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

Digitized by Google

LIQUID NITROUS OXIDE



JOHNSTON'S UPRIGHT SURGEON'S CASE.

The value of Nitrous Oxide Gas as a tonic in cases of nervous debility, insomnia, and melancholia has been recently demonstrated in actual practice by some of the most prominent physicians. Its use in this way has been rendered possible by the introduction of apparatus that is convenient and portable. It would be impossible to make use of this remedial agent if the old and cumbersome apparatus, which obliged the operator to have on hand a miniature laboratory, had not been superseded. But even with the new system it is essential that well designed and well made apparatus be obtained, for it is important that it should be within the operator's power to exclude or include air at pleasure.

We take pleasure in calling the attention of medical men to our new form of SURGEON'S CASE, which is illustrated above. The case is handsomely covered with morocco. The cylinder is surmounted by our new gas valve, which is controlled by the wheel shown in the cut. The small rubber tube conveys the gas to the bag, which is capable of holding from five to seven gallons of gas. The tubing represented as coiled on the table is handsomely covered with webbing, and a spiral wire inside of it effectually prevents it from kinking. The inhaler is metallic, and is fitted with two spring valves which answer to the slightest breath of both inspiration and exhalation. A two-way stop-cock is also provided by which the patient may be allowed to breathe air entirely, or a mixture of air and gas, or gas alone.

The whole apparatus weighs less than fifteen pounds, and is especially designed for carrying from place to place. Its cheapness and portability, together with its durability and perfection in working, have gained for it a large sale among the medical fraternity. For institutions where the gas is used in considerable quantity, we have provided a gasometer which is very ornamental, and in connection with which a 500 gallon cylinder of gas can be used. For these larger cylinders we make a reduction of 25 per cent. on the ordinary price of the gas. The nickel-plated gasometer is a handsome piece of furniture, and will attract much attention and provoke the admiration of patients.

PRICE LIST.

Surgeon's Case, Complete.....$42.00
Nickel-plated Gasometer.....$140.00
Refilling 100 Gallon Gas Cylinder.....$6.00

(Express charges paid by us)

JOHNSTON BRO'S.,

1260 BROADWAY, NEW YORK

Digitized by Google

HOW TO GROW HANDSOME;

OR,

Hints toward Physical Perfection

AND THE

PHILOSOPHY OF HUMAN BEAUTY.

Showing how to acquire and retain bodily symmetry, health and vigor; secure long life, and avoid the infirmities and deformities of age. 250 pages. 12mo, extra cloth.

BY D. H. JACQUES, AUTHOR OF THE "TEMPERAMENTS," ETC.

PRICE $1.00.

What Our Girls Ought to Know.

BY DR. MARY J. STUDLEY.

Resident Physician and Teacher of Physiology, Hygiene, Physical Culture, and the Natural Sciences, in the State Normal School, Framingham, Mass.

"There is nothing before on this subject so suited to the wants of young girls. All its thoughts are pure and good."—*Mary J. Safford, M. D., Boston.*

PRICE $1.25 BY MAIL.

Fruit and Bread; a Natural and Scientific Diet.

BY GUSTAV SCHLICKEYSEN.

Translated from the German

By M. L. HOLBROOK, M. D., Editor of The Herald of Health.

250 PAGES. PRICE BY MAIL $1.00.

Hygiene of the Brain,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

PRICE, $1.50.

TALKS TO MY PATIENTS.

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

A Practical Handbook for the Maid, Wife, and Mother.

With a Beautiful Photographic Portrait of the Author.

PRICE BY MAIL $1.50.

THE SCHOOL GARDEN.

BY DR. SCHWAB, DIRECTOR OF THE VIENNA MILITARY GYMNASIUM, ETC.

Translated from the German by Mrs. Horace Mann.

50 Cents by Mail. 5 Copies $2, 12 Copies $4.

THREE BOOKS IN ONE.

FROM THE CRADLE TO THE SCHOOL. By Bertha Meyer.

THE RIGHTS OF CHILDREN. By Herbert Spencer.

THE GOVERNMENT OF CHILDREN. By M. L. Holbrook, M. D.

PRICE BY MAIL 50 CENTS.

M. L. HOLBROOK, Publisher, 13 & 15 Laight Street, N. Y.

Digitized by Google



THE GREATEST LIVING Authors, such as Prof. Max Muller, Rt. Hon. W. E. Gladstone, J. A. Froude, Prof. Huxley, R. A. Proctor, Edw. A. Freeman, Prof. Tyndall, Dr. W. B. Carpenter, Prof. Goldwin Smith, The Duke of Argyll, Wm. Black, Miss Thackeray, Mrs Mulock-Craik, Geo. MacDonald, Mrs. Oliphant, Jean Ingelow, Matthew Arnold, Thomas Hardy, W. H. Mallock, W. Story, Turguenief, Carlyle, Ruskin, Tennyson, Browning, and many others, are represented in the pages of

Littell's Living Age.

Jan. 1, 1881, The Living Age entered upon its 148th Volume, admittedly unrivalled and continuously successful. A weekly magazine, it gives more than

Three and a Quarter Thousand

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

It is therefore invaluable to every American reader, as the only satisfactory, fresh and COMPLETE compilation of an indispensible current literature,—indispensible because it embraces the productions of the

ABLEST LIVING WRITERS

in all branches of Literature, Science, Politics and Art.

In no other form can so much thoroughly good reading be got for so little money; in no other form can so much instruction and entertainment be got in so small a space.—*Philadelphia Times.*

There is no publication like it. It is known and read by all desiring to keep abreast with the cultivated thought of the English-speaking world.—*Episcopal Register, Philadelphia.*

It reproduces so fully the choicest articles from the foreign magazines, that one who takes it does not feel the need of anything else in the way of foreign periodical literature.—*The Advance, Chicago.*

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

Gives the best of all at the price of one.—*New York Independent.*

Teems with the choicest literature of the day. *New York Tribune,*

It enables the reader, at a trifling expense, considering the quantity and quality of the reading furnished, to keep pace with the best thought and literary work of our time.—*Christian Union, New York.*

We know of no investment of eight dollars, in the world of literature, that will yield equal returns.—*The Presbyterian, Philadelphia.*

One cannot read everything .....No man will be behind the literature of the times who reads The Living Age.—*Zion's Herald, Boston.*

Published weekly at $8.00 a year, free of postage; or for $10.50 The Living Age and any one of the American $4 Monthlies (or Harper's Weekly or Bazar) will be sent for a year, post paid; or, for $9.50 The Living Age and the St. Nicholas, or Appleton's Journal, or Lippincott's Monthly. Address

LITTELL & CO., Boston.

MEDICAL AND HYGIENIC HINTS

ON THE

Protection and Management of the SINGING VOICE,

BY LENOX BROWNE, F. R. C. S.

Senior Surgeon to the Central Throat and Ear Hospital, Surgeon and Aural Surgeon to the Royal Society of Musicians, Surgeon to the Royal Albert Hall Choral Society, Surgeon to Her Majesty's Italian Opera, etc., etc.,
15th Thousand.

This excellent book, which has had a great sale in England, is now published here at the low price of 25 cents, and to meet a demand for an intelligent and suggestive treatise on the management and improvement of the singing voice. The following table of contents will serve to indicate its character:

Chapter 1. Introduction and Theoretical Statement.

Chapter 2. Voice Production—Physiological and practical.

Chapter 3. Management of the Voice, Hygienic, Dietectic and Medical.

OPINIONS OF THE ENGLISH PRESS.

The hints are so valuable that, to the professional vocalist, they are of the utmost importance, and we consider we are doing a service to the profession in drawing attention to Mr. Lenox Browne's work.—*Era.*

It contains the most valuable information concerning the vocal organ, and some admirable hints to vocalists as to its proper training and culture. He gives plain, simple, and commonsense directions of hygiene to those who wish to exercise the voice as a musical instrument.—*Figaro.*

In a small space it contains a wonderful amount of information on the anatomy and physiology of the vocal organs, conveyed in a simple and unaffected style.—*Illustrated Sporting and Dramatic News.*

This is not a mere technical essay, but will be found of real service by all engaged in the teaching or study of vocal music.—*Lloyd's Weekly News.*

Mr. Browne's treatise is full of valuable information, and its study may be recommended not only to regular students and teachers of singing, but to the numerous clergy and choirmasters who are now transforming for the better the old droning and shouting of the services of the church.—*Guardian.*

The work is extremely interesting from a social as well as from a medical point of view, and recommends itself to all interested in vocal music.—*Morning Post.*

A standard text-book for the people upon the subject of which it treats.—*Figaro.*

We can recommend it emphatically, for there is not a page that does not contain useful guidance to the vocalist. In all matters regarding the production of the voice and its preservation, the author is authority of the most trustworthy kind.—*Era.*

Sent by Mail for 25 Cents.

Address

M. L. HOLBROOK,

13 & 15 LAIGHT STREET, NEW YORK.

Digitized by Google

The Hygienic Hotel
AND
TURKISH BATH INSTITUTE,
13 & 15 Laight Street, N. Y.

Two Blocks from the Grand Street Station of The Elevated Railroad.



There are Six Lines of Horse Cars Passing near the Door.

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.

Digitized by Google

HYGIENE OF THE BRAIN,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

PART I.

CHAPTER 1.—*THE BRAIN*.....
CHAPTER 2.—*THE SPINAL CORD*.....
CHAPTER 3.—*THE CRANIAL AND SPINAL NERVES*.....
CHAPTRR 4.—*THE SYMPATHETIC NERVOUS SYSTEM*.....
CHAPTER 5.—*HOW THE NERVES ACT*.....
CHAPTER 6.—*HAS NERVOUS ACTIVITY ANY LIMIT?*.....
CHAPTER 7.—*NERVOUS EXHAUSTION*.....
CHAPTER 8.—*HOW TO CURE NERVOUSNESS*.....
CHAPTER 9.—*THE CURE OF NERVOUSNESS* (*Continued*).....
CHAPTER 10.—*VALUE OF A LARGE SUPPLY OF FOOD IN NERVOUS DISORDERS*.....
CHAPTER 11.—*FIFTY IMPORTANT QUESTIONS ANSWERED*.....
CHAPTER 12.—*WHAT OUR THINKERS AND SCIENTISTS SAY*.....

Chapter 12 contains Hints on the following Subjects:

Expectant Attention—*Wm. B. Carpenter, M. D., F. R. S.* Normally Developed Brains—*E. H. Clarke, M. D.* Alcohol Enfeebles the Reason—*Benjamin W. Richardson, M. D., F. R. S.* Women and Brain Labor—*Frances Power Cobbe.* Difference between Man's and Woman's Brain—*G. Spurzheim, M. D.* Rejuvenating Power of Sleep—*J. R. Black, M. D.* Physiological Effects of Excessive Brain Labor—*William A. Hammond, M. D.* Training Both Sides of the Brain—*Dr. Seguin.* Amount of Blood Necessary to Mental Vigor—*Alexander Bain, LL. D.* Take Care of Your Health—*John Tyndall, LL. D., F. R. S.* Neuter Verbs—*Archbishop Whately.* Exercising the Brain—*Lionel John Beale, M. R. C. S.* How Chancellor Kent was Educated—*Chancellor Kent.* Origin of Abuse of the Mind—*Robert Macintosh.* Intellect Not All—*Dr. Brown Sequard.* Early Mental Culture a Mistake—*Amariah Brigham, M. D.* Walter Scott's Boyhood—*Harriet Martineau.* A Wise Thought from *Herbert Spencer,* Hot-House Brains—*R. R. Bowker.* Book-Gluttony and Lesson-Bibbing—*Thomas W. Huxley, M. D., F. R. S.* Continued and Varied Activity of the Mind—*Benjamin W. Richardson, M. D. F. R. S.*

PART II.

Contains Letters describing the Physical and Intellectual Habits of the following Men and Women, written by Themselves for this Work.

1. O. B. FROTHINGHAM—Physical and Intellectual Habits of.....
2. FRANCIS W. NEWMAN—Physical and Intellectual Habits of.....
3. T. L. NICHOLS, M. D.—On the Physical and Intellectual Habits of Englishmen.....
4. JOSEPH RODES BUCHANAN, M. D.—Interesting Suggestions on Mental Health.....
5. GERRIT SMITH—His Physical and Intellectual Habits (Written by his Daughter).....
6. THOMAS WENTWORTH HIGGINSON—His Rules for Physical and Mental Health.....
7. NORTON S. TOWNSEND, M. D.—Mental Hygiene for Farmers.....
8. EDWARD BALTZER—Habits of the German Radical.....
9. WILLIAM LLOYD GARRISON—Interesting Hints from.....
10. A BRONSON ALCOTT—An Interesting Letter from.....
11. S. O. GLEASON, M. D.—A Plea for Hunting for Over-worked Brains.....
12. WILLIAM E. DODGE—Suggestions from.....
13. HENRY HYDE LEE—A Business Man's Suggestions.....
14. DIO LEWIS, M. D.—His Advice to his Namesake.....
15. FREDERIC BEECHER PERKINS—Suggestions for Brainworkers.....
16. JUDGE SAMUEL A. FOOT—His Habits of Study and Work (aged 88).....
17. MARK HOPKINS—A few Suggestions to Students.....
18. WILLIAM CULLEN BRYANT—How he Conducted his Physical and Intellectual Life.....
19. WILLIAM HOWITT—The English Poet, and his Habits from Boyhood to Old Age.....
20. REV. JOHN TODD—His Workshop as a means of Recreation.....
21. REV. CHAS. CLEVELAND—How he Lived to nearly 100 Years.....
22. W. A., M. D.—How to Banish Bad Feelings by Force.....
23. SARAH J. HALE—A Letter Written when She was 90.....
24. HORACE & MARY MANN—Most valuable Hints from.....
25. JULIA E. SMITH—At 88, and How she has Lived.....
26. MARY J. STUDLEY, M. D.—On Nervousness in Schoolgirls.....
27. ELIZABETH OAKES SMITH—On Headaches.....
28. REBECCA B. GLEASON, M. D.—Her Means of Resting the Brain.....

These letters are all fresh, and full of most valuable suggestions from men and women who have achieved fame; and to read them is next to sitting and talking with the writers. Not one of these letters but is worth the price of the book. Yet there are 28 of them. The book contains nearly 300 pages, and sells for $1.50.

ADDRESS ALL ORDERS TO

M. L. HOLBROOK, M. D., PUBLISHER 13 & 15 LAIGHT ST.

NEW YORK.

Digitized by Google

Drs. Walter's Mountain Park,

OPEN ALL THE YEAR.

All things Considered, the very Best.

WERNERSVILLE, NEAR READING, PA.

For winter treatment of invalids its arrangements are superior to all others; while for summer it is beyond competition. Terms very moderate. Send for new circular.

Address as above, ROBERT WALTER, M. D.

DR. F. WILSON HURD'S

HIGHLAND HYGEIAN HOME,

AT THE DELAWARE WATER GAP,

Address Experiment Mills Post Office, Pa.

SEXUAL PHYSIOLOGY,

A SCIENTIFIC AND POPULAR EXPOSITION OF THE

FUNDAMENTAL PROBLEMS IN SOCIOLOGY.

BY R. T. TRALL, M. D.

This work contains the latest and most important discoveries in the Anatomy and Physiology of the Sexes, explains the Origin of Human Life, how and when Menstruation, Impregnation and Conception occur, giving the laws by which the number and sex of offspring are controlled, and valuable information in regard to the begetting and rearing of beautiful and healthy children. It high-toned and should be read by every family. It contains eighty fine engravings.

PRICE $1 POSTAGE FREE.

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

PERIODICAL LITERATURE

We beg to announce that we have prepared

A Comprehensive Catalogue,

containing a complete list of American and Foreign Serial Publications.

It gives the *nature*, *frequency of issue*, and *price* of over SEVEN HUNDRED Magazines and Periodicals, classified for convenient reference.

Mailed to any address, on receipt of ten cents in postage stamps.

American Publication Co.,

357 Washington Street, Boston, Mass.

Publishers' agents for every class of Magazine, Periodical and newspaper. Discount to Libraries, Reading Rooms, and Clubs.

MARVELS OF ELECTRICITY.

DR. JEROME KIDDER'S Electro-medical apparatus is of immeasurable value in relieving suffering from Rheumatism, Neuralgia, Swellings, Stiff and Inflamed Joints, Inflammation, Paralysis, Constipation, Want of Tone and Energy, Female Diseases, Prolapsus Uteri, Sciatica etc., and many other complaints too numerous to mention. Address ALBERT KIDDER & CO., 820 Broadway, New York City.

Mention HERALD OF HEALTH.

THE DIET CURE;

The Relations of Food and Drink to Health, Disease, and Cure.

By T. L. NICHOLS, M. D.,

Editor of the London Herald of Health.

The title of the twenty four chapters of "The Diet Cure" are—

Health—Food—Water—Blood—The Natural Food of Man—Disease—Prevention and Cure—The Question of Quantity—The Question of Quality—Principles of the Diet Cure—Medical Opinions on the Diet Cure—Of Diet in Acute, Scrofulous, and Nervous Diseases—The Diet Cure in Obesity—Vis Medicatrix Naturæ—The Diet Cure in Various Diseases—The Water Cure—Waste of Life—The Life of the Race—The Population Question—Some Practical Illustrations—Air and Exercise—Of Psychic Force—National Health and Wealth—Personal Advice.

There have been, from Hippocrates to Dr Gull, many sensible physicians, and some of the best of them are quoted in "The Diet Cure," which teaches that pure food makes pure blood, and pure blood builds up a healthy body.

This book is handsomely printed, bound in cloth and will be sent by mail for fifty cents.

M. L. HOLBROOK, Publisher,

13 & 15 Laight St., New York.

Digitized by Google

BRAIN AND NERVE FOOD--VITALIZED PHOS-PHITES

Composed of the Vital or Nerve-giving Principles of the Ox-brain and Wheat-germ.

It restores the energy lost by nervousness or indigestion; relieves lassitude erratic pains and neuralgia, refreshes the nerves tired by worry, excitement or excessive brain fatigue; strengthens a failing memory, and gives renewed vigor in all diseases of nervous exhaustion or debility. It is the only **PREVENTIVE** of Consumption. It gives vitality to the insufficient bodily or mental growth of children, and prevents fretfulness, as it promotes good health to brain and body.

Physicians have prescribed 300,000 packages. Sold by druggists or by mail, $1.

F. CROSBY, 664 and 666 Sixth Avenue, New York.

THE MOTHER'S MAGAZINE,

The next January number will commence the 46th year of this old and popular MAGAZINE. It has hitherto been, and, we hope, will continue to be an ever ready hand-maid to the mother in her enlightened and hallowed Christian efforts to make her children precious jewels in the family circle, ornaments of society, and heirs of heaven, and the father and mother honored and blessed in their good name.

TERMS:—Three months, 45 cents; six months, 80 cents; one year, $1.50. Cash invariably in advance. Sample copy, 5 cents. Remit by draft, check, P. O. Money order, or registered letter; otherwise at the risk of the sender. Special rates to clubs. Agents and canvassers wanted. Liberal commission given. Address,

MOTHER'S MAGAZINE Box 3157 New York.

Louisville, Ky. Nov. 8, 1879.

To the Editor of the *Mother's Magazine*:—I have taken and read your invaluable magazine for more than twenty-five years, and now give it to my daughter, who is the mother of three sweet little children. May God bless you in all your efforts to train up, through their mothers, the rising generation.- Mr. J. O. Campbell.

Stanstead, Canada, March 11, 1879.

Mr. Editor:—I cannot give up the *Mother's Magazine*. I hope I may be able to take it while I live, as my dear mother did. It is very dear to me, not only on her account, but from its own intrinsic worth. May God bless and strengthen you in your noble work.—Miss C. N. Hubbard.

Clinton, Mo., January, 1879.

Mr. Editor:—It is nearly, if not quite, thirty years since the magazine first came into our family, and it has never missed one year in all this time to gladden our hearts by its monthly visits. Next to the Bible have I prized its teachings, and felt that the timely suggestions contained in its pages have been an invaluable aid to me in the management of our children.—A Friend of the *Mother's Magazine*

The Mother's Magazine is one of the oldest and best monthlies for the family circle within our knowledge. It is ably conducted, and its pages well filled by talented and experienced writers. Not the least attractive feature is the department for the youth, which gives evidence of peculiar tact, both in its selections and contributions.—*Christian Observer*, Louisville, Ky.

The *Mother's Magazine* is the name of a monthly devoted especially to the interests of mothers and children, and filled with excellent reading for the family circle. It furnishes a Christian literature that will purify and elevate wherever it goes.—Waterville Mail, Me.

WHEATENA FOODS

are gaining in popular favor daily. Our Wheatena consists of the GLUTEN of the wheat. Our COLD GROUND FLOUR is made without millstones, and no heat is created during the process. Our STEAM COOKED DESSICATED OATS are far superior to Oatmeal. They can be prepared for the table in ten minutes. STEAM COOKED PEA and BEAN MEALS—delicious soup in five minutes.

Send stamp for 16-page book and other information. Address

CHAS. H. HOYT & SON,
121 Varick Street, N. Y.

HEALDS' HYGEIAN HOME,

WILMINGTON, DELAWARE.

Presents especial advantages as a FALL and WINTER Home for invalids. We are further South than any other reputable Health Institution. While we are so located as to have all city conveniences, we are practically in the country on high ground, with extended views.

The "Home" is *heated throughout* by STEAM WARMED air, pure and free from gas or dust Each room is thoroughly ventilated.

OUR TREATMENT, including all judicious forms of BATHS, "MOVEMENTS," MASSAGE, etc., is most thoroughly administered. *No extra charge for "Movements."* We strive to bring *all* hygienic influences to aid our invalid guests to recover health.

OUR TABLE, we are sure, is not equaled by that of any other "cure" in the country. As the DIET of invalids is of the utmost importance, we have made it a study to provide the *best*. We have air-tighted IN GLASS, 1,500 half gals. of choice fruit for next Winter's use.

"RELATIONS OF THE SEXES," mailed 10c.

Wanted.—Hygienic helpers—both sexes.

Send stamp for circulars.

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

DR. FAIRCHILD'S HYGEIAN HOME

AND

MOVEMENT CURE.

537 Broadway, N. W. cor. B'way & 6th Streets
QUINCY, ILL.

Unequaled facilities for treatment of chronic diseases. Send for Circular.

M. AUGUSTA FAIRCHILD, M. D.
tf Physician and Proprietor.

DRS. STRONGS' REMEDIAL INSTITUTE,

SARATOGA SPRINGS. N. Y.,

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

PATENTS!

L. DEANE, 515 7th St., Washington, D. C. formerly Principal Examiner in United States Patent Office, attends to all business before Patent Office and the Courts, and charges fair rates for services. Letters, with stamp, promptly answered.

THE DIETETIC REFORMER

AND

Vegetarian Messenger.

An English publication of thirty-two pages, will be furnished for $1 a year by

M. L. HOLBROOK, 13 & 15 Laight St., N. Y.

Digitized by Google

BEATTY
PIANOS & ORGANS,



Welcome to 1881.—Now ready, Style No. 8,000. (A new Parlor Organ.) The very best cabinet or parlor organ for the money to be found in this country. I challenge its equal. It contains 17 beautiful Solo Stops, 5 full sets Golden Tongue Reeds, Sub Bass, Octave Coupler, also, the famous Vox Celeste (which is the sweetest stop ever placed in an organ) and Vox Humana. Besides all this it contains an entirely new and original stop named "Celestina or French Horn." This beautiful solo stop is connected with a distinct set of powerful reeds which is so tuned and voiced as to produce an exact imitation of a french horn. It has the grand organ right and left, (2 Knee Swells,) 5 Octaves, fine walnut case, beautiful french veneering, handsomely carved, handles each end, fine lamp stands, pocket for music, extra large fancy top. Beattys new patent Stop Action, the finest action ever placed in an organ. Height, 50 in. Depth, 24 in. Length, 49 in. Its weight when boxed will be over 400 lbs. It has a sliding l'd. Its pedals are covered with metal instead of carpet. Taking all things in consideration, it is the finest organ for the money ever built. Agents (Monopolist price) for such an instrument is all the way from $150 to $400.

☞ **I will box and deliver the above organ on board cars here. Pack with it a fine stool, book & music for only $85**

NOTICE. My Holiday offers.—On account of the enormous increase in the sales of my Pianos and Organs, because of my special Holiday offers, and that all may have an opportunity to avail themselves of them, I hereby extend the offer until the 30 day of April, 1881. Please write your letters briefly and to the point. I shall be very busy up to April 30th, 1881, at which time my holiday offers expire.

A very large assortment of new and beautiful styles of Pianos and Organs were manufactured for the Holiday season. Prices of Organs from $30 to $1,000, 2 to 32 Stops. Small Organs as low as $15. Beautiful new style Pianos from $125 to $1600. The demand for the new style No. 5000" the London" at $65. is without a parallel. It is by far the finest organ ever placed in the market, as thousand will testify. I am obliged to work my men overtime in order to fill the demand. I predict a still greater sale of the new style No. 8,000 at **$85.**

☞ **Latest Illustrated Catalogue** with beautiful **Steel plate** Engraving, **sent free.** Those desiring to purchase are requested to visit my factory here and select the instrument in person.

Address or call on DANIEL F. BEATTY, Washington, New Jersey.



SAVE MONEY

by sending for our new FASHION GUIDE, containing 280 Illustrations, combined with Catalogue and Price List of our Human Hair Goods, embracing Switches, Curls, Street and Stage Wigs, Hair-Jewelry, etc. Beautiful and manifold styles in Invisible Front Coiffures. The best and most complete work in its line ever published in the U. S. No Lady and no Hair Dealer should be without it.

Mailed by HAUSSER & CO., 300 Grand Street, N.Y. City. Goods sent C.O.D., with privilege of returning.

---

50 PERFUMED LATEST STYLE CARDS! Motto, Moss Rose, Lily, Violet, Snowflake, Japanese, Lace, no two alike, by return mail, 10c. Outfit, 10c. Elegant cloth bound Book of 60 fashionable varieties of Chromo, Photograph Pictorial and Gilt Edge Cards, 25c.
CAXTON PRINTING CO., Northford, Ct.

Printing Presses

75 cents to $175. Circulars free. Book of Type, 10 cents. 40 kinds of cards, 10 cts. Printers' Instruction Book, 15 cts.
JOSEPH WATSON, 19 Murray Street, New York.

SEEDS ILLUSTRATED GARDEN GUIDE, of the best Flowers and Vegetables with prices of seeds, and how to grow them. FREE TO ALL. It will pay to send for it.
COLE & BROTHER, Seedsmen, Pella, Iowa.

GET Rich selling our Rubber stamps and Music Samples free. Best sheet music at half price. Special rates to teachers. Cook & Bissell. Cleveland, O.

---

50 All Gold, Chromo & Lit'g Cards (no 2 alike) Name on, 10c, Clinton Bros., Clintonville Ct.

SEEDS! Highest Quality! Lowest Prices! Liberal club terms **BULBS!** Splendid Fower Seeds, fresh, prize strains. Dahlias and Gladiolus. Send for new catalogue.
E. WYMAN, Jr., Rockford, Ill.

---

50 All Lithographed Gold, Floral & Motto Cards No 2 alike, 10c. Agts Mammoth Outfit 10c. Globe Card Co. Northford, Ct.

A KEY THAT WILL WIND ANY WATCH **AND NOT WEAR OUT.**

SOLD by Watchmakers. By mail, 30 cts. Circulars FREE. J. S. BIRCH & CO., 38 Dey St., N.Y.

---

50 Finest Chromo, Gilt & Colored, Scroll Cards ever sold, only 10c. Agents' Samples 10c. G. A. Spring, Northford, Ct.

"THE MOUNTAIN HOME"

This old and well-established Sanitarium 1,000 feet above tide water at Philadelphia, is open for the reception of such as desire to avail themselves of a first class institution for the recovery of lost health etc.

For particulars, address for circular.

DRS. WENRICH & DEPPEN.
Wernersville, Penn.

DR. VAIL'S
HYGIENIC & REMEDIAL INSTITUTE

is at Manhattan, Kansas. Send for circular to
W. F. VAIL.

Digitized by Google

GOLD MEDAL, PARIS, 1878.



BAKER'S

BROMA

Is a combination of the Cocoa-Nut with other ingredients, invigorating and agreeable alike to invalids and persons in health. To the sick it yields a delicate and tempting beverage, when other nourishment is unpalatable and indigestible. As a diet for children it is invaluable.

Sold by Grocers everywhere.

W. BAKER & CO.,

Dorchester, Mass.

GOLD MEDAL, PARIS, 1878.



GERMAN

SWEET CHOCOLATE.

The most popular sweet Chocolate in the market. It is nutritious and palatable; a particular favorite with children, and a most excellent article for family use. *The genuine is stamped S. German, Dorchester, Mass. Beware of imitations.*

Sold by Grocers everywhere.

W. BAKER & CO.,

Dorchester, Mass.

HANDEL'S MESSIAH, 50 CENTS.
Many other Oratorios at 50 cts.
PIRATES OF PENZANCE $1.
A LARGE NUMBER OF OPERAS AT $1.
Words and music complete.
1000 Volumes of CLASSICAL and POPULAR **MUSIC VERY CHEAP.**
Send for catalogue. WM. A. POND & CO.,
25 Union Square, New York.



1881.

Is an Elegant Book of 120 Pages, one Colored Flower plate, and 600 Illustrations, with Description of the best Flowers and Vegetables, and Directions for growing. Only 10 cents. In English or German. If you afterwards order seeds deduct the 10 cents.

VICK'S SEEDS are the best in the world. The FLORAL GUIDE will tell how to get and grow them.

Vick's Flower and Vegetable Garden, 175 Pages, 6 Colored Plates, 500 Engravings. For 50 cents in paper covers; $1.00 in elegant cloth. In German or English.

Vick's Illustrated Monthly Magazine—32 Pages, a Colored Plate in every number and many fine Engravings. Price $1.25 a year; Five Copies for $5.00. Specimen Numbers sent for 10 cents; 3 trial copies for 25 cents.

Address, JAMES VICK, Rochester, N.Y.

PLAYS, RECITATIONS, DIALOGUES—Temperance, Sentimental, Comic—15 cents. Amusements all kinds. Books, Music, &c. Catalogues free. HAPPY HOURS BAZAR, 5 Beekman St., N. Y.



UNDER THE FORM OF A JELLY CALLED VASELINE, PETROLEUM IS GIVEN TO MEDICINE AND PHARMACY IN AN ABSOLUTELY PURE, HIGHLY CONCENTRATED, AND UNOBJECTIONABLE SHAPE. ALL ACIDS, ODORS, TASTE, COLOR, AND OTHER IMPURITIES, WHICH HAVE HITHERTO PREVENTED THE USE OF PETROLEUM IN MEDICINE, ARE ENTIRELY ELIMINATED, AND THE VASELINE IS AS HARMLESS AND DELIGHTFUL TO USE AS CREAM.

The most valuable family remedy known for the treatment of wounds, burns, sores, cuts, skin diseases, rheumatism, chilblains, catarrh, hemorrhoids, etc. Also for coughs, colds, sore throat, croup and diphtheria, etc. It has received the unanimous endorsement of the Medical Press and Profession, Scientists and Journals of all characters throughout the world, as being the Best Remedy Known.

As an emollient, Vaseline is superior to any other substance yet discovered. Its marvellous healing and restoring qualities excel everything else, and it is rapidly taking the place on the toilet-table, to the exclusion of the various complexion powders, pomades, cosmetics, and other compounds. It will keep the skin clearer, softer, and smoother than any cosmetic ever invented, and will preserve the youthful beauty and freshness of the healthy complexion.

POMADE VASELINE.—WILL CURE DANDRUFF AND MAKE THE HAIR GROW WHEN NOTHING ELSE WILL. **25, 50** CENTS AND **$1.00**

VASELINE COLD CREAM.—FOR IRRITATIONS OF THE SKIN, CHAFING OF INFANTS, FOR THE COMPLEXION, CHAPPED HANDS, &c., &c., &c. **25** AND **50** CENTS.

VASELINE CAMPHOR ICE.—FOR PIMPLES, BLOTCHES, &c., **25** CENTS.

VASELINE TOILET SOAP.—EMOLLIENT, BLAND, ANTISEPTIC (EXCELS ALL TOILET SOAPS).

COLGATE & Co. will supply these articles, if you cannot obtain them of your Druggist. None Genuine except in original packages.

Grand Medals at Philadelphia and Paris Expositions. Medal of Progress by American Institute.

Digitized by Google

2 GAL 139

OLD SERIES—VOL. 66. NEW SERIES—VOL. 32.

BOSTON MEDICAL LIBRARY ASSN. JULY 26 1884

HERALD OF HEALTH

DEVOTED TO THE CULTURE OF

BODY AND MIND.

OUR MOTTO:

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

CONTENTS FOR MARCH, 1881.

GENERAL ARTICLES. Page.

Our Common Slight Ailments.—*By the Editor* 49
Wealth and Human Progress.—*By R. M. T.* 51
Sweating of the Feet and its Treatment.—*By George Thin, M. D* 53
The Institute of Heredity 55

OUR DESSERT TABLE.

Only a Costlier Disease—Sleep 56

TOPICS OF THE MONTH.

Size and Weight of Children, and their Health 57
Record of Hygienic Progress—Shall Immorality be Legalized? 58
The Rights of Smokers 59
Healthy Morals 60

STUDIES IN HYGIENE FOR WOMEN.

Educating our Children—A Need for Healthy Dwellings 61
Bronchitis—Food Cathartics—Ill-Ventilated Court-Houses 62
How Diphtheria Spreads—How to Treat Frost-Bites 63
To Young Women—Bread, Brown and Light—Avoiding Disease 64

NEW YORK:

M. L. HOLBROOK, M. D., Publisher,

13 & 15 LAIGHT STREET.

$1.00 a Year. Single Copy 10 Cents.

Digitized by Google

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

THE HERALD OF HEALTH,

FOR 1881,

ONE DOLLAR PER YEAR,

Will present some new features which will make the volume one of special interest. It will give as its leading articles a series of papers entitled

OUR COMMON SLIGHT AILMENTS,

AND THEIR

PREVENTION AND CURE BY SIMPLE NATURAL MEANS.

The following will be a few of the subjects which will be treated: Impaired Appetite, Voracious Appetite, Wind on the Stomach, Ordinary Forms of Indigestion, Constipation (hygienic treatment of) and Importance of Regular Action of the Bowels, Ordinary Diarrhea—Its Treatment, Vertigo, Treatment of Sick Headache, Drowsiness, Wakefulness, Nervousness, Neuralgia, Rheumatism, Diet in Rheumatism, Low Spirits, Taking Cold, Preventive and Curative Treatment of Coughs, Catarrh, Malarial Fevers, Sore Throat, Weak Lungs, Inflamed Eyes, Dry Skin, Imperfect Action of Skin, Some Diseases of Skin, Baldness, etc.

PREMIUMS.

Every subscriber who sends **10 cents extra** will be entitled to either one of the following books as premiums:

MEDICAL AND HYGIENIC HINTS ON THE PROTECTION AND MANAGEMENT OF THE SINGING VOICE,

BY LENOX BROWNE, F. R. C. S.

It contains the following chapters: 1. Introduction and Theoretical Statement. 2. Voice Production—Physiological and Practical. 3. Management of the Voice, Hygienic and Medical.

Muscle Beating; or, Active and Passive Home Exercise for Healthy and Unhealthy People.

BY PROF. KLEMM, MANAGER OF THE GYMNASTIC INSTITUTION AT RIGA.

AIDS TO FAMILY GOVERNMENT,

Including Physical, Intellectual and Moral Education.

BY MRS. BERTHA MEYER.

The appendix of the book will contain Herbert Spencer's great essay on "The Rights of Children." It will also contain, from the pen of the Translator, 100 Hints and Suggestions to Parents on the Training of Children. The work is more interesting than any novel.

THE SCHOOL GARDEN.

BY DR. SCHWAB, DIRECTOR OF THE VIENNA MILITARY GYMNASIUM.

Translated from the German by Mrs. Horace Mann.

For more complete description of these books see catalogue. Remember that to obtain one one of these premiums **$1.10** must be sent direct to us.

CLUBBING WITH BOOKS.

We will send THE HERALD OF HEALTH and "Eating for Strength" for $1.75, both postpaid; and it and "Parturition Without Pain" for $1.75, postpaid; it and "Sexual Physiology" for $2.00, postpaid; it and "Relations of the Sexes" for $2.00 postpaid; it and "Liver Complaint" for $1.75 postpaid; it and "What Our Girls Ought to Know" for $2.00 postpaid; or it and "Hygiene of the Brain and Nerves" for $2.00 postpaid. In sending money the best way is to get a postal order, or register your letters. Fractional change may be sent in postage stamps.

CLUBBING WITH OTHER MAGAZINES.

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

One, Two and Three Dollar Publications.

THE HERALD OF HEALTH will be sent for one year, with St. Nicholas—$3—for $3.40; with Demorest's Monthly—$3—for $3.25; with the Phrenological Journal—$2—for $2.50; with the New York Weekly Tribune—$2—for $2.50; with the American Agriculturist—$1.50—for $2.10; with the Boston Journal of Chemistry—$1—for $2. Address

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

Digitized by Google

THE
HERALD OF HEALTH.

MARCH, 1881.

OUR COMMON SLIGHT AILMENTS—THEIR PREVENTION AND CURE.

BY THE EDITOR.

IMPAIRED APPETITE.

THE person whose appetite is impaired deserves to be pitied—not that it is always a very serious matter, but because so much of the pleasure of life is gone when one cannot eat, and because it is an indication of something wrong in the system. There is, and ought to be, a great deal of pleasure taken in the eating of our food when the appetite is good and the digestion excellent, and there is also a great deal of discomfort if one does not enjoy his food, and eats it only from a sense of duty. First, let us see what is meant by the word "appetite," in the sense in which we use it here. Specifically it is only a desire for food and drink, which may be stronger or weaker according to circumstances. No one can live without food, and there must always be a constant supply of it in the body to keep up the processes of life, just as there must be a constant supply of wood or coal in the grate to keep up the fire. If the supply of nourishment in the circulating fluids runs short, the solid tissues of the body must be called on to supply the deficiency, and when these refuse longer to yield their substance, death comes in and ends the tragedy. Long before this happens, however, the person grows weak and emaciated.

A regular appetite, recurring at stated intervals, may be regarded as one of the best evidences of health. It does not need to be described, for every one can form an idea of it from his own sensations. It is the impaired appetites that this article will consider. There are many varieties of these. First, there is the fastidious variety, so often seen in children. They get up in the morning with no wish for a hearty breakfast; a cup of tea, a bit of toast, and something that excites the taste is all they want. Only the most delicate things will suit them. This is deplorable, because children ought to have good appetites, and if they do not have them they will not be well nourished nor grow large and strong; they will not have that vigorous development of frame so necessary to fill their place in life.

The cause of this condition in children may be twofold. It may be because at birth they are feeble and insufficiently endowed with health; or it may be because the have not been properly managed by their parents or nurses, and their appetites have been depraved by gratifying their every whim and fancy. If they get a liking for any stimulant it is given to them, and after a while they prefer it to suitable food. If they get a taste for candies and sweetmeats, and these are given to them *ad libitum*, there is scarcely anything that will so soon destroy the taste for simple, natural food. Such children need to be managed wisely. They should at once be placed on simple, nutritious food, and kept on it till they love it. Brown bread and

Digitized by Google

milk, and fruit, and the various vegetable and farinaceous preparations should make up the bulk of a young boy or girl's nourishment. Instead of tea and toast for breakfast let them have oatmeal, milk, sugar and fruit. At first they may rebel, but parental authority should not yield. The appetite will soon come to terms rather than suffer with hunger. The dinner may consist of water, vegetables, bread and meat, if it is allowed. The supper may be somewhat like the breakfast, with the addition of brown bread toast, and plain apple, or other sauce. Tea, coffee, cakes and sweetmeats are unfit for children; and if daily indulged in are sure to impair the appetite, even of adults.

There are many varieties of depraved appetite in adults, and these are often perhaps only symptoms of the approach of other diseases; but they are as often indications of impaired digestion, and perhaps also evidences of bad dietetic habits. In the former case wise medical advice may be essential. In the latter, wisdom on the part of the sufferer may be all that is needed. If there has been overwork either with the muscles or brain, the first thing to do is to stop this and recreate a little. One of the most frequent causes of a loss of appetite is overstrain, or too long tension of the system in one direction. But there are also other causes. A bad system of diet may lie at the foundation of it. A great deal of strong tea, or coffee and sweetmeats may do for adults what a little of them does for children. In such cases the wise course is to go back to as nearly a natural or rational system of diet as is possible. Brown bread, fruits, vegetables, milk, etc., should be the staple articles, and as little flesh food as the person is willing to take. The vegetarians, as a rule, never know much about loss of appetite, or voracious appetite, provided they choose their food wisely. A voracious appetite is a sign of disease, quite as much as loss of appetite. The quantity of food consumed by some persons seems almost incredible. A child of seven years has been known to devour after a meal quite sufficient for a man—a raw rabbit, half a pound of fat and as much butter. This child—a girl, by the way—ate more food than a family of five children and their parents, and was even then unsatisfied. The amount of food that a person may consume with such a malady is amazing, and yet the craving is not satisfied. The treatment of such cases is difficult and must be mostly moral. The cause must be first discovered and, if possible, removed. The mind must be occupied in an interesting way, and labor with the muscles promoted as much as possible. Everything must be done to divert the attention from the stomach, and the will must be called into action vigorously every morning to resist the craving.

There is one form of impaired appetite quite common among sedentary persons, and those who spend most of their time indoors. They do not get air enough, and are easily cured by outdoor exercise and recreation. It is wonderful how quickly the appetite may be ruined by living in bad air, and how quickly restored by good fresh air.

The appetite, too, may be destroyed suddenly by bad news, by the loss of friends or property, or by strong emotional excitement of any kind. As soon as the cause is removed the disease becomes quickly cured. Old people often have a poor appetite, and this is a natural result of declining strength. Little more can be done in such cases beside gentle recreation, fresh air and as much sleep as can be taken, and by good food, with occasional changes of the same.

In the spring of the year the appetite very often fails for want of fresh fruits and vegetables; but now it is so easy to get them in a preserved form there ought to be little trouble at this season.

In conclusion we may add, that by a natural manner of living, to which we should all aspire, there will rarely be any trouble from the disease which has just been discussed.

THE sublimity of wisdom is to do those things living which are to be desired when dying.

JUL 25 1894 MEDICAL LIBRARY ASS'N

Digitized by Google

WEALTH AND HUMAN PROGRESS.

BY R. M. T.

THE wealth of the political economists is not the wealth of common parlance. The former comprises every product of labor that possesses an exchangeable value, while the term wealth, as popularly understood, refers to large accumulations of money, or those things which can be exchanged into money. If we would grasp the meaning of the term as used by the political economists, we must get rid of the idea that wealth is money. According to what was known as the mercantile theory, money and wealth were synonymous terms. Adam Smith sufficiently demonstrated the fallacy of this idea. He compared money to a road. As the one is the medium by which we arrive at the end of a journey, so the other is the medium by which we arrive at the end of a bargain. A road is of no value except as a medium of travel. So money is of no value except as a medium of exchange. Money satifies no want—its value consists in its being a universally accepted medium for the purchase of things which will satisfy our needs. A realization of this fact is necessary to enable us to properly appreciate that wealth is the product of labor and nothing else. Wealth would soon cease to exist if labor were stopped. All the money in the world in that case would be of no avail to check the inevitable collapse of the fabric of humanity.

For our present purpose wealth may be viewed under two heads—reproductive and non-reproductive. The labor which produces these two kinds of wealth may also in the same way be called reproductive and non-reproductive labor. A tool is reproductive wealth, because it is valuable to aid in producing more wealth. Food is reproductive, because it produces physical strength in a man which enables him to labor and produce more wealth. Clothing and houses are reproductive wealth in that they tend to conserve the health and strength of a man, without which he would be unable to labor. As an example of non-reproductive wealth we might instance tobacco, which possesses no strengthening properties, and which in no sense supplies a man with force to aid him in the production of wealth. Consequently all those who work in the raising and distribution of tobacco are engaged in non-reproductive labor, which tends to the impoverishment of the community.

It is obvious that we work in a circle. The physical strength of a man is expended in the production of food, which food is in its turn consumed for the production of more physical strength; but so prolific is nature, and so willing to adapt herself to our requirements, carrying our burdens and performing drudgery which we should otherwise have to perform with our own hands, that by the time man has gone round the circle he is a great gainer—that is to say, he has attained from nature as the result of his labor much more food than is necessary to impart physical strength to him while he goes and repeats his labor. Consequently he can afford to spare some of the wealth he has gained for those who will give him an equivalent in the shape of instruction, entertainment, or other form of pleasure.

The labor spent in the production of books, pictures, musical compositions, musical instruments, and all other means for securing recreation and the advancement of culture, is not reproduced in the same way as that labor which results in machinery, tools, or bread. In dealing with this aspect of our question we arise out of such prosaic surroundings of our existence as the necessities of our corporeal natures into the loftier atmosphere of the necessities of our intellectual being. Here we observe how the grosser may serve the finer—how become subservient to it. The world can afford to give a great deal of bread for an ennobling thought, an elevating strain of music, and yet be the richer. If we assume th Shakespeare did nothing whatever

Digitized by Google

by his physical labor to increase the riches of the world, then we have his 37 plays and his poems in exchange for the labor that the community expended in supporting him. When asking ourselves if the world was the loser by the transaction, there arises before us the absurdity of attempting to appraise productions of the brain by comparing them with material products. It is a great advantage to a community to possess an abundance of the wealth of the political économists; but intellectual progress, a growing refinement in the tastes of society, a love of the beautiful, anything that appears in contradistinction to a sordid hankering after those things which gratify the animal instincts of man, are incomparably to be desired before a vast accumulation of material wealth.

How much has the intellectual advancement of the world been helped by the works of Shakespeare, and how much will it derive strength from them in its march in the future? We may assume that Handel, and Beethoven never did any reproductive labor in their lives—using the phrase in the sense we have used it before—but their compositions have been, and ever will be, while man lives, of incalculable value in raising and ennobling men's souls, and in prompting them to noble deeds and unselfish actions. Had the existence of such men as those cost the world's laborers a thousand times as much as it did, we should then have been immense gainers. To attempt to weigh the "Messiah" against a quantity of corn, or wearing apparel, were the height of folly. When realizing the fullness of this folly, we are able to realize that when apportioning to his proper sphere each worker in the community, this as a reproductive, and that as a non-productive laborer, we must place men who contribute to the intellectual advancement of the people in a sphere by themselves. The results of their labor rank higher than the reproductive wealth of the political economists. They occupy a place among the forces which operate on the subtle mind of man, raising him above his urroundings toward that ideal perfection which men of the noblest aspirations strive for the most ardently. They lead men to yearn for those deep pleasures which thrill the soul to its very bottom, compared with the enjoyment of which mere material wealth cannot but be regarded as a boon of secondary importance.

There is an intimate connection between the health of the people and the production of the wealth of the political economists, as well as the production of intellectual food. Labor and wealth are inseparably connected. The latter is entirely dependent on the former. Wealth is the fruit—labor the tree and branches. Without normal health, the best labor, whether of brains or muscles, is impossible. Sickness prevents labor, impoverishing the man who is sick and the community also, by so much wealth as his labor might produce during the time he is an invalid. But while wealth is dependent on labor, and labor on health, the latter can be promoted and conserved by a proper disposal of wealth. This forces on us the observation that possessors of wealth are, after all, but its guardians, and among their duties is that of using it for the promotion of the health of those who have contributed to their store. The great foe to health is ignorance. The ignorant have, as a rule, little appreciation of the blessings of knowledge, and if they had it is beyond their reach, unless it is placed there by the possessors of wealth. They have a moral right to a share of the wealth of the wealthy. What has contributed to the enormous increase in the value of land situated in such centers of population as New York and Chicago? What has made a plot of land which years ago was worth $1,000, worth now half a million dollars? Not the labor of the owner, but the labor of the million or half-million people, as the case may be, who have lived around it.

It is a mistake for a man to stand up in his solitariness, or with his family surrounding him, and say, "I am undisputed owner of all I grasp. My intellect is mine, to use as I like for my own pleasure, or for that of my family, and

Digitized by Google

my property is the same." Let such a man remember that if he had been born fifty thousand years ago he would have been a savage, perhaps only one remove from an ape. Humanity has been laboring with groans and tears for thousands of years—era after era—in the cultivation of its mental capacity, in order to make the man of the nineteenth century what he is to-day. The growing good of the world, some one has said, is due in a great measure to the unheard of and unheroic lives of those who sleep in unvisited graves, over whose heads there are no monuments. To them in a great measure do we owe that we are not now savages. How do we take the beneficent gifts they have bequeathed us? How do we show our appreciation of the efforts of untold ages in raising the moral and intellectual temperature of humanity? The man who stands up in his panoply of selfishness and affirms that he intends to use his possessions to gratify his own whims, forgets that those possessions are but capital belonging to humanity, which has been lent him for a season. He cannot say he created them. If even they are the results of his labor, whence did he get the brains to direct his labor. Where is the equity of a borrower squandering a loan on himself? Rather he should preserve it intact and pay interest besides.

The human race has a great future before it. For thousands of years it has been moving upward and onward. Temporary checks have taken place, but notwithstanding these there has been steady progress. There is no nobler work for a man than to use his wealth in overthrowing the causes which produce poverty, which prevent the spread of education, and deprive the masses of that higher order of blessings that contribute so much to the joyousness of life. The phrase "A sound mind in a sound body," contains a thought which is eminently true, and soundness of mind and body in the individual is indispensable to the progress of the race. There are pessimists who aver that they see no signs of a growing good in men. They point to the architectural evidences of civilization in ancient Egypt—to the works of Homer, Virgil, and other great Greeks and Romans—and ask where is the improvement, and where is the advance on the civilization of thousands of years ago? We reply—when comparing one era with another in this way the people must be judged of in the mass. Egyptian architects of the times of Moses were as much above the people in civilization as are the Catskill Mountains above the State of New York. An ideal humanity is not to be evolved in a hurry from debased material by any sudden revival. It must be the result of a long and earnest struggle against the forces of animalism, and while the wealth of the world if used blindly by its possessors may retard progress, used with wisdom it is capable of acting as a powerful lever in the good work.

SWEATING OF THE FEET AND ITS TREATMENT.

BY GEORGE THIN, M. D.

THERE are few persons of experience, medical or lay, who have not had the misfortune to discover that certain individuals smell so offensively that it is almost impossible to approach them. In many instances the evil smell is connected with the feet, although there is reason to believe that this source is only suspected for the most part by those who have learned te recognize the odor, and who know that it is associated with perspiring feet. In some cases the smell is so strong and penetrating, that it pervades a room long after the person from whom it emanates (and who may have remained in it only a few minutes) has left it. The entry of such an individual into the compartment of a railway carriage or an omnibus immediate-

Digitized by Google

ly fills it with a sickening effluvium, which, to the initiated, is unmistakable. These unhappy persons, if they belong to the wealthier classes, become exiled to a great extent from society; if they belong to the poorer classes, they may find it difficult to follow the calling by which they earn their living. Female domestic servants, from a cause to be presently explained, frequently suffer from this evil, and cannot in consequence find a household in which their presence is long tolerated.

It is difficult to describe a smell, and I will not attempt to describe this one, but it is of interest to remark that there is something in it suggestive of putrefying cheese. Some friends of mind found a country farmhouse, which they had taken for a short period, almost uninhabitable on account of a peculiar disagreeable odor which pervaded every part of it. The odor was at first attributed to a supposed want of cleanliness in the dairy, or to the presence of new cheeses which were being dried in one of the rooms of the house; but it was soon found that the smell proceeded from a young woman who had been engaged to do temporary service.

Profuse sweating of the palms and soles is not uncommon; but, in order to produce the specific odor to which I refer, something more than mere profuse sweating is required. The excessive perspiration, when confined by stockings and boots, macerates the epidermis, and, if the person stand or walk much, the skin of the heels becomes tender. This tenderness is slight blistering, or more decided localized eczema. In damp, relaxing weather, perspiration is increased; and we have thus two causes of aggravation, each potent, but both together very powerful—moist warm weather, and prolonged pressure by walking or standing.

The patient who has afforded me the opportunity of investigating the cause of the smell is a young woman, aged 22, who has suffered from evil-smelling feet, with soreness of the heels, for several years. Her hands are usually moist, or even wet, but are always odorless. The smell from the feet is not constant, disappearing in dry bracing weather, and reappearing when the weather is moist and depressing.

The first experiment I made was to subject the soles of the stockings and boots to the action of an antiseptic solution. The success was complete, the odor being entirely banished. The antiseptic precautions having been soon neglected, the smell returned, and I took the opportunity of investigating its cause more minutely.

The sole of the stocking, a few hours after it was put on, was found to be quite wet; and a stocking, if worn for a whole day, was so extremely offensive that, when held close to the nostrils, its overpowering fœtor was comparable to that of putrid blood. The inside of the boot was equally wet and offensive; but, at the very time that the stocking and boot smelt so strongly, the heel itself, exuding moisture profusely, had no disagreeable odor. The sole of the heel was reddened and tender, and macerated around the edge, like a washerwoman's palm.

The reaction of the moisture in the stocking and in the sole of the boot was alkaline, that of the moisture exuding from the skin of the sole of the heel faintly alkaline, whilst that of the perspiration of other parts of the body was acid.

The fluid from the sole of the heel was thus shown to be not pure sweat, the faintly alkaline reaction being doubtless due to serous discharge.

The fluid in the sole of the stocking was found to be teeming with bacteria forms, the nature and development of which I have carefully investigated. The rapid development of bacteria in the fluid which exudes from the soles is doubtless favored by the alkaline reaction produced by the mixture of serous exudation with the sweat.

The treatment instituted in this case is as simple as it has been effective. The stockings are changed twice daily, and the stocking-feet are place for some hours in a jar containing a saturated solution of boracic acid. They are then dried, and are fit for wear again if it be desired. The boracic acid effectually destroys the smell. But to kill the

Digitized by Google

bacteria in the stocking is not enough. The leather in the bottom of the boot is wet and sodden, and smells as vilely as the stocking. This difficulty is got over by the use of cork soles. I directed my patient to get a half dozen, which she finds sufficient. A pair must only be worn one day unchanged; at night, they are placed in the boracic jar, and are put aside the next day to dry. If these directions be accurately carried out the evil smell is perfectly destroyed.

The boracic acid solution is an excellent application to the painful skin in these cases. When the tender skin of the soles is washed with it, a sensation of coolness succeeds the feeling of heat and tension, which are the usual accompaniments of the eczematous condition associated with the smell, and the skin becomes harder and loses its abnormal redness.

The bacteric fluid would seem to act as a direct irritant to the skin. My patient assures me that if she wears stockings which have been dried without being disinfected, irritation is speedily felt; and that the cork soles, if worn a second day without having been purified, act in a similiar way.

THE INSTITUTE OF HEREDITY.

THIS is the title of a new organization which has its headquarters in Boston. The founders of this Institute look aghast at the disease, poverty, vice and crime of the pres ent day; at the "immense array of courts, constables, jails, prisons, lunatic asylums and hospitals, with standing armies of policemen, armed with club and revolver to protect us from the peace-breakers of our own begetting." The causes of all these troubles are, it is maintained, congenital. "People who are born with theft and murder in the blood will steal and kill." We have always contended that the first thing to do in seeking to remove any evil—whether in the health or condition of body or mind of the individual or society—is to ascertain the cause of the trouble. The founders of this Institute of Heredity claim in this case to have done this. It all lies in the blood, say they. It is not for us to affirm our entire concurrence with all their conclusions; but we have no hesitation whatever in agreeing with them that the continual reproduction of evil and crime must follow the marriage of thieves, and of those whose lives and habits are intermixed with the lives and habits of criminals. That an evil tree cannot produce good fruit is a truth that is verified in our daily experience. If all the bad trees are removed, or at least not allowed to bear fruit, we shall have no bad fruit in future—at least so these reformers maintain. The point does not need to be argued, for no radical measures are proposed. Certainly whatever is done in the direction of improving the coming race from its start must be productive of the happiest results. Every man who is born has an undisputed right to be born with a sound mind in a sound body. To be oppressed during his lifetime by a crooked mental or physical constitution, is to be punished undeservedly. It is, indeed, a visiting of the sins of the father upon the child. Every effort that is put forth to remedy such wrongs deserves success, and if that success does not attend the efforts of the founders of the Institute which they may think they merit, we trust they may not be discouraged. The greater a reform attempted, the greater the difficulty in effecting it.

WAITING FOR CHANCES. — The best men are not those who have waited for chances, but those who have taken them—besieged the chance, conquered the chance, and made the chance their servitor.—*E. H. Chapin.*

Digitized by Google

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

ONLY A COSTLIER DISEASE.

(Written 250 years ago.)

Go now, with some daring drug
Bate the disease, and while they tug,
Thou, to maintain their cruel strife,
Spend the dear treasure of thy life:
Go, take physic, doat upon
Some big named composition,
The oraculous doctor's mystic bills,
Certain hard words made into pills;
And what at length shalt get by these?
Only a costlier disease.
Go, poor man, think what shall be
Remedy against thy remedy,
That which makes us have no need
Of physic, that's physic indeed.

Hark hither, reader, wouldst thou see
Nature her own physician be?
Wouldst see a man all his own wealth,
His own music, his own health?
A man, whose sober soul can tell
How to wear her garments well;
Her garments that upon her sit
As garments should do—close and fit;
A well-cloth'd soul, that's not opprest
Nor chok't with what she should be drest?
Whose soul's sheath'd in a crystal shrine,
Through which all her bright features shine·
As when a piece of wanton lawn,
A thin aerial veil is drawn,
O'er Beauty's face, seeming to hide,
More sweetly shows the blushing bride?
A soul whose intellectual beams
No mists do mask, no lazy steams?
A happy soul, that all the way
To heaven rides in a summer's day?
Would'st see a man whose well-warmed blood
Bathes him in a genuine flood?
A man, whose tuned humors be
A set of rarest harmony?
Wouldst see blythe looks, fresh cheeks beguile
Age? Wouldst see December smile?
Wouldst see a nest of roses grow
In a bed of reverend snow?
Warm thoughts, free spirits flattering
Winter's self into a spring?
In sum, wouldst see a man that can
Live to be old, and still a man;
Whose latest and most leaden hours
Fall with soft wings, stuck with soft flowers
And when life's sweet fable ends,
His soul and body part like friends;
No quarrels, murmurs, no delay;
A kiss, a sigh, and so away?
This rare one, reader, wouldst thou see?
Hark hither, and thyself be he.

Richard Crashaw.

Unfit for greatness, I her snares defy,
And look on riches with untainted eye.
To others let the glittering baubles fall,
Content shall place us far above them all.

SLEEP.

He sees when their footsteps falter, when their hearts grow weak and faint;
He marks when their strength is failing, and listens to each complaint;
He bids them rest for a season, for the pathway has grown too steep;
And, folded in fair, green pastures,
He giveth his loved ones sleep.

Like weary and worn-out children, that sigh for the daylight's close,
He knows that they oft are longing for home and its sweet repose;
So he calls them in from their labors, ere the shadows round them creep,
And silently watching o'er them,
He giveth his loved ones sleep.

He giveth it, oh, so gently! as a mother will hush to rest
The babe that she softly pillows so tenderly on her breast.
Forgotten are now the trials and sorrows that made them weep,
For with many a soothing promise
He giveth his loved ones sleep.

He giveth it! Friends the dearest can never this boon bestow;
But he touches the drooping eyelids, and placid the features grow;
Their foes may gather about them, and storms may round them sweep,
But, guarding them safe from danger,
He giveth his loved ones sleep.

All dread of the distant future, all fears that oppress to-day,
Like mists that clear in the sunlight, have noiselessly passed away,
No call nor clamor shall rouse them from slumbers so pure and deep,
For only his voice can reach them
Who giveth his loved ones sleep.

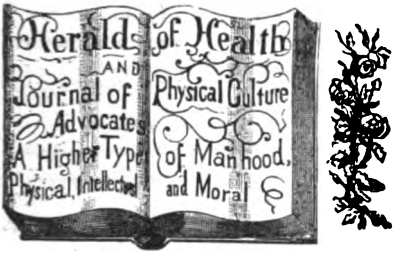
Weep not that their toils are over: weep not that their race is run,
God grant that we may rest as calmly when our work, like theirs, is done!
Till then we would yield with gladness our treasures to him to keep,
And rejoice in the sweet assurance—
He giveth his loved ones sleep.

Contentment, parent of delight,
So much a stranger to our sight,
Say, goddess, in what happy place,
Mortals behold thy blooming face;
Thy gracious auspices impart,
And for thy temple choose my heart,
They whom thou deignest to inspire,
Thy science learn, to bound desire:
By happy alchemy of mind,
They turn to pleasure all they find,

Green.

Digitized by Google

EDITORIAL DEPARTMENT.



NEW YORK, MARCH, 1881.

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* PUBLISHER *does not hold himself as indorsing every article that may appear in* THE HERALD. *He 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.

SIZE AND WEIGHT OF CHILDREN, AND THEIR HEALTH.—Parents who are anxious to have their children healthy, ought to watch their bodily growth from year to year, until it is nearly or quite completed; for it is during this period that mischief is done or can be averted. As yet we have no absolutely reliable standard of height and weight to compare them with, as the tables made by Galton, Bowditch and others include the measurements of both the well and the illy developed children in mass, rather than those who have the best proportions. The true standard should be somewhat higher than they place it. The following hints may, however, be of use until more reliable data are to be had. A young boy or girl should grow in height from two to three inches a year. If it grows less than two inches it is an indication of arrested development, and should excite apprehension. If it grows much over 3 inches in a year, it is too rapid for the highest health. The rate of growth should be regular. Every healthy child has its own rate, and from this ought not to depart more than ¼ of an inch in a year.

As regards weight, it may be said that healthy and well developed children should grow in breadth in proportion to height, and after a child has passed two feet, till it has reached three feet, it should increase in weight about two pounds to every inch in height. From three feet to four it should increase about two and a half pounds to each inch in height. A child three feet high should weigh about 36 lbs.; 3 ft. 1 in. 38 lbs.; 3 ft. 2 in. 40 lbs.; 3 ft. 3 in. 42 lbs.; 3 ft. 4 in. 44 lbs.; 3 ft. 5 in. 46 lbs.; 3 ft. 6 in. 48 lbs.; 3 ft. 7 in. 50 lbs.; 3 ft. 8 in. 52 lbs.; 3 ft. 9 in. 54 lbs.; 3 ft. 10 in. 56 lbs.; 3 ft. 11 in. 58 lbs.; 4 ft. 60 lbs. After this it should gain about 2½ lbs. to each inch in height, until it is 5 feet in height, when it should weigh not far from 90 lbs.

Some children exceed these weights and are very healthy, and the children of healthy parents generally attain these averages. Children may also fall below them and be healthy; but if they fall more than 7 lbs. below, it may be looked upon as a dangerous symptom, to be attended to. Loss of weight precedes many diseases, and especially in children who may be scrofulous or have a tendency to consumption.

In case children grow faster than they ought to, it may be said that they should take more vigorous exercise of some kind, and all hot-house culture be avoided. A life indoors, where the other conditions of food and rest are favorable, promotes too rapid growth, and the remedy is an active out-of-door life, and perhaps less stimulating food.

Digitized by Google

In case a child grows too fast, the best remedy is to look carefully after its diet, and to limit its physical activities to a reasonable amount. Children, like colts and calves, may be made to grow rapidly by too much and too stimulating food, or to become slender for want of it.

Parents should weigh their children on every birthday, and measure their height and circumference, and see if they come near the proper standard. If they do not, they should try to remedy it.

RECORD OF HYGIENIC PROGRESS.—We are in receipt of additional replies from college authorities regarding the health of students, and the means taken to promote physical culture in these institutions. A recognition of duty in the matter, and a desire to do more, is especially worthy of notice in near all these replies. From our own experience and observation of college life, we are inclined to place out-door exercise, and especially out-door work, above all other agencies within the scope of college authority. The President of Berea College, Ky., says: "Nearly all our young men are obliged to work two or three hours a day for a living." We sincerely wish that this were the case with every college student, both male and female, in the United States. President White, of Pardue University, Lafayette, Ind., says: "We make military drill three times a week a means of efficient physical training." Good, but not equal to "working two or three hours a day for a living."

The Washington-Lee University, at Lexington, Va., with no especial health contrivances, attaches importance to the fact that: "Some of the students live from one to five miles from the town, and either walk or ride horseback to their recitations and lectures." President Miller, of Waynesburg College, says: "Your inquiries relate to matters of so much importance in any adequate view of the work of education, that I feel constrained to give at least an expression of my long cherished conviction, that more attention should be given to the subject of health and physical culture in schools of all grades." President Hill, of the University at Lewisburg, Pa., makes the remarkable statement, that: "There has been no death in the University for more than ten years, nor any from a disease contracted here, so far as I know." This is a large institution, with male and female collegiate and preparatory departments. The President's letter shows an intelligent appreciation of hygienic agencies, with, we should infer, peculiar attention to pure air and cleanliness in the college buildings. Oberlin College, Ohio, commences its annual report with a careful presentation of the subject of health among the students, emphasizing it in a manner rarely equaled in such reports. Its statistics show a high degree of health among its thousand students, many of whom, in or out of college, earn their living by various useful employments, teaching and otherwise. It is an institution noted for the economy of living and the industrious character of its students.

In the great eastern colleges, such as Yale and Harvard, the students are left more to their individual tendencies in the matter of health. A well equipped gymnasium is provided, and so far as muscular development is concerned, health is provided for. Beyond this, students receive little advice and are subject to few hygienic regulations. The institution that keeps its students out-doors the largest number of hours daily, probably does most for their health, and if this out-door life is in the nature of work for a living or, next best, military drill and athletic sports, it is of essential value. The mental organization of the individual is the final agency upon which the advocate of hygiene must rely. He who thinks intelligently about his health, will, in college or out take means to preserve it, while the thoughtless will destroy it with or without rules and sanitary measures.

SHALL IMMORALITY BE LEGALIZED?—The morals of the world would to-day be very much like a reeking stagnant pool, if it had not been for the efforts of

Digitized by Google

reformers of the past and present. There is no work to which a man can bend his energies more noble than that of striving by act and word to raise the morals of the people. Unfortunately there are men possessing loud voices and commanding the public ear, who, under the guise of reformers, do all they can, though perhaps without intention, to retard the honest reformer's work. We would not imply that these men lack honesty or conscientiousness, but they seem to us to form an altogether wrong conception as to the value of a high tone of morals among the people. We refer more particularly at this time to a *coterie* of medical men who are advocating, in season and out of season, the passing of some laws by the Legislature, similar to those known in England as the Contagious Diseases (Women's) Act. They advocate something, however, more stringent than those objectionable laws, thinking thereby to check more effectually than is done in England the ravages of syphilis.

To educate the public up to their ideas, these doctors paint this disease in its blackest colors and, having done that, they exaggerate in an audacious fashion the dangers to which an unsuspecting public is subject of catching it. According to a paper read at the late meeting of the American Public Health Association, it is not safe to go to a barber's or dentist's, to a restaurant or hotel; nor even to handle the greenbacks in common circulation.

If the commonest things we touch have been in contact with the hands of a syphilitic person, the most virtuous man or woman is almost sure to catch it also, say this clique. Having painted such a fearful picture, in figures sufficiently appalling to frighten the credulous, they ask if in the face of this, a law is not needed which shall prevent the spread of the disease—some such law as those now in vogue in Europe? As for ourselves, we oppose any such iniquitous law for several reasons, all of which we need not enumerate. In the first place, we do not regard the danger to those who are not numbered among what we may call the immoral classes, as nearly so great as these doctors represent. We have an idea that they are prompted by some little self-interest in their demands for legislation. Of necessity it would give employment to hundreds of medical men, under a government which pays its officials well. But the chief objection we urge against such a law is that it pretends to make sin comparatively safe. Men who now resist certain temptations, because of the fear they have of a horrible speedy punishment, would have that fear modified by a Contagious Disease Act. To do that which is right because of the punishment which follows wrongdoing, is to do right from a low motive, certainly; but it is better that right should be done from such a motive than not at all. It is the silent government invitation to do wrong with safety; the legalizing of prostitution, which we object to. It is natural and just and best, that sin shall meet with its reward. It is a law of nature, and to seek to alter it is to encourage immorality. We said at the outset that a man can bend his energies to no more noble work than that of raising the morals of the people. The converse is equally true—a man can bend his energies to no more ignoble work than that of lowering the morals of the people. To make the path of licentiousness apparently safe and easy, can do nothing else but tend to the increase of immorality. Shall the morals of entire communities be lowered solely that a few base men and women may not suffer the just penalties of their acts? There can be but one answer from all but those whose self-interest blinds them to their duties to humanity.

THE RIGHTS OF SMOKERS.—Have smokers any rights? As smokers—no; as men—yes. Smoking in itself is wrong. It is a violation of man's nature to consume tobacco in any shape, and it is only till he has passed through a mild species of martyrdom that he can persuade his frame to do anything but loathe the noxious weed. How can the smoker have rights in the performance

Digitized by Google

of an act which is fundamentally wrong? Every man has a right to breath as much pure air as he needs, and the smoker as a man possesses this right; but he arrogates to himself the privilege of polluting the air which others have to breathe, and if remonstated with, asks, forsooth, if this is not a free land, in which a man can do as he likes? We rejoice that this is a free land, and men are at liberty to do what pleases them, so long as they do not wrong any one else. But what right has one man to throw impurity into a glass of water that another man intends to drink? Obviously he has no right. By what line of argument, then, can it be proved that he has any right to pollute the air which others have to breathe? No one expects that the strong arm of the law will ever be invoked to remedy the wrong done to the non-smoking portion of the public. Laws are but the embodiment of what the people themselves regard as justice. Laws cannot rise above the popular idea of right. Thus, when the people come to see that non-smokers have a right to pure air, which now they are continually being deprived of by the dispersion of tobacco fumes before their nostrils, then there will be no need for a law to secure that right, for it will be observed without law. To wage war against the tobacco, however, is the duty of every man or woman who has not only the health, but the advancement of humanity at heart. The smoker is essentially a selfish being, and a use of narcotics tends effectually to blunt his sensibilities and render him less considerate of the rights of others. We want to encourage only such habits as tend to improve, enlighten and raise the race. Tobacco is one of those fatal instruments which do so much to nullify the unselfish and noble acts of many great and noble men, and to check the slowly progressing work of overpowering man's animal instincts by his spiritual nature.

HEALTHY MORALS.—It is, perhaps, more difficult for the majority of men to maintain their morals in perfect health than their bodies. Beneath the placid countenance are fierce strugglings which are not revealed to the outside world. The enticements to do wrong are so great, and at times so overwhelming, that men are led to cry out in their moments of agony brought on by defeat: "My temptations are greater than I can resist." Every man is impressed, more or less, with the necessity for avoiding temptations to do wrong that may beset him, although he may not observe so high a standard of morality as his neighbor. As some one has said, temptation when yielded to gradually becomes a habit, then a custom, and afterwards a necessity. Thus what one man may regard as a necessity, another would deem a sin. But we cannot attempt at this time to set up a standard of morality for any man. We merely assume that our readers have some such standard already. Let them labor to reach it, and they may rest assured that as they advance their standard will advance also. Not that it will be like a will-'o'-the wisp, which when they attempt to approach and grasp recedes from them. Rather will it be a bright light, which when they reach proves to be quite as brilliant as was anticipated, but, to their joy rather than dismay, appears relatively dim in the rays of a brighter light that reveals itself further off. Let us form as correct ideas as we can as to what constitutes healthy morals. If we do this, we shall have no difficulty in acquiring more correct views as we go on in our work of resisting all influences which tend to lower the morals. This work is by no means insignificant. The temptations that beset human beings—and especially the young—need trained and vigorous resistance. It will not do to trifle with temptation. There are those who contend that one's power of resistance cannot be fully tested unless the tempter is trifled with a little, toyed with. This is a specious argument that has proved fatal to thousands. Would a ship-captain, who is sailing amongst dangerous reefs, purposely bump his ship against one in order that he might test her strength? Not unless he was a maniac; and the same necessity exists for men who are

Digitized by Google

not maniacs, to avoid running against the reef that would wreck their morals. The man who looks on health of morals as pre-eminently worthy of possession, cannot do better than to shun temptation—spurn it on its first appearance. Let him not be over-proud of his victory. Many a victory has been turned into a defeat, because the victor neglected to guard his position. Confidence in one's powers is admirable, in so far as it leads one to face the enemy and exercise those powers. But when it leads a man to think that he can overthrow a powerful enemy by the exertion of half his powers, then confidence is abused. There are many things in life which sometimes cause us to ask in semi-despair "Is life worth living?" Nothing tends to drag a man to the deepest depths of despair so much as a consciousness that his morals are unhealthy and past cure. To those who would avoid such despair we speak.

STUDIES IN HYGIENE FOR WOMEN.

EDUCATING OUR CHILDREN.—An anxious parent writes for advice concerning the education of her children. She does not know whether it is best to put them under a tutor at home, or send them to the public school, where they will be exposed to innumerable temptations, and learn many bad habits. If our advice is of any value, "anxious mother" is welcome to it. In the education of the child, the first thing to be attended to is its physical welfare. If our schools attended to this properly, they would be entitled to more respect than they now are. After this, comes the question of our reader as to which is best—home or public instruction. No doubt both methods have advantages and both defects. Private lessons given at home by a teacher to a single pupil, become in time exceedingly monotonous and wearisome. A boy or girl needs companionship in study, and the bustle and fun and frolic to be found nowhere else but in the school. Here children learn something about their lessons, and a great deal more about human nature; and the latter knowledge is quite as important as the former. It is a very fine thing to know how to read and write and calculate. Is it not equally fine to know how to measure the characters of those we come in contact with? What a boy's and girl's playmates teach them is often worth more than the instruction of the teacher. In this respect home instruction fails. It may give fine deportment, good manners and thorough instruction; but it never teaches human nature, nor gives a child a chance to measure itself with its fellows, or to endure the rude buffets of a busy world. On the other hand, public instruction has its defects. Children must be taught in ruts, and this is bad. They learn bad habits, but their parental example should remedy this. They are exposed to temptation, and this is not an unmixed evil, for it may strengthen the morals if they are taught to resist it. On the whole, then, we prefer public instruction at not too early an age, modified by such home training as a wise parent constantly studying to improve herself can give.

A NEED FOR HEALTHY DWELLINGS.—Professor Chandler, the President of the New York Board of Health, expresses it as his opinion that ten thousand persons die every year in this city prematurely, solely because they are too much engaged in money-making to see that they drink pure water and breathe pure air. There may be an exaggeration in this statement, but the fact nevertheless remains that far too many men and women treat all precautions against sickness with the utmost indifference. Can some one explain the reason for this? Money that is gained, whether by gambling in

Digitized by Google

Wall Street, or by legitimate trading, is of no value without health to enjoy the things money will purchase. And yet, as the Professor says, men build magnificent houses for the enjoyment of themselves and their families, and seem to give scarcely a thought as to the sanitary merits of the architect's plans. Sewer gas, which bears with it so many deadly germs, ranges about in the houses of some of our richest men, carrying with it that which too often robs their families of health. The evils resulting from sewer gas are not fully appreciated by the public. Some persons may say—and with a degree of reasonableness—that it is the province of the architect to see that his plans provide for the exclusion of all exhalations which would be detrimental to health. True; but architects have not shown in the past that they are to be implicitly trusted in this matter. Such being the case, they can only be brought to their duty by the demand of the public for houses in which as much care is taken to make them perfect from a sanitary point of view, as is taken to make them beautiful and convenient. The residences of the middle and upper classes of New York are justly celebrated for their comfort. An enlightened public will, we trust, soon show that it not only values health, but is willing to take some steps to preserve it. Then something besides comfort, appearance and position will be considered by a man when he consults with his architect.

BRONCHITIS.—The season has come when great numbers of people suffer from, and many die of, bronchitis, an inflammation of the larger air tubes of the lungs. A week of cold, foggy weather very sensibly increases its bills of mortality.

To prevent bronchitis, harden the external nerves by the daily bath and friction, keep the blood pure by a careful diet, and habitual breathing of pure air; avoid sudden exposure to cold draughts when warm; keep the feet warm; protect with extra wraps.

To cure, fast, drink warm thin gruel, or hot lemonade, covered warmly in bed with a hot bottle at the feet, and a towel wrung out of cold water upon the chest, with thich flannel over it. A full perspiration will, in many cases, cure. A hot air bath is also a good remedy. In either case, the sweat should be followed by a cold sponging; and after an interval of some hours the process should be repeated. The wet compress over the chest never fails to relieve the pain in the lung. Rest, warmth, and the action of the skin will seldom fail to cure. T. L. NICHOLS, M. D.

FOOD CATHARTICS.—There is no need of taking the aperients or cathartics of the chemists. Better ones are all about us, in our natural food. To remove a tendency to constipation we can eat Food of Health, wheaten groats, brown bread, or simple bran boiled with milk; or acid fruits and drinks, as oranges, grapes, lemonade; or almost any ripe fruits, as apples, pears, peaches, plums, cherries, figs, prunes, etc.; or garden vegetables, as onions, parsnips, turnips, cucumbers, melons, pumpkins, squash, etc.; or greens, particularly spinach—any or all of these eaten freely will produce a laxative result. And it is better for all to rely upon food laxatives, especially in cases of constipation, than to make constant or even a free use of concentrated medical laxatives, which soon cripple the digestive organs, causing them, like the crutches for the cripple, to become a constant necessity. By such frequent or harmful medication persons wear out their lives and oft die permaturely. Let your food and drink be both medicine and nutriment.

ILL-VENTILATED COURT-HOUSES.—Court-houses—especially in England—are notorious for bad ventilation. Judges and barristers are powerless in their efforts to secure pure air. There is a great deal of red-tapeism surrounding the management of the buildings in which justice is dispensed, and those who wield the tape are very dilatory in the performance of their duty. The present courts of justice in England were mostly constructed by men who have long since passed away, and their dark and dreary architectural remains

Digitized by Google

are fitting monuments either of their ignorance of the value of pure air, or of their inability to introduce it into the buildings they erected. It is true that many English judges attain to a great age in spite of the vitiated air they breathe, but it is equally true that many of them die in the flower of manhood. Sir Alexander Cockburn, the late Lord Chief Justice of England, was an old man, but he did not die of "old age," to use a common and well understood phrase. The more immediate cause of his death was the effects of a walk on an excessively cold day, after a judicial session. Had he possessed a little more vitality in his system, the cold he encountered would have had an invigorating, instead of a deadly effect. There are few practices that tend more to sap a man's vitality than sitting for a great length of time, day after day, in foul air. While, in a sense, one man's life is as good as that of another, yet in another sense, a judge of the vast experience and ability of Sir Alexander Cockburn is a specimen of concentrated humanity—a man who should have been treated as carefully as a delicate piece of machinery. In our court-houses, which are necessarily frequented by men whose learning represents a vast amount of expended labor, special care should be taken in providing pure air. Instead of that, special care appears to be taken for its exclusion.

How Diphtheria Spreads.—The information possessed as to the way in which diphtheria spreads is at present very meager and unsatisfactory. There is no doubt that, in some cases at least, it is communicated by contagion and infection, using these terms widely; but whether the germs of the disease are carried in the air, and under what conditions, or whether it is at any time generated *de novo* in healthy persons, is a matter for discussion. Experience points to the conclusion that if diphtheria makes its appearance in a house that is situated in a high, exposed place, the chances of its spreading in the locality for miles round are much greater than they would be from a house that was sheltered from the wind. The disease sometimes seems to leap with long strides from one dwelling to another, miles apart, leaving the inhabitants of intervening dwellings untouched. For nearly four hundred years this plague has been devastating the lands of Christendom, and puzzling those whose duty it is to cope with its ravages. While families which observe sanitary laws stand a far better chance of avoiding disease than those who do not, yet it often happens that diphtheria will pass by the dwelling where neglect and filth are rampant, and present itself in the nursery of a house where every possible attention is paid to cleanliness. It is open to serious doubt whether fresh outbreaks, that so often trouble us, are always the relics of epidemics that have passed away—whether the germs of the disease have been wrapped up in some corner, only to show themselves when disturbed. As we have hinted, it is thought by some to be possible that the disease may be generated *de novo* at different points, and then spread on the wings of the wind. However it is, there can be no doubt that uncleanliness, whether of person or dwelling, is an important factor in the spread of this as well as many other diseases. While it may be true that healthy persons, surrounded by conditions which are to all appearances favorable to health, are sometimes attacked by diphtheria, it is a fact that, other things being equal, such persons are far better able to ward off the disease than are those who are surrounded by conditions of an unsanitary character. Those especially who have children should, in guarding against this ravager, keep their houses in such order that diphtheria cannot be generated in their midst, and that there can be no unclean corners in which the germs of the disease could be stored away for future work of devastation.

How to Treat Frost-Bites.—If any part of the body gets frozen, the very worst thing to do is to apply heat directly. Keep away from the fire. Use snow if you can get it; if not, use

Digitized by Google

the coldest possible water. Last winter our little boy of five years froze his feet while out coasting from the house. He cried all the way home, and the case seemed pretty bad. I brought a big panful of snow and put his feet into it, rubbing them with the snow. But my hands could not stand the cold. I was alarmed to see him keep his feet in the snow so long, but he could not bear them out of it. It was half an hour before he would take them out, and then the pain was all gone, and when I had wiped them dry and rubbed them a little, he was entirely comfortable, put on his stockings and shoes, and went to play. He never afterwards had any trouble with his feet on account of this freezing. His sister got her feet extremely cold, and put them at once to the fire. Her case at first was not so bad as her brother's, but the result was much worse. Her feet were very tender all winter, and she suffered from chilblains. Her toes had a swollen, purple look, and she had to take a larger size of shoes.—*Faith Rochester.*

To Young Women.—O young women! you who are still upon the threshold of life, who may reasonably hope to see the years unrolling before you in long and glad succession, to whom life is precious, who can dream and hope, and purpose and aspire, I beseech you, I implore you, before the evil days come in which there is no pleasure, before the beautiful gates of satisfaction are closed, make up your minds to earn for yourselves a passage into the world of nobleness, of truth, of purity, which is not necessarily a world of happiness or fame or power, but which has all that is implied in character. Happiness! It is for the very few, and with them it does not last long; but to be human is the universal privilege. Power disappoints, reputation flourishes but its hour. There is but one thing that endures; the heart, the conscience, whatever of kindness, of justice, of truth, is in you, that endures; and, by virtue of that, you are carried into an ideal world, where, if there be not happiness, there is contentment which is never disappointed, and peace that is never broken.—*O. B. Frothingham.*

Bread: Brown and Light.—The *Dietetic Reformer* says: Dissolve one and a half ounces of German yeast in a pint of water milk warm, in which put a tablespoonful of sugar. Put seven lbs. of wheatmeal in a large pan, and salt according to taste. If the yeast has proved good, add it to your meal, and, with plenty of warm water at hand, knead it to a rather soft consistency. Put into well-buttered tins, about half full, so as to allow room to rise. In about an hour and a half it will be fit for the oven, if put in a warm place. A pint of milk added in the kneading is a great improvement. By this method fermentation is reduced to a minimum. The bread is much lighter, and the crust is as porous as the middle of the loaf.

Avoiding Disease.—"There is a vast difference between the longevity of men who take care of themselves, and of those who do not. It is, as the life insurance companies' tables show, as 35 is to 70. The man who bows to all the known laws of hygiene not only lives longer, but is able also to enter into all the joys of life without the aches and pains that insulted Nature imposes when in rebellion."

These are weighty and, withal, true words, from the lips of a New York physician of the old school, Dr. Willard Parker. They embody a living principle, for which The Herald of Health has been fighting all along. To prevent is better than to cure, from a politico-economical point of view; much more from a humane standpoint. That eminent versifier, Charles Wesley, struck a line of truth when he wrote:

> Dangers stand thick through all the ground,
> To push us to the tomb,
> And fierce diseases wait around
> To hurry mortals home.

Without stopping to criticise the paradox of the last line, we repeat that the verse contains a great deal of truth. But the generation of to-day, in a greater degree than the generation of Charles Wesley, realize that "fierce diseases," as well as those of a slow

Digitized by Google

and invidious character, are not the mysterious workings of a Providence as penalties for sin, so much as they are perfectly natural results of broken laws. The perils of humanity in the shape of diseases are plentiful, because the enticements to break Nature's laws are plentiful. We cannot so much expect to remove these enticements as to minimize their power by educating the people in the laws of health. Here is a work for every philanthropist, for every lover of mankind. Information concerning food, drink, the value or deleteriousness of alcohol and tobacco is needed to be sown broadcast among the people. Individuals who cannot undertake this work can do something at least among their neighbors and friends, and they owe this service to the great cause of humanity.

CONDEMNED.

Alum Baking Powders in Court. Interesting Testimony of Scientific Men.

(*New York Times.*)

Within the past two years a bitter controversy has been waged between manufacturers, on account of the use of alum as a cheap substitute for Cream of Tartar, by many manufacturers of baking powders. The handsome profits yielded by using the substitute have induced dealers as well as manufacturers to push them into the hands of consumers, sometimes under definite brands, frequently by weighing out in bulk without any distinguishing name.

Are such powders wholesome? The Royal Baking Powder Co., who make a Cream of Tartar baking powder, declare that they are injurious to the public health, while others who make alum powder claim that they are not. The whole matter as to the effects of these alum powders, has finally been brought into the courts, and the case was tried in the Superior Court of New York city before Chief-Justice Sedgwick, reported substantially as follows in the "N. Y. Sun."

CONCLUSION OF A LITTLE TROUBLE BETWEEN A CHEMIST AND AN EDITOR.

The suit of Dr. Henry A. Mott against Jabez Burns, has brought to light the fact that this country produces at least forty-two different kinds of baking powders. Neither Burns nor Mott has been found guilty of making the baking powders, but Burns, who is the editor of a periodical called the *Spice Mill*, has been severely mulcted for libel in his efforts to make his paper spicy. Dr. Mott, it appears, is a chemist, and at one time was employed by the United States Government to analyze different specimens of baking powder which had been recommended for adoption to the Indian Bureau. Dr. Mott reported in favor of the cream of tartar baking powders for the Indians, and against the alum baking powders. The chemist analyzed forty-two kinds of baking powders.

The jury were out about half an hour. Then they came in with a verdict awarding Dr. Mott $8,000, to which the court made an additional allowance of $150.

As the public have a large interest in the wholesomeness of whatever it is called upon to use as food, the following extracts are introduced from the testimony of some of the prominent men as to the injurious effects of alum powders.

DR. MOTT:

Q. Were you employed by the U. S. Government?

A. I was, sir; was employed as chemist, to analyze all the articles of food; to express an opinion as to the analysis of their healthfulness and purity.

Q. Please tell the jury the baking powders that you examined while in the employ of the Government?

A. It would be difficult to remember them all; I could refer to my books; I examined twenty-eight powders; was given sixteen at first.

By the Court:

Give your best recollection.

Q. And one of the powders included was "Dooley's Baking Powder?"

A. Yes, sir.

Q. And the "Charm?"

A. Yes, sir; the "Charm" and "Patapsco."

Q. Please state in which powders you found alum?

A. I found alum in "Dooley's," "Patapsco," "Charm," "Vienna," "Orient," "Amazon," "Lake Side," "Twin Sisters," "Superlative," "King," "White Lily," "Monarch," "One Spoon," "Regal," "Imperial," "Honest," "Economical," "Excelsior," "Chartres," "Grant's," "Giant," and the "Queen."

Q. Now, these powders mentioned in your communication in the *Scientific American*—"Dooley's" "Standard," "Patapsco," "Charm"—Baking Powder manufactured by C. E. Andrews, of Milwaukee, you stated you found burnt alum; if you will please name the respective powder that you have examined—was it potash or ammonia alum, you found?

A. In the "Patapsco," "Charm," and in the Andrews, it was ammonia alum.

Q. What is the gas usually furnished by baking powders?

A. The object of baking powders is to furnish carbonic acid gas.

Q. Will you state to me again what other gas beside carbonic acid gas, is proper to be evolved from a baking powder?

A. A limited amount of ammonia gas.

Q. I notice in your article that you say starch is a proper ingredient to put in a baking powder?

A. Starch is a proper ingredient to prevent the decomposition of baking powder.

Q. Recurring to the question that has been asked you upon this suit—the result of these examinations which you have made—is it your opinion that alum in these various compounds, in baking powders such as you have examined, is injurious?

A. It is my opinion, based upon actual experiments on living animals.

CHARLES F. CHANDLER, called on behalf of the plaintiff, being duly sworn, testified as follows:

Q. Dr. Chandler, you reside in the City of New York?

A. I do.

Q. Your business is that of a chemist?

A. It is.

Q. You are and have been Professor of Chemistry in several colleges?

A. I have.

Q. Please state how long that employment of yourself has been, and with what colleges you are now connected?

A. I am at present Professor of Chemistry in the Academic Department of Columbia College; the School of Mines, Columbia College; the New York College of Physicians and Surgeons, and the New York College of Pharmacy.

Q. You are President, also, of the Board of Health, are you not?

A. I am.

Q. In your various employments, have you had frequent occasion to examine the question of the wholesomeness of food, and the beneficial or injurious effects of its ingredients?

A. I have.

Q. I will ask you in regard to the use of alum

Digitized by Google

with soda, in a baking powder, whether or not it is neutralized—is their any injurious constituent of alum left?

A. There is an injurious constituent left after the mixtnre of alum and bicarbonate of soda.

Q. Without using any nicety of chemical terms, what is your opinion about the use of alum in a baking powder, in combination with bicarbonate soda and other ingredients, for raising bread whether injurious or not?

A. I think it is *dangerous* to the digestive organs, and liable to produce serious disturbances of the liver of the individual making use of such powders.

HENRY MORTON, President of "Stevens Institute," called in behalf of the plaintiff, being duly sworn, testified as follows:

Q. You are President of Stevens Institute?

A. I am.

Q. And have for many years been a chemist?

A. I have.

Q. Have you had occasion to examine the substances which are used in the composition of baking powders?

A. I have.

Q. Did you, some time ago, examine a sample of Dooley's Baking Powder?

A. I did.

Q. Is that it, sir? [handing can].

A. Yes, sir; that is it.

Q. Well, what kind of alum did it contain?

A. It contained potash alum.

Q. Did you make any extract of that alum, to show the kind?

A. I did; I extracted a large quantity of it as potash alum, and it is in that bottle which I have now here [showing bottle]; that is potash alum which came out of the alum baking powder that was in that can.

Plaintiff's Counsel offers said can of Dooley's Baking Powder in evidence.

Q. Now, sir, have you made any experiment in the bread made from baking powder, to see whether there was any soluble alumina in the bread itself?

A. I have; I took a portion of this powder and mixed it with flour in the directed proportions, and baked a small loaf with it; then I soaked this loaf—the interior part of it—in cold water, and made an extract, in which I readily detected, by the usual tests, alum—that is alumina in a soluble condition.

Q. Does any baking powder in which any alumina salts enter, contain alumina, in your opinion, which can be absorbed in the process of digestion—are not such objectionable?

A. Very decidedly objectionable in my opinion.

Q. Why do you say—from what system of reasoning do you make out—that because alum is injurions, alumina is injurious?

A. Because the injurious effects of alumina, when it gets into the stomach and reacts on the organs, are the same; this hydrate of alumina meets in the stomach the gastric juices, and reacts with them the same as alum would! it forms, in fact, a kind of alum in the stomach with these acids, and whatever alum would do it would do.

DR. SAMUEL W. JOHNSON, Professor of Chemistry in the Scientific School, Yale College, being duly sworn, testified as follows:

Q. You have had much to do in the examination of substances that enter into food, and the adulteration of food?

A. More or less: yes sir.

Q. After the use of alum with soda, in a baking powder, in your opinion, is there any injurious substance left?

A. In my opinion, there is an injurious substance left?

Q. What sir, two years ago, was the prevail- opinion among scientific men, as to the effect of he use of alum in baking powders?

A. As far as my acquaintance with scientific men is concerned, my opinion is derived from my investigation and from reading; I should think the opinion was that alum, or any compound of alumina, would be decidedly injurious.

Q. Do I understand you to say that any baking powder in which there are aluminous salts, or any resultant from alum which could be absorbed in digestion, is objectionable and injurious.

A. *Extremely so.*

JOSEPH H. RAYMOND called, sworn and testified as follows;

Q. Would you be good enough to state your profession?

A. I am a physician, sir, and a professor of physiology.

Q. You also were, and have been for some time, Sanitary Superintendent in Brooklyn—is not that so?

A. I have, sir.

Q. Now, sir, I will ask your opinion, from this experience, whether the use of alum with soda in a baking powder, is injurious or not, in its physiological effects?

A. I consider it to be *dangerous.*

Q. You examined this question for the Board of Health in Brooklyn, some years ago, did you not?

A. Two years ago, sir, in December.

By the Court;

Q. What was the result of your investigation as to the use of alum in baking powder?

A. The result of my investigation at that time was this; that the changes which took place between the time that alum baking powder was put in the bread, and the time the bread was eaten, the chemical changes were so little understood by chemists, that as a physician and a physiologist, I considered it a dangerous experiment.

Dr. Mott, the Government chemist, in his review of the subject, in the *Scientific American*, makes special mention of having analyzed the Royal Baking Powder, and found it composed of pure and wholesome materials. He also advises the public to avoid purchasing baking powder as sold loose or in bulk, as he found by analyses of many samples that the worst adulterations are practiced in this form. The label and trade mark of a well known and responsible manufacturer, he adds, is the best protection the public can have.

THE PRINCESS LOUISE AS A COOK.—At one of the dinners given at Ottawa last summer a distinguished guest had a fondness for apricot tarts. He was delighted when the servant placed an apricot tart before him, to which he did full justice. He complimented the hostess upon the excellence of her cook. "I am so glad you like them," said the princess, "because I made them myself." And in order that her guest should in future be able to know how apricot tarts should be made, the royal lady wrote out the receipe, with the words underlined: "If you desire to have an apricot tart properly cooked, always make it with an upper crust!" The story has point, and the point is that one can never know how to do a thing too well. We wonder if she knows how to cook a perfectly healthful meal.

Digitized by Google

HOW TO GROW HANDSOME;

OR,

Hints toward Physical Perfection

AND THE

PHILOSOPHY OF HUMAN BEAUTY.

Showing how to acquire and retain bodily symmetry, health and vigor; secure long life, and avoid the infirmities and deformities of age. 250 pages. 12mo, extra cloth.

BY D. H. JACQUES, AUTHOR OF THE "TEMPERAMENTS," ETC.

PRICE $1.00.

What Our Girls Ought to Know.

BY DR. MARY J. STUDLEY.

Resident Physician and Teacher of Physiology, Hygiene, Physical Culture, and the Natural Sciences, in the State Normal School, Framingham, Mass.

"There is nothing before on this subject so suited to the wants of young girls. All its thoughts are pure and good."—*Mary J. Safford, M. D., Boston.*

PRICE $1.25 BY MAIL.

Fruit and Bread; a Natural and Scientific Diet.

BY GUSTAV SCHLICKEYSEN.

Translated from the German

By M. L. HOLBROOK, M. D., Editor of The Herald of Health.

250 PAGES. PRICE BY MAIL $1.00.

Hygiene of the Brain,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

PRICE, $1.50.

TALKS TO MY PATIENTS.

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

A Practical Handbook for the Maid, Wife, and Mother.

With a Beautiful Photographic Portrait of the Author.

PRICE BY MAIL $1.50.

THE SCHOOL GARDEN.

BY DR. SCHWAB, DIRECTOR OF THE VIENNA MILITARY GYMNASIUM, ETC.

Translated from the German by Mrs. Horace Mann.

50 Cents by Mail. 5 Copies $2, 12 Copies $4.

THREE BOOKS IN ONE.

FROM THE CRADLE TO THE SCHOOL. By Bertha Meyer.

THE RIGHTS OF CHILDREN. By Herbert Spencer.

THE GOVERNMENT OF CHILDREN. By M. L. Holbrook, M. D

PRICE BY MAIL 50 CENTS.

M. L. HOLBROOK, Publisher, 13 & 15 Laight Street, N. Y.

Digitized by Google

BRAIN AND NERVE FOOD--VITALIZED PHOS-PHITES

Composed of the Vital or Nerve-giving Principles of the Ox-brain and Wheat-germ.

It restores the energy lost by nervousness or indigestion; relieves lassitude erratic pains and neuralgia, refreshes the nerves tired by worry, excitement or excessive brain fatigue; strengthens a failing memory, and gives renewed vigor in all diseases of nervous exhaustion or debility. It is the only **PREVENTIVE** of Consumption. It gives vitality to the insufficient bodily or mental growth of children, and prevents fretfulness, as it promotes good health to brain and body.

Physicians have prescribed 300,000 packages. Sold by druggists or by mail, $1.

F. CROSBY, 664 and 666 Sixth Avenue, New York.

THE MOTHER'S MAGAZINE,

The next January number will commence the 46th year of this old and popular MAGAZINE. It has hitherto been, and, we hope, will continue to be an ever ready hand-maid to the mother in her enlightened and hallowed Christian efforts to make her children precious jewels in the family circle, ornaments of society, and heirs of heaven, and the father and mother honored and blessed in their good name.

TERMS:—Three months, 45 cents; six months, 80 cents; one year, $1.50. Cash invariably in advance. Sample copy, 5 cents. Remit by draft, check, P. O. Money order, or registered letter; otherwise at the risk of the sender. Special rates to clubs. Agents and canvassers wanted. Liberal commission given. Address,

MOTHER'S MAGAZINE Box 3157 New York.

Louisville, Ky. Nov. 8, 1879.

To the Editor of the *Mother's Magazine*:—I have taken and read your invaluable magazine for more than twenty-five years, and now give it to my daughter, who is the mother of three sweet little children. May God bless you in all your efforts to train up, through their mothers, the rising generation.- Mr. J. O. Campbell.

Stanstead, Canada, March 11, 1879.

Mr. Editor:—I cannot give up the *Mother's Magazine*. I hope I may be able to take it while I live, as my dear mother did. It is very dear to me, not only on her account, but from its own intrinsic worth. May God bless and strengthen you in your noble work.—Miss C. N. Hubbard.

Clinton, Mo., January, 1879.

Mr. Editor:—It is nearly, if not quite, thirty years since the magazine first came into our family, and it has never missed one year in all this time to gladden our hearts by its monthly visits. Next to the Bible have I prized its teachings, and felt that the timely suggestions contained in its pages have been an invaluable aid to me in the management of our children.—A Friend of the *Mother's Magazine*

The Mother's Magazine is one of the oldest and best monthlies for the family circle within our knowledge. It is ably conducted, and its pages well filled by talented and experienced writers. Not the least attractive feature is the department for the youth, which gives evidence of peculiar tact, both in its selections and contributions.—*Christian Observer*, Louisville, Ky.

The *Mother's Magazine* is the name of a monthly devoted especially to the interests of mothers and children, and filled with excellent reading for the family circle. It furnishes a Christian literature that will purify and elevate wherever it goes.—Waterville Mail, Me.

WHEATENA FOODS

are gaining in popular favor daily. Our Wheatena consists of the GLUTEN of the wheat. Our COLD GROUND FLOUR is made without millstones, and no heat is created during the process. Our STEAM COOKED DESSICATED OATS are far superior to Oatmeal. They can be prepared for the table in ten minutes. STEAM COOKED PEA and BEAN MEALS—delicious soup in five minutes.

Send stamp for 16-page book and other information. Address

CHAS. H. HOYT & SON,
121 Varick Street, N. Y.

HEALDS' HYGEIAN HOME,

WILMINGTON, DELAWARE.

Presents especial advantages as a FALL and WINTER Home for invalids. We are further South than any other reputable Health Institution. While we are so located as to have all city conveniences, we are practically in the country on high ground, with extended views.

The "Home" is *heated throughout* by STEAM WARMED air, pure and free from gas or dust Each room is thoroughly ventilated.

OUR TREATMENT, including all judicious forms of BATHS, "MOVEMENTS," MASSAGE, etc., is most thoroughly administered. *No extra charge for "Movements."* We strive to bring *all* hygienic influences to aid our invalid guests to recover health.

OUR TABLE, we are sure, is not equaled by that of any other "cure" in the country. As the DIET of invalids is of the utmost importance, we have made it a study to provide the *best*. We have air-tighted IN GLASS, 1,500 half gals. of choice fruit for next Winter's use.

"RELATIONS OF THE SEXES," mailed 10c.

Wanted.—Hygienic helpers—both sexes.

Send stamp for circulars.

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

DR. FAIRCHILD'S HYGEIAN HOME

AND

MOVEMENT CURE.

537 Broadway, N. W. cor. B'way & 6th Streets
QUINCY, ILL.

Unequaled facilities for treatment of chronic diseases. Send for Circular.

M. AUGUSTA FAIRCHILD, M. D.
tf Physician and Proprietor.

DRS. STRONGS' REMEDIAL INSTITUTE,

SARATOGA SPRINGS. N. Y.,

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

PATENTS!

L. DEANE, 515 7th St., Washington, D. C. formerly Principal Examiner in United States Patent Office, attends to all business before Patent Office and the Courts, and charges fair rates for services. Letters, with stamp, promptly answered.

THE DIETETIC REFORMER

AND

Vegetarian Messenger.

An English publication of thirty-two pages, will be furnished for $1 a year by

M. L. HOLBROOK, 13 & 15 Laight St., N. Y.

Digitized by Google

The Hygienic Hotel
AND
TURKISH BATH INSTITUTE,
13 & 15 Laight Street, N. Y.

Two Blocks from the Grand Street Station of The Elevated Railroad.



There are Six Lines of Horse Cars Passing near the Door.

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.

Digitized by Google

HYGIENE OF THE BRAIN,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

PART I.

CHAPTER 1.—*THE BRAIN*.....
CHAPTER 2.—*THE SPINAL CORD*.....
CHAPTER 3.—*THE CRANIAL AND SPINAL NERVES*.....
CHAPTRR 4.—*THE SYMPATHETIC NERVOUS SYSTEM*.....
CHAPTER 5.—*HOW THE NERVES ACT*.....
CHAPTER 6.—*HAS NERVOUS ACTIVITY ANY LIMIT?*.....
CHAPTER 7.—*NERVOUS EXHAUSTION*.....
CHAPTER 8.—*HOW TO CURE NERVOUSNESS*.....
CHAPTER 9.—*THE CURE OF NERVOUSNESS (Continued)*.....
CHAPTER 10.—*VALUE OF A LARGE SUPPLY OF FOOD IN NERVOUS DISORDERS*.....
CHAPTER 11.—*FIFTY IMPORTANT QUESTIONS ANSWERED*.....
CHAPTER 12.—*WHAT OUR THINKERS AND SCIENTISTS SAY*.....

Chapter 12 contains Hints on the following Subjects:

Expectant Attention—*Wm. B. Carpenter, M. D., F. R. S.* Normally Developed Brains—*E. H. Clarke, M. D.* Alcohol Enfeebles the Reason—*Benjamin W. Richardson, M. D., F. R. S.* Women and Brain Labor—*Frances Power Cobbe.* Difference between Man's and Woman's Brain—*G. Spurzheim, M. D.* Rejuvenating Power of Sleep—*J. R. Black, M. D.* Physiological Effects of Excessive Brain Labor—*William A. Hammond, M. D.* Training Both Sides of the Brain—*Dr. Seguin.* Amount of Blood Necessary to Mental Vigor—*Alexander Bain, LL. D.* Take Care of Your Health—*John Tyndall, LL. D., F. R. S.* Neuter Verbs—*Archbishop Whately.* Exercising the Brain—*Lionel John Beale, M. R. C. S.* How Chancellor Kent was Educated—*Chancellor Kent.* Origin of Abuse of the Mind—*Robert Macintosh.* Intellect Not All—*Dr. Brown Sequard.* Early Mental Culture a Mistake—*Amariah Brigham, M. D.* Walter Scott's Boyhood—*Harriet Martineau.* A Wise Thought from *Herbert Spencer.* Hot-House Brains—*R. R. Bowker.* Book-Gluttony and Lesson-Bibbing—*Thomas W. Hurley, M. D., F. R. S.* Continued and Varied Activity of the Mind—*Benjamin W. Richardson, M. D. F. R. S.*

PART II.

Contains Letters describing the Physical and Intellectual Habits of the following Men and Women, written by Themselves for this Work.

1. O. B. FROTHINGHAM—Physical and Intellectual Habits of.....
2. FRANCIS W. NEWMAN—Physical and Intellectual Habits of.....
3. T. L. NICHOLS, M. D.—On the Physical and Intellectual Habits of Englishmen.....
4. JOSEPH RODES BUCHANAN, M. D.—Interesting Suggestions on Mental Health.....
5. GERRIT SMITH—His Physical and Intellectual Habits (Written by his Daughter).....
6. THOMAS WENTWORTH HIGGINSON—His Rules for Physical and Mental Health.....
7. NORTON S. TOWNSEND, M. D.—Mental Hygiene for Farmers.....
8. EDWARD BALTZER—Habits of the German Radical.....
9. WILLIAM LLOYD GARRISON—Interesting Hints from.....
10. A BRONSON ALCOTT—An Interesting Letter from.....
11. S. O. GLEASON, M. D.—A Plea for Hunting for Over-worked Brains.....
12. WILLIAM E. DODGE—Suggestions from.....
13. HENRY HYDE LEE—A Business Man's Suggestions.....
14. DIO LEWIS, M. D.—His Advice to his Namesake.....
15. FREDERIC BEECHER PERKINS—Suggestions for Brainworkers.....
16. JUDGE SAMUEL A. FOOT—His Habits of Study and Work (aged 88).....
17. MARK HOPKINS—A few Suggestions to Students.....
18. WILLIAM CULLEN BRYANT—How he Conducted his Physical and Intellectual Life.....
19. WILLIAM HOWITT—The English Poet, and his Habits from Boyhood to Old Age.....
20. REV. JOHN TODD—His Workshop as a means of Recreation.....
21. REV. CHAS. CLEVELAND—How he Lived to nearly 100 Years.....
22. W. A., M. D.—How to Banish Bad Feelings by Force.....
23. SARAH J. HALE—A Letter Written when She was 90.....
24. HORACE & MARY MANN—Most valuable Hints from.....
25. JULIA E. SMITH—At 88, and How she has Lived.....
26. MARY J. STUDLEY, M. D.—On Nervousness in Schoolgirls.....
27. ELIZABETH OAKES SMITH—On Headaches.....
28. REBECCA B. GLEASON, M. D.—Her Means of Resting the Brain.....

These letters are all fresh, and full of most valuable suggestions from men and women who have achieved fame; and to read them is next to sitting and talking with the writers. Not one of these letters but is worth the price of the book. Yet there are 28 of them. The book contains nearly 300 pages, and sells for $1.50.

ADDRESS ALL ORDERS TO

M L. HOLBROOK, M. D., PUBLISHER 13 & 15 LAIGHT ST.

NEW YORK.

Digitized by Google

Drs. Walter's Mountain Park,

OPEN ALL THE YEAR.

All things Considered, the very Best.

WERNERSVILLE, NEAR READING, PA.

For winter treatment of invalids its arrangements are superior to all others; while for summer it is beyond competition. Terms very moderate. Send for new circular.

Address as above, ROBERT WALTER, M. D.

DR. F. WILSON HURD'S

HIGHLAND HYGEIAN HOME,

AT THE DELAWARE WATER GAP,

Address Experiment Mills Post Office, Pa.

SEXUAL PHYSIOLOGY,

A SCIENTIFIC AND POPULAR EXPOSITION OF THE

FUNDAMENTAL PROBLEMS IN SOCIOLOGY.

BY R. T. TRALL, M. D.

This work contains the latest and most important discoveries in the Anatomy and Physiology of the Sexes, explains the Origin of Human Life, how and when Menstruation, Impregnation and Conception occur, giving the laws by which the number and sex of offspring are controlled, and valuable information in regard to the begetting and rearing of beautiful and healthy children. It high-toned and should be read by every family. It contains eighty fine engravings.

PRICE $1 POSTAGE FREE.

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

PERIODICAL LITERATURE

We beg to announce that we have prepared

A Comprehensive Catalogue,

containing a complete list of American and Foreign Serial Publications.

It gives the *nature*, *frequency of issue*, and *price* of over SEVEN HUNDRED Magazines and Periodicals, classified for convenient reference.

Mailed to any address, on receipt of ten cents in postage stamps.

American Publication Co.,

357 Washington Street, Boston, Mass.

Publishers' agents for every class of Magazine, Periodical and newspaper. Discount to Libraries, Reading Rooms, and Clubs.

MARVELS OF ELECTRICITY.

DR. JEROME KIDDER'S Electro-medical apparatus is of immeasurable value in relieving suffering from Rheumatism, Neuralgia, Swellings, Stiff and Inflamed Joints, Inflammation, Paralysis, Constipation, Want of Tone and Energy, Female Diseases, Prolapsus Uteri, Sciatica etc., and many other complaints too numerous to mention. Address ALBERT KIDDER & CO., 820 Broadway, New York City.

Mention HERALD OF HEALTH.

THE DIET CURE;

The Relations of Food and Drink to Health, Disease, and Cure.

By T. L. NICHOLS, M. D.,

Editor of the London Herald of Health.

The title of the twenty four chapters of "The Diet Cure" are—

Health—Food—Water—Blood—The Natural Food of Man—Disease—Prevention and Cure—The Question of Quantity—The Question of Quality—Principles of the Diet Cure—Medical Opinions on the Diet Cure—Of Diet in Acute, Scrofulous, and Nervous Diseases—The Diet Cure in Obesity—Vis Medicatrix Naturæ—The Diet Cure in Various Diseases—The Water Cure—Waste of Life—The Life of the Race—The Population Question—Some Practical Illustrations—Air and Exercise—Of Psychic Force—National Health and Wealth—Personal Advice.

There have been, from Hippocrates to Dr Gull, many sensible physicians, and some of the best of them are quoted in "The Diet Cure," which teaches that pure food makes pure blood, and pure blood builds up a healthy body.

This book is handsomely printed, bound in cloth and will be sent by mail for fifty cents.

M. L. HOLBROOK, Publisher,

13 & 15 Laight St., New York.

Digitized by Google

FAMILIES seek them. "THE BEST." DEALERS treble sales with

COLTON'S SELECT FLAVORS.

Pure, Rich Flavoring Extracts of Choicest Fruits. One-third quantity more than usual ordinary flavors



LAKIN'S Transmitting & Receiving Telephones for private lines. Hundreds in use all over the country. Only reliable substitute for the Electric. Our Telephones & wire are fully protected by Letters Patent. Send for Ill. Cat'ge & sample of wire with prices.

LAKIN TEL. CO., 145 Elm st., Westfield, Mass.



Our 32-page illustrated catalogue of new and standard books suited to **BUILDERS**, and all who contemplate building, mailed free to any address. Part I—Queen Anne Designs 8 Plates. $1, postpaid

BICKNELL & COMSTOCK,
194 Broadway, New York.

VICK'S ILLUSTRATED FLORAL GUIDE

1881.

Is an Elegant Book of 120 Pages, one Colored Flower plate, and 600 Illustrations, with Description of the best Flowers and Vegetables, and Directions for growing. Only 10 cents. In English or German. If you afterwards order seeds deduct the 10 cents.

VICK'S SEEDS are the best in the world. The FLORAL GUIDE will tell how to get and grow them.

Vick's Flower and Vegetable Garden, 175 Pages, 6 Colored Plates, 500 Engravings. For 50 cents in paper covers; $1.00 in elegant cloth. In German or English.

Vick's Illustrated Monthly Magazine—32 Pages, a Colored Plate in every number and many fine Engravings. Price $1.25 a year; Five Copies for $5.00. Specimen Numbers sent for 10 cents; 3 trial copies for 25 cents.

Address, JAMES VICK, Rochester, N.Y.

OPERETTAS.

Beautiful, easy to learn, popular in style.

PIRATES OF PENZANCE, by Sullivan & Gilbert, $1

PENELOPE Comic Operetta. Only five characters. By F. C. Walker. $1.

OLIVETTE Now performing in N. Y., with immense success. Sent postpaid for $1. All are especially adapted for performance by Amateur Companies. Orchestral parts furnished. WM. A. POND & CO.

25 Union Square, New York.

READER! If you love Rare Flowers, *choicest* only. Address ELLIS BROTHERS Keene, N. H. It will astonish and please. **Free.**

PRE-NATAL CULTURE

BEING

SUGGESTIONS TO PARENTS

RELATIVE TO

SYSTEMATIC METHODS OF MOLDING THE TENDENCIES OF OFFSPRING BEFORE BIRTH.

BY A. E. NEWTON,

Author of "The Better Way."

"To the well-born child all the virtues are natural, and not painfully acquired."—R. W. EMERSON.

Price 25 Cents.

ADDRESS M. L. HOLBROOK,

70 YOUR NAME in Stylish Lettering on **70 Cards** (*Gold and Silver Chromos, Cupids, Mottoes, Bouquets, Birds, Winter Scenes, Pictures, etc.*) **10c.** All new styles, lithographed in bright colors. *Unequaled.* Largest assortment of cards in America. Agent's Complete Sample Book, **25c.** Dealers and Printers supplied with Blank Cards. NORTHFORD CARD WORKS, Northford, Ct.

JOSEPH GILLOTT'S STEEL PENS

Gold Medal, Paris, 1878

The Favorite Numbers, 303, 404, 332, 351, 170, and his other styles.

Sold throughout the World.

"THE MOUNTAIN HOME"

This old and well-established Sanitarium 1,000 feet above tide water at Philadelphia, is open for the reception of such as desire to avail themselves of a first class institution for the recovery of lost health etc.

For particulars, address for circular.

DRS. WENRICH & DEPPEN.
Wernersville, Penn.

GET Rich selling our Rubber stamps and Music Samples free. Best sheet music at half price. Special rates to teachers. Cook & Bissell. Cleveland, O.

DR. VAIL'S

HYGIENIC & REMEDIAL INSTITUTE

is at Manhattan, Kansas. Send for circular to

W. F. VAIL.

Digitized by Google

☞ A SPECIAL OFFER. ☜

BEATTY'S ORGANS ONLY $85.

A $450 17 Stop Cabinet or Parlor Organ for only **$85** cash.

ONLY $85.00.

17 STOPS.

5 SET GOLDEN TONGUE REEDS.



Style No. 8000, 5 full set Golden Tongue Reeds, 17 Stops &c.

Welcome to 1881. Something Original.—With the new year come to the front, the grandest invention in reed organs the Celestina, or **French Horn.**

☞ This beautiful solo Stop is connected with a set of reeds so tuned and voiced as to exactly imitate **a French Horn.** The imitation is so marked, that should an amatuer musician be standing with his back to the organ it would puzzle him to determine whether it was really an organ or a **horn.** Besides, this instrument will contain the world renown **Vox Celeste the sweetest stop ever before placed in an organ,** charming is the exclamation everywhere. Also the **Vox Humana.** A powerful set of **Sub Bass** Reeds, and **Octave Coupler** which doubles the power by pressing your finger on a key of the instrument, the key an octave higher will come down it self. Do not buy an organ unless it contains an octave coupler if you do, you are cheated out of one of the finest improvements in reed organs. **Be sure** the instrument you purchase contains an **octave coupler. Buy no other.**

New style No. 8,000 contains 17 stops, 5 full set of Golden Tongue Reeds, 5 octaves, beautiful walnut case, french veneering, Handles, lamp stands, pocket for music, **extra large** fancy top. Beatty's new patent stop action. Height 72 in. depth 24 in. length 46 in. weight boxed about 400 lbs. The pedals instead of being covered with carpet are made **of metal.** Upright bellows made from the very best quality of rubber cloth. It contains **a sliding lid** and has rollers for moving. **It is by far the best organ** for the money ever built in this country. **Agents (monopolist price)** for such an instrument **would range from $150 to $450 according to the customer.**

My price (having no Agents) boxed, delivered on board cars here with stool, book & music ONLY **$85**

This offer is special in order to introduce this new instrument. It is a trifle above the actual cost **to build.**

Every one who has examined this style wonders how I can produce so fine an organ for so small amount. My reply to them is, I have the very best facilities for manufacturing, and in my enormous and increasing trade I usually get out from 1 to 2 thousand of one style at a time, and it is perfectly plain to be seen that I can manufacture at a much less cost than smaller concerns. A little margin on each satisfies me. Every instrument sold is a standing advertisement, they are sure to recommend themselves so high that often 25 sales are traced from the first one sold.

ORGANS & PIANOS.

Organs, Church Chapel & Parlor, $30 to $1000. 2 to 32 Stops. Baby Organs as low as $15. Pianos Grand Square and Upright, $125 to $1600. Every instrument is shipped on test trial and fully warranted 6 years. **Money cheerfully refunded and freight charges paid by me both ways if found in any way not just as represented in this Advertisement or my Catalogue's &c.**

My Holiday Offers are extended until April 30th. Remitances may be made by Bank Draft, Post Office Money Orders, Express Prepaid or Registered Letter. Please send reference or some evidence of your responsibility if you do not remit with order. ☞ **Be sure to visit my factory here or send for my Illustrated Catalogue before you decide to buy elsewhere. WILL YOU DO THIS!**

Address or call on DANIEL F. BEATTY, Washington, New Jersey.



SAVE MONEY

by sending for our new FASHION GUIDE, containing 280 Illustrations, combined with Catalogue and Price List of our Human Hair Goods, embracing Switches, Curls, Street and Stage Wigs, Hair-Jewelry, etc. Beautiful and manifold styles in Invisible Front Coiffures. The best and most complete work in its line ever published in the U. S. No Lady and no Hair Dealer should be without it.

Mailed by HAUSSER & CO., 300 Grand Street, N.Y. City. Goods sent C.O.D., with privilege of returning.

HOPE FOR THE DEAF

Garmore's Artificial Ear Drums

PERFECTLY RESTORE THE HEARING and perform the work of the **Natural Drum.** Always in position, **but invisible to others.** All Conversation and even whispers heard distinctly. **We refer to those using them.** Send for descriptive circular.

GARMORE & CO., 117 Nassau St., New York, or S. W. Corner 5th & Race Sts., Cincinnati, O.

---

50 All Lithographed Gold, Floral & Motto Cards No 2 alike, 10c. Agts Mammoth Outfit 10c. Globe Card Co. Northford, Ct.

50 Finest Chromo, Gilt & Colored, Scroll Cards ever sold, only 10c. Agents' Samples 10c. G. A. Spring, Northford, Ct.

50 PERFUMED LATEST STYLE CARDS Motto, Moss Rose, Lily, Violet, Snowflake, Japanese, Lace, no two alike, by return mail, 10c. Outfit, 10c. Elegant cloth bound Book of 60 fashionable varieties of Chromo, Photograph Pictorial and Gilt Edge Cards, 25c.

CAXTON PRINTING CO., Northford, Ct.

Digitized by Google

GOLD MEDAL, PARIS, 1878.



BAKER'S
CHOCOLATE,

The standard for a Century. This Chocolate is made from the choicest Cocoa, carefully selected and prepared. It is the best preparation of plain Chocolate in the market for family use.

Sold by Grocers everywhere.

W. BAKER & CO.,

Dorchester, Mass.

GOLD MEDAL, PARIS, 1878.



BAKER'S
Vanilla Chocolate,

Like all our chocolates, is prepared with the greatest care, and consists of a superior quality of cocoa and sugar, flavored with pure vanilla bean. Served as a drink or eaten dry as confectionery, it is a delicious article, and is highly recommended by tourists.

Sold by Grocers everywhere.

W. BAKER & CO.,

Dorchester, Mass.

Columbia Bicycle

The permanence of the Bicycle as a practical road vehicle is an acknowledged fact, and thousands of riders are daily enjoying the delightful and health-giving exercise. The

"COLUMBIAS"

are carefully finished in every particular and are confidently guaranteed as the best value for the money attained in a Bicycle. Send 3 cent for catalogue with price-lists and full information.

THE POPE M'F'G CO.

551 Washington Street,
Boston, Mass.



Samples of this silk and an Illustrated Book of Rules for using the same, sent on receipt of a 3 cent stamp. Address **Nonotuck Silk Co.,**
Florence, Mass.

50 All Gold, Chromo & Lit'g Cards (no 2 alike Name on, 10c, Clinton Bros., Clintonville Ct



UNDER THE FORM OF A JELLY CALLED VASELINE, PETROLEUM IS GIVEN TO MEDICINE AND PHARMACY IN AN ABSOLUTELY PURE, HIGHLY CONCENTRATED, AND UNOBJECTIONABLE SHAPE. ALL ACIDS, ODORS, TASTE, COLOR, AND OTHER IMPURITIES, WHICH HAVE HITHERTO PREVENTED THE USE OF PETROLEUM IN MEDICINE, ARE ENTIRELY ELIMINATED, AND THE VASELINE IS AS HARMLESS AND DELIGHTFUL TO USE AS CREAM.

The most valuable family remedy known for the treatment of wounds, burns, sores, cuts, skin diseases, rheumatism, chilblains, catarrh, hemorrhoids, etc. Also for coughs, colds, sore throat, croup and diphtheria, etc. It has received the unanimous endorsement of the Medical Press and Profession, Scientists and Journals of all characters throughout the world, as being the Best Remedy Known.

As an emollient, Vaseline is superior to any other substance yet discovered. Its marvellous healing and restoring qualities excel everything else, and it is rapidly taking the place on the toilet-table, to the exclusion of the various complexion powders, pomades, cosmetics, and other compounds. It will keep the skin clearer, softer, and smoother than any cosmetic ever invented, and will preserve the youthful beauty and freshness of the healthy complexion.

POMADE VASELINE.—WILL CURE DANDRUFF AND MAKE THE HAIR GROW WHEN NOTHING ELSE WILL. **25, 50** CENTS AND **$1.00**

VASELINE COLD CREAM.—FOR IRRITATIONS OF THE SKIN, CHAFING OF INFANTS, FOR THE COMPLEXION, CHAPPED HANDS, &c., &c., &c. **25** AND **50** CENTS.

VASELINE CAMPHOR ICE.—FOR PIMPLES, BLOTCHES, &c., **25** CENTS.

VASELINE TOILET SOAP.—EMOLLIENT, BLAND, ANTISEPTIC (EXCELS ALL TOILET SOAPS).

COLGATE & Co. will supply these articles, if you cannot obtain them of your Druggist. None Genuine except in original packages.

Grand Medals at Philadelphia and Paris Expositions. Medal of Progress by American Institute.

Digitized by Google

2 GAL 1 3 9

OLD SERIES—VOL. 66. NEW SERIES—VOL. 32.

J. F. B.

BOSTON MEDICAL LIBRARY ASS'N.
JUL 25 1884

THE HERALD OF HEALTH

DEVOTED TO THE CULTURE OF

BODY AND MIND.

OUR MOTTO:

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

CONTENTS FOR APRIL, 1881.

GENERAL ARTICLES. Page.

Our Common Slight Ailments—Sick Headache.—*By the Editor* 73
Need we grow Old.—*By Elizabeth Oakes Smith* 75
The Diet Cure 79

OUR DESSERT TABLE.

Opportunity—Pull your own Weeds—Take the safe Path—Exercise. 80

TOPICS OF THE MONTH.

Record of Hygienic Progress 81
Center or Circumference 82
Unnecessary Fatalities—Prayer as a Protector against Disease 83
Asylums and Drink 84
Carlyle's Dyspepsia 85

STUDIES IN HYGIENE FOR WOMEN.

Woman's Work in the World 85
Dangers of Canned Fruits—Lord Palmerston's views on Contagion—Pork as Food 86
Vegetarianism—The coming Reform 87
Current Literature 88

NEW YORK:

M. L. HOLBROOK, M. D., Publisher,

13 & 15 LAIGHT STREET.

$1.00 a Year. Single Copy 10 Cents.

Digitized by Google

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

THE HERALD OF HEALTH,

FOR 1881,

ONE DOLLAR PER YEAR,

Will present some new features which will make the volume one of special interest. It will give as its leading articles a series of papers entitled

OUR COMMON SLIGHT AILMENTS,

AND THEIR

PREVENTION AND CURE BY SIMPLE NATURAL MEANS.

The following will be a few of the subjects which will be treated: Impaired Appetite, Voracious Appetite, Wind on the Stomach, Ordinary Forms of Indigestion, Constipation (hygienic treatment of) and Importance of Regular Action of the Bowels, Ordinary Diarrhea—Its Treatment, Vertigo, Treatment of Sick Headache, Drowsiness, Wakefulness, Nervousness, Neuralgia, Rheumatism, Diet in Rheumatism, Low Spirits, Taking Cold, Preventive and Curative Treatment of Coughs, Catarrh, Malarial Fevers, Sore Throat, Weak Lungs, Inflamed Eyes, Dry Skin, Imperfect Action of Skin, Some Diseases of Skin, Baldness, etc.

PREMIUMS.

Every subscriber who sends **10 cents extra** will be entitled to either one of the following books as premiums:

MEDICAL AND HYGIENIC HINTS ON THE PROTECTION AND MANAGEMENT OF THE SINGING VOICE,

BY LENOX BROWNE, F. R. C. S.

It contains the following chapters: 1. Introduction and Theoretical Statement. 2. Voice Production—Physiological and Practical. 3. Management of the Voice, Hygienic and Medical.

Muscle Beating; or, Active and Passive Home Exercise for Healthy and Unhealthy People.

BY PROF. KLEMM, MANAGER OF THE GYMNASTIC INSTITUTION AT RIGA.

AIDS TO FAMILY GOVERNMENT,

Including Physical, Intellectual and Moral Education.

BY MRS. BERTHA MEYER.

The appendix of the book will contain Herbert Spencer's great essay on "The Rights of Children." It will also contain, from the pen of the Translator, 100 Hints and Suggestions to Parents on the Training of Children. The work is more interesting than any novel.

THE SCHOOL GARDEN.

BY DR. SCHWAB, DIRECTOR OF THE VIENNA MILITARY GYMNASIUM.

Translated from the German by Mrs. Horace Mann.

For more complete description of these books see catalogue. Remember that to obtain one one of these premiums **$1.10** must be sent direct to us.

CLUBBING WITH BOOKS.

We will send THE HERALD OF HEALTH and "Eating for Strength" for $1.75, both postpaid; and it and "Parturition Without Pain" for $1.75, postpaid; it and "Sexual Physiology" for $2.00, postpaid; it and "Relations of the Sexes" for $2.00 postpaid; it and "Liver Complaint" for $1.75 postpaid; it and "What Our Girls Ought to Know" for $2.00 postpaid; or it and "Hygiene of the Brain and Nerves" for $2.00 postpaid. In sending money the best way is to get a postal order, or register your letters. Fractional change may be sent in postage stamps.

CLUBBING WITH OTHER MAGAZINES.

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

One, Two and Three Dollar Publications.

THE HERALD OF HEALTH will be sent for one year, with St. Nicholas—$3—for $3.40; with Demorest's Monthly—$3—for $3.25; with the Phrenological Journal—$2—for $2.50; with the New York Weekly Tribune—$2—for $2.50; with the American Agriculturist—$1.50—for $2.10; with the Boston Journal of Chemistry—$1—for $2. Address

W. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

Digitized by Google

THE
HERALD OF HEALTH.

APRIL, 1881.

OUR COMMON SLIGHT AILMENTS—THEIR PREVENTION AND CURE.

BY THE EDITOR.

SICK HEADACHE.

ONE of the minor diseases that hovers like an evil spirit around thousands of people, and refuses to depart, is sick headache. The amount of discomfort that it causes is very great. Indeed the total sum of annoyance which the world endures patiently with the minor ills of life is something immense, headaches, toothaches, colds, dyspepsia, etc., etc., all help to discount the value of living more than we would at first believe. Let us examine this question of sick headache, which is, after all, one of the severe maladies included under the term slight ailments. It affects a very large number of people, many of whom are apparently otherwise quite healthy, and with good constitutions. In may come at any age. Even quite young boys and girls may have this disease, and we have known many old persons also to suffer from it. Still it is its tendency to diminish in frequency and intensity after the fortieth year.

Sick headache is composed of two factors, the headache and the nausea and vomiting which accompanies it. The headache is peculiar in its character, often appearing on one half of the head only. A portion of one lateral half of the upper part of the brain is the seat of very severe pain, which may be of a boring, penetrating character. Its intensity varies, it may last for twelve hours, or continue two, or even three days. It may shift from one side to the other, and then after a few hours subside.

The nausea and vomiting which accompanies sick headache is of a distressing nature, rivaling even sea sickness in its disagreeableness. There is no appetite for food, and no power to digest it. The glands of the stomach seem to pour into this organ a secretion of a very acid nature, which accumulates and is expelled. As many as four or five acids have been found in this mixture, including oxalic, butyric, acetic, valerianic and others. It is the accumulation of this vile mixture that causes the nausea and sinking at the pit of the stomach, and it remains as long as this is not expelled. Many believe that the headache is caused by the foulness of the stomach, and others that the failure of this organ is the result of the failure of the brain to send to it a full volume of nervous influence. Probably to some extent both theories are true. At any rate, there is remarkable sympathy between brain and stomach, and each may suffer when the other does. The pain which one endures in this disease does not come from the nerves of the scalp or face. There is no doubt disturbance in the brain itself, perhaps in connection with the blood-vesselswhichbecome clogged up and the pressure on them increased; perhaps also in connection with the gray matter, for not only does the pain appear to be situated in the brain itself, but the action of the cerebral centers is unmistak

Digitized by Google

ably disturbed. It is impossible for the mind to be fixed on any subject without giving pain, and sustained thought is impossible. The sufferer longs for mental rest and is relieved by sleep.

What is the cause of this disease? This is an important question. Some physicians class it with nervous diseases, and others insist that the nervous symptoms are purely secondary, dependent on indigestion in some of its forms. A pin pricking the skin, a bit of sand in the eye, a tight shoe, any slight cause acting on the end of a nerve may cause nervous symptoms and inability to think, and why not in a greater degree the foul mixture in the stomach of which we have already spoken. This is our opinion, founded on considerable observation, and we find that in proportion as sufferers from sick headache invigorate these digestive organs, promote a healthful circulation of the blood, breathe abundance of pure air, eat properly and sleep properly, will this trouble disappear. The cause lies in a faulty diet, which lowers the tone of the system, so that the slightest causes bring on an attack, and in other errors of life too numerous to mention here.

That the blood is abnormal in sick headache there can be little doubt, this is indicated by the fact that wounds and scratches look angry and do not heal so quickly as in perfect health. Another evidence is that the urine is apt to contain more or less sediment, and the microscope shows abnormal crystals in it, indicating indigestion and the presence in the blood of poisonous substances. Another evidence of an unhealthy state of the blood is the fact that the mucous secretion of the mouth is changed, and there is a sort of clammy feeling there. The liver, too, is sluggish and the bowels equally so, showing imperfect action here also. Thus it is seen, that when one is suffering with sick headache there is a general disturance all along the line, proving the truth of scripture, that when one organ of the body suffers all the body suffers with it.

Sick headache is what may in one sense be called a filth disease, because it has for its cause poisonous matter in the digestive tract, or in the blood, and just as soon as the kidneys and bowels and skin begin to act and carry off the stuff, the patient begins to improve, and in a few hours he is well. Indeed he may, and probably will, be better than before for a while, till he is again filled up with more filth, when the same thing happens again.

It is the function of lungs, kidneys, skin and bowels to remove this matter, and when they do it promptly there is no trouble, but if they are overpowered then it accumulates beyond their capacity to remove, nature puts a stop to appetite and devotes a few hours or days to cleaning up, when everything goes on well for a considerable time.

Now comes the question of treatment. What is to be done to prevent and cure it? Of course, prevention is better than cure, and it is of the utmost importance to strengthen the general health, and especially the digestion first. Stop violating the laws of health, and begin to obey them. Eat the right food and avoid the wrong. Let all hot bread alone, and also all fried food be avoided, use coarse unleavened bread, fruits, and as nearly as possible a perfect diet. Do not live on fine bread and hot tea; nor on fat, indigestible meats. An indoor life is unfavorable because, this means too little exercise and two little fresh air. These are, after all, the most important means of building up the constitution and keeping the excretory organs active. Some exercise that will increase the capacity of the lungs will be excellent. Women especially have too little breathing power. They take in too little air when they breathe. Their mode of dress hinders the full play of the lungs, and causes a strong tendency to headache. Men and women with large breathing capacity suffer with sick headache very little; those with small breathing capacity suffer much. This we have observed over and over again. As preventive means then we strongly urge once more.

1. The improvement of digestion.

Digitized by Google

2. The increase of lung capacity by gymnastic or other training.

3. An improved diet.

4. Regular and full action of bowels.

5. Care of the skin, so it also will perform its functions perfectly.

To cut short an attack and cure it is of less importance than prevention. Little can be done besides rest, drinking copiously of hot water, enemas to move the bowels, and sleep. Medicines generally prove a delusion and do little good. Indeed they often do harm, because they incline the sufferer to trust to them alone. Cold compresses over the stomach, and manipulations over the liver and the body generally, are sometimes useful. No food should be taken, but a glass of hot or cold lemonade may relish, and if it does will do no harm; generally, however, there is no demand for food till the patient is better. A warm bath generally relieves. Cold generally aggravates. Indeed, exposure often to cold precipitates an attack.

Sometimes a mustard plaster over the back of the neck will give relief. Let it be made of one-half mustard and one-half linseed.

Most persons who suffer with sick headache are tea drinkers, and many physicians believe this is a cause of that condition which brings it on; certain it is that many have been cured by giving up the use of tea. The use of strong tea several times a day is a growing evil, and ought not to be encouraged. The young should never use it and the old only moderately.

With these hints we close this article, and will only add that we ought to elevate our standards of health, and not settle down to the conviction that illness is inevitable, but master for ourselves the best methods of avoiding it. Thus would life be more glorious and death be postponed to a greater age.

NEED WE GROW OLD?

BY ELIZABETH OAKES SMITH.

WE talk much and loudly of the progress and civilization of the nineteenth century, as if this were the era of great moral ideas, and we had outstripped all preceding nationalities in the fullness of human development. We plume ourselves, as if nothing ever was or could have been better in the past. Having escaped that kind of asceticism which consisted in abusing God's beautiful handiwork in the formation of the human body, by what was called the "mortifying of the flesh," we bring nothing as a substitute for this mediæval idea, and settle ourselves down to an easy sensualism, or scientific scepticism. We have lost an *idea* and gained nothing in its place, and so we grow mentally poor, but not pious.

If the old Greeks worshiped beauty of form, it was not an idle, chance-come idealism; it was the work of their own hands. They labored to win Olympic prizes for manly prowess and mental excellence. The period of public peace was not dedicated to commercial interest or enervating luxury, for the sentiment of the people favored ambition, favored the idea that a man should make the utmost of himself. We, to this day, scarcely call to mind the wealth, the courage, the statesmanship or the turpitude of Alcibiades, and dwell only upon the beauty of his person, which was the glory of the Greeks.

And this beauty, this perfection of shape, always allied to entire health, is unfavorable to the dealer in drugs, and the office of the undertaker, and would cut short much of the eloquence of the pulpit. Men would not dowder about in a state of mental, moral, and physical invalidism, if once fully aware that to be beautiful is to be manful, and that to be equal to all the emergencies of this life requires sound health and well-proportioned muscles.

The preacher would not cry out for people to save their souls, but to look

Digitized by Google

after their digestion and cultivate their beauty, which is a step in the right direction of saving the soul. Milo doubtless saved many a soul when he held up the keystone of the arch of a temple about to fall upon the heads of the worshipers. Who would ever imagine this Milo of Crotona taking physic or going to his bed with neuralgia?

I have never forgiven David for his mean estimate of human life. Three score years and ten is too short a stay in this world, and if by reason of strength he can add four more to it, he ought to be able to do so, and not feel them profitless or miserable. A brave man will always find cause for enjoyment. A selfish one can never be made content even if the grapes of Escol, or the milk and honey of Canaan were poured down his throat.

Flourens thinks the natural length of a man's life should be two hundred years, estimating the period of growth, twenty-five or thirty years, as indicating the period of maturity, and completeness. For myself, I do not complain so much at the brevity of our lives as at the miserable end to which it is put. The licentiousness and intemperance, recklessness and maudlin discontent, cowardly complainings, and miserable ignoring of the beauty of this world, and the marvelous capacity of man for enjoyment in it, under the mistaken notion that he must use it merely as a thoroughfare to an unseen and better, of which no one this side the grave has any experience of, is a far deeper cause for regret than that life so perverted should be brief in duration.

That mind is the source of strength, beauty, health and longevity, admits of no doubt. People die from lack of force, of hope and energy, quite as often as from disease or accident; and were it not that such as these evolve in us the higher virtues of patience, sympathy, and self-sacrifice, perhaps it would be just as well for them to do so, for they are of no use otherwise in the world. Spenser more than three hundred years ago said what we are saying in our day, and not half as well, that spirit precedes matter.

"So every spirit as it is most pure,
And hath in it the more of heavenly light,
So it the fairer body doth procure
To habit in, and it more fairly dight
With cheerful grace, and amiable sight;
For of the soul, the body form doth take,
For soul is form, and doth the body make."

The question then, of the first lodgement of that nucleus of mind, which is to evolve the beautiful body, becomes one of paramount interest; and we apprehend that in the better time of our civilization, parents will feel that they owe atonement to their children for not mothering or fathering them better, and instead of feeling disgust and exercising severity upon them because of their shortcomings will ask, as did good old Thomas Fuller:

"Is there no way to bring home a wandering sheep but to worry him to death?"

We may not care to realize all of Charles Kingsley's idea of a man as, "One who fears God, and can walk a thousand miles in a thousand hours, who breathes the free air of a free earth, and who, at the same time, can hit a woodcock, doctor a horse, and twist a poker round his finger," but we certainly are out-growing the sentimental admiration of imbecility in all its many shapes, and death-beds are becoming ghastly. Nature co-operates in this advancing love for perfect health, strength and beauty, and now, laying aside the multitude who leave us by the strokes of disaster in various forms, people drop down all of a sudden, and are gone—we call it "disease of the heart," which seems a merciful dispensation.

I observe that not only the pulpit, but the press is careful to punctuate age. No sooner has a man or a woman reached the glory of white hairs, or the crease of the muscles of the face from constant use, than he or she is at once pronounced venerable. They may be in full possession of all the faculties, as wise as Ulysses, and handsome as in the prime of life, with the added grace of time well spent, and like the old man of Shakespeare say:

"In my youth I never did apply
Hot and rebellious liquors in my blood

Digitized by Google

Nor did not with unblushing forehead woo
The means of weakness and debility,
Therefore my age is as a lusty winter,
Frosty, but kindly."

Still people are bent upon regarding them as past consideration, interlopers, who outstay their time, cumberers of the ground that younger men need to occupy, and their children dispute their right to utilize in their own way their own acquired fortune, as witness the shameful contests in the surrogate courts over wills, the many and too often successful attempts to consign parents to lunatic asylums, and amongst the lower class, the wan, miserable, half scared faces at the fireside, or "neglected old in corners hid," all being a pitiful comment upon the barbarisms of the day.

Much of this might be avoided were men and women obstinate in their refusal to grow old; would they persist in upholding their right not only to be, but to be their ownselves, and allow neither child nor public opinion to thrust them into the back ground. Our institutions being comparatively new, have brought newness and youngness into undue repute, and filled the youth of the country with an extravagant conceit of themselves. They will not listen with deference to the "noblest Roman of them all," and the finest Nestor of the age would find himself ignored.

The Greeks regarded a man as in his first manhood at sixty, and a man of a hundred was by no means old, but had reached the period when he could best serve the state by his superior wisdom and intelligence. In the census made by Majon, many were found to have reached more than two hundred years, while others rivaled the age of the English Thomas Parr, who died prematurely in London from having changed his rustic frugal living for the sumptuous luxuries of the Court, when verging upon the age of a hundred and sixty years.

Many are born old, could never be considered young, from having impure blood and diseased organs, and it is better that such should die; but the number of years that a man may have lived by no means ought to entitle him to the dignities pertaining to age; a man who goes about tottering and shaking at the age of three score and ten is not so much an old man as a diseased one. A man does not wear out at that age, he is most likely suffering the penalties of an abused youth, or is dying from finding no adequate field for the exercise of his faculties, or from solitude arising from his lack of social sympathies.

Old Cornaro at a hundred and three wrote his own memoirs in a style that makes it an idyl in praise of temperance and manly virtue. The exclamation of the Marechal d' Estrees on hearing of the death of the Duke de Treame is in fine keeping with the ground we take. The Marechal had reached the ripe age of a hundred and three, while the poor Duke died at the boyish age of eighty-three.

"I am very sorry for it," said the former, "but not surprised: he was a poor, worn out creature, and I always said he would die young."

That old English countess who fell from a cherry tree, and died soon after at the age of a hundred and forty, is an interesting specimen of youthful vivacity. Here is a strong testimony to the possibilities of youth, under the supposed snows of age. Having mourned sixty years for his seventh and last wife, it is to be hoped he will find a suitable companion to relieve the solitude of coming years:

THE OLDEST MAN.

There is a man living in the mountains of North Carolina, says the Louisville *Courier-Journal*, no more than forty miles from Greenville, South Carolina, who has reached the extraordinary age of 143 years. At the time of Braddock's defeat he was twenty years old, and had a wife and three children. A gentleman at Greenville states that this man, who has come down to us from a former generation, has always been in moderate circumstances, lived upon a coarse vegetable diet, that he has never drank any water but spring water, and bids fair to live many years longer. He enjoys perfect health, pos-

Digitized by Google

sesses all of manhood's attributes, and wishes to marry. He has survived seven wives, and having lost his last one about sixty years ago, he now begins to feel lonely.

Flourens divides the several periods of life as follows, which, though very well, is accepting the period of age somewhat early.

'The first ten years of life is infancy, properly so called; the second ten is the period of boyhood; from twenty to thirty is the first youth; from thirty to forty the second. The first manhood is from forty to fifty-five; the second from fifty-five to seventy. This period of manhood is the age of strength, the *manly* period of human life. From seventy to eighty-five is the first period of old age, and at eighty-five the second old age begins. These periods all shade insensibly into each other, so that, in an actual life, we can hardly tell where the one ends and the other begins."

It is the prerogative of genius to be always young; to keep the dew of youth, for it exists in virtue of its creative force, which is a perennial renewing of what is young and beautiful.

Aspiration is the fountain of perpetual youth—it is only when we have nothing to expect, nothing to derive, nothing to hope for, that we are truly old. A religious man is a younger man than one devoid of this aliment to the internal life.

No doubt having nothing to do is a stronger cause for old age than having too much. The brain grows weak and spiritless, and may take on that slow species of decay called softening, where it is suffered to lie fallow. Work of some kind is an absolute necessity to the strength, beauty and intelligence of a man.

People grow prematurely old by the wantonly malicious treatment of those about them, who strive to make them feel so; or by the foolish, but well-meant cuddling of friends, by which the mature man or woman has the fact forced upon them that they are no longer young. One of the most painful delineations of Dickens is that in which an ill-natured daughter-in-law goes to work systematically to so wound the self-esteem of the husband's mother that "she shall age fast."

Women are more disposed to accept the idea of growing old than men, and look about for the means of preserving their waning charms, whereas they should reject the idea of using them by strenuously devising means to be useful, brave-hearted, and studious. Instead of regarding themselves as past enjoyment and beauty, because the passage of half a century has perfected their womanhood, they should feel that their second youth had opened upon them, and, disfranchised from mere sex, they will rank higher in the scale of intelligence; but this dew of youth will not adhere to the vain, or the frivolous of either sex.

I do not care to cite the many examples of the present day amongst literary men and women, and statesmen and merchants, whom our journalists describe as venerable; because though ranking from seventy to eighty, and ninety years, I do not regard them as old, but only as approximating to that period of fulness of years naturally pertaining to men. In the possession of clear minds and vigorous bodies they ought to number a century or more, and not admit of turning their faces to the wall.

Montague disputes the notion that the decay of old age is the natural end of man; comparatively few die in their beds, worn out old men, when we consider the multitudes who perish from wars, pestilence and accidents. I doubt whether this termination is either natural or desirable. We are not called upon to unbrace our armor, but, like Hardicanute, present a brave front to attacks of time, mischance, or death itself, as in the ballad:

> "Stately step'd he east the wall
> And stately step'd he west—
> Full seventy years he now had seen,
> And scarce seven years of rest."

Do you wish to master any science or accomplishment? Give yourself to it, and it lies beneath your feet. Time and pains will do anything. This world is given as tha prize for the men in earnest.

Digitized by Google

THE DIET CURE.

THE following extract will be interesting to your readers, who may not have read it. It is from Sir Walter Scott's "Biographical Notice of Miss Seward. (Biographical Memoirs of Eminent Novelists."—Vol. ii.:

"In the summer of that year, (1778) the Countess of Northesk visited Lichfield, to consult Dr. Darwin for the benefit of her health, then sinking rapidly by hemorrhage. The poetical physician became deeply interested in the fate of a lovely and amiable young woman, distinguished by her sufferings and her patience, and the same circumstances produced a strong attachment on the part of Miss Seward, of this interest and attachment a proof was nearly made, of a kind so very remarkably that I will tell it in Miss Seward's own words:

"One evening he said, 'Lady Northesk, an art was practiced in former years, which the medical world has very long discussed; that of injecting blood into the veins by a syringe, and thus repairing the waste of diseases like yours. Human blood, and that of calves and sheep, were used promiscuously. Superstition attached impiety to the practice. It was put a stop to in England by a bull of excommunication from some of our popish princes against the practice of sanguinary injection. That it had been practiced with success, we may, from this interdiction, fairly conclude, else restraint upon its continuance must have been superfluous. We have a very ingenious watchmaker here, whom I think I could instruct to form a proper instrument for that purpose, if you choose to submit to the experiment.' She replied cheerfully, that she had not the least objection, if he thought it eligible." Miss Seward then offered to spare, from time to time such a portion of her blood to Lady Northesk as Dr. Darwin thought proper. Dr. Darwin said he would consult his pillow about it.

"The next day, when Miss Seward called upon Lady Northesk, the doctor took her previously into his study, telling her, that he had resigned all thoughts of trying the experiment; that it had occurred to him as a last resource to save an excellent woman whose disorder, he feared, was beyond the reach of medicine; 'but' added he, 'the construction of a proper machine is so nice an affair, the least failure in its power of acting so hazardous, the chance so precarious, that I do not choose to stake my reputation upon the risk. If she die, the world will say, I killed Lady Northesk, though the London and Bath physicians have pronounced her case hopeless, and sent her home to expire. They have given her a great deal too much medicine. I shall give her very little. Their system of nutritious food, their gravy jellies, and strong wines, I have already changed for milk, vegetables and fruit. No wines ever, no meat, no strong broth, at present. If this alteration of diet prove unavailing, her family and friends must lose her. It was not unavailing; she gathered strength under the change from day to day. "The disease abated, and in three weeks she pursued her journey to Scotland, a convalescent, full of hope for herself, of grateful veneration towards her physician, whose skill had saved her from the grave; and full also of overrating thankfulness to Miss Seward for the offer she made."—Memoirs of Dr. Darwin, by Anna Seward: London, 1804, pp. 110-114.

Sir Walter, in a note, says, that Lady Northesk died in 1779, in consequence of her cap and handkerchief catching fire.

Perhaps some medical men of the present time might learn something from this case of a hundred years ago.

R. S. ARNOLD.

THIS world is full of heroes. There are thousands of them to-day, who are working hard for twelve dollars a week, to feed and clothe and provide a home for their wives and children.

Digitized by Google

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

OPPORTUNITY.

She leaned out from the lattice
  At the bidding of the morn;
The sun was on the hill-tops,
  The dew was on the thorn;
The willful, climbing roses
  Above her wove a crown,
And crowned her queen of maidens
  As he came riding down.

He checked his horse's gallop,
  And lingered by the way,
Smiling and gazing upon her,
  Loath to go and loath to stay;
For he thought: "since the sweet to-morrow
  Waits on my delays,
Prithee why should I sorrow
  For a flower that blooms always?

"Where she blossoms I surely can find her,
  Or ever the season takes flight,
Blushing and smiling behind her
  Lattice, morning and night.
Shall I squander life's early hour,
  Ere the dew is dry on the May,
In reaching my hand for a flower
  That may be plucked any day?"

So he passed. And the sunshine passed with him,
  And the dew dried up on the thorn,
And the roses dropped all their petals
  That had crowned her the queen at morn;
But once when his heart was tried,
  And life of its glory seemed shorn,
He turned him again to here lattice,
  But she and the roses were gone!

Harper's Magazine.

PULL YOUR OWN WEEDS.

If you've weeds in your garden, my friend, I pray,
  Do not stand looking over the fence
To your neighbor's dominions—just over the way—
  Your weeds are the most consequence;
Uproot them, while yet there is daylight to work,
  Tear them up, seed and branch, from the soil:
They are sure to do mischief, so pray do not shirk;
  You'll be amply repaid for your toil.

This advice would apply in the garden of life—
  'Tis so seldom we see our own weeds—
For watching our neighbor, or, worse yet, his wife,
  And counting their many misdeeds,
We pass our own follies, our faults we disguise
  In the garments of selfish conceit!
We're ever perfection (in our own eyes),
  Our neighbor may take a back seat.

Let us pull our own weeds, and work with a will,
  While yet there is one to be found,
Nor point over the way in derision until
  We have carefully tilled our own ground;
For watching the faults of others we see
  Not the ones in our own heart so rife;
Let us pull for ourselves, let others' weeds be
  'Till we clean our own garden of life.

TAKE THE SAFE PATH.

"TAKE the safe path, dear father;
  I'm coming after you,"
Rang out in silvery accents
  From a dear boy hid from view.
His father climbed a mountain
  Precipitous and wild,
Nor dreamed that in his footsteps
  Pressed close his only child.

His heart stood still one moment,
  Then rose in prayer to God
To keep his boy from slipping
  In the path his feet had trod;
And soon upon the summit
  His darling child he pressed,
With rapture all unspoken,
  Unto his throbbing breast.

"Take the safe path, dear father,"
  Rings clearly out to-day
From many a little pilgrim
  Upon life's rugged way.
They're pressing close behind you,
  O, fathers! take good heed;
Their lives will closely copy
  Your own in word and deed.

"Take the safe path," ye fathers,
  Nor ever dare to sip
The cup that seems so tempting
  To many a youthful lip.
Take truth for your example:
  Then, if they follow you,
Your children's lives will also
  Be noble, grand, and true.

Lizzy Larkin.

EXERCISE.

Exercise in open air
Keep the system in repair.
All the better it will be
If pursued with life and glee;
Have an *object* for your walk,
Or a friend with whom to talk.
Only thus, 'tis understood,
Will your walking do you good.

Merry sport and jocund game
Lend a vigor to the frame,
Which can ne'er be felt by those
In dull dumps who like to doze
O'er their little troubles sent,
Without the physic of content,
They shun many pleasant ways
To prolong their youthful days.

Digitized by Google

EDITORIAL DEPARTMENT.



NEW YORK, APRIL, 1881.

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* PUBLISHER *does not hold himself as indorsing every article that may appear in* THE HERALD. *He 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.

RECORD OF HYGIENE PROGRESS.—One of the most encouraging features of modern progress in hygiene, is the intelligent attention which the subject is receiving from the acknowledged leaders of the moral world, the clergy. Dogmatic theology, however important in itself, seems to be receiving comparatively less and less attention, while the energy formerly expended upon it is seeking a new field of activity, in more practical channels, prominent among which is that of the hygienic care of the body. That the pulpit is to be the source of much practical instruction for the people as well as of doctrinal teaching, is every day more apparent. The most pronounced radical need not seek the overthrow of the mighty influence that the church yields; but, if he be philosophical, will rather hail with joy the process of evolution in the direction of practical right living, and will find much cause to desire the perpetuity of the power and influence of the clergy, since the greater part of their energy seems destined to be exerted in the promotion of the very objects that every moral and physical reformer has in view. A protestant clergy is always with the people, and the people are moving in the direction of popular hygiene so fast that the current is bearing along a vast body of the ablest and most influential of their clergy with it. These remarks have been suggested by the appearance of a most readable book from the pen of a distinguished divine, James Freeman Clarke. We note it as an important item in our record of hygienic progress. Its title is: "Self-Culture, Physical, Intellectual, Moral and Spiritual," and the following are some of its topics: Man's duty to Grow. The use of Time. Self-knowledge. Education of the Conscience. The Education of Courage. From the chapter on Training and Care of the Body, we extract the following:

"Good health is the basis of all physical, intellectual, moral, and spiritual development. Men and women, permanent invalids, have, no doubt, been sometimes distinguished as thinkers and workers. A powerful soul will triumph over bodily disease; but usually a sick thinker has something sickly in his thought. Calvin, whose life was darkened by disease, had a morbid and gloomy element in his theology. Emaciated and sickly saints usually have a sickly piety. I believe that Jesus was healthy in body as in mind; all his faculties active, and so full of vital power as to awe and control even his opponents, who came expecting to put him down. For a certain amount of vital energy is needed to give weight to the best argument. To be a grea-

Digitized by Google

prophet it is necessary, not only to have inspiration and conviction, but also to to possess a body able to endure fatigue, instinct with magnetic force and physical energy. I repeat, then, that bodily health is the foundation of all rounded self-culture, all integral development. I fully admit the power of the soul, under great spiritual and moral excitement, to compel a weak body to do its bidding. This is one of the most eminent proofs that soul is the king, and body its object. A great soul *may* inspire a sick body with strength; but if the body were well, it would obey yet more promptly and effectually.

"I do not sympathize with those reformers who say we are always to blame for being sick, and that if we obeyed all the hygienic laws we should be always well. Some persons are born diseased, with congenital and inherited poison in their blood; some take disease from the air, and from unavoidable exposure. But, no doubt, a vast amount of sickness comes from bad living; from intemperance in work, in eating and drinking; from breathing bad air, living in damp, dark homes; from bad food, poor clothing, want of recreation and amusement. In New England we are not a healthy people. We are, to be sure, free from the scourge of the Middle and Western States—fever and ague; nor are we as liable to inflammatory disease as in other places. Our demon is consumption, and the natural prevention and cure for consumption is pure air, and enough of it. But the great mass of our people shut out the sunshine, shut out the air, shut themselves up during our long winter months with air-tight stoves in air-tight rooms, using the same air over and over again. Ventilation is a lost art. No one knows how to ventilate a public building or a railroad car. Along the shores of Maine, when the air is pure and balmy, and merely to breathe it is like drinking the wine of life, if you go into the houses you will find the people pale and sickly. The explanation is the air-tight stove and the indigestible food. Whoever will teach the people of New England the advantages of good food, fresh air, and sunshine, will renew the physical constitution of the race."

CENTER OR CIRCUMFERENCE.—To one coming from the country to a great city for a few months, or to make it a permanent home, there is a wonderful charm in the thought of what riches are hidden in the higher life of such cities; what wealth of intellect and refinement; what stores of wisdom only to be gathered by contact with the many, each of whom has some special aptitude or grace, yielding its drop of honey to the seeker, who in turn may dispense to other seekers this concentrated essence of life. To the outsider, the circles holding names known in art, or science, or literature, are almost as the Holy of Holies; and the eager girl filled with a girl's capacity for hero-worship, or the woman whose life thus far has been shut in and contracted, looks toward the possibility of strength and inspiration to be gained by contact with broader minds, with a faith touching in its simplicity, and too often both are disappointed and humiliated.

To find only a privileged "set" admitted, to be frowned upon as an interloper, or met with a coolness so frigid that the sensitive soul shivers and flies to a region not quite so high and far more comfortable, is the fate of many, even when bringing unquestioned credentials—much more where credentials are wanting, and the aspirant has taken for granted that the best society must, in the nature of things, be gracious and hospitable.

Naturally such society is and must remain centripetal and not centrifugal in its nature; but it could safely be taken for granted, that, as a rule, few really objectionable persons will seek entrance to a circle where noble soul and active mind are the possessions most valued. Fashionable life demands wealth, abundant leisure and superabundant dress of all who seek it. But the higher life ignores the need of at least two of the factors just named, and should hold itself open to every true seeker of what it has to give. Not that its leaders are to be "hail fellow well-met," with every new comer. But there is a vast

Digitized by Google

difference, between the "stand-thou apart," attitude of many, and the quiet receptiveness—the simple suspending of hasty judgment till the new candidate has been given at least a fair hearing, to which every sensible person submits as the necessity of all good society. Wounded feeling in such a case would be a mark of weakness. At best, it must be regarded as an ordeal, hard to pass through composedly, yet holding its own reward. And for all who seek the best, but who may have been repelled, or hurt, or discouraged by coldness or the apparent snobblishness often encountered, there is a sentence in a little book recently published, in which the author, Mrs. Diaz sums up the situation in words holding the key to any real happiness in society or out. "The cure is self-respect. Those who have their own life-work marked out, their own high purposes to attain, will be little affected by the slights, the frowns, the incivilities, the condescensions of the wealthy and the learned. From all such things they can take refuge in themselves."

HELEN CAMPBELL.

UNNECESSARY FATALITIES. — The newspapers contain too frequent reports of persons being suffocated by gas when asleep. In many such cases, the primary cause is drunkenness of the individual; for intoxicated people have a strange proclivity for blowing out gas-lights, instead of turning the gas off, when retiring for the night to sleep off the effects of their debauchery. But sometimes persons who are perfectly sober meet with their death by escaping gas in close rooms, and it is for the benefit of such, rather than for that of the drunkard, that we write. It may as well be remembered that everyone who sleeps in a room where there is a gas jet, or even a gas pipe, is in danger, more or less from suffocation. There is one simple, and at all times efficient method of preventing any evil effects from escaping gas, or at least of reducting them to a minimum, and that is by always having the window of one's room open. We can picture to ourselves the horror with which some of our friends will hear such a suggestion. They are among those who think there is something very objectionable, not to say absolutely poisonous, in the night-air. They will at once exclaim that the remedy we suggest is worse than the disease. So far from this being the case, the "remedy" is worth trying, if there were no such danger for it to meet as escaping gas. There are few persons who sleep with the windows of their rooms open a little way--just far enough to admit a small current of air—who would ever again submit, without a severe struggle, to the mustiness of a chamber whose windows are kept closed. Numberless contrivances might be adopted to prevent the draft from coming on to the person occupying the room. Fresh air at night is a luxury. So far from its being harmful in large cities, it is during the night in its purest state, for it is then the least charged with smoke and impure gases. If it were difficult to obtain, thousands would sigh and pay for it, who now content themselves with close apartments rendered foul by the constant breathing of sleepers. As a health preserver, in summer and winter, for young and old, fresh air is indispensable. It can only be admitted effectually into the bedroom by such methods as will at the same time neutralize the most potent efforts of the gas main to poison us when asleep with its contents.

PRAYER AS A PROTECTOR AGAINST DISEASE.—A paragraph appeared in the papers recently, stating that prayers had been offered in the New York Catholic churches for protection against diphtheria. Those who desired to guard themselves against this malady would kneel at the feet of a priest, and holding two lighted candles crossed against the throat, allow the flames to rise at the sides of the face. While the worshiper was in this position, the priest would offer a prayer. We would under no circumstances say a word that would cast a slur on the religious views or ceremonies of any religious body, but even our catholic readers will, we think, go with us in our feeling that such ceremonies are, to say the least,

Digitized by Google

liable to be very inefficacious in averting disease. In making this assertion, we neither affirm nor deny the efficacy of prayer, when it is offered under certain conditions. To do the one or the other is not within our province. We merely call attention to the manifest futility of prayers against diseases, if at the same time no intelligent precautions are taken to avoid such diseases, by observing the laws of health. Among all religious bodies there is too little effort to arm the people in a rational way against physical ills. It is of very little use to pray to be guarded against diphtheria, and at the same time allow the presence of noxious gases in one's house; to pray to be delivered from indigestion and its attendant evils, and on rising from one's knees, eat indigestible food in large quantities. And yet this is constantly being done. The cheap and easy mental act of prayer cannot take the place as a preventive of disease of a sensible obedience to Nature's laws. Religious teachers should first teach their people this obedience—prayer afterwards will be far less unlikely to be answered.

ASYLUMS AND DRINK.—The great increase of lunacy in Staffordshire, England, has made it necessary to enlarge the County Asylum at a cost of £5,000. A contemporary asks the very pertinent question, whether it would not have been wiser to diminish the number of public houses? We are inclined to answer in the affirmative, though we cannot go as far as those who think it possible for a government to abolish all houses where intoxicants may be purchased. We have no sympathy with the philosophy which says that drunkenness is better than an enforced sobriety. And yet there are men who think they possess statesmanlike qualities, who publicly announce this doctrine. In the pottery fields of Staffordshire, among the workingmen of the Black Country, and those of the mining districts of Derbyshire and Yorkshire, there is a longing for drink, which, being gratified, swamps all the better qualities of men. Man possesses in himself tendencies to good, and tendencies to evil. If the former are developed, the latter lose their force, and *vice versa*. During the past twenty years there has been exhibited a remarkable general development of the animal tendencies among the workers in English crowded districts, consequent on increased wages and increased facilities for gratifying the senses. This abnormal development is now showing itself in a demand for more lunatic asylums. It is sad to contemplate what will be the effect on the coming generation of the bad habits of their progenitors. This demand for lunatic asylums, is by no means confined to Staffordshire. It appears all over the country, and is directly traceable to the drinking habits of the people. This is by no means a local matter. It touches us in the United States as keenly as our friends across the Atlantic. It raises the question which unfortunately can only be urged by the *doctrinaire*—whether it is better for a government to force men to be sober by abolishing public houses, or to force them to pay taxes for the erection and support of lunatic asylums? Those who plead that every man should possess liberty to do as he likes, cannot get away from the fact that force has to be used on the taxpayers to get them to support lunatics whose liberty was respected so much that they were allowed to drink till fiery liquors stole away their brains—to quote from Shakespeare. There may be some who object to our assertion that only the *doctrinaire* would urge that a government should force men into sobriety by abolishing public houses. To those we would say, that in modern times it is impossible for a government to make and enforce a law that is not approved of by an overwhelming majority of the people. Such a majority could not be found in any large community for the abolition of public houses, the exception which Maine affords does not by any means disprove this assertion. But we would not be understood as in any way discountenancing such a measure, if it could be passed, with the approval of the people. It is to be fervently hop d by all those who desire to see a reform in our social customs, that the day will

Digitized by Google

come when the practical man will be able to urge on the government what now is urged by the theorist only.

CARLYLE'S DYSPEPSIA.—The influence of a dyspeptic stomach were never seen to greater advantage, or disadvantage, than in the writings of the late Thomas Carlyle. The tormentings of his stomach are reflected in an unmistakable manner in his thoughts. His mind and his moral nature were such that he could not but think nobly, but there are frequent signs of physical pangs having swerved aside his pen. The world was not the same color to him that it was to other men. When a stranger and an admirer accosted him one day, and shaking him by the hand said, "Mr. Carlyle, we have to thank you for much of the good in the world," the philosopher growled out, "No you haven't. There is no good in the world." We regard him as a unique writer, a unique philosopher—one who in his way has done much good in the world, though it may have been of a negative character. He has contented himself with pointing out social and political faults, rather than excellencies. It is difficult to imagine what kind of work we should have had from Carylyle if he had not groaned under dyspepsia. No doubt he would even then have been a a pessimist, but perhaps his pessimism would have been tempered with a few rays of optimism, in which we should have had thoughts of the future of the world, still couched in his rugged language, but of a more hopeful character. Dyspepsia is a wearying companion—one that in our less influential spheres impresses itself on our lives as indelibly as it impressed itself on the life and life-work of the "sage of Chelsea." Grand as that work stands forth in the literature of the first half of the nineteenth century, we think it would be grander if Carlyle had possessed digestive organs which did their work well. We are inclined to think there was something wrong in the way they were managed. Born of sturdy Scotch parents, in a village, he should have been strong in body as well as mind—in stomach as in lungs. Shall we not say that the world is a loser because his tutors did not instruct him more carefully in the laws of hygiene?

STUDIES IN HYGIENE FOR WOMEN.

WOMAN'S WORK IN THE WORLD.—Woman's part in the great work of promoting the health of the people is not obscure or difficult to find. In more primitive time, when to live in the country was more fashionable, and when manual labor on the part of everybody was more the rule than to-day, woman knew as little about the inevitable laws of health and disease as she does now. Perhaps she knew less then than now—certainly she should know far more to-day than she does. In the primitive time, to which we have referred, that now well-nigh universal trouble, dyspepsia, was indeed a *rara avis*. The need of care in choosing between healthful and unhealthful foods was far less then, because the appetite was not morbid, and it had no unnatural craving for foods which now monopolize so much space in our markets, and injure the health of the consumer. In those days the patent laws did not protect, nor were they called on to protect, foods for children, which produce rickets and other irregularities. The advance of civilization has brought with it a certain amount of artificality of life, which in its turn should be met by an extended knowledge of physiology on the part of the people. Rising generations owe, perhaps, more to their mothers for what they are than to their fathers. Are they to be robust in health—centers of energy and irrepressible progress? Their maternal parents, then, must know how robustness is produced and conserved. Mothers should know what is food and

Digitized by Google

what is not. They should be acquainted with the facts as to the use and abuse of concentrated food—should have their memories stored with elementary truths as to the preservation of health, both of children and adults. Does some one say this is beneath woman's capacity; that such things should be left to menials or doctors? What then would a woman do with her time? Where would she find a grander field for the use of her energies, tenderness, yea, and her genius, than in aiding to rear a generation which shall not only be in advance intellectually of all that preceded it, but which shall possess that great essential to the full realization of the results of the mind powers—health?

DANGERS OF CANNED FRUITS.—The exigencies of trade appear to be in continual conspiracy against the health of the human family. Some sharp man once found out that it was economical in the manufacture of tin plate to introduce into it a small quantity of lead, and now the cheaper grades of tin are all adulterated in this way. This discovery is fraught with mischief, for when acid fruits come in contact with this mixture of tin and lead, they are liable to become contaminated and produce lead poisoning in those who eat them. The canning of fruits in this country is now carried on to a much greater extent than ever, and cases are frequently brought before the public in the newspapers, of injury done to families or individuals by eating fruit which has been thus preserved. For those who preserve there own fruit or vegetables, glass, or earthenware vessels are absolutely safe, and much to be preferred to those made of metal.

LORD PALMERSTON'S VIEWS ON CONTAGION.—Lord Palmerston acted rashly sometimes when Foreign Secretary of England, but he possessed some sound notions on sanitary questions. It was when Secretary of State, under Lord John Russell, that Lord Palmerston was written to by the Presbytery of Edinburgh, asking whether a national fast ought not to be appointed in consequence of the appearance of cholera. Lord Palmerston gravely admonished the Presbytery that the Maker of the universe had appointed certain laws of nature for the planet on which we live, and that the weal or woe of mankind depends on the observance of those —one of them connecting health with the absence of those noxious exhalations which proceed from over-crowded human beings, or from decomposing substance, whether animal or vegetable. He, therefore, recommended that the purification of towns and cities should be more strenuously carried on, and remarked that the causes and sources of contagion, if allowed to remain, "will infallibly breed pestilence and be fruitful in death, in spite of all the prayers and fastings of a united, but inactive nation."

PORK AS FOOD.—Dr. T. L. Nichols once said that pork is a coarse, nasty food for coarse, nasty people. He put the matter rather strongly, perhaps he exaggerated a little if he meant that only coarse, nasty people eat pork. Anyhow, people who eat pork are likely to be less refined in their manners and habits than they would if they abstained from this, one of the most objectionable forms of animal food. But apart from its coarseness it has other qualities which are decidedly baneful, and the French, English, and other European nations are just awaking to the danger that lurks in the flesh of the American pig. The French Government has forbidden the importation of pork from the United States, on account of the prevalence of trichinosis, and a similar prohibition has also been issued by Russia, Spain, Italy, Austria, Portugal and Greece. The sudden arrest of so large an industry, not to speak of the stoppage of so considerable a source of food supply, is a matter of very serious importance. But, as the Ex-premier of England once said, and as was remarked centuries ago, the health of the people is the supreme law, and it is the duty of statesmen to legislate for the benefit of the public health when possible. It is not to be supposed that THE HERALD OF HEALTH is particularly joyful when any portion of American export trade

Digitized by Google

is threatened, but we must confess to being less sorry to see the traffic in swine's flesh to the Old World checked, than we should be to see a check in the export of wheat. Much as we may desire to see the farmers, railroads, and general community of this nation enriched by European gold, we yet have some regard for the health of our European kinsmen, and at the same time a supreme contempt for the pig as an article of food for human beings. There are those who suffer from diseases brought on by eating pork, and yet they are perfectly blind to the real cause of their trouble. Some persons have an idea that they are safe against the parasites that may exist in pork if they well cook the flesh before eating it. This idea often turns out to be a mistaken one, a delusion and a snare. The only safe way to be free from diseases incident to the pig is to touch not, taste not, handle not the unclean thing. There is a wealth of good sense and discrimination in the Mosaic regulations in the Old Testament in regard to food. They may be ridiculed, they may be considered behind the age by Orthodox Christians, who believe that Moses was wrong, and that pork is very toothsome, innocuous food. Moses was right, and the man who avoids pork with as much determination as he would poison need not starve. Pork is no more a necessary of life than is tobacco; under certain conditions it is more prejudicial to health.

VEGETARIANISM—THE COMING REFORM.—Not long since we received a pamphlet advocating a vegetable diet as a cure for alcoholism. We beg the pardon of the author for having mislaid his tract; but we have a strong belief that the only cure for alcoholism is to refrain from the use of alcohol. We would not, however, disparage vegetarianism; it is one of the coming reforms. Should civilization succeed—and it has not succeeded—we shall make an end of wars, famines, and pestilences, and then we shall want room on the earth for the people who now perish in these barbaric calamities. With a vegetable diet, twice as many people can subsist from the same soil as from a mixed diet; and there is very little doubt that people can live happily on vegetable food. We are confident that the eating of flesh will come to be as odious and sinful as slavery now is. Nevertheless, we eat meat and expect our grandchildren to do so.

We have met with some sensible suggestions on this subject in the London Spectator. It points out that great progress has been made by the vegetarians. "Not so very long ago, vegetarians were regarded as a kind of gentle monomaniacs, whose one objectionable characteristic was the illogical advocacy of an inoffensive crotchet. Now, under the mask of enlightened dietetics, their tenets are preached far and wide by the high-priests of science; and the cultured classes, without knowing it, are gradually being imbued with the doctrines of the vegetable-feeders. How long the fashion will last, or how far the process of conversion will go, cannot as yet very well be estimated." Physicians are increasing who say that flesh is not necessary to nutrition, and is often decidedly unwholesome.

One of the forces driving in the direction is philanthropy. Those who undertake to help the poor soon discover that multitudes of them suffer for lack of food economy in the expending of small incomes; that a "thorough-bred" woman will support a family in comfort on an income which starves a poor laborer's family. When they begin to devise means of helping to economical habits, the philanthropists discover that meat is dear, and that the poor waste it when they can get it. The Spectator asks and answers, thus: "Who are the people that are scandalizing the doctors by living too luxuriously? Curiously enough, not the rich merely, but the poor also. Their offence, we are told, is doubly rank, for not only do they eat flesh in stupendous quantity, but they waste nearly as much nutriment as they consume, by ruinous methods of cooking." In England, especially, the waste of meat may easily entail suffering upon the poor; and it is the most practical of practical questions whether or not meat is

Digitized by Google

necessary. The philanthropists are becoming convinced that it is not necessary.

But the Spectator does not believe that the rich will give up meat—they will not, for the simple reason that they like it; "flesh foods, deftly prepared, minister to our pleasures." But suppose the question comes to be plainly put: Shall the rich, for their pleasure, make life harder for the poor, by grazing lands that are wanted to produce beans and potatoes? There are many persons who will scoff at such a world as we imagine; but when we stop killing people in war and pestilence, it may be as practical a question whether the rich shall have pasture lands, as it now is whether Indians and lords shall have extensive hunting grounds.

It is also possible that the palate of the coming man may be tickled by a finer quality of vegetables and richer preparations of them. We quite agree with the Spectator that, "as a rule, the messes of the vegetarians are not palatable." We find food for reflection in the following suggestions: "It may be that we can get as much food out of a lump of pease-pudding as out of a beefsteak. But so long as the former tastes like damp sawdust, people will prefer, if they can afford it, to dine off the latter. We are aware that the Scotch profess to have discovered the art of cooking vegetable foods so as to make them palatable." But our contemporary does not quite credit this rumor, not liking, we judge, Scotch cookery. Whenever, however, the world turns strongly, in a confirmed love of civilization and peace, to the task of improving foods, we shall probably find a way to better things. And, at the last, the pleasure of eating may be safely discounted in the interest of better objects of life.—*Methodist.*

CURRENT LITERATURE.

—:o:—

BIBLE HYGIENE; OR HEALTH HINTS. By a Physician, Philadelphia: Presley Blackiston, 1012 Walnut St., 12mo. $1.00.

We have here a book of 250 pages, containing 16 chapters on Bible Hygiene. Among others are the following: The Bible as a health guide. On personal hygiene. Bible health hints regarding food and drink. Bible hints concerning air. Bible hints about exercise Bible hints about sleep, about cleanliness, about clothing, about culture, about public hygiene, about dwellings, about sewerage, and the prevention of disease.

The work shows much painstaking, and will certainly be very interesting reading to all who are seeking light on the subject of health. One would hardly believe that so much could be found on this subject. The following extract will show the character of the work:

"We may generally judge of the importance of any sanitary subject by the frequency and force with which it is alluded to in the Bible. The Scriptures often speak of the necessity for personal and public cleanliness, and lay great stress not only on having a clean heart, that is, on being morally and spiritually pure, but also on physical cleanliness: that is, purity of the body, garments, houses, and so forth. Whole chapters in Numbers, Leviticus, and Deuteronomy are devoted to the subject of cleanliness of the person, clothing, tents, tabernacle, and camp, which the leaders, chief priests, Levites, and Israelites generally were bound to observe. All through both Testaments the importance of cleanliness is either directly or indirectly alluded to; and though in many places personal cleanliness is alone spoken of, the text clearly inculcates purity in all things, in thought, word, and deed; and not of the heart and life only, but also the body and the clothing. Such stress was laid on purity, that it even makes a distinction between clean and unclean animals (Lev. xi.; Deut. xiv.) God's great purity is often spoken of as an example to us; even the heavens are not clean in His sight (Job xv. 15). The removal of sin is spoken of symbolically as a process of washing,—"The blood of Jesus Christ cleanseth from all sin" (1 John i. 7). And again in the passage, "Wash you, make you clean" (Isa. i. 16), we find spiritual typified by physical purity. And significantly enough water is the biblical symbol of cleanliness, and personal the symbol of moral purity (Isa. i. 16; Ezek. xxxvi. 25; Matt. xxvii. 24; Psalm lxxiii. 13).

ALCOHOL AND HYGIENE: an Elementary Lesson Book for Schools. By Julia Colman. New York: National Temperance Society and Publication House.

The work, titled above, is an attempt to put into a brief and compact form, the facts concerning alcohol, as it exists in the various distilled and fermented beverages, and apply them to the instruction of youth. It is really a question and answer book, on all parts of the subject, for the help of the younger classes, who cannot yet aspire to Richardson's "Lesson Book." The relation of alcohol to health, its chemical nature, and the way it acts physiologically and morally, are ably discussed and considered, for the benefit of the young and rising generation. At the end of the catechetical portion is added in fine print, a teachers appendix, explaining more in detail some of the topics touched upon. The labor has been well done, and is calculated to interest the constituency for which it has been so faithfully prepared.

Digitized by Google

BRAIN AND NERVE FOOD--VITALIZED PHOS-PHITES

Composed of the Vital or Nerve-giving Principles of the Ox-brain and Wheat-germ.

It restores the energy lost by nervousness or indigestion; relieves lassitude erratic pains and neuralgia, refreshes the nerves tired by worry, excitement or excessive brain fatigue; strengthens a failing memory, and gives renewed vigor in all diseases of nervous exhaustion or debility. It is the only **PREVENTIVE** of Consumption. It gives vitality to the insufficient bodily or mental growth of children, and prevents fretfulness, as it promotes good health to brain and body.

Physicians have prescribed 300,000 packages. Sold by druggists or by mail, $1.

F. CROSBY, 664 and 666 Sixth Avenue, New York.

THE MOTHER'S MAGAZINE,

The next January number will commence the 46th year of this old and popular MAGAZINE. It has hitherto been, and, we hope, will continue to be an ever ready hand-maid to the mother in her enlightened and hallowed Christian efforts to make her children precious jewels in the family circle, ornaments of society, and heirs of heaven, and the father and mother honored and blessed in their good name.

TERMS:—Three months, 45 cents; six months, 80 cents; one year, $1.50. Cash invariably in advance. Sample copy, 5 cents. Remit by draft, check, P. O. Money order, or registered letter; otherwise at the risk of the sender. Special rates to clubs. Agents and canvassers wanted. Liberal commission given. Address,

MOTHER'S MAGAZINE Box 3157 New York.

Louisville, Ky. Nov. 8, 1879.

To the Editor of the *Mother's Magazine*:—I have taken and read your invaluable magazine for more than twenty-five years, and now give it to my daughter, who is the mother of three sweet little children. May God bless you in all your efforts to train up, through their mothers, the rising generation.- Mr. J. O. Campbell.

Stanstead, Canada, March 11, 1879.

Mr. Editor:—I cannot give up the *Mother's Magazine*. I hope I may be able to take it while I live, as my dear mother did. It is very dear to me, not only on her account, but from its own intrinsic worth. May God bless and strengthen you in your noble work.—Miss C. N. Hubbard.

Clinton, Mo., January, 1879.

Mr. Editor:—It is nearly, if not quite, thirty years since the magazine first came into our family, and it has never missed one year in all this time to gladden our hearts by its monthly visits. Next to the Bible have I prized its teachings, and felt that the timely suggestions contained in its pages have been an invaluable aid to me in the management of our children.—A Friend of the *Mother's Magazine*

The Mother's Magazine is one of the oldest and best monthlies for the family circle within our knowledge. It is ably conducted, and its pages well filled by talented and experienced writers. Not the least attractive feature is the department for the youth, which gives evidence of peculiar tact, both in its selections and contributions.—*Christian Observer*, Louisville, Ky.

The *Mother's Magazine* is the name of a monthly devoted especially to the interests of mothers and children, and filled with excellent reading for the family circle. It furnishes a Christian literature that will purify and elevate wherever it goes —Waterville Mail, Me.

WHEATENA FOODS

are gaining in popular favor daily. Our Wheatena consists of the GLUTEN of the wheat. Our COLD GROUND FLOUR is made without millstones, and no heat is created during the process. Our STEAM COOKED DESSICATED OATS are far superior to Oatmeal. They can be prepared for the table in ten minutes. STEAM COOKED PEA and BEAN MEALS--delicious soup in five minutes.

Send stamp for 16-page book and other information. Address

CHAS. H. HOYT & SON,

121 Varick Street, N. Y.

HEALDS' HYGEIAN HOME,

WILMINGTON, DELAWARE.

INVALIDS, *come and see* if we have not a delightful SPRING and SUMMER Home!

We have a beautiful and healthful location, attractive grounds, Model Fruit and other gardens, extended views, pleasant walks and drives, adjacent groves of the Brandywine, cheap excursions on River, and Bay to Ocean; City conveniences while practically in the country, with pure air, quiet, etc.

Our proximity to large bodies of fresh and salt water, with varied elevations of land between, and our high location, give us delightful breezes throughout the Summer Months.

Then think of our *splendid* FRUIT MARKETS, furnishing us with the *choicest material* for a hygienic table throughout the year! Our *own* Gardens also supply the best fresh fruits and vegetables at our door.

We "airtight," *in glass*, 1500 half gallons of choice fruit, etc., each year for our table.

OUR TREATMENT includes all judicious forms of BATHS, MOVEMENTS, MASSAGE, etc., *thoroughly administered!* We strive to bring all hygienic influences to aid our invalid guests to recover health. "Movements" free of extra charge!

"RELATIONS OF THE SEXES," by Dr. Mary H. Heald, mailed for 10c.

Wanted.—Hygienic helpers of both sexes. Send stamp for circulars.

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

DR. FAIRCHILD'S HYGEIAN HOME

AND

MOVEMENT CURE.

537 Broadway, N. W. cor. B'way & 6th Streets

QUINCY, ILL.

Unequaled facilities for treatment of chronic diseases. Send for Circular.

M. AUGUSTA FAIRCHILD, M. D.

tf Physician and Proprietor.

DRS. STRONGS' REMEDIAL INSTITUTE,

SARATOGA SPRINGS. N. Y.,

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

SEND $2.00 FOR A SAMPLE VOLUME OF THE AMERICAN CYCLOPEDIA,

APPLETON'S latest, 800 to 850 pages, (6 1-2x9 7-8 inches). Publisher's price $5.00, $6.00 and $7.00. Our price, prepaid, $2.00.

ASA K. BUTTS,

13 Dey St., N. Y.

50C. BUYS 50 SCIENTIFIC LECTURES by Huxley, Tyndall, Proctor and others, with sample copies of THE EVOLUTION, MAN and THE SCIENTIFIC MAN. Prepaid by A. K. BUTTS, 13 Dey Street, New York.

Digitized by Google

MUSCLE BEATING,

AND

The Muscle Beater.

This instrument is a cheap, simple, and effective method of administering exercise to the body, either by the hands of the person himself, or by an attendant, in case the one desiring the treatment is unable to make it to his or her own person. The value of the treatment is fully set forth in Klemm's little work entitled "Muscle Beating; or Active and Passive Gymnastics for Healthy and Unhealthy People," which is furnished for 30 cents. The following are some of the conditions in which the use of the Beater is very excellent: Cold Hands and Feet, Morbid Concentrations—Excessive Fatness—Muscular Debility—The Weakness of Years and Infirmities of Old Age—Lameness and Stiff Articulations—Morbid Mental Excitements—Sleeplessness—Incipient Diseases of the Spinal Cord—Paralysis—Rheumatism—Cold—Gouty Tumors—Neuralgic Headache—Vertigo—Loss of Hair—Muscular Curvature of the Spine, etc.

To this we may add, that for sedentary persons and those who are not able to take active exercise, the Beater produces a most exhilarating effect, starting the circulation in an incredibly short time, so that there is a delightful glow. In those who do not react well after a bath its use is excellent. After one has become weary with a hard day's work its use for a short time takes away the weariness and leaves in its place a most pleasant effect. Prof. H. E. Richter says:

"Now we are not to forget what we owe to our own bodies, and when the constitution or bodily health, or the demands of the time, or other concerns do not allow the ordinary use of the gymnastic exercise, for the removal of morbid conditions, then we may grasp with confidence the Muscle Beater; because at any time muscle beating will afford a complete means of promoting the blood circulation and nerve currents in the skin and in the muscles, and in this way not only relieve and cure chronic diseases, but also sustain our health and consequently prolong our life."

Price of the Beaters by Mail, Postpaid.

Sets of three of different sizes.....$5.00
Single beater..... 2.00

As a guide to those ordering the Beaters we commend a most excellent book just published, entitled

MUSCLE BEATING;

OR,

Active and Passive Home Gymnastics for Healthy and Unhealthy People.

BY PROF. C. KLEMM, MANAGER OF THE GYMNASTIC INSTITUTION OF RIGA, RUSSIA.

Dr. Karell, Physician to his Imperial Majesty the Emperor of Russia, says of this little work "I agree completely with the principles explained in this work, which are based on the natural sciences."

Price of the Book, 30 Cents.

ADDRESS

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

Digitized by Google

HOW TO GROW HANDSOME;

OR,

Hints toward Physical Perfection

AND THE

PHILOSOPHY OF HUMAN BEAUTY.

Showing how to acquire and retain bodily symmetry, health and vigor; secure long life, and avoid the infirmities and deformities of age. 250 pages. 12mo, extra cloth.

BY D. H. JACQUES, AUTHOR OF THE "TEMPERAMENTS," ETC.

PRICE $1.00.

What Our Girls Ought to Know.

BY DR. MARY J. STUDLEY.

Resident Physician and Teacher of Physiology, Hygiene, Physical Culture, and the Natural Sciences, in the State Normal School, Framingham, Mass.

"There is nothing before on this subject so suited to the wants of young girls. All its thoughts are pure and good."—*Mary J. Safford, M. D., Boston.*

PRICE $1.25 BY MAIL.

Fruit and Bread; a Natural and Scientific Diet.

BY GUSTAV SCHLICKEYSEN.

Translated from the German

By M. L. HOLBROOK, M. D., Editor of The Herald of Health.

250 PAGES. PRICE BY MAIL $1.00.

Hygiene of the Brain,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

PRICE, $1.50.

TALKS TO MY PATIENTS

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

A Practical Handbook for the Maid, Wife, and Mother.

With a Beautiful Photographic Portrait of the Author.

PRICE BY MAIL $1.50.

THE SCHOOL GARDEN.

BY DR. SCHWAB, DIRECTOR OF THE VIENNA MILITARY GYMNASIUM, ETC.

Translated from the German by Mrs. Horace Mann.

50 Cents by Mail. 5 Copies $2, 12 Copies $4.

THREE BOOKS IN ONE.

FROM THE CRADLE TO THE SCHOOL. By Bertha Meyer.

THE RIGHTS OF CHILDREN. By Herbert Spencer.

THE GOVERNMENT OF CHILDREN. By M. L. Holbrook, M. D

PRICE BY MAIL 50 CENTS.

M. L. HOLBROOK, Publisher, 13 & 15 Laight Street, N. Y.

Digitized by Google

LIQUID NITROUS OXIDE



JOHNSTON'S UPRIGHT SURGEON'S CASE.

The value of Nitrous Oxide Gas as a tonic in cases of nervous debility, insomnia, and melancholia has been recently demonstrated in actual practice by some of the most prominent physicians. Its use in this way has been rendered possible by the introduction of apparatus that is convenient and portable. It would be impossible to make use of this remedial agent if the old and cumbersome apparatus, which obliged the operator to have on hand a miniature laboratory, had not been superseded. But even with the new system it is essential that well designed and well made apparatus be obtained, for it is important that it should be within the operator's power to exclude or include air at pleasure.

We take pleasure in calling the attention of medical men to our new form of SURGEON'S CASE, which is illustrated above. The case is handsomely covered with morocco. The cylinder is surmounted by our new gas valve, which is controlled by the wheel shown in the cut. The small rubber tube conveys the gas to the bag, which is capable of holding from five to seven gallons of gas. The tubing represented as coiled on the table is handsomely covered with webbing, and a spiral wire inside of it effectually prevents it from kinking. The inhaler is metallic, and is fitted with two spring valves which answer to the slightest breath of both inspiration and exhalation. A two-way stop-cock is also provided by which the patient may be allowed to breathe air entirely, or a mixture of air and gas, or gas alone.

The whole apparatus weighs less than fifteen pounds, and is especially designed for carrying from place to place. Its cheapness and portability, together with its durability and perfection in working, have gained for it a large sale among the medical fraternity. For institutions where the gas is used in considerable quantity, we have provided a gasometer which is very ornamental, and in connection with which a 500 gallon cylinder of gas can be used. For these larger cylinders we make a reduction of 25 per cent. on the ordinary price of the gas. The nickel-plated gasometer s a handsome piece of furniture, and will attract much attention and provoke the admiration of atients.

PRICE LIST.

Surgeon's Case, Complete.....$42.00
Nickel-plated Gasometer.....$140.00
Refilling 100 Gallon Gas Cylinder.....$6.00

(Express charges paid by us)

JOHNSTON BRO'S.,

1260 BROADWAY, NEW YORK

Digitized by Google

The Hygienic Hotel
AND
TURKISH BATH INSTITUTE,
13 & 15 Laight Street, N. Y.

Two Blocks from the Grand Street Station of The Elevated Railroad.



There are Six Lines of Horse Cars Passing near the Door.

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.

Digitized by Google

HYGIENE OF THE BRAIN,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

PART I.

CHAPTER 1.—THE BRAIN
CHAPTER 2.—THE SPINAL CORD
CHAPTER 3.—THE CRANIAL AND SPINAL NERVES
CHAPTRR 4.—THE SYMPATHETIC NERVOUS SYSTEM
CHAPTER 5.—HOW THE NERVES ACT
CHAPTER 6.—HAS NERVOUS ACTIVITY ANY LIMIT?
CHAPTER 7.—NERVOUS EXHAUSTION
CHAPTER 8.—HOW TO CURE NERVOUSNESS
CHAPTER 9.—THE CURE OF NERVOUSNESS (Continued)
CHAPTER 10.—VALUE OF A LARGE SUPPLY OF FOOD IN NERVOUS DISORDERS
CHAPTER 11.—FIFTY IMPORTANT QUESTIONS ANSWERED
CHAPTER 12.—WHAT OUR THINKERS AND SCIENTISTS SAY

Chapter 12 contains Hints on the following Subjects:

Expectant Attention—*Wm. B. Carpenter, M. D., F. R. S.* Normally Developed Brains—*E. H. Clarke, M. D.* Alcohol Enfeebles the Reason—*Benjamin W. Richardson, M. D., F. R. S.* Women and Brain Labor—*Frances Power Cobbe.* Difference between Man's and Woman's Brain—*G. Spurzheim, M. D.* Rejuvenating Power of Sleep—*J. R. Black, M. D.* Physiological Effects of Excessive Brain Labor—*William A. Hammond, M. D.* Training Both Sides of the Brain—*Dr. Seguin.* Amount of Blood Necessary to Mental Vigor—*Alexander Bain, LL. D.* Take Care of Your Health—*John Tyndall, LL. D., F. R. S.* Neuter Verbs—*Archbishop Whately.* Exercising the Brain—*Lionel John Beale, M. R. C. S.* How Chancellor Kent was Educated—*Chancellor Kent.* Origin of Abuse of the Mind—*Robert Macintosh.* Intellect Not All—*Dr. Brown Sequard.* Early Mental Culture a Mistake—*Amariah Brigham, M. D.* Walter Scott's Boyhood—*Harriet Martineau.* A Wise Thought from *Herbert Spencer,* Hot-House Brains—*R. R. Bowker.* Book-Gluttony and Lesson-Bibbing—*Thomas W. Huxley, M. D., F. R. S.* Continued and Varied Activity of the Mind—*Benjamin W. Richardson, M. D. F. R. S.*

PART II.

Contains Letters describing the Physical and Intellectual Habits of the following Men and Women, written by Themselves for this Work.

1. O. B. FROTHINGHAM—Physical and Intellectual Habits of
2. FRANCIS W. NEWMAN—Physical and Intellectual Habits of
3. T. L. NICHOLS, M. D.—On the Physical and Intellectual Habits of Englishmen
4. JOSEPH RODES BUCHANAN, M. D.—Interesting Suggestions on Mental Health
5. GERRIT SMITH—His Physical and Intellectual Habits (Written by his Daughter)
6. THOMAS WENTWORTH HIGGINSON—His Rules for Physical and Mental Health
7. NORTON S. TOWNSEND, M. D.—Mental Hygiene for Farmers.
8. EDWARD BALTZER—Habits of the German Radical
9. WILLIAM LLOYD GARRISON—Interesting Hints from
10. A BRONSON ALCOTT—An Interesting Letter from
11. S. O. GLEASON, M. D.—A Plea for Hunting for Over-worked Brains
12. WILLIAM E. DODGE—Suggestions from
13. HENRY HYDE LEE—A Business Man's Suggestions
14. DIO LEWIS, M. D.—His Advice to his Namesake
15. FREDERIC BEECHER PERKINS—Suggestions for Brainworkers
16. JUDGE SAMUEL A. FOOT—His Habits of Study and Work (aged 88)
17. MARK HOPKINS—A few Suggestions to Students
18. WILLIAM CULLEN BRYANT—How he Conducted his Physical and Intellectual Life
19. WILLIAM HOWITT—The English Poet, and his Habits from Boyhood to Old Age
20. REV. JOHN TODD—His Workshop as a means of Recreation
21. REV. CHAS. CLEVELAND—How he Lived to nearly 100 Years
22. W. A., M. D.—How to Banish Bad Feelings by Force
23. SARAH J. HALE—A Letter Written when She was 90
24. HORACE & MARY MANN—Most valuable Hints from
25. JULIA E. SMITH—At 88, and How she has Lived
26. MARY J. STUDLEY, M. D.—On Nervousness in Schoolgirls
27. ELIZABETH OAKES SMITH—On Headaches
28. REBECCA B. GLEASON, M. D.—Her Means of Resting the Brain

These letters are all fresh, and full of most valuable suggestions from men and women who have achieved fame; and to read them is next to sitting and talking with the writers. Not one of these letters but is worth the price of the book. Yet there are 28 of them. The book contains nearly 300 pages, and sells for $1.50.

ADDRESS ALL ORDERS TO

M L. HOLBROOK, M. D., PUBLISHER 13 & 15 LAIGHT ST.

NEW YORK.

Digitized by Google

Drs. Walter's Mountain Park,

OPEN ALL THE YEAR.

All things Considered, the very Best.

WERNERSVILLE, NEAR READING, PA.

For winter treatment of invalids its arrangements are superior to all others; while for summer it is beyond competition. Terms very moderate. Send for new circular.

Address as above, ROBERT WALTER, M. D.

DR. F. WILSON HURD'S

HIGHLAND HYGEIAN HOME,

AT THE DELAWARE WATER GAP,

Address Experiment Mills Post Office, Pa.

SEXUAL PHYSIOLOGY,

A SCIENTIFIC AND POPULAR EXPOSITION OF THE

FUNDAMENTAL PROBLEMS IN SOCIOLOGY.

BY R. T. TRALL, M. D.

This work contains the latest and most important discoveries in the Anatomy and Physiology of the Sexes, explains the Origin of Human Life, how and when Menstruation, Impregnation and Conception occur, giving the laws by which the number and sex of offspring are controlled, and valuable information in regard to the begetting and rearing of beautiful and healthy children. It high-toned and should be read by every family. It contains eighty fine engravings.

PRICE $1 POSTAGE FREE.

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

PERIODICAL LITERATURE

We beg to announce that we have prepared

A Comprehensive Catalogue,

containing a complete list of American and Foreign Serial Publications.

It gives the *nature, frequency of issue,* and *price* of over SEVEN HUNDRED Magazines and Periodicals, classified for convenient reference.

Mailed to any address, on receipt of ten cents in postage stamps.

American Publication Co.,

357 Washington Street, Boston, Mass.

Publishers' agents for every class of Magazine, Periodical and newspaper. Discount to Libraries, Reading Rooms, and Clubs.

MARVELS OF ELECTRICITY.

DR. JEROME KIDDER'S Electro-medical apparatus is of immeasurable value in relieving suffering from Rheumatism, Neuralgia, Swellings, Stiff and Inflamed Joints, Inflammation, Paralysis, Constipation, Want of Tone and Energy, Female Diseases, Prolapsus Uteri, Sciatica etc., and many other complaints too numerous to mention. Address ALBERT KIDDER & CO., 820 Broadway, New York City.

Mention HERALD OF HEALTH.

THE DIET CURE;

The Relations of Food and Drink to Health, Disease, and Cure.

By T. L. NICHOLS, M. D.,

Editor of the London Herald of Health.

The title of the twenty four chapters of "The Diet Cure" are—

Health—Food—Water—Blood—The Natural Food of Man—Disease—Prevention and Cure—The Question of Quantity—The Question of Quality—Principles of the Diet Cure—Medical Opinions on the Diet Cure—Of Diet in Acute, Scrofulous, and Nervous Diseases—The Diet Cure in Obesity—Vis Medicatrix Naturæ—The Diet Cure in Various Diseases—The Water Cure—Waste of Life—The Life of the Race—The Population Question—Some Practical Illustrations—Air and Exercise—Of Psychic Force—National Health and Wealth—Personal Advice.

There have been, from Hippocrates to Dr Gull, many sensible physicians, and some of the best of them are quoted in "The Diet Cure," which teaches that pure food makes pure blood, and pure blood builds up a healthy body.

This book is handsomely printed, bound in cloth and will be sent by mail for fifty cents.

M. L. HOLBROOK, Publisher,
13 & 15 Laight St., New York.

DR. VAIL'S

HYGIENIC & REMEDIAL INSTITUTE

is at Manhattan, Kansas. Send for circular to

W. F. VAIL.

Digitized by Google

MORE THAN **100 STYLES** OF THE

MASON & HAMLIN ORGANS



are now regularly made, from STYLE **109** (*shown in the cut*), the latest and smallest size, popularly known as the BABY ORGAN, at only **$22**, to a large CONCERT ORGAN at **$900**. TWENTY STYLES at from **$22** to **$120** each; SIXTY STYLES at **$120** to **$160**; FORTY STYLES at **$160** to **$500** and up; cash prices. *Sold also for* EASY PAYMENTS, from **$6.38** per quarter up. The BABY ORGAN is especially adapted to children, but will be found equally useful for adults, having fine quality of tone and power, and sufficient compass (*three and a quarter octaves*) for the full parts of hymn-tunes, anthems, songs and popular sacred and secular music generally.

MASON & HAMLIN ORGANS are certainly the BEST IN THE WORLD, having won HIGHEST AWARDS for DEMONSTRATED SUPERIORITY at EVERY ONE of the GREAT WORLD'S EXHIBITIONS FOR THIRTEEN YEARS; being *the only American organs which have been found worthy of such awards.*

ILLUSTRATED CATALOGUES and PRICE LISTS, *free.* MASON & HAMLIN ORGAN CO., 154 Tremont St., BOSTON; 46 East 14th St., N. Y.; 149 Wabash Ave., CHICAGO.

A PRINCELY OFFER —A— MAGNIFICENT GIFT.

We will send **The Literary Guest** (a mammoth Illustrated Family Story Paper) on trial **three months** for only **15 cts.** (or five 3c. postage stamps) and to each subscriber, we will give **free** one pair of elegant Oil Pictures, size 12x16 inches. We make this offer simply in order to introduce our Paper and Elegant Oil Premiums in new localities, well knowing where they are once seen hundreds more will be wanted. We shall offer as above the celebrated companion Pictures entitled, "**The East.**" representing a scene in the White Mountains, and "**The West,**" representing a scene in Wyoming Territory. They are the most beautiful and artistic Genuine Oil Pictures in this country, and in their perfection are very desirable works of art.

HOW WE CAN GIVE THEM AWAY.

These pictures were made as premiums to be given away with *The Aldine*, the finest art journal ever published, for $5 per year. As every one knows, *The Aldine* failed; it was through our agent that the whole immense edition of these chromos was secured at a bankrupt sale. It is only for this reason that we could offer these pictures as premiums with our paper. Every one who remembers *The Aldine* will know what would be the value of any picture which such a celebrated art journal would offer to its subscribers; and we confidently expect, offering these premiums, which were designed for a six dollar paper, with THE GUEST (three months for 15 cents), to secure at least 20,000 subscribers within the next two months. It barely pays for printing, postage, and packing. Address at once.

CHASE & CO., Westboro, Mass.



For Health, Comfort and Elegance of Form, MADAM FOY'S IMPROVED

CORSET SKIRT SUPPORTER,

☞ IS NOT EXCELLED. ☜

Recent improvements add much to its already extensive popularity. Sample by mail, $1 50. For sale by all leading jobbers and retailers. Manufactured only by

FOY, HARMON & CO.,
NEW HAVEN, CONN.



SAVE MONEY

by sending for our new FASHION GUIDE, containing 280 Illustrations, combined with Catalogue and Price List of our Human Hair Goods, embracing Switches, Curls, Street and Stage Wigs, Hair-Jewelry, etc. Beautiful and manifold styles in Invisible Front Coiffures. The best and most complete work in its line ever published in the U. S. No Lady and no Hair Dealer should be without it.

Mailed by HAUSSER & CO., 300 Grand Street, N.Y. City. Goods sent C.O.D., with privilege of returning.

DO YOUR OWN PRINTING

Presses and outfits from $3 to $500 Over 2,000 styles of type. Catalogue and reduced price list free.

H. HOOVER, Phila., Pa.

A NEW CURE.

OUR HEALTHFUL HOME.

Dr. A. Smith has a first class cure, located on Reading Heights, one-fourth of a mile west of the "Depot," a fine, large new building and splendid location, with PURE, SOFT, SPRING WATER, and the advantages of both City and Country. Send for our circular. Address,

A. SMITH, M.D., Reading, Berks Co. Pa.

A KEY THAT WILL WIND ANY WATCH, AND NOT WEAR OUT.

SOLD by Watchmakers. By mail, 30 cts. Circulars FREE. J. S. BIRCH & CO., 38 Dey St., N.Y.

"THE MOUNTAIN HOME"

This old and well-established Sanitarium 1.000 feet above tide water at Philadelphia, is open for the reception of such as desire to avail themselves of a first class institution for the recovery of lost health etc.

For particulars, address for circular.

DRS. WENRICH & DEPPEN.

Wernersville, Penn.

70 YOUR NAME In Stylish Lettering on **70 Cards** (*Gold and Silver Chromos, Cupids, Mottoes, Bouquets, Birds, Winter Scenes, Pictures, etc.*) **10c.** All new styles, lithographed in bright colors. *Unequaled.* Largest assortment of cards in America. Agent's Complete Sample Book, **25c.** Dealers and Printers supplied with Blank Cards. NORTHFORD CARD WORKS. Northford, Ct.



SOZODONT!

This REMARKABLE DENTIFRICE may be described as a **Pure, Transparent Liquid, DELIGHTFULLY PERFUMED,** a few drops of which applied to the tooth-brush and rubbed on the teeth produces a most agreeable foam, which penetrates the interstices of the teeth, and cleanses the mouth in a **refreshing** and pleasant manner. **Discolored teeth** are rendered white by its use. **The Breath** derives **fragrance** from its aroma. It prevents and arrests dental decay. **The Gums** become rosier and harder under its operation, and sensation of perfect cleanliness of the teeth and mouth is produced. A bottle of **SOZODONT** will last 4 to 6 months, so that it is an exceedingly **economical** and **inexpensive** dentifrice. Purchasers are also asked to note the size and the fluid capacity of the bottle, and particularly to remember that, unlike tooth powders and tooth pastes, there is no waste—half a dozen persons may use from the same bottle.

SOLD BY ALL DRUGGISTS.

Digitized by Google

☞ AN HONEST OFFER. ☜

BEATTY'S ORGANS ONLY $65.

Fifteen (15) Stops.

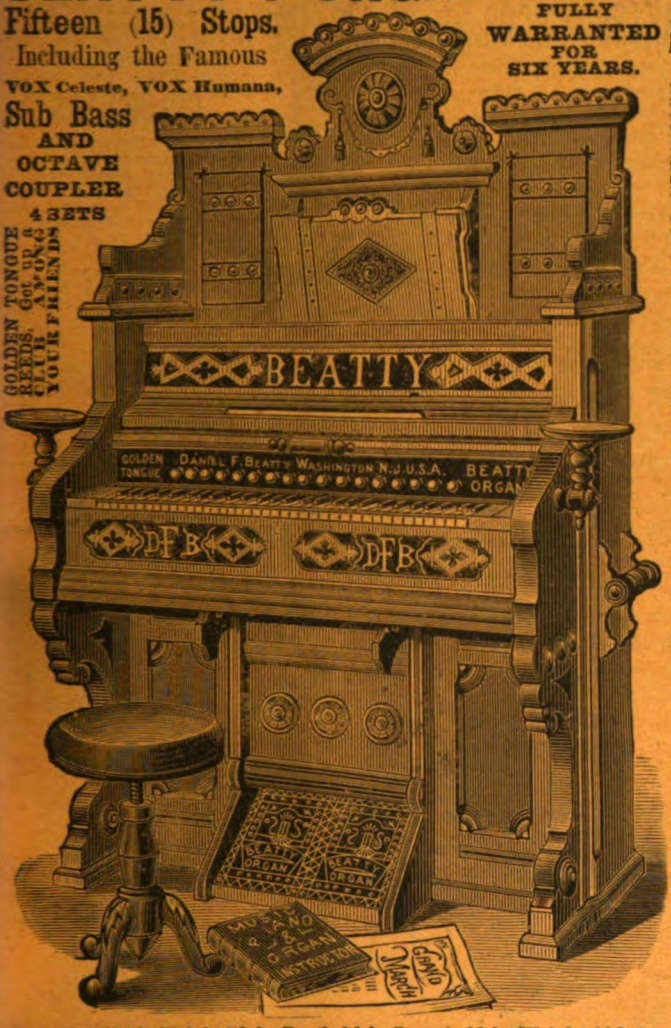
Including the Famous

VOX Celeste, VOX Humana,

Sub Bass AND OCTAVE COUPLER 4 SETS

GOLDEN TONGUE REEDS. Go UP AND GET A ORGAN FOR YOUR FRIENDS

FULLY WARRANTED FOR SIX YEARS.



Cash prices boxed & delivered on board cars here with Stool, Book and Music.

No Deviation Whatever.

1 Organ $65.00 - - - **Net.**
2 Organs $60.00 - - - each.
4 Organs $59.00 - - - each.
6 Organs $58.00 - - - each.
10 Organs $55.00 - - - each.
15 Organs $52.00 - - - each.
20 Organs $50.00 - - - each.
50 Organs $48.00 - - - each.
100 Organs $45.00 - - - each.

For example thus, one organ cost $65.00 net, or 100 organs ordered all at once to one address cost only $45.00 each or $4,500 (four thousand five hundred dollars) net cash in all.

Positively no deviation whatever. ☞ Get your friends to order with you and save valuable time for me and money for yourself. The larger the club the greater the discount. Every one sold becomes a standing advertisement. Often 25 new sales are traced from a single organ introduced. If one hundred are ordered the greater the advertisement. Hence the above discount. Buy your organs **direct from the Manufacturer.**

15 Beautiful Stops.

1 Diapason Forte,
2 SUB BASS.
3 Principal Forte,
4 Dulcet,
5 Diapason,
6 GRAND ORGAN,
7 VOX HUMANA,
8 Æolian,
9 Echo,
10 Dulciana,
11 Claironet,
12 VOX CELESTE,
13 Octave Coupler,
14 Flute Forte,
15 Grand Organ Knee Stop. By the use of this famous stop the entire power of the instrument can be thrown on or off by the knee without taking the hand from the key board. It is a valuable improvement in reed organs.

Description.—The "London" New Style No 5,000 contains 5 Octaves, Walnut Case, Extra large fancy Top, French Vaneering, Handles, Lamp Stands, Pocket for Music, Upright, Bellows, Sliding Lid, Rollers for Moving. The pedals instead of being covered with carpet are made of metal. Beatty's New Patent Stop Action. **4 Full Sets** of the celebrated **Golden Tongue Reeds,** a powerful set **Sub bass** Reeds, Set of **Vox Celeste,** Reeds, the sweetest ever placed in any instrument. Also the celebrated Vox humana which imitates the Human Voice, and **Octave Coupler,** which doubles the power by pressing your finger on a key of the instrument, the key and octave higher will come down it self. Do not buy an organ unless it contains an octave coupler also 2 full sets of the celebrated Golden Tongue Reeds of 2 1-2 octave each.

Style, No. 5000. Height, 72 in. Depth, 24 in. Length, 46 in. Weight, 400 lbs.

ORGANS & PIANOS.

Organs, Church Chapel & Parlor, $30 to $1000. 2 to 32 Stops. Baby Organs as low as $15. Pianos Grand Square and Upright, $125 to $1600. Every instrument is shipped on test trial and fully warranted 6 years. **Money cheerfully refunded and freight charges paid by me both ways if found in any way not just as represented in this Advertisement or my Catalogue's &c.** **My Holiday Offers** are extended until April 30th. Remitances may be made by Bank Draft, Post Office Money Orders, Express Prepaid or Registered Letter. Please send reference or some evidence of your responsibility if you do not remit with order. ☞ **Be sure to visit my factory here or send for my Illustrated Catalogue before you decide to buy elsewhere. WILL YOU DO THIS!**

Address or call on DANIEL F. BEATTY, Washington, New Jersey.

GENTZE'S

NEW METHOD FOR THE PIANO-FORTE.

Combines all the best features of every other work, with much new and attractive matter. Is the newest and best method for the Piano-Forte ever published. Is a great help to the teacher, and interesting for the pupil. Sent, post-paid, on receipt of price, **$2.75.**

WM. A. POND & CO., 25 Union Square.

PRINTING PRESSES



from 75 cents to $200. Circulars free. Specimen Book of Type, 10 cents. 55 kinds of cards, 10 cents.

JOSEPH WATSON,
19 Murray Street, New York.

---

50 All Gold, Chromo & Lit'g Cards (no 2 alike) Name on, 10c, Clinton Bros., Clintonville Ct

Digitized by Google

GOLD MEDAL, PARIS, 1878.



BAKER'S
Breakfast Cocoa.

Warranted ***absolutely pure Cocoa,*** from which the excess of oil has been removed. It is a delicious drink, nourishing and strengthening; easily digested; admirably adapted for invalids as well as persons in health.

Sold by Grocers everywhere.

W. BAKER & CO.,

Dorchester, Mass.

GOLD MEDAL, PARIS, 1878.



GERMAN
SWEET CHOCOLATE.

The most popular sweet Chocolate in the market. It is nutritious and palatable; a particular favorite with children, and a most excellent article for family use. ***The genuine is stamped S. German, Dorchester, Mass. Beware of imitations.***

Sold by Grocers everywhere.

W. BAKER & CO.,

Dorchester, Mass.



COLUMBIA BICYCLE.

The permanence of the Bicycle as a practical road vehicle is an acknowledged fact, and thousands of riders are daily enjoying the delightful and health-giving exercise. The

"COLUMBIAS"

are carefully finished in every particular, and are confidently guaranteed as the best value for the money attained in a Bicycle. Send 3 cents for catalogue with price-lists and full information.

THE POPE M'F'G CO.

551 Washington Street,
Boston, Mass.



Samples of this silk and an Illustrated Book of Rules for using the same, sent on receipt of a 3 cent stamp. Address **Nonotuck Silk Co.,**
Florence, Mass.

50 All Lithographed Gold, Floral & Motto Cards No 2 alike, 10c. Agts Mammoth Outfit 10c. Globe Card Co. Northford, Ct.



UNDER THE FORM OF A JELLY CALLED VASELINE, PETROLEUM IS GIVEN TO MEDICINE AND PHARMACY IN AN ABSOLUTELY PURE, HIGHLY CONCENTRATED, AND UNOBJECTIONABLE SHAPE. ALL ACIDS, ODORS, TASTE, COLOR, AND OTHER IMPURITIES, WHICH HAVE HITHERTO PREVENTED THE USE OF PETROLEUM IN MEDICINE, ARE ENTIRELY ELIMINATED, AND THE VASELINE IS AS HARMLESS AND DELIGHTFUL TO USE AS CREAM.

The most valuable family remedy known for the treatment of wounds, burns, sores, cuts, skin diseases, rheumatism, chilblains, catarrh, hemorrhoids, etc. Also for coughs, colds, sore throat, croup and diphtheria, etc. It has received the unanimous endorsement of the Medical Press and Profession, Scientists and Journals of all characters throughout the world, as being the Best Remedy Known.

As an emollient, Vaseline is superior to any other substance yet discovered. Its marvellous healing and restoring qualities excel everything else, and it is rapidly taking the place on the toilet-table, to the exclusion of the various complexion powders, pomades, cosmetics, and other compounds. It will keep the skin clearer, softer, and smoother than any cosmetic ever invented, and will preserve the youthful beauty and freshness of the healthy complexion.

POMADE VASELINE.—WILL CURE DANDRUFF AND MAKE THE HAIR GROW WHEN NOTHING ELSE WILL. **25, 50** CENTS AND **$1.00**

VASELINE COLD CREAM.—FOR IRRITATIONS OF THE SKIN, CHAFING OF INFANTS, FOR THE COMPLEXION, CHAPPED HANDS, &c., &c., &c. **25** AND **50** CENTS.

VASELINE CAMPHOR ICE.—FOR PIMPLES, BLOTCHES, &c., **25** CENTS.

VASELINE TOILET SOAP.—EMOLLIENT, BLAND, ANTISEPTIC (EXCELS ALL TOILET SOAPS).

COLGATE & Co. will supply these articles, if you cannot obtain them of your Druggist. None Genuine except in original packages.

Grand Medals at Philadelphia and Paris Expositions. Medal of Progress by American Institute.

Digitized by Google

OLD SERIES—VOL. 66. NEW SERIES—VOL. 22.

BOSTON MEDICAL
JUL 26 1884
ASS

THE HERALD OF HEALTH

DEVOTED TO THE CULTURE OF

BODY AND MIND.

OUR MOTTO:

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

CONTENTS FOR MAY, 1881.

GENERAL ARTICLES. Page.

Our Common Slight Ailments—Rheumatism: Its Nature.—*By the Editor.* 97
Yale College—Its Deficiencies.—*By R. M. T.* 99
Prenatal Culture.—*By Josie Johnson, M. D.* 101

OUR DESSERT TABLE.

Baby's Complaint—Self-surprise—Faith—The Treasure and the Hand—Stung 104

TOPICS OF THE MONTH.

Conservation of Strength 105
Malaria and its Treatment—Record of Hygienic Progress 106
Is Alcoholism a Disease? 107
Vaccination 108
Exercising the Mental Functions 109

STUDIES IN HYGIENE FOR WOMEN.

Hygiene and Haste 109
Baltimore Apple Bread—The Flower Mission 110
Chemistry of Potato Cooking—To Clean Marble—Keeping Ice in the Sick-room 111
Current Literature 112

NEW YORK:

M. L. HOLBROOK, M. D., Publisher,

13 & 15 LAIGHT STREET.

$1.00 a Year. Single Copy 10 Cents.

Digitized by Google

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

THE HERALD OF HEALTH,

FOR 1881,

ONE DOLLAR PER YEAR,

Will present some new features which will make the volume one of special interest. It will give as its leading articles a series of papers entitled

OUR COMMON SLIGHT AILMENTS,

AND THEIR

PREVENTION AND CURE BY SIMPLE NATURAL MEANS.

The following will be a few of the subjects which will be treated: Impaired Appetite, Voracious Appetite, Wind on the Stomach, Ordinary Forms of Indigestion, Constipation (hygienic treatment of) and Importance of Regular Action of the Bowels, Ordinary Diarrhea—Its Treatment, Vertigo, Treatment of Sick Headache, Drowsiness, Wakefulness, Nervousness, Neuralgia, Rheumatism, Diet in Rheumatism, Low Spirits, Taking Cold, Preventive and Curative Treatment of Coughs, Catarrh, Malarial Fevers, Sore Throat, Weak Lungs, Inflamed Eyes, Dry Skin, Imperfect Action of Skin, Some Diseases of Skin, Baldness, etc.

PREMIUMS.

Every subscriber who sends **10 cents extra** will be entitled to either one of the following books as premiums:

MEDICAL AND HYGIENIC HINTS ON THE PROTECTION AND MANAGEMENT OF THE SINGING VOICE,

BY LENOX BROWNE, F. R. C. S.

It contains the following chapters: 1. Introduction and Theoretical Statement. 2. Voice Production—Physiological and Practical. 3. Management of the Voice, Hygienic and Medical.

Muscle Beating; or, Active and Passive Home Exercise for Healthy and Unhealthy People.

BY PROF. KLEMM, MANAGER OF THE GYMNASTIC INSTITUTION AT RIGA.

AIDS TO FAMILY GOVERNMENT,

Including Physical, Intellectual and Moral Education.

BY MRS. BERTHA MEYER.

The appendix of the book will contain Herbert Spencer's great essay on "The Rights of Children." It will also contain, from the pen of the Translator, 100 Hints and Suggestions to Parents on the Training of Children. The work is more interesting than any novel.

THE SCHOOL GARDEN.

BY DR. SCHWAB, DIRECTOR OF THE VIENNA MILITARY GYMNASIUM.

Translated from the German by Mrs. Horace Mann.

For more complete description of these books see catalogue. Remember that to obtain one one of these premiums **$1.10** must be sent direct to us.

CLUBBING WITH BOOKS.

We will send THE HERALD OF HEALTH and "Eating for Strength" for $1.75, both postpaid; and it and "Parturition Without Pain" for $1.75, postpaid; it and "Sexual Physiology" for $2.00, postpaid; it and "Relations of the Sexes" for $2.00 postpaid; it and "Liver Complaint" for $1.75 postpaid; it and "What Our Girls Ought to Know" for $2.00 postpaid; or it and "Hygiene of the Brain and Nerves" for $2.00 postpaid. In sending money the best way is to get a postal order, or register your letters. Fractional change may be sent in postage stamps.

CLUBBING WITH OTHER MAGAZINES.

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

One, Two and Three Dollar Publications.

THE HERALD OF HEALTH will be sent for one year, with St. Nicholas—$3—for $3.40; with Demorest's Monthly—$3—for $3.25; with the Phrenological Journal—$2—for $2.50; with the New York Weekly Tribune—$2—for $2.50; with the American Agriculturist—$1.50—for $2.10; with the Boston Journal of Chemistry—$1—for $2. Address

W. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

Digitized by Google

THE
HERALD OF HEALTH.

MAY, 1881.

OUR COMMON SLIGHT AILMENTS—THEIR PREVENTION AND CURE.

BY THE EDITOR.

RHEUMATISM—ITS NATURE.

RHEUMATISM is a disease concerning the nature of which there has been much dispute, and there are yet many quite diverse opinions prevalent. Essentially it is a disease consisting of a peculiar inflammatory condition in the fibrous tissues, especially of the joints, sheaths of the muscles, tendons, etc. Usually it is divided into two kinds, *acute and chronic*. Acute rheumatism is attended with high fever, swelling of the joints, great pain on the least motion. It often attacks the pericardium or covering of the heart, and when this is the case it is a serious matter.

The chronic form varies in many ways, sometimes attacking one or two joints, and is attended with slight fever. In some cases only one of several muscles is affected. It is in this latter case, known under some other name, as lumbago, when it attacks the muscles of the back, or pleurodynia when the intercostal muscles are its seat. Rheumatism often changes suddenly from one part to another without causing fever. In this way it continues often for weeks or months, and sometimes for years.

It is now generally believed that in this disease there is some abnormal state of the blood, and also of the nervous system, and that this abnormal blood circulating in the fibrous tissues, induces a kind of inflammatory action in which there is a retrograde change, the nature of which is not yet fully understood. The swelling of joints and tenderness of tissues is only a local expression of a general disease affecting the whole body.

There is reason to believe we have some truth in this theory, as the blood is usually buffed, and there is a considerable increase of fibrin in it, and the higher the inflammation runs, the more fibrin is found. There is also a decrease of the number of blood corpuscles, a decrease of the serum-albumen, a decrease of the salts of the blood, an increase of fat; still whether these are causes or results is not known, for the same condition exists in other diseases.

Rheumatism is not contagious in any sense of the world, nor is it a very fatal disease, even in the acute form; statistics show that it occupies the 34th place in the list in this respect. But if we take into account the fact that rheumatism is the cause of a great deal of heart disease, then its fatal effects are at least indirectly much greater. About 1,000 persons in every million die of heart disease, and it is believed that two-thirds of these cases have their direct origin in rheumatism, or its twin brother, gout. Heart disease gets credit for those deaths which really primarily are due to rheumatism and gout. According to English statistics, from 1850 to 1870 the death rate from rheumatism is a trifle over 100 persons yearly to each million.

In the army, rheumatism is a great

Digitized by Google

cause of invalidism. In the navy, it is a still greater cause. All those who are workmen, and are exposed to wet, cold, and sudden changes of weather, such as farmers, railway officers, policemen, cab or stage drivers, soldiers, etc., are likely to get rheumatism. For this reason, men are more liable to it than women or children. Chomel states that in 72 cases which he treated, only two were under fifteen years of age. Thirty-five were between fifteen and thirty, twenty-five were from thirty to forty, seven cases were from forty-five to sixty, and only seven cases were after sixty.

As regards climate, we must observe that it is not the coldest climate that causes the most rheumatism, but the most damp and variable one. Thus there are more cases in the mild climate of the Mediterranean than in Nova Scotia and Canada; and in some of the provinces of the Cape of Good Hope, where there is often little or no rain for years, this disease is more frequent than in the West Indies, where the atmospheric conditions are quite the reverse. Pickford, in a work on hygiene, says: "In rheumatism, climate exercises a powerful influence. Would the subject of this disorder if left entirely to his own choice, select a northern or eastern aspect; would he take up his abode on a clayey soil, in a damp, cold, moist valley; would he locate himself at Pau, where rheumatism springs up indigenous in every blade of grass on the surface of the soil; would he not sooner seek a dry, gravely, elevated spot with a southern or western aspect, protected or screened from the bitter north winds?"

There can be no doubt but cold, damp clayey soils promote in a remarkable degree this disease, and on the other hand, dry, warm sandy soils prevent and cure it.

Food has a powerful influence in causing rheumatism. A richly nitrogenous diet of lean meat promotes its development and retards its cure. Dr. S. K. Chambers, a high authority on food, says: "A nutrient nitrogenous diet, which the patient assimilates too readily, retards recovery, and will even bring on a relapse during convalescence. If meat in any form, solid or liquid, is eaten, it seems to turn into acid, which is already in excess in the blood. The power of converting it into healthy tissue is wanting, and until this power is regained, a semi-conversion into an an organic acid takes place. The redder and more muscular the meat is, the more it disagrees."

Alcoholic drinks, and even cider, also cause this disease. In England, in cider drinking districts, there is a form of rheumatism attributed to cider alone, and it is cured when the use of this fluid is discontinued. This would indicate that either the alcoholic fluids derange the digestion so that the food is not fully converted into good blood, or that the presence of the alcohol in the circulating fluids is injurious. Perhaps both are the case. Certainly drinkers are more liable to this disease than the temperate, other conditions being the same.

Rheumatism is inherited, or rather the tendency to it is, the same as gout. We have known many members of the same family bring it down from one generation to another, as a family inheritance, quite undesirable, to say the least.

Chronic gout we know is largely due to good cheer, indulged in either by the sufferer or his ancestors. When a man with weak digestion eats too much food day after day, and year after year, more than is needed to repair the waste of life, the excess passes into the alimentary canal undigested, and partially decomposes there. Then all sorts of abdominal derangements ensue. This undigested food, however, is soon expelled, and perhaps little harm is done. Suppose, however, this food is partially digested and absorbed into the system, an excess of uric acid is formed and rheumatism or gout results.

This line of thought suggests what will be more fully considered in a future paper, the prevention or cure of this disease. Both branches of this subject are especially interesting and important, and in our next issue we shall endeavor to throw some light upon them.

Digitized by Google

YALE COLLEGE—ITS DEFICIENCIES.

BY R. M. T.

THE ancient Greeks were wise in their generation. The modern student of their history is struck by the prominence that was given to the physical culture of the young in days when mental culture was as much valued as it is now. But the Greeks realized a fact that we in this age are signally blind to, that mental culture is of little value to a man who is broken down physically; that a sound mind in an unsound body is an impossibility. When the history of the United States for the present century comes to be written, there will be an opportunity for the historian to point to the retrograde movements that man has taken in his methods of educating his children, to draw a comparison between the all-round education of Homer's time, and the partial and inefficient education of the 19th century. Canon Kingsley once asked, in a tone of semi-despair, why the people are not taught something about the tissues of the body, their structure and uses, the circulation of the blood, respiration, chemical changes in the air respired, amount breathed, digestion, nature of food, absorption, secretion, structure of the nervous system? Surely this is a pertinent question, and it is yet unanswered. It would seem to a rational being that the art of keeping one's self alive might well form a part of technical education. But this, which deserves a premier place, is not merely pushed into the back ground at our great centers of learning, but it is too often excluded altogether.

We are prompted to these remarks by a conversation we have just had with a student of Yale College. The care that is taken there by the authorities to instruct the students in the most elementary laws of life and health is absolutely *nil*. It is needless to say that the student's heads are crammed with chemical terms, facts and fancies, but in a great proportion of cases no practical use is ever made of them. A more willful waste of learning, a grosser misplacement of erudition, a more obtuse disregard of what the students really need, were never found at any college, or in any age of the world's history, than are to be found at some of the principal colleges in this country. At Yale, the students get their meals how and where and when they like. They have no hints from their tutors as to what it is best for them to eat, or when, and, as a matter of consequence, they are continually going wrong. Many of the students in the exercise of their freedom to do wrong are ruining their constitutions, impairing their mental organs and robbing themselves of years of what might be useful life. The professors gaze on with a stolid indifference. They coolly reflect that their duty to the students ceases after school hours. "The students will have to meet the world," say their teachers, "and they had better begin now to exercise their freedom and to shift for themselves." This is all very well in theory, and perhaps would be equally well in practice if their course of studies included lessons on man's physical needs. Then the professors might very well fold their arms and say: "We have taught them what kinds of food the human frame requires, how much and how often; we have explained the rush of the blood to the organs that are at any time called into use; we have pointed out the necessity of fresh air to the lungs, and cleanliness of the skin; we have shown the indispensableness of exercise to all the muscles. Having done this, the students know what they must do, and what they must not do to conserve their health. If they act according to their knowledge, well; if not, it is of no use to attempt forcing them. They are men now, and if we attempt force, it will be partially unsuccessful. At the best it would only affect them temporarily, for when they leave the college and face the world they will do as they like." But the professors cannot thus congratulate themselves on having performed all their duty. If they could, then the student would in

Digitized by Google

nearly every case have himself to thank for his indigestion or biliousness; for his lack of vitality, for his inability to apply himself to his studies, when he most desired to, and for his general physical deterioration, a deterioration which makes itself felt for not only his own lifetime, but perhaps for the lifetime of his children. The college professors content themselves with assuming that a man's constitution is made of iron and needs no training, or that it is not their function to attend to the students beyond their mental needs. To whom, we would ask, is the rising generation to look for instruction in the laws of health, in the needs of their bodies, if not to their college instructors?

The allegations of shortcoming we have made against the system which obtains at our colleges, are founded on information which is very easily secured. We will, however, give a few facts concerning the life of the Yale students outside the college, which can be corroborated by any one who has looked into the matter, whether as an outsider or as a student. The system which still prevails in Oxford and Cambridge, (England), by which the students of each college get their meals in one large hall, being catered for, and under the college authorities, is going out of fashion in this country. At Yale, for example, the students procure their meals at restaurants, boarding-houses or at "clubs." The latter, it may be said, are collections of from two to twelve students who club together, and bargain with some caterer in the city to supply them with their meals at a certain rate each per week. Thus personal friends, or members of different "sets," are able to enjoy each other's company at meals, and the result is a general pecuniary advantage. With this plan we have no fault to find. Meals of men who club together in this way are likely to be tolerably regular and healthful, and the same may be said of those who patronize boarding-houses. But it is more especially for those who fall back on the restaurants, that we sympathize. Many of them are unable, because of their lack of funds, to join in a club. They have but a small pittance to live on during the college term, and economy is all important. Therefore they patronize a restaurant, and go daily to their meals with an abundance of chemical formulæ in their heads, but with not a spark of practical knowledge that would guide them in an intelligent selection of food. These poor students may be seen at breakfast, sitting down to strong coffee and white rolls, or worse still, to that atrocious American invention "pie." This "pie" possesses many of the elements that characterize lead. The effect it has on the system of the student who eats it day after day, and who takes but little exercise to aid his digestive organs in combating with the cruel imposition forced on them, is easily imagined, and needs no description. How can it be expected that a man's brain can be clear, and capable of doing good work on such a diet? Not that the brain needs a great amount of good food to supply it with power, for it does not. But it does demand that the blood which should be coursing around and among its cells, shall not be busy for indefinite time in fruitless efforts to aid in the digestion of food which is practically indigestible.

Our informant tells us that pork, liver and bacon are great favorites among the students for dinner, while beef and mutton are also eaten more or less. Vegetables are doled out very sparingly by the restaurant keepers, and as the students know but little as to their value as articles of food, but few vegetables are eaten. It is true, there are some men who, perhaps, are not "clubbable," to use a word common in England, who live at restaurants for other reasons than being short of funds. These men live on the fat of the land, in the shape of cutlets, turkey, and other toothsome dishes. They, like their poorer contemporaries, imagine that flesh meat of all kinds possesses a great deal of nutrition, that brain power needs plenty of nutrition, and eggs and flesh meat are indispensable for college work. Did these students ever hear of the great Scotch writer, connected with the Edinburgh Review, who said that he

Digitized by Google

cultivated literature on a little oatmeal?

This restaurant system is essentially bad, as it is at present carried on. We do not say that the fault lies with the restaurants themselves; it lies rather with the college professors, who neglect to guard those under their care against a diet consisting chiefly of hot coffee, hot white rolls, pork, liver and pie. The laws of health, we are told, are never spoken of to the students. They are ignored as completely as if they had to do with some unpractical phase of life, or some stellar world. It is true that every man is compelled to spend three afternoons each week of his first year in the gymnasium, and we would not speak slightingly of this grain of physical culture; but why it should cease with the first year of college life we do not understand.

The feeble hold this rule seems to have on the general budget of regulations that govern the college, makes us fear that it will one day be relaxed. Either it will be relaxed or tightened. If the faculty determine some day that with physical culture they have nothing whatever to do, they will, if they act logically, leave off compelling students to visit the gymnasium. If, on the other hand, they some day decide that physical culture comes within the province of college duties, they will, we hope, increase the facilities for that culture, for they will see the absurd insufficiency of a few hours gymnastic exercise a week.

This question we are dealing with is an important one. The rising generation need to be educated in the laws of health, the science of life; not only that they may have the knowledge for guidance during future years, but because their ignorance is leading to habits and practices which undermine their constitutions now. A knowledge of the laws of chemistry should be subordinate to the requirements of health. Chemistry would be invested with a fresh interest were the chemical action of food on the system demonstrated. Rules must not be thrown down a boy's throat surrounded with nothing but that which is arbitrary, but they must be placed before him in such a way that deductions can be drawn from them. This is a very practical question, and we desire to be practical in our suggestions. Would it not be well for, say, Professor Johnson, to commence the noble work of reform, by preparing a printed table which should be placed before the students, and from which they would be able to get some idea as to the best kinds of food for them to eat? It should be adapted to the various seasons of the year. Then this initial movement might be followed by special lectures on the diet table, showing that it was not composed arbitrarily and showing why hot rolls, a piece of pie and cup of strong coffee are not the best twenty cents worth of food a student can eat for breakfast.

It was once very pertinently asked, "who would not give a trifle to prevent what he would give a thousand worlds to cure?" College students might well ask themselves this question. Unfortunately, they seem to be unaware that it is within their power to ward off aches and pains which, if they do not exercise care, will trouble them in later life. With their tutors lies a great responsibility. The *dicta* of college professors carry great weight, and if they allow their opportunity to pass unused, they neglect a very important part of their duty, and the cause of humanity is the sufferer.

PRENATAL CULTURE.

BY JOSIE JOHNSON, M. D.

I HERE present a few of my ideas concerning the treatment of mothers during gestation. I want to say to my co-laborers in this great work, that you cannot instruct your atients too much in regard to their conduct during the process of forming a new being, both morally and physically, to take their places in after years; so instruct them that their children may have no

Digitized by Google

occasion to wish they had never been born. If every mother would conform to the best conditions of maternity, call in the best aids, and place herself in the best surroundings, what a splendid race of men and women we would soon produce. The roughs, rascals and murderers will never be hung out of the world; but in a few generations they could be bred out, on the same principle that stock-raisers employ to breed out poor or defective animals. I find a great many ladies who do not know that their whims, fears, anxieties and unrest will react on their children, and give character to their organizations, and that the next generation will be no improvement on themselves. I have given this subject and all its bearings the deepest enthusiasm of my nature, and I do know that the mother's whole life, during the period of gestation, is devoted to the forming of the little one: every thought, every desire, influencing it to a greater or less degree. It is a well known fact that a strong desire of the mother for certain articles of food, if not gratified, will produce the strongest love in the child for the same; feelings of intense love or hatred for persons, will produce the same marked feeling in the child. The mother stamps the embryo being with future glories or miseries, as the case may be, with her own mental state. If she so wills, she can produce an eloquent orator, a poet, minister, lawyer, artist, or doctor; or she can produce a miserable, peevish, quarrelsome vagabond. We reap as we sow. We can not have revengeful and murderous feeling, and born a child with noble and generous impulses. We can not implant the germ of a murderer and develop a minister after birth. The physical powers and mental strength are organized during conception and gestation. After the child is born you can not add new qualities, but you can cultivate and bring out powers that are lying dormant in the organization; you can never make a theologian out of a skeptical brain. I have so many times wondered, when I have heard ministers pleading with hardened sinners to "flee from the wrath to come," why they did not raise their voices in behalf of the unborn generations, and teach the people to born their offspring morally good, with less "original sin" to be washed away by tears of repentance and baptism. It would do more towards improving and regenerating our race than all the creeds and sectarian dogmas ever invented. It seems to me the men of God have failed, to a great extent, in their mission, when they fail to warn their hearers that if they give way to bad passions, revengeful feelings, and petty jealousies, that they will stamp their children with their own shortcomings, and thereby enlarge the kingdom of the evil one they are working so hard to overthrow; for certainly theologians must know, if they read the Holy Book understandingly, that this subject was understood and practiced three thousand years before Christ. Samson's ante-natal history shows that he derived his great strength from his mother's regimen. An angel visits the earth in her behalf, and informs her what to eat and what not to drink; repeats the same advice to her husband, appearing a second time, and attributes his giant strength to his mother's diet.

Hagar's revengeful state of mind while she was *enciente* with Ishmael, and his hating everybody, and everyone's hand being against him, and the character of the Ishmaelites throughout the history of that warlike nation, certainly enforces this natural truth. She felt very much elated over the prospect of giving Abraham an heir, and no doubt became insolent and overbearing towards her mistress, and thereby aroused revengeful feelings in Sarah's breast. They had a quarrel, which resulted in Hagar being driven into the wilderness to starve; and her child became a wild man, hating and being hated by everyone.

Mary was in a very happy state of mind during Christ's nativity. She lived in a hilly country, and breathed deeply of the free and healthful air of that beautiful clime, and was full of spiritual exaltation and heavenly peace. Could a nervous, fretful, fault-finding, tightly-laced woman have given birth

Digitized by Google

to that embodiment of divine purity and truth?

Hannah and Samuel furnish another example. Her devout piety and holy thoughts transmitted to him a love of the sanctuary. Sacred history admits this principle, even in its application to the brute race, in the account where poor, loving Jacob served Laban seven years for Rachel, and was given her sister instead; and then served another seven for the woman he loved. Laban tried to compromise his baseness by offering Jacob all the speckled cattle. It seems that Jacob was a good reasoner, and got the better of his father-in-law. He placed speckled rods at the bottom of the watering troughs, keeping the cattle up until they were nearly famished with thirst, and then let them mingle at the watering places. This would bring to their minds a speckled fluid. He repeated the experiment often enough to deepen the impression, and an increase of speckled cattle was the result. As often as Laban changed his wages, (which was ten times), Jacob as often changed his mode of action, by preparing causes that would produce a corresponding result in the animal economy.

I do not see why the Sacred Book should detail these things so minutely, unless it was intended that future generations should profit by them. As our spiritual advisers are too modest to call attention to this all-important subject, it falls to the lot of physicians, whose virtue is never to get out of *patients*, to *preach* as well as *practice*. If every physician would explain the beautiful laws of maternity to the prospective mother, direct her in the right way of eating, thinking and acting—if you have the ability to inspire her with confidence in you, she will follow your advice and instructions faithfully, and will extend this knowledge to all her lady friends, and in this way these truths will become known.

I would like to add my testimony to Dr. Holbrook's system of fruit diet for pregnant women. I have given it a very fair test in my practice, and now have no trouble with constipation, hemorrhoids, or nauseated stomach, although in previous pregnancies the patients had experienced considerable annoyance and suffering. Child-birth is rendered comparatively easy, the great trouble being to keep my patients in bed over three days. Had one case, where the child was born without any pain. Have never had occasion to use instrumental interference. The children are well formed, have beautiful complexions, and are robust in health; which latter fact is bad for the doctor, but a good thing for the parents and children. I repeat the old adage, "Prevention is better than cure;" it is much better to born our children into the world morally good and physically strong, than to hang them out of existence for their constitutional immoralities, or dose them out for inherited disease.

DYSPEPSIA AND SUPERSTITION.—The Russians are by no means as dyspeptic a race as Americans, for they have more physical labor and less chance to employ the services of cooks. But there are subjects of the Czar even, who over-eat, and suffer in consequence, as other mortals do. They are, however, not inclined to blame themselves for attacks of dyspepsia, but think that when such attacks do trouble them, it is owing to the presence of a snake in the stomach. It is currently believed that the reptile is very fond of raspberries, and will leave its hiding place whenever it sees or smells them. So the dyspeptic goes into the bath-room (when he wishes to be cured), some raspberries are fetched and strewed on hot stones in the room, over which the sufferer bends with open mouth to facilitate the egress of the serpent. Should it not make its appearance, charms or incantations are resorted to, and continued till the patient feels better, when the snake is supposed to have left his temporary abode unobserved. Surely the acme of unreason is reached by a people who can believe in such an absurdity. But they have relations in countries west of them—people who are equally unable to see what is the real cause of dyspepsia, and what its cure.

Digitized by Google

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

BABY'S COMPLAINT.

I'm tossed and I'm trotted from morning till night,
One would think, I am sure, t'was my greatest delight;
I am shaken and squeezed, till I'm sick and I'm sore,
And whenever I cry, nurse but trots me the more.

I am swathed in hot blankets and pinned up so tight
I can scarce move my limbs, tho' I try with my might;
The way I'm abused I do think it a sin,
How I hate the first man who invented a pin!

Sometimes I scream "murder" for over an hour,
Out of spite, or from passion, to show them my power;
They say its the colic, and warm catnep tea
Is voted the very best cordial for me.

With cup and with teaspoon, nurse comes to my aid;
On cup and on teaspoon I make a fierce raid,
Then the nauseous dose trickles all down my white dress,
And I laugh in my sleeve at her look of distress.

"Naughty baby!" nurse says, and she quickly gets more;
This time she has better success than before
Though I double my fists and make a wry face
And strangle it down with a very bad grace.

When company comes, I am put in my crib,
Tho' I'd rather be drest in best tucker and bib,
And go down in the parlor to hear them all say
'What a sweet little boy! how old is he, pray?"

When nurse thinks I'm asleep—and I lie very still—
She turns down the gas; then I scream with a will,
And I keep wide awake as long I can,
And think of the time when I'll be a big man.
Tho' I'm full three months old, yet I never have been
To a party, and no other babies have seen
I've beautiful armlets of coral and gold,
And skirts all embroidered, and dresses untold.

And a cap with the daintest bit of a feather,
Yet I never go out in the pleasantest weather.
Was ever a ba y so sad and forlorn?
I've a hundred times wished I'd never been born

E. V. S.

SELF-SURPRISE.

If thou wouldst know thyself as thou are known by God alone,
Conceive thyself as wholly to thyself unknown;
Then for thy secret traits in silent ambush lie,
And see what starts when strong temptations travel by.

W R. Alger.

FAITH.

"Sure, doctor, I be ailin'
With the rheumatiz that bad,
I bates me poor ould wife
Till she almost makes me mad."

"Well, Pat, take this prescription,
Rub with it thrice a day.
And when it's used completely up
You may pass again this way."

. . . . . .

"Could ye give me the likes o' that paper,
For, doctor, the pain, sure, has quit!
I've rubbed that same piece of paper
Till there's left of it sorra a bit."

E. P. Waifer.

THE TREASURE AND THE HAND.

When I dive in the sea and return with no pearl,
As, all dripping, I come once again to the strand,
No complaint at the covetous sea do I hurl;
For I know that the blame is alone in my hand.
An abundance of pearls overspread the deep sand,
But an unlucky fortune has blinded my hand.
Over riches unsounded the bright billows curl,
And no curse but a blessing upon them I swirl,
Oh, I never will stand with the arrogant band
Who their fingers at Fate still conceitedly twirl,
Lord of Fate! let a smile from thy features unfurl,
And remove the unfortunate luck of my hand!

STUNG.

The flower, flirting with the bee,
Encouraged his addresses,
Till, bolder grown,
The bee, no drone,
His lips to her lips presses.

"The merits of a kiss," said he,
"Are seen in its completeness,"
So on her lips
He loving sips,
Extracting all their sweetness.

Too late the flower wakes to find
Herself, alas! forsaken;
Of all bereft,
No hope is left,
Her honey-wealth all taken.

And she, neglected, still remains,
So her sad fate discloses,
For bees are sly,
And pass her by,
Nor relish empty roses.

They're fools who play with edged tools
(Experience oft will show it),
And often find,
When fashion blind,
They're stung before they know it.

Digitized by Google

EDITORIAL DEPARTMENT.

Herald of Health AND Journal of Physical Culture
Advocates A Higher Type of Manhood, Physical, Intellectual and Moral

NEW YORK, MAY, 1881.

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* PUBLISHER *does not hold himself as indorsing every article that may appear in* THE HERALD. *He 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.

CONSERVATION OF STRENGTH.—There are some persons who fritter away their strength in the performance of their smallest duties. They exhaust their mental or physical energies, as the case may be, about work of an insignificant and unimportant character, when they should husband it for weightier tasks. Mr. Gladstone, the present English Premier, is credited with being very indiscreet in the use of his great powers, which, to say the least, are limited. He will sit for long hours in the House of Commons, ever on the alert to grapple with any Irish obstructionist, or a member of the opposition, on the smallest point of difference. He takes on his own shoulders details of work which could be very well entrusted to less responsible and less able Liberals. He has taken on his own shoulders an amount of work which would overtax the energies of any younger, or, for that matter, any other man living. First Minister of the Crown, Chancellor of the Exchequer, and leader of the House of Commons, he need have the strength of a Hercules to withstand the strain these offices impose on him. Mr. Gladstone's great opponent, Lord Beaconsfield, is credited with a continual exercise of far more care of himself. He is not a Hercules, and he knows it. While Gladstone acts on the principle of never letting others do what he can do himself, Beaconsfield never does himself what he can get others to do. The consequence is that the great Conservative leader has the more time and strength to work out the strategical points of his campaign. The one is a general who spends his time in his tent, guiding the battle from thence, having a band of trusted subordinates to follow his commands. The other is a general who fights at the head of his men, sweeping down the enemy with his own sword. Other things being equal, the general in his tent has the advantage over his more impetuous enemy, whose strength is expended in killing individuals which should be devoted to strategical plans. The world is full of representatives of the two kinds of generals. Every man feels that he has more or less responsibility, that he is needed by the world, and that it is desirable for him to stay here as long as he can. But many of them in the rush of life overtax their own strength. They are not wise in the conservation of their powers. Late hours and early hours at business undermine their health. Their vital force is sapped. They sell their life-blood for gold and social position. Ignorant or heedless of the cause of a feeling of increasing weakness, they resort to stimulants to support them. Instead of supporting them, they effectually hasten the cli-

Digitized by Google

max. Many men kill themselves in their efforts to get a living. This need never be. When men have learned what is the point beyond which they cannot go without drawing on their reserve of strength, they will be less likely to over-tax themselves, thus hastening into premature graves.

MALARIA AND ITS TREATMENT.—One of the prime troubles of the denizens of this continent is malaria. Those who have lived here all their lives are liable to fall under its influence, although as a rule they are careful to guard against it. But it is the foreigner, who imagines himself proof against such an affection, that is victimized by it. He comes to this country from the well drained lands of England, say, never having heard of "chills and fever." True, he knows that some people suffer from ague in his own country, but then he has never seen any one with the complaint, and it is mixed up in his mind with marshy ground, over which will-o'-the-wisps sometimes hover. He finds, however, if he settles in some parts of this country, (which are sufficiently well known to our readers and need not be mentioned in detail,) that he has a force to cope with of whose strength he knew nothing. Gradually all the horrible realities of a "chill" come over him, and once having obtained a foothold the invader does its best to maintain it. Periodical "chills" weaken the sufferer, unfit him for work, and make life burdensome for the time. Like a bilious attack, it makes a man feel that a sickness which precedes death cannot possibly bring more suffering; unlike a bilious attack, it subsides for a time only to return again in a few days with unabated misery. It is the duty of communities to remove the cause of malaria. It is the duty of individuals who suffer from it, to quit the malarious district and seek health. Communities are very slow in their movements, and it is often times a thankless task to attempt to goad them on to their duty. We speak at this time more especially to the individual sufferer. The first thing to be done is to remove at once from the district where the malaria was caught. The patient must remove the prime cause of his trouble far from him; the air he breathes must not be charged with exhalations from decayed vegetable or animal matter, or with the poison of a swamp. He will do well to avoid also all the quack specifics which prey on the vitality of the sufferer's frame and pocket. There is no royal road to a cure for malaria. Many of these quack specifics contain drugs which are highly injurious, and which, by reason of their power to arrest the functions, persuade the purchaser that they are arresting and driving out the disease. The quickest and safest, and in the end most economical way to rid one's self of this common complaint is, as we have said, first to leave the malarious district. Then a careful diet and constant bathing—Turkish baths are excellent things for the arresting of chills—will speedily restore the patient to health.

RECORD OF HYGIENIC PROGRESS.—This record would be incomplete without mention of a society that has already been referred to in a general article in THE HERALD OF HEALTH. This is the "*Institute of Heredity*," which has its headquarters in Boston, with local directors in various parts of the country, and which promises to be an important agency in the evolution of that higher type of humanity, which it is the chief purpose of this Journal to advocate and promote. The President of the society is the Hon. Daniel Needham, a man of much influence in Massachusetts, and among its Vice-Presidents and Directors are James Parton, Elizar Wright, Dr. James C. Jackson, Parker Pillsbury, Matilda J. Gage and Elizabeth Cady Stanton, with some sixty other names of more or less note. The plan and purpose of this organization are clearly set forth in the following preamble to its constitution:

"Believing that many of the moral and physical diseases which afflict humanity are congenital, and are transmitted from generation to generation, through ignorance and disregard of the natural laws of descent: Therefore, for the pur-

Digitized by Google

pose of acquiring and promulgating a knowledge of these laws, and urging such obedience to them as will bring posterity into mental and physical health and right moral action, and so eradicate much of the disease, vice and crime with which civilized society is burdened, the undersigned hereby form ourselves into an association, to be known as the INSTITUTE OF HEREDITY."

In treating of the causes of the vast amount of vice and crime that prevail in all human society, the circular of the Institute contains the following:

"Century after century have Church and State, with all their vast, complicated and cumbrous machinery, enforced their empirical methods with terrible penalties and at tremendous cost, for the purpose of putting an end to these evils; and with the most wretched results. And above all this, what vast amounts are expended in voluntary contributions of money and labor in the various forms of charitable relief, with the same hopeless and unsatisfactory results. And for the reason that we have battled against effects, while leaving causes in unchecked operation.

"*The causes are congenital. People who are born with theft and murder in the blood, will steal and kill.* The jailer and hangman neither cure them nor check their tendencies, nor thin their ranks; for we preach temperance, and honesty, and keep on breeding drunkards and thieves; we hang murderers, and continue to propagate them, and so with the whole circle of physicial, mental and moral disorders: hence, as fast as we imprision and hang criminals, others are born to take their places. So that all our conflicts with evil result in a long-drawn battle.

"Shall we forever continue the old treadmill process? The wheel forever sinking down as we climb, and we forever no nearer the top? Why should we continue to weary and exhaust ourselves in this endless circuit, with all the means of deliverance in our own hands and under our own control?"

This society is quite new, and its practical work is but just being organized. It calls for interested workers everywhere, and judging by the intelligent zeal displayed by its secretary, and the wide publicity that has already been given to it through the press, we are led to hope that it may become an institution of national importance. Communications regarding it should be addressed to its Secretary, No. 35 Pemberton Square, Boston, Mass.

IS ALCOHOLISM A DISEASE.—A New York newspaper stated a short time ago, that Bellevue Hospital frequently affords shelter and treatment to wealthy men suffering from "Alcoholism." The complaint is treated as a disease, though there is no doubt that some persons would be inclined to treat it as a form of insanity. It is rather difficult to bring one's mind to regard "alcoholism" as a disease, at least it is difficult for those who have always regarded drunkenness as a perfectly voluntary vice. We are all more or less intimately acquainted with men whose passion for drink is at times so strong that they give way to it unreservedly. They will go for days without food when on their drinking "bouts," being during that time in a constant state of inebriety. Eventually they leave off drinking, and, as we have stated, some of them go to the hospital as the easiest way to get on their feet again and go to face the world. Are men who act thus, responsible for their actions? Are they to be blamed for the misery they bring on their friends, for the disgraceful example they set their children, and the injury they work on their own constitutions? In other words, is their passion for drink uncontrolled or uncontrollable? If the former, then they themselves are more blameworthy than can be estimated, and it is a question whether the fact of a non-desire to control their passions is not a justification for putting them into a lunatic asylum, where drink would be kept from them and where they would be unable to blight the lives of others. But the question remains whether their passion is uncontrollable. If it is, then for the immediate results of its work they must not be held accountable, and "alcoholism,"

Digitized by Google

may rank among diseases, and the hospital is a proper place for the sufferers. No one will assume that, being a disease, it is incurable. It seems, however, that the authorities at Bellevue Hospital do little to effect permanent cures. "Strange as it may seem, persons that come once invariably turn up again. It seems that after alcoholism gets hold of them, they cannot release its hold, for it undermines their will power." These are the words of "an orderly" of the hospital referred to. They need excite no surprise. Hospitals have not yet realized that it is their function to treat such diseases in a rational manner. As a consequence, they do not treat them at all, but let the victims go into the world, hampered with perhaps, uncontrollable passion which is destined to drag them to the grave before their time. This disease, which in certain cases it undoubtedly is can only be cured in one way. There is nothing occult about it. Alcohol in all forms must be abstained from. A plain, light diet, (the less animal food eaten the better,) pleasant company, and a severance of all social ties which would lead the sufferer to yearn for the old paths, will surely lead to a cure of alcoholism. But how few are willing to obey these simple directions, and how few there are whose friends will persuade them to do so.

VACCINATION.—Some of the most stupendous falsehoods are told about vaccination. Medical men who contradict themselves and each other with such amazing celerity on vaccination details, will one day be accounted as fools or hypocrites. The day is coming when vaccination will be regarded as an operation more dangerous, more illogical and more blameworthy, than inoculation is regarded to-day. Jenner will one day be remembered as a man who, perhaps with sincerity, forced a monster delusion on the world. That conservative England should hold to the dictum of the doctors, and not allow a man to question their assertion that vaccination is necessary to make him complete, and that it is a preventive of small pox, is difficult to understand. But that liberal America should lay aside its logic, and allow itself to be deluded is a mystery. That English newspapers should state that every unvaccinated person is a "plague spot," and a "seat of contagion," is scarcely understandable. That American newspapers should go to nearly as great lengths of absurdity is utterly inexplicable. English doctors maintain that people should be vaccinated every seven years, and that the operation performed on any one seven years ago does nothing to-day to guard him against small pox. That theory is generally accepted by doctors. We heartily agree with them as to the inefficacy of seven years old vaccination marks. But as an example of the utter confusion which exists among these differing doctors, we would quote some remarks recently made by the doctor in charge of the New York Dispensary, to a reporter who called on him. This reporter was 30 years of age, and "under a sudden inspiration" he decided to be vaccinated. (Where did the inspiration come from?) The patient rolled up his sleeve and the operation was performed. Subsequently the doctor discovered a big scar from a former vaccination. "Why, you did not need vaccination," said he. The reporter informed him that that scar was made 23 years ago. "Well," said the physician, "that took well, and it is probably all right to-day. I am not a believer in the old-fashioned theory, that we renew ourselves over and over every seven years." Of the bad logic and bad practice from a physician's standpoint, of vaccination we will not now deal. Nor will we attempt to demonstrate the utter inefficacy of vaccination, for one only needs to study small pox statistics to satisfy himself. Nor, what is perhaps of more consequence to the world, of the hidden diseases that lurk in the virus which is imparted to the blood of the patients. There are, fortunately, more sensible and surer ways of escaping small pox than that of being vaccinated. Cleanliness of person, pure air, and a healthful diet would render vaccination unnecessary, if even it contained a particle of real virtue.

Digitized by Google

EXERCISING THE MENTAL FUNCTIONS.—It is an elementary physiological fact that, up to a certain point, the use of our bodily functions develops and strengthens them. The wrestler and the athlete are conspicous examples of this fact, while every one of us may in ourselves find illustrations of it, though perhaps in a less marked degree. Did it ever occur to our readers that the same law which prevails in the domain of matter, prevails in that of mind also? In our mental or spiritual natures we have two forces ever at work, one prompting towards that which is right, and the other towards that which is wrong. Our functions for doing right, if exercised, become strong, while the opposing functions become correspondingly feeble, and so, *vice versa*. If a man says, conscientiously, "I find it so easy to do wrong, so difficult to do right," you may be sure that it is because he does not give his functions for doing good a fair chance to work and strengthen themselves. There is little sense in a healthy man complaining of the weakness of his legs, and at the same time persisting in dangling them all day from a seat, and scarcely ever using them for purposes of locomotion. It is equally senseless for a bad man to continually aver, that he finds it so hard to do right. What he needs to do is to exercise his functions of right doing, and in proportion as he does this he will paralyze by inactivity that which would blight his life by leading him astray. The laws of nature are universal. If the rising generation could be instructed in some of them, and guided in their conduct by reason, the result would be very beneficial. There is, after all, nothing abstruse in the averment that functions which are worked become powerful; and yet how important a factor it might be in the conduct of a thoughtful young man if he could assimilate it—keeping it ever before him. Once impress on him the desirability of possessing a sound mind in a sound body, of being a well-balanced man, and his life's work would be commenced under favorable auspices. But perhaps we can scarcely expect the mental side of man to conquer his animal nature till education has become more general. With education may we not hope there will come increased physical health, consequent on a more intelligent following of natures laws, and an increased moral health also, consequent on a firmer grasp of man's duty to man, which is one of the basal principles of morality?

STUDIES IN HYGIENE FOR WOMEN.

HYGIENE AND HASTE.—There is an old saying, that it is better to wear out than rust out. Undoubtedly the idea was first put into words by some being, who, born with an impetuous nature, desired to say something bitter of a neighbor that was naturally of a sluggish temperament. What effect on the health and chances of life of the individual has a continuous habit of making haste? There is no doubt that, other things being equal, a man will not live for as many years, who is always in a hurry, and who has a knack of doing an enormous amount of work, as will the man who takes life in a cooler fashion. He who lives at a rapid rate will wear himself out somewhat quicker than the man of slower movements. While the active man lives, his health should be as good as his neighbor, if not better. Are we to conclude then, that because quickness of movement is favorable to somewhat shorter life, that a man should study to check his impetuosity, and do all his work very leisurely. Not necessarily. Life, after all, consists in something else besides length of days. Bailey, the writer of "Festus," says:

> We live in deeds, not years;
> In thoughts, not breaths;
> In feelings, not in figures on a dial,
> We should count time by heart throbs.
> He most lives, who thinks most

Digitized by Google

Feels the noblest, acts the best."

The first three lines suggest to us that a man who crowds a great deal into a life of fifty years, may, after all, have more real life than one who exists for twenty years longer, but is naturally slow in his movements. We quote the six lines because of the beauty of their thought and expression, although the first three set forth the idea for which we introduced the passage, *i. e.* that life consists in something more than years, or breaths, or figures on a dial. It is true, of course, that some natures may possess too much, as some possess too little, impetuosity. Their activity may need restraining. Many men are so restless in their activity, that they speedily wear themselves out, and then resort to stimulants with the object of replacing the strength which they have squandered. Such a course is fatal. Stimulants impart no strength, but only draw for momentary use the strength from an already enfeebled constitution. To men who make this mistake an impetuous nature is anything but a blessing. It is really the means of bringing them to a premature grave. There are certain words of caution we would give to those who are naturally always in a hurry, for much as we may acknowledge the value of the quality of activity that they possess, we see certain evils to which they are peculiarly subject. A man who is always in a hurry needs to be leisurely when at meals. This is by no means an unimportant matter, for a great number of physical ills lie at the bottom of the habit, which is all too common in this country, of fast eating. It is difficult for a man who works rapidly and hard to lower the temperature of his activity when he sits down to lunch. And again, when he rises from his meal he can scarcely bring himself to rest for a short time, but rushes at his work, regardless of the demands his digestive organs make that he shall rest. Let the man who feels he has a mission in life which he must perform, an interest in the throbbing of the world which he must make the most of, let him learn that there are times when he must curb his speed. If he does not he will find the night of his life drawing near very early, and the slanting rays of his setting sun will show to him in less bold relief a fullness of life, than specters of what might have been.

BALTIMORE APPLE BREAD.—Prepare a dough exactly as if for rusks. When it is light, roll out a cake about half an inch thick. Spread stewed apples over it, and over that place another cake of dough like the first: Put in a pan to lighten for a short time. Bake it. Have some thin slices of apples stewed very tender, and, when the bread is baked, lay these slices of apples all over top, sprinkle them with sugar, some small bits of butter, and either nutmeg or cinnamon, whichever you like. Put it back in the oven long enough for the sugar to form a coating on the top. Take it out, and when cold, slice it nicely for tea.

THE FLOWER MISSION.—There is a flower mission in New York, the object of which is to furnish flowers to the poor sick in hospitals and other places. It was started some years ago, we believe, by the good ladies of Dr. Bellow's church, and has grown to be a very beautiful charity; extending into other cities than New York. The following is one of the touching incidents connected with this mission. "A sick child, much exhausted by a slow fever, lay weak and weary on a bed of pain. A bright, cheery little woman, whose entrance into the house of the poor and sick is it itself like a day in June, came from the mission to this little fellow one spring morning with a fresh bunch of cowslips. The child lay in a sort of stupor, and took no notice of his kind visitor when she entered; but as she held up the gay, yellow blossoms, his dull eyes brightened, a faint smile gleamed over his wan features, his thin hand feebly attempted to reach for the flowers which were laid on his pillow, and, the heavy weariness having been broken, a happy look settled on the pale, pain-worn face, and the child slept. His mother then put the flowers into water; but when he woke he looked

Digitized by Google

round eagerly, till, seeing them in the mug, he made a motion to have them brought to him, and then seemed quite satisfied. And so he would have them every day, his mother carefully placing them in water while the child was sleeping. Four days later, when the lady came again with some fresh flowers, there were the cowslips, withered and fading, but still treasured by the poor little fellow into whose dull sick days they had shone so brightly. "And I love to fancy that the brightness of those cowslips will gleam out many times in that boy's life, revealing some good thing that might never have appeared! One of the flower-bearers of this mission relates the following incident, which I give in her own language: "In one of the wards of the Massachusetts General Hospital was the painful sight of a strong man laid low by disease; almost a giant in frame, but greatly emaciated by his illness; plain and awkward in speech, but gentle at heart. As some of us laid flowers on his pillow he opened his deep sunken eyes, and languidly looking at them he said: 'How much do they cost?' 'Nothing; they are presented to you,' was the reply. Looking up in a grateful, yet wondering, sort of way, he said; 'You must be awful rich!' Then he was told that they were not the gift of any one person, but that they were sent as messengers of love and sympathy by kind friends in the country to those who were alone and suffering, wherever they could be found in the great crowded city. And then the poor fellow murmured out, with deep gratitude, 'God bless you all! You don't know how I love flowers!'"

CHEMISTRY OF POTATO-COOKING.—Some German chemists have been investigating the effects upon the potato of various modes of cooking, and the results of their labors show that the mode of cooking so long in common use, by boiling, is very wasteful of the nutritive elements of the vegetable. The potato is none too nourishing at best, and we cannot afford to lose any of its useful properties by improper modes of preparation. The potato contains in considerable quantity a form of food elements known as salts, which are thought to give to it its excellent antiscorbutic properties, which makes it useful as a preventive of scurvy on shipboard. These elements also contribute very largely to the healthy development of the bones. Deprived of these elements, the potato possesses little more nourishing properties than an equal quantity of starch.

It is found that different modes of cooking affect the potato differently in this regard. Baking or roasting preserves all the elements. Steaming without peeling saves all but a very minute quantity. Boiling without peeling wastes more, but only a moderate amount. Steaming peeled potatoes causes much more loss than boiling with the skins on; and boiling them when peeled wastes nearly the whole of the important elements mentioned.

Cooks will do well to profit by these facts, which clearly show that the only proper mode of cooking potatoes is to bake or roast them, or to steam or boil them with the skins on. If the skins are half or two-thirds removed, as is often the case, of course the loss will be proportionately great.

TO CLEAN MARBLE.—Common soda, two parts; pumice stone (pulverized), one; finely powdered chalk, one. Sift through a fine sieve and mix with water. Rub all over the marble until the stains are removed. Then wash the stone with soap and water. Marble that is yellow with age, or covered with green fungoid patches, may be rendered white by first washing it with a solution of permanganate of potash of moderate strength, and while yet moist with this solution, rubbing with a cloth saturated with oxalic acid. As soon as the portion of the stone operated upon becomes white, it should be thoroughly washed with pure water to remove all traces of the acid.

KEEPING ICE IN THE SICK-ROOM.—For those who have an abundant supply of ice, this may not be a matter of much moment; but for poor people, who may rarely use ice except in sickness, and to

Digitized by Google

whom the expense is not insignificant, the following hints from an English source may be useful: "Cut a piece of flannel, about nine inches square, and secure it by a ligature round the mouth of an ordinary tumbler, so as to leave a cup-shaped depression of flannel within the tumbler to about half its depth. In the flannel cup so constructed pieces of ice may be preserved many hours; all the longer if a piece of flannel from four to five inches square be used as a loose cover to the icecup. Cheap flannel, with comparatively open meshes, is preferable, as the water easily drains through it, and the ice is thus kept quite dry. When good flannel with close texture is employed, a small hole must be made in the bottom of the flannel cup; otherwise it holds the water and facilitates the melting of the ice. In a tumbler containing a flannel cup, made as above described, of cheap, open flannel, at 10d. [20 cents] a yard, it took ten hours and ten minutes to dissolve two ounces of ice, whereas in a naked cup, under the same conditions, all the ice was gone in less than three hours."

CURRENT LITERATURE.

—:o:—

TRANSCENDENTAL PHYSICS. An account of Experimental Investigations from the Scientific Treatises of Johann Carl Friedrich Zollner, Professor of Physical Astronomy at the University of Leipsic. Translated from the German, with a preface and appendices, by Charles C. Massey. Boston: Colby & Rich, publishers.

This is certainly one of the most noteworthy treatises yet issued in connection with the subject of spiritualism—the book, in fact, which brings science and spiritualism closest together. Prof. Zollner, the author and chief deponent, in whose own house many of the facts he records occurred, is a Leipsic professor, and stands deservedly high among the scientific men of Europe. The facts are wonderful, if they cannot be gainsaid, and the surprising testimony which they have elicited is calculated to startle and arrest the attention of the thoughtful reader. It is not within our limits or province to discuss all the subtleties which this book raises, such as the hypothesis of a fourth dimension in space, and many others; but we will at least call attention to the strange things which are suggested by them, and assure the eager inquirer into these mysteries that here will be found the argument which is best worth his time and attention. The book is accompanied by illustrations and copious appendices, and is well printed on handsome paper.

THE EASIEST WAY IN HOUSEKEEPING AND COOKING. Adapted to Domestic Use or Study in Classes. By Helen Campbell, late Superintendent of the Raleigh (N. C.) Cooking School; author of "Chips from a Northwestern Log," etc. New York: Fords, Howard & Hulbert.

Although the literature of the kitchen is now indisputably voluminous, there is, and always will be, room for something new and good in this field. It is evident from the care and thoroughness shown in the preparation of Mrs. Campbell's little manual, that the theme has compelled the author, in this case, rather than the author the theme. In addition to the preparation of a great variety of receipts, which are adapted to all parts of the country, and to families of the average class, she has found room to treat of the situation and arrangement of the house, ventilation, drainage, water supply, daily work, fires, utensils, and many other matters of prime importance. Another pleasant feature of the book is that its directions are not vague and approximative, but exact, and the youngest housekeeper, who is just beginning, will not need a commentator to help her in the use of it. The book is clearly written, and is every way admirable. We cannot, in fact, too heartily commend it.

THE BRAIN AS AN ORGAN OF THE MIND. By H. C. Bastian, M. A., M. D., F. R. S. New York: D. Appleton & Co.

It is doubtful if there can be found anywhere a more thoroughly minute discussion of the relations existing between the brain and the mind than that which pervades this book, by Prof. Bastian. It begins with a consideration of the uses and origin of a nervous system, and compares, with many interesting statements, the nervous structure of mollusks, vermes, anthropods, and other groups of life, with that of man. The scope of mind itself, the degree of consciousness possessed by other animals, the gap between brute and human intelligence, the localization of the functions of the brain, and a score of different subordinate considerations, are among the topics to which separate chapters are devoted. The whole book is well indexed, and is made still more useful and intelligible by 184 illustrations. To those interested in the study of these subjects this book will have endless problems to open, and will be widely read.

THE SCIENTIFIC BASIS OF SPIRITUALISM. By Epes Sargent. Boston: Colby & Rich.

The author of this book, who is not now living, has endeavored to show in these pages, that the phenomena called spiritualism have a firm scientific basis; but his effort seems to us hardly as valuable in that direction as does the work of Prof. Zollner. But there are, no doubt, many who will be pleased to follow up the enthusiastic arguments here given, and which are set forth with as much clearness, perhaps, as the nature of the subject admits of. Clairvoyance, somnambulism, and a reply to "Wundts' Objections to Spiritualism," are among the salient side topics of the work.

Digitized by Google

BRAIN AND NERVE FOOD--VITALIZED PHOS-PHITES

Composed of the Vital or Nerve-giving Principles of the Ox-brain and Wheat-germ.

It restores the energy lost by nervousness or indigestion; relieves lassitude erratic pains and neuralgia, refreshes the nerves tired by worry, excitement or excessive brain fatigue; strengthens a failing memory, and gives renewed vigor in all diseases of nervous exhaustion or debility. It is the only **PREVENTIVE** of Consumption. It gives vitality to the insufficient bodily or mental growth of children, and prevents fretfulness, as it promotes good health to brain and body.

Physicians have prescribed 300,000 packages. Sold by druggists or by mail, $1.

F. CROSBY, 664 and 666 Sixth Avenue, New York.

THE MOTHER'S MAGAZINE,

The next January number will commence the 46th year of this old and popular MAGAZINE. It has hitherto been, and, we hope, will continue to be an ever ready hand-maid to the mother in her enlightened and hallowed Christian efforts to make her children precious jewels in the family circle, ornaments of society, and heirs of heaven, and the father and mother honored and blessed in their good name.

TERMS:—Three months, 45 cents; six months, 80 cents; one year, $1.50. Cash invariably in advance. Sample copy, 5 cents. Remit by draft, check, P. O. Money order, or registered letter; otherwise at the risk of the sender. Special rates to clubs. Agents and canvassers wanted. Liberal commission given. Address,

MOTHER'S MAGAZINE Box 3157 New York.

Louisville, Ky. Nov. 8, 1879.

To the Editor of the *Mother's Magazine*:—I have taken and read your invaluable magazine for more than twenty-five years, and now give it to my daughter, who is the mother of three sweet little children. May God bless you in all your efforts to train up, through their mothers, the rising generation.—Mr. J. O. Campbell.

Stanstead, Canada, March 11, 1879.

Mr. Editor:—I cannot give up the *Mother's Magazine*. I hope I may be able to take it while I live, as my dear mother did. It is very dear to me, not only on her account, but from its own intrinsic worth. May God bless and strengthen you in your noble work.—Miss C. N. Hubbard.

Clinton, Mo., January, 1879.

Mr. Editor:—It is nearly, if not quite, thirty years since the magazine first came into our family, and it has never missed one year in all this time to gladden our hearts by its monthly visits. Next to the Bible have I prized its teachings, and felt that the timely suggestions contained in its pages have been an invaluable aid to me in the management of our children.—A Friend of the *Mother's Magazine*

The Mother's Magazine is one of the oldest and best monthlies for the family circle within our knowledge. It is ably conducted, and its pages well filled by talented and experienced writers. Not the least attractive feature is the department for the youth, which gives evidence of peculiar tact, both in its selections and contributions.—*Christian Observer*, Louisville, Ky.

The *Mother's Magazine* is the name of a monthly devoted especially to the interests of mothers and children, and filled with excellent reading for the family circle. It furnishes a Christian literature that will purify and elevate wherever it goes.—Waterville Mail, Me.

WHEATENA FOODS

are gaining in popular favor daily. Our Wheatena consists of the GLUTEN of the wheat. Our COLD GROUND FLOUR is made without millstones, and no heat is created during the process. Our STEAM COOKED DESSICATED OATS are far superior to Oatmeal. They can be prepared for the table in ten minutes. STEAM COOKED PEA and BEAN MEALS—delicious soup in five minutes.

Send stamp for 16-page book and other information. Address

CHAS. H. HOYT & SON,
121 Varick Street, N. Y.

HEALDS' HYGEIAN HOME,

WILMINGTON, DELAWARE.

Possessing *all* the facilities for *thorough* Hygienic Treatment, to be found at similar first-class institutions, we ask attention to our *special* advantages:

A beautiful, healthful, elevated location, near enough the city to have all its conveniences. Pure air, fine grounds, shaded lawn, adjacent groves, extended views, pleasant walks and drives, and cheap excursions daily, on River and Bay to Ocean. ☞ Delightful breezes throughout the Summer, from these not distant, bodies of fresh and salt water.

Physicians have had nearly twenty years experience!

OUR TREATMENT, including all judicious forms of BATHS, "MOVEMENTS," MASSAGE, etc., is most thoroughly administered. *No extra charge for "Movements."* We strive to bring *all* hygienic influences to aid our invalid guests to recover health.

OUR TABLE, we are sure, is not equaled by that of any other "cure" in the country. As the DIET of invalids is of the utmost importance, we have made it a study to provide the *best*. We air-tight IN GLASS, 1,500 half gals. of choice fruit each season. We have one of the finest FRUIT MARKETS in America, and model FRUIT and VEGETABLE GARDENS of our own.

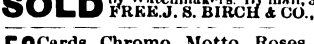
We can only accommodate twenty guests, and so are able to oversee all departments and give much personal attention to each patient, as well as make the "Home" home-like!

"RELATIONS OF THE SEXES," mailed 10c.

Wanted.—Hygienic helpers—both sexes.

Send stamp for circulars.

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



AND NOT WEAR OUT.

SOLD by Watchmakers. By mail, 30 cts. Circulars FREE. J. S. BIRCH & CO., 38 Dey St., N.Y.

50 Cards. Chromo, Motto, Roses, etc. all new style, name on 10c. Agt's samples 10c. G. A. Spring, Northford, Ct.

DRS. STRONGS' REMEDIAL INSTITUTE,

SARATOGA SPRINGS. N. Y.,

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

SEND $2.00 FOR A SAMPLE VOLUME OF

THE AMERICAN CYCLOPEDIA,

APPLETON'S latest, 800 to 850 pages, (6 1-2x9 7-8 inches). Publisher's price $5.00, $6.00 and $7.00. Our price, prepaid, $2.00.

ASA K. BUTTS,
13 Dey St., N. Y.

50 C. BUYS 50 SCIENTIFIC LECTURES by Huxley, Tyndall, Proctor, and others, with sample copies of THE EVOLUTION, MAN and THE SCIENTIFIC MAN. Prepaid by A. K. BUTTS, 13 Dey Street, New York.

Digitized by Google

DR. FAIRCHILD'S HYGEIAN HOME
AND
MOVEMENT CURE.

537 Broadway, N. W. cor. B'way & 6th Streets
QUINCY, ILL.

Unequaled facilities for treatment of chronic diseases. Send for Circular.

M. AUGUSTA FAIRCHILD, M. D.
tf Physician and Proprietor.

"THE MOUNTAIN HOME"

This old and well-established Sanitarium 1,000 feet above tide water at Philadelphia, is open for the reception of such as desire to avail themselves of a first class institution for the recovery of lost health etc.

For particulars, address for circular.
DRS. WENRICH & DEPPEN.
Wernersville, Penn.

HYGIENIC RESIDENCE, OR BOARDING HOUSE. Fruit Farming or Sanitarium; 60 minutes rail ride from New York, and 90 minutes from Philadelphia, by express trains at all hours; equi-distant from Bound Brook and Somerville stations, on mountain-slope, overlooking broad Raritan Valley, river, canal and three railroads: house old style, 12 rooms, stable, garden, orchard and pasture, with wooded heights, sunny exposure, sheltered from north and east, with good spring water; selected by owner for hygienic, scenic advantages and access to great markets; will let or lease with or without separate servant's cottage to appreciative tenant, with privilege of purchase at nominal rent. Good chance for Health Reformers.
Apply to R. T. COLBURN, El Mora, N. J.

DR. TRAER'S HYGIENIC INSTITUTE
AND
MOVEMENT CURE,
VINTON, IOWA.

A charming place to spend the summer months. Board with or without medical attendance. All the various baths, Turkish, Electric, Water, etc. Swedish Movements. Terms reasonable. Circulars free. Address

DR. U. E. TRAER, Vinton, Iowa. Box 57

70 YOUR NAME in Stylish Lettering on **70 Cards** (*Gold and Silver Chromos, Cupids, Mottoes, Bouquets, Birds, Winter Scenes, Pictures, etc.*) **10c.** All new styles, lithographed in bright colors. *Unequaled.* Largest assortment of cards in America. Agent's Complete Sample Book, **25c.** Dealers and Printers supplied with Blank Cards. NORTHFORD CARD WORKS, Northford, Ct.

THE DIETETIC REFORMER
AND
Vegetarian Messenger.

An English publication of thirty-two pages, will be furnished for $1 a year by

M. L. HOLBROOK, 13 & 15 Laight St., N. Y.

PATENTS!

L. DEANE, 515 7th St., Washington, D. C. formerly Principal Examiner in United States Patent Office, attends to all business before Patent Office and the Courts, and charges fair rates for services. Letters, with stamp, promptly answered.

MEDICAL AND HYGIENIC HINTS
ON THE
Protection and Management of the SINGING VOICE,

BY LENOX BROWNE, F. R. C. S.

Senior Surgeon to the Central Throat and Ear Hospital, Surgeon and Aural Surgeon to the Royal Society of Musicians, Surgeon to the Royal Albert Hall Choral Society, Surgeon to Her Majesty's Italian Opera, etc., etc.,
15th Thousand.

This excellent book, which has had a great sale in England, is now published here at the low price of 25 cents, and to meet a demand for an intelligent and suggestive treatise on the management and improvement of the singing voice. The following table of contents will serve to indicate its character:

Chapter 1. Introduction and Theoretical Statement.

Chapter 2. Voice Production—Physiological and practical.

Chapter 3. Management of the Voice, Hygienic, Dietectic and Medical.

OPINIONS OF THE ENGLISH PRESS.

The hints are so valuable that, to the professional vocalist, they are of the utmost importance, and we consider we are doing a service to the profession in drawing attention to Mr. Lenox Browne's work.—*Era.*

It contains the most valuable information concerning the vocal organ, and some admirable hints to vocalists as to its proper training and culture. He gives plain, simple, and commonsense directions of hygiene to those who wish to exercise the voice as a musical instrument.—*Figaro.*

In a small space it contains a wonderful amount of information on the anatomy and physiology of the vocal organs, conveyed in a simple and unaffected style.—*Illustrated Sporting and Dramatic News.*

This is not a mere technical essay, but will be found of real service by all engaged in the teaching or study of vocal music.—*Lloyd's Weekly News.*

Mr. Browne's treatise is full of valuable information, and its study may be recommended not only to regular students and teachers of singing, but to the numerous clergy and choirmasters who are now transforming for the better the old droning and shouting of the services of the church.—*Guardian.*

The work is extremely interesting from a social as well as from a medical point of view, and recommends itself to all interested in vocal music.—*Morning Post.*

A standard text-book for the people upon the subject of which it treats.—*Figaro.*

We can recommend it emphatically, for there is not a page that does not contain useful guidance to the vocalist. In all matters regarding the production of the voice and its preservation, the author is authority of the most trustworthy kind.—*Era.*

Sent by Mail for 25 Cents.

Address

M. L. HOLBROOK,
13 & 15 LAIGHT STREET, NEW YORK

Digitized by Google

HOW TO GROW HANDSOME;

OR,

Hints toward Physical Perfection

AND THE

PHILOSOPHY OF HUMAN BEAUTY.

Showing how to acquire and retain bodily symmetry, health and vigor; secure long life, and avoid the infirmities and deformities of age. 250 pages. 12mo, extra cloth.

BY D. H. JACQUES, AUTHOR OF THE "TEMPERAMENTS," ETC.

PRICE $1.00.

What Our Girls Ought to Know.

BY DR. MARY J. STUDLEY.

Resident Physician and Teacher of Physiology, Hygiene, Physical Culture, and the Natural Sciences, in the State Normal School, Framingham, Mass.

"There is nothing before on this subject so suited to the wants of young girls. All its thoughts are pure and good."—*Mary J. Safford, M. D., Boston.*

PRICE $1.25 BY MAIL.

Fruit and Bread; a Natural and Scientific Diet.

BY GUSTAV SCHLICKEYSEN.

Translated from the German

By M. L. HOLBROOK, M. D., Editor of The Herald of Health.

250 PAGES. PRICE BY MAIL $1.00.

Hygiene of the Brain,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

PRICE, $1.50.

TALKS TO MY PATIENTS

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

A Practical Handbook for the Maid, Wife, and Mother.

With a Beautiful Photographic Portrait of the Author.

PRICE BY MAIL $1.50.

THE SCHOOL GARDEN.

BY DR. SCHWAB, DIRECTOR OF THE VIENNA MILITARY GYMNASIUM, ETC.

Translated from the German by Mrs. Horace Mann.

50 Cents by Mail. 5 Copies $2, 12 Copies $4.

THREE BOOKS IN ONE.

FROM THE CRADLE TO THE SCHOOL. By Bertha Meyer.

THE RIGHTS OF CHILDREN. By Herbert Spencer.

THE GOVERNMENT OF CHILDREN. By M. L. Holbrook, M. D

PRICE BY MAIL 50 CENTS.

M. L. HOLBROOK, Publisher, 13 & 15 Laight Street, N. Y.

Digitized by Google

Eating for Strength.

BY

M. L. HOLBROOK, M. D.

NOTICES OF THE PRESS.

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

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

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

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

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

SENT BY MAIL FOR ONE DOLLAR.

Lady Agents Wanted.

Parturition Without Pain.

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

BY

M. L. HOLBROOK, M. D.

WHAT IS SAID OF "PARTURITION WITHOUT PAIN."

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

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

PRICE BY MAIL, $1.00.

AGENTS WANTED.

Liver Complaint, Mental Dyspepsia, and Headache;

THEIR CURE BY HOME TREATMENT.

BY M. L. HOLBROOK, M. D.

CONTENTS.

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

PRICE BY MAIL, $1.00.

The Relations of the Sexes.

BY MRS. E. B. DUFFEY.

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

CONTENTS.

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

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

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

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

PRICE BY MAIL, $1.00.

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

Digitized by Google

The Hygienic Hotel
AND
TURKISH BATH INSTITUTE,
13 & 15 Laight Street, N. Y.

Two Blocks from the Grand Street Station of The Elevated Railroad.



There are Six Lines of Horse Cars Passing near the Door.

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.

Digitized by Google

HYGIENE OF THE BRAIN,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

PART I.

CHAPTER 1.—THE BRAIN
CHAPTER 2.—THE SPINAL CORD
CHAPTER 3.—THE CRANIAL AND SPINAL NERVES
CHAPTRR 4.—THE SYMPATHETIC NERVOUS SYSTEM
CHAPTER 5.—HOW THE NERVES ACT
CHAPTER 6.—HAS NERVOUS ACTIVITY ANY LIMIT?
CHAPTER 7.—NERVOUS EXHAUSTION
CHAPTER 8.—HOW TO CURE NERVOUSNESS
CHAPTER 9.—THE CURE OF NERVOUSNESS (Continued)
CHAPTER 10.—VALUE OF A LARGE SUPPLY OF FOOD IN NERVOUS DISORDERS
CHAPTER 11.—FIFTY IMPORTANT QUESTIONS ANSWERED
CHAPTER 12.—WHAT OUR THINKERS AND SCIENTISTS SAY

Chapter 12 contains Hints on the following Subjects:

Expectant Attention—*Wm. B. Carpenter, M. D., F. R. S.* Normally Developed Brains—*E. H. Clarke, M. D.* Alcohol Enfeebles the Reason—*Benjamin W. Richardson, M. D., F. R. S.* Women and Brain Labor—*Frances Power Cobbe.* Difference between Man's and Woman's Brain—*G. Spurzheim, M. D.* Rejuvenating Power of Sleep—*J. R. Black, M. D.* Physiological Effects of Excessive Brain Labor—*William A. Hammond, M. D.* Training Both Sides of the Brain—*Dr. Seguin.* Amount of Blood Necessary to Mental Vigor—*Alexander Bain, LL. D.* Take Care of Your Health—*John Tyndall, LL. D., F. R. S.* Neuter Verbs—*Archbishop Whately.* Exercising the Brain—*Lionel John Beale, M. R. C. S.* How Chancellor Kent was Educated—*Chancellor Kent.* Origin of Abuse of the Mind—*Robert Macintosh.* Intellect Not All—*Dr. Brown Sequard.* Early Mental Culture a Mistake—*Amariah Brigham, M. D.* Walter Scott's Boyhood—*Harriet Martineau.* A Wise Thought from *Herbert Spencer.* Hot-House Brains—*R. R. Bowker.* Book-Gluttony and Lesson-Bibbing—*Thomas W. Hurley, M. D., F. R. S.* Continued and Varied Activity of the Mind—*Benjamin W. Richardson, M. D. F. R. S.*

PART II.

Contains Letters describing the Physical and Intellectual Habits of the following Men and Women, written by Themselves for this Work.

1. O. B. FROTHINGHAM—Physical and Intellectual Habits of
2. FRANCIS W. NEWMAN—Physical and Intellectual Habits of
3. T. L. NICHOLS, M. D.—On the Physical and Intellectual Habits of Englishmen
4. JOSEPH RODES BUCHANAN, M. D.—Interesting Suggestions on Mental Health
5. GERRIT SMITH—His Physical and Intellectual Habits (Written by his Daughter)
6. THOMAS WENTWORTH HIGGINSON—His Rules for Physical and Mental Health
7. NORTON S. TOWNSEND, M. D.—Mental Hygiene for Farmers.
8. EDWARD BALTZER—Habits of the German Radical
9. WILLIAM LLOYD GARRISON—Interesting Hints from
10. A BRONSON ALCOTT—An Interesting Letter from
11. S. O. GLEASON, M. D.—A Plea for Hunting for Over-worked Brains
12. WILLIAM E. DODGE—Suggestions from
13. HENRY HYDE LEE—A Business Man's Suggestions
14. DIO LEWIS, M. D.—His Advice to his Namesake
15. FREDERIC BEECHER PERKINS—Suggestions for Brainworkers
16. JUDGE SAMUEL A. FOOT—His Habits of Study and Work (aged 88)
17. MARK HOPKINS—A few Suggestions to Students
18. WILLIAM CULLEN BRYANT—How he Conducted his Physical and Intellectual Life
19. WILLIAM HOWITT—The English Poet, and his Habits from Boyhood to Old Age
20. REV. JOHN TODD—His Workshop as a means of Recreation
21. REV. CHAS. CLEVELAND—How he Lived to nearly 100 Years
22. W. A., M. D.—How to Banish Bad Feelings by Force
23. SARAH J. HALE—A Letter Written when She was 90
24. HORACE & MARY MANN—Most valuable Hints from
25. JULIA E. SMITH—At 88, and How she has Lived
26. MARY J. STUDLEY, M. D.—On Nervousness in Schoolgirls
27. ELIZABETH OAKES SMITH—On Headaches
28. REBECCA B. GLEASON, M. D.—Her Means of Resting the Brain

These letters are all fresh, and full of most valuable suggestions from men and women who have achieved fame; and to read them is next to sitting and talking with the writers. Not one of these letters but is worth the price of the book. Yet there are 28 of them. The book contains nearly 300 pages, and sells for $1.50.

ADDRESS ALL ORDERS TO

M L. HOLBROOK, M. D., PUBLISHER 13 & 15 LAIGHT ST.

NEW YORK.

Digitized by Google

Drs. Walter's Mountain Park,

OPEN ALL THE YEAR.

All things Considered, the very Best.

WERNERSVILLE, NEAR READING, PA.

For winter treatment of invalids its arrangements are superior to all others; while for summer it is beyond competition. Terms very moderate. Send for new circular.

Address as above, ROBERT WALTER, M. D.

DR. F. WILSON HURD'S

HIGHLAND HYGEIAN HOME,

AT THE DELAWARE WATER GAP,

Address Experiment Mills Post Office, Pa.

SEXUAL PHYSIOLOGY,

A SCIENTIFIC AND POPULAR EXPOSITION OF THE

FUNDAMENTAL PROBLEMS IN SOCIOLOGY.

BY R. T. TRALL, M. D.

This work contains the latest and most important discoveries in the Anatomy and Physiology of the Sexes, explains the Origin of Human Life, how and when Menstruation, Impregnation and Conception occur, giving the laws by which the number and sex of offspring are controlled, and valuable information in regard to the begetting and rearing of beautiful and healthy children. It high-toned and should be read by every family. It contains eighty fine engravings.

PRICE $1 POSTAGE FREE.

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

PRE-NATAL

CULTURE

BEING

SUGGESTIONS TO PARENTS

RELATIVE TO

SYSTEMATIC METHODS OF MOLDING THE TENDENCIES OF OFFSPRING BEFORE BIRTH.

BY A. E. NEWTON,

Author of "The Better Way."

"To the well-born child all the virtues are natural, and not painfully acquired."—R. W. EMERSON.

Price 25 Cents.

M. L. HOLBROOK, 13 Laight Street, New York.

MARVELS OF ELECTRICITY.

DR. JEROME KIDDER'S Electro-medical apparatus is of immeasurable value in relieving suffering from Rheumatism, Neuralgia, Swellings, Stiff and Inflamed Joints, Inflammation, Paralysis, Constipation, Want of Tone and Energy, Female Diseases, Prolapsus Uteri, Sciatica etc., and many other complaints too numerous to mention. Address ALBERT KIDDER & CO., 820 Broadway, New York City.

Mention HERALD OF HEALTH.

THE DIET CURE;

The Relations of Food and Drink to Health, Disease, and Cure.

By T. L. NICHOLS, M. D.,

Editor of the London Herald of Health.

The title of the twenty four chapters of "The Diet Cure" are—

Health—Food—Water—Blood—The Natural Food of Man—Disease—Prevention and Cure—The Question of Quantity—The Question of Quality—Principles of the Diet Cure—Medical Opinions on the Diet Cure—Of Diet in Acute, Scrofulous, and Nervous Diseases—The Diet Cure in Obesity—Vis Medicatrix Naturæ—The Diet Cure in Various Diseases—The Water Cure—Waste of Life—The Life of the Race—The Population Question—Some Practical Illustrations—Air and Exercise—Of Psychic Force—National Health and Wealth—Personal Advice.

There have been, from Hippocrates to Dr Gull, many sensible physicians, and some of the best of them are quoted in "The Diet Cure," which teaches that pure food makes pure blood, and pure blood builds up a healthy body.

This book is handsomely printed, bound in cloth and will be sent by mail for fifty cents.

M. L. HOLBROOK, Publisher,
13 & 15 Laight St., New York.

DR. VAIL'S

HYGIENIC & REMEDIAL INSTITUTE

is at Manhattan, Kansas. Send for circular to

W. F. VAIL.

Digitized by Google

FAMILIES seek them. "THE BEST." DEALERS treble sales with

COLTON'S SELECT FLAVORS.

Pure, Rich Flavoring Extracts of Choicest Fruits. One-third quantity more than equals ordinary flavors



For Health, Comfort and Elegance of Form, MADAM FOY'S IMPROVED CORSET SKIRT SUPPORTER, IS NOT EXCELLED.

Recent improvements add much to its already extensive popularity. Sample by mail, $1.50. For sale by all leading jobbers and retailers. Manufactured only by FOY, HARMON & CO., NEW HAVEN, CONN.

ALABASTINE

Superior to KALSOMINE *for walls and ceilings, is an article of unequaled merit. It is a valuable discovery.* It will pay you to send for sample card and testimonials to **SEELEY BROS., 32 Burling Slip, New York City, or AVERILL PAINT CO., Chicago, Cleveland, or Boston.**

PRINTING PRESSES



from 75 cents to $200. Circulars free. Specimen Book of Type, 10 cents. 55 kinds of cards, 10 cents. JOSEPH WATSON, 19 Murray Street, New York.

CIRCLE OF GEMS

is a splendid collection of **Piano Music** of a popular character, containing dances and operatic arrangements, which would cost, in sheet form, $20. Nearly 200 pages; all new, fresh, music. In board covers, $2; cloth, $2.50; full gilt, $3.50. Sent postpaid on receipt of price. **WM. A. POND & CO., 25 Union Square, N. Y.**

COOK'S TOURS.

Established 1841. Tickets and fares for thousands of Tours for **Independent Travelers to all parts of the World.** Special arrangements for **Excursion Parties** to Europe, Egypt and Palestine. Send for circular. Address THOS. COOK & SON, 261 Broadway, N. Y. **C. A. BARATTONI, Manager,** P. O. Box, 419

JOSEPH GILLOTT'S STEEL PENS

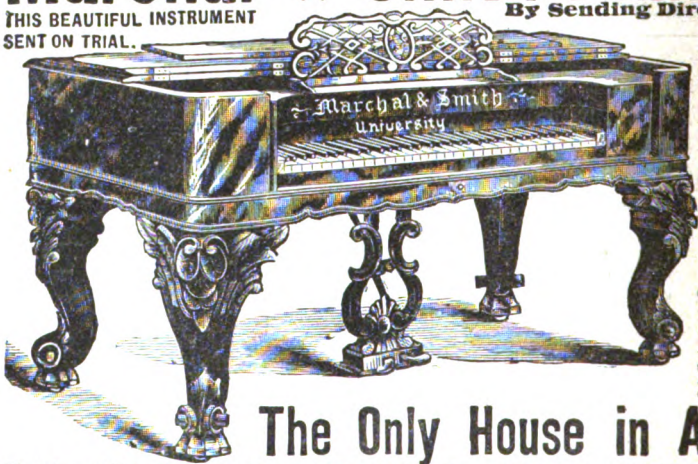
Gold Medal, Paris, 1878

The Favorite Numbers, 303, 404, 332, 351, 170, and his other styles.

Sold throughout the World.

Marchal & Smith Piano Co.

THIS BEAUTIFUL INSTRUMENT SENT ON TRIAL.



By Sending Direct from Factory to Purchaser,

Avoiding Agents' commissions, Middlemens profits, and all the expenses and risks which add so largely to the cost of Pianos, we can furnish this Beautiful Rosewood Piano of the largest size—6 feet 10 in. long, 3 feet 4 in. wide; full 7 1-3 octaves; with Handsome Cover, Stool, Book and Music for

$196

Guaranteed Six Years. Sent for trial and examination. Purchaser takes no responsibility till the Piano is tested and approved in his own home.

The Only House in America

That offers a full size First-Class Rosewood Piano, Double Veneered throughout, with Solid Rosewood Mouldings, Full Iron Frame, French Grand Action, Overstrung Bass, Capped Hammers, Agraffe Treble, Carved Legs, Carved Lyre, Triple Veneered Wrest Plank, Patent Covered Bass Strings, Resonant Sound Board, Solid Bottom, Patent Duplex Scale, and every improvement, with Beautiful Cover, Stool, Music and Instruction Book Making a Complete Musical Outfit for $196, and securing to every purchaser facilities for a thorough musical education. Making home attractive and furnishing a delightful study for both old and young. Send with your order the guarantee of your bank, or some responsible business man, that the Piano will be paid for promptly or returned to us, and we will ship it to you for fifteen days trial and examination. If Piano is returned, we pay freight both ways. **PURCHASER TAKES NO RESPONSIBILITY** till the Piano is tested and approved.

Twenty Years' Experience. Not one Dissatisfied Purchaser.

A Moments Consideration will show the certainty of securing a superior instrument from us. Dealers can trust to their own shrewdness, and the want of information of purchasers to conceal defects in instruments they sell. We cannot know who will test ours, and we must send instruments so superior that their merits cannot be hidden. Order direct from this advertisement. You take no responsibility till Piano is received and approved. Be sure to get our Illustrated Catalogue before you buy. *It gives information which protects the Purchaser, and makes deceit impossible.*

MARCHAL & SMITH, 8 West Eleventh Street, New York.

Digitized by Google

BEATTY

17 STOPS

5 SET GOLDEN Tongue Reeds.

Sub Bass & Oct. Coupler.

☞BEATTY'S OFFER FOR THE SPRING SEASON!

☞ I will sell this instrument, boxed and delivered on board cars, here with Stool, Book and Music for only

$85.

VISIT MY FACTORY.

A REDUCTION OF $5.

Those who visit my Factory here and select instrument in person, are entitled to $5 from above price, to pay traveling expenses.



☞This beautiful Piano Upright Cabinet or Parlor Organ (Like Cut), The **Paris** New Style, No. 5,300, Height, 70 in.; Length, 48 inches; Depth 24 inches; Contains (5) Five Octave, (5) Five set of the celebrated **Golden Tongue** Reeds, as follows: Set powerful **Sub Bass** Reeds, set of 2 octaves of the famous **Vox Celeste** Reeds which produce the sweetest tone ever heard; set of 1 octave of the new solo combination the **Celestina or French Horn** reeds, which exactly mitates a French Horn, besides 2 sets of 2 1-2 octaves each of the principal or regular Golden Tongue Reeds, making in all a beautiful combination, with which the performer can (by the aid of Beatty's new patent stop action) produce any variety of tone desired. It is, therefore, necessary to connect (17) seventeen stops with the above action in order to get the greatest possible variety. (No "dummies.") This combination is something entirely original. Names of stops are as follows: (1) Diapason Forte, (2) Principal Forte; (3) **Sub Bass**, (4) Bourdon, (5) Dulcet, (6) Diapson, (7) Grand Organ, (8) **Celestina, or French Horn** (9) **Vox Humana**, which imitates the human voice: (10) Aeolian, (11) Echo, (12) Dulciana, (13) Clarionet, (14) VOX CELESTE! which is by far the sweetest and most perfect that has ever been attained —Charming! is the universal exclamation of critics and lovers of sweet music who have heard it; (15) **Octave Coupler**, which doubles the power, (16) Flute Forte, (17) Grand Organ knee stop, by the use of which the entire power of the instrument can be thrown on or off by the knee without taking the hand from the key board. It is a valuable improvement in real Organs. I have named this Organ, **THE PARIS**, because it has such a beautiful appearance; the case is built of solid black walnut, elegantly carved, fancy veneered, with costly wood placed on the top, front, and ends, as shown in cut; handles, lamp stands, fancy pocket for music, two knee swells, rollers for moving, upright bellows, made of the best quality of rubber cloth; steel springs. The pedals are covered with metal, instead of carpet, which will last a life-time. This Organ is truly a beautiful piece of parlor furniture, and the home of the wealthy, the millionaire, banker, or business man will find it an ornament to their parlor. I will sell this instrument, boxed and delivered on board cars at this place, including Stool, Book and Music, for only $85. ☞Please send in your orders at once. You may order by letter or telegraph; can be shipped at an hour's notice. Remit by Post Office money orders, Express prepaid, or registered letter, or by bank draft. **Money Refunded** and freight charges will be paid by me both ways if in any way unsatisfactory, or you may pay me only after you have **Fully tested it at your own home.** Send reference or evidence of your responsibility if you do not send the cash with order. Every organ of my manufacture when introduced in a new locality, sells many more. Often 25 sales are traced from the first instrument sold. It becomes a **Standing Advertisement** at your own home) If you do not want an instrument yourself, will you please hand or mail this offer to a friend who wishes to purchase Nothing saved by long correspondence. **Order direct** from this Advertisement.

NOTICE.—Those desiring to buy the above instrument are earnestly requested to visit my Factory here and make their own selection in person. To all such I will allow a reduction of $5 from the above price to pay your expenses. This is certainly a very fair offer. Please come and examine the instrument. IT SPEAKS FOR ITSELF. If you do not purchase now, no harm done; you are at least heartily welcome to look through my establishment.

☞Address, or call upon DANIEL F. BEATTY, Washington, New Jersey.

Digitized by Google

GOLD MEDAL, PARIS, 1878.



BAKER'S

BROMA

Is a combination of the Cocoa-Nut with other ingredients, invigorating and agreeable alike to invalids and persons in health. To the sick it yields a delicate and tempting beverage, when other nourishment is unpalatable and indigestible. As a diet for children it is invaluable.

Sold by Grocers everywhere.

W. BAKER & CO.,

Dorchester, Mass.

GOLD MEDAL, PARIS, 1878.



BAKER'S

CHOCOLATES

Baker's Premium Chocolate, the best preparation of plain chocolate for family use. — *Baker's Breakfast Cocoa*, from which the excess of oil has been removed, easily digested and admirably adapted for invalids. — *Baker's Vanilla Chocolate*, as a drink or eaten as confectionery is a delicious article; highly recommended by tourists. — *Baker's Broma*, invaluable as a diet for children. — *German Sweet Chocolate*, a most excellent article for families.

Sold by Grocers everywhere.

W. BAKER & CO.,

Dorchester, Mass.



COLUMBIA BICYCLE

The permanence of the Bicycle as a practical road vehicle is an acknowledged fact, and thousands of riders are daily enjoying the delightful and health-giving exercise. The

"COLUMBIAS"

are carefully finished in every particular, and are confidently guaranteed as the best value for the money attained in a Bicycle. Send 3 cents for catalogue with price-lists and full information.

THE POPE M'F'G CO.

551 Washington Street,
Boston, Mass.



Samples of this silk and an Illustrated Book of Rules for using the same, sent on receipt of a 3 cent stamp. Address **Nonotuck Silk Co.,** Florence, Mass.

50 All Gold, Chromo & Lit'g Cards (no 2 alike) Name on, 10c. Clinton Bros., Clintonville Ct



UNDER THE FORM OF A JELLY CALLED VASELINE, PETROLEUM IS GIVEN TO MEDICINE AND PHARMACY IN AN ABSOLUTELY PURE, HIGHLY CONCENTRATED, AND UNOBJECTIONABLE SHAPE. ALL ACIDS, ODORS, TASTE, COLOR, AND OTHER IMPURITIES, WHICH HAVE HITHERTO PREVENTED THE USE OF PETROLEUM IN MEDICINE, ARE ENTIRELY ELIMINATED, AND THE VASELINE IS AS HARMLESS AND DELIGHTFUL TO USE AS CREAM.

The most valuable family remedy known for the treatment of wounds, burns, sores, cuts, skin diseases, rheumatism, chilblains, catarrh, hemorrhoids, etc. Also for coughs, colds, sore throat, croup and diphtheria, etc. It has received the unanimous endorsement of the Medical Press and Profession, Scientists and Journals of all characters throughout the world, as being the Best Remedy Known.

As an emollient, Vaseline is superior to any other substance yet discovered. Its marvellous healing and restoring qualities excel everything else, and it is rapidly taking the place on the toilet-table, to the exclusion of the various complexion powders, pomades, cosmetics, and other compounds. It will keep the skin clearer, softer, and smoother than any cosmetic ever invented, and will preserve the youthful beauty and freshness of the healthy complexion.

POMADE VASELINE.—WILL CURE DANDRUFF AND MAKE THE HAIR GROW WHEN NOTHING ELSE WILL. **25, 50** CENTS AND **$1.00**

VASELINE COLD CREAM.—FOR IRRITATIONS OF THE SKIN, CHAFING OF INFANTS, FOR THE COMPLEXION, CHAPPED HANDS, &c., &c., &c. **25** AND **50** CENTS.

VASELINE CAMPHOR ICE.—FOR PIMPLES, BLOTCHES, &c., **25** CENTS.

VASELINE TOILET SOAP.—EMOLLIENT, BLAND, ANTISEPTIC (EXCELS ALL TOILET SOAPS).

COLGATE & Co. will supply these articles, if you cannot obtain them of your Druggist. None Genuine except in original packages.

Grand Medals at Philadelphia and Paris Expositions. Medal of Progress by American Institute.

Digitized by Google

2 GAL 139

OLD SERIES—VOL. 66. NEW SERIES—VOL. 32.

J. F. B.

BOSTON MEDICAL LIBRARY JUNE 1894

HERALD OF HEALTH

DEVOTED TO THE CULTURE OF

BODY AND MIND.

OUR MOTTO:

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

CONTENTS FOR JUNE, 1881.

GENERAL ARTICLES. PAGE.

Our Common Slight Ailments—Rheumatism: Its Prevention.—*By the Editor*. . . . 121
Fish as Food.—*By the Editor*. . . . 122
Kinesitherapeutics and Massage; or Movement Cure.—*By C. A. F. Lindorm, Ph. D., M. D.*. . . . 125
Smoking in the Presence of Ladies.—*By R. M T.*. . . . 127

OUR DESSERT TABLE.

Malaria—The Will—Two Lessons—Faith. . . . 128

TOPICS OF THE MONTH.

The Eucalyptus and Malaria. . . . 129
Inheritances—Cremation. . . . 130
What is the School Age?—Record of Hygienic Progress. . . . 131
A National Affliction—The Medicine of the next Century. . . . 132

STUDIES IN HYGIENE FOR WOMEN.

The Education of Women—Weak Chests. . . . 133
Fine Print in School-books—The Evils of Baby Carriages. . . . 134
Clothing for the Feet—Whole Meal Bread. . . . 135
Poisoned Soil—To Make good Graham Gems—Current Literature. . . . 136

NEW YORK:

M. L. HOLBROOK, M. D., Publisher,

13 & 15 LAIGHT STREET.

$1.00 a Year. Single Copy 10 Cents.

Digitized by Google

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

THE HERALD OF HEALTH,

FOR 1881,

ONE DOLLAR PER YEAR,

Will present some new features which will make the volume one of special interest. It will give as its leading articles a series of papers entitled

OUR COMMON SLIGHT AILMENTS,

AND THEIR

PREVENTION AND CURE BY SIMPLE NATURAL MEANS.

The following will be a few of the subjects which will be treated: Impaired Appetite, Voracious Appetite, Wind on the Stomach, Ordinary Forms of Indigestion, Constipation (hygienic treatment of) and Importance of Regular Action of the Bowels, Ordinary Diarrhea—Its Treatment, Vertigo, Treatment of Sick Headache, Drowsiness, Wakefulness, Nervousness, Neuralgia, Rheumatism, Diet in Rheumatism, Low Spirits, Taking Cold, Preventive and Curative Treatment of Coughs, Catarrh, Malarial Fevers, Sore Throat, Weak Lungs, Inflamed Eyes, Dry Skin, Imperfect Action of Skin, Some Diseases of Skin, Baldness, etc.

PREMIUMS.

Every subscriber who sends **10 cents extra** will be entitled to either one of the following books as premiums:

MEDICAL AND HYGIENIC HINTS ON THE PROTECTION AND MANAGEMENT OF THE SINGING VOICE,

BY LENOX BROWNE, F. R. C. S.

It contains the following chapters: 1. Introduction and Theoretical Statement. 2. Voice Production—Physiological and Practical. 3. Management of the Voice, Hygienic and Medical.

Muscle Beating; or, Active and Passive Home Exercise for Healthy and Unhealthy People.

BX PROF. KLEMM, MANAGER OF THE GYMNASTIC INSTITUTION AT RIGA.

AIDS TO FAMILY GOVERNMENT,

Including Physical, Intellectual and Moral Education.

BY MRS. BERTHA MEYER.

The appendix of the book will contain Herbert Spencer's great essay on "The Rights of Children." It will also contain, from the pen of the Translator, 100 Hints and Suggestions to Parents on the Training of Children. The work is more interesting than any novel.

THE SCHOOL GARDEN.

BY DR. SCHWAB, DIRECTOR OF THE VIENNA MILITARY GYMNASIUM.

Translated from the German by Mrs. Horace Mann.

For more complete description of these books see catalogue. Remember that to obtain one one of these premiums **$1.10** must be sent direct to us.

CLUBBING WITH BOOKS.

We will send THE HERALD OF HEALTH and "Eating for Strength" for $1.75, both postpaid; and it and "Parturition Without Pain" for $1.75, postpaid; it and "Sexual Physiology" for $2.00, postpaid; it and "Relations of the Sexes" for $2.00 postpaid; it and "Liver Complaint" for $1.75 postpaid; it and "What Our Girls Ought to Know" for $2.00 postpaid; or it and "Hygiene of the Brain and Nerves" for $2.00 postpaid. In sending money the best way is to get a postal order, or register your letters. Fractional change may be sent in postage stamps.

CLUBBING WITH OTHER MAGAZINES.

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

One, Two and Three Dollar Publications.

THE HERALD OF HEALTH will be sent for one year, with St. Nicholas—$3—for $3.40; with Demorest's Monthly—$3—for $3.25; with the Phrenological Journal—$2—for $2.50; with the New York Weekly Tribune—$2—for $2.50; with the American Agriculturist—$1.50—for $2.10; with the Boston Journal of Chemistry—$1—for $2. Address

W. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

Digitized by Google

THE
HERALD OF HEALTH.

JUNE, 1881.

OUR COMMON SLIGHT AILMENTS—THEIR PREVENTION AND CURE.

BY THE EDITOR.

RHEUMATISM—ITS PREVENTION.

IT is far better to prevent rheumatism than to cure it. This may be said perhaps of all diseases, but it is especially true of this one, for if it once gets a foothold in the body, it is not easy to drive it out. Indeed, it often not only remains with the sufferer for life, but with his posterity for several generations. It may not always be possible to prevent rheumatism in the present state of society; soldiers who are obliged to expose themselves, and risk life and health for their country, may find it difficult to arrange their habits and plans of work and sleep in accordance with the principles of hygiene; but with them even something can be done. Farm laborers, and others much exposed, may not be able to command their own time, and may never be able to avoid diseases so thoroughly as they may like; but even they can do something. Let us see what are the best means to use to this end. In the first place, the drainage of the soil about the house and grounds where one must dwell is a requisite in all these places where nature has not provided for it by her own means. This will preserve the house from having a damp foundation, damp walls, and damp, moldy rooms, all causes of this disease in a remarkable manner.

If large trees grow about the house and shade it from the light, these, too, must be removed sufficiently to let in the sunshine to aid in evaporating the moisture from the soil and building. The question of clothing is another important one in its relations to the prevention of rheumatism. The general advice given in such cases is to wear thick flannel next to the skin both in summer and winter.

Flannels should be worn in winter no doubt, but in summer lighter clothing is better. Indeed, in the very hot months it is wise to dress lightly. To wear the same heavy underclothing in summer as in winter can hardly be said to be dictated by the rules of common sense or comfort. There are two objections to heavy woolen underclothing in summer, even as a means of preventing rheumatism. One is the discomfort which it causes. The other is the fact that it stimulates the skin too much and prevents the air and light from coming to it, thus weakening this organ which ought in rheumatism to be kept vigorous and healthy. In regard to clothing, the best rule is to dress warmly in cool weather and comfortably in hot weather; of course all sudden changes should be avoided.

Rheumatism and debility is caused by imperfect action of the skin, and one of the most important means of maintaining a perfect action is not to weaken it by keeping it constantly overstimulated. It is a great deal better to keep it toughened. The frequent use of the morning ablution, followed with thorough friction, rubbing and knead

Digitized by Google

ing the body is among the most important means of preventing rheumatism. This keeps the skin healthy and active, and carries off those otherwise retained poisons which cause the disease. The maintenance of a healthy condition of the bowels and kidneys is also equally important as a means of keeping the blood and tissues free from retained poisonous matter. When we come to speak of the cure of disease, however, these questions of diet and bathing will receive a more complete elucidation.

Another point to be observed in preventing rheumatism is to avoid wet clothes. If one gets wet, let him change his apparel as soon as he can, and if he cannot do this at once, let him keep exercising as vigorously as he is able until he can. Draughts of cold, damp air should also be avoided, and so should long continued remaining in cold water, as when swimming or bathing in the sea, lake, or river. The abstraction of so much heat from the body lowers its power of resistance to unfavorable influences, and may cause disease unless the constitution is very strong. We have recently treated a case of rheumatism of two years standing in a young vigorous man caused by remaining six hours in the sea. It was not, however, altogether his fault, as he was out on a sailing excursion, and the yacht capsized, when all that could be done by the persons on board was to cling to the bottom of the boat and wait till it floated ashore, which, fortunately, the tide was coming in, it did.

There is one point more in regard to the prevention of rheumatism which will be mentioned before we proceed to discuss its cure. It is the maintaining of the standard of health at a higher point, so that the body will resist these causes which we have mentioned, and which affect the weakly and worn first. When the dam is full of water, the machinery of the mill works well, and there is no trouble; but let it be at a low standard and everything goes feebly and uncer tain. Just so with the human body, keep it up to a high standard and all goes well. It is an important question how to do this, and involves a knowledge of the whole art of living and working, a discussion we cannot enter into here. The most important hints are to keep the body clean and pure, inside and out, to nourish ourselves properly, and to work just as much and no more as the body is able. Overwork keeps the health at a lower standard than it ought to be. It uses up the forces of life faster than they accumulate, and when exhaustion reaches a certain point, rheumatism or any other disease may come in to stay.

FISH AS FOOD.

BY THE EDITOR.

THE Fish Culturist's Association has had a two days' session in New York, and discussed many questions of interest concerning the finny tribes. Perhaps the most interesting paper, all things considered, was the one on fish as an article of food, by Prof. Atwater, of Wesleyan University.

The Professor said that research has been going on for two or three years under the auspices of the Smithsonian Institution, and United States Fish Commission, and now includes chemical analyses of fifty-three samples of American food fishes. Some forty-one samples have been previously analyzed in Europe. Fish consists of waste matter and flesh. The waste consists of bones, skin, entrails, etc. The flesh consists of water and (two) solids. The solids are the actual nutritive material. They consist mainly of nitrogenous substances, albuminoids, etc., and fat, oil, etc. The proportions of waste in different samples vary widely. A sample of flounder contained sixty-eight per cent., while one of halibut steak had only eighteen per cent., the rest being flesh. Among those with the most waste and least edible flesh are

Digitized by Google

the porgy, bass, perch, lobster and oyster. Among those with the least waste are fat shad, fat mackerel, and dried and salt fish. When we consider the flesh we find the proportions of water equally variable. The flesh of the flounder has eighty-five per cent. of water and only fifteen per cent. of solids, while salt herring had only thirty-five per cent. of water. Among the more watery kinds of fish are the flounder, cod, striped bass and blue fish. Among those with less water and more solids are mackerel, shad, salmon, and salt and dried fish. The total solids or actual nutritive materials were equally various. Thus 100 pounds of flounder contained only five pounds of solids; 100 pounds of lobster, eight pounds; haddock, nine pounds; blue-fish, 11; cod, 12; salt cod, 20; salt mackerel, 15; shad, 16; salmon, 27; smoked herring, 28. Or, in brief, as compared with ordinary meats, the flesh of fish generally, though not always, contains more water. The actual nutritive value is decided not only by the total amount of nutritive material, but by ingredients of the same, the most valuable being the albuminoids or protein substances, the fats having less value. Taking medium beef (fleshy, free from bone) at 100, the flesh of the different samples of fish varied from 62 to 163. Among those that excelled medium beef are smoked herring, 163; salt mackerel, 111; salmon, 108; canned salmon, 107; boned cod, 107; Spanish mackerel, 106; white fish, 105; salt cod and smoked halibut, 102; herring, 100; shad, mackerel and eels vary between 90 and 100; turbot, white perch and alewives, between 80 and 100; haddock stood at 75, cod at 68, and flounder at only 62. Some very interesting results are found in comparing the foul or spent fish with the same in good condition. As it becomes lean the fish loses nutritive value in three ways—first, in total loss of weight; second, in relative increase of waste and decrease of flesh, and third, in the deterioration of the quality of the flesh, which, in the lean fish is more watery and considerably less valuable, pound for pound, than the flesh of the same fish in good condition. Thus, the flesh of spent salmon was rated at 85, while that of fat salmon came up to 108. There is in this a strong argument in favor of legislation against the capture of fish out of season. In general, the fatter fish are more valuable than the leaner. The practical application of these facts is of the utmost value. The same nutritive substances in the different samples of fish were found to vary in cost from 40 cents to $3 per pound. It makes little difference to the man with $5,000 a year whether he pays 40 cents or $4 a pound for the albuminoids of his food, provided it suits his palate, but to the housewife whose family must be supported at $500 a year, it is a matter of great importance.

FISH NOT BRAIN FOOD.

As regards the value of fish as brain food, continued investigations confirm the statements of a year ago, that fish are no richer in phosphorus than other animal foods, and are worth no more in nourishing the brain.

In connection with his paper, Professor Atwater distributed a table of analyses showing, among other things, the nutritive qualities of various forms of food, as follows:—

Composition and Valuation of Animal Foods (Valuation of Medium Beef Assumed as 100.)	Total Per Cent. Edible Solids Nutritive Materials in Sample.)	Nutritive Valuation.
Meat—		
Beef lean	—	91.3
Beef medium	—	100.0
Beef fat	—	112.0
Veal fat	—	92.4
Mutton medium	—	86.6
Pork fat	—	116.0
Smoked beef	—	146.0
Smoked ham	—	157.0
Game, Fowl, &c—		
Venison	—	88.8
Hen	—	93.9
Duck	—	104.0
Milk, Eggs, &c.—		
Cow's milk	—	23.8
Cow's milk skimmed	—	18.5
Cow's milk cream	—	56.1
Butter	—	124.0
Cheese skimmed milk,	—	159.0
Cheese fat	—	151.0
Cheese very fat	—	103.
Hen's eggs	—	72
Fish Fresh—		
Halibut	21.45	7.9

Digitized by Google

Flounder	5.97	82.4
Cod	11.45	68.2
Haddock	8.88	74.9
Alewives	11.95	36.8
Eels salt water	22.50	95.6
Shad	16.29	98.2
Striped bass	8.94	80.4
Yellow pike perch	8.45	80.9
Black bass	9.57	86.5
Mackerel	15.48	90.9
Bluefish	10.96	85.4
Salmon	32.99	107.9
Salmon Trout	14.38	95.7
Brook Trout	10.77	84.2
Whitefish	13.69	104.5
Porgy	9.76	85.2
Blackfish	10.72	93.9
Red Snapper	10.10	90.7
Smelt	12.51	73.8
Spanish Mackerel	20.65	105.9
White Perch	9.41	89.2
Mascallonge	12.52	91.3
Herring	11.52	100.4
Sheepshead	11.99	96.9
Turbot	15.61	84.4
Spent Fish Fresh—		
Salmon male	14.87	91.0
Salmon female	12.17	80.4
Landlocked Salmon male.	10.97	76.4
Landlocked salmon female	10.74	77.7
Prepared Fish—		
Boned Cod	30.91	106.9
Salt Cod	20.45	102.5
Smoked Halibut	31.63	102.2
Smoked Herring	28.66	163.2
Canned Salmon	29.95	107.2
Salt Mackerel	30.97	111.1
Invertebrates—		
Lobsters	7.98	50.3
Scallops	17.47	68.8
Oyster European	—	21.8

The chief defect of these analyses is the fact that they are too general, and do not classify the nutrient elements into the albuminous and carbonacious, each having different uses in the body and different force giving values. Still, as a beginning, we must be content with it, and hope for something better in the future. The objections to some kinds of fish from a hygiene standpoint might also have received some attention. The nutritive value of fish cannot be decided by analysis. This determines what is there, not what the digestive organs can get out of it. It is well known that fish are less easily digested than many other foods, and if their use is long continued digestive derangements are likely to follow them, especially with the sedentary, and delicately organized person. It has always been one of the arguments against a vegetable diet, that the fibrous, woody tissue of the plant, no matter how rich in nutriment, is hard to digest, and indeed is not digested thoroughly. The same argument is good against fish. There is a great deal of tough fibrous tissue in fish, and in most it is not easily dissolved in the gastric juice. The oyster is perhaps an exception to this. If any one will take the trouble to examine with a microscope the feces of a man who has eaten a great deal of fish, he will be astonished to find how much undigested flesh fiber is to be seen. The same is true of an examination of the feces of a meat eater. A magnifying power of 500 shows multitudes of minute bits of muscle undigested. "The Dictionary of Hygiene" says of several varieties of fish.

"The salmon is not adapted to the delicate or dyspeptic. Pickled, salted or smoked, it can only be digested by those with strong digestion."

"Nearly all descriptions of shell fish are difficult of digestion, and should be avoided by those with weak stomachs. The oyster is an exception to this, particularly if eaten raw."

"Mackerel is less suited for a delicate stomach than trout or the white fish."

"The haddock is inferior in flavor and digestibility."

"The shrimp, though a favorite article of food with all classes, is not easy of digestion."

In a recent cookery book prepared for invalids by a distinguished physician, fish is largely omitted, and when noticed, is generally marked to be avoided by the invalid, especially the dyspeptic and gouty.

The flesh of the lamprey is soft and gelatinous but exceedingly hard of digestion. Potted lampreys are too highly seasoned to be wholesome articles of food.

One well informed writer says: "It has generally been considered that the taking of eels as a regular article of diet has a tendency to produce scrofula," and there is some slight support for this belief in the fact that this is the prevailing disease in the Maori, where the eel is eaten in great numbers.

Digitized by Google

The oyster contains less nutriment than most fish, yet is so easily digested that more of it is retained. The oyster should be eaten raw to get its best qualities.

Fish are poor in fat; at least this is generally the case, though not always.

It is not to condemn the use of fish that this is written, but rather to hint that we may go too far in advocating it as a food. It is true, whole races of men in the north live almost exclusively on them, and attain great physical strength in both sexes, and also are very prolific, but these races are very animal in their nature and can digest anything that comes in their way, as well as a pig. They are also obliged to eat enormous quantities.

Fish has one advantage over animal food. In using it, less cruelty is practiced; and, for this reason if no other, we may advocate its use, so far as is consistent with health. The use of all the higher forms of animal food necessitates so much monstrous cruelty that there will some day be a revolt against it, which will stir the whole world as it has never been stirred before by any moral question, unless people gradually give up the habit in advance.

The gradual substitution of fish and oysters would be a great advantage in this case.

KINESITHERAPEUTICS AND MASSAGE; OR MOVEMENT CURE.

BY C. A. F. LINDORM, PH. D., M. D.

HOW do you get the healthiest appetite? How did you get it all your lifetime, from the days when you were a child, up to your adult state of to-day?

By *movement*, by solid *bodily exercise*. Movement bodily exercise is, therefore, one of the great arcana of bodily health!

Business, however, and the conditions of city life do very often not allow of the necessary bodily exercise, and consequently disease ensues; not, perhaps, all at once, or in the shape of an acute sickness, but, by-and-by, every year a little more, till at last a regular chronic evil is established.

How can you get rid of that?

Certainly no other way but by furnishing to the body that for the want of which it fell ill, viz: *movement, bodily exercise*.

An invalid, however, cannot himself take such bodily exercise by the means that are employed in vigorous health; the bodily force not only is lacking, but the requirements of movement of a sickly constitution are of too complicated a nature to be satisfied by the common means of walking, boxing, playing, or the like: *science* and *art* have to do their work in order to fulfill the wants of the sickly condition.

This art is the *medical gymnastic* and *massage*, called Swedish after the inventor of its modern forms, Peter H. Ling, of Stockholm, who founded all manipulations on the most undoubted principles of the anatomical and physiological sciences.

There is no safer and more thorough cure of chronic diseases than by the Swedish medical gymnastics and massage. We dare say that there are a great many chronic diseases which do not yield to any treatment except to kinesitherapeutics. *False ancholysis*, for instance, for a long time deemed as incurable as the osseous or true one, will readily yield to a proper treatment by a skillful, persevering and conscientious kinesitherapeutist; *deformities of the spine*, as well lateral, resulting from deficient muscular activity, as angular, caused by malady of the vertebræ, upon which orthopedic contrivances so frequently do not act but as a palliative, will be radically remedied by a medico-gymnastic plan of muscular invigoration; *deformities of the pelvis*, absolutely fatal in the hands of the gynæcologist, orthopedic surgeon, and

Digitized by Google

pharmacologist, cease to be hopeless disorders when submitted to kinesitherapeutic treatment, if the cases are not of inveterate standing. In *rheumatism*, the drug remedies recommended and administered so often are far worse than the malady itself, and gout, of which the relapse with those who are subject to it, *when medicinally treated* is as sure as fate, are in the majority of cases completely cured, and patients at any rate greatly relieved, if submitted to massage and medical gymnastics. *Chlorosis* and *hypochondriasis*, and those sicknesses the nature of which do not only repose in a change of function, but in a perversion of the structure of the organs, as *chorea*, *epilepsy*, *melancholia*, can no treatment whatever meet a more certain chance of complete recovery than in massage and medical gymnastics, because of the whole organism undergoing by it a thorough transformation of tissue. All products of retrograde metamorphosis, the retention of which is the cause of all this sort of disease, being eliminated out of the body, and a healthy new formation brought about. Even a certain class of *consumptive lung diseases* would remain without hope of recovery but for the movement cure, viz: the great number of cases which, far from being originated by any pulmonary defect, are the consequence of nothing but deficient thoracic development, inflicted by neglect of the respiratory muscles, our respiration being a passive process, not resulting from any lifting action of the lobes of the lungs, but depending altogether upon the expanding power of the muscles regularly subservient to the movements of the walls of the thorax. Finally the whole range of *diseases of the abdomen*, from the slightest grades of chronic constipation or diarrhea up to the most serious complications of disorders of the portal system, can not by any manner of means find a more natural, more successful and more lasting recovery than by the kinesitherapeutic treatment, which is tending to give back to the human system the harmony with which the abdominal complaints so seriously interfere; and last, not least, a specialty of the movement cure is the great pervertor of female beauty, the *uterine disorder*; female beauty is as inseparable from real health, as the human gift of graciousness is not to be thought of without the godliness of a soul. "Nothing is more common in practice," writes Weir Mitchell "than to see a young woman who falls below the health standard, loses color and plumpness, is tired all the time, by-and-by has a tender spine, and soon or late enacts the whole varied drama of hysteria. But no matter how it comes about, the woman grows pale and thin, eats little, or, if she eats, does not profit by it. Everything wearies her, to sew, to write, to read, to walk, and by-and-by the bed or the sofa is her only comfort. Drugs fail in such a condition, even the great chlorotic remedy, iron, will in a number of cases, not prove to be more than a palliative, or even not so much as that. The reason why is, because of chlorosis not only consisting in a low graded flux, but also, and even more, in an insufficient reflux of blood; chlorosis is not only caused by a lowgraded quality of the bright red nutritious blood originating from the lungs, and transmitted by the force of the heart to the capillaries where by osmosis its valuable substances are appropriated by the different tissues, but it is caused principally by the sluggishness of the return of the impoverished purplish red blood, which from the capillaries through the heart is streaming back to the lungs, where, by diffusion, it is saturated again with oxygen, the great elixir of human health, giving off the carbonic acid, the retention of which in the system is the main source of most of the diseases the human race nowadays is complaining of. Now, then, massage and kinesitherapeutics are the only unfailing remedy in a disorder of this kind; they serve the double purpose of not only accelerating the reflux of the impoverished blood, charged with the poisonous carbonic acid, but also of invigorating the respiration by which the blood in the lungs is enriched and restored to its proper and salutary conditions again, strengthening generally

Digitized by Google

is as surely the source of force, as neglect of exercise is the essence of all debilitating influences. Accordingly *uterine displacements*, *inversions* and *prolapsus* are not to be cured but by giving back to the uterine ligaments the force necessary for the task physiologically involved upon them, viz: to keep the uterus in position; and this is not to be obtained but by massage and kinesitherapeutics, which in a scientific way, based altogether on anatomical knowledge, by gentle and sagacious manipulations bring the exact parts into play, the lack of function of which bears upon the disorders so appalling a number women at present are complaining of. From the same reason massage and kinesitherapeutics are the least failing, because most natural remedies in all *catamenial disturbances*, or any disorderly discharges. Both agents are in the same way as well an antidote against *uncomfortable obesity* as they promote, by being used in the time of approaching puberty, a harmonious development of the female bust, and *the beauty of a healthy complexion*. There is hardly to be found, indeed, any remedial proceeding, which, while proving in such a high degree a *therapeutic* agent, is at the same time so extensively entitled to be counted among the number of our most valuable *hygienic* means of preserving and improving *health*.

SMOKING IN THE PRESENCE OF LADIES.

BY R. M. T.

THE fact should ever be kept before us that absolute cleanliness alone is compatible with health. And more, a regard for the rights of others in eschewing all filthy habits in their presence is indispensable in the conduct of true gentlemen. To come to one point, which occurs to us in this connection, what shall be said of a man who will smoke in the presence of ladies, even with their unreserved consent? This is done by men who would be highly insulted if they were charged personally with doing that which was in the least ungentlemanly. We ourselves have met with men who justified smoking in the presence of ladies, with the remark that the ladies expressed a liking for the odors of tobacco smoke. We would not impeach such ladies as tellers of falsehood, but we would say that if they really enjoyed smoke, their taste was altogether abnormal and not very refined. It would seem to us that their gentlemen friends should recognize this fact, and at least do nothing to foster in them such a depraved taste. The time will come, we hope, when all ladies will make it a rule to protest against smoking in their presence, or in rooms which they have to dwell in. It is a sign of weakness for a woman to submit to such an outrage as to have tobacco smoke befouling the air she has to breathe. To protest against wrong is the right of every one. On the woman of our land lies the duty of combating this tobacco fiend, which is sapping the health and life of our people. To court smoke and profess to like it is either hypocrisy, or, as we have said before, the sign of a depraved taste which needs purifying. Let every woman refuse positively to allow smoking in her presence. She will thus do her share in ridding the world of a filthy and health destroying habit, and show that she has at least an appreciation of cleanliness and a womanly refinement. The qualities which would guide her actions in doing this would win for her the admiration of all men whose powers of appreciation are capable of soaring above that which is coarse.

HOT WATER COMPRESSES IN TETANUS—Sporer has successfully treated cases of tetanus by applying to the nape of the neck and along the spine pieces of flannel dipped in hot water, of a temperature of 50 to 55° C.

Digitized by Google

OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

MALARIA.

Our baby lay in its mother's arms,
All sweet with its tiny dimpled charms;
But little tongue and mouth were sore,
And of its food 'twould take no more.
The Doctor hemm'd and shook his head,
And, looking wise, he gravely said:
"Malaria—'tis plainly seen;
Three times a day give him quinine!"
Said Grandmamma: "Dear me, that's new;
When I was young we called it "sprue!"

Our urchin, Tom, ne'er off his feet,
One day his dinner could not eat;
His head ached so, he was so ill,
Poor mother's heart with fear did fill,
The Doctor felt his hands and head,
And looking wise, he gravely said;
"Malaria—'tis plainly seen:
Three time a day give him quinine!"
Said Grandmamma: "That can't be so!
He has been smoking, sir, I know!"

Our lady Maud, at seventeen—
As bright a girl as e'er was seen—
One day turned languid, white and frail,
And roses red did strangely pale.
The Doctor felt her pulse and said,
While wisely he did shake his head:
"Malaria—'tis plainly seen;
Three times a day give her quinine!"
Said Grandmamma: "That can't be right!
Why, my good sir, she danced all night!"

Our pride, our oldest, Harry dear,
One night did act so strange and queer
That mother, frightened, panting said:
"Run for the Doctor—he'll be dead!"
The Doctor came, and shook his head,
And looking at him, grandly said:
"Malaria—'tis plainly seen:
Three times a day give him quinine!"
"What stuff!" said Grandma: "I am thinking
That good-for-nothing boy's been drinking!"

The head of the house, forever well,
One day felt ill, and, sad to tell,
Could not arise, but loud did cry:
"If this keeps on, I'd rather die!"
The Doctor came, stood by the bed,
And looking solemn, gravely said:
"Malaria—'tis plainly seen:
Three times a day give him quinine!"
Growled Grandmamma: "O, fiddle-de-dee!
He's only bilious—seems to me!"

One day our Grandpa—eighty-four—
Complained that he could see no more
That, at his age, it worried him
That his good eyesight should grow dim.
"I've often seen it act that way."
The Doctor solemnly did say.
"Malaria—'tis plainly seen;
Three times a day, sir, take quinine!"
But Grandmamma cried; "I never see!
Old man, you're growing old like me!"

Isabel H. Reid.

THE WILL.

Blame not the times in which we live,
Nor Fortune, frail and fugitive;
Blame not my parents, nor the rule
Of vice or wrong once learned at school;
But blame thyself, oh, man!

Although both heaven and earth combined
To mold thy flesh and form thy mind;
Though every thought, word, action, will,
Was framed by powers beyond thee, still
Thou art thyself, oh, man!

And self to take or leave is free,
Feeling its own sufficiency;
In spite of science, spite of fate,
The judge within thee, soon or late,
Will blame but thee, oh, man!

Say not, "I would, but could not—He
Should bear the blame who fashioned me—
Call you mere change of motive choice?"
Scorning such pleas the inner voice
Cries, "Thine the deed, oh, man!"

TWO LESSONS.

Girl, with the school-books laden,
Taking your homeward way,
What clouds your eyes, pretty maiden?
"I missed my lessons to-day."

Ah, child, be glad for your sorrow!
Give thanks unto God for this,
Time brings you a sweet to-morrow,
And a lesson you will not miss.

But I, whom you pass unheeding,
Grown old in earth's busy strife,
My book is closed beyond reading:
I have missed the lesson of life!

Mary Ainge De Vere.

FAITH.

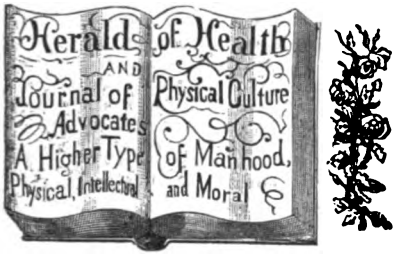
Well nigh the voyage now is overpast,
And my frail bark, through troubled seas and rude,
Draws nigh that common haven where at last,
Of every action, be it evil or good,
Must due account be rendered. Well I know
How vain will then appear that favored art,
Sole idol long, and monarch of my heart,
For all is vain that man desires below.
And now remorseful thoughts the past upbraid,
And fear of twofold death my soul alarms—
That which must come, and that beyond the grave:
Picture and Sculpture lose their feeble charms
And to that Love divine I turn for aid,
Who from the cross extends his arms to save.

Michael Angelo.

Whatever day
Makes man a slave, takes half his worth away.

Digitized by Google

EDITORIAL DEPARTMENT.



NEW YORK, JUNE, 1881.

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* PUBLISHER *does not hold himself as indorsing every article that may appear in* THE HERALD. *He 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 EUCALYPTUS AND MALARIA.—*Chambers' Journal* for April contains a very interesting paper on the Encalyptus tree in the Roman Campagna. This Campagna, as is generally known, is a very malarious region in the neighborhood of Rome. So poisonous is the atmosphere in some parts of it, that it is dangerous for a stranger to even pass over it at night, and those accustomed to the region never can maintain health there. Perhaps one of the worst of these malarious regions is in the neighborhood of the monastery of the Three Fountains, comprising within its precincts three churches. In 1868, this monastery was deserted, and its reputation so bad that it was nicknamed the Tombs. Now it is again inhabited by 30 monks who live there in safety. The change has been brought about by two agencies, one has been draining, and the other the planting of the Eucalyptus tree. Of course we all know the value of draining, and lately we have learned the value of this tree in counteracting the condition of the air which causes this disease. It may be interesting to our readers to know how the Eucalyptus, more than any other tree, prevents the disease. The following is the explanation. The leaves of the tree possess an enormous number of *stomata* or breathing pores. Three hundred and fifty have been counted on one square millimeter, (a square millimeter is about the eighth part of a square inch). These breathing pores exhale water, and it is estimated that in the Eucalyptus they exhale from three to four times the weight of the leaves every day. From this it is easy to see that a forest of them will do a great deal towards pumping out of the soil its superfluous water, and making it dry. The water exhaled, too, is pure, distilled water, loaded with a volatile oil, the poisonous properties being taken up by the tree in the form of food. But there is another property of this tree which adds to its value as a malaria destroyer. Like the pine, it exhales, as before stated, a volatile oil, which is rapidly oxydized, and produces enormous quantities of peroxide of hydrogen, a most powerful disinfectant and malaria destroyer. It is somewhat similar to camphor, which is a well-known hygienic agent. The leaves of the Eucalyptus contain about six per cent. of this oil, and this enables us to form some idea of the amount it may exhale to disinfect and purify the air.

It is unfortunate that the Eucalyptus will not bear our cold climate, but it will flourish in our Southern states and in California, where it is already doing its beneficent work.

For northern malarial regions we shall need to seek other trees, notably

Digitized by Google

the pine, spruce, poplar, etc. As yet it is too early to decide which is best, or whether there may not be others better still. The Italian government has granted the Trappists land and the aid of convict labor to extend their plantation, and trees are planted thickly in many parts of the Campagna, so we may hope it will soon become a healthy region. It may be interesting to know that American travelers in Italy sometimes contract fever there, and that it is much worse than our fever and ague, coming more nearly to our pernicious fever, which is very dangerous and hard to cure. Only in certain seasons of the year is it safe for foreigners to go there.

INHERITANCES.—This word suggests to one's mind visions of broad acres and other forms of real estate, government bonds, and banking accounts. But a good constitution and a strong mind, "a sound mind in a sound body," are the best inheritances a man can possibly possess. They are the firmest of foundation for a noble and successful life; to be well born is a great privilege, more, it is the inalienable right of every child. There is, after all, a great deal of good sense in the suggestion of the Pharisees that in all probability the sin of some person or persons had been the cause of the blindness of a man whom Christ restored to sight. We see deformed persons, and we know that they invariably owe their deformity to causes altogether beyond their control. They have had a grievous wrong done to them, inadvertently or otherwise, perhaps, before they were born. But, beside the physical inheritances of children, they acquire great mental gifts or capacities, warped or strengthless minds from their parents. The free will of the father often becomes the fate of his children, or may be of his children's children. A man may inherit a mind with great capacities, and of his own free will allow it to lie fallow and uncultivated. It is absolutely inevitable that his children will suffer in consequence. They may do much to cultivate their minds, but they will always be the losers by their parent's waste of his opportunities. There is no running away from the fact that the sins of the fathers are visited on the children for several generations. It worth remembering, that every action of a man has its effect on the world. It may be on his children around him, or even on those yet unborn, or on his neighbors and society. A pebble thrown into a pond moves many tons of water. A man cannot do good or evil without the effects of his acts being felt outside himself. Life is fuller of responsibilities than some of us imagine, and the more a man's perceptions are developed the more does he realize his responsibilities. We are members of one large family, and from our predecessors we have received certain gifts. It is our duty to aim at handing down to coming generations a health and vigor of mind which shall not merely be equal to, but superior than, that which we received.

CREMATION.—The enormous growth of large cities on this continent and in Europe, presses on the public for consideration, the question as to the best method of disposing of their dead. Cremation is certainly far better than burial, from a hygienical and also from an economical standpoint. But there is the great obstruction which a certain form of sentiment offers to cremation, which is even stronger, perhaps, in eastern countries than here. We are not among those who sneer at sentiment. Americans are not as a rule over sentimental; on the contrary, they are eminently practical. They are quite enough disposed to allow their practicality to override everything else, and more than any nation under heaven are they guided by an answer to their inevitable query, "will it pay?" It will be a sorry day for any nation when the individuals who compose it lose the quality of sentimentality. But practical questions have a way of forcing themselves on us whether we will or not. A time comes when reforms must be made at whatever cost or sacrifice. The conviction is growing on the world that the present method of disposing of the dead is a very irrational

Digitized by Google

one. There are few things to commend it; and, too, even sentiment, would appear to be on the side of cremation. Surely it is worse to think of a friend lying in the grave in a state of physical corruption than to think of the body being for practical purposes *non est*. As we said at the outset, cremation commends itself as a hygienic and economic move in the right direction. It is the conservatism of the people, their tendency to adhere to customs of their fathers, together with a feeling of sentiment which it is thought favors burial, that stand in the way of cremation.

WHAT IS THE SCHOOL AGE?—Many parents are very much troubled in their efforts to ascertain when their children should begin to go to school, and how much pressure their young brains can stand. Dr. J. H. Goddard, of Orange, Mass., is of the opinion that a healthy child should not enter the primary school before it is seven years old. "Eight years in the current of graded schools will bring one, at fifteen or sixteen, prepared in brain-power and attainment to enter the high school. If any are to attend college or higher seminaries, nineteen or twenty years is young enough to enter them, as the brain is then beginning to grow still slower, and has attained more firmness to bear labor." Such advice, though it is sound and sensible, will scarcely be acceptable to the more precocious of our race. Most of us feel life to be so short that we want to begin it at the earliest possible moment, little thinking that by beginning so early to tax our powers in the race for learning, position and wealth, we are really curtailing that life which we feel already to be too short. The process of cramming the student, in which often times stimulants and late hours are resorted to, may secure a youthful brilliance; but at what a cost! What is gained at the youthful end of life is repaid with a ruinous compound interest at the other end. The great fear is not that children will not be sent to school early enough, and not be crammed with enough learning. Rather is there danger that they will be crammed too much, and that a great deal of the matter crammed into them will be of little use; but will monopolize time, space and attention which should have been given to more really practical subjects of education.

RECORD OF HYGIENIC PROGRESS.—Our record for this month relates to mental hygiene. The Chatauqua Literary Association, is a new institution founded but three years ago, and having already twenty-seven thousand members. Its purpose is to encourage home study, especially, on the part of those who have already passed the usual age of school education. It has established courses of study in art, science and general literature, and its numerous correspondents receive reports from all members, exactly stating the work accomplished, and answering a large number of test questions. Local circles exist throughout the country, and every summer there is a general gathering at Chatauqua Lake, where courses of lectures are delivered, and studies pursued in various branches. Seven or eight thousand gathered there last summer. We call this movement hygienic in the truest sense of the term, for it affords healthy employment of a high order, and is calculated to take the place of very much of the trashy literature, and trashy mental employment, which so degrades the common life of those who have no well defined intellectual occupation. A striking example of the utility of the society came recently under our notice. A lady in Pittsburg, who had been a member of the society, concluded to discontinue her connection with it and select for herself such studies as she preferred; but after a few months she was fairly compelled to rejoin the Chatauqua Society, because in the social circle in which she moved the conversation was so largely upon topics connected with the regular course of study, that an acquaintance with them was a social necessity. Such a substitution of intelligent discussion for the meaningless gossip of fashionable life, indicates a most important step forward in the

Digitized by Google

evolution of the American people, and cannot but lead to physical as well as mental health. Think of a college of twenty-seven thousand adult students, pursuing studies that constitute the basis of social entertainment. As a "sign of the times" it is most cheering, as everything is cheering that points to human evolution.

A NATIONAL AFFLICTION.—Sight is the most important of the senses—without it life would be impossible in any of its higher forms. Some fish might live in a very feeble condition in a mammoth cave. Oysters might continue to prosper, and some other low animals do well enough, but man and the higher creatures would soon perish. There is, perhaps, no danger of total blindness, however, becoming a condition of the human race, but there is a danger threatening us, which is likely to become a national curse. It is the impairment of the eye, a deterioration of its value, and a shortness of sight. The Indian and backswoodsman, who are not corrupted by liquor, have fine eyes. Their power of seeing is enormous, almost or quite equal to that of the hawk and eagle. They have far greater seeing power than the modern civilized man and boy. In war, and in all peaceful occupations, whether art or science, this is likely to become a national evil, and greatly impair the efficiency of the people. Its cause lies in our system of education and our growing habits of reading too small type. All protracted looking at objects promotes it. Indoor life promotes it. Fine type, poor paper and bad light promote it. Much work at anything which requires clear sight promotes it. It becomes the duty of mothers to counteract the evil in their children. This may be done by watchfulness, by giving them more out-door life—by good light—by training the eye to long distances, by providing them with books in good type, and by watching them and getting them into good habits in the use of their eyes. Especially is this important in all cities, where youths have not half a chance for physical culture. Once a year the eyes of school children might to advantage be examined as to the length of their sight, and in this way parents may know if shortsightedness is growing slowly on them as it is on most school children.

THE MEDICINE OF THE NEXT CENTURY.—In a lecture delivered recently before the Young Men's Christian Association, at Boston, Dr. Marcy, of Cambridge, Mass., prophesied that "the medicine of the twentieth century will be surgery and sanitary science." This means, we presume, that in the future doctors will be less physic administrators than scientists. Undoubtedly this prophecy is justified, and we ourselves have for years been endeavoring to point out to the readers of THE HERALD OF HEALTH that their sickness is to be cured by scientific or knowable methods and not by seas of physic. Dr. Marcy means, really, that the coming doctors will leave gradually the paths of blind empiricism and follow the dictates of science. They will cease doing those things which are taught them in the schools, and follow the paths of common sense. They will not, for example, prescribe medicines to the dyspeptic, but will assure him that his complaint is the result of his own indiscretion. The whole tendency of science and the education of the present day, is to strike a death blow at empiricism, and to bring from the realms of opinion things which belong in realms of fact. The student of mathematics or geometry takes nothing on trust. He allows his professor to assume nothing. Everything has to be demonstrated. This spirit is extending itself into health matters, and before the next century gets so far advanced as the nineteenth is now, great revolutions in medicine, and science, too, will have been effected, concerning which we at times only faintly dream.

A STATISTICAL writer states that 30 years ago not more than one-third of the people of Northumberland, England, ate animal food oftener than once a week. It is one of the healthiest counties in England, the women are very robust, while the infant mortality is the lowest in England.

Digitized by Google

STUDIES IN HYGIENE FOR WOMEN.

THE EDUCATION OF WOMEN.—A small wave of indignation against "esthetic wives," has been passing into the sanctums of some English newspaper editors, and out again into the world. Afflicted Benedicts have been writing under perfectly unrecognizable *nom de plumes*, by way of airing their grievances and pointing out the miserythat falls on their heads, because their better halfs know more about logic than legs of mutton, art than artichokes, estheticism than cookery. Indignant husbands are sure to exaggerate when detailing their sufferings; but, after all, there are many who have just cause for complaint, not because their wives know too much about art or logic, but because they know too little about domestic management, and the laws of a healthy life. Men are often very stupid, and one we came across recently deserved the appellation. He spoke in this strain. "High art is all very well, but give me a warm heart, more comfort and a little kindly feeling," thus implying that high art and the other good things he named are antagonistic. Shakespeare said that the man who has no music in himself "is fit for treasons, stratagems and spoils," and further "his affections are dark as Erebus." The same may be said of the man who sneers at art. But we are free to confess that the education of a woman is begun at the wrong end, if it begins with art and abstruse logic. To leave an important branch of a woman's education, as cooking, for example, after she has dived deeply into what is sneeringly called "estheticism," is to give her a distaste for cookery. She will inevitably regard such work as beneath her notice, stigmatizing it as "gross." She lives in what she considers is a higher atmosphere. She fails to realize the importance of the practical side of feminine education, and consequently neglects it. Then come the wails of her husband, unless he be a man of means who can afford to wink at the foibles and impractical weaknesses of his wife. A responsibility rests on the parents of our rising generation of girls. Let them be educated in art, music, literature and all that tends to make life joyous and happy, by all means; but let them not acquire a distaste for the more practical side of life, by being allowed to plunge into the mistakes of the æsthetes. We are not ethereal. We are human. We have to eat, drink and sleep as our forefathers did, and so important a part do these acts play in our lives, that we hope the fashion will soon become general for ladies to pay more attention to the work of providing for these demands of our nature. Our girls should be taught what is best for us to eat and drink, under what conditions, and how food should be prepared Around such an educational base, art, science and literature may flourish, and even what a waxy Briton calls the "ologies" may be studied so long as that of human physiology stands first.

WEAK CHESTS.—A mother asks us to advise her as to how she may develop the chest of one of her daughters, which she says is narrow and weak. As such cases are not uncommon, we will state that such children, if of healthy parentage and fair or good constitution, may be greatly benefited by a careful and judicious system of physical culture; and it ought to be a part of the duty of the public or private schools to provide this. If they do not, then the mother must study up the subject in the best books on gymnastics, and do the best she can with rings and dumb bells, and such plays as she thinks will serve this end. Perhaps nothing is better in such cases than rowing in a small boat on the quiet water of some lake or river. Let the girl have a short sailor suit, and a light boat will effectually cure such cases better even than gymnastics. Next to the boat is the use of the dumb-bell, a light wooden one is the best. A few of the exercises given by Dr. Lewis in his book, "Weak Lungs and how to make them Strong," are sufficient if practiced for a few minutes every day. Club exercises are also

Digitized by Google

good. It must not be forgotten that there must be no extremes in such training. Such cases are greatly benefited by strengthening the nervous system as much as possible, and this is done by plenty of good food, plenty of sleep, and such mental training as develops courage, hope and self-reliance.

FINE PRINT IN SCHOOL-BOOKS.—Many of our best school-books contain a considerable portion of their notes in fine type. The main part of the matter may be in large letters, but on every page there are one or several paragraphs in very small type. The school authorities ought to have a rule as to how small letters may be used, and throw out all that do not come up to this standard. In our opinion no letters less than 1-12 of an inch high should be used in any school-book. The distance betwen the lines should also be considered with reference to the health of the eyes. This should not be less than one eighth of an inch. The length of the lines should be considered. Long lines tire the eyes of children. Some of our geographies have considerable matter in long lines printed in small type, and this is a great evil. Where education is free, it seems to us the state has a right to regulate these matters, and demand books in such type and printing as shall come within the limits of scientific tests as to what is suitable for the eyes of children.

THE EVILS OF BABY CARRIAGES.—We would call the attention of mothers to some of the evils which accompany the use of the baby carriage. These evils are both positive and negative, and may not, perhaps, readily suggest themselves to those who regard the vehicle in question as one of the mediums for securing babies fresh air. When a child is carried in a nurse's arms its head and upper extremities are balanced on its pelvis, thus calling into play the spinal erector muscles and those of the abdomen, together with those which control the lateral movements of the body. The exercise the child puts forth in its instinctive, if not automatic, movements to preserve its balance when in the arms of its nurse, prepares its muscles for the more steady action demanded of them in creeping, or later, in walking. But the infant that reclines in its carriage loses this opportunity for balancing itself and exercising its muscles, and, too, because of this loss of exercise, its respiration is less thorough, the oxygenation of the blood less complete, and the general robustness of the system less marked. Then, too, the positive evils which arise from the use of the baby carriage consist in the liability of the child to be allowed to hang its head over the side of the carriage in a way to induce a certain degree of brain congestion, or to produce curvature or caries of the spine. The bouncing of the vehicle over curbstones injure the brain and other delicate organs connected therewith.

Perhaps there is no country where baby carriages are so much in use as in the United States. It is true there is in England a great deal of what is called "servantgalism," and consequently a lack of disposition on the part of servants to carry children. But, nowhere does "servantgalism" prevail more than in this country, and the ubiquitous baby carriage is the result. There appear to be three courses open to mothers—either they can insist on their nursemaids carrying the child, or allow her to take it out in the carriage, or to stay at home altogether. The first course has its manifest disadvantages, besides the risk of the maid being careless with its charge, and perhaps letting it fall. The ride in the carriage has the drawbacks we have pointed out, while the third alternative should be avoided. Verily maternity is beset with troubles.

THE REV. H. W. BEECHER ON SMOKING.—On a recent Sunday evening, the Rev. H. W. Beecher referred to the vice of smoking. He said that in his opinion a man who carried about with him a stench as of twenty foul pipes exuding from his breath, clothes and person, had no right to be called a Christian. But, continued the preacher in disgust, there are two things which I think the gospel is powerless to touch, and these are smoking and fashion.

Digitized by Google

CLOTHING FOR THE FEET.—Unfortunately leather is the only substance we can use for shoes and boots. The skin of the feet has a superficial surface of about 800 sq. cm., and this skin contains about 4,000 sweat glands. It is no wonder, then, that our feet sweat. Only the ignorant and stupid seek means of preventing this. The true remedy is to provide for its rapid evaporation. In summer and in dry weather this may be accomplished by cloth boots. It is the custom for many persons to wear for the entire day the same boots and stockings, and the perspiration of the feet through the heat of the body, soon undergoes fermentation, when several bad smelling substances are generated. Carbonate of ammonia is one of these products, and it requires only a small amount of it to give a disagreeable odor to an entire room. Urea is another product, and this, together with the carbonate of ammonia is enough even without anything else to cause sickening odors. If the stockings and boots are frequently changed, fermentation does not proceed far, and the evils are partly at least prevented. In case cloth shoes are worn, the sweat evaporates, and so fermentation is checked, if not prevented. In the evening the feet should be washed and the remaining dry sweat removed, otherwise it will form a thick covering on the feet and do harm. Everybody should wash their feet every evening before retiring. They will sleep better for it, and the feet will be happier. There is nothing better than pure, soft water for this purpose.

Leather for boots and shoes is a necessary evil, and until something better is invented we should seek to diminish its injurious effects by frequent changes of boots and stockings, and by using cloth shoes when about the house. One of the benefits of old shoes is, they permit of ready evaporation of the perspiration. Those who are compelled to keep their boots on for a long time should change their socks oftener, and wash their feet more frequently. The pores of the leather after a while become filled with the products of sweating and this render the feet most uncomfortable. Such boots are no longer fit to wear. They also cause the feet to become cold. The boot legs limit evaporation and are also a necessary evil. In India, instead of leather, a strong cloth is used for the shoes, and this is white in order to avoid the heat which black cloth causes in that uncomfortable clime.

It is to be hoped that some inventor will discover some kind of cloth or some method of ventilating our shoes; but until this is done, we can do much by other means, such as have been mentioned above.

WHOLE MEAL BREAD.—A contemporary devoted to the milling interest thinks itself an oracle, but on some points, it is not. Either when writing on the whole meal question it is ignorant on what it talks, or it is actuated by venal motives (which we cannot believe). Will it once and forever maintain silence on the healthfulness of whole meal as a food, till it has learned a little more? The false coin, on one side of which is inscribed a statement that whole meal is a worker of internal mischief to many persons (we should like to see the other side of the coin) has been nailed to the table several times. But it is re-coined, and a few nonsensical persons seem to have nailed it to their masts. It is very probable that some pampered stomachs may experience inconvenience from eating whole meal. The outside coat may trouble them, but we would ask what does *not* trouble the pampered stomach? When we insist on a certain kind of food being good for human beings to eat, we do not necessarily mean that it is very comforting to the pampered stomach. At the same time, we are not sure that even the stomach that has been abused by unnatural feeding suffers more from eating whole meal bread, than it would from any other equally nutritive food. If even it does we fail to see that that is any argument against it. It is an undoubted fact, that wheat is the most perfect food for man that is to be found among cereals. While we desire to give due honor to machinists and others who have suc-

Digitized by Google

ceeded in producing means for grinding wheat in the most efficient manner, we must beg of them to disabuse their minds of the idea that the unbolted meal will harm anybody. All the sifting, blasting and other operations that follow the grinding are superfluous, although a public which can not know what is good for itself, demands it.

POISONED SOIL.—Some investigations have recently been made, which, if true, will go to favor cremation, especially in cases of contagious diseases. Many years ago a horse died with a dangerous disorder, and was buried in the soil several feet deep. Recently the grave was opened and some of the soil taken out, and washings from it boiled, the residue used to inoculate another animal, which, strange to say, took the same disease and died of it. How do we know how much poison is preserved in this way, when persons are buried who have died of some dangerous disease. Cremation would certainly be more cleanly and less objectionable in all such cases.

TO MAKE GOOD GRAHAM GEMS:—Two cups Forest Mills Graham flour, two cups sweet milk, or milk and water. Mix with spoon till the flour is all wet, and finish with a Dover egg-beater, which aids the "rising" better than any other method of beating. No other ingredients are needed except "judgment," and that is most required in the baking. Have the iron gem-pans piping hot, on top of the stove, butter them and pour in the batter, which should just fill the twelve cups; let them stand on the stove till the gems begin to bake around the edges, then carefully set into a hot oven, baking more slowly at the last. When you think they are done, let them bake five minutes longer. Never pile one above another when hot. Spread on plates till cold, then they may be put in a deep covered pan, or stone jar. We make four or six dozen at a time, and like them better warmed up. We never cut, but break them. For buttering the pans we use a swab made by winding a strip of white flannel around the end of a stick; this we keep in a teacup with a little fresh butter always ready for use. The quantity of batter mentioned may be made into two dozen gems, which will be thin and crisp, and nice in milk.

CURRENT LITERATURE.

GENERAL PHYSIOLOGY OF MUSCLES AND NERVES. By Dr. J. Rosenthal, Professor of the University of Erlangen, with 75 illustrations. New York: D. Appleton & Co. Price $1.50.

This book is perhaps the first to give a connected account of the muscles and nerves that has been made. It is only within the past quarter of a century that this subject has been studied. The book omits scientific details, and is intended for both professional and popular readers. Those who are interested in this subject (and who are not), will find the work full of interest. It is strictly a scientific book, and does not deal with questions of hygiene. He commences with the movements of the Amœba, the white blood corpuscles and the ciliated epithelia, and proceeds up to man. While we would in no way detract from the merits of the work, it seems a pity the author should not have a more correct understanding of the microscopic structure of these bodies, when a more correct understanding of them and their movements would have been possible.

POPULAR LECTURES ON SCIENTIFIC SUBJECTS. By H. Helmholtz, Professor of Physics in the University of Berlin. Second Series. New York: D. Appleton & Co. Price, $1.50.

Prof. Helmholtz has won such a high place as a scientist, that his works are eagerly sought and read. The one before us contains six lectures, entitled, 1. Gustav Magnus, 2. On Origin and significance of Geometrical Axioms, 3. On the relations of Optics to Painting, form, shade, color, harmony of colors. 5. On the Origin of the planetary system, 5. On thought in Medicine, 6. On Academic Freedom in German Universities. No person can read this work without seeing there has been great advances in knowledge within the century.

PRACTICAL HINTS ON THE SELECTION AND USE OF THE MICROSCOPE, INTENDED FOR BEGINNERS. By John Phin. Price, 75 Cents. New York: The Industrial Publication Co.

This book of over 200 pages is a carefully prepared one, and may be of great service to those who are beginning to use the microscope. It speaks of almost everything that needs to be known about this instrument, and many an old microscopist may read it to advantage. Now that microscopes of very good quality can be had so cheaply, there will be a great increase of those who will use them—and used rightly there is no end to the instruction and amusement they may afford. He who knows how to use this instrument to advantage, may in his leisure hours live in another world, and double the pleasures of life.

Digitized by Google

BRAIN AND NERVE FOOD--VITALIZED PHOS-PHITES

Composed of the Vital or Nerve-giving Principles of the Ox-brain and Wheat-germ.

It restores the energy lost by nervousness or indigestion; relieves lassitude erratic pains and neuralgia, refreshes the nerves tired by worry, excitement or excessive brain fatigue; strengthens a failing memory, and gives renewed vigor in all diseases of nervous exhaustion or debility. It is the only **PREVENTIVE** of Consumption. It gives vitality to the insufficient bodily or mental growth of children, and prevents fretfulness, as it promotes good health to brain and body.

Physicians have prescribed 300,000 packages. Sold by druggists or by mail, $1.

F. CROSBY, 664 and 666 Sixth Avenue, New York.

THE MOTHER'S MAGAZINE,

The next January number will commence the 46th year of this old and popular MAGAZINE. It has hitherto been, and, we hope, will continue to be an ever ready hand-maid to the mother in her enlightened and hallowed Christian efforts to make her children precious jewels in the family circle, ornaments of society, and heirs of heaven, and the father and mother honored and blessed in their good name.

TERMS:—Three months. 45 cents; six months, 80 cents; one year, $1.50. Cash invariably in advance. Sample copy, 5 cents. Remit by draft, check, P. O. Money order, or registered letter; otherwise at the risk of the sender. Special rates to clubs. Agents and canvassers wanted. Liberal commission given. Address,

MOTHER'S MAGAZINE Box 3157 New York.

Louisville, Ky. Nov. 8, 1879.

To the Editor of the *Mother's Magazine*:—I have taken and read your invaluable magazine for more than twenty-five years, and now give it to my daughter, who is the mother of three sweet little children. May God bless you in all your efforts to train up, through their mothers, the rising generation.—Mr. J. O. Campbell.

Stanstead, Canada, March 11, 1879.

Mr. Editor:—I cannot give up the *Mother's Magazine*. I hope I may be able to take it while I live, as my dear mother did. It is very dear to me, not only on her account, but from its own intrinsic worth. May God bless and strengthen you in your noble work.—Miss C. N. Hubbard.

Clinton, Mo., January, 1879.

Mr. Editor:—It is nearly, if not quite, thirty years since the magazine first came into our family, and it has never missed one year in all this time to gladden our hearts by its monthly visits. Next to the Bible have I prized its teachings, and felt that the timely suggestions contained in its pages have been an invaluable aid to me in the management of our children.—A Friend of the *Mother's Magazine*

The Mother's Magazine is one of the oldest and best monthlies for the family circle within our knowledge. It is ably conducted, and its pages well filled by talented and experienced writers. Not the least attractive feature is the department for the youth, which gives evidence of peculiar tact, both in its selections and contributions.—*Christian Observer*, Louisville. Ky.

The *Mother's Magazine* is the name of a monthly devoted especially to the interests of mothers and children, and filled with excellent reading for the family circle. It furnishes a Christian literature that will purify and elevate wherever it goes—Waterville Mail, Me.

SEND $2.00 FOR A SAMPLE VOLUME OF THE AMERICAN CYCLOPEDIA,

APPLETON'S latest, 800 to 850 pages, (6 1-2x9 7-8 inches). Publisher's price $5.00, $6.00 and $7.00. Our price, prepaid, $2.00.

ASA K. BUTTS,
13 Dey St., N. Y.

50C. BUYS 50 SCIENTIFIC LECTURES by Huxley, Tyndall, Proctor, and others, with sample copies of THE EVOLUTION, MAN and THE SCIENTIFIC MAN. Prepaid by A. K. BUTTS, 13 Dey Street, New York.

HEALDS' HYGEIAN HOME,

WILMINGTON, DELAWARE.

Possessing *all* the facilities for *thorough* Hygienic Treatment, to be found at similar first-class institutions, we ask attention to our *special* advantages:

A beautiful, healthful, elevated location, near enough the city to have all its conveniences. Pure air, fine grounds, shaded lawn, adjacent groves, extended views, pleasant walks and drives, and cheap excursions daily, on River and Bay to Ocean. ☞ Delightful breezes throughout the Summer, from these not distant, bodies of fresh and salt water.

Physicians have had nearly twenty years experience!

OUR TREATMENT, including all judicious forms of BATHS, "MOVEMENTS," MASSAGE, etc., is most thoroughly administered. *No extra charge for "Movements."* We strive to bring *all* hygienic influences to aid our invalid guests to recover health.

OUR TABLE, we are sure, is not equaled by that of any other "cure" in the country. As the DIET of invalids is of the utmost importance, we have made it a study to provide the *best*. We air-tight IN GLASS, 1,500 half gals. of choice fruit each season. We have one of the finest FRUIT MARKETS in America, and model FRUIT and VEGETABLE GARDENS of our own.

We can only accommodate twenty guests, and so are able to oversee all departments and give much personal attention to each patient, as well as make the "Home" home-like!

"RELATIONS OF THE SEXES," mailed 10c.

Wanted.—Hygienic helpers—both sexes.

Send stamp for circulars.

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

DRS. STRONGS' REMEDIAL INSTITUTE,

SARATOGA SPRINGS. N. Y.,

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

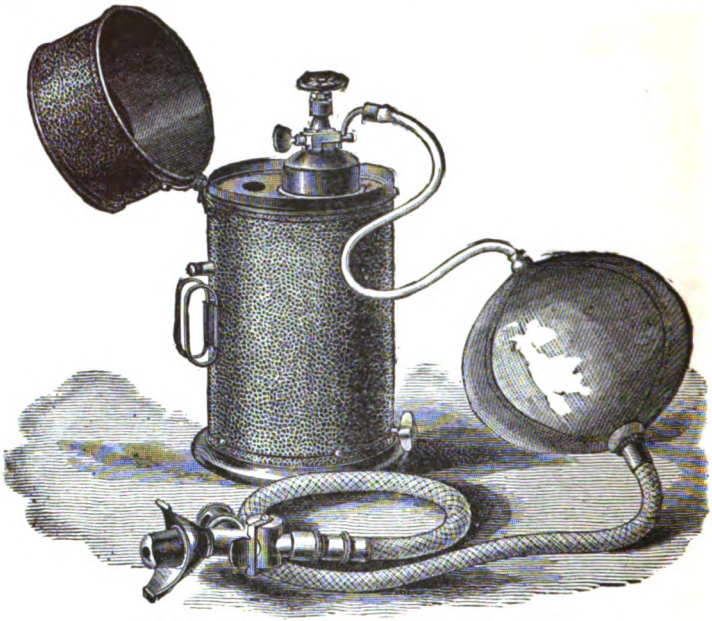
FINE MUSIC

By request, Frantz Abt, the eminent composer, recently selected from Litolff's German Establishment (the greatest music publisher in the world), 143 pieces of music as representative of the best music by the greatest composers of Germany. As Germany stands first in music, this collection is, indeed, a rare one. *Each piece is a gem.* Printed by Litolff, on fine paper, full size, giving both German and English words. The collection is divided into twelve portfolios (six of vocal and six of instrumental), each portfolio containing from nine to fourteen complete pieces. The portfolios are beautifully ornamented in colors and by full page engravings—12 different engravings—making them exceedingly attractive for the music rack or stand. Price 50 cents each, or the twelve for $5.00. "The most desirable collection that has yet appeared."—*Boston Gazette.* Address,

WARDE & WARDE,
34 Park Row, New York.

Digitized by Google

LIQUID NITROUS OXIDE



JOHNSTON'S UPRIGHT SURGEON'S CASE.

The value of Nitrous Oxide Gas as a tonic in cases of nervous debility, insomnia, and melancholia has been recently demonstrated in actual practice by some of the most prominent physicians. Its use in this way has been rendered possible by the introduction of apparatus that is convenient and portable. It would be impossible to make use of this remedial agent if the old and cumbersome apparatus, which obliged the operator to have on hand a miniature laboratory, had not been superseded. But even with the new system it is essential that well designed and well made apparatus be obtained, for it is important that it should be within the operator's power to exclude or include air at pleasure.

We take pleasure in calling the attention of medical men to our new form of SURGEON'S CASE, which is illustrated above. The case is handsomely covered with morocco. The cylinder is surmounted by our new gas valve, which is controlled by the wheel shown in the cut. The small rubber tube conveys the gas to the bag, which is capable of holding from five to seven gallons of gas. The tubing represented as coiled on the table is handsomely covered with webbing, and a spiral wire inside of it effectually prevents it from kinking. The inhaler is metallic, and is fitted with two spring valves which answer to the slightest breath of both inspiration and exhalation. A two-way stop-cock is also provided by which the patient may be allowed to breathe air entirely, or a mixture of air and gas, or gas alone.

The whole apparatus weighs less than fifteen pounds, and is especially designed for carrying from place to place. Its cheapness and portability, together with its durability and perfection in working, have gained for it a large sale among the medical fraternity. For institutions where the gas is used in considerable quantity, we have provided a gasometer which is very ornamental, and in connection with which a 500 gallon cylinder of gas can be used. For these larger cylinders we make a reduction of 25 per cent. on the ordinary price of the gas. The nickel-plated gasometer s a handsome piece of furniture, and will attract much attention and provoke the admiration of atients.

PRICE LIST.

Surgeon's Case, Complete.....$42.00
Nickel-plated Gasometer.....$140.00
Refilling 100 Gallon Gas Cylinder.....$6.00
(Express charges paid by us)

JOHNSTON BRO'S.,

1260 BROADWAY, NEW YORK

Digitized by Google

HOW TO GROW HANDSOME;

OR,

Hints toward Physical Perfection

AND THE

PHILOSOPHY OF HUMAN BEAUTY.

Showing how to acquire and retain bodily symmetry, health and vigor; secure long life, and avoid the infirmities and deformities of age. 250 pages. 12mo, extra cloth.

BY D. H. JACQUES, AUTHOR OF THE "TEMPERAMENTS," ETC.

PRICE $1.00.

What Our Girls Ought to Know.

BY DR. MARY J. STUDLEY.

Resident Physician and Teacher of Physiology, Hygiene, Physical Culture, and the Natural Sciences, in the State Normal School, Framingham, Mass.

"There is nothing before on this subject so suited to the wants of young girls. All its thoughts are pure and good."—*Mary J. Safford, M. D., Boston.*

PRICE $1.25 BY MAIL.

Fruit and Bread; a Natural and Scientific Diet.

BY GUSTAV SCHLICKEYSEN.

Translated from the German

By M. L. HOLBROOK, M. D., Editor of The Herald of Health.

250 PAGES. PRICE BY MAIL $1.00.

Hygiene of the Brain,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

PRICE, $1.50.

TALKS TO MY PATIENTS

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

A Practical Handbook for the Maid, Wife, and Mother.

With a Beautiful Photographic Portrait of the Author.

PRICE BY MAIL $1.50.

THE SCHOOL GARDEN.

BY DR. SCHWAB, DIRECTOR OF THE VIENNA MILITARY GYMNASIUM, ETC.

Translated from the German by Mrs. Horace Mann.

50 Cents by Mail. 5 Copies $2, 12 Copies $4.

THREE BOOKS IN ONE.

FROM THE CRADLE TO THE SCHOOL. By Bertha Meyer.

THE RIGHTS OF CHILDREN. By Herbert Spencer.

THE GOVERNMENT OF CHILDREN. By M. L. Holbrook, M. D

PRICE BY MAIL 50 CENTS.

M. L. HOLBROOK, Publisher, 13 & 15 Laight Street, N. Y.

Digitized by Google

Eating for Strength.

BY

M. L. HOLBROOK, M. D.

NOTICES OF THE PRESS.

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

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

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

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

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

SENT BY MAIL FOR ONE DOLLAR.

Lady Agents Wanted.

Parturition Without Pain.

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

BY

M. L. HOLBROOK, M. D.

WHAT IS SAID OF "PARTURITION WITHOUT PAIN."

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

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

PRICE BY MAIL, $1.00.

AGENTS WANTED.

Liver Complaint, Mental Dyspepsia, and Headache;

THEIR CURE BY HOME TREATMENT.

BY M. L. HOLBROOK, M. D.

CONTENTS.

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

PRICE BY MAIL, $1.00.

The Relations of the Sexes.

BY MRS. E. B. DUFFEY.

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

CONTENTS.

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

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

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

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

PRICE BY MAIL, $1.00.

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

Digitized by Google

The Hygienic Hotel
AND
TURKISH BATH INSTITUTE,
13 & 15 Laight Street, N. Y.

Two Blocks from the Grand Street Station of The Elevated Railroad.



There are Six Lines of Horse Cars Passing near the Door.

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.

Digitized by Google

HYGIENE OF THE BRAIN,

AND

The Cure of Nervousness.

BY M. L. HOLBROOK, M. D.

PART I.

CHAPTER 1.—THE BRAIN
CHAPTER 2.—THE SPINAL CORD
CHAPTER 3.—THE CRANIAL AND SPINAL NERVES
CHAPTRR 4.—THE SYMPATHETIC NERVOUS SYSTEM
CHAPTER 5.—HOW THE NERVES ACT
CHAPTER 6.—HAS NERVOUS ACTIVITY ANY LIMIT?
CHAPTER 7.—NERVOUS EXHAUSTION
CHAPTER 8.—HOW TO CURE NERVOUSNESS
CHAPTER 9.—THE CURE OF NERVOUSNESS (Continued)
CHAPTER 10.—VALUE OF A LARGE SUPPLY OF FOOD IN NERVOUS DISORDERS
CHAPTER 11.—FIFTY IMPORTANT QUESTIONS ANSWERED
CHAPTER 12.—WHAT OUR THINKERS AND SCIENTISTS SAY

Chapter 13 contains Hints on the following Subjects:

Expectant Attention—*Wm. B. Carpenter, M. D., F. R. S.* Normally Developed Brains—*E. H. Clarke, M. D.* Alcohol Enfeebles the Reason—*Benjamin W. Richardson, M. D., F. R. S.* Women and Brain Labor—*Frances Power Cobbe.* Difference between Man's and Woman's Brain—*G. Spurzheim, M. D.* Rejuvenating Power of Sleep—*J. R. Black, M. D.* Physiological Effects of Excessive Brain Labor—*William A. Hammond, M. D.* Training Both Sides of the Brain—*Dr. Seguin.* Amount of Blood Necessary to Mental Vigor—*Alexander Bain, LL. D.* Take Care of Your Health—*John Tyndall, LL. D., F. R. S.* Neuter Verbs—*Archbishop Whately.* Exercising the Brain—*Lionel John Beale, M. R. C. S.* How Chancellor Kent was Educated—*Chancellor Kent.* Origin of Abuse of the Mind—*Robert Macintosh.* Intellect Not All—*Dr. Brown Sequard.* Early Mental Culture a Mistake—*Amariah Brigham, M. D.* Walter Scott's Boyhood—*Harriet Martineau.* A Wise Thought from *Herbert Spencer,* Hot-House Brains—*R. R. Bowker.* Book-Gluttony and Lesson-Bibbing—*Thomas W. Hurley, M. D., F. R. S.* Continued and Varied Activity of the Mind—*Benjamin W. Richardson, M. D. F. R. S.*

PART II.

Contains Letters describing the Physical and Intellectual Habits of the following Men and Women, written by Themselves for this Work.

1. O. B. FROTHINGHAM—Physical and Intellectual Habits of.
2. FRANCIS W. NEWMAN—Physical and Intellectual Habits of.
3. T. L. NICHOLS, M. D.—On the Physical and Intellectual Habits of Englishmen.
4. JOSEPH RODES BUCHANAN, M. D.—Interesting Suggestions on Mental Health.
5. GERRIT SMITH—His Physical and Intellectual Habits (Written by his Daughter).
6. THOMAS WENTWORTH HIGGINSON—His Rules for Physical and Mental Health.
7. NORTON S. TOWNSEND, M. D.—Mental Hygiene for Farmers.
8. EDWARD BALTZER—Habits of the German Radical.
9. WILLIAM LLOYD GARRISON—Interesting Hints from.
10. A BRONSON ALCOTT—An Interesting Letter from.
11. S. O. GLEASON, M. D.—A Plea for Hunting for Over-worked Brains.
12. WILLIAM E. DODGE—Suggestions from.
13. HENRY HYDE LEE—A Business Man's Suggestions.
14. DIO LEWIS, M. D.—His Advice to his Namesake.
15. FREDERIC BEECHER PERKINS—Suggestions for Brainworkers.
16. JUDGE SAMUEL A. FOOT—His Habits of Study and Work (aged 88).
17. MARK HOPKINS—A few Suggestions to Students.
18. WILLIAM CULLEN BRYANT—How he Conducted his Physical and Intellectual Life.
19. WILLIAM HOWITT—The English Poet, and his Habits from Boyhood to Old Age.
20. REV. JOHN TODD—His Workshop as a means of Recreation.
21. REV. CHAS. CLEVELAND—How he Lived to nearly 100 Years.
22. W. A., M. D.—How to Banish Bad Feelings by Force.
23. SARAH J. HALE—A Letter Written when She was 90.
24. HORACE & MARY MANN—Most valuable Hints from.
25. JULIA E. SMITH—At 88, and How she has Lived.
26. MARY J. STUDLEY, M. D.—On Nervousness in Schoolgirls.
27. ELIZABETH OAKES SMITH—On Headaches.
28. REBECCA B. GLEASON, M. D.—Her Means of Resting the Brain.

These letters are all fresh, and full of most valuable suggestions from men and women who have achieved fame; and to read them is next to sitting and talking with the writers. Not one of these letters but is worth the price of the book. Yet there are 28 of them. The book contains nearly 300 pages, and sells for $1.50.

ADDRESS ALL ORDERS TO

M L. HOLBROOK, M. D., PUBLISHER 13 & 15 LAIGHT ST.

NEW YORK.

Digitized by Google

Drs. Walter's Mountain Park,

OPEN ALL THE YEAR.

All things Considered, the very Best.

WERNERSVILLE, NEAR READING, PA.

For winter treatment of invalids its arrangements are superior to all others; while for summer it is beyond competition. Terms very moderate. Send for new circular.

Address as above, ROBERT WALTER, M. D.

DR. F. WILSON HURD'S

HIGHLAND HYGEIAN HOME,

AT THE DELAWARE WATER GAP,

Address Experiment Mills Post Office, Pa.

SEXUAL PHYSIOLOGY,

A SCIENTIFIC AND POPULAR EXPOSITION OF THE

FUNDAMENTAL PROBLEMS IN SOCIOLOGY.

BY R. T. TRALL, M. D.

This work contains the latest and most important discoveries in the Anatomy and Physiology of the Sexes, explains the Origin of Human Life, how and when Menstruation, Impregnation and Conception occur, giving the laws by which the number and sex of offspring are controlled, and valuable information in regard to the begetting and rearing of beautiful and healthy children. It high-toned and should be read by every family. It contains eighty fine engravings.

PRICE $1 POSTAGE FREE.

M. L. HOLBROOK, 13 & 15 Laight Street, N. Y.

PRE-NATAL

CULTURE

BEING

SUGGESTIONS TO PARENTS

RELATIVE TO

SYSTEMATIC METHODS OF MOLDING THE TENDENCIES OF OFFSPRING BEFORE BIRTH.

BY A. E. NEWTON,

Author of "The Better Way."

"To the well-born child all the virtues are natural, and not painfully acquired."—R. W. EMERSON.

Price 25 Cents.

M. L. HOLBROOK, 13 Laight Street, New York.

MARVELS OF ELECTRICITY.

DR. JEROME KIDDER'S Electro-medical apparatus is of immeasurable value in relieving suffering from Rheumatism, Neuralgia, Swellings, Stiff and Inflamed Joints, Inflammation, Paralysis, Constipation, Want of Tone and Energy, Female Diseases, Prolapsus Uteri, Sciatica etc., and many other complaints too numerous to mention. Address ALBERT KIDDER & CO., 820 Broadway, New York City.

Mention HERALD OF HEALTH.

THE DIET CURE;

The Relations of Food and Drink to Health, Disease, and Cure.

By T. L. NICHOLS, M. D.,

Editor of the London Herald of Health.

The title of the twenty four chapters of "The Diet Cure" are—

Health—Food—Water—Blood—The Natural Food of Man—Disease—Prevention and Cure—The Question of Quantity—The Question of Quality—Principles of the Diet Cure—Medical Opinions on the Diet Cure—Of Diet in Acute, Scrofulous, and Nervous Diseases—The Diet Cure in Obesity—Vis Medicatrix Naturæ—The Diet Cure in Various Diseases—The Water Cure—Waste of Life—The Life of the Race—The Population Question—Some Practical Illustrations—Air and Exercise—Of Psychic Force—National Health and Wealth—Personal Advice.

There have been, from Hippocrates to Dr Gull, many sensible physicians, and some of the best of them are quoted in "The Diet Cure," which teaches that pure food makes pure blood, and pure blood builds up a healthy body.

This book is handsomely printed, bound in cloth and will be sent by mail for fifty cents.

M. L. HOLBROOK, Publisher,
13 & 15 Laight St., New York.

Digitized by Google



SOZODONT!

This REMARKABLE DENTIFRICE may be described as a **Pure, Transparent Liquid, DELIGHTFULLY PERFUMED**, a few drops of which applied to the tooth-brush and rubbed on the teeth produces a most agreeable foam, which penetrates the interstices of the teeth, and cleanses the mouth in a **refreshing** and pleasant manner. **Discolored teeth** are rendered white by its use. **The Breath** derives **fragrance** from its aroma. It prevents and arrests dental decay. **The Gums** become rosier and harder under its operation, and sensation of perfect cleanliness of the teeth and mouth is produced. A bottle of **SOZODONT** will last 4 to 6 months, so that it is an exceedingly **economical** and **inexpensive** dentifrice. Purchasers are also asked to note the size and the fluid capacity of the bottle, and particularly to remember that, unlike tooth powders and tooth pastes, there is no waste—half a dozen persons may use from the same bottle.

SOLD BY ALL DRUGGISTS.

REST HAVEN; THE NEW HEALTH RESORT AND SANITARIUM.

For Circular and Sample of LIFE AND HEALTH,

Address T. F. HICKS, M. D., Collegeville, Pa., near Philadel



For Health, Comfort and Elegance of Form,
MADAM FOY'S IMPROVED
CORSET
SKIRT SUPPORTER,
☞ **IS NOT EXCELLED.** ☜

Recent improvements add much to its already extensive popularity. Sample by mail, $1 50. For sale by all leading jobbers and retailers. Manufactured only by

FOY, HARMON & CO.,
NEW HAVEN, CONN.



A NEW GRAND ORGAN

20 BEAUTIFUL & USEFUL STOPS,

10 FULL OCTAVES OF REEDS,

Before you buy get special offer for Spring and Summer from MARCHAL & SMITH, 8 W. 11th St., N.Y.

NEW MUSIC.

47 Choice Pieces with Complete Words and Music for only 18 Cents.

The usual price of such music is **35** cts. per piece, at that price the above **47 pieces** would cost **$17**, the high cost of music is due to the few pieces sold of each piece, and the large discount made to dealers. In order to introduce our **music** into every household we will send **47 pieces** of our *latest and best Music* consisting of **Songs, Ballads, Duets, Waltzes, Gallops, Polkas, Transcriptures, &c., &c.,** by the best American and foreign composers, for only **18 cents** (or 6 three cent postage stamps) *Elegantly Printed, Full Music Size.* Satisfaction guaranteed or money refunded. **TRACY & CO., 282 Washington, St., Boston, Mass.**

"THE MOUNTAIN HOME"

This old and well-established Sanitarium 1.000 feet above tide water at Philadelphia, is open for the reception of such as desire to avail themselves of a first class institution for the recovery of lost health etc.

For particulars, address for circular.

DRS. WENRICH & DEPPEN.

Wernersville, Penn.

DR. FAIRCHILD'S HYGEIAN AND MOVEMENT CURE.

537 Broadway, N W. cor. B'way & 6th.
QUINCY, ILL.

Unequaled facilities for treatment of chronic cases. Send for Circular.

M. AUGUSTA FAIRCHILD, M. D.
tf Physician and Proprietor.

DR. TRAER'S HYGIENIC INSTITUTE AND MOVEMENT CURE,

VINTON, IOWA.

A charming place to spend the summer months. Board with or without medical attendance. All the various baths, Turkish, Electric, Water, etc. Swedish Movements. Terms reasonable. Circulars free. Address

DR. U. E. TRAER, Vinton, Iowa. Box 57

THE DIETETIC REFORMER AND Vegetarian Messenger.

An English publication of thirty-two pages, will be furnished for $1 a year by

M. L. HOLBROOK, 13 & 15 Laight St., N. Y.

PATENTS!

L. DEANE, 515 7th St., Washington, D. C. formerly Principal Examiner in United States Patent Office, attends to all business before Patent Office and the Courts, and charges fair rates for services. Letters, with stamp, promptly answered.

DR. VAIL'S HYGIENIC & REMEDIAL INSTITUTE

is at Manhattan, Kansas. Send for circular to

W. F. VAIL.

Digitized by Google

ALWAYS AT THE FRONT

BEATTY'S ORGANS, UNRIVALLED! $65



THE "LONDON,"

New Style No. 5,000.

18 Useful Stops.

(1) Diapason Forte.
(2) **SUB-BASS.**
(3) Principal Forte.
(4) Dulcet.
(5) Diapason.
(6) **GRAND ORGAN.**
(7) Æolian.
(8) **VOX HUMANA.**
(9) Echo.
(10) Dulciana.
(11) Clarionet.
(12) **VOX CELESTE.**
(13) Flute Forte.
(14) **OCT COUPLER.**
(15) Bourdon.
(16) **French Horn Solo.**
(17) Right Knee Stop.
(18) **Grand Knee Stop.**

(19) *Beatty's New Patent*
STOP ACTION.

IMPORTANT NOTICE. On April 1st, and until Sept. 30, 1881, "London." New Style No. 5000, will contain 5 full sets reeds, 18 stops (as described herewith), instead of 4 sets 14 stops as formerly. ☞This is special, and made solely as a *Mid-Summer Holiday Offer.*

I defy Competition

It contains five octaves, five full sets of the Celebrated Golden Tongue Reeds, as follows : 2 sets of 2⅔ Oct. each, regulars, 1 set powerful SUB-Bass, 1 set FRENCH HORN, also 1 set VOX CELESTE----**5 FULL SETS IN ALL.** Two knee stops, handles, lamp-stands, pocket for music, Solid Black Walnut Case, carved, veneered, extra large Fancy Top, as shown in the accompanying picture. ☞It is a very **Stylish Case.** Upright bellows, Steel springs, metal foot-plates, rollers for moving &c. **Height, 72 in.; Depth, 24 in. ; Length, 46 in.; Weight, 400 lbs.**

☞Price boxed delivered on cars here, stool, book, music only **$65**

☞**It is Unequaled!**

PIANOS 7⅓ Octaves, Magnificent Rosewood Case $173.75

beautifully carved legs and Lyre, full overstrung bass, improved iron frame, agraffe treble, grand French action, etc.; in fact, it contains all the latest improvements. Stool, Book, Sheet Music. Sent on test trial to all parts of the world, boxed and delivered on board cars here, for only

☞**Organs, Church, Chapel, and Parlor, $30 to $1,000, 2 to 32 Stops. Baby Organs, only $15 Splendid New Organs, 4 Full Sets Reeds, For $48. The "Paris" Offered for $85, a Magnificent Instrument.** Other desirable new styles now ready. ☞**Pianos**, Grand, Square and Upright, $125 to $1,600.

☞**REMIT** by Post Office Money Orders, Express prepaid, Bank Draft or by a registered letter Money Refunded and freight charges will be paid both ways by me if the instrument is not *just as represented.* P'ease send reference if you do not remit with order. ☞*Be Sure to send for Latest Illustrated Catalogue, "Beatty's Quarterly," Mid-Summer Holiday Circulars, &c., SENT FREE.*

Address or call upon DANIEL F. BEATTY, Washington, New Jersey.

---

50 Cards. Chromo, Motto, Roses, etc. all new style, name on 10c. Agt's samples 10c. G. A. Spring, Northford, Ct.

A KEY THAT WILL WIND ANY WATCH. **AND NOT WEAR OUT.**

SOLD by Watchmakers. By mail, 30 cts. Circulars FREE. J. S. BIRCH & CO., 38 Dey St., N.Y.

PRINTING PRESSES



from **75** cents to **$200.** Circulars free. Specimen Book of Type, **10** cents. **55** kinds of cards, **10** cents.

JOSEPH WATSON,
19 Murray Street, New York.

Digitized by Google

GOLD MEDAL, PARIS, 1878.



BAKER'S
CHOCOLATE,

The standard for a Century. This Chocolate is made from the choicest Cocoa, carefully selected and prepared. It is the best preparation of plain Chocolate in the market for family use.

Sold by Grocers everywhere.

W. BAKER & CO.,

Dorchester, Mass.

GOLD MEDAL, PARIS, 1878.



BAKER'S
Vanilla Chocolate,

Like all our chocolates, is prepared with the greatest care, and consists of a superior quality of cocoa and sugar, flavored with pure vanilla bean. Served as a drink or eaten dry as confectionery, it is a delicious article, and is highly recommended by tourists.

Sold by Grocers everywhere.

W. BAKER & CO.,

Dorchester, Mass.



COLUMBIA BICYCLE.

The permanence of the Bicycle as a practical road vehicle is an acknowledged fact, and thousands of riders are daily enjoying the delightful and health-giving exercise. The

"COLUMBIAS"

are carefully finished in every particular, and are confidently guaranteed as the best value for the money attained in a Bicycle. Send 3 cents for catalogue with price-lists and full information.

THE POPE M'F'G CO.

131 Washington Street,

Boston, Mass

FANCY CARDS

For Collectors, Printers, Card Dealers and Advertisers. Samples of 55 series, with price per set, 100 and 1,000, plain and printed, sent to any address for 50 cents, stamps or money, which will be refunded on return of the samples. Catalogue and twelve samples for two 3 cent stamps. Also, by the dozen, no two alike, at 5, 10, 15, 20, 25, 30, 35, 40, 45, 50 and 60 cents a dozen. Card albums, all prices, from $1.25 to $3.0. Card Wafers, 500 for 20 cents. *Trifet's Monthly*, size of N. Y. Weekly, one year, and 100 cards, all different, $1.00.

F. F. TRIFET, 23 School st., Boston, Mass.



UNDER THE FORM OF A JELLY CALLED VASELINE, PETROLEUM IS GIVEN TO MEDICINE AND PHARMACY IN AN ABSOLUTELY PURE, HIGHLY CONCENTRATED, AND UNOBJECTIONABLE SHAPE. ALL ACIDS, ODORS, TASTE, COLOR, AND OTHER IMPURITIES, WHICH HAVE HITHERTO PREVENTED THE USE OF PETROLEUM IN MEDICINE, ARE ENTIRELY ELIMINATED, AND THE VASELINE IS AS HARMLESS AND DELIGHTFUL TO USE AS CREAM.

The most valuable family remedy known for the treatment of wounds, burns, sores, cuts, skin diseases, rheumatism, chilblains, catarrh, hemorrhoids, etc. Also for coughs, colds, sore throat, croup and diphtheria, etc. It has received the unanimous endorsement of the Medical Press and Profession, Scientists and Journals of all characters throughout the world, as being the Best Remedy Known.

As an emollient, Vaseline is superior to any other substance yet discovered. Its marvellous healing and restoring qualities excel everything else, and it is rapidly taking the place on the toilet-table, to the exclusion of the various complexion powders, pomades, cosmetics, and other compounds. It will keep the skin clearer, softer, and smoother than any cosmetic ever invented, and will preserve the youthful beauty and freshness of the healthy complexion.

POMADE VASELINE.—WILL CURE DANDRUFF AND MAKE THE HAIR GROW WHEN NOTHING ELSE WILL. **25, 50** CENTS AND **$1.00**

VASELINE COLD CREAM.—FOR IRRITATIONS OF THE SKIN, CHAFING OF INFANTS, FOR THE COMPLEXION, CHAPPED HANDS, &c., &c., &c. **25** AND **50** CENTS.

VASELINE CAMPHOR ICE.—FOR PIMPLES, BLOTCHES, &c., **25** CENTS.

VASELINE TOILET SOAP.—EMOLLIENT, BLAND, ANTISEPTIC (EXCELS ALL TOILET SOAPS).

COLGATE & Co. will supply these articles, if you cannot obtain them of your Druggist. None Genuine except in original packages.

Grand Medals at Philadelphia and Paris Expositions. Medal of Progress by American Institute.

Digitized by Google