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THE
HERALD OF HEALTH.

JULY, 1881.

OUR COMMON SLIGHT AILMENTS—THEIR PREVENTION AND CURE.

BY THE EDITOR.

RHEUMATISM—ITS TREATMENT.

WE now come to the treatment of rheumatism. Though, as was stated in a former article, this is not a dangerous disease, yet it is often difficult to cure, and especially is this the case by the old methods. It may as well be stated here, that according to our own observation, and that of many of the highest authorities, medicines taken internally are of little avail, and doctors who have no other methods are hardly likely to succeed in any but the mildest cases. Nature may in time accomplish the work, and they may get the credit which is not due to them. In a town not far from New York, where there is much of this disease, one of the prominent physicians there informed us that he had a long list of remedies, and when he had a case he began with one and used it a while, and then went on to another and another, till he had gone through the whole list, unless fortunately the patient recovered before—which he rarely did. This doctor believes there is no drug remedy for rheumatism—and boldly tells his patients so. Ziemesen's great encyclopedia of practical medicine, one of the most recent authorities on medical practice, says: "that rheumatism is not a constitutional but a local disease; and this being the case it is useless to try to treat it with internal remedies." The thousands of patients everywhere with chronic rheumatism attest the truth of these statements.

Is there then no remedy for a malady which cripples thousands and makes their lives miserable? In our opinion very much can be done by hygiene, and such remedies as may be termed hygienic. We will speak only of the subacute and chronic varieties, and not of acute or inflammatory rheumatism, which is a more severe and dangerous matter. The most important thing to do in such cases is to attend to the general health, and to avoid as far as possible those causes which have been enumerated in a previous article. Then comes the various methods of treatment which we will now enumerate.

1. The first is the Diet Cure. The London Times recently had an article on the diet cure for rheumatism, which attracted a great deal of attention in that country, and especially among physicians. The author advocated an exclusive vegetable diet. The prescription amounted to this: "Cut off your flesh food. Take oranges and other fruits freely, with best brown bread, celery and other vegetables at every meal, and the disease will, if you are reasonably careful and prudent, disappear, and you will again become active and strong."

This is the bill of fare which this English writer lays down:

Bean soup, tomatoes, baked, boiled, fried, or made with a gravy and eaten on toasted bread. Celery cooked or raw. This latter he thinks has a spe-

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cial influence in the cure of rheumatism. He says:

"Celery cooked, is a very fine dish, both as nutriment and as a purifier of the blood. I will not enumerate the marvelous cures I have made with celery, for fear the medical men should, like the corn dealers, attempt to worry me. Let me fearlessly say that rheumatism is impossible on such diet, and yet our medical men in 1876 allowed rheumatism to kill 3,640 human beings, every case as unnecessary as a dirty face. Worse still, of the 30,481 registered as dying from heart disease, at least two-thirds of these are due directly, more or less, to rheumatism and its ally, gout. What a trifle is small-pox, with its 2,408 deaths, alongside a slayer of over 20,000 human beings annually. Yet rheumatism may be put aside for ever by simply obeying Nature's laws in diet.

"Look again at this rheumatism and the havoc it plays with our army. On some foreign stations ten per cent. of our soldiers are incapacitated by it. At home the invalids from this scourge have been as high as 94 in the 1,000, as stated in the Army Medical Report of 1871. And yet no one takes it to heart. If it were small-pox—a contagious disease—what a fuss would be made of vaccination and re-vaccination, or of some charm as good as pills against an earthquake! Plainly let me say, cold or damp never produces rheumatism, but simply develops it. The acid blood is the primary cause and sustaining power of the evil. While the blood is alkaline there can be no rheumatism and equally no gout.

"But to return to cooked celery. Cut the celery into inch dice; boil in water until soft. (No water must be poured away unless drunk by the invalid.) Then take new milk, slightly thicken with flour, and flavor with nutmeg; warm with the celery in the saucepan; serve up with diamonds of toasted bread on a round dish, and eat with potatoes."

Then oatmeal, peameal and rice all come in as a part of the diet cure for rheumatism. It is certainly a tempting diet, and worth trying. It might not suit every one, but if it suited half the cases it would certainly do a great deal of good. The same author has some more to say on this subject, which will interest our readers. He adds:

"Dr. Lambe, after a career of remarkable success as a physician, disgusted at the charlatanry of the medical profession, threw it all up and retired from London to Warwick. Here he continued to treat all who applied to him gratis, curing them of their ailments, as far as possible by man, by the peculiar regimen of a vegetable diet and distilled water. Of course, he is now no authority with those who use boluses, blisters, lancets, and purgatives. But I can quote from a living physician, the author of the best modern book on food and dietetics—defective as it may be in a few points—a full defence of my heresy, in placing diet above drugs in a number of blood and nerve diseases: 'Indeed, it is not too much to say that there is usually more to be done by proper dieting than by the agency of drugs; and without some attention to dietetics, drugs will rarely be found efficacious in affording relief.' (P. 504, 'A Treatise on Food and Dietetics, Physiologically and Therapeutically Considered.' By F. W. Pavy, M. D., F. R. S., etc.) The same book (p. 449) fully justifies my statement that a vegetable and fruit diet quickly cures all the evils of rheumatism and gout: 'There is a well-known augmentation in urea, etc., produced by the ingestion of animal food, and, at the same time, an increase in the sulphates and phosphates. The reaction of the urine is also modified. Under an animal diet it is strongly acid, while a vegetable diet disposes to alkalinity.' Again (p. 490), Cullen remarked that 'gout seldom attacks persons employed in constant bodily labor, or those who live principally upon vegetable diet.'" It would be easy with leisure to multiply such proofs to any extent. I go now a stage further, and assert, in the words of an eminent professor of medicine, that 'the present system of medicine is a reproach to the name of science, while its professors give evidence of an almost total ignorance of the nature

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and proper treatment of disease. Nine times out of ten our miscalled remedies are absolutely injurious to our patients, suffering under diseases of whose real character and cause we are most culpably ignorant.'" (Professor Jamieson, Edinburgh.)

"Among the heap unanswered before me, I have a letter from a gentleman in one of our western towns, evidently suffering from rheumatic arthritis. He says of doctor after doctor, that they look as learned as owls and shake their heads and say, 'I fear I cannot do anything." Then draw a fee and try. Then the patient says he is no better, and declines to see them again. Talk of laymen! An old woman selling oranges would be of more use to this sufferer than a score of such medical men.

"It is not easy, indeed scarcely possible, to exaggerate the effects of rheumatism. It is credited in the Registrar's Report (for 1876) with killing 3,640 human beings; but these figures, large as they are, are but a trifle to the whole sum of the evil. Heart disease kills 30,481, and, beyond controversy, rheumatism and its allied evil, gout, produce two-thirds of these deaths. Certainly these 25,000 deaths, at least, are the result of the fearfully erroneous diet of Englishmen. The origin of rheumatism is as obscure to most people as the origin of scarlet fever.

"There is a ready, though delusive, excuse for rheumatism, rheumatic fever, and rheumatic arthritis. It is attributed to wet, or damp, or to a cold. Now neither wettings, or dampness, or a cold can produce rheumatic fever or rheumatic sufferings. The blood must first be acid. Nature struggles with the evil, and throws off the acid with the perspiration, which is strong enough to dissolve gold, as the black mark on a lady's neck under her gold chain testifies. But at last a chill comes from a wetting, or a rushing from a heated room and standing or riding in the air at a low temperature, and there is no escape for the acid from the blood, and then a fever burns within, and probably a weakness is set up that nothing ever removes."

Another remedy for rheumatism is the bath. In our experience, and it has been large, the Turkish bath rightly used is an admirable aid to the cure of this disease. We could fill these pages with cases, if need be, of persons benefitted and cured by this means. If we accept the theory that the disease is caused by acid in the blood, produced by bad food, imperfect digestion, and an imperfect action of the skin, then it is perfectly reasonable that the Turkish bath should aid in its cure, for the heat, so to say, opens the pores of the skin, and sweats out this excess of acid at a rapid rate, while the rubbing, shampooing, etc., render the joints supple, reduces inflammations and swellings, and gradually restores health. The bath must, however, be used rightly. Little good is accomplished by an occasional bath. It must be followed up as closely as the strength will permit, and the strictest orders of the physician, skilled in its use, obeyed. Where one is so situated that he is not able to take the bath, very much may be done by the use of the hand bath in tepid water in a warm room, with abundant friction, and kneading of the whole body, after which rest must be taken. Many cases could be cured by such means alone, but there are other cases of a subacute kind so bad that all efforts at self-treatment are of little use.

In those cases, when the joints are affected, in addition to all this, electricity is also a most valuable adjunct. It, too, must be applied skillfully to produce its best effects. It is a pity there are not more persons in every town skilled in the use of electricity, for it is one of the best remedies for certain diseases known.

Sunshine as a remedy for rheumatism must not be forgotten. We all know that a change from a cold, damp, to a warm, dry atmosphere often proves most serviceable in this disease. The warm, dry air stimulates the skin to greater activity, and this organ then, no doubt, throws off those poisonous products of transformation of tissue and imperfect assimilation, and the relief from it is very great. In many

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cases a perfect cure results from this alone. But it is not always convenient to leave one's home in such cases, and so the sun bath may be used as a partial substitute for a change of climate, during a portion of the year at least. It may not be generally known that a person may produce a considerable sweating by lying with the skin exposed to the sun for an hour even in the month of November. Of course the patient should be in a room, and the sun let shine on the body only from the neck down. It may come through a large open or closed—according to the heat—window exposed to the south. The body must be protected from currents of air. There is a little danger to the inexperienced in taking a sun bath by sunburning the skin. This is avoided by oiling the body first, and gradually accustoming ones-self to its rays. Care most be taken not to overdo the bath at first, or injury will result. The temperature of the body may be raised two or three degrees in an hour, and a delightful feeling of comfort had by managing just right. By wrong management great discomfort may be produced. The head, as said before, must be protected from the sun's rays. In summer, when on the seaside, rheumatic patients are often improved by lying covered up in the hot sand during a part of the day.

Systematic exercise, when the patient is able, is a valuable remedy for some of the slighter forms of rheumatism, and perhaps nothing will serve this purpose better then the Lifting Cure, especially if judiciously administered. It should be on a good machine, which will give a strong action, and where the weight may be adjusted very finely. Not all cases are suitable for this treatment, but usually those which are able to be about at their work with slight inconvenience, and those where the inflammatory condition is slight, are slowly but surely improved.

We will mention only one other remedy which has proved valuable in several difficult cases, and which is certainly founded on scientific principles. It is a method used by Dr. A. F. Jones, of Brooklyn, and named by him the Vacuum Cure, though we must confess the name never seemed very appropriate. The method consists in placing the body in a box, with the head outside. A rubber hood is placed over the head, having the face out, and closely fitted to the top of the box so no air can enter. Now, by means of an air-pump a small quantity of air is drawn from the box, and thus a difference of atmospheric pressure is established between the inside and outside air. This causes the blood to circulate vigorously in the extremities, in the skin, and in all those organs where circulation is defective. It is in reality the cupping of the entire body except the feet at once; but it is done so gently that no injury is done.

We have now given our readers some of the principle hygienic remedies for rheumatism. In some cases one is best, and in some another. Some can receive immediate benefit, others require months to cure. Some cases are incurable.

Sometimes this disease goes on to such an extent that the joints of the bones and feet seriously become deformed. After this, little can be done more than to alleviate, and this is also the case when they have become stiff and immovable, by bony matter being deposited in the fibrous tissue, formed from the serum poured into the cavities of the joints. More might be said on this subject, but space forbids. We advise all suffering from the disease to study its nature, causes and hygienic cure, rather than to trust to medicines, which so far in most cases have signally failed.

VISIBLE IMPROVEMENT.—A hundred women of to-day weigh more than the same number in the same class half a century ago. They are less angular, more rotund, more cheerful and hopeful in expression. It is clear that they eat better food, and digest it easier. Their dress, with all its errors, is in closer relation to hygienic law, and is yearly improving. If the same progress is continued for another century the results would amaze us if we could be here to witness it.

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THE TEETH AND THEIR RELATION TO HEALTH.

BY R. M. T.

THE relations of the teeth to the health of the human system are by no means understood by the public as they should be. The teeth are, in fact, regarded by some folks as organs which, while they serve a good purpose, are very prone to ache, and are about as much trouble as they are worth. The readiness which some members of the working classes especially show to have their teeth pulled out on the slightest provocation, suggests the idea that these useful organs are regarded by them as enemies rather than friends. Just as Dickens's hangman could not see that man is fit for something much better than hanging, so they fail to realize that teeth are fit for something much better than being pulled out, even if they are somewhat decayed.

Pain is not a curse—it is a blessing. It is a stupid blunder to suppose that human life without pain would be possible in a world like this, if even Adam had never listened to the seductive charms of Eve when she had a rosy apple in her hand, and if even Eve had failed to give way to the temptation of a wily serpent. It is a fortunate thing for us that if we put our limbs into the fire pain is the result, that if we allow our hands or legs to be mutilated pain follows, and that if we, by our habits, injure our internal organs we experience pain. The true foundation of the healing art is to ascertain in all cases of disease, first, what is the cause which must be removed; then the practitioner may turn his attention to the removal of the temporary irregularity. This is the rational method of treatment in all disorders, small and large, and layman and physician follow it.

Toothache, which has beendenounced from Burns downward—and from Burns upward—is but the voice of Nature in her resentment of unfair treatment. Toothache comes from decay. Both the ache and the decay are abnormal. Teeth are made to last as long as they are needed for the purpose of mastication. They would no more decay if they were properly treated than would the bones of the leg or arm.

We do not pretend to possess a recipe for preserving the teeth in perfect soundness. All that can be done by us is to recommend naturalness in our mode of living, and care in the treatment of our teeth. A student of human physiology and hygiene, with a littl smattering of chemistry, may easily see how intimately connected are the teeth with the general condition of the system. It is very common for people who know little of either three of these subjects, to say that they believe decay of the teeth is caused by some irregularity in the stomach. Their idea is crude, but it possesses a little truth. Unfortunately, however, they let the matter stop there, assuming that the relations of the teeth to the stomach are too occult for them to understand. All they do is to watch helplessly the ravages their stomach works on the pearls of their mouths. The mass of people are taught nothing of hygiene. They do not know that they can, by carefulness in diet, prevent their stomach from harming any other organs of the body; much less do they know in what direction that carefuless should be exercised.

It is not necessary to attempt to set forth at any length the reasons why we should seek to keep our teeth from decaying. To merely state the most obvious reasons will be sufficient. In the first place, a perfect set of natural teeth are very desirable for the sake of one's personal appearance. Second, teeth in perfect order never trouble anyone by aching. and third, they are indispensable for a perfect and thorough mastication of food. No one can estimate the misery in the shape of dyspepsia and its attendant evils, which have resulted from bad teeth. Pages, volumes might be written about this, but we leave it to the imagination of the reader.

There are those who assert that decay of the teeth is the result entirely of the action of external chemical

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agents. While these agents may be a frequent cause of tooth decay, others are inclined to the opinion that it is often produced, or at least induced, by internal or constitutional irregularities or weaknesses. An impaired vitality and a lack of food of a nature which contains such nutriment as the teeth demand, contribute to caries of the teeth. It is stated that people inhabiting limestone regions have more perfect bones and teeth than those living elsewhere. This undoubtedly is partly because fruit and vegetables of these regions take up and reserve more lime in their development and growth than elsewhere, and this lime element is valuable in maintaining the vitality of the masticatory organs. On the other hand, some external chemical agents are very active in their work of devastation among the teeth. Vitiated saliva, putrescent particles of food lodged between the teeth or in their interstices, depositions of tartar, a febrile or irritable state of the body, too great pressure of the teeth against each other, and everything that produces irritation of the gums, tend to produce caries of the teeth.

To prevent decay of the teeth it is necessary that they be kept clean, and that the general system be maintained in a state of health. It is impossible for one organ to suffer without the whole body suffering with it, but between some organs there is special reciprocity. This special sympathy may be said to exist between the stomach and the teeth. If the former is in an unhealthy state, the latter are open to the most hurtful chemical influences therefrom. Vitiated saliva and vitiated breath work irreparable ravages on the teeth. And again, if the teeth are in bad condition, the food is insufficiently masticated, and the stomach first suffers, and then the whole body with it. This leads us to the conclusion that to keep the teeth in a cleanly condition, to follow the laws of health, to eat only such food as is best adapted for the needs of the body, to avoid excess—in short to avoid everything that would lead to any functional derangement, is the only course which can be followed to secure perfect health in the mouth.

So far we have sought to be practical in pointing out the way to avoid decay of the teeth. But a great majority of people—perhaps nine out of ten, if not a much larger proportion—have had their teeth already attacked by caries. What, they may ask, are they to do to prevent further decay? Shall they have every carious tooth extracted and a bran-new set of teeth (made of porcelain and gold, or porcelain and rubber, or celluloid, as the case may be) put in? Shade of barbarism—No! Advanced as dentistry may be, and artistic as false dentures are made to-day, the natural teeth, are, to state it mildly, far preferable to false. There is something revolting, something ghastly in the idea of removing all one's teeth, and putting in the mouth a "plate," on which are fixed pieces of porcelain to serve, and that inefficiently, the purpose of natural teeth. Unfortunately we are not, as a people, nearly as careful as we should be in what we put into our mouths. Nor have we a very strong antipathy for artificial things. So, after all, there is not much wonder that a people who will chew tobacco, eat meat that is "high," and other equally mal-odorous abominations, should not object to part with their own teeth, and have such foreign matter as a new set take up their permanent abode in the mouth. Let it not be supposed that I would advise a person who has lost his teeth to ever after go toothless and not patronize the mechanical part of dentistry. What I denounce is the extraction of teeth, and the idea that a false set is nearly, if not quite, equal to natural teeth. It might, perhaps, be saying too much to aver that pincers should never be used, and that under no circumstances should a tooth be extracted. Sometimes in childrens' mouths, the teeth are in a very crowded state, and some pruning is necessary. But there are few teeth in the mouths of adults, if even they are badly decayed, that are bad enough for extraction. They may be mere shells, everything being gone but the enamel, but these shells can generally be built up with gold or some other fill-

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ing material, thus making far better and more serviceable teeth than those of a wholly artificial character would be.

To those troubled with carious teeth we would say—go to some good and reliable dentist, and give him a *carte blanche*. If he says he cannot save this tooth or that, the patient may with tolerable safety come to the conclusion that he is not a good dentist, and, if he knows his business, is not conscientiously striving to do his duty. The way to save teeth which are beginning to decay, or which are very much decayed, even, need not be given in detail here. It can be left to the dentist, when the reader has found one in whom he can place confidence. It is sufficient to say that in most cases decay can be arrested by removing all the decayed matter, and by the insertion of proper filling material. Having had the operation properly performed, let the patient exercise the utmost care with his teeth, keeping them in a cleanly and healthy condition. Let him remember that a healthy denture is indispensable to health of the general system, and therefore demands constant and careful attention.

EDUCATING CHILDREN.

FAITH ROCHESTER, one of the brightest of writers on domestic hygiene, says in the Laws of Life. "Every child should be taught to regard the care of health as a religious duty. If children are careless of the laws of health it may be well to remind them sometimes that their sins are pretty sure to be 'visited upon the children,' and to point out instances of inherited tendencies. It cannot harm them to learn early that in this respect at least 'no one liveth to himself alone, and that it is our duty to society or to the human race, to make the most of ourselves, body and soul. Very few enter into marriage with any realization of the responsibility they are under to help on the progress of the race toward universal health and 'peace and goodwill among men.' I wish our children could be made to realize something of this responsibility while quite young, and their instincts would at length feel the educating influence of it so that they would not be likely to 'fall in love' on the wrong side or in the wrong direction. A girl who knows the power of alcohol, or who understands the effects of tobacco, will not be likely to love a man who is a victim of either. If she has learned of scrofula in its various forms and disguises, she will keep clear of that. If she learns something of the causes of hysteria and insanity she may also learn new reasons why she should practice self-control and moderation.

"To educate a girl for the best motherhood, give her the best possible intellectual development; not stuffing, not mere knowledge, but conditions for intellectual growth and strength, cultivating a love for knowledge and a delight in mental work and achievement. This, of course, should be well balanced by physical development and the before-mentioned sense of responsibility for health. I never could see why a mother of boys and girls should not have the broadest and most thorough mental culture that would fit her case as a woman. For she is first and always a woman. As a mother, there is no telling what especial knowledge may come into use on this or that occasion; and if the knowledge has been properly acquired (each day's portion duly digested and assimilated) the power remains which that process of learning has given, though the knowledge itself may become dim. I heard a little girl say not long ago, 'I shall study Greek and Latin, so that I can tell my children what words come from.' She said this because it made her so happy to hear her own mother (from 'over the wash-tub' perhaps, for they were very poor) able to tell her the definition and derivation of words.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

A HEALTHY GIRL.

She stood breast high amid the corn,
Clasped by the golden light of morn,
Like the sweetheart of the Sun,
Who many a glowing kiss had won.

On her cheek an autumn flush
Deeply ripened; such a blush
In the midst of brown was born,
Like red poppies grown with corn.

Round her eyes her tresses fell;
Which were blackest none could tell;
But long lashes veiled a light
That had else been all too bright.

And her hat, with shady brim,
Made her tressy forehead dim;
Thus she stood amid the stooks,
Praising God with sweetest looks.

THE KINGCRAFT OF LOVE.

A king would try His servants on a day,
And, none suspecting, in the street was seen
A mendicant of most unroyal mien,
Who with no empty wallet passed away.

One, offering all he had, went poor for him;
One gave him silver, though he carried gold;
One gave him a godspeed; and one was bold
To throw him coins debased and clipped of rim.

But when the king returned in robe and crown,
He that went poor was only poor a day,
But whoso stinted him, or said him nay,
He entered knight, but left the presence clown.

Love leaves his court to look for lovers true,
And, masked himself, unmasks his retinue.

Temple Bar.

HOPE.

What is hope? A smiling rainbow
Children follow through the wet;
'Tis not here—still yonder, yonder;
Never urchin found it yet.

What is life? A thawing iceboard
On a sea with sunny shore:
Gay we sail, it melts beneath us;
We are sunk and seen no more.

What is man? A foolish baby:
Vainly strives, and fights, and frets:
Demanding all, deserving nothing,
One small grave is what he gets.

Thomas Carlyle.

HYPOCRISY.

Oh! that in England there might be
A duty on hypocrisy!
A tax on humbug, an excise
On solemn plausibilities;
A stamp on everything that's canted!
No millions more, if these were granted,
Henceforward would be raised or wanted.

Henry Luttrell.

TO THE BOYS OF OUR COUNTRY.

Come boys! take the floor—stand up manly and true,
And tell me just what you are going to do;
The world never notices much how you're dressed,
If it sees you are clean, it excuses the rest;
But it gives careful heed to your actions and talk,
And sees just the path you are going to walk.

Two roads lie before you. The one at your right
Has manhood and honor, all plainly in sight,
The other grows darker each step that you go,
Where sin, crime and punishment leads you to woe.
You do not want that, with the shame and disgrace,
To cloud your fair brow, and disfigure your face.

What are mouths made for? You think you can tell,
And answer the question both quickly and well.
They ought to be clean, for your food and your drink,
And clean, for clean words—isn't that what you think?
And teeth are so pretty, they ought to be white
And always kept clean, or else kept out of sight.

Your mouths should be clean, and be fit for a kiss
From your aunt, or your mother, or dear little sis;
So don't use tobacco, for often it leads
To the road on the left, with bad boys and bad deeds,
And makes people think, as a general rule.
A boy needs no dunce-cap to show he's a fool.

Now school is dismissed. Though your numbers are great,
I claim you all mine from each county and state;
Stand firm in your places—brave, honest and true!
For the hopes of our country are centered in you—
Remember my lesson! and heed what I say!
And come at the roll-call of company A.

Anna Linden.

THE TRUE FRIEND.

(FROM THE PERSIAN.)

The wrong he would not have you do,
The right incite you to pursue;
Your shame he fain would seek to hide,
Your honor spread both far and wide;
Your struggles he his own would make,
In evil times would ne'er forsake:
By all these signs—of truth the test—
You know the friend who loves you best.

Ellen M. Mitchell

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EDITORIAL DEPARTMENT.



NEW YORK, JULY, 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.

DEALING VEGETARIANISM A BLOW.—Several newspapers affirm that Prof. Virchow, of Berlin, has lately dealt vegetarianism a blow. "He has shown," we are informed, "as the result of anatomical inquiries, that not only man, but such animals as the gorilla, nearly allied to him in the scale of being are indisputably fitted to be omnivorous." Let not our readers imagine that Prof. Virchow's broadside has silenced vegetarianism, or has dismantled its guns. We do not meet the Professor by styling him an ignoramus, for he is not that. He is a very learned man, and, in his particular sphere, stands in the front rank of the world's scientific men. We prefer to meet his conclusions on the basis of practice. Which is the better, the more healthful mode of living? Let a man give vegetarianism a fair trial (observe we say a fair trial) and we care not whether he be a navvy or a scholar, he will, if conscientious, report favorably concerning it. But it must be remembered, too, that scientific men of equal caliber to Virchow have come to the conclusion that man's teeth, intestines and digestive apparatus point to his being naturally a vegetarian. The testimony of these men deserves to be set by the side of that of the great German Professor, and we think he will be outweighed. Let us assume with Virchow for a moment that man is apparently fitted to be omnivorous, and at the same time let us assume the truth of the evolution theory, which the scientific men of to day are adopting more or less enthusiastically. We have the man, then, of to-day as a being developed out of a lower form of life, still developing, still improving and stretching forth to some ideal of which he is unconscious. This animal, man, is showing a laudable tendency to control his body by his mind; to settle his disputes, not as dogs, tigers, or lions settle theirs; but by reasoning, and according to certain rules which in his judgment are equitable. He is striving to crush the animal part of his nature by the mental—to rule matter by the force of mind. The more observant of these human animals see that fierce beasts subsist on flesh; those of a milder nature on vegetable food. Lions and tigers are ferocious. They possess prominently, the very traits which man as he develops, feels he wants not to possess. The sheep, cow and horse, which do not eat flesh, lack pugnacious ferocity, and possess traits of meekness, patience and good-temper. Man seeing these peculiarities, and drawing his conclusions therefrom, diminishes his daily quota of flesh, and lives partly on vegetable products. As a consequence, in ages (say millions of years, to follow evolutionists,) he loses some of his fero-

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city. His teeth, which resembled those of the cat or dog, become more like those of the horse, for all organs which cease to be used for the purpose to which they are specially adapted gradually diminish in size and strength. Thus man's canine teeth grow only the same length as his other teeth when he gives up tearing raw flesh, and so on with his digestive apparatus—a change takes place and they adapt themselves to the particular food they are supplied with. Although signs of man's characteristics of a million years ago still exist, yet he is changing, and to adopt a diet of a carnivorous nature would be a tremendous retrograde movement. Just so, the less meat he eats the greater is his progress towards the slowly reached but inevitable goal before him. The evolutionists, we believe, will agree with our tracing of the process of change which has taken place. But now, is it fair for them to turn to man, who still possesses signs of teeth made for tearing flesh, and signs of digestive organs for disposing of it, and say that he was fitted for a flesh diet? Still, assuming the truth of the evolutionary theory, we say with them: "True, he was made to eat flesh, but he is fleeing from the habits of his ferocious ancestors, and seeking a better way. He has found it, and the day will come when the traces of his flesh-eating progenitors will be more obscure than they are now"—that is if scientific men do not persuade us to go back to the habits of savages. Our readers must not conclude that we are evolutionists. We have merely attempted to show what chance we stand as the champions of vegetarianism when meeting modern men of science on their own battlefield, using weapons of their own choice. R. M. T.

THE NUISANCE OF PHYSIC.—Shakespeare said many things which proved him to be at times in advance of his age. One of these sayings is that in which he recommends us to throw physic to the dogs. There are some persons who imagine that physic is the panacea for all the ills to which man is heir. We remember being told in our small boyhood, confidentially, that there was one herb for the cure of each disease under the sun. The particular herb for each disease had not been found, but the botanist was abroad and would surely find it, after which he would ascertain if it needed to be baked, boiled, or applied to the seat of trouble without any cookery. There was something in the analogy—one herb for one disease, *ad lib.*, which pleased us. So simple and reasonable, with just a flavor of mystery, it commended itself to the untutored mind. But we soon saw the fallacy of such a theory. We soon learned that each disease has its cause, which cause must be removed before any botanical concoction can do any good. Nature herself, if left alone, will then generally work a cure unaided, so long as her rules are followed in the matter of simple diet and cleanliness. There are, we admit freely enough, some disorders in which nature needs assistance in the shape of physic, and we have no special enmity against botanical remedies. In fact, we are inclined to regard them with less aversion than the compounds, which are fearfully and wonderfully prepared by the doctors to please their patients. Against physic we do not declaim so much as against its constant use, and the idea that it, and it alone, is what every person should take in abundance. Ailments are not driven out by physic. Nature does the work, if she has a chance. The function of physic is to supplement nature's work. But in nine cases out of ten nature needs no help, and physic merely retards her efforts to bring about convalescence. R. M. T.

MOSES AS A SANITARY REFORMER.—Disraeli, in "Tancred," once asked what race extinct or living could produce three such men as Moses, the lawgiver, whose laws are still obeyed; as Solomon, whose wisdom is a proverb in all nations of the earth; and as Christ, whose doctrines have modeled civilized Europe. Here are three men—one the greatest of legislators, another the greatest of administrators, and the third the greatest of reformers. Moses—the first of the three great Jews re

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ferred to—was a man with a mind comprehensive and wide. Not merely did he direct the mental, moral and religious dispositions of his nation, but he cared for their physical health also.

The days of Moses were days when an autocratic form of government was indispensable, and although he never claimed to be a king, he yet stood very much in that relation to the Israelites. Unlike many kings, especially of history, Moses evidenced a sincere regard for the welfare of his people. The books of the Pentateuch, though containing much that is symbolical, and perhaps to the modern mind superstitious, are replete with sound health lessons. For example, in the fearful scourge of leprosy, which was so common in the East, the first injunction of Moses was that the person afflicted should be removed to special quarters, so as not to spread the contagion around.

Another point to which Moses directed his special attention was that for the promotion of health frequent washings and bathings are necessary. He assumed in the first place that a clean soul can dwell only in a clean body, and he invested the institution of high priest with the strictest regulations as regards bodily cleanliness. Thus we read the command, "and Aaron and his sons shall those bring near the tabernacle and shalt wash them with water." This injunction served a double purpose. While it tended to a healthfulness of the body and soul of the high priest and his sons, it also tended to introduce washing and cleanliness as a fashion among the people themselves. We know today, and if we do not know it is because our perceptive powers are beclouded, that there is an intimate connection between outer and inner purity. And, too, Moses recognized this, for by his orders the people prepared themselves to receive the Ten Commandments by sanctifying themselves and washing their clothes. Even the haughty Syrian general, Naaman, had to bathe seven times in Jordan in order to be cured of his leprosy.

What would a Moses say, to a city like New York, or Chicago, or London? He would ask himself whether there had not been a steady but constant retrogression in man's appreciation of sanitary conditions during the past 3,300 years? Had he been leader of the City Fathers he would have unhesitatingly vetoed all applications to be allowed to build houses on moist and malarious ground; to build blocks with defective drainage, sewerage and ventilation. He would have paid attention to the water supply, and provided an abundance of it. He would have ousted all defaulting police or any other commissioners who proffered to clear away animal and vegetable refuse from our streets and dwellings, and then failed in their work. And what would he have said to that abomination of city life, the tenement house, where scores of people are cooped up in foul air, with no ground for exercising themselves and their children, and with no alternative but to rear weakly offspring that will, while running their course of life, do their best, though unintentionally, to deteriorate the race?

It is difficult to say what Moses would do to-day among such conditions. The tendency to crowd into large cities was not as great in his time as it is now. But there is another difference between his time and ours. He had to deal with a people who were obtuse, unintelligent and obstinate—with a stiff-necked people, who like silly sheep were always going the wrong way. To-day he would have to deal with a people intelligent enough to see the evil, but who are drifted along on the irresistible sea of circumstances. Our large cities need a Moses. They already have men with the knowledge that Moses possessed as to the need of sanitary conditions; but they lack the opportunity—perhaps the strength and backbone—to act as Moses did.

COURAGE.—We are asked for an opinion on the statement that "he who can plant courage in a human mind is the best physician." To be frank, we scarcely agree with the asseveration. To plant courage in a human mind is undoubtedly a noble work, and deserves

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praise, but there is a superlativeness about the phrase "best physician" which must not be bestowed at random. Is not he who plants knowledge of the laws of health a better physician than he who plants courage? It would seem that the former has a better claim to be called the best physician than the courage-planter. But, nevertheless, courage is a fine thing. Without it there would be a great amount of stagnation in the world. Courage is not extinct in a country because its inhabitants may not exercise it in the way the Romans or Carthaginians exercised theirs. Enterprise is another name for courage—it implies a courage to battle with the world, with nature. After all, this is a far nobler warfare, and better adapted to the tastes of the western world, than that which made the ancients famous. Bravado is an unhealthy form of courage, and laziness may be said to be courage suffering from chronic consumption. Certainly the work of diffusing honest, healthy courage is worthy of the very best physicians.

PREACHERS AND TOBACCO.—If we are to have healthy sermons, and healthy principles and doctrines enunciated from our pulpits, we must have healthy pastors. This statement amounts almost to a truism. But it is a question if we can have any of these good things so long as our pastors indulge in the use of tobacco. The man whose work is of a sedentary nature craves for narcotics if he has ever had a taste of them. If he indulges they are likely to have a far more baneful effect on him than they would on a man whose work lies a great deal in the open air. Would not the preacher feel the evils of a sedentary life less, if he were taught at his theological seminary that the body is of some consequence as well as the soul; that a minister would be a better man all round if he practices regularly in the gymnasium, attends to his diet, eats less "pie" when he suffers from dyspepsia, and studies the laws of nature more? On the principle that laws of nature are laws of God, because made by him, it is a sin to eat more than one can properly digest—to eat, say, too much fruit so as to give one the stomach-ache. To transgress laws of nature in the matter of eating or drinking is obviously a sin. How much more, then, is it a sin (that is, a transgression of the law, to take a bible writer's definition) to smoke tobacco, which undefiled nature revolts against? Let our pastors think of this. If they use tobacco they sin against God, because they violate nature's laws. This is altogether apart from the injury they may do to the world through the rising generation by their bad example.

MUSCULAR AND NERVE EXHAUSTION.—A reader has asked us to give him an explanation of the nature of nervous and muscular exhaustion, which we do with pleasure, so far as it is at present known. There takes place during our active hours, when the muscular and nervous tissues are being exercised, chemical changes in the protoplasm of which they are constructed and in which they are bathed. These changes use up or expend this substance; but so long as the tissues are in health the changed matter is pushed on and excreted, and new matter from the blood comes up from behind and is deposited in its place. The more abundantly the blood currents flow to the muscles and nerves, the more quickly are the products of decomposition removed and new matter supplied. If, however, a muscle or nerve is kept at a point of high tension for a long while without rest, the decomposed matter formed by exercise is not completely removed and new pabalum is not supplied. So weariness and exhaustion take the place of vigor and health. But when proper rest is taken, recovery occurs and power of work is restored. We might continue to labor without exhaustion forever, if we could remove the waste of work and supply new matter indefinitely, but this is impossible in this world at least. A powerful muscular and nervous system may be compared to a purse filled with gold, from which we may draw to pay our expenses as we travel. An exhausted nervous and muscular system may,

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on the contrary, be compared to an empty purse. No bills can be paid from it, and so its owner must remain at home, and if he wishes to travel work till he fills it. Up to a certain point, labor brings more blood to muscles and brain, and this brings increased power, but there is a point beyond which none can go. The chief value of rest and food are to clean and replenish the worn, exhausted parts.

STUDIES IN HYGIENE FOR WOMEN.

TYPHOID FEVER AND ICE.—One of the most prolific sources of typhoid fever is impure water. Families that drink from a contaminated well are liable to be stricken down by wholesale. A doctor, some time ago, who has studied the subject a good deal, advanced the opinion that ice is liable to be the source of this scourge. If ice is taken from rivers, canals, creeks or stagnant pools into which sewers have been poured, or which have received other abonimations in the shape of animal and vegetable refuse, disease and perhaps typhoid fever, is very likely to follow its consumption. It has been maintained, and with force, that typhoid never originates *de novo*; that, in other words, it always proceeds from a special and specific poison. Such poison may be incased in ice for months. The fact of its being frozen does not affect it. Now, it is not our desire to frighten our readers. Many of them regard ice as an absolute necessity in the well-nigh tropical weather to which we are subjected during a portion of the year. But it is their duty to exercise care. It is true, they are in the hands of the ice-men. They may inquire where the ice comes from, and even then may not be told the exact truth. But there are some lakes and rivers where ice cannot but be impure.

It would be a move in the right direction for the people to use ice in a somewhat less wholesale fashion. Let it be used to cool water without being put into it. Let it be allowed to cool meats (if folks must eat them) by lying near without touching, or draining under them. An unfortunate fact in connection with our civilization is that almost every move we take in the direction of what we call advancement has elements of retrogression in it. Cookery, while essentially a characteristic of civilization, has in it elements of retrogression in that it pampers the appetite, and injures the teeth indirectly, if not directly. So the use of ice and ice water is a characteristic of civilization, but it is a very imperfect one as now used. We need pure water and pure ice, and in some way we should strive to get them both.

HAY FEVER.—It may not be generally known, and yet it is undeniably true, that people who have banished flesh food from their tables, together with pastry in its pernicious forms, and hot stimulating drinks, and eat moderately of plain wholesome food, and as the heat of summer increases, eating more fruit and less of the hearty kind of food, never have a touch of this "aristocratic disease" which afflicts so many, from the eminent divine to the poorest mill hand, who eat of indigestible substances, or in excess of the needs of the internal organism. Such people have no knowledge of any "heated term;" they have no heavy, stupid, afternoons and evenings, succeeded by hot, restless nights: they "eat to live" in health, strength and comfort, as the good Lord has amply provided the means to do, if we will but learn and obey the simple laws of health. To think of a preacher saying grace over a dinner of soup, fish, roast beef and plenty of gravy, several kinds of vegetables, pudding, pie, nuts, raisins, ice cream, hot coffee—or even half this variety—and then joining in the chorus of sneezing and nose run-

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ning, until finally all hands hurry off to the mountains to get rid or keep clear of *hay fever!* C. E. PAGE, M. D.

ROBUST ROYALTY.—The Austrian Empress has a good constitution, and goes the right way to work to preserve it, and enjoy her health to the utmost. Perhaps she carries her outdoor and physical sports to the extreme. She is happiest when hunting, or schooling her horses, or practicing in her gymnasium. She tires her horses before she tires herself. She appears to experience no fatigue, and takes very little refreshment. Every morning she takes a cold sea-bath, and practices for an hour and a half on the trapeze and bar in a loose costume. Then she breakfasts. We venture to say that there are few persons who enjoy life as the muscular wife of the Emperor Joseph; that is, apart from her domestic life, for which she seems to care little. But, after all, much as we may envy such a jolly life, it is not one which is worthy of imitation in its entirety. It is essentially a selfish life. The enjoyment and culture of such a life is nearly all physical, leaving little time or desire for the cultivation of the mental side. Yet there are lessons, those of us who live in crowded cities, as well as those who dwell in the country, may glean from it. We may not have horses to school, nor a gymnasium we can exercise in, but we can bathe, and breathe fresh air, and disabuse ourselves of the idea that we always need to be taking stimulants to wreck our systems, or that we need to be eating every hour or two, to wreck our digestive organs.

SARAH BERNHARDT.—Sarah Bernhardt has said—or is reported to have said—that it is thin people who are successful. Certainly she is a striking example of the truth of the statement. Our readers can undoubtedly call to mind a number of men and women, with slight frames, but indomitable of will, who entertain no fear for a moment that they will not reach a goal they have set up for themselves. They may, perhaps, possess too much will power, and it may overtop their physical powers of endurance, bringing them to a premature grave. Mdlle. Bernhardt is just one of those persons in appearance, who might give way prematurely to the strain exerted on her body, by her mind. But we imagine she is well born. She is the daughter of a French father, and a Russian mother. The result is fire and ice, incased in a frame thin and flexible as a Damascus or a Toledo blade. There is toughness inwrought in her fiber—just enough to result in her will-power bearing her through difficulties, while with a weaker frame she would succumb. Then again, she knows just what care she must take of herself, and herein lies one secret of success; she knows that if her body, which at the best is weak and fragile, is not taken care if she will have to meet that gaunt enemy she so much dreads—death. Bernhardt is a hygienist, in a measure. She knows what to eat and when. Although she may for a brief season deprive herself of sleep, it is only for a time, and again she takes an ample recess for recuperation and recreation, "when the hurlyburly's done, when the battle's lost and won."

A VEGETABLE DIET FOR CHIDREN.—In a recent article, Dr. T. S Clouston. lecturer on mental diseases in the University of Edinburgh, says:

"My experience is, that children who have the most neurotic temperaments and diatheses, and who show the greatest tendencies to instability of brain, are, as a rule, flesh-eaters, having a craving for animal food too often and in too great quantities. I have found, also, a large proportion of the adolescent insane had been flesh-eaters, consuming and having a craving for much animal food. I have seen a change of diet to milk, fish, and farinaceous food produce a marked improvement in regard to the nervous irritability of such children. And in such children I most thoroughly agree with Dr. Keith, who, in Edinburgh, for many years, has preached an anti-flesh crusade in the bringing up of all children up to eight or ten years of age."

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POISONOUS CLOTHING.—It is difficult to find words in the English language strong enough to express our condemnation of the practice common among manufacturers of woolen clothing, of dyeing their manufactures with poisonous ingredients. A case came before several doctors in Connecticut lately, which puzzled them greatly, and in which the unfortunate patient was very much tortured. He was a tallyman in the employ of a railroad company, and had a pair of worsted wristlets given him. They were variegated in color, being knitted of green, red, yellow and white wool. The day after putting them on he felt an unpleasant irritation about the wrists, which spread over his arms and then over his whole body. He visited several physicians who treated him for rash, giving him lotions to rub over his body, purgative medicine—in fact they did everything except tell him to leave off wearing his wristlets. His flesh was fiery; sleep left him; his life was a torture to him. Ultimately he got a prescription from a New York physician, who possessed the repute of being a skillful dermatologist. The patient went to a drug store with the prescription, and the druggist thinking probably it was an interesting case, examined his flesh. He at once saw what was the real cause of all the trouble. A poison lay in the green worsted of the wristlets, the color of which was produced by a union of bichromate of potash with a preparation of iron.

We have a twofold object in referring to this case. First, that if any readers of THE HERALD OF HEALTH are at any time the victims of the rascality of dyers, they may suspect the cause at once, and not go round to the doctors for prescriptions.

Our other object is that we may utter at least a portion of the disapprobation we feel of the practice of dyeing woolen goods with poisonous dyes. They must in every case injure the wearer. At the same time we would warn those who desire to escape such injury, to shun wearing apparel of a glaring color, as they would poison.

EXTRACTS FROM TWO LETTERS.—A business man in London writes, "Your teachings in THE HERALD OF HEALTH put in practice are making me look and feel younger every day." A lady in San Francisco writes in a similar strain, and says, "I am indebted to your teaching for my own improved health. I look ten years younger than I did, and feel twenty. My complexion is as clear as a young girl. My friends say I am growing handsomer all the while."

These letters are only a few among many received. It is very gratifying to us to have our friends write us in this way. We believe half the invalids in the country might be equally benefited by the same means.

SOAP AND RELIGION.—The dawn of a new and more rational religion is, we trust, at hand. A New York preacher has stumbled on the fact that religion should act as a purifier of man, and also that a pure soul in a dirty body is an impossibility. Acting up to his knowledge, this preacher has been distributing soap among his dirty hearers, with the request that they go home and wash, and on the following Sunday present themselves to him with clean faces. This a somewhat crude way of bringing about the desired reform, and enforcing the old maxim that cleanliness is next to godliness. Soap is a very useful article, but the possession of soap is no greater a guarantee of future cleanliness than a possession of the decalogue is a guarantee of well ordered conduct. But we are inclined to congratulate ourselves with the thought that this distribution of soap is a pleasing sign of the times. The poor, wretched, wicked inhabitants of our cities, whose dwellings are pesthouses of iniquity, are let severely alone by our ministers of the Gospel. The moral atmosphere of our communities is tainted by the breath of these unfortunates, and they see very few who offer them the Bible or soap. Is the Rev. Dr. Kennion (the distributor of this Gospel soap), the pioneer in disseminating teachings that shall lead the outcasts of this city to moral and physical health? The work is a

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noble one. Only that man who is capable of walking down filthy stairs into a reeking cellar of tainted air, and spreading freshness and purity around, is capable of accomplishing much in this self-denying work.

SALEM DESSERT.—Peel and slice apples, or use other fresh or canned fruits; stew till done, then run through a colander, sweeten and season. Beat the whites of three eggs to a stiff froth, and just before serving whip them into a quart of the stewed apples. Eat with cream.

BROWN JENNY.—Soak brown bread crumbs and crusts with half a cup of oatmeal in a pint of hot milk. Stir in two well-beaten eggs when cold, add sugar to suit the taste, and a little juice and grated rind of lemon. Boil an hour, or bake brown in the oven and serve with cream.

SIMPLE FRUIT SHORT-CAKE.—Roll out a dongh made of two-thirds Graham flour and one-third Indian meal mixed with thin cream, either sweet or sour, for shortening. Bake on plates or pans, making the cake less than an inch thick. Cut open and place between the two, mashed strawberries, blackberries, raspberries, or even apple sauce sweetened to taste.

RUSK PUDDINGS.—1. One coffeecup rusk made from gems or whole meal wheat bread, two eggs, three tablespoonfuls sugar, three pints milk. Boil the milk and add it hot to the granula. Soak until cold; then add sugar and yolks of eggs. Beat and stir in whites of eggs just before baking. Bake in slow oven one hour.

2. One teacup rusk as above, one quart milk, two tablespoonfuls sugar. Boil and add milk as above, baking a half hour longer. Raisins, currants, chopped sweet apples, etc., improve these puddings.

CURRENT LITERATURE

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SINNER AND SAINT. A Story of the Woman's Crusade, a novel. By Alphonso A. Hopkins, Boston: D. Lothrop & Co. Price, $1.50.

We have here an addition to our temperance literature of no common kind. This question of temperance is looming up in the horizon of the coming day, and we hear ominous sounds that foretell a conflict such as will startle the world. The lovers of law and order, the believers in progress and a world still more worth living in, and the idealists, the prophets of the future will not sit still while so much is to be done for human welfare. Mr. Hopkins has written a radical reform story filled brim full of the temperance thought that is flying like hail all about us. It delineates scenes and incidents in the Temperance Movement, and brings fresh thought into the field of story.

The religious tone of it also, is decidedly pronounced. Baylan (New York ?), Worrom, Ohio and a Rocky mountain mining camp, form the *locale*. Of all these Mr. Hopkins writes like one familiar with his ground, as he is confessedly familiar with the different phases of temperance endeavor and need. "To the women who work and pray, for love's dear sake and home's, that fallen manhood may come to its own again," he dedicates his work. It should win the early perusal of all that noble army, and of a wide circle besides—of all, indeed, who sympathize with human weakness and admire womanly strength.

If it should gain a popularity like "Uncle Tom's Cabin," it might like that book have a mighty influence on human destiny. So may it be.

GESCHICHTE DER DEUTSCHEN MEDICIN. [History of German Medicine.] By Dr. Heinrich Rohlfs. Stuttgart, 1880.

We have here in 560 large and closely printed pages the second volume of an elaborate history of medicine in Germany. It consists of a succession of biographical sketches, each presenting the state of medical science at the epoch in which its subject lived. It is a work, such as only German patience suffices either to write or fully read. As a reference book for American physicians who read German it is valuable. The eminent German physicians whose lives and work are presented in this volume, are Lentin, Vogel, Frank, Sprengel, Roederer, Boer, Wigand and Naegele. The last four were distinguished as reformers of the practice of midwifery.

THE NORTH AMERICAN REVIEW: The July number is one full of interest. It contains an article by Carl Schurtz on the "Present Aspect of the Indian Question," which it would be well to have read by every person who can think. Mr. Schurtz discusses the Indian policy from several points of view. The obstacles it presents to the country's development, the necessity of educating them and fitting them for citizenship. Then there is also an article on the "Religious Conflicts of the Age." "The Power of Public Plunder," by Jas. Parton. "The Common Sense of Taxation," by Harry George. The Cost of Cruelty, by Henry Bergh, and other papers. It is pleasant to see this old journal so full of life, its articles up to the times and ahead of them. Published monthly at 50 cents a number, or $5.00 a year.

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THE
HERALD OF HEALTH.

AUGUST, 1881.

OUR COMMON SLIGHT AILMENTS—THEIR PREVENTION AND CURE.

BY THE EDITOR.

BILIOUSNESS.

THE term biliousness is an exceedingly indefinite one, and may mean one or several conditions. Except for the fact that the word is in general use both among physicians and others, we would not use it at all; but, as it is, and cannot be eradicated from popular use we will devote this article to its consideration. It would be a difficult task to mention all the phenomena and symptoms known as biliousness, and quite unnecessary, as most persons are familiar with them from their own experience or observation. Their is generally more or less indigestion, constipation, lack of appetite, perhaps at times headache and torpidity of the liver, coldness of the feet, pain under the shoulder-blade, distressing dreams, etc. People do not, however, die of biliousness, but live on till old age unless other diseases supervene. We have been informed that life insurance companies do not in the least object to insuring bilious persons, indeed rather prefer them. The reason is, they are apt to be more careful of their health than others. They cannot go beyond a certain point without an attack of their malady. As a rule, bilious people have plenty of endurance, and are capable of doing a great deal of work. On the other hand, they are not, as a rule, happy people. They suffer more than their share considering the triviality of their complaint. They are not good laughers, not full of fun and frolic, but sober, sedate, slow of speech and thought, and have a sad, depressed look on their faces. They do not look on the bright side of life, but see darkness ahead and around them, and prize life only moderately. In spite of all this, they accomplish perhaps as much as the jovial and jolly, and quite as frequently leave their mark in the world. Now and then a gleam of hope and sunshine crosses their path, and they get visions of the beauty of life and the grandeur of the universe, and then they lapse back again into their old state, and rather enjoy their dejection and are almost angry if any body else is happy. The fun and frolic of life makes them miserable. The joy and mirth of children they would suppress.

Biliousness is believed to be a disorder of the liver. This organ is out of order, people say. It secretes too little or too much bile. It forms too little sugar. It don't do its duty to the fatty and albuminous matter that passes through it. Most of this is, however, conjecture. The yellow tinge to the skin and eye would seem to indicate that the bile is not properly secreted, and thus the blood is not quite purified, and so slightly poisons the person by its presence; but even this is conjecture. According to our opinion, biliousness includes what in strictly scientific language would be considered derangements of the stomach, as, for instance, acute dyspepsia, or catarrh of the

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stomach, torpidity of the bowels, and also torpidity of the liver.

The causes of biliousness are many, and may be enumerated as follows:

1. Over-eating.
2. The use of improper and unwholesome food, as hot bread; the excessive use of sweets and fat.
3. Hard and impure water.
4. An atmosphere laden with poisonous gases, and especially malaria.
5. A sedentary indoor life.
6. Too little exercise.
7. Worry and over-work.
8. Too little sl ep.
9. The use of strong tea and coffee.
10. Constipation. Other causes might be mentioned, but these are the principal ones.

The cure of biliousness is perhaps as easy as the cure of any condition of ill health, and rests mainly with the sufferer. The habits of life must be made rational.

Rich, concentrated, greasy food must be avoided, and so far as possible vegetables, fruits, and the best brown Graham or unleavened bread, eaten with a moderate amount of flesh. A diet that secures a free open movement of the bowels every day is of itself generally sufficient. One of the most common causes of biliousness is a faulty diet, and this must be corrected at the beginning. Pies, cakes, and all fancy dishes must be dispensed with. Hot bread and biscuit must not be used. In their season all the best juicy acid fruits, when they agree, may be used freely. Great fortunes have been made by the pill venders out of this disease called biliousness. Whatever acts on the bowels as a gentle cathartic gives temporary relief, but generally does harm in the end. How much better to secure the same result by proper food?

As we write, a letter comes to us from a sufferer giving his experience, which we will give here in his own words. He says:

"From 1866 up to 1876 I was an invalid. I was the subject of a constant indigestion, had chill and fever, with short intervals of recovery, for all those years, winter and summer, my liver always disordered, my complexion grown to be a fixed ashy sallow, constantly under treatment of physicians, attended with other resulting complaints too numerous and ugly to mention. I quit flesh food and bolted flour in January, '77. Before the close of that year I had fully recovered from all my ailments, and have not since then had a pain or a disagreeable sensation deserving to be named such. My health has been perfect in every way, and my complexion is such as I never had before in my life. The extraordinary change in my health and appearance is remarked by all who have known me through my life. I live in what is called a malarious region of country, and chill and fever is the greatest pest of the country around. My weight is is 25lbs. more than it ever was before, and I have no tendency or appearance of corpulency whatever. My strength and general powers of endurance, it seems to me, have been nearly doubled, and my energies have been quickened to a degree so striking that my friends, as well as myself, remark it. I have eaten of the fruit and drank at the fountain, and I know whereof I speak. Another fact: I had a little boy, eight years old, to whom I had before given every year so much quinine and calomel and mineral water, etc., either breaking his fevers or warding them off, who, just one year after I began, of his own free will took to eating exactly what I ate, and refused all other food; he has been perfectly well ever since, not having had one moment's sickness of any kind. He looks like he was a resident of the mountains, and his cheek is like a rose in the snow.

Yours truly, G. Cook."

Medical gymnastics may also be brought to the aid of the sufferer, after the morning bath.

11. A thorough manipulation over the stomach, bowels and liver will help to bring the blood into these organs and increase their activity, or gentle, active gymnastics which shall exercise the middle part of the body, or gentle labor if one has it to do. The latter is no doubt best, for with it the mind and body are both employed at once. Those who are already over-

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worked must be more moderate and do less.

Electricity is an excellent stimulant to digestion, and the action of the liver, and those who can may employ it to advantage. Acute attacks of biliousness may be treated by rest, and drinking freely of hot water or hot lemonade, a warm sitz-bath, or cold or hot compresses over the abdomen, as is most agreeable. It needs some practice and skill, for one to carry out for themselves a constant and rational line of treatment, and many will not do it, but fall back on their pill-box or calomel, but those who do learn and practice the better ways will be amply rewarded.

INFLUENCE OF TOBACCO ON THE FUNCTIONS OF THE BRAIN.

BY DR. COUSTAN.

OUR inquiries have extended to three groups of educational establishments, viz.: primary, secondary, and higher, or special schools. Whether the use of tobacco is entirely prohibited, or only indulged in surreptitiously, or on going-out days, or permitted under certain restrictions, and consequently more largely practiced, the figures show that it affects the quality of the studies in a constant ratio, and this influence is more marked in the different establishments where tobacco is more extensively used.

We have examined the second rhetorical and philosophical classes in the grammar schools (*lycees*) of Douai, Saint Quentin, and Chambery, making a total of 155 pupils, distributed in about equal proportions. The average rank of the pupils is as follows:

Non-smokers	4.08
Moderate smokers	6.53
Heavy smokers	9.35

The above shows a very distinct gradation, and all in favor of those who smoke the least. Tracing the progress of the same pupil through the different classes, we observe that as his propensity for smoking becomes more marked, his place in the class becomes lower.

B——, a pupil in the second class, session 1876-77, is marked as smoking only on going-out days, and ranks No. 4 in his class. The same pupil passes into the rhetorical class in 1877-78, and is then marked as smoking both on going-out days and secretly at school. His place is now No. 10.

F——, in the second class (1876-77), is marked as smoking only on going-out days, and stands No. 7 in his class. He enters the rhetorical class (1878-79), and is observed to become more addicted to smoking. His place in the class is No. 14. The same pupil passes into the rhetorical class (1879-80), and is marked as being a great smoker. He is now the 21st of his class.

C——, one of the pupils in the second class (1876-77), is marked as smoking on going-out days and secretly at school. His place is No. 13. After his removal to the philosophical class he is marked as continuing to smoke on going-out days and, as before, at school. His position is now No. 21.

One of these young scholars, whom we questioned, gave us a very accurate definition, both of the effect and the charm of tobacco smoking in such cases; he said that a cigarette made him dream. In other words, the use of the cigarette intoxicates these young people, causing them giddiness, fits of absence, and a dislike to all mental exertion.

We have been furnished with particulars relating to a portion of the class of special mathematics in the College Rollin, and although these young people only smoke on going-out days, and the table of comparison only comprises a portion of the pupils, we see the same tendency as shown above—the non-smokers lose 1.2 in rank, whilst the smokers lose 2.8.

At the Polytechnic (*Ecole Polytechnique*), we made inquiries respecting the pupils promoted in 1878. The use of tobacco is very general in this institution, and the results, though not em-

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bracing the whole of the pupils, are very significant:

The non-smokers have lost 21.2 places.
The moderate smokers " 27 "
The great smokers " 38 "

We have applied the same method of classification to a certain number of other schools, or we have had it done by trustworthy persons, and we give below an abstract of the results shown in the statistical tables which we have presented in our report.

At the mining-school of Douai, out of eight pupils who do not smoke, five have gained places, one has kept his rank, and only two have lost them. Out of 13 pupils who smoke, only three have obtained higher places, three have kept theirs, seven have lost them.

The volunteer recruits belonging to the 14th batallion of light infantry have been grouped as follows, during their year of study (1878-1879):

Non-smokers, average rank.....15.42.
Moderate smokers " " .....20.04.
Great smokers " " .....23.40.

These pupils are 40 in number. The ten first consume between them (nine centimes) 8 1-2d. worth of tobacco per diem: From 10 to 20 they consume 10 1-2d. worth. From 20 to 30 they consume 11 1-2d. worth. From 30 to 40 they consume 1-6 worth.

At the military veterinary school at Saumur, out of the pupils promoted in 1879-1880, the non-smokers take the average rank of 4.6, the smokers 16.7.

The civil engineering pupils examined in 1877 show the following results: The average rank of the non-smokers is: on entering, 11; on leaving, 9. That of the moderate smokers: on entering, 11, on leaving, 15.6. That of the heavy smokers: on entering, 14.3: on leaving, 15.6. According to the testimony of one of the pupils, there is not much smoking at the school of civil engineers; and thus we see that the results, though still characteristic, are little marked.

In two other schools, where the habit of smoking prevails in a still less degree, the differences in rank in proportion to the amount of tobacco consumed become still less apparent.

First, at the primary normal school at Douai, the pupils, all of them very steady young men intent upon obtaining the diploma of teacher, do not smoke inside the establishment. They have no leave of absence during the year. Those who do smoke are thus exposed to the influence of tobacco only during the vacation. We, therefore, merely state that the non smokers gain two places on an average, whilst the smokers only gain one.

It is the same at the higher normal school in the class-list of 1878. These young men furnish the *elite* of literature or science. With them the love of study is a passion. They possess a vast, well developed, and superior degree of intelligence; the use of tobacco is the last thing they care about. Thus the differences of classification in reference to the habit of smoking are almost inappreciable.

The average rank of non-smokers on entering the school is 8.2; their average rank after one year, 9.2; the average rank of non-smokers on entering, 9.25, their average rank one year after, 10.2. The pupils in each division have lost one place. We observe, however, that the average rank of non-smokers on entering the school is one higher. This affords, therefore, a negative proof, which has also its value.

But more striking results are met with in the naval school at Brest. This school, which is established in a vessel moored in the harbor of Brest, exists for the purpose of training officers for the navy (*marine militaire*). Every year it admits from 40 to 45 pupils by competitive examination, an examination as difficult as that of the *Ecole Polytechnique*. The candidates are from 14 to 17 years of age.

During school term they are completely cut off from all communication with the land, and obtain leave of absence only once a month; but they are allowed to smoke one hour a day—half an hour in the morning and half an hour at night. Generally, these young people, fresh from their grammar schools, want to comport themselves like men. like full-blown sailors, and so begin to smoke. They often climb up into the shrouds to smoke a pipe,

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like the old salts in novels, without knowing whether after smoking it they will be steady enough to find their way down again. We have even known some who chewed tobacco at the age of fifteen!

Taking these habits, and the age of the smokers, we infer that tobacco will produce a marked effect upon ther intellectual development. Indeed, we gather from the table of the class-list of 1878 that only four pupils do not smoke. They entered the school with the numbers, 4, 12, 31, and 40. After a year's study they stand respectively, 1, 2, 31, and 8. The four have together gained 45 places, which is a marvelous result.

As to the great smokers, if we take the half included among the first 20, we find that they enter the school with the numbers 7, 9, 10, 11, 14, 16, 17, 20. After a year's study, they have numbers 17, 32, 9, 40, 23, 37, 24, 44. The whole eight have lost between them 123 places.

If we take the whole list, we see that the average rank on entering the school is:

For non-smokers 20.7
For moderate smokers..... 23.3
For heavy smokers..... 22.8

And the average rank, after a year's study is:

For non-smokers..... 10.5
For moderate smokers.... 22.1
For great smokers..... 32.2

That is to say, the non-smoking pupils have gained 10.2 places; the moderate smokers have gained 1.1; and the great smokers have lost 9.4.

The depressing action of tobacco on the intellectual development is, therefore, beyond question. Its influence clogs all the intellectual faculties, and especially the memory. It is greater in proportion to the youth of the individual and the facilities allowed him for smoking.—*Journal de la Societe contre l' abus du Tabac*, Paris.

WHEAT MEAL VS. ENTIRE FLOUR, MINUS HULL.

BY DR. C. E. PAGE.

WITHOUT doubt, certain brands of "whole wheat flour," so-called, are a great improvement over the article of flour in universal demand among poor and rich alike, the white flour of commerce, in this: they are, when made by honest manufacturers, less impoverished than the white flours. In public and in private, I have advised their use instead of white flour but solely on this ground, that the wheat is *less* robbed of certain of its invaluable constituents in the former; but I cannot conceive it possible to separate the hull from the kernel without real loss, even if the hull were, in itself, objectionable, which, so far from being true, is, in my opinion, a mistake and a very serious one. The theory upon which the objection to the outside coat of the grain rests, is that this coat is composed of woody fiber, entirely indigestible and devoid of nutritive matters, and, worst of all, say these honest objectors, the hulls are coarse, sharp-edged and irritating to the stomach and intestines, and therefore injurious in their action, especially in the case of "sensitive and delicately organized individuals." I will not stop to discuss the question as to the propriety of the phrase *sensitive and delicately organized*, as applied to the class of poor, suffering wretches who by reason of their gross habits—and I mean simply the dietetic habits of the people, not the mechanic, the artizan, the small trader, nor yet the factory hand, nor the wretched poor, but the *human race* from the kings, queens and presidents all along the line—who by reason, I repeat, of the universal system of diet, have become dyspeptic. I cannot, however, forbear the remark, that the most sensitive and delicately organized individuals, among the most noble of all animals next to man, and possibly averaging fairly, even in comparison with him, the horse, in his finest and most delicate state, finds a perfect food in the whole grain, chewing it himself. I may be, in the minds of some, weakening my argument by comparing the digestive apparatus

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of man with that of the horse, but I am desirous of impressing upon the minds of my readers the well-known but imperfectly considered fact, that our horse fanciers, those who dote on their hundred thousand dollar animals, and who would place before them the most costly and complicated dishes if it were desirable, or even not pernicious in a health point of view, really keep their dearest pets on bread and water; and that, because of this, and the absence of all the hot, stimulating articles, solid or fluid, that compose their owner's diet, and their regular and moderate diet, and superior hygiene, in all essential matters those thoroughbred horses are saved from becoming sick, mean, wheezy and dyspeptic, like so many of their masters and mistresses, men, women and children.

We know that the microscope shows up the ragged edges of the hulls and gives them a fearful aspect; but if the microscope could reason, and if it was given to arguing all questions submitted to it, I fancy it would speedily silence these objections to wheatmeal, so far as they rest upon the matter of the coarseness and the irritating capacity of the hull, by asking the microscopist to take a little glance at the stomach itself; and I venture the prediction, that an internal view of the digestive tract would disclose the fact that, even in the case of the most "sensitive and finely organized" subject, the lining of the stomach, for example, would bear as strong a resemblance to a quartz mill as do these terrible hulls to sticks and stones. The trouble has been with those who seek to improve too much over nature's methods, and especially is this the case in the question under discussion, they have reasoned mainly from one side of the question. Machinery has accomplished no end of good things, and without doubt has even greater victories yet in store in its legitimate field; but that field is not in the line of improving on the food that nature provides for us humans. It can and does improve over the old methods of sowing, reaping, threshing and cleanzing the various grains—no one desires to dispute this; but when the ripe, clean kernel of wheat, for instance, is placed before us, the office of machinery is ended, except so far as crushing the grain for those whose teeth or temper will not admit of chewing it. A shrewd, though somewhat illiterate stable keeper said to me, in advocating whole, instead of cracked corn for horses and cattle, "it gets the juice of their teeth, and does them twice as much good. Give them meal, or cracked corn, and they don't have to chew it long enough to get the right action of the saliva." And herein lies the grand secret of perfect digestion and assimilation; (a) pure food, (b) slow and complete mastication; and (c) meals few and far between. Who has not been warned times enough of the need of perfect mastication? I am aware that certain physiologists, themselves no doubt over-fond of cakes and coffee, have asserted that the chemical action of the mouth juices is less and less essential than has been taught, and that the chief purpose of these juices is to moisten the food preparatory to swallowing; but no hygienists, so far as I am aware, have ever held this theory. On the other hand, they have always maintained that thorough mastication is very important. I am satisfied, however, that even out and out hygienists, have not placed sufficient stress upon this matter, and that a great deal of the food in use among those who come under the name of hygienists is of a nature to render sufficient insalivation impossible, by reason of its mode of preparation and serving. For example, the soft rolls and butter, bread and milk, mushes with sugar and milk. Who can, or at least does, retain these, or any of this class of food, in the mouth long enough to subject it to much, or any, chemical action through contact with the juices of the mouth?

Very few, and therefore very few maintain a perfect digestion. Deliberate and thorough chewing, and this would seem to imply the necessity of food of a certain consistency, is essential for two very important reasons, viz.: first, to insure the perfect insalivation of each mouthful, and this demands

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its retention in the mouth for some little time, so that, secondly, each mouthful as it is passed to the stomach can be thoroughly impregnated with the gastric juice before the next one is swallowed. And this manner of eating insures us, too, a very important consideration, against over-eating. People who neglect these and other simple considerations, and search for special articles of diet that may seem to promise relief, remind me of a junk dealer who would pass by old stoves, pots, kettles, and crow-bars, and search for a needle in a hay-stack! The theory af the anti-heat meal men, seems plausable at first sight, and it has been held by some very sound men; but one after another these have dropped it as untenable. To be sure, the ranks are kept full by new recruits, and, as is the case in every deparature, the recruits join for a time, faster than the *thinkers* fall out. There are a thousand dyspeptics for every discerning man, and of those a score or more in every thousand may readily adopt a compromise in the shape of fine flour which claims to give them all the goodness of the wheat and yet save their delicate and sensitive stomachs needless labor and irritation; so that we have twenty recruits to the new flour who stick, for one who accepting it at first upon mature reflection is forced to return to the entire meal as the only means of securing perfect bread—the staff of life.

DRY CELLARS.

BY DR. A. N. BELL.

CLEANLINESS, dryness, light, and ventilation are the cardinal doctrines of healthful human habitations everywhere; but with these conditions cellars and ground floors, as ordinarily constructed or prepared, are in deadly conflict. It is an accepted fact that soil-moisture—even from clean soil—is a prolific source of disease. Notwithstanding, it is the common practice to build houses utterly reg rdless of this fatal condition. Not only is culpable ignorance or carelessness common in the selection of building sites in these respects, but good sites are frequently spoiled in their use. Whether of sand or clay, alluvial or primary soil; whether there be little or much of subsoil moisture and gases of decay, and whether these dangers are superficial or deep-seated, stagnant or in motion, are questions of great importance to occupants; but, evidently, rarely entertained by owners, architects or builders. At least, building sites and foundations, instead of being thoroughly cleansed, drained, and fortified with damp-proof coverings and courses—essential preliminary processes for the protection of health—are graded, excavated and built upon without regard to natural conditions and previous history, or to dangerous local conditions, mediate or immediate. And for economy's sake, or possibly, sometimes in veneration of ancestral preferences, sites which have been previously occupied—old cellars which have been soaked with family stores for a half century or more—and even the brick and stone from the old structures are worked into new as preferred material, utterly regardless of the dangers involved.

BOYS SMOKING.—Mothers have a duty to perform towards their boys in teaching them to avoid tobacco. Some investigations by Decaisne of Paris may help them in the discharge of this duty. Decaisne examined a large number of young smokers, and found the following symptoms evidently due to this habit: Palpitation, intermittent pulse, chloroanemia—besides this, the children showed impaired intelligence, became lazy and were disposed to take alcoholic stimulants. The latter effects are worse than the first, and no doubt grow out of them.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

DR. HOWARD'S METHOD OF RESTORING A PERSON APPARENTLY DROWNED.

This is the plan taught by a man
In America much renowned,
To give back breath and snatch from death
A body apparently drowned.
Those who are the standers-by
Off his wet things now must take
Must rub him very warm and dry,
And of his clothes a bolster make.

The first step is to make him sick,
So turn him on his face;
Your roll beneath his stomach stick,
And the corresponding place
Upon his back press thrice or more;
Each time you press count slowly four.

The next thing is to make him breathe;
Therefore turn him round,
Put your roll a bit beneath
Where the shoulder-blades are found;
Then place his arms above his head,
His hips between your knees;
Your hands upon his ribs you spread,
And his sides together squeeze.

With elbows steadied on your hips,
You sudden forward press;
The weight of your body as it tips
Will make his labor less.
Backward and forward now you go,
Eight or ten times per minute, slow,
At the very least for an hour or so.

If the breathing does come back,
Let it have its way;
But if it should get too slack,
Quicken it you may.
When he breathes, the standers-by
Who all the time have rubbed him dry,
Put him in the bed they will
And leave him now to doctor's skill.

Brit. Med. Journal.

THE MIGHT OF ONE FAIR FACE.

The might of one fair face sublimes my love,
For it hath weaned my heart from low desires;
Nor death I heed, nor purgatorial fires.
Thy beauty, antepast of joys above,
Instructs me in the bliss that saints approve;
For oh, how good, how beautiful, must be
The God that made so good a thing as thee,
So fair an image of the heavenly Dove!

Forgive me if I cannot turn away
From those sweet eyes that are my earthly heaven,
For they are guiding stars, benignly given
To tempt my footsteps to the upward way;
And if I dwell too fondly in thy sight,
I live and love in God's peculiar light.

SEEKING REST.

O ye that fare amid these breathless places,
Spending your souls 'twixt factory and mart
Ye whose quick eyes and pale and eager faces
Reveal the restless heart,
What are ye seeking in your fever'd labor,
That knows no pause thro' all the crowded week
Each for himself, and no man for his neighbor,
What is that ye seek?
"Oh, some seek bread—no more—life's mere subsistence,
And some seek wealth and ease—the common quest;
And some seek fame, that hovers in the distance;
But all are seeking rest."
"Our temples throb, our brains are turning, turning,
Would God that what we strain at were possess'd;
God knows our souls are parch'd and black with yearning;
God knows we faint for rest."
He went his way, a haggard shape and dreary,
His hard face set towards the kindled west;
And, lo! a voice, "Come unto me, ye weary,
And I will give you rest."

Frederick Langbridge.

THE MILL OF FREYA.

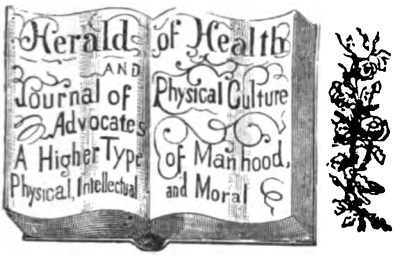
"Within the Grotto of Freya is a meadow, and on the meadow is a mill, in which old men and women are ground. Young and naughty children are ground into good ones.—*Scandinavian Tradition.*

Ho! grinder at the magic mill,
I bring you grist,
Be your quick wheels a moment still;
Take me and grind me as you will,
I shall not struggle or resist;
Do as you list.
I could lie there a hundred years
(I think I could),
And let the cog's slow, cruel spears
Revolve and rend, and feel no fears,
So only at the end I stood
Made young and good.
A child at heart—a wearied child—
Though worn and gray!
Oh! thought of rapture, deep and wild,
To smile as fearless once I smiled,
To join the race alert and gay,
Renew my day.
All would be different, better. I,
By time made wise,
Should mark the pitfalls to defy,
Should curb my passions and deny,
Should front temptation's bright disguise
With eagle eyes.
Eagerly, patiently I wait,
Oh! magic mill,
Take me and grind me, soon or late,
What better hap, what gladder fate?
I will not murmur though you kill,
But bear your will.

Susan Coolidge.

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EDITORIAL DEPARTMENT.



NEW YORK, JULY, 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 LAWS OF HEREDITY.—The best hope of the world lies in the fact that any advantage which men and women, disciplined by the experiences of life, can secure in virtue they can transmit to their children. The children thus come upon the stage of action better equipped than were their parents to play their parts with honor. It is in this way, by the gradual accumulation of a better mental and moral inheritance, that mankind has advanced from its primitive condition of brute barbarism to its present state of intellectual and moral civilization.

But, now that this law of progress has been discovered, the advance should be at an accelerated velocity. Human will and effort may co-operate with the law to add to its energy. Here is the crowning problem of social science—so to improve the conditions of human existence that human beings shall be born with a greater advantage in the direction of goodness instead of a pronenesss to evil. To be born into conditions of goodness is to have good assurance of a good life. And we may say that it is the natural moral right of every human being to be so born.

But we have only to go into certain districts of any of our great cities to have the conviction forced upon us that vast numbers of human beings are born into conditions of diabolism rather than into conditions of goodness; into conditions so evil physically, mentally, and morally that the wonder is rather that any of them should be rescued to useful and virtuous lives than that they should all go to utter perdition of evil. Where physical filth and wretchedness combine with mental darkness and moral depravity of every sort, it does not look as if there was much hope for any new, fresh life that is there born. If the life only could come into existence really new and fresh—but it is born already old in misery and vice; that is, in all the evil consequences of them, as if it had itself sinned. That any are saved to virtue from such surroundings, as they sometimes are, shows how persistently vital is the seed of virtue, and how powerful it might become for overcoming all evil, if it were only rightly cultivated.

Yet it is not wholly in the midst of such outward degradation that all temperamental conditions have their birth. The very seeds that have helped to generate this mass of corruption and wretchedness may have themselves been generated in homes of wealth and luxury. Vicious habits, abuses of appetite, physical and moral violation of natural law—these will inevitably entail upon coming generations the burden of a disordered temperament, whether in the mansion of the rich and

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mentally cultivated or in the filthy hut of ignorant poverty and crime. The law of heredity cannot be evaded. No amount of money can purchase exemption from its authority. No amount of learning can devise any way to circumvent its operation. No amount of refinement can refine away its power. The evil habit, the coarse nature, the selfish ambition, the animal indulgence, the querulous temper, the grasping avarice, under however gilded and reputable exterior they may be concealed, cannot do otherwise than transmit an inheritance of evil to posterity. The evil may not always appear in the first generation, it may in individual cases be cancelled by some other element of inheritance; but somewhere the poisonous evil flows in the blood of after generations, to corrupt and disorder the currents of life. Here it may break out as physical disease, there it may appear as a mental infirmity; and again and more often it may indicate itself in a peculiar susceptibility to moral temptation—sometimes, indeed, as an impulse almost irresistible to certain courses of vice and crime. Thus, in some form or other, it stays as a burden, instead of a help; as something to be striven against and resisted, something dragging the nature down and holding it back from achievements which might otherwise be easy to it. In the light of such a law, how urgent is the motive for uprightness and purity, for moral cleanliness of every form, for temperance, sobriety, and self-control! For in these virtues lie in embryo the clear brain, the pure heart, and the strong-fibred conscience of the generations that are to come.

But again, on the other hand, we sometimes behold homes in which goodness seems the natural law of their existence—homes in which a pure and mutually equal and helpful love holds the supremacy over all motives and actions; homes in which truthfulness and sincerity and self-sacrificing devotion of the members to one another make the very atmosphere of family life; homes in which all the generosities and humanities, and all nobleness of feeling and doing, find instant welcome and constant hospitality; homes in which the temperate, easy simplicity in which all things are done detracts nothing from the prevailing good cheer and joy and healthful pride in one another's success; homes from which all meanness, all impure thought, all intemperate appetite shrink away ashamed and unfed. Here and there we see such homes, or homes approaching this ideal of goodness. And children that have the fortune to be born there are in very truth born into virtue, into godliness. How easy does goodness seem in these veritable temples of divinity! With what an unconquerable love of virtue, with what strong, well-nigh invulnerable armor for preserving virtue, must children grow up in such homes and go out from them into the world!

Said a candidate for the orthodox ministry to a member of his ordaining council who put to him the usual question, "Can you name the time when you were converted and came into a state of grace?" "No; for I was born of a God-loving and God-obeying mother, and so I was born in a state of grace." The answer was heretical; but it was so sincere and truthful, and it opened withal a vista of such glorious possibility of a larger doctrine of regeneration than the questioner held, that it was allowed to pass. For children born and righly bred in virtuous homes, under pure parentage, the word regeneration, either in its theological or moral sense, has no meaning. They begin with no depravity, but with a nature that is one with the moral law, or with what the creeds call "grace." They begin with a temperament and tendencies that are naturally weighted toward goodness, and can only be prevented from achieving it by some act of unnatural violence.—*Index.*

RECORD OF HYGIENIC PROGRESS.—Those at all acquainted with the student life in Germany, especially in the universities, will be surprised to know that a hygienic society has been formed by a company of students in the University of Berlin, upon the

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strictest principles of hygiene; and this in Germany implies vegetarianism, for there temperance, practical hygiene and vegetarianism are always closely allied. In no other country are high culture and intelligence associated with so great indulgence of the physical appetites as in Germany, and this reform among students in Berlin is much needed, and being commenced is likely to be carried out with the usual German steadfastness and courage; and all this will be needed to make it a success in the face of the almost universal tendency to dissipation among university students in that country.

The society to which we refer is called "Der Deutsche Akademische Verein fuer harmonische Lebensweise."

We translate a few sentences from the prospectus: "It is the purpose of this society to promote harmony in all human relations, and this it seeks to attain through a reform in the prevailing customs of society. It gives attention,

1. To food, which should consist of fruit and other productions of the vegetable kingdom, avoiding all that comes from dead animals, and all vegetable products that are injurious, as spices, coffee, tea, tobacco and fermented liquors.

2. To the care of the body, the health of which requires pure air, cleanliness, a right proportion between work and recreation, and a general process of hardening.

3. To the care of the mind, and, here, above all, to self-control.

4. To the reform of hygienic and medical science. Anticipating the ridicule or indifference with which their proposed reform of the social customs of the people will be received, they say. "Some readers of our prospectus will doubtless characterize our theories as foolish, insane, or visionary. But let us not be condemned in advance of a fair hearing. We ask the reader only to give the subject a candid examination. It would be impossible here in a brief prospectus to demonstrate the truth and soundness of our principles, and we refer, therefore, to the works named below, and bespeak for them a full and impartial reading before judgment is pronounced."

We regard this organization of German university students as the most remarkable hygienic movement of the present day. When the leading minds of Germany, and especially the students and professors in the universities, unite in the reformation of the social habits of the country and banish those two curses of German social life, viz: beer and tobacco, making them, as in this country amongst the better class, a mark of low breeding and vulgarity, we shall see a great advance in the German people as a nation. The reformation of the university is the best starting point.

MIND IN WORK.—Medical men see a great deal of life, and nothing strikes the observant practitioner more than the number of feeble, sauntering, and loitering minds with which he is brought into contact. No inconsiderable proportion of the common, and some of the special ailments by which the multitude are affected may be traced to the want of vigor in their way of living. The human organism is a piece of physico-mental machinery which can only be successfully worked at a fairly high pressure. It will almost inevitably get out of gear if the propelling force is allowed to fall below a moderately high standard of pressure, of tension, and that degree of tension cannot be maintained without so much interest as will secure that the mind of the worker shall be in his work. It is curious to observe the way in which particular temperaments and types of mental constitution are, so to say, gifted with special affinities, or predilections for particular classes of work. The men who work in hard material are men of iron will, which is equivalent to saying that the men of what is called hard-headed earnestness find a natural vent for their energy in work that requires and consumes active power. On the other hand, the worker in soft materials is commonly either theoretical or dreamy. There is a special type of mental constitution

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connected with almost every distinct branch of industry, at least with those branches which have existed long enough to exercise a sufficient amount of influence on successive generations of workers. We are all familiar with what are called the racial types of character. It would be well if some attention could be bestowed on the industrial types, both in relation to educational policy and the study of mental and physical habits in health and disease.

CURSE AND DANGER OF INTEMPERANCE.—The London Times proclaimed twenty years ago, that intemperance produced more idleness, crime, disease, want and misery than all other causes put together; and The Westminster Review calls it a "curse that far eclipses every other calamity under which we suffer." De Quincey says, "the most remarkable case of a combined movement in society which history, perhaps, will be summoned to notice, is that which, in our day, has applied itself to the abatement of intemperance. Two vast movements are hurrying into action by velocities continually accelerated, the great revolutionary movement from political causes, concurring with the great physical movement in locomotion, and social intercourse from the gigantic power of steam. At the opening of such a crisis, had no third movement arisen of resistance to temperate habits, there would have been ground for despondency as to the melioration of the human race."

These are English testimonies, where the state rests more than half on bayonets. Here we are trying to rest the the ballot-box on drunken people. "We can rule a great city," said Sir Robert Peel, "America cannot;" and he cited the mobs of New York as sufficient evidence of his assertion.

Scholars who play statesmen, and editors who masquerade as scholars, can waste much excellent anxiety that clerks shall get no office until they know the exact date of Cæsar's assassination, as well as the latitude of Peking and the rule of three. But while this great crusade has been for sixty years gathering its facts and marshalling its arguments, rallying parties, besieging legislatures, and putting great states on the witness stand as evidence of the soundness of its methods, scholars have given it nothing but a sneer.

But if universal suffrage ever fails here for a time—permanently it cannot fall—it will not be incapable civil service, nor an ambitious soldier, nor Southern vandals, nor venal legislatures, nor the greed of wealth, nor boy statesmen, rotten before they are ripe, that will put universal suffrage into eclipse—it will be rum, intrenched in great cities and commanding every vantage ground.

WENDEL PHILLIPS.

A PECULIAR KIND OF DEAFNESS.—Mr. Edwin Cowles, editor of the Cleveland (O) Leader, suffers from a unique kind of deafness, which he thus describes: "My deafness is somewhat of the nature of color blindness. There are certain sounds I never hear. I have never heard the sound of the bird since I came into this world, and until I grew up to manhood I had always supposed the music of the bird was a poetical fiction. You may fill this room with canary birds, and they may all sing at once, and I would never hear a note, but I would hear the flutterings of their wings. I never hear the hissing sound in the human voice, consequently not knowing of the existence of that sound, I grew up to manhood without ever making it in my speech. A portion of the consonants I never hear, yet I can hear all the vowels. I never could distinguish the difference between the hard sound of the letter 's' and the soft sound; consequently I frequently mix these sounds in a sad manner. It is the same with the soft and hard sound of the letter 'g.' It was only by accident, after my marriage, that I discovered the existence of the hissing sound in the human voice."

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STUDIES IN HYGIENE FOR WOMEN.

THE SHOOTING OF THE PRESIDENT.—It is not necessary for THE HERALD OF HEALTH to say that the shooting of President Garfield was the act of a villain of the very worst kind. This has been said over and over again, and people are almost sick of the too full details, hashed and rehashed in every paper. It cannot fail to have a bad effect on the nervous systems of many people to dwell on the sad event too long. What THE HERALD OF HEALTH feels impelled to ask is: How did it happen that such a detestable character was born into the world. His father, it is said, was a respectable, honored man, and so is his brother. We now know that there is some defect in the brains of great criminals, and this murderer of our beloved President has manifested all his life eccentricity of character. How did this come about? Was it a case of atavism, or the reproduction of some old pirate, or desperado which a history of the family if it could be had would show, or was there some defect in his generation and early rearing. We incline to the latter opinion, though of course we cannot prove it. We can, however, positively assert that such an effect must have had its cause somewhere in the begetting or early training. The father and mother may be equally guilty in bringing such a character into the world, or in not educating him so he should have more easily resisted his mad tendencies. Here is something for fathers and mothers to consider. We have no time or space to add more in this connection, than this, that the world is far too full of such people. The ancient Greeks would not have permitted the child to live if they could have detected his worthlessness after birth. We cannot pursue their methods; but we may discuss means of preventing their being born, by a wiser and more sanitary parentage; or, being born, we may insist they shall have a wiser early education, so as to help them outgrow their defects. If the intellect of an idiot can by suitable education be increased several hundred per cent. certainly as much might be done for the growth of a higher moral nature in those who are defective in this respect. Plato said: "Is there any anything better in the state than that both women and men be rendered the very best?" and then he adds, "There is not. If this were the aim of all parents, and all educators, human beings would be better than they are."

MOTHERS OF MEN OF SCIENCE.—A large number of the mothers of the men of science who have become distinguished have been women of extraordinary character. According to Galton, at least eight out of 43 such mothers have been considerably superior to the fathers. These are the mothers of Lord Bacon, Buffon, Condorcet, Cuvier, D'Alembert, Forbes, Gregory and Watt. Brodie and Jussien had grandmothers who were remarkable women. Newton's eminent relatives were on his mother's side. From good evidence it would seem to be important that men of science should have able mothers. A child who is so fortunate, will be delivered from the too common narrowing influence of his home education. Men and women are, as a rule, too slavish with their children, and apt to educate them according to some system which does not bring them the best development. A perfectly wise parent is a rarity. One may be wise in one direction and foolish in another. Women are, it is believed, generally rather more subservient to the established order of things, whether good or bad, than men, though we are sorry to say men are quite slavish enough Now, the pursuit of science requires that men shall not be subservient to anything but truth, and the child who is under such maternal influence as shall cultivate this spirit, is more likely to make a scientist than the one who is brought up not to ask questions, than the one who is not al-

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lowed to doubt. The mother who would have her children develop a love for science, must teach them early to search for the truth. It is largely owing to the conditions of their early training in robustness of body and mind that most of our men of science have distinguished themselves in their career. It must not be forgotten that robustness of body is equally important with robustness of mind. The field of science is as yet not half occupied. The mass of us are plodding along in woful ignorance of the laws of life and health, which scientific knowledge would dispel. The fathers of the ablest men of science have often been unscientific; but they have had able mothers, and this has saved them to their rightful careers. Let mothers look into this matter, and see if they cannot do some good through their children to the world, even yet with all its boasted attainments living in ignorance.

THE LIGHT OF THE FUTURE.—In his celebrated address on "Salutland: an Ideal of a healthy People," Dr. Richardson, after enumerating the reforms affected in dress, diet and manners by his his ideal community, treats the important question of artificial light in the following novel but stirring manner:

"Still there was a certain failure of result until the last of the latter advancements, the last in order of time, and the final in order of complete accomplishment, of obedience to natural design came into force.

"The reform which thus perfected the economy of life had relation to sleep and rest. It sprang from the virtue of necessity, rather than from intelligent foresight.

"In Salutland the people originally were proud of the success they had attained in producing artificial light. They had excellent sources of power for working engines and batteries. The success led them to turn a great part of the night into day, to hold their grand assemblies late, and often to keep them open until beyond the small hours.

"Every one felt sure that this practice was quite unnatural, and the ministers of health were incessant in pointing out that it caused nervousness, irresolution, passion, bad sleep, and irregular wearing out of the body through the nervous system. They insisted, too, that nature herself suggests a certain early hour for sleep, and that although we can by force of will reject the indication, we suffer for our obstinacy. They showed again that this remaining friction of late hours hindered the completion of the natural term of life, and they pointed to the lower animals to show how much wiser in this regard they were than men. It was of no avail; a bad habit fostered a bad resolution.

"At last came a crisis. Rich as the resources of the country were, the supplies, from sheer extravagance and large export to more extravagant nations, began to fail. What was now to be done?

"The important question was solved by a telling and, it may almost be said, amusing enterprise, carried out by one of their most esteemed philosophers, Professor Northstar, the grandson of the one of the same name who took so active a part in the early settlement.

"The Professor, finding that general argument did not prevail, announced one day that he had made in his laboratory—a magnificent temple of science famed all through the world of science—an extraordinary discovery in lighting. He had discovered a source of light which outvied all competition in effect, and which was so cheap and obtainable that every previous invention paled before it. The statement was received with equal wonder and admiration, and when the Professor published that he was about to give a demonstration of the discovery, his lecture-hall was crowded by the most intellectual persons in the land. To the surprise of the people, considering his frequent previous teachings, he called them to meet at midnight. His theatre was lighted with the most gorgeous display, and as he passed on in his discourse he literally entranced his listeners by the beauty of his varied demonstrations and the brilliancy of his ex-

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positions. Every known form of invented illumination was brought before them, and the expense incurred in each case was carefully presented. Expense seemed to rise on expense until the right time came. 'And now,' said the Professor, 'I am going to show you the new discovery. It eclipses all you have seen in brightness, and it costs you nothing. Accept it for nothing, show your gratitude, and make the sun your fellow workman!' As he said this, on a given signal, the dense shutters of the vast theatre silently and instantly fell, letting in the matchless light of the glorious, newly risen sun, with a splendor that cast all the other lights into the shade. The audience, astounded, and actually for a moment not aware of the source of light that enshrouded them, all but exploded with acclamation when the truth, like the light, filled them. As their cheers rang out the Professor bowed his farewell, and next day the whole Commonwealth was full of the event. The papers wrote on the lesson, the people pondered, and being open to conviction they accepted the instruction. 'Make the sun your fellow workman' became a proverb which passed from mouth to mouth, and mind to mind, until the thing was done.

"When the sun became the fellow workman of the people of Salutland the redemption of their bodies from premature death was carried out with the fullest success. The people saved millions in money, but this was nothing to the other saving. That nervous system of theirs, that system which takes in the outer universe, which is stirred by its waves, and sleeps, if it be permitted, when the waves sleep, found at last its natural time for work and for rest. All Salutland laid down like one vast, living world to enter oblivion, and to wake from it filled with another spell of life, ready and happy to greet another day.

MELANCHOLY.—With some persons melancholy is apparently constitutional; with others it is a periodical affection, while again others, rarely are troubled with it. There are those who say that no class of persons exists of whom Mark Tapley may be considered the representative—a man who was always jolly and who never had the blues. There is no doubt that melancholy, or as one form of it is called, "the blues," is in a great measure to be traced to physical causes. It is not altogether a trouble of the mind, for inclement weather and a disordered stomach induce it. The summer season is pre-eminently an unfavorable one for "the blues." It is confinement indoors, heavy meals and conditions of life which reach the acme of artificiality, that produce melancholy. There is nothing that tends so much to the health of the mind (for after all "blues" are but a symptom of mental ill-health) as an abundance of work of a congenial nature. Those who get that, and try to cultivate contentment, need not suffer much mentally. Those have lived who have spoken kindly and patronizingly of melancholy. Fletcher said:

> "There's naught in this life sweet,
> If man were wise to see't
> But only Melancholy
> O! sweetest Melancholy."

Such a sentiment is one which few persons will indorse, if they are in good health. A disordered system makes a man see through blue spectacles. He is almost sure to have melancholy in some form. It is seldom, however, that he will be addressing it in terms of appreciation, as did Fletcher two and a half centuries ago. Most men regard melancholy as a disturber of their joys; not as a sweetener of their lives. Most men are right; Fletcher was wrong.

THE BICYCLE AND HEALTH.—No one can estimate the enormous amount of good that the introduction of the bicycle into great Britain has done for the community. Not only do the people of to-day reap a benefit from the improved health of the young men, but the coming generations far hence will feel it also. England is, *par excellence*, the country for bicycling, because of the magnificence and good order of its highways. It was said in

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olden time that all roads lead to Rome. So in every part of great Britain are roads leading to London known as turnpikes, many of them straight as an arrow for miles, all of them hard and well kept. These roads afford excellent opportunities for the bicyclists, who can go for a spin of 50 to 100 miles on any day they get a holiday. There are 200 bicycle clubs in London alone, while every village, almost, of any pretensions also possesses its club. The bicycle was a godsend to the young Englishman. He found himself in the evening with nothing to do but walk about or have an occasional game of cricket or football. He wanted vigorous, out door exercise. The bicycle came, and now he has got what pleases him, gives him stores of health, and does something to check the deterioration of the race—which some people think is rapidly going on. The bicycle cannot be used as much in this country as in England, simply because our roads are not as good. This is a difficulty which is well nigh insuperable. We do not see how it is to be overcome in a hurry.

CHESTNUTS.—I have often wished for some better mode of dressing chestnuts than roasting in a shovel. They are never good roasted except done over a charcoal fire, and in a revolving wire cage, such as the French use. My cook made them into soup by the receipt which I enclose. It quite satisfied me. She could not give the exact weight, but says that people easily find out by trial. Half-a-pint of milk and half-a-pint of water make, you see, a pint of liquid for two persons.

Your truly F. W. N.

CHESTNUT SOUP.—Boil chestnuts slightly, just long enough to make it easy to take the rind off. Peel off the inner skin also. Pound up six ounces of the chestnuts, and put into half a pint of water; add an onion and a little celery, and cook together till the herbs are sufficiently done. Then add half a pint of milk and a little chopped parsley. Add pepper and salt, and serve up. The above is enough for two persons.

CURRENT LITERATURE.

—:o:—

DAS LEBEN DES MENSCHEN ALS INDIVIDUUM: Die leibes und seelen-Beschaffenheit der menschlichen Persönlichkeit und deren Beziehung zu Gesundheit und wohlfahrt im gesellschaftlichen zusammenleben: von Edward Reich.

THE LIFE OF MAN AS AN INDIVIDUAL: The conditions of body and soul, and their relations to health and prosperity in social life.

Dr. Edward Reich is one of the most prolific hygienic writers in Germany. Although a physician of the old school, he is, like many German physicians, liberal and progressive in a high degree. In the above named work he covers in some 350 pages almost the whole field of the study of human nature.

The book contains a complete theory of human life, trying to fathom the mysteries of our mental as well as of our bodily existence. It gives an abridged record of embryology, and treats also of public hygiene. It treats also of the anatomical metamorphosis during life, and of the connection between our character and our physiological condition, entering into a very close scrutiny of the corresponding differences among different people. It treats very instructively of the different temperaments, and investigates the question not only from an individual, but also from a social point of view; in short, the work does justice to its title, it treats of all and everything regarding human life as an individual, and as connected with its social surroundings. The following translation is not only a specimen of the author's mode of treating his subject; but of the German method of thinking in general. The German mind is idealistic in a high degree, and demands idealism as a necessary condition in order to the development of the moral nature. The author says: "From want of imagination in childhood will result in later years untowardness of many kinds, in public life there will result narrowminded, heartless statutes, lack of genius, churlishness, and decay of art and manners; science will no longer be treated for its own sake, or for the sake of truth, and the dollar will become the social tyrant. In nations the education of which deprives youth of its imagination, genius is at first not understood and further on proscribed and banished. Very often it is mental overfatigue by school. Work that restricts the development of the imagination creating weakness, and in later life indifference as well as inclination to voluptuousness, especially alcoholic propensities. Where imagination is lacking, all capacity for enthusiasm is lacking too, and a soberness will set in, and a frigidness prevail, which are far from serving to carve out for humanity the path of progresss. In all cases where children are mentally overburdened and physically not cared for in the right way, unnatural conditions will, in the course of life, become manifest, and this not only in individual, but also in social life; deficiencies of humanity, bar-room spirit, and political incapacity will gain the ascendency."

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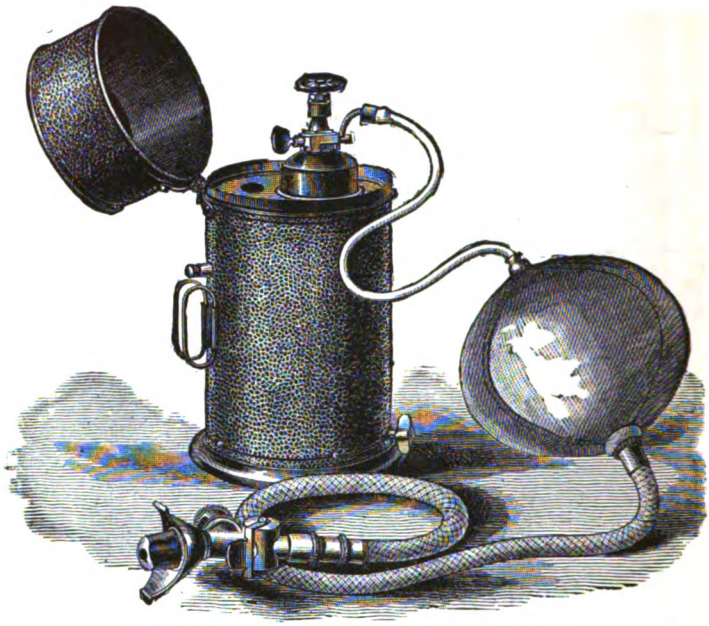
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THE
HERALD OF HEALTH.

SEPTEMBER, 1881.

THE EXTERNAL USE OF OIL IN HEALTH AND DISEASE.

BY G. WHARTON JAMES.

ALL oily and fatty substances contain large heat-forming properties. Heat is necessary to the complete and harmonious working of the functions of the body, hence a sufficiency of it must be supplied if health is to be maintained. Lower the temperature of the body, and it is at once rendered liable and susceptible to disease. All the heat needed to satisfy functional requirements should be obtained from the food we eat. This implies, however, that our diet is such a one as includes all the elements of a perfect and, therefore, a healthy nutrition. Unfortunately, however, owing to the present high pressure state of living, few people have the time and fewer still the inclination to choose that diet which to them would be the most healthful and beneficial. As a rule, the eating at home is governed by the will, and oftener still the caprice of the mistress, whilst abroad that is taken which most tickles the fancy and palate out of the bill of fare presented.

The result of this is that the general diet is a medley one, without order, system, or arrangement. Nature is essentially orderly, even in her most apparent disorder, hence this dietetic disorderliness is to her very objectionable. Nay! indeed, it is more than objectionable. Nature has laws which must be obeyed and regardless of our ignorance or folly, she insists on enacting penalties for our want of observance of them. The result, therefore, of our unsystematized diet is a large increase of distressing and annoying ills, which render the life one of continual harrassment, if not of almost constant misery. There are, without doubt, other causes at work which produce these ills, yet it is improbable that any other known source is so prolific in disastrous effects to the race as the ones of errors in eating and drinking.

One of the greatest evils accruing from this want of system in diet is the overadministering to some of the physical needs and the underadministering to others. That one of the needs thus underadministered to is the heat producing, is clear from the fact that most people are easily susceptible to colds. There is not enough power of resistance, vital heat, to expel the incoming cold, and, as a result, the nerves succumb and the cold takes up its position in the body.

Now, undoubtedly the best remedy for such maladministration would be a thorough and complete reform in diet, for which indeed we plead. Yet, whilst we work truly and earnestly, we hope, for the complete reform, we cannot in the interests of those who are suffering, neglect to inquire into and fully investigate any suggestion for the amelioration of their unenviable condition.

The cold generated, how to get rid of it is the question of first position, and the next first in importance, how to avoid it in future?

To cure, immediately give the body

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a rest by abstaining from food, and as far as possible from any wearying exercise, at the same time soothing the nervous and local irritation by baths, friction, etc. This process is fully explained by the editor in his admirable article in the January number of the HERALD, page three.

The second question is also very clearly and wisely answered in the same article, in which the use of oil is highly commended. And what effect has the oil upon the body? And how does it assist as a preventive against taking cold?

When suffering from cold the skin is generally feverish, dry and hard. The oil well rubbed on this skin, and especially after a tepid bath has partially softened it and opened the pores, acts as a soother, rendering it cool, moist and soft. The absorbent glands also suck up the nutritive qualities of the oil, and convey them to those functions which require heat, and for lack of which they are doing their work in a lazy and indifferent manner, to the great injury of the body.

Hence, to those who are continually taking cold, and who yet refuse to deny themselves by a complete reform in diet, I say, give your whole skin a good rub down occasionally with hot cocoanut, almond, or pure olive oil, and you will find colds are not so readily caught as before. Besides the oil gives a delightful sense of freshness that is quite exhilarating.

The best method of applying the oil is to pour a little into a saucer, into which dip a flat camel's hair brush. With this paint the whole skin, then rub the oil well in with the hands, after which dress as rapidly as possible. The greatest injury often accrues, even to strong persons, by exposing the skin long to the action of the cold air; hence when there is any cause for fear, a portion only of the body should be exposed at a time.

That oil has a place in the treatment of disease is a well-known fact. Who has not been rubbed with liniments and decoctions, salves and ointments by the dozen, made by country aunts and grandmothers, in which oil or lard has been the chief constituent? The oil is used mainly as a softener of the skin, and, as such, a preparer of the way for the strong drug which is generally compounded with it.

Yet there are many cases in which oil alone acts upon disease solely by and through its own merits. In cases of fever, etc., it is exceedingly useful applied in the way before described. In sunburn, where the outer skin has been scorched so hard that it feels as if the face were undergoing the operation of taking a plaster cast of the features, there is nothing so soothing and healing as pure olive oil, well and firmly rubbed into the parts burnt. The skin is immediately softened, and in a very short time peels off, revealing the new skin in its freshness and beauty. A tepid bath into which the face is plunged and well soaked will aid the action of the oil, by opening the pores and rendering the skin easily penetrable.

There is one oil, however, possessing many virtues, which is little known. This is parafin, or coal oil. In burns, scalds, erysipelas, rheumatism, and especially diphtheria and bronchitis, this simple oil acts like a charm. I have known cases of the latter where patients, almost given up as hopeless, have been cured in a short time by keeping the throat and chest well covered with pads constantly soaked in this oil. And in scalds or burns it is equally efficacious. A short time ago a boy in passing the fender caught his foot in some way or other and fell forward onto the red hot bars. A lady who was present immediately asked for some parafin, took the child in her arms, and then sponged his injuries thoroughly with the oil. In a short time the boy's moans of pain ceased, and in a few days the burnt skin peeled off, and the boy was as well as ever, having suffered very little pain, indeed after the first shock.

A little girl, whose head barely reached the top of the table, in clutching at the tablecloth for something, overturned the whole of a scalding hot cup of coffee down her bosom and over her shoulder. Her mother immediately

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seizing the parafin lamp that stood on the table, commenced sossing the scalded parts with her handkerchief well soaked in the oil, and it almost instantaneously took away the pain. The child soon after went into a sound sleep, and in a day or two was quite well again.

Festering wounds, erysipelas, etc., are speedily healed in the same way. It is a cheap oil, and being now a general article of commerce can be tried by any of my readers, should occasion demand. They can thus test for themselves the efficacy of this simple remedy. And I am assured if oil were more generally used externally by those who suffer from almost any chronic disease, their pain would in a great measure be ameliorated, and their susceptibility to disease be considerably lessened.

DRESS REFORM.

BY MRS. E. M. KING.

A GREAT number of women heartily desire a dress reform. They are disgusted with the folly, or worse than folly, of the fashions they see around them, and are anxious to make a stand against them, so that they may not be forced into adopting them, often at the sacrifice of health, comfort, and good taste, and a waste of time and money which might be devoted to better purposes.

Individual effort can do little or nothing against the tyranny of fashion. Those who are in society must conform to the ways of society, or be isolated and cut off from it; and to be isolated, or to withdraw from society, is to abandon all idea of influencing it.

Fashion is not the result of an individual's will, though in its initiatory stages it may take its set from some noted, or rather notorious, person or persons. The full tide of fashion which sweeps over a country carrying all before it, is the combined result of many powerful influences. There is the commercial interest, and the manufacturing interest, with their head and hand workers to keep employed. There is the trade interest, with its innumerable shops and shop people, designers, fitters, and workers to be maintained. All these have, or think they have, to make their fortunes out of two weaknesses of our nature, which at present amount almost to vices, namely, love of show and love of change. We have, therefore, fashion made strong and powerful by feeding on certain weaknesses of our nature, and these weaknesses fed, encouraged, and stimulated by fashion. Here we have a vicious system of action and reaction constantly tending to increase and intensify the evils we deplore. There is but one remedy for this, and that is in the establishment of a combination sufficiently powerful to check and reverse this acting and reacting process.

In order to effect this, we must first of all have knowledge. We must follow the advice which the gentlemen have kindly had carved for us on the chimney-piece of the refreshment-room attached to the Ladies' Gallery of the House of Commons, we must "Get understanding." The people who are working to force certain goods and styles of dress upon us do so with a sublime disregard of the health of the bodies which their goods, produced with so much toil and labor, are intended to cover. While those who are nearer to us—our dressmakers, milliners, boot and shoemakers, underclothing-makers, etc.—with a yet blinder ignorance, or willful disregard for all that health demands, make victims of us to increase their gains. This again is met by an equa amount of ignorance and disregard for health on the part of the female public who are to be clothed.

It should, therefore, be the first duty of women to gain, both by scientific study and from personal observation, an adequate knowledge of the matter

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they take in hand. To learn how health is affected by dress, and what materials, textures, colors, and shapes of garments are most conducive to health; and, acting on this knowledge, to try and introduce as widely as possible, costumes in conformity with it, and designed by people of taste and education. Dressmakers and milliners, etc., may be as well employed in carrying out these designs as in devising monstrosities, and surely it is more fitting that ladies should give orders to tradespeople than that they should obey their mandates as to what they should wear. And if any section of the public required and steadily demanded a healthy style of dress, the trade would soon respond to the call; and this would still further tend to educate the public and those who cater for them.

The second aim of women should be to gain themselves, and impart to others, true ideas of the beauty of the female form, instead of the deformed shape which fashion has so long presented to us. Until the vicious taste which fashion has engendered has died out, we should resort to the natural and the useful upon which to model our garments, leaving beauty to follow from these, rather than attempting the so-called artistic, which as yet has no sufficient foundation in correct knowledge upon which to base itself. If the simple rule is adhered to, that dress is to follow the lines of the body, the figure will no longer be squeezed in one part and unduly extended or inflated in another, nor women made to look like stuffed dolls, tottering and hobbling under clothes which distort them, and in which they can hardly move, bend, or even breathe!

One radical mistake we make with regard to modern dress is to look upon it as an affair of drapery. Let us keep drapery for bed and window curtains, to cover statues, or lay figures; but for the dress of women in the crowded, bustling life of the nineteenth century it is totally out of place. We want to be clothed, not draped. The idea of beauty, therefore, derived from flowing drapery (and this seems to be the chief one of the so-called æsthetic school) is of no use to us, as not applicable to modern daily life. Whenever we think of the beautiful with regard to dress we immediately recur to the ancient Greek models, and to the drapery which looks so grand and graceful on the Greek statues; but we forget that when the Greeks engaged in active exercise their draperies were thrown aside. Any one visiting the Australian colonies may see many a handsome native draped in his blanket or beautiful flax mat, but when at work, especially at a distance from European settlements, a very small amount of drapery is retained. Ornamemtal drapery is suitable to a bygone age, or for a savage life, but for modern life it is out of place, because civilized society does not permit the throwing off of superfluous garments at pleasure.

Modern dress must learn to gain what beauty it can without the aid of superfluous drapery; from the beauty of the form it covers, from its graceful movements, and by discarding the false and hideous outline which fashion would give it. We must also put aside, at least for the present, the idea that art can improve nature, for this we must wait until we have obtained a more correct knowledge of the nature we have to improve. If not, the result will be what it always has been, the deforming and caricaturing of the figure rather than its improvement. We are even now threatened with the reintroduction of a specimen of this false taste. Crinolines are to be worn again, for the double purpose of improving nature, by setting a hump on the middle of a woman's back, and making her carry about a frame over which to hang drapery.

It is all very well for some sensible women to dress as they please and declare they are perfectly free and comfortable, and that what they do other women can do, without the aid of a society to help them. The dingy and unattractive garments most of these ladies wear will not be adopted by young girls. But it is the young girl growing into womanhood whom fash-

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ion most injures. By the tight steeled and boned stays, by the heavy dragging draperies, the organs of the body are forced out of their natural positions, and they and the muscles are never properly developed. Circulation is impeded, healthy exercise rendered almost impossible, and injuries done and malformations produced which are felt throughout the whole of the woman's after life—and not during her own life only, but entailed upon her children after her.

For the improvements it must be remembered that they are but first attempts to carry out our ideas, and that even if we had planned a perfect model, it would not be adopted. We could only introduce it by degrees, as we have no desire to startle society or shock conventional propriety by sudden innovations. The skirt underneath should cover the body evenly, each leg being suitably and well covered; the outline of the figure should be followed, in so far that no puffings or compressions are introduced, and no greater amount of drapery given than for the present is necessary. In the house the upper-trimmed skirt might be laid aside or the lower one drawn up.

DAINTINESS AND GREEDINESS.

BY MUNSONIUS, A GREEK OF THE TIME OF ST. PAUL.

MUNSONIUS (*ib.*, 18—38): Daintiness, he said, and greediness are most shameful. This none will gainsay. But I have observed very few considering how they may avoid these vices. As for most men, I see them yearning for dainty fare when absent, unable to abstain from it when present, taking it unsparingly whenever they take it, even to the hurt of the body. And yet, what else can greediness be than incontinence in regard to diet, because of which men prefer what is pleasant in food to what is profitable? Daintiness, again, is nothing but immoderation in regard to the use of a relish. Now immoderation, bad everywhere, here most of all displays its nature—turning men into the likeness of swine or dogs for ravenousness, making them incapable of behaving decently with their hands, or their eyes, or their gullets, so utterly deranged are they by the appetite for the pleasures of the table. That to be so affected in respect of food is most foul is evident, because hereby we resemble senseless animals rather than men of sense. And as this is most foul, so its opposite will be most fair—namely, to eat with order and seemliness; and here first to display temperance, no easy matter, but one that requires much care and practice. And why so? Because, while there are many pleasures which persuade man to sin and constrain him to surrender to them against his interest, the most invincible of all seems to be the pleasure of the palate. For other pleasures we meet more seldom; indeed, from some we can abstain for months and whole years. But of this we must needs make trial every day—aye, and, for the most part, twice each day. For man cannot possibly live otherwise. Thus, the oftener we make trial of the pleasure which is in eating, the more numerous are the dangers which beset us here. Indeed, every time we take food there is not a single danger only of error, but many. For he who eats more than he ought, errs; and not less he who eats in a hurry; and he who is defiled by the meat more than he need be; and he who prefers pleasanter to wholesomer fare; and he who does not help the guests alike. There is another fault in regard to food—when we take it out of season, and eat to the neglect of some other necessary duty. Since, then, there are so many and yet more faults in respect of food, the man who is to lead a temperate life must be clear of all and subject to none. Now, one may be clear and faultless by training, and enuring oneself to choose food not

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for pleasure but for nutriment, not to tickle the gullet but to strengthen the body. For the gullet exists as a channel of food, not an instrument of pleasure, while the stomach is made to serve the same purpose as the root serves for every plant. For as there the root feeds the plant, drawing the food from without, so the stomach feeds the living creature on the meats and drinks that are introduced into it. And, again, as plants are fed not for pleasure's sake, but that they may continue in being, in like manner we are fed for the sake of life, and food is to man a medicine. Hence, too, it is our duty to eat for life, not for pleasure, at least if we are to follow the excellent saying of Socrates, that while most men lived to eat, he ate to live. For surely no one who aspires to the character of a virtuous man will deign to resemble the many, and live for eating's sake as they do, hunting from every quarter the pleasure which comes of food.

Moreover, that God, who made mankind, provided them with meats and drinks for preservation, not for pleasure, will appear from this. When food is most especially performing its proper function, in digestion and assimilation, then it gives no pleasure to the man at all; yet we are then fed by it and strengthened. Then we have no sensation of pleasure, and yet this time is longer than that in which we are eating. But if it were for pleasure that God contrived our food, we ought to derive pleasure from it throughout this longer time, and not merely at the passing moment of consumption. Yet, nevertheless, for that brief moment of enjoyment we make provision of ten thousand dainties; we sail the sea to its furthest bounds; cooks are more sought after than husbandmen. Some lavish on dinners the price of estates, and that though their bodies derive no benefit from the costliness of the viands. Quite the contrary: it is those who use the cheapest food that are the strongest. For example, you may for the most part see slaves more sturdy than masters, country-folk than town-folk, poor than rich, more able to labor, sinking less at their work, seldomer ailing, more easily enduring frost, heat, sleeplessness and the like. Even if cheap food and dear strengthen the body alike, still we ought to choose the cheap, for this is more sober and more suited to a virtuous man, inasmuch as what is easy to procure is for good men more proper for food than what is hard, what is free from trouble than what gives trouble, what is ready than what is not ready. To sum up in a word the whole law of diet, I say that we ought to make its aim health and strength, for these are the only ends for which we should eat, and they require no large outlay. When eating we must study the proper order and measure—cleanliness about all, and freedom from hurry.

THE GRAPE CURE.

BY T. L. NICHOLS, M. D.

LET us once more invite the attention of dyspeptics, and all sorts of invalids to the most delicious of continental cures—the grape cure. It consists in living entirely on bread and grapes, and is practiced in grape-producing countries in August and September. With a moderate portion of bread—12 to 16 ounces—patients eat from two to four pounds of grapes a day. They walk about among the vineyards, breathing a pure air, enjoying the sunshine, and resting from toil and care. Of course they get well. Such pure food makes pure blood, and pure blood builds up a healthy body.

In England, hot-house grapes are rather costly. Few people can afford to pay 3s. to 6s. a pound. Imported grapes are not always quite ripe, nor of the most healthful and nutritious varieties, and they are not to be found in all localities.

Substitutes for grapes can be found.

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however, at some seasons. The strawberry cure may be nearly as effective as the grape cure. There is virtue in ripe gooseberries. Even the rhubarb stalks are a good substitute for fruits. Plumbs, pears, apples are healthy food; so are oranges and tomatoes. Potatoes, turnips, beet-root, spinach, and other greens, cauliflower and cabbages, kail and asparagus, are substitutes for fruit, and good wholesome food.

But the grape cure—let us return to that. For us who cannot go abroad and spend an Autumn in the Tyrol, or Upper Rhine, or Rhone, or Loire—how are we to have our grape cure?

Why thus! The richest grapes in the world grow along the shores or on the islands of the Mediterranean. They are full of sunshine. These big, luscious grapes are dried in the nearly tropical sun, and then packed up in boxes and kegs and sent to us as raisins—the French name for grapes. The French say, "*une grape de raisin*"—a cluster of grapes—and so we came to call the grapes raisins.

We put a few of these grapes into puddings or cakes—but that is not the most curative way of eating them. In childhood we bought many a penny worth to eat. They are Sir William Gull's favorite lunch. We get a few at dessert with almonds, after a full dinner, but that is not exactly the grape cure.

How then? Well, this way. It is the best substitute for the grape cure we know of—it is, in fact, the thing itself. Buy, for economy, good pudding raisins. They cost from 3d. to 5d. a pound. The water has been mostly dried out of them, so they are equal to grapes, large and sweet, at 1d. a pound, which is what they cost in Seville. Wash them well in plenty of water to free them from dust, and pick out any bad ones. Then you may put them to soak all night, in as much water as they will absorb, so as to swell out to their natural size, and then bring them slowly to the boiling point and let them simmer half-an-hour. If you want a quicker process, wash, and then put in cold water, and let them come very slowly to the simmering point. In either way you have a most delicious and most healthful dish. The sun has made grape sugar of the acid juice. Live on brown bread, or white bread if you find, as in some rare cases, the brown to be too aperient, and these plump, delicious grapes, and you have the grape cure in perfection. We have tried it, and know that it is good. It can be had everywhere, and at all seasons, and there is no curable disease which such a diet will not help to cure. Milk and vegetables may be taken in moderation, and other fruits, for variety, in most cases; but those who go in seriously for the cure of serious diseased conditions will do well to keep almost entirely to the bread and grapes.

Don't say it is hard to get fruit, or that fruit is dear. Here is the best fruit everywhere and at all times, and cheapest as well as best. So try the grape cure.

A PHYSICIAN'S OPPORTUNITIES.—The motto of THE HERALD OF HEALTH is "a higher type of manhood—physical, intellectual and moral." Nothing is more desirable in physicians, or in those whose duty it is to minister to the afflicted, than they should be of the highest type of manhood, morally. Tender feelings, sympathy, and gentleness are invaluable in a sick room, but they can only be exercised in the purest state by the man whose moral life is exalted in tone. We say nothing about a man's creed. He may have no creed at all, he may regard this life as the end of all things; but, if at the same time he realizes (as many such do) that the highest, best and continual aim of a man should be to live a righteous life, to do that which is morally right, he has in him at least one element which should go to the making of a good physician. It has been said very truly that a physician's career is remarkable for two things—for the unusual chance it furnishes of being useful and, for the large amount of unrequited and even unappreciated labor it demands—truly the profession is a noble one.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

TRANSMITTED FAULTS.

"Take us the foxes, the little foxes that spoil the vines; for our vines have tender grapes. —Canticles 12, 15."

Little foxes spoiling
The beloved vine,
Trusted to my tending
By the One Divine;
Little foxes, wherefore
Have ye entrance found
To the vine so precious
Growing in my ground.

Have ye leaped the fences,
Have ye climbed the wall?
Were there tiny openings?
Ye are very small,
And ye can creep so slyly
Through a crevice place,
But I thought I closed up
Every open space.

And I watched by daylight,
And I watched by night;
For the vine that you are spoiling
Is my heart's delight.
I have kept each earth worm
From its precious root,
I have trimmed its branches,
But it bears no fruit.

For the little foxes
Have assailed the vine
Trusted to my tending
By the One Divine.
But though I've been faithful
Since its birthday morn,
They were in the garden
When the babe was born.

For they are the failings
That I could not see
When they were my failings,
When they dwelt in me.
Little faults unheeded
That I now despise,
For my baby took them
With my hair and eyes.

And I chide her often
For I know I must,
But I do it always
Bowed down to dust,
With a face all crimsoned
With a burning blush
And an inward whisper
That I cannot hush.

O, my Father pity!
Pity and forgive:
Slay the little foxes
I allowed to live
Till they left the larger
For the small vine.
Till they touched the dear life
Dearer far than mine.

O, my Father hear me!
Make my darling thine,
Though I am so human
Make her all divine,
Slay the little foxes
That both vines may be
Laden with fruit worthy
To be offered thee.

IN THE TWILIGHT.

As we grow old our yesterdays
Seem very dim and distant;
We grope, as those in darkened ways,
Through all that is existent;
Yet far-off days shine bright and clear
With suns that long have faded,
And faces dead seem strangely near
To those that life has shaded.

As we grow old our tears are few
For friends most lately taken,
But fall—as falls the summer dew
From roses lightly shaken—
When some chance word or idle strain
The chorus of memory sweeping,
Unlocks the floodgates of our pain
For those who taught us weeping.

As we grow old our smiles are rare
To those who greet us daily.
Or, if some living faces wear
The looks that beamed so gayly
From eyes long closed, and we should smile
In answer to their wooing,
'Tis but the past that shines the while
Our power to smile renewing.

As we grow old our dreams at night
Are never of the morrow;
They come with vanished pleasure bright
Or dark with olden sorrow;
And when we wake, the names we say
Are not of any mortals,
But of those in some long dead day
Passed through life's sunset's portals.

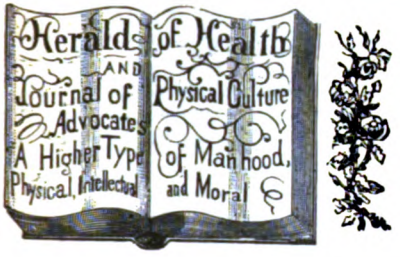
W. E Cameron.

SONNET.

Bright, sunny summer, season of warm days,
Of ripening suns and yellow harvestry!
Beneath the brooding fervence of thy sky
The teeming earth its fruitfulness displays,
And toiling husbandmen in store repays.
Where'er we rove, soft gales go flitting by,
Charged with the hay's sweet breath deliciously
From many a heaped field. Through pleasant ways—
Green, winding lanes—that lead from farm to farm,
A thousand tinkling teams the fragrant load
Bear off to crofts and yards, at thy command;
And crowds of merry harvest-gatherers swarm
In every mead, and rural, leafy road.
Throughout the wide expanse of this fair land

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EDITORIAL DEPARTMENT.



NEW YORK, SEPTEMBER, 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 TOBACCO EVIL.—It is a lamentable fact, that our civilization tends to the development of a kind of precociousness which in its turn seems to induce a craving for stimulants. Perhaps it is the use of such stimulants as alcohol, tobacco and morphia which in a great measure induces precociousness. Anyhow, beer, wine, whisky and tobacco in some shape are used by the boy of to day, because of his desire to be a man. He assumes in his ignorance that to do as men do is to be a man. Thus by encouraging his foolish desire to be what he is not he lays the foundation for a number of morbid cravings which will haunt and enslave him through life. A conference of teachers in Manchester, England, has adopted a vigorous protest against the use of tobacco, which is daily growing more common among boys. Teachers say that smoking is often the first step in a lad's downward career, that physicians of the highest eminence declare it to be injurious to health; that smokers smoke to gratify the same artificial craving as that which leads drinkers to drink, and that the smoking teetotaler is far more liable to break the pledge than he who does not smoke. Much as pipes, cigars and plugs of tobacco are enjoyed by some of our male population, there are few among them who would desire to see their mothers, sisters or daughters use the vile weed in any shape. And yet it is extremely illogical to keep tobacco from the fair sex. If men need such a sedative for their nerves, women need it far more. Will the American woman, who is at present undefiled by this narcotic (except in so far as the atmosphere she breathes is often polluted by smoke), exert her greatest and best energy to uproot this monster—tobacco. Let her protest against it be so loud that her husband, brother and son will for ever forsake it.

CONCERNING MORPHINE.—A crusade is called for against the use of morphine. This drug is gaining a serpent-like hold of some of the most sensitive and highly intelligent members of the community. It is impossible to estimate, with any fair chance of accuracy, the proportion of the population who use morphia, in one shape or another. To do this might not, perhaps, have much practical effect. What we desire to do is to caution our readers against morphia in all its forms. The physician or surgeon who administers it to his patient incurs a great responsibility, for very often a life-long, life-sapping habit is contracted by the physician's prescription. If the baneful effects of the drug went no further than the present generation—if only those who are the enslaved victims of its seductiveness were injured by it

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the case would be bad enough; but the children of the morphine takers, and their children yet unborn will suffer untold miseries from the practices of their parents. How inevitable it is that the sins of the fathers are visited upon the children. How many puny members of coming generations, who have had sown in their systems seeds which beget an abnormal craving for that drug with which their progenitors were saturated—how many of these, we say, will exclaim in their ineffectual strivings against a longing which completely overwhelms them—"what have I done that I should be visited with this accursed, unconquerable appetite?" To our readers we call for a crusade against morphia.

THE DOCTORS AND THE PEOPLE.—What a supreme blessing it is that every man in this world does not work from sordid motives—from motives actuated by the mere greed of gain. Too many men do this now, asking as a prelude to every step—will it pay? but there are some who do not. The Lancet, a high class London weekly journal, devoted to the interests of surgeons and physicans, has, in the interest of the people, fallen to the advocacy of the more general use of such foods as maccaroni, peas, pulse, maize and oatmeal. The Lancet points out that the English eat too much meat, and if it knew America it would point out that we, too, are as foolish as our English cousins in this respect. There are some persons who always look on the dark side of things, and say that doctors as a rule do not give their patients the best advice, knowing that if they did their occupation would be gone. We are inclined to judge doctors as a class less harshly than this. While admitting that they do not give the very best advice at all times as to diet, we believe they withhold it simply because their training has not taught them what diet is best. It must be remembered that the doctor's is a very ancient profession. It is shackled by a conservatism which is dear to some as life itself. A few have left the ranks of the old school, and are now regarded with a certain degree of disfavor by their erstwhile associates. But happily in this country such disfavor is much less pronounced than in more conservative England.

THE VALUE OF EARNESTNESS.—Earnestness is a quality which when exerted in a right direction by one man is capable of making itself felt the world over. Emerson, Carlyle, and many other whose names will readily occur to one, were nothing if not earnest. Their influence will never die. Even if their names will be forgotten there will still always be running through humanity strata which will have been colored and made purer and nobler through the writings of such men as these. "The first time I ever knew Emerson," says Mr. Tyndall, as reported in the "Radical Club" volume, "was when, years ago, a young man, I picked up in a stall a copy of his Nature. I read it with much delight, and I have never ceased to read it; and, if any one can be said to have given *the* impulse to my mind, it is Emerson. Whatever I have done the world owes to him." Here we have a great scientist attributing his work to Emerson. How many more, if they could only be heard, would say the same. How many have had, at certain points, their lives turned into a healthier moral channel from being struck by the earnestness of such men as Emerson and Carlyle. And in the coming ages how many more will be influenced and guided by those who have drawn from these great fountains. A man with a good moral purpose and earnestness may turn the course of peoples.

SMOKE AND OUR YOUTH.—The Secretary of the Navy, and Secretary Lincoln, are both wise in their generation. They have each issued an order against cadets smoking at Annapolis and at West Point respectively. This advance is made at the suggestion of the medical officers, who declare that smoking amongst the cadets has proved injurious to their health, discipline and power of study. Is it too much to hope that the prohibition of smoking at the

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two national academies will produce a profound impression upon the whole country. Why should not our fathers, mothers, and in fact public opinion generally, arise to the fact, before it is too late, that tobacco smoke is poisoning the blood and ruining the health of American boys. Have we no care for the rising generation? Do we not care if this glorious country, flowing with milk and honey as it is, our noble institutions, the envy of the world as they are, and our unparalleled future are all to be blighted by the poisonous smoke of the tobacco plant?

MISLEADING FOLKS.—There are some persons whose minds are very much like sponges. They suck in anything that may come in their way, and are very easily squeezed out again, ready for another dose of whatever may be near at hand and convenient. Such men are very apt to believe the last thing they hear or read. If to-day they take up THE HERALD OF HEALTH they feel inclined to imbibe its principles; if to-morrow it chances to be a journal which argues differently, they believe that journal. A publication hailing from the South, devoted to sanitary matters, has just published a few scraps under the head of "Diet" which one of these sponge-like men had better not get hold of. It contends that a "restricted diet" is excellent, and the restriction must be in favor of flesh meat. A story is told of a man who was imprisoned in South America for two months, and fed on meat alone—about half a pound a day. He got as lean as a "starved greyhound," but was "really as well as he had ever been during a singularly healthy life." There is no doubt, in fact it is being demonstrated daily, that the human system is able to adapt itself to varying conditions. A man can live for weeks without any food whatever; or he can live in a heated atmosphere, and under many other abnormal conditions. But what we have to deal with is this question; what is best for the city or country worker, the man of sedentary and of active habits? Is flesh meat necessary for the best work of the brain and muscle? Can the best work be got out of flesh, or food of a vegetarian character? These are the questions which strike one as being pertinent, and which we seek to answer in our pages.

SWIMMING FOR GIRLS.—The public are continually reminded of the numerous contrivances, supports, stays, shoulder-straps, etc., and the various exercises that are best calculated to prevent round shoulders, a stooping, awkard gait, contracted chest, and so forth; but perhaps there is no kind of exercise for girls more calculated to attain those desirable objects than that of swimming. During the act of swimming the head is thrown back, the chest well forward, while the thoracic and respiratory muscles are in strong action, and both the upper and lower extremities are brought into full play. Indeed, in a health point of view, females would often have an advantage over the stronger sex, as, owing to the large amount of adipose tissue covering their muscles, and the comparative smallness and lightness of their bones, they not only have greater powers of flotation than men, but, as a rule, can continue much longer in the water. They are, therefore, naturally qualified to become good swimmers; and Mr. Macgregor mentions that out of a class of thirty girls, whose instruction commenced late last season, twenty-five were taught to swim in six lessons, and six of them won prizes. It is to be hoped, therefore, that the girls will not be debarred from learning this graceful and healthful accomplishment either through the lack of baths or of teachers. Such a practice is particularly called for at the present day, as a set-off against the growing tendency in the "girls of the period" to indulge in those literary and sedentary pursuits which are anything but favorable to the development of a healthy physique.

PRE-NATAL INFLUENCES.—There has been much said in the columns of the Alpha on the power of the mother over the organization and destiny of her child.

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

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

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

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

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

C. B. WINSLOW, M. D.

SHOULD BOYS BE MUSCULAR?—Parents often make a great mistake in treating their children very much as they would hothouse plants. They are not allowed to lift things, for fear of straining themselves, to run, for fear of getting overheated; an embargo is laid on wrestling, for fear they will hurt themselves, and so on *ad lib.* Will our fathers and mothers take a lesson from common sense? Because a boy is their son, because he was not born to follow the plow or hew wood; because he is not expected to follow Weston, Jim Mace, or Hanlon, all these are not good reasons why he should grow up with undeveloped muscles and a puny frame. Stuffing a lad's stomach with meat three times a day will not give him strong bones and agility. It will give him indigestion and a thousand and one other complaints, including, perhaps, a premature grave. What harm has ever resulted from children receiving physical education, that it should be so much neglected? Our American *paterfamilias* might learn from England a useful lesson in the education of his sons. Rowing, wrestling, jumping, running, and numberless other accomplishments, all in the phrase "athletic sports," are very common there amongst youths of the richest families. It is fashionable for boys to be muscular and strong. Dainty white hands, skinny and thin arms, and an effeminate bearing may be tolerated among the æsthetes, which Punch is so fond of laughing at every week, but it is fashionable for English young men to be strong and full of endurance. The quicker it is the fashion here, also, the better.

"WHO WERE THEY?—Who was Samson? A man of great physical strength, whose beverage was water, and his food vegetarian. Who was Daniel? A wise and good man, whose drink was water, and his food vegetarian. Who was John the Baptist? The mightiest man born of woman, whose drink was water, and his food vegetarian." So says one of our temperance journals.

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STUDIES IN HYGIENE FOR WOMEN.

OUR INSIDES.—A teacher, who conceived the idea that there was something in the command, "know thyself," which was worth regarding, undertook to teach her pupils a little physiology. After the class was well started, a mother of one of the pupils wrote the teacher as follows: "Do not teach my daughter anything more about her insides. It is very improper." This letter is but an illustration of the profound ignorance which unfortunately exists everywhere among some mothers. Not only are they supremely ignorant regarding their insides themselves, but they fail to see the advantage to be derived from their children acquiring such knowledge. We should very much like to ask such mothers whether they regard pain, sickness, disease and premature death as desirable visitants. Such a question we have no doubt they would answer in the negative. Then we should tell them that a very large proportion of these are brought on because people do not know enough about their insides. The false delicacy which a mother encourages who attempts to crush such a teacher's endeavors as those we have referred to, is very reprehensible and productive of a vast amount of evil. The fact that we possess insides, and that by our own acts we can very easily cause disorder to them, is standing proof that there is nothing improper in possessing knowledge concerning them. Why should doctors monopolize all the physiological facts of the world any more than parsons all the spiritual knowledge, and newspaper editors all the news of the world? Just as the editor's duty is to disseminate news, and the minister of the gospel to disseminate the gospel, so it is the duty of the physician and the teacher to sow broadcast knowledge concerning our insides. The days of empiricism are passing away, and the days of reason are here. The inquiring mind asks the why and wherefore of everything. The teacher must know, and tell what he knows, or his occupation will be gone, and an abler than he will step in before him. The world is demanding more knowledge. The mind of the young thirsts and the heart pants for it. Knowledge concerning our insides is amongst the first that a child should acquire. The onward march of a rational thirst for knowledge is sweeping down with a crash all the obstacles that are reared by mothers who are ignorant themselves, and who would also keep their children ignorant.

HINTS ON DIET—ABOLISH DESSERTS.—Sir James Clarke thought that one of of the most fruitful sources of consumption was excessive eating. He says: "By a too stimulating diet the stomach becomes disordered, the secretions impaired, the circulation unbalanced, the skin dry and harsh, and often, as a consequence, tuberculous disease results."

An eminent American author affirms that "where all the arts of cookery are brought into requisition to tempt the appetite, it not unfrequently produces consumption." And again, "Superabundant and exciting food produces a morbid condition of the body and derangement of its functions, rapidly wasting its vitality. Children over-fed are never healthy. Their excessive fulness and redness of face, though often exhibited by fond parents with pride, indicate an unhealthy condition. If there is the least consumptive taint, such feeding hastens it into activity." Again he says, "It is a false notion that the scrofulous and tuberculous require high feeding. This often develops the very evil it is designed to remedy."

Dr. Hunt declares: "Our own nation is proverbial for gormandizing, which is already beginning to deteriorate the energies of the American people."

Dr. Muzzey says: "Much feeding is likely to be followed by disease."

Lola Montez declares; "The ordinary fare of a fashionable lady is sufficient to destroy the brightest and smoothest skin."

I could quote from a great number of well-known physicians in the same vein.

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How shall we determine the necessary quantity of food ?

Dr. Phillips and Dr. Paris recommend that the dyspeptic "should carefully attend to the first feeling of satiety."

A score of eminent physiologists have advised weighing the food.

Prof. Hitchcock advises that we should eat only of one dish, or, as he explains it afterward, "one course."

The celebrated Dr. Johnson offers the following on this point: "Whenever a meal is followed by an inaptitude for mental or corporeal exertion, we have trangressed the rules of health, and are laying the foundation for disease"

The famous Dr. Cheyne says; "If any man has eaten or drunk so much as renders him unfit for the duties and studies of his profession, he has over-eaten."

Many expedients have been resorted to to assist in securing moderation; but when the food is good and the social atmosphere pleasant, nine people in ten go too far.

I have a rule which has proved valuable. I have recommended it to many others, to whom it has likewise proved of great value. It is this:

Before you take the first mouthful, place upon your plate all you are to eat, and eat but twice a day.

This, for the most obvious reasons, is greatly superior to any of the rules I have named, and, I may add, to all that have been given. This rule accomplishes all that the practice of weighing does, without the embarrassment and annoyance which weighing involves. It is better than the rule of Dr. Johnson and others—viz., watching while you are eating for the first indication of satiety; for it is almost impossible for a dyspeptic, with his morbid appetite, to watch, or halt when he does discover that the food fails to give the intense gratification of the moment. This is indeed the great difficulty—to use calm judgment and moral firmness in the midst of the absorbing pleasures of a delicious meal. I am free to confess that I have rarely done it myself, and think I may without harsh judgment say I do not know of half a dozen persons who can.

Besides, with this rule, you always avoid the dessert and the condiments, which, in the shape of extra salt, mustard, pepper, etc., are almost sure to find their way to your plate during the meal. What an immense gain it would prove to us all if the dessert could be abolished! Ninety-nine people in a hundred get enough, and most of them too much, before reaching it.

A gentleman, who has for years been a constant sufferer from excessive eating—body, mind and temper always in an irritable condition—has relieved himself entirely through the rule I have named, and now writes, with enthusiasm, "I believe that a large number of persons are prepared to give with heartiness the same testimony."

If the dessert was abolished it would add a great deal to the health of women. Every dish should be so good, so delicious, and so wholesome, that no dessert is necessary. They were invented to tickle the appetite at the end of a poor meal, but why do we need it if the food is good? DIO LEWIS.

CHEESE.—The results of my observation and experience of the ill effects of cheese, particularly when taken in large quantities, may be interesting to some readers. My attention was first directed to this subject in 1871, through reading a pamphlet in which the writer, a medical man, stated having observed that large numbers of persons in certain localities suffered much from rheumatism, chiefly in the limbs. On inquiry he found that cheese entered largely into their bill of fare, and subsequent observations led him to the conclusion that it was to a large extent the cause of their pains. Being fond of experiment I put the matter to a test, as I remembered having suffered similarly some years previously, and at a time when I had been taking cheese. I commenced with a supper of bread and cheese, and after a week or ten days, as near as I can remember, I experienced pains in the limbs similar to those caused by having wet feet. The pains were chiefly confined to the thighs, and were continous when moving about during the day, though not

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experienced when lying in bed. Some years afterwards, when serving in a grocery store, a young man half my age (I was forty) complained to me of pains in the limbs, with an indisposition to exertion. I at once told him if he would let cheese alone he would be all right. He followed my advice, and experienced in a few days an entire cessation of pain. He again and again returned to the practice, but always with the same results. Having been lately again indulging too freely in the use of cheese, again the results above given followed, and I have just recovered by abstinence from cheese. I find that I can digest baked or toasted cheese better than raw, and can eat more of it. Can any medical friend give us the *rationale* of this subject ?

HYGIENE VERSUS LONG TRAINS.—The municipai authorities of Prague have, at the request of the Board of Health, interdicted the wearing of dresses with trains in the public streets, on the ground that the dust raised by those appendages is injurious to health. In Algeria the clouds of dust raised by the incessant sweeping of the long skirts of the ladies produce on the legs, when bathed with perspiration, an irritating pruritus and eruptions, which are only partially relieved by baths and a scrupulous attention to cleanliness.

WICKED HUSBANDS.—Some husbands are very thoughtless, nay, wicked towards their wives, and do not care for them as tenderly as they should. It is a shame and a disgrace to them that this is so; but there is no denying the fact. If men wish to be happy in their domestic relations, they must choose good wives and make themselves good husbands.

This point is aptly illustrated by a correspondent in a recent number of the Woman's Journal. The writer, a wife and mother, is over-burdened by housekeeping and the care of her little children ; her husband stupidly oblivious of the fact. She says : " Once we were riding ; at the foot of a hill he told me to get out and walk up as his mare would foal in July. *My baby would be born in August.*"

He remembered to be kind to his horse and care for his colt in embryo. He knew his responsibility there, but he had no thought for his own child. This is not an unusual case, for, alas ! it is the experience of many wives. Another one writes : "I have no money only what I can get on the sly." Meaning if she could find small coin in her husband's pocket she would take it, if she thought he would not miss it. His children will inevitably be sly and thievish. But he feels no responsibility in the matter. They are God's children, not his.

A NURSE'S QUALIFICATION.—It is very true that nursing is not a devout aspiration, but a business to be learned as much as blacksmithing or telegraphy. No amount of zeal or refinement will teach a woman how to put on a blister or bandage a broken leg. Science, the embodiment of a vast aggregation of experience of this and past generations, must be introduced into the accident wards of our hospitals, as well as into the sick-room. Training-schools for nurses are a mark of advance. Not only do they send skilled, intelligent helpers to the side of the sick and dying, but they open a useful, remunerative and womanly career to respectable women. The age of Sairey Gamp has gone by. Dickens somewhat caricatured the London nurse of his day when he drew Sairey. But his caricature had a good effect on the generation, and much of the activity which has been shown during the past few years in London in the training of nurses may, perhaps, be traced to the piquant absurdity of ever allowing such a coarse, ignorant old wretch as Mrs. Gamp to be the presiding genius at a sick bed. Prayer and sympathy are undoubtedly very good things in their place ; but obviously they are not all-sufficient at the sick bed. In the acutest moments of suffering for the patient the nurse may very well dispense with prayer altogether, and use in its place that deftness and skill which can only come from experience,

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mingled with, of course, a fair amount of sympathy.

BOTH GONE!—I have just received a letter from an old friend, nearly in the following words:—"I have been suffering great pain and a most distressing discharge, whether from cancer or from what the doctors call lupus. Now, after a month on almost entirely fruit diet, thanks be to God, both the pain and the discharge are gone. I thought you would find a corner for this. Most of us remember the case of the infant covered with ulcers and despaired of, whom a Stockport surgeon cured by fruit diet."

NOT RIGHT.—Things are not exactly right. A careful political economist closely calculates that women in this country might annually save $14,500,000 in ribbons, which the men might spend in cigars. This is all wrong. THE HERALD OF HEALTH would advise the men to save all they spend on cigars and rum, and let the women have it to spend in the most sensible way they can desire. So long as men smoke and drink, women must be deprived of many of their rights, and many means of progress.

EATING.—The majority of mankind neither know how to eat nor what to eat. Persons should allow themselves sufficient time to masticate their food well, and not force the stomach to perform the double work of chewing and digesting. As to quantity and quality, every one should make their own selection; more harm is usually done by too much and too great a variety than by richness in quality. No general rule can be laid down; each stomach indicates its own adaptations and preferences, and its own fullness: and if the eater will mark well the monitions of this faithful thermometer he will soon be able to regulate his diet better than any physician or strolling quack, who professedly enlightens his audiences either through public or private lectures.

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THE
HERALD OF HEALTH.

OCTOBER, 1881.

BRAIN CULTUUE AND BRAIN FEEDING.

BY THE EDITOR.

BRAIN culture and education are synonymous terms The brain is undoubtedly the great motive power of the world, and the universal medium for the solving of difficulties the real value of which money is the symbol. There is one aspect of brain culture, the educational, which is of the highest importance, and there is the material aspect, which is a very small affair, indeed, when compared with other kinds of culture. The real amount of brain matter in the world is really very insignificant, If we take the actual population of the globe to be ten hundred millions, and allow each individual three pounds of brain matter, we obtain a total of one million three hundred and thirty-nine thousand tons. That estimate of actual brain substance is somewhat too large, for there is a great deal which is practically useless and not under cultivation in any true sense of the word. We may assume that there are a hundred millions of baby brains, a hundred millions of aged and worn out brains, and a hundred millions more of damaged brains, disabled by diseases; and of the seven hundred millions that remain there are at least four hundred millions which have never been brought under cultivation, such, for instance, as the brains of savage and untutored races. The human brain is, with the exception of the liver, the heaviest of the organs of the human body. But of the total amount of brain matter a comparatively small portion is really active. Two different kinds of substance enter into its composition. There is the central white mass, and there is the outer gray mass, the latter of which is the really active part subject to culture. The outer gray substance is the soil which in education must be enriched and developed; it is the growth from which all intellectual and moral efforts must be gathered. Chemical analysis shows us that this gray matter consists for the most part of water, for there is 81 per cent. of water and 19 per cent. of solid substance. The brain is an exceedingly fragile and delicate organ, and must be handled with as much carefulness as a cobweb, if we would keep it sound and whole. If our young people, and especially our educators, could see a live brain, they would form a conception of it that would stand them in good stead at many a critical period in life. The dead brains which we see in the dissecting room, and the dry ones which can be observed in any museum of anatomy, give us but a poor conception of the marvelous cunning of the living organ. The weight of the brain of the most developed monkeys never reaches that of the lowest idiot.

One great object of brain culture is to develop healthy, vigorous brains; another is steadily to increase its size, the elaborateness of its structure, and the number of possible combinations of its ganglionic elements, and to im-

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prove its quality so that it will respond with increased rapidity to all the demands which are made on it. Brain culture may be carried on in an almost infinite variety of ways. The plan of growth and the quality of brain may be modified very materially through inheritance, through nourishment supplied to it during the period of growth, through impressions made upon the senses and through mental training. The brain, like our peach and pear trees, is subject to certain blights which to a greater or less extent destroy its working value. Certain it is, that by a little self-restraint and sounder foresight, much might be done to stamp out those blights which destroy so many noble brains, and blemish many which they do not destroy. A great deal might be done to hand down to those who are to come after us a comparatively sounder strength of brain than we have ourselves received. There is an old and false proverb that marriages are made in heaven, but multitudes of them that are taking place daily open up anything but celestial prospects. There is nothing Utopian in hoping for the time to come when man shall consult a wise sanitarian as well as his lawyer, before getting married, and will no more venture to make an offer to a lady, more than to an insurance company, unless he is prepared to prove that he has a brain as well as body of number one quality. It is well known also that there is a definite relation between the food consumed and the manifestation of brain power. The cerebral activity may be definitely and commonly changed by altering the quality of the blood, either through the amount or quality of food consumed, or through the exercise taken. The evolution of nervous force depends largely upon muscular conditions, and properties of thenerve centers. And these in turn depend in a degree upon the brain supply. Nervous tissue varies greatly in its quality. It may be quick and violent in its response to a stimulus, or slow and feeble. But whether it is quick or slow in its action depends somewhat upon the food out of which it is made up, just as the character of muscular action is determined in a large degree by the food upon which it is nourished. The hunted deer will outrun the leopard in a fair and open chase, just because the force supplied to its muscles by its vegetable food is capable of being given out continuously and for a long period of time; but in a sudden rush at a near distance the leopard will invariably overtake the deer, because the flesh food stores up in its blood a reserve of force capable of being given out instantaneously in the form of exceedingly rapid muscular action.

It may be argued that the brains of vegetable-eating men are equably constituted and best capable of long sustained action, while those of flesh-eating men are more sudden and explosive in their operations, and work best in rapid raids and forays of mental effort, rather than in protracted campaigns.

The rice-eating Hindoos (it may be said, in spite of the fact of their mutinies,) are quite humane, while the flesh-eating savages of America are violent and cruel.

There is a growing belief that abstinence from so great consumption of nitrogenous food, say from flesh, contributes to religious feeling in our Lental fasts, and that all cannibals maintain their loathsome orgies and their ferocity by animal food. There is a state of brain tissue that becomes excitable, and is apt to respond in an inordinate degree to stimulus made upon it, which seems to belong to an alteration of nutrition, which, it has been suggested, consists in a substitution of nitrogen for phosphorus in its composition. In a degree of this excitability explosions of nervous energy, such as epileptic fits, take place; and we may readily understand how in minor degrees of irritability there is a condition of brain rendering it altogether unfit for true and genuine effort.

Doctor Major has made some experiments at the West Riding Asylum, on a number of epileptic patients, by giving to them for one month no nitrogenous food, for the second month a diet with a little flesh, and the third month a richly nitrogenous diet; and

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he found they had the least number of fits when taking no flesh, and most when fed on a liberal meat diet. Besides this, he had many other indications that flesh (meats) in large amounts was decidedly injurious to them.

This suggests that, in the minor degrees of brain excitability, interfering with its healthy action and nurture, we may do some good by a reduction of the flesh (meat) consumed. These minor degrees of brain excitability are very prevalent, and may be caused by the tendency of our time to partake too freely of animal food. Our business men eat excessively of animal food, and they have at the same time occupations which tend to excite and worry their nervous systems. No one with an observant eye can go into the city now without being struck by the number of men he meets in the street muttering, talking, and often gesticuling, to themselves. This is a bad sign, and a sample of excitability of brain tissue and loss of control of inhibition, or, what is the same thing, self-control over the thoughts and emotions. The muttering to one's-self is often the little breakage or driblet of overflow that admonishes of the breaking down of the boundaries and disastrous inundations. Of course it is not alleged that this excitability of brain is solely caused by any kind of food. It is only suggested that an excess of nitrogenous food is one of the factors in the sum of its excess.

I think, said an eminent medical authority, that a great part of the languor and weakness of those persons who suffer from what is popularly known as nervous debility, and who are hypochondriacal, is explainable only on the theory that their nervous tissue is over nourished in quantity and so imperfectly nourished in quality, that it is explosive, or held so loose in this simple and not unequal condition, the expression is more irritable. They often keep up this irritability by frequent eating and drinking. And Doctor Clarke insists that the most successful treatment for such persons is putting them on a simple unstimulant, but nutritious diet, alcohol in all its forms being expressly forbidden. A thorough investigation must take place as to the relations of food to brain nutrition function. And this will no doubt result in a recognition that the amount of animal food now taken by these brain-workers shall be diminished, the amount of fruit increased, and that the dietary shall be regulated in accordance with the amount of brain work to be done. It seems perfectly clear that alcohol is entirely unnecessary, and the best brain culture, indeed, is thoroughly opposed to it. That wonderful brain work has been done under its influences will not be disputed, and that better work might have been done in its absence is at least probable. In excess it is fatal not only to brain culture and to brain life, producing rapid degeneration of the ganglionic centers, where thought and emotion take place. We cannot be entirely certain of the real effects of alcohol in different amounts upon the nervous system, but it is at least certain that the popular belief that this substance quickens thought is erroneous, and must be substituted by the statement that it is always, and under all circumstances, and from first to last, a paralyzing, depressing and destructive agent, which all who would cultivate their brains to the highest degree, and use them most successfully through a long and varied life, must avoid.

THE JAPANESE.—The Japanese have much to learn concerning health and disease. If we may credit the statement of a correspondent of the New York Herald, they do not believe in such a thing as contagion, and would be as willing to live in a house with a friend who had even so virulent a disease as the small-pox, as if he were sound and in perfect health. Thus, when cholera is declared by the board of foreign physicians to be an epidemic in Yokohama, and the Japanese Government, at their instigation, take measures to prevent the spread of the disease, the natives object to be placed in quarantine, and use every method in their power to escape from their houses.

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VEGETARIAN ATHLETES.

BY G. WHARTON JAMES,

THAT vegetarians may and can compete favorably with beef eaters in the athletic world is a fact gaining ground in England. By training they can endure the fatigue of continued exercise with less after result than those whose diet is in conformity with the ordinary trainer's rules. Mutton chop and beefsteak, half done, eaten at breakfast, dinner and supper, with a pint of strong ale to wash it down, is a diet prescribed by several who are supposed professionally to understand the case. A diet like this may give stimulus for a short ride, even as a glass of brandy will "fillip" an exhausted man, yet for continued exertion is it not reasonable to suppose that a diet containing more nutrition, and more easily assimilated, would be the strongest and the best? Such indeed is the case. Although I do not know of any in the *professional* athletic world who are vegetarians, I know several amateurs whose attainments are not far behind those who devote all their time and nergy to cultivating their powers in ne particular exercise.

Take bicycling for instance. I am well acquainted with a young man, a vegetarian of seven or eight years' standing, whose life from earliest childhood had been one continued physical suffering, owing to his "ill birth." A chronic dyspeptic, filled with a host of complaints in the shape of disordered liver, nervousness of all phases, from earache to palpitation, he had not what we generally call "a fair chance to start with." When about 14 years old he studied health, shortly gave up meat (he was always a strict teetotaller and non-smoker), practiced hygienic principles, and soon improved in a marked manner. Feeling the need of a strong physical exercise, which would possess sufficient attraction to draw him away from his books—for he was a great student—he bought a bicycle. For a time, of course, his efforts to propel the "dobby horse" were a complete farce, but persevering for a few months, he was soon able to take a ten or twenty miles' journey with tolerable ease. He went on riding continually for several years; each year, after becoming an expert, taking an extensive tour through the various parts of England. An account of each of these tours was published, and gained for the teetotal and vegetarian rider a widely known name. One of England's professionals, reading of his exploits, determined, if possible, to test him, and accordingly employed agents to induce him to enter the list of competitors for a certain race; then, under an assumed name, he likewise entered for the same event. The day of the race came and it was run. The final heat was left to the vegetarian amateur and the unknown rider. It was a short race of about a mile and a half, and was run so closely that at the finish the professional (who at that time held the one mile championship of England) was barely the length of his bicycle ahead, and it was clear to all present that he had had to work exceedingly hard to keep ahead at all. The astonishment of all present can be conceived when they were told that the successful rider was the champion. This showed that had my vegetarian friend habitually trained himself, he would have stood high in the bicycle world.

It was quite an ordinary thing for him to mount his "horse" and take a 20 or 30 mile ride after business hours (7.30 at night), and often has he traveled that distance away from home in the evening, returning home next morning in time for business at 7. From the printed sketches of his tours I notice that the following distances have been accomplished before breakfast: 25 miles, 30 miles, 55 miles. On the day the 55 miles were accomplished before breakfast, the day's record shows a total distance ridden of 145 miles. And the whole of the preceeding week had been spent in similar days of hard riding. Eighty, ninety and one hundred miles, and thereabouts, are often

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recorded results of a day's ride. Two after-dinner rides may be named. One is 55 miles, after 2.30 P. M., and the next day 73 miles, after 3.30 P. M. There are very few riders, indeed, in England who would care to ride by the side of the "vegetarian" for a pleasure tour. He has a friend, likewise a bicycle rider, who in one of their outings became converted to the principles of vegetarianism. This youth, who is only eighteen years of age, has accomplished almost equally long distances. It may be stated that an average tourist seldom rides more, and very often less, than seventy miles a day, and to continue for a fortnight fifty miles is a good average.

Another vegetarian friend is known to the world in which he lives as a most accomplished swimmer. Indeed, so popular is he, and such confidence is reposed in him, that I have know him have, in one season, over sixty pupils, all of whom took their lessons in the early morning before 7 A. M. In the warm weather he would swim three times a day, only remaining in the water, however, about twenty minutes each time. When drying he uses a large sheet which entirely envelops him and prevents chilliness.

I could give many more instances, with which I am personally familiar, of young vegetarians whose exploits in the athletic world are quite creditable to our cause, but space forbids. Should any athlete in America be desirous of learning more about these cases, I will be most happy to correspond with him, and give particulars as fully as possible.

HOW TO PREPARE COW'S MILK FOR BABIES.

BY A MOTHER.

A LADY, who was unable to suckle her babes, reared a large family of healthy children according to the plan so carefully laid down by Dr. Cummings, in his little volume called "Food for Babes," published by Randolph, New York, 1859. This work being out of print in this country, and her copy nearly worn out in service, she offers a synopsis of its contents to THE HERALD OF HEALTH, for the benefit of those needing such information.

The book has been recently republished in Scotland, and it is hoped that it may reappear in this country, for there is much useful matter in it not to be found in the outline here given. Happy the mother who suckles her child! But how can a feeble woman whose digestion hardly suffices for the support of her own body be an efficient nurse? Her milk is likely to be deficient in important materials. A strong, healthy woman, supplied with as much wholesome food as she can eat, cannot do more than supply her child; and generally loses weight while suckling. A vigorous child takes about three and one half pounds of milk daily; or 1,200 pounds a year. Supposing a woman to weigh 132 pounds, she gives nine times her weight in the course of a year, and, as many mothers give less than half this amount, their children must suffer, unless a good substitute be found. This can be found only in the milk of animals, and not in starch, flour, or similar substances.

ARTIFICIAL HUMAN MILK.

The question is how to modify cow's milk to make it suitable for a new-born infant, it having been found to disagree in its pure state. There is, in the first place, too much casein, or cheese, in cow's milk, and the child cannot digest it; to reduce it to the true proportion, nearly twice as much water as milk is necessary; to be exact, it must be eighteen parts of water to ten parts of milk; but this would reduce the quantity of butter also, without which the child would not thrive. The milk to be diluted must therefore contain more butter than ordinary milk, which must be obtained by setting aside, say, three quarts of milk, and at the end of four

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or five hours remove the upper quart; the upper third of any quantity of milk contains fifty per cent. more butter than the ordinary milk of the cow. The same result can be obtained by taking the "strippings," or latter half of the cow's milking. This milk, when diluted with one and a half parts water, and properly sweetened, resembles ordinary human milk.

VARIOUS DILUTIONS FOR VARIOUS AGES

Mother's milk for new-born babes is so peculiar as to have got a special name, *colostrum*. It gradually loses these peculiarities. For colostrum, or milk prepared for the first two weeks of a child's life, must contain more butter—the upper eighth, instead of the upper third must be used. From two quarts of milk, which has stood four or five hours, skim off carefully half a pint · or the last tenth of milk just stripped from a cow. For example, if a cow gives five quarts, the last pint may be used. This milk must be largely diluted with water, according to the following schedule. Milk is to be made more nutritious as the child advances in age, regard being had not to mere age, however, but to the condition of the child; the schedule being arranged to suit vigorous children, and will not suit feeble ones, who must be kept back on the scale.

If the milk be too strong, indigestion will follow, and the child will lose instead of gaining strength. When particles of casein, or curd, pass through his bowels unaltered, a milder quality or lower grade should be substituted. A feeble child of six months may require the food suited to a vigorous child of six months. For constipation, increase the richness of the milk—put in more cream. In cold weather, or if milk is kept on ice, it may stand an hour or two longer before the upper third is removed; or the upper fourth may be taken, or set five quarts instead of three to get one quart.

The water used in diluting milk should not be hard; nor should it be boiled. Add it to the milk, and heat it by putting the bottle in warm water.

SCHEDULE.

Age.	Milk.	Water.	Whole Quantity.
	Gills.	*Gills.*	*Gills.*
2 to 10 days.....	1½	3½	4½
10 to 20 days.....	1½	4½	6
20 to 30 days.....	2½	6	8½
1 to 1½ months.....	3	6½	9½
1 to 2 months.....	3½	7	10½
2 to 2½ months.....	4	7½	11½
2½ to 3 months.....	4½	do.	12
3 to 3½ months.....	5	do.	12½
3½ to 4 months.....	5½	do.	13
4 to 4½ months.....	6	do.	13½
4½ to 5 months.....	6½	do.	14
5 to 6 months.....	7	7	14
6 to 7 months.....	7	7	14
7 to 8 months.....	8	6	14
8 to 9 months.....	8½	6	14½
9 to 10 months.....	8½	6	14½
10 to 11 months.....	8½	6½	14½
11 to 12 months.....	9	5½	14½
12 to 15 months.....	9½	5½	14½
15 to 18 months.....	9½	5	14½
18 months.....10		5	15

Eight large spoonfuls are about a gill.

SWEETENING.—Use loaf sugar enough to make it as sweet as undiluted new milk, a teaspoonful to a quart. If too sweet, it will cloy the appetite, and not enough food will be taken.

TEMPERATURE.—The milk should be heated to one hundred degrees Fahrenheit; test it once, and try it on the cheek, which should regulate it subsequently.

The mode of feeding should be by suction from a bottle; with the long rubber tubes which are attached to the improved nursing bottles the infant can lie down, and will fall to sleep quietly in his crib.

QUANTITY.—For the first ten days about one to one and half pints a day should be given; before the end of the first month the child will take more than a quart daily; at the age of three months he may require two quarts daily. After that time the quality will change more than the quantity. The child will need half a pint at a time every three or four hours, which should be sucked in about ten minutes, and he will pass six or eight hours at night without feeding.

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ALCOHOL FOR NURSING MOTHERS.

BY A. W. EDIS, M. D.

I HAVE often thought that if mothers were only fully aware of the enormous amount of misery and suffering produced by the imprudent use of alcohol, whether taken in the form of beer, wine, or spirits, during the time they are nursing their offspring, they would have considerable scruples as to the indulgence of such a habit. Many a child born of healthy parents, with every prospect of attaining adolescence, has had its little life cut short, its constitution deteriorated, or the seeds of much future suffering and premature decay sown in its system by the pernicious custom of its mother resorting to the use of stimulants with a view to increase, or to keep up, the supply of that upon which alone the child is nourished.

Women, who were little given to alcohol at other times, become for the nonce determined tipplers; this being perhaps, of all other times, that when alcohol is calculated to do most harm and least good. Apart from all consideration of the risk of encouraging the habit of chronic tippling in the mother, the influence upon the child is most injurious.

Many a case of convulsions, marasmus, so-called consumption of the bowels, diarrhœa, flatulence, colic, vomiting, and countless other disorders among infants, is due simply and solely to the popular fallacy that the nursing mother cannot properly fulfill her duties unless she resorts to the aid of stimulants.

I have had frequent and numerous opportunities of testing practically the truth of these statements. When mothers have relied on drinking milk in place of beer, and have studiously avoided the use of alcohol in any form, their children have been strong and healthy, suffering little or seldom from any stomach derangement, and running the gauntlet of the usual disorders of childhood without causing undue anxiety to their parents, or being more than temporarily inconvenienced by the course of the malady.

Not so in the case of mothers who depend largely upon stimulants: the children are frequently puny, excitable, and always ailing. They succumb readily to attacks of bronchitis, diarrhea, and other similar ailments, and even when they survive the period of childhood, are often subject to various forms of dyspepsia that unfit them for the actual warfare of existence, and render their lives miserable.

In cases where the mother's milk is inadequate to supply the wants of the child, it is a far wiser plan to give cow's milk (diluted with one-third water and slightly sweetened) by means of the bottle to make up the deficiency, than for the mother to attempt to force the secretion of milk by resorting to stimulants.

it is a popular fallacy that it is not a wise plan to mix the milks. This has no foundation in fact. Children thrive and do well where the bottle is alternated with the breast, provided no thick or starchy food be given. In those cases where the mother's milk is deficient in quantity, or defective in quality, much may be done to improve its condition by the mother taking a more liberal diet, of which cow's milk forms an important element. This will be far more likely to prove successful than by resorting to stimulants—such as stout, port wine, or even spirits, which more often tend to produce a feverish state of the system, and thus defeat the very object we have in view by diminishing the secretion of milk.

DISCIPLINE, like the bridle in the hand of a good rider, should exercise its influence without appearing to do so; should be ever active, both as a a support and as a restraint, yet seem to lie easily in hand. It must always be ready to check or to pull up, as occasion may require; and only when the horse is a runaway should the action of the curb be perceptible.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

CONSCIOUSNESS.

Oh! wind swept grain that moves and grows,
And living, rip'ning, never knows
It lives, or grows, or is cut down,
Divinely beautiful, I see
The life that only lives in thee,
Unconscious of thyself.

And creatures that have strong desire, and know
They wait and listen, leap and go
By impulse irresistible.
Each effort is a use complete;
Their rest is never a defeat,
They are a part of thee.

But we who look the space across
And reach out, conscious of the loss
Of oneness absolute,
Cry out, and fear the echo's cry,
And tho' we join not, would be nigh
To that which makes us conscious of ourselves.

A. A. G.

SONG.

Rarely, rarely comest thou,
Spirit of delight!
Wherefore hast thou left me now
Many a day and night?
Many a weary night and day
'Tis since thou art fled away.

How shall ever one like me
Win thee back again?
With the joyous and the free
Thou wilt scoff at pain.
Spirit false! thou hast forgot
All but those who heed thee not.

As a lizard with the shade
Of a trembling leaf,
Thou with sorrow art dismayed;
Even the signs of grief
Reproach thee, that thou art near,
And reproach thou will not hear.

Let me set my mournful ditty
To a merry measure;
Thou wilt never come for pity,
Thou wilt not come for pleasure,
Pity then will cut away
Those cruel wings, and thou wilt stay.

I love all that thou lovest,
Spirit of delight!
The fresh earth in new leaves drest,
And the starry night;
Autumn evening, and the morn
When the golden mists are born.

I love snow, and all the forms
Of the radiant frost;
I love waves and winds and streams,
Everything almost
Which is nature's, and may be
Untainted by man's misery.

I love tranquil solitude,
And such society
As is quiet, wise, and good;
Between thee and me
What difference? but thou dost possess
The things I seek, not love them less.

I love Love, though he has wings,
And like light can flee,
But, above all other things,
Spirit, I love thee:
Thou art love and life! oh come,
Make once more my heart thy home!

Percy Bysche Shelley.

WORSHIP.

Not forever on thy knees,
Be before the Almighty found;
There are griefs the true heart sees,
There are burdens thou canst ease—
Look around.

Not long prayers, but earnest zeal—
This is what is wanted more;
Put thy shoulder to the wheel,
Bread unto the famished deal
From thy store!

Not high-sounding words of praise
Sing to God, 'neath some grand dome,
But the fallen haste to raise,
And the poor from life's highways
Bring thou home!

Worship God by doing good:
Works, not words; kind acts, not creeds!
He who loves God as he should
Makes his heart's love understood
By kind deeds.

Be it thine life's cares to smother,
And to brighten eyes now dim;
Kind deeds done to one another
Unto God are done, my brother,
Unto him!

Adopted from Moore.

ASPECTA MEDUSA.

Andromeda by Perseus saved and wed,
Hankered each day to see the Gorgon's head;
Till o'er a fount he held it,
And mirrowed in the wave, bade her lean,
That death she lived by was safely seen.

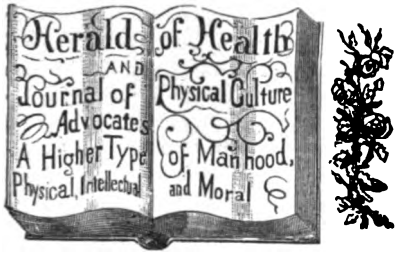
Let not thine eyes know
Any forbidden thing itself, although
It once should save as well as kill; but be
Its shadow upon life enough for thee.

Rosetti.

Sweet loving kindness! if thou shine,
The plainest face may seem divine,
And beauty's self grow doubly bright
In the mild glory of thy light.

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EDITORIAL DEPARTMENT.



NEW YORK, OCTOBER, 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.

SUCCESS IN SPITE OF WEALTH.—Self-made men of President Garfield's type are often justly claimed as being among the finest fruits of our institutions. There is another class who also deserve well our praise—those who have had to overcome, not so much their early disadvantages, as what many people would consider their early advantages. They did not have to surmount poverty, but to surmount wealth—not to rise out of adversity but above prosperity. They have had to learn to sympathize with those in need without ever having shared their necessitous condition; to espouse radicalisms when they had everything to lose by change. It is hard, at any rate, to get good work out of those who are born to inherit what others have earned by working; how much harder when their career is destined to involve not merely work, but the loss of early friends, and perhaps of all the special delights of the society in which they were born. To accept these conditions, and to do it knowingly and cheerfully, is to be a self-made man or woman indeed.

A rich young lawyer was once told by an older one that the way to success was this: to spend his fortune; then to marry and spend his wife's; after which he could hope to succeed at the bar. But to achieve a really independent moral position—to be a self-made man, or a true man at all—implies more than success at the bar, for it needs not only intellect, but the highest aims besides. To accomplish this in spite of early "advantages" is in many respects harder than to rise out of what is called obscurity. To begin with, it wins far less sympathy during the process. Everybody is interested in "The Romance of a Poor Young Man." Those of the class from which he came, whatever it may be, are apt to cheer him on; and to rejoice, with almost tiresome repetition, in the fact that he was once a rail-splitter, or a tanner, or a flat-boatman. After his career of distinction is once begun, he has every inducement to make the most of these circumstances in his career; they are counted to him for merits, and he is tempted to exaggerate them, like the character in Dickens' "Bleak House," whose main stock in trade lay in his early struggles, and was put to shame at last by the discovery that he came of worthy and well-to do parents. But the man who tries to elevate himself into independence of character out of "fortunate" surroundings is apt to find himself unfortunate. Those of the class he is leaving do not urge him on, but are more apt to censure him or satirize him; and where this is true of a man it is twice as true of the other sex. I remember one occasion when a lecture was to be delivered in Newport by

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one of the most accomplished women in New England. "Ah! now I have named her, which I did not mean to do!"—as "Warrington" once said of the same person, after applying to her a somewhat similar epithet. "Only think!" said one of the little queens of our little society, as she read the announcement, "that woman was a lady once!"

I well remember when a boy, to have only heard of Lothrop Motley as the handsomest fop and *flaneur* in Boston—the manager of fashionable assemblies, the leader of the dance. Wendell Phillips, in his Cambridge oration the other day, described the process of change which transformed Motley into an author and then into a reformer; and made his pen worth a dozen diplomatists to his country when the opening of the war found the United States almost without a friend in Europe. Of Mr. Phillips' own career I need hardly speak; nor of that other charming orator who, with his new Harvard honors upon him, praised Phillips at the Phi Beta Kappa dinner in words almost as eloquent as his own. Whatever be their errors or shortcomings, I never think of men and women such as I have named—and the list might easily be made longer, without recalling that fine passage in which George Colman, in his once famous "Looker-On," describes Sir Philip Sidney—putting the language, be it observed, into the mouth of a woman. This is the closing paragraph:

"This bright and accomplished cavalier might, if he pleased, in his day, have set the fashion of a shoe-tie or altered the shape of any man's peruque in the country; but he thought it more beseeming his manhood and his greatness of soul, to hold out a brave example of virtue and religion. While all were looking up to him as the sample of courtesy, of elegance and gallantry, he was bethinking himself of his Paraphrase of the Psalms. He fell fighting for his country, and died in an act of Christian charity."—T. W. HIGGINSON

RECORD OF HYGIENIC PROGRESS.—Writing upon the classic soil of Massachusetts, there is so much material for a record of progress that one is only at a loss in selecting. But what has most attracted attention is the intelligent care of parents with regard to the conditions under which their children shall be educated. There is an almost universal protest against that hot-house culture by which children are made prematurely bright, and thus, in the end, physically and intellectually enfeebled. One might have anticipated the reverse, and expected to see the intellect crammed and crowded on, to the neglect of the body; but the reverse is apparent in nearly all the best families. Parents seem to know that their children will, in the end, receive a suitable education; that is a thing that goes without saying in this region, and so it is safe to give especial attention to the physical nature as the recognized basis of all true attainment; and, as a matter of fact, one hears more in families about good health than about a good education. Teachers, in their professional zeal, are not as careful as they should be concerning health. They are exceedingly liable to overwork both themselves and their pupils, but parents are not flattered and pleased to see their children advanced in their studies faster than is consistent with perfect physical health. No one can talk much with parents here in Western Massachusetts without being struck with the healthy and intelligent feeling that prevails upon the whole subject of mental hygiene. It is not here, as in some regions, a question that has to go begging for an audience. There is no subject that is listened to and discussed with more interest. "Health first and education afterwards" is practically the motto in thousands of families.

There has been a great deal said about the deterioration and dying out of the pure American stock—the New England breed of men, that has given character to this continent; but to all appearances the old hive is breeding as well as ever; not, indeed, so numerously, but with no loss of quality. The streets of a Massachusetts rural town swarm with children that one need

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but to look in the face to recognize as the worthy progeny of the "blooded stock" that has been propagating itself here for two centuries. Indeed, there is evidence enough that what is lost in numbers is being made up in quality. If this picture seems overdrawn, it is because we are writing at an educational center, where even the Massachusetts mind is at its best; but just here, if anywhere, would not one expect to see an undue stimulation of the intellect? On the contrary, it is just here that one hears most about physical health and strength. Amherst College takes the lead among all American colleges in the physical training of its students. It does not leave the matter to base ball and boating clubs, but gives it the same systematic attention that is bestowed upon any study of its course, and issues an annual report concerning it. This awakening to hygienic care at Amherst commenced some twenty years ago, when an unusual amount of sickness prevailed among the students. President Stearns declared that the sickness was due to neglect of hygienic laws, and initiated a reform that has become an essential part of college life here, and that has furnished a model for other institutions.

We speak with no consciousness of exaggeration when we say that the hygienic awakening now apparent in New England, and to a large extent throughout this country, is a fact of prime importance in human history. No one can, at the present day, properly appreciate the influence of this continent and race upon human destiny as a whole; but it is certain that the character of that influence will be largely determined by the theory of education which shall prevail. If the education of the future upon this continent is to be normal and healthful, if sound minds are to dwell in sound bodies, and if the royal race that has its origin and best representation in the East is to be all that its vantage ground and high intelligence promises to it, then, indeed, may those who have faith in human evolution take heart, and promise themselves a true millennium. We salute glorious old Massachusetts as the queen of the States, because it is the breeding place of so much hygienic common sense.

WILL-POWER IN SICKNESS. — Had Mrs. Dombey only "made an effort," she would not have died. But, poor creature, she was so impotent, so listless, so effortless, that as soon as ever her breath began to show signs of leaving her, she resigned to what she regarded as the inevitable; and, as a a reporter would picturesquely say, turned her toes to the daisies. When her windpipe became obstructed, she should have jumped up, coughed, jocularly remarked "never say die," and perhaps she would have lived to this day. She chose, however, the more serene and becoming course of conduct, and slid down into the grave. Time and time again people have, when on a bed of sickness, come up to a point when they might easily have died, only that they were determined to live. They have set their feet, as it were, on a trap-door that covered a dark hole, but rather than sink into the hole they have summoned up a deal of courage, made a leap and passed the fatal spot. A little courage and will-power at such a time as this is worth as much as life itself, because it will often be the means of saving life.

These remarks are not merely the echo of an ancient superstition. We are aware of the fact that an Oriental record relates how a certain Hindoo god blotted himself out of existence when tired of life, and, repenting, recreated himself spick and span as he was before At the same time this legend is founded on a truth. The late Earl of Beaconsfield's life is an illustration in point. He was not naturally gifted with a strong or enduring constitution, but he had a strong will. He felt that it was necessary that he should live till he had rounded off his career in a becoming way. There were many points in his life when he would have collapsed had it not been for the predominating determination on his part to live. History would have to deal with him and his life's work, and he

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did not want any rough edges left. Nothing short of a premiership, an earldom, the regard of his sovereign, and the sympathy of a large and influential body of Englishmen would satisfy him. All these he secured by the exertion of his indomitable and tutored will-power.

DELMONICO. — Lorenzo Delmonico died at Sharon Springs on the 4th of September. The distinguished caterer succumbed to a complication of diseases, of which dropsy and gout were amongst the most troublesome. The saying is not always true, that doctors do not take their own physic. Delmonico undoubtedly took rather too much of the good things he prepared for his patrons, and thus brought on himself some years of more or less acute suffering. The variety of diseases which result from indigestion is great, and they are induced more readily, perhaps, by what is called good living than anything else. No man in the United States ever did more to encourage luxury in eating than Delmonico. His name was known all over the world as a friend of a luxurious table, and the purveyor of toothsome edibles, which would entice the appetite after it had been well satisfied. It is not too much to say that Delmonico did a great deal during his lifetime to spread such complaints as gout, stomachic troubles, and a long train of physical disorders. He was a friend of the doctors. His dinners were so daintily prepared that they demanded constant supplies of dinner pills and such like inventions to aid in their digestion. Under his *regime* oratory of a certain sort was encouraged and stimulated.

It would, perhaps, be unfair to charge Delmonico with the offences against outraged Nature that have been committed by his customers. He stepped into business and supplied the demands of an indolent, rich and luxury-loving aristocracy. His object was to make money, and he succeeded. But the facts remain as we have stated them. His life was spent in catering to the morbid appetites of the rich, furnishing them with what is called, we presume, on the *lucus a non lucendo* principle "good living."

SUCCESS AND HEALTH.—A young man writes us for a few rules which will enable him to succeed in life. Success to some is easy; they cannot fail; they are born to it. To others it is hard; they are almost sure to go under. So there are no rules which will insure it, but the following will aid: The first condition is good health; it is true, some healthy folks fail, and some rather sickly ones succeed; still, other things being equal, the healthy man walks over the course most easily. We remember it used to be said of Garfield, in his younger days, that one of the secrets of his getting on so well was his magnificent health, and his ability to work almost 20 hours out of 24. Another secret of success is a good judgment. This is generally acquired, and not born with the person. Experience cultivates the judgment better than anything else; it must be trained. A few mistakes at first often opens the eyes wider than success. The boy obliged to make his own way cultivates his judgment and succeeds, while the boy who does not fails. The judgment should be cultivated early in life. It is not safe to wait till one is a man before he cultivates this part of his nature. Let this power be trained with the others in early life. A father had two sons. On one he placed responsibilities in early life adapted to his age; on the other, none. The first succeeded much the best. Another secret of success is work. Labor is the philosopher's stone. Nothing can be had for nothing. Whatever a man achieves he must pay for. Then, too, he must have patience, faith and courage. These inspire a man, and render success almost certain. "Unless a man believes in something far higher than himself, something infinitely purer and grander than he can ever become—unless he has an instinct of an order beyond his dreams, of laws beyond his comprehension, of beauty and good and justice, beside which his own ideals are dark, he will fail in every loftier form of ambition, and ought to fail."

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STUDIES IN HYGIENE FOR WOMEN.

OUR WORKING WOMEN.—A paper was read recently before the King's County Medical Society, in which Dr. Chace gave the results of two years' professional experience among working women. During that time 150 had come under his care. The saleswomen included in his investigation he divided into three classes: those who are reduced from comparative affluence to poverty, and must work to live; those who have good homes and do not need to work, but who desire an increase of pocket money for purposes of dress; and lastly, the poor girl whom want, both of self and relatives, forces to work for the benefit of the household in which she has her home. Of fifty girls of the independent class, not one had been prostrated by illness of a serious character, or lasting more than three days, during the two years they were under observation. They worked during the same hours and performed the same labor in the same way as their poorer sisters. They were not ill, however, because their hygienic environment was better, and because they were not subjected to the prolonged strain upon the nervous system inseparable from those who were obliged to work for bread under adverse circumstances. There is a very general existence of anæmia among girls of this class, consequent on a lack of judiciousness in choosing their food. A diet of pastry and confectionery, or a diet in which these things form a prominent part, inevitably brings with it poorness of blood and a badly nourished system. It is the duty of everyone who has any influence with working girls to give them some hygienic hints as to food, the kind and quantity required; dress, and the necessity for good and sufficient underclothing.

TO PREVENT ONESIDEDNESS.—The muscles of the prize-fighter, the wrestler, and the rower are the envy of a great many people; especially, perhaps, of those who are least muscular. After all, it is not wise to covet muscles of steel, for they are generally developed at the expense of more important organs. The vital functions are often depleted by the abnormal development of the muscles. Many college athletes have been seriously injured and their life's-work rendered less effective by overwork of their bodies when training. There is a great tendency in the present day to develop one side only of a man. This is an age of specialties. The fields of accomplishments and learning are so wide that in this day, more than any other, a man to make a mark must be a specialist; he must follow one line of life, and stick to it. While many men who, in their way, may be called successful, have "touched all shores," yet the truth remains that this is an age of specialties. There is a one-sidedness in many men in consequence. There is a development of one function, or organ, or side of a man, at the expense of another. While we cannot do much to remedy the evils which grow out of this necessary factor in our civilization and advancement, we can do something. A man can strive to keep a certain amount of his equilibrium. If he has to develop his mental nature in securing his bread, let him develop his physical side as a recreation, and *vice versa*.

SOME HINTS FOR OUR YOUNG WOMEN.—We have before our eyes a young lady who is a type of a large class, and because of her representativeness a sketch of her will not be thrown away. She is wasting her nervous force and her life in a lamentable manner. She expends enough force and energy in a day to last one so slim of stature for a week. Nothing she does is done slowly or deliberately. Always in the hottest possible hurry, her life seems to be wound up to the highest possible pitch. She dashes about the house, slams doors, and bolts her food in half the time that more sober people take to eat theirs. With her trifles are momentous; her tongue seems to be incapable of uttering a soft sound; her temper is

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all afire at a moment's notice; her adjectives are all superlatives, and sometimes she is ready to weep because she has no bigger and more expressive superlatives to use. Her energy, if properly engineered, would almost stem Niagara; she never moves except as if she were a Maud S., and going for a wager. Fervidness and rapture are her daily food. Where will all this end? We answer—in the madhouse or the grave. It is the pace that kills; it is this pace which renders nervous prostration one of the most prolific diseases of the day. Let those of our women who are always intense, take a thought for the next generation in whom the seeds of this abnormal haste are being sown with fatal effect.

CIVILIZATION AND THE RACE.—Is the human race deteriorating, physically? In other words, is civilization a shortener of life, or otherwise? Although much may be said for the haleness and heartiness of our grandfathers, and much against the pale, slim, city-bred dyspeptic, yet we cannot but come to the conclusion that the race is not in so sorry a plight as some people would judge. Among savages life is short, and it is the exception for a man to attain to 50 years, while long before that his powers are decayed. Then, too, in the records of English courts, from the Thirteenth to the Sixteenth century, Sir Thomas Hardy found no instance of a man who had survived his 80th year, and the age of 70 was rarely reached, and was regarded as extreme. The advance in medical knowledge, the spread of education and sanitary improvements have, taken together, had a great effect in adding to the average of men's lives. It is true we see certain unwelcome signs of decay, notably in the teeth of the present generation; but these are the result of local causes which, it may be hoped, will disappear in course of time. Railroads and steamships do much, indirectly, to benefit the race constitutionally, in bringing together to this country hardy representatives of other races. The intermixture of blood which is the result cannot but exert a highly beneficial result on this nation. In this matter we are, as a people, highly favored, and the time may be looked for when Americans will stand out before the world, more even than now, as one of the healthiest nations extant.

CONCERNING MOUNTAIN CURES.—There is one feature connected with mountain cures which should not be overlooked. There are, speaking broadly, two classes of persons to whom the the mountains offer health. One class comprises those who have been overworked in the city; whose lungs, digestive organs, eyes, etc., are out of order, and want air and exercise. This class of persons, we may say at once, could get cured as well on a plain or on the sea, as in the mountains, so long as they get air and exercise. But there is another class to whom the mountains offer special advantages. They are afflicted with a kind of phthisis which needs bracing, rare, stimulating, dry air. To go to Colorado, New Mexico, or Arizona is new life to them. But cures of this character are conditional. A young man left Philadelphia for Minnesota, some time ago, in an almost hopeless condition, and in a short time his constitution was built up by the new air. The most biting cold of the Minnesota winter did not harm him. He wanted to exhibit his health to his Philadelphia friends, but a return to the City of Brotherly Love brought back all his old alarming symptoms. He had to flee to Minnesota again, where he once more found perfect health. Then he took a trip to the far West. But at San Francisco his old trouble returned. We repeat—the man who wants air and exercise and goes to the mountains, where he recuperates, is different from the man who needs air of a peculiar kind to aid him in warding off consumption. This latter, when he gets where he finds vitality in the air, must follow the advice Sumner gave to Stanton, in that expressive word "stick."

A SANITARY LIFE.—Is a sanitary life worth living? That is the latest question. We propound another: Is an unsanitary life worth living? To

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the first we give an unqualified affirmative answer. To the latter we give a negative answer, which shall be almost as unqualified. The question we have started with was first put by an English doctor, in a communication to the press. He took it upon himself to answer it in the negative, or in what amounted to that. He expressed a longing for the good old days when people did not care what they ate; when dyspepsia and the methods for its avoidance were not on everybody's tongue, as now; when, in short, sanitary measures were alked of and understood, not by the masses, but only by the doctors.

Surely such a longing as this doctor has expressed cannot be shared in by any but those persons whose longings are characterized by morbidness. If human life is of any worth; if it is desirable that a man should live to a good old age, extending his prime years beyond what was the custom a few decades ago, then certainly a sanitary life is worth living, for by means of it only can this desirable end be attained. But if, on the other hand, the true policy for a man to adopt is to act up to the principle of him who said, "Let us eat, drink and be merry, for to-morrow we die," why, then, an unsanitary life is best.

The world is awakening to the fact that progression is the order of the day. It also realizes that true, upward, onward movement and an unsanitary existence are diametrically opposed. To avoid premature death and ill-health, the path of the hygienist is chosen by the wise. There are no two ways for the world to progress. It must contain men who are striving to reach the ideal of sanitary perfection, if it would reach the ideal of human perfection. The man who says to the contrary is an ignoramus, a hypocrite, or a villain.

A MOTHER'S ADVICE.—A mother who glories in having, by the Lord's mercy, successfully reared nearly a dozen babies, writes in the Public Ledger, of Philadelphia, advocating the use of cold water as drink for young children. She opposes the idea that cold water is not good for children in hot weather, and suggests that they be allowed to drink as much as they like. Water should not be iced, nor, of course, warm, but cold. There is much good sense in the suggestion and we commend it to our readers.

KING THEEBAW'S HEALTH.—We regret exceedingly that King Theebaw of Burmah suffers from ill-health. Our regrets are not so much on account of the potentate himself, for we scarcely regard him as worthy of a decent man's regard; it is on account of his people, who have to suffer for his sickness, that we wish he would get well. Theebaw's astrologers appear to be more confirmed rascals than politicians, always excepting those of the Guiteau stamp. These worthy Eastern star-gazers have recently recommended a miscellaneous sacrifice of several hundred men, women and children, for the purpose of getting public affairs and the health of the King mended. It would be a good move to get some doctor of the old, the very old, school, to go to Burmah, and after ingratiating himself into favor with the King, kill or cure him. If the former, then Theebaw would be unable to torment his subjects any more, and if cured, he might reform. But we should prefer a doctor who would bleed, dose and—kill him.

QUEEN VICTORIA AND WOMEN PHYSICIANS.—Queen Victoria, who is said to be an admirable business woman herself, has done great injustice to her own sex by influencing the International Medical Congress, which recently met at London, against admitting women delegates to its councils. Whether the Queen did this to please Sir William Jenner or herself, we do not know. Not much harm can come from it, however. If women wish to study medicine, and have a natural qualification for it, they will continue to do so whether it pleases the Queen or not.

GLADSTONE'S VIGOR.—There is something laughable in the freaks of Gladstone. He is a man of wondrous energy. What is to him but healthy exercise would prostrate an average man. When

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his medical advisers told him recently that he must remain in perfect quiet, his idea of rest was to take the new version of the New Testament and collate it with the Greek. While sitting in the House of Commons during the land bill discussions, he seems to take a positive pleasure in pulverizing his opponents, and this he does as easily as though they were flies. Gladstone seems to have concentrated in him the bodily and mental health and vigor of several generations.

EFFECTS OF NEW DISCOVERIES ON THE NERVOUS SYSTEM.—When a new discovery is made which threatens to destroy our cherished opinions and beliefs, or when we are in great affliction, and are undergoing trials, we often act as if the earth were giving way beneath our trembling feet and the heavens falling over our unprotected heads, when it is only our own false opinions which are being blown away and vanishing from our longing gaze. This is the time for us to set earnestly to work to reconstruct our mental fabric and to build it in accordance with the new needs of the hour.

A CERTAIN young clergyman, modest almost to bashfulness, was once asked by a country apothecary, of a contrary character, in a public and crowded assembly, and in a tone of voice sufficient to catch the attention of the whole company. "how it happened that the patriarchs lived to such extreme old age?" To which question he immediately answered, "perhaps they took no *physic*."

CURRENT LITERATURE

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SCIENCE AND HEALTH. By Mary B. Glover Eddy. Third Revised Edition, in Two Volumes. Lynn, Mass.: Asa G. Eddy. Price, $3.

This is perhaps the most remarkable book on health, in some respects, which has appeared in this century. The author evidently discards all the knowledge which has been accumulating during the past ages as false—anatomy, physiology, hygiene all go by the board, and so does mesmerism and magnetism, and every form of medication, bathing, dieting, etc. The author' idea is that disease is only a belief, and all on has to do to be cured is to get entirely rid of the belief. You must never talk to the sick abou disease, and make no unnecessary inquiries to their symptoms; never draw their attenti to any unfavorable changes; never tell them will be difficult to cure them; never allow anyone else to do it. First of all, allay fear; th soothes the worst symptoms. Disease is only a dream, and the patient must be wakened from it. No medicines, manipulations, or externa applications are permitted. Everything is don through mind. You are in a suitable way argue like a lawyer with your patient, or he with himself, to prove there is no such thin as disease, except in the mind, and if you rou it from there the patient is cured, and neve need be sick again. Whether our author wou apply this theory to broken bones, wounds, contagious diseases, or not, we do not learn from her books. Applied to certain conditions thi method has great value. It is claimed tha even the reading of the author's book has cured hopeless cases, for, having convinced the reade that his disease was only a belief, nothing mor was needed. The author claims that her methods are those used by Christ and His Apostles, and she is establishing a church and school to propagate them.

AMERICAN NERVOUSNESS; ITS CAUSES AND CONSEQUENCE. By George M. Beard, A. M., M. D. New York: G. P. Putnam's Sons. Price, $1.50.

This work is a sort of supplement to a former work on Nervous Exhaustion. It adds one more to the numerous works on a subject which cannot be studied from too many standpoints or too thoroughly investigated. It argues that there has been a great increase of nervous disorders in America, chiefly because of our dry climate; our extremes of cold and heat; our civil and religious liberty, and our mental activity. For the present, according to Dr. Beard, the outlook for a diminution of nervous diseases is not very hopeful; but in the near future, say in one or two hundred years, there will be a change for the better. The book is suggestive and will repay a careful perusal.

THE BEER QUESTION. By A. M. Powell. New York: The Temperance Society Publication House.

Mr. Powell is one of the most rational, uncompromising advocates of temperance in this country. He considers the question of the use of alcoholic drinks almost settled now, so far as they relate to distilled liquors, and the battle now transferred principally to the question whether we shall drink beer? He answers this question pointedly in the negative, and brings numerous high authorities to prove his position. We commend the little work heartily to all who are interested in this momentous question of temperance, which is destined at no late day to take precedence of almost all others among social science subjects.

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Appetite and Work.
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THE
HERALD OF HEALTH.

NOVEMBER, 1881.

HYGIENIC TREATMENT OF CONSUMPTION.

BY THE EDITOR.

FOR many years we have regarded consumption in its early stages as best cured by air, exercise and food. Few people, even the most educated of our physicians, however, know much about applying exercise. It is positively painful to see how little is known on this subject. Pulmonary consumption, when fully developed, is not a slight malady, but in its very earliest stages it may be reckoned as not so difficult of cure, especially if the constitution is a good one. Much depends on this. Here, however, is where the greatest difficulty lies. A man or woman with a first-class constitution rarely has consumption. It is generally the weaklings who have it. Still, even in their case, much can be done by wise hygienic treatment. Dr. Felix Oswald is writing a series of papers on physical education, for "The Popular Science Monthly," and he seems to look upon drug medication, like witchcraft, as the remains of an old superstition, which in a century or two will be discarded. In speaking on this disease he gives the following interesting statement:

"Pulmonary consumption, in its early stages, is perhaps the most curable of all chronic diseases. The records of the dissecting-room prove that in numerous cases lungs wasted to one-half of their normal size, have been healed, and, after a perfect cicatrization of the tuberculous ulcers, have for years performed all the essential functions of the sound organ. Still, the actual waste of tissue is never perfectly repaired, and fragmentary lungs, supplying the undiminished wants of the whole organism, must necessarily do double work, and will be less able to respond to the demands of an abnormal exigency. But the lungs of a young child of consumptive parents are sound, though very sensitive, and, if the climacteric of the first teens has been passed in safety, or without too serious damage, the problem becomes reduced to the work of preservation and invigoration; the all but intact lungs of the healthy child can be more perfectly redeemed than the rudimentary organs of the far-gone consumptive; the phthisical taint can be more entirely eliminated and the respiratory apparatus strengthened to the degree of becoming the most vigorous part of the organism. The poet Goethe, afflicted in his childhood with spitting of blood and other hectic symptoms, thus completely redeemed himself by a judicious system of self-culture. Chateaubriand, a child of consumptive parents, steeled his constitution by traveling and fasting, and reached his eightieth year. By a relapse into imprudent habits the latent spark, which under such circumstances seems to defy the eliminative efforts of half a century, may at any time be fanned into life-consuming flames, but in ninety-nine out of a hundred cases it will be found that the first improvement followed upon a change

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from a sedentary to an out-door and active mode of life. Impure air is the original cause of pulmonary consumption ('pulmonary scrofula,' as Dr. Haller used to call it), and out-door life the only radical cure. The first symptoms of consumption are not easy to distinguish from those transient affections of the upper air passages, which are undoubtedly due to long confinement in a vitiated atmosphere: hoarseness, and a dry, rasping cough, rapid pulse and general lassitude. Spitting of blood and pains in the chest are more characteristic symptoms, but the crucial test is the degree in which the respiratory functions are accelerated by any unusual effort. A common catarrh will not prevent a man from running up-stairs or walking up-hill for minutes together, without anything like visible distress; subjected to the same test, a person whose lungs are studded with tubercles will pant like a swimmer after a long dive, and his pulse will rise from an average of 65 to 110, and even 140 beats per minute. Combined with a hectic flush of the face, night-sweats, or general emaciation, shortness of breath leaves no doubt that the person thus affected is in the first stage of pulmonary consumption If the patient were my son, I should remove the windows of his bedroom and make him pass his days in the open air—as a cow-boy or berry-gatherer, if he could do no better. In case the disease had reached its *deliquium* period, the stage of violent bowel complaints, dropsical swellings, and utter prostration, it would be better to let the sufferer die in peace; but, as long as he were able to digest a frugal meal and waik two miles on level ground, I should begin the out-door cure at any time of the year, and stake my own life on the result. I should provide him with clothing enough to defy the vicissitudes of the seasons, and keep him out-doors in all kinds of weather—walking, riding, or sitting. He would be safe, the fresh air would prevent the *progress* of the disease; but *improve* he could not without exercise. Increased exercise is the price of increased vigor. Running and walking steel the leg sinews. In order to strengthen his wrist joints a man must handle heavy weights. Almost any bodily exercise—but especially swinging, wood chopping, carrying weights, and walking up hill—increases the action of the lungs, and thus gradually their functional vigor Gymnastics that expand the chest facilitate the action of the respiratory organs, and have the collateral advantage of strengthening the sinews, and invigorating the system in general, by accelerating every function of the vital process. The exponents of the movement cure give a long list of athletic evolutions, warranted to widen out the chest as infallibly as French-horn exercise expands the cheeks. But the trouble with such machine-exercise is that they are almost sure to be discontinued as soon as they have relieved a momentary distress, and, as Dr. Pitcher remarks in his 'Memoirs of the Osage Indians,' the symptoms of consumption (caused by smoking and confinement in winter quarters) disappear during their annual buffalo hunt, but reappear upon their return to the indolent life of the wigwam. The problem is to make out-door exercise pleasant enough to be permanently preferable to the *far niente* whose sweets seem especially tempting to consumptives. This purpose accomplished, the steady progress of convalescence is generally insured, for the differences of climate, latitude, and altitude, of age and previous habits, almost disappear before the advantages of an habitual out-door life over the healthiest in-door occupations.

"A tubercular diathesis inherited from both parents need not be considered an insuperable obstacle to a successful issue of the cure. The family of my old colle gue, Dr. G——, of Namur, adopted a young relative who had lost his parents and his only brother by febrile consumption, and was supposed to be in an advanced stage of the same disease. The Antwerp doctors had given him up, his complaint having reached the stage of night-sweats and hectic chills, and, though by no means resigned to the verdict of the medical tribunal, he had an unfortunate aver-

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sion to anything like rough physical exercise. But his uncle, having from personal experience a supreme faith in the efficacy of the open-air cure, set about to study the character of the youngster, and finally hit upon a plan which resulted in the proudest triumph of his professional career. Pierre was neither a sportsman nor much of an amateur naturalist, but he had a fair share of what our phrenologists call 'constructiveness,' could whittle out ingenious toys and make useful garden chairs from cudgels and scraps of old iron. That proved a sufficient base of operations. The doctor had no farm of his own, and the only real estate in the market was a lot of poor old pastures on a sparsely wooded slope of the Ardennes. Of this pasture land he bought some ten or twelve acres, including a hill top with a few shade trees and a fine view toward the valley of the Sambre At the first opportunity one of Pierre's garden chairs was sent up to the lookout point, but rain and rough usage soon reduced it to its component elements—scrap-iron and loose cudgels. Pierre volunteered to repair it, and was supplied with such a variety of material and tools that he made two more chairs, and while he was about it also a rustic round table with a center-hole, corresponding to the diameter of one of the shade trees. The hill was only two miles from town, and soon became a favorite evening resort of the G—— family; but the road was rather steep, and Mrs. G—— appealed to the ingenuity of her constructive nephew; could he not try and make a winding trail by knocking some of the rocks and bushes out of the way? Pierre tried, and his success, the uncle declared, proved him an intuitive engineer, the peer of Haussman and Brunel. That new road had so increased the value of the old pasture that it would be worth while to put up a pavilion and make it a regular hill-top resort. The only drawback upon the advantage of its situation was the want of good drinking water; but there was a sort of a spring in an adjoining pasture on the opposite slope of the ridge: would Pierre make an estimate of the number of bricks requisite to wall it up and keep the cattle from muddling it? The requisition proved an under estimate, but Pierre made up the deficiency by collecting a lot of passably square stones. The water now became drinkable, and somehow the rumor got abroad that Pierre had *discovered* the spring, whereupon his uncle's neighbor urged him to exercise his talent for the benefit of his valley meadow, in all but the want of water the best pasture in the parish. Pierre selected a spot where a lot of day-laborers were set to work and actually struck water—by digging deep enough. The gratitude of the farmer was almost too demonstrative for the modest lad, who, however, agreed with his uncle that a talent of that sort might make its possessor a public benefactor, and ought to be cultivated. Would Pierre undertake to locate a well on his uncle's hill pasture, a little nearer to the lookout point? The brick spring was too far down, and it would be so convenient to have water on one's own premises. Judging from analogies, the young hydrologist fixed upon a spot at the junction of two ravines, but too near the upper boundary of arboreal vegetation, and after digging down to a stratum of dry sandstone detritus, the workmen gave up the job in disgust. But Pierre himself would not yield his point, and offered to dig the well alone if they would give him time, and a boy to turn the windlass of the sand bucket. His wish was granted, and before he had been a week at work, his asthma had left him, his digestion improved, and his appetite became ravenous. The well project had finally to be relinquished, but his uncle consoled him by purchasing the adjoining lot and letting him make a winding road from the brick spring to the hill top. The road was built, but Pierre indorsed the opinion of a professional engineer that the well-hole, too, would be full of water if the woods of the upper ridge had not been so ruthlessly destroyed, and that the replanting of forest trees along the line of the subterranean watercourses would not only replenish the springs but redeem the arid pas-

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tures of the foot hills. The doctor controverted that point, but—just for the sake of experiment—procured a hundred beech tree saplings, which Pierre planted and watered with untiring assiduity. Some sixty per cent. of the trees took root, to the unending astonishment of the uncle, who now declared that his confidence in the fertility of the ridge land had increased to a degree which encouraged him to try his luck with orchard trees. They procured a lot of young apple, almond, and apricot trees, about two hundred of each, and planted them along the line of the suppositive water courses. Pierre superintended the work, and was kept so busy for the next eighteen months that he had no time to be sick for a single day. The boy that was given up by the Antwerp doctors is now a well-to-do horticulturist, able to climb without a stop the steepest ridge in the Ardennes and to fell a forty-year oak tree in twenty minutes !"

In conclusion, we will remark that rowing, horseback riding, and gymnastics, are three of the best forms of exercise for incipient consumption. We know one man who has kept this disease at bay by working at plastering houses. The exercise of the arms and chest, and the necessity of holding the shoulders back and the face up produce the necessary exercise. Whenever he quits his work for a few months symptoms of the disease appear. We know another case, where this disease is kept at bay by rowing passengers across a river a mile wide, in all weathers. He was so bad the physicians pronounced his case hopeless. We know another not cured entirely, but kept in tolerable health by going before the mast every summer for eight months, and working like a sailor. Almost every kind of exercise has some benefit. N. P. Willis thought chopping in the woods and riding horseback the best means of cure. It certainly prolonged his life many years. Begin moderately, according to the strength, and persevere. If, however, the latter stages of this disease have appeared, then there is, as a rule, little hope.

AN ANCIENT HEALTH BOOK.

BY R. M. T.

WE have derived not a little amusement from the perusal of a work published in London in 1620, the title of which is "*Via Recta ad vitam longam;* or a plaine, philosophical discourse of the nature, faculties and effect of all such things as by way of nourishments and dieteticall observations, made for the preservation of health, with their just application unto every age, constitution of bodie, and time of Yeare. Wherein also, by way of introduction, the nature and choice of habitable places, with the true use of our famous bathes of Bathe is perspicuously demonstrated. By To: Venner, Doctor of Physicke, at Bathe in the Spring and Fall, and at other times in the Burrough of North Petherton, neere to the ancient Towne of Bridgewater, in Somersetshire." Then, at the bottom of the title page, we are told that the work is "Printed by Edward Griffin, for Richard Moore, and is to be sold at his shop in St. Dunstan's Church-yard, in Fleet Street, 1620."

That is a pretty long title for a small book of 200 pages, but the title, the archaic character of the paper, the printing, the spelling, and some of the ideas conveyed by the venerable Tobias Venner, are characteristic of two and a half centuries ago. With the work as a literary production, or as an example of the printer's art, we have not much to do, though it may be said that there is some very artistic work about it. What chiefly concerns us is the views given by Venner as a "Doctor of Physicke." Let us say at the outset, however, that a portion of this rare work appears to have been written chiefly to extol the

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merits of Bathe (or Bath, as it is now called) in Somersetshire, an ancient city, deriving its name from some well-known natural curative baths located there.

The writer has a habit of heading his chapters with questions, and then he sets himself to reply to them. Some of his queries are not very difficult to answer, especially those at the beginning of his literary effort. He treats himself very much as a judicious teacher would treat a pupil. Questions of an easy nature are set first, and then those that are more difficult. For example, here is a very easy one; that is, easy, if the answer is not wanted to be too scientifically explanatory. "Why are those that inhabit eminent places, in a free and open aire, of a more long and healthy life, and also of a more acute, generous, and magnificent minde than those that inhabit crooked, low, and marish places?" That is a very plain, a very straightforward question. But this venerable Doctor does not content himself with easy, plain questions, merely. Here is one on the 174th page of his work: "Whether meats much desired, albeit not laudable, are to be preferred and eaten before such as are better, being not preferred?" This is a poser. It has a humorous side, too, which draws a smile from one.

Now, the shortest answer we know to the first question we have quoted has a certain amount of comprehensiveness about it. The answer is: "Because they are." We might, of course, go a little further into the matter, but the answer we have given is a woman's reason, and a very good one. Dr. Venner does not give quite so concise an answer as this. In fact, he takes two pages in which to spin out his reply. But we should have liked him better if he had, immediately under his question, stated, "because they are." He gives, instead, a long rigmarole, amounting to nothing, merely stating over and over the fact that "he that desireth to live a long and healthy life must dwell in an eminent and champion countrey," but he cannot get outside that circle. Then, our friend gets on to the question of water and baths, and winds up his chapter with an extollation of the baths in the city where he practices "physicke in the Spring and Fall."

Let us pass on to consider the old gentleman's views on "Divers kindes of Bread." We cannot regard him as other than an old man. He asks, "whether Bread that is made of the middle and purest part of the meale not separated be the best and wholesomest?" Here we have him dealing with a subject on which we plume ourselves as being able to form an opinion. He commences by speaking in terms of disapprobation of "bread made of beanes," which "filleth the bodie full of winde, and is voide of any good alimentall juice." Dates, also, he objects to strongly as not being agreeable for men. Wheat he recognizes as the king of grains, and says: "Bread made of wheat is purer or impurer, according to the fineness or coarseness of the flour whereof it is made." Then he goes into details, dividing wheat meal up into four parts. Who can resist a fit of laughter at such a paragraph as this: "Pollen is the purest part of the meale; that is, the finest part of the flour; of this is made the whitest and purest bread, very profitable for thin, weake, loose, and extenuated bodies, but not so commendable for those that are healthy and strong, and, therefore, if any such use it, they are more curious than judicious."

He contends that *secundarium*, or that portion of the meal which is two degrees coarser than the pollen, is for strong and healthy bodies very convenient. On the other hand, bread made of the "brannie part of the meale giveth a very bad and excrementall nourishment to the bodie; it is more fit for dogs than men." The old man is tolerably sound in his ideas on the bread question. The almost universal use of fine flour had not been thought of in his time. A score of decades had to roll by before the corn laws would be abolished, and the people generally had to be careful and sparing in their use of wheat; consequently, coarse, wholesome bread was the fashion among the poorer classes.

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DANGERS AND DISEASES OE THE SCHOOL-ROOM.

BY C. A. L. REED, M. D.

AT the beginning of each school year it becomes a matter of expediency to publish a recapitulation of of those dangers which exist in our school-rooms, and which, when not detected and corrected, produce grave results upon our school population.

The dangers of the school-rooms can best be indicated by presenting the diseases which they produce. These may be divided into:

Diseases affecting the general health, but which may have some local expression; and diseases which are essentially local in their origin and extent.

It is not an easy task to always distinguish between a constitutional disease with a local manifestation and another disease which is confined exclusively to the part in which it is exhibited. There are, however, certain constitutional conditions which we can readily detect, and which we can as readily understand to be the real diseases of which many local phenomena are but symptoms. It is also equally easy, on the other hand, to frequently detect diseases of certain organs and parts, which diseases have no connection with any general disturbance of health, the maladies in both instances arising from unhygienic conditions of the school-room. Among diseases affecting the general health, and having their origin in the school-room, may be mentioned:

Anæmia—Characterized by paleness of the skin, which, in some instances, presents a waxen color; a bluish tinge to the "whites" of the eyes; the gums and lips colorless; the tongue pale, large and flabby; the pulse frequent and feeble, and is accelerated by physical exercise or mental emotion; respiration is hurried; appetite is capricious, and thirst is intense; the mind is easily depressed, intelligence is torpid, and the temper is variable—this is the picture of the anæmic presented by our standard medical writers, and who among our teachers has not seen its counterpart on the benches in the school-room?

The causes of this form of disease, as they exist in the school-room, are to be found in the defective ventilation and overcrowding of the apartment. The rule of sanitation requires an allotment of three hundred and twenty cubic feet as the minimum amount of air space per pupil. This space must be freely ventilated to support, healthfully, the function of respiration and to secure the complete oxydation of the blood. When the latter process is not completed for an indefinite time, the result is an extra consumption of the red corpuscles, producing the essential condition of anæmia, viz., "deficiency of red corpuscles in the blood." But how often do we find rooms in which the air allotment is considerably under this standard, and, by reason of various defects in ventilation, the air is unfit to support, healthfully, the function of respiration.

Mental application in excess of the normal capacity of the pupil is an important factor in the causation of anæmia. Teachers are unmindful that the capacities of pupils vary, and that in the assignment of lessons smaller tasks should be given to one child than to another, both members of the same class. It is here that the class system of our schools is defective. It affords healthful exercise to some pupils while it imposes destructive tasks upon others. Teachers should "individualize" in the management of their pupils, just as intelligent physicians do in the treatment of their patients. Chlorosis, an allied affection, comes under this head.

Consumption may be placed in the category of constitutional diseases, which, if not actually produced, is yet provoked into active existence by defective school sanitation. It is questionable—to employ an unscientific phrase—whether the seeds of consumption are ever sown by influences outside the body, but it is certain that the taint latently existent within the body

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may be provoked into activity by unhygienic surroundings. This disease is not always developed into pulmonary consumption, in which shape it is most familiar to the general public; but in a vast number of instances it manifests itself as tubercular meningitis, or consumption of the coverings of the brain. In this form the victim is not characterized by mental lethargy, but is possessed of an acuteness of intellect unequaled by other pupils not similarly affected. The paleness of the features is relieved by the hectic flush of the cheek, and a finger drawn heavily across the forehead leaves behind it a crimson line. This disease is provoked by intense mental activity, defective ventilation, etc. The pulmonary form of tubercular consumption is excited into activity by the same set of causes, the inhalation of dust, and, we may add, the pernicious influence of prolonged sitting, which is directly productive of impaired respiratory movements.

Scrofula is another disease coming under this class, but which is so closely allied to consumption, in the particular of causation and excitation, that to discuss it at length would be but to recapitulate the preceding paragraph.

Contagious diseases, aside from the strictly puerile affections, are often made epidemic through the intervention of the school. This is a fact which should excite the vigilance of school directors and boards of health. It may be well sometimes to disband schools to prevent the spread of contagious diseases. A child, coming from a house infected with smallpox, scarlet fever, cholera, etc., should be denied the privileges of the school-room. There is another important suggestion to be made in this connection, viz., pupils clearly afflicted with pulmonary consumption and catarrh, one or both, should be isolated. The communicability of these diseases through the respiratory medium may not be clearly established; but there is enough evidence on the subject to induce teachers to take advantage of the more than doubt.

The local diseases arising from influences operative within the school room are multitudinous, and we will, consequently, present but a few of them.

Near-sightedness—This is a form of eye trouble largely traceable to school influence. This fact has been recognized since 1866, when Dr. Cohn, of Breslau, investigated the subject.

The constant adjustment of the visual apparatus to small and near objects, particularly at an age before the eye is mature and firm, causes such change in shape and structure of the eye that the adjustment to small and near objects becomes permanent. This is the principle involved in the causation of near-sightedness (myopia), and clearly points to the evil of constant application to work involving the use of the eyes. It is needless to add that an unfavorable arrangement of light—a face light, direct or reflected, insufficient or too much light—tends to aggravate the trouble. Without discussing in detail either of the following propositions, we close this paragraph by stating, that as a rule the light should come from the left and as near the ceiling as possible, and that the clear window space should be to the floor space in the ratio of one to five. The most effective way to rest the eyes after close application to study is to use them in discerning large objects at a great distance.

Spinal diseases frequently originate in the school-room. When they do the cause is generally found to exist in the furniture of the room. It is more important to have bench and desk *fit* a pupil than to have him attired in clothes of the regulation cut and size. Spinal disease cannot, however, be recognized in America as of school-room origin, for in this country we have, as a rule, furniture that cannot be surpassed in its adaptation to the wants of the pupils. It is, neverthless, true that in instances this form of disease does occur as the result of improperly adjusted school furniture. A school-bench should never be so high as to prevent the feet resting on the floor; the seat should not be too deep, and the back should not be so straight as to prevent resting the middle portion of the pupil's back against it.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

LET YOUR ANGEL OPERATE.

I own an angel, given
Me to bless;
His only voice the signal,
"Do know less."

Next to divine this angel,
Sure to bless,
If I discern his gospel
Of "know less."

I once knew how I'd practice
To be rich:
He whispered, "Don't fly, son: let's
'Ride and hitch.'"

Once I no doubted I could
Keep hotel;
Quoth he, "You need know less to
Keep one well."

I once guessed I could manage
Our dear church:
He nudged me, "You're in danger
Of a lurch."

When once a bird in hand I
Would let go
For two in bush, he timely
Said, "Go slow."

This remedy reduces
My big head,
And wings that chafe to open
Are not spread.

So when I feel some swelling
In my pate,
I've learned to let my angel
Operate. *H. L. Howard.*

NOT FINIS.

"Brothers, farewell! The fast declining ray
Fades to the twilight of our golden day;
Some lessons yet our wearied brains may learn,
Some leaves, perhaps, in life's thin volume turn.
How few they seem, as in our waning age
We count them backwards to the title page!
Oh, let us trust with holy men of old
Not all the story here begun is told;
So the tired spirit, waiting to be freed,
On life's last leaf with tranquil eye shall read,
By the pale glimmer of the torch reversed,
Not *Finis*, but *The End of Volume First!*"
O. W. Holmes.

SANDS OF TIME.

Time's minutes, whilst they're told,
Do make us old;
And every sand of his fleet glass,
Increasing age as it doth pass,
Insensibly sows wrinkles there,
Where flowers and roses do appear.

ASKING A BLESSING.

He asked a blessing on al set before hi n
With kindly, modest grace and then b gan
To carve the meat, when of a cloud cam o'er him,
Which made him look and act another man.

"Mutton again! and almost raw, confound it!
How can one eat this stuff with temper meek?
And these potatoes, just half-baked, around it!
Oh, for a decent dinner once a week!"

"Some tea, my love?" "No, love—no tea, I thank you—
I'm sick of things diluted and undone;
Charles Henry, if you don't behave, I'll spank you!
Good heavens! a careless wife, a graceless son!

"The bread is sour! the butter—that is—dirty;
I vow I find no food or comfort here.
When will you learn, Maria, you're over thirty,
To cook! I'll dine on ginger snaps and beer.

The man meant nothing wrong—he asked a blessing,
With gentle thoughts of food not mean or sparse,
His words were always kindly and caressing
Till disappointment made his prayer a farce.

A little less of self and more of duty—
A little care, God's bounties to disburse,
Are things far nobler than mere grace and beauty—
These bring a blessing—those provoke a curse.
M. A. D.

TRUE CULTURE.

The highest culture is to speak no ill,
The best reformer is the man whose eyes
Are quick to see all beauty and all worth.
And, by his own discreet, well-ordered life
Alone, reproves the erring.

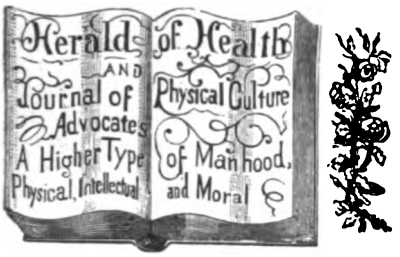
When thy gaze
Turns in on thine own soul be most severe,
But, when it falls upon a fellow-man,
Let kindliness control it, and refrain
From that belittling censure that springs forth
From common lips, like weeds from marshy soil.
Ella Wheeler.

THE JEWEL OF CONTENT.

There is a jewel which no Indian mine can buy,
No chemic art can counterfeit;
It makes men rich in greatest poverty,
Makes water wine, turns wooden cups to gold,
The homely whistle to sweet music's strain;
Seldom it comes, to few, from heaven sent,
That much in little—all in nought—CONTENT.
From Wilbye's Madrigals, Edit. 1598.

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EDITORIAL DEPARTMENT.



NEW YORK, NOVEMBER, 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 DEATH OF GARFIELD.—Since our October number was published the great sorrow of the nation, the death of the President, has come upon us. What can THE HERALD OF HEALTH say at this time that has not already been said? Nothing. The drama of the life of Garfield is ended. He has fought a good fight and won a victory such as few men win. We can only say, Rest, President, martyr, friend; thy work has been well done, and even in thy death thou hast achieved more than in thy life, for thou hast softened the asperities of parties and the hate of sections, and shown the need of reforms in our civil service, which were only half realized before. If we have the wisdom to profit by all these lessons it will be well. It may be expected of us to say something concerning his medical treatment. It will always be an open question whether his life could have been saved by a more perfect knowledge of the nature of his injury at the time of the shooting, and, consequently, more perfect drainage of the wound. There is not the least doubt but his physicians did the best they knew how to do. The wound was a very bad one, and its nature entirely unknown until the *post mortem* revealed it. Many will think more skillful surgeons would have made a better diagnosis of his case, but those who have any knowledge of the difficulty of tracing a ball through its tortuous course in the body, and the danger of doing injury, will not be too sure of this. The whole case brings forcibly before the world the imperfections of medical science and the helplessness of physicians. Faith in doctors will be lessened, and, perhaps, faith in nature will be strengthened. It is not unreasonable to believe that in the future, when medicine shall have become a science, we shall have means of locating the position of a ball in the body more perfectly than now, and saving from death cases as bad, or worse, than this.

The efforts of the physicians to vindicate themselves are natural, but sensible people will suspect they go too far when they insist the treatment given was as perfectly adapted to the wound as it was found to be after death, as to the wound as they supposed it to be, and that he could have been saved by no method. This is very doubtful, and almost like saying it made little difference whether they knew where the ball went or not.

There are few mistakes of physicians which come so prominently before the people, but they are happening all the while and never known. This teaches us the imperfection of human nature, and the limitation of human knowledge. Are we wise enough to profit by the costly lesson?

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RECORD OF HYGIENIC PROGRESS.—It is an important fact in human evolution that the greatest improvements in the condition of the laboring classes have originated not with the laborers themselves but with their employers. It is always within the power of the employer to elevate his workman, and every intelligent effort in that direction has been more or less successful. The great success of Robert Owen in his Scotch manufacturing village, previous to his unfortunate communistic experiment in this country, strikingly illustrates the superiority of a method that retains the controling power in the hands of the master. When Owen, relinquishing his parental authority, undertook to form a great community on the basis of equal rights, and upon the theory that human nature is good in itself, and that it needs only favorable conditions to insure its progress and happiness, he failed disastrously. The great manufacturing establishment at Guise, in France, is another splendid example of the possibilities of the laboring class, when the good there is in them is directed and led by minds of a higher class.

We have now in this country a most encouraging example of this kind. The Pullman Palace Car Company is building a manufacturing town near Chicago, called Pullman, in which thousands of mechanics are to be employed in building the company's cars. It is a wholly new town, and about two million dollars are being expended upon its workshops, dwellings, and public buildings. As much thought is apparently being given to the comfort of the workmen in their homes as to the efficiency of their work. Pullman is to be a model hygienic town. The dwellings are to be handsome brick structures with stone trimmings and slate roofs, supplied with perfect sewerage, running water, gas, baths, marble fireplaces and many other features of elegance and comfort. There is a beautiful park and a charming artificial lake. The railway station is an elegant gothic structure. There are also being built a large hotel, a model market-house, and an arcade building to contain a public library, an art gallery, association rooms, and some fifty stores and business offices. One of the leading educators of the country has been employed to organize and conduct a model school system. The town thus being built covers an area of 3,500 acres, upon which not a drinking saloon or a place of vicious amusement will be tolerated. Everything to elevate and refine the workingman will be done, yet not as a charity. He will pay reasonably for his superior privileges, and appreciate them vastly more because he does pay for them. George W. Pullman, the President of the Palace Car Co., is the originator of this grand enterprise, and the result of his intelligent philanthropy will, doubtless, be watched with great interest by other manufacturers, who desire to improve the condition of their employees, but who have often been discouraged by the unappreciative character of many laborers. As an item in hygienic progress we regard this model town as a fact most worthy of record.

IS WICKEDNESS INCREASING.—What a delightful pastime it would be to stand and gaze, as on a panorama, on the shifting generations as they come on the stage of life and pass off; to be privileged not merely to study the peculiar features of the people of to-day, but to have one's life supernaturally lengthened, and be allowed to study generations that are yet unborn and unthought of. An anthropological show of this character would, if entered into with sufficient comprehensivenesss and minuteness, be valuable to humanity for all ages always supposing that the favored observer recorded with an unbiased pen his observations and comparisons as they occurred to him. He would then be able to tell us whether or not there is any ground for the assertion just made by a number of English clergymen, headed by the Archbishop of Canterbury, that "lawlessness and godlessness, excessive luxury and self-indulgence" are on the increase in the British Isles. It is a very difficult thing for a man to compare the moral culture of

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his own generation with that of the generation which went before. If even he is a man of years, and has looked on the past and present with his own eyes, and not through the eyes of some writer, he is not sure to be able to draw a just comparison. The man who deplores the degeneration of mankind in moral attainments is very likely to reflect himself in his homily, and that to so great an extent as to well nigh overshadow actual facts.

There is, undoubtedly, too much luxury and too much self-indulgence not only in Great Britain, but in this country too. Are these vices on the increase? Is the animal part of man predominating over the spiritual now, more than a generation ago? The parsons of England reply in the affirmative. Let us hope that they are wrong, as in fact there is no doubt they are. We are free to admit that among working men there is a greater amount of drinking now than years ago, and that self-indulgence in his home is more rampant. But the reason for this is, that their earnings have been greatly increased, and they have an opportunity to purchase things now which were denied them formerly. Self-indulgence in such a case of transition is inevitable. The period of sensualism is unfortunately a necessary one in the working-man's slow movement upwards. But the increase of self-indulgence among this class is more than offset by its decrease among the middle and upper classes.

VEGETARIANISM IN ENGLAND AND HERE.—The London Times, which, in some respects is, perhaps, the greatest newspaper in the world, has opened its columns for a discussion of the subject of animal *versus* vegetable food. Those who know English journalism best, agree that this is a great concession on the part of the Times, and vegetarians are rejoicing over the publicity their theories have received by this means. The press of England is very slow in allowing such subjects as vegetarianism and anti-vaccination to be discussed in its columns. It is difficult to see why this should be so. To the outsider it would seem that there is a great need for England to do something to prevent her from going down the hill. She only produces half the butter and cheese her people consume, while the grain she imports is enormous in quantity. Her trade is depressed, and has been for years; her imports are towering above her exports in an alarming fashion. A gradual change in the methods of living by her people would turn the scales. As another writer has said, "With the whole world's productions at her beck and call, she seems to have grown careless of her resources." The soil that is partially wasted in producing food for the fatting oxen might support a far larger number of people on a vegetable diet than will be supported by the flesh of these fat oxen. Apart altogether from the hygienic advantages which the nation would reap from a more general adoption of a vegetarian diet, it would seem that if it is to keep abreast of the times it must do something more to feed its people. With the United States, as a nation, the question of vegetarianism is not as pressing from an economic point of view, though from a hygienic standpoint it is very important. A reform in our diet is what we need to remove the stigma of being called a "nation of dyspeptics," and to remove the presence of the gnawing pains and ills which afflict those who habitually make mistakes at the table, eating just those things which they ought to avoid.

A BARBAROUS ENTERTAINMENT.—The municipal authorities of Brussels ought to be ashamed of themselves. They are behind the age, and we believe that if they would take and read THE HERALD OF HEALTH for a year it would do them good. A great fair is held in Brussels every year, at which, amongst other things, a silken dress is given by the city "to the woman who imbibes the largest quantity of hot coffee in the shortest time, and at the highest degree of temperature." No one objects to the authorities of Brussels providing amusement for their citizens. But surely some sort of entertainment could have been thought of

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which would not be positively injurious to those who take part in making the fun. To drink a large quantity of coffee at one time is sure to harm one's health more or less. How much more hurtful must it be to drink it at "the highest degree of temperature" possible. Surely, our Old World friends have not yet lost the barbarity of feeling which causes one man to delight in seeing another hurt—which is never happier than when gloating over another's pain.

How to be a Good Shot.—The Taranaki Herald gives an account of a complimentary banquet given on March 15, to Sergeant N. Okey, the winner of the champion belt for rifle shooting. In responding to the toast of his health, Sergeant Okey said: "Perhaps it would not be out of place if I were to say a few words as to what should tend to make a man a good shot. In the first place, he must be steady. There is no use in his taking what is now in these decanters before us. I am one who can say that I never drank a glass of liquor in my life, and I consider that it is owing in a great measure to that fact that I am the winner of the belt. There is another thing that tends to make a man nervous, and that is smoking. If a man tries to win the belt he must not take anything that will make him nervous. He must be temperate in eating and in everything else." These opinions The Herald of Health endorses, and they apply equally to other things besides fine shooting.

Different Forms of Exercise.—When bicycles were first introduced to our youth the inquiry was made as to whether their use was beneficial or prejudicial to health. Doctors disagreed; some said the movement of the body of the rider was such that injury to the spine would be the result of their use. Others maintained that the automatic movement was not of such a character as to be necessarily harmful, and, at the same time, the exercise, fresh air, and change, were productive of much real and permanent benefit. Concerning skating, also, whether on ice or on roller skates, there has been various opinions expressed. Some doctors object to it *in toto*; others advocate half-an-hour's skating a day, while others, again, think that two or three hours daily is beneficial. It would seem that the only harm which can come to the skater is that accompanying a fall. But, then, whatever exercise we may indulge in, we are more or less likely to fall. Certainly it would be inadvisable for those whose joints are stiff and bones brittle to skate. With them a fall is very possible, and it may be accompanied with serious injury. But those who are young are little, if any, more likely to derive injury from falls when skating than from falls when walking along the street. The skater is continually on his guard against falls, and if, perchance, his toes do turn in an upward direction, his hands are generally in readiness to break the force of his descent Undoubtedly it is unwise to attempt to diminish the amount of roller skating or skating on ice, so long as they are not indulged in to the injury of the rights of the public.

Sand-Bag for the Sick-Room.—One of the most convenient articles to be used in a sick-room is a sand-bag. Get some clean, fine sand, dry it thoroughly in a kettle on the stove; make a bag about eight inches square of flannel, fill it with the dry sand, sew the opening carefully together, and cover the bag with cotton or linen cloth. This will prevent the sand from sifting out, and will also enable you to heat the bag quickly by placing it in the oven, or even on top of the stove. After once using this you will never again attempt to warm the feet or hands of a sick person with a bottle of hot water or a brick. The sand holds the heat a long time, and the bag can be tucked up to the back without hurting the invalid. It is a good plan to make two or three of the bags and keep them on hand, ready for use at any time when needed.

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STUDIES IN HYGIENE FOR WOMEN.

HEADWORK IN HOUSEKEEPING. — We know a noble old lady (now over 82), who used to say, that by a little headwork she could save so much time in housekeeping as to have the afternoon for rest, study, or such work as she might enjoy. This woman had a large family and a great deal to do, so it was not an exceptional case. A great mathematician said, if he had but three minutes in which to perform a problem on which his life depended, he would spend two of the minutes in thinking how best to do it. So greatly did he value the art of reflecting well over the business to be done even in the greatest emergencies of life. And could we not all vastly better our work in this world by more forethought? How much our heads could save our feet in our daily housework! One reason so many women are such efficient workers is just because of this fixed habit. If they have any occasion to go up stairs, they reflect whether there is anything that needs to be taken up, thus saving one or two journeys. The same when they are going down again. When the table is cleared, the articles to be taken into the cellar are placed all together on a tray and taken down at once. While the other work is going on, the busy mind runs through and plans out the sewing work that is to be taken up when a leisure time comes. The way of cutting it out, the manner of trimming, and the whole general plan is gone through with before a needle is taken up, very likely. Before rising in the morning the breakfast is thoroughly planned, and the order in which the different details are to be carried out is quite decided upon. It makes all work easier to have it thus planned beforehand, and many a weary woman might secure many bright half hours to herself every week if she would but inaugurate the system. It is like packing a trunk—you know how easy it is for one skilled in the business to put in a third more than one who piles things in "just as it happens." It is always such a pleasure to look back on a well-passed day and see just what has been done. People whose days are full of idleness and ease do not have the monopoly of happiness by any means. As uncomfortable people as I have known have been summer boarders from the city, who have nothing to do all summer but to fan themselves. They seem so utterly overburdened with the task that one could hardly help commiserating them. Occasionally a few flies fluttered into their shady rooms and had to be whisked out, and then there was work in earnest and tribulation enough. Surely those people who have nothing else to bear are rarely able to bear themselves. From what I have seen of both sides, over-worked people do not seem to me so miserable as those who have nothing to do. They have, at least, the noble compensation of feeling that they are of use in the world; that they add largely to the comfort and well-being of others, and that they belong to the producers instead of the mere consumers. To one who has led a busy life absolute idleness would be most irksome penance. But headwork will lighten labor; so use it liberally, and teach the art to those about you. If housekeepers would preserve their health, let them save time by headwork.

TOO BEAUTIFULLY DRESSED. — A gentleman hands a fashion slip descriptive of the handsome dresses worn by the young ladies of a lawn party up the Hudson, with the remark: "The lovely creatures are getting beyond us entirely; they will do to gaze upon, but not to possess." Mothers of wealth, if you have educated your daughters to depend upon style and fashion to a degree that alarms the gentlemen who would choose a wife from amongst them, you have made a great mistake. Look into your own home life and consider for a moment wherein its chief happiness has consisted, in the first years of wifely love and motherly devotion, in the great self-sacrifice and care

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for the family comforts and the family happiness; or in the sacrifices you have made to clothes, dress, fashion, and display. Surely, you feel in your hearts that there are higher things than these.

Do you realize what it is to have a feeling of rejoicing from day to day that you live, and that your physical system is elastic and buoyant with good health; that your brain is clear to comprehend and well trained by past years of study and discipline to understand whatever interests husband, or growing children, or friends; that you are able to furnish your home artistically, and have developed an artistic taste in dress in your children that lessens by half the drudgery of making, and more than half the expense; that, most of all, you are teaching these young daughters to strive for these same things, and more besides, in a larger measure than you have attained to, and to attract by their sweet womanliness than by fashion and display? What worthy man would not come to you and gladly win a wife from your flock for his own fireside? It may be argued that there is nothing too good in this world for human beings; and there is much truth in this, but a good education should be the first requisite, and there is great danger of excess in dress, unless we stop and reflect on the subject, and after reflection square our habits by what is reasonable and right.

MAY WOMEN SMOKE.—There is more or less relationship between the feeling of laziness which comes over one who has no work to do and the feeling of weariness which oppresses those who are worked too hard. Without entering into details in support of this statement, we may add that those who are habitually troubled with laziness or weariness are the most tempted to use tobacco. Movements of degeneration are made gradually, and it is worth while to pay some attention to the question whether there is not a danger of women resorting to tobacco as a relief to weariness, or in some cases of laziness? Seeing that the human race has got as far as it has without smoking becoming fashionable among women, we do not see much fear of this backward step being taken now. At the same time, it is as well to guard against it. This is a wonderful country for innovation, and if women feel as though they want to smoke, there is no doubt they will do it. It is well that they should not tempt themselves by becoming weary from excessive work, or weary from doing nothing. There are reforms enough in embryo to keep the world busy for hundreds of years at the present slow rate of progress, but before long we shall make haste more rapidly to abolish our bad habits. The turn of tobacco will come soon, and the war against it will be as vigorous as that against alcohol. We shall need all the aid we can get from women. Indeed it is a reform in which they ought to be the leaders.

A GOOD BISCUIT.—On a baking board put two pounds oatmeal and two pounds whole wheaten meal, ten ounces of good salt butter, one-half ounce carbonate of soda, one-fourth ounce tartaric acid, and four ounces of sugar. All should be weighed carefully; the butter should be the best that can be procured, and the soda should never be used without the acid. Mix all together. When the butter has been well rubbed into the flour, add buttermilk, mixing with the hand till of a pasty consistency. Knead just as little as possible, to keep the dough light. Roll out; cut with biscuit stamp to the required size, prick with marker, and fire in a moderately quick oven. In the absence of a stamp, cut with a lid; and if no marker is at hand, use a common fork. In rolling out the biscuits little or no fresh flour should be used; otherwise the brownish color of the biscuit will be lost. When baking in the oven, biscuit trays should be used. Any wire-worker will make a good-sized tray for a shilling or less. If these directions are followed, a most palatable, agreeable, and nutritious bread will be produced. If cooled in an open basket, and afterwards stored away in tins, these biscuits keep sweet and short for a considerable period. Of

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course the proportions may be varied at pleasure, or wheat meal used alone. Flour, pea-nut, or any rich vegetable oil may be used instead of butter. Baking powder may be used instead of its confluents, and this should be first mixed well with the meal. Buttermilk is not essential; milk may be used, or water; or milk and water.

MOTHERS' TENDERNESS TO THEIR CHILDREN.—Sometimes tender, loving mothers hurt their children by love and tenderness of the wrong kind. Both are good in their places, but not in excess. In nine cases out of ten a man's life will not be a success if he does not bear burdens in childhood. If the fondness or vanity of father or mother has kept him from hard work; if another always helped him out at the end of his row; if what was light always fell to him, and what was heavy to some one else; if he has been permitted to shirk until shirking has become a habit, his life will be a failure. On the other hand, if a boy has been brought up to do his part, never allowed to shirk legitimate responsibility, or dodge work whether or not it made his head ache, or soiled his hands, until bearing burdens had become a matter of pride, the heavy end of the wood his choice, the elements of success are his, and at some time, in some way, the world will recognize his capacity.

HOPEFULNESS.—We are constantly receiving letters from such discouraged women, who have seen so much care and sorrow that they have lost most of their hopefulness, and look only on the dark side of life, which they conclude is hardly worth having. These cases are sad, and it is not always easy to set their faces towards the light, but it is one of the most self-evident facts that in looking towards the dark we throw away the finest chances left us to grow well again. On the other hand, if we look on the bright side of life, we either win back lost health, or, if we do not do this, gain some higher spiritual blessing. The men and women who win in life are seldom those who look backward into the night. To lose heart is to lose the very best there is in life.

HOW TO BEGIN THE DAY.—Begin the morning by saying to thyself, I shall meet with the busybody, the ungrateful, arrogant, deceitful, envious, unsocial. All these things happen to them by reason of their ignorance of what is good and evil. But I, who have seen the nature of the good that it is beautiful, and of the bad that it is ugly, and the nature of him who does wrong that it is akin to me, not only of the same blood or seed, but that it participates in the same intelligence and the same portion of the divinity, I can neither be injured by any of them; for no one can fix on me what is ugly, nor can I be angry with my kinsman, nor hate him. For we were made for co-operation, like feet, like hands, like eyelids, like the rows of the upper and lower teeth. To act against one another, then, is contrary to nature; and it is acting against one another to be vexed and to turn away. These wise words were uttered by Marcus Aurelius many centuries since, and they have a bearing on the conduct and happiness of life to-day as well as when first spoken.

WHY DO WE EAT SOUP AT DINNER FIRST?—A lady subscriber sends us the question at the head of this paragraph and asks us to answer it. The reason, no doubt, is this, that soup is quickly absorbed into the circulation, and thus refreshes the man more quickly than more solid food would do. Some people have the habit of refreshing themselves before dinner with a glass of sherry or a few spoonfuls of whisky; but that is a great blunder, as it not only injures the stomach but perverts the appetite, while good soup acts quite the opposite.

WORKING AT LOW PRESSURE.—No really good work with body or brain can be done by either men or women unless there is a reserve of strength to give buoyancy and elasticity to every movement. To labor under a sense of weariness is to work at low pressure, and it is a great deal more injuri-

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ous than what is called high pressure, bad as the latter may be. To force one's self to drag along after all interest and buoyancy has failed, is one of the great mistakes which women make in household or business occupations. They ought never to use up their reserve force, but stop when it begins to be exhausted. Pain, anxiety, loss of appetite, mind-weariness, a feeling of being old, are the signs that the labor has already gone too far, and that it is time to hold up. What greater martyrdom can a sensitive, conscientious woman endure than to be always exhausted. It is worse than burning at the stake, for the latter is soon over. Worry will exhaust one faster than overwork, and this, too, ought to be avoided. Before our wives and mothers, who are always ready to sacrifice their own ease for that of others, reach this point of weariness, they should have rest. It is an error for them to keep themselves up on tea and other stimulants. These are only temporary expedients. The true remedy is rest and change. Every woman should be free a part of every day to devote her time to something recuperative—either sleep, riding or driving, study, or light, agreeable work. It requires some foresight and planning to secure it; but once the habit formed no woman will go back to a drudgery that is little above slavery.

ARSENIC IN WALL PAPER.—Notwithstanding the frequent publication of the dangerousness of wall paper with arsenic in it, such paper is continually sold and used; mostly, however, by the poor or the ill-informed. It is generally believed that only green paper is arsenical, but it has been found in yellow, pink, blue, and drab, and may be in others. Some persons are exceedingly sensitive to the smallest amount of arsenic, and it is always unsafe to use paper made with it.

SAID the night watchman, when about dusk he was invited to drink a cup of coffee; "No, thank you; coffee keeps me awake all night." And then he saw his blunder, and looked very embarrassed, and tried to explain it; but it was no use.

CURRENT LITERATURE.

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ROCKY MOUNTAIN HEALTH RESORTS. An analytical study of high altitudes in relation to the arrest of chronic pulmonary disease. By Charles Denison, A. M., M. D. Boston: Mifflin & Co., 1881.

We have here a concise and well-written volume of 192 pages, containing more detailed and exact information upon the subject of which it treats than we have seen in any similar publication. The author is a resident physician of Denver, Colorado, and his book is a treasury of facts, apparently gathered and arranged with no view to pushing any particular theory or practice, but of essential value both to the medical profession and to all persons seeking a health resort, especially with reference to pulmonary complaints. The author thinks that an altitude of 6,000 feet is a guarantee against consumption among residents. He gives the results of 260 cases treated by him, during five years' practice in Denver, ending March, 1879. These came there for treatment. There is an air of honesty and professional accuracy about the book that commends it to all seeking information concerning Rocky Mountain health resorts.

NATURE SERIES. Fashion in Deformity, as illustrated in the customs of barbarous and civilized races. By William Henry Flower, Hunterian Professor of Comparative Anatomy, etc., in Royal College of Surgeons, England. With Illustrations. London and New York: Macmillan & Co. Price, 75 cents.

This is a very carefully prepared book, by a man of high scientific attainments, and its object is to show how peoples in all ages and of all races have altered the shape of some part of the body, and deformed themselves in most painful ways at the dictates of fashion. A brief extract will give our readers a good idea of the book. "It is not only leathern boots and shoes that are to blame for producing alterations in the form of the feet; even the stocking, comparatively soft and pliable as it is, when made with pointed toes and similar form for both sides, must take its share. The continual, steady, though gentle pressure, keeps the toes squeezed together, and especially hinders the recovery of its proper form and mobility when attempts at curing a misshapen foot are being made by wearing shoes of rational construction. Socks adapted to the different form of the two feet, 'or rights and lefts,' are occasionally to be met with at hosiers, and it would add greatly to comfort if they were more generally adopted. For some cases it is well to have them made with distinct toes like gloves. With such socks and properly constructed shoes, a much distorted foot, even of a middle-aged person, will recover its power and freedom of motion to a considerable extent."

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THE

HERALD OF HEALTH.

DECEMBER, 1881.

SCIENTIFIC AND PRACTICAL QUESTIONS CONCERNING DIGESTION AND INDIGESTION.

BY THE EDITOR.

THE nature of the digestive process has until quite recently been vailed in great obscurity. The ancient Greeks, who had over the door of one of their chief temples the motto, "*Know Thyself*," knew nothing of themselves in this particular. Modern scientific investigation, however, threatens to penetrate every secret in nature and reveal all her hidden mysteries. It has already thrown much light on this subject, and is throwing more and more every year. Let us look into it from the standpoint of the most recent discoveries.

All digestion is a process of solution of food, but it is not, as was once supposed, performed exclusively in the stomach. It begins in the mouth. The saliva, which is secreted in such large quantities when we chew our food, is a peculiar substance, and acts very much like a ferment upon the starch, causing it to take into its chemical composition another atom of water, and this is quite sufficient to convert it into sugar. There is only a slight difference between starch and sugar in their chemical composition. Starch contains one atom less of water, and that is all. But the real difference is great, for starch is insoluble in water, while sugar is soluble. It would be very inconvenient for the farmer if starch were soluble, for it might be dissolved in a rain-storm before he could harvest it, but now he has no trouble in that respect. Mouth digestion renders it soluble, so it may pass through the walls of the intestinal canal with the water into the blood, and from this fluid into the tissues. No starch, strange to say, can be digested in the stomach. The saliva which is secreted in the glands of the mouth will not convert this substance into sugar in the presence of an acid, and there is always acid in the healthy stomach. One of the modern remedies for indigestion is maltine. Now, maltine is an artificial preparation, having the same general nature and capable in a small way of causing the starch to be converted into sugar. The manufacturers, however, who label their bottles with the advice, "take a teaspoonful after each meal," do it in ignorance of the fact above stated, that it will do no good in the stomach.

Now, what is the practical value of the lesson we have learned concerning the digestion of starch. Simply this, that if we wish it to be digested so as to get heat and strength from it, we must eat slowly; chew our food thoroughly. This rule applies to all, but it applies with special force to children, dyspeptics and invalids. Nothing should be bolted down in haste. Not even milk-porridge, but well mixed in the mouth with the saliva, so that the ferment, which is the active principle of this fluid, may act upon the starch.

Another practical point is this: The thorough chewing of our food not only mixes the starch with the saliva, but it

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comminutes the other parts of food so that when they reach the stomach the juices of this organ can get at them, and make such changes as are essential to their digestion. The food, no matter whether starchy, albuminous or fatty, must be reduced to very minute particles before the digestive fluids can act upon them efficiently.

We now come to stomach digestion. The albuminous parts of our food are mainly digested in this organ. This includes the gluten of bread, and the albumen of egg, and the fibrin of flesh, and the curd of milk. They, like starch, are insoluble in water, but if they are finely chewed, so the gastric juice can get at them, they are made soluble by taking up a molecule of water. This converts the gluten, the albumen, and the fibrin into what is called a "peptone," which is only a soluble form of albumen. In this condition it can be dissolved in water as easily as sugar, and absorbed through the intestinal walls and carried into the blood. If the chewing has not been well done, then digestion is prolonged, and the individual becomes conscious that he has a stomach. Then the sufferer has to be put on a special diet, and the doctor begins to thrive on his misfortune.

Another reason for chewing our food thoroughly is the fact that in modern times the stomach is probably not so strong as it was formerly, and secretes too little or an impaired gastric juice, quite incapable of dissolving thoroughly unmasticated substances so as to get all the value out of them. The undigested part, of course, passes off and is lost.

The oily parts of our food are neither digested in the mouth nor stomach, but further on. When the pyloric ring, which closes the lower end of the stomach, relaxes, and allows the acid and partly digested food to pass out, it comes first in contact with the bile from the liver, which renders it alkaline. And now the action of the fluid secreted by the pancreas comes into play. This pancreatic fluid is a curious stuff, and has wonderful qualities. It contains four principles—one for digesting any starchy matters which escaped the action of mouth digestion, and for digesting any albuminous food that the stomach missed while in an alkaline solution; a third substance which will curdle milk, and a fourth substance that will emulsionize fat; that is, convert it into a condition so it may be absorbed with the other substances through the intestinal canal. It is in this place that digestion is most active. Not only are the oils, fat meats, butter, cream, etc., digested here, but a finishing touch is put on all forms of digestion.

The digestion of fat in some form is exceedingly important. It is the crowning work of the digestive organs. Without fat we suffer with cold, grow lean and weak. The tissues become abnormal, and often consumption sets in. It is true that starch answers the purpose of fat in some respects, but it is not probable that such careful preparation for the digestion of the latter substance would have been made but for its necessity to health.

In the digestion of fats, chewing is quite as important as for starch and albumen. Pure fat taken into the stomach may, no doubt, be digested by an Esquimaux, but not so easily by an American. Butter should be put on bread, and the bread well masticated, so as to separate the parts far from one another. Cream should be eaten with bread or potatoes for the same reason; otherwise, the loss will be immense. The loss is great under all circumstances. It is said that no steam engine is so perfect that it can save more than fifteen per cent. of the fuel burned under it and convert it into work. No digestive apparatus can convert all the food eaten into force. How much is lost no one knows; but, perhaps, half of it in well people, and much more in dyspeptics, who do not digest nearly all they eat.

The mineral part of our food has not been considered. It apparently does not require digestion, but is dissolved and carried into the blood nearly or quite in the condition in which it is found in the grain, fruit and meat we

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consume. At any rate, little is known on the subject at present.

It has been thought by many that the less we know about our stomachs the better it will be for us. Digestion is an involuntary process, and goes on without our thought, and the moment we begin to think about it we do harm. There is much truth in this. It is folly to be thinking over what evil may happen during the process of digestion, and no one should do this. No one should talk too much about his eating and drinking, or think too much about it. What he may and should do is to find out what is best, and get into the way of doing it, and the habit will soon become involuntary, and then it will go on without thought. Fix on that course which is best, and habit will not only render it easy but delightful.

THE BREAD OF THE FUTURE.

BY LOUISA S. BEVINGTON.

AMONG the societies which have sprung into existence and made rapid way within the past twelve months, is a league that believes in brown bread, properly made, and that agitates for its making and baking, and pressing, by example and precept, upon the acceptance of the children of the poor.

The society calls itself the Bread Reform League; and its members energetically labor to bring home to the mind of the public the conviction that our ordinary English disposal of bread material is wasteful, and dietetically foolish, owing to the rejection as human food of certain nutritious parts of the wheat.

The contention of bread reformers against bread as at present made is twofold—indeed threefold. They object to white bread. They object to ordinary brown bread. They object, though in less degree, to the "wholemeal" brown bread, which has of late years been the nearest approach to the right thing we, in England, have been able to procure.

What the right thing is, it is my purpose to show. But before describing it, and enlarging upon its merits, let us notice the grounds of objection to that wrong thing which, in one of its three forms, was probably upon the reader's breakfast-table this morning.

To understand these objections we must have before our mind's eye a notion of what a grain of wheat really is, and its relation to ourselves as an article of food.

I have before me the picture of a magnified section of the grain. I see that all the central and by far the larger part of this section is composed of the cells from which alone white flour is made. Analysts tell us that these cells contain a very large proportion of starch, and a small percentage of the nourishing substance known as gluten. Surrounding this white central portion of each grain of wheat are five layers of other cells. And outside all is the hard skin or "cortex"—a woody, fibrous, and even flinty covering, which contains nothing valuable as human food.

But the layers of cells lying between this hard skin and the central white portion are rich in materials which go to support life. The inmost layer—that next to the starchy center—is composed of large cells, chiefly formed of gluten. The remaining layers are full of useful mineral matters.

Properly to sustain human life and health, it is needful that a due proportion of all the materials which exist in each of these parts of the grain respectively, should be taken in food. There are but few articles of diet which contain them all, and in the right proportions; among these are milk and eggs, and bread made from the whole of the wheaten grain.

The office of each of the constituents of the wheat is definitely known in re-

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gard to the support of life. The starch is valuable as a heat producer. The gluten goes to form flesh. The phosphatic salts and other mineral matters go to the formation of bone and teeth, and to the nourishment of brain and nerves. And bread reformers tell us that the cheapest, the most convenient, and the most universally wholesome way of getting the required proportions of these various necessaries of life into the system, is to take them in the shape of properly made wheaten bread.

(*a*) The objection to white bread may now be readily guessed. It contains but *a part* of the needful nutriment, and that part in too large a proportion. And the whiter it is the worse it is in these two respects. Any one who had to live upon it, and upon nothing else, would starve his bones and his brains, and would speedily lapse into ill health. Too large a proportion of starch is retained in the preparing of white flour; a large proportion of muscle and tissue formers, and almost all the material for formation of bone and nourishment of nerves and brain being rejected and put to other purposes. For some reason or other, we have been for generations wasting a great deal of precious human food. What that reason is we will inquire later.

In the absence of sufficient bone-forming material children become liable to "rickets." The children of our English poor are singularly subject to bone disorder of this kind, and the fact is largely attributable to the custom of eating bread made exclusively from that white flour which is so deficient in lime and phosphates. For in the case of the poor, the missing requisites of diet are not supplied by the meat, milk, and eggs which, being readily obtainable by the wealthier classes, prevent the insufficiency of white bread from becoming, in their case, obvious. A very small proportion of phosphate of lime introduced into the dietary of a growing child is capable of making the difference between deformity and development.

(*b*) Next, what are the objections to ordinary brown bread?

What *is* brown bread as commonly made? Generally nothing more nor less than white flour, with some of the outer husk—the hard, innutritious coating of the grain—coarsely ground and mixed with the flour. It is, as an article of diet, even worse than the pure white bread; for it adds to the negative disadvantages of the latter its own positive disadvantage. This disadvantage consists in its irritating property, which is owing to the presence of the rough, hard, indigestible husk. Its behavior when eaten is, by its mechanical action, to irritate the alimentary canal, so that the food does not actually remain long enough in the body for what nourishment it contains to be duly absorbed and assimilated. Such bread is thus not only wasteful of its own material, but also of the human life-force and machinery that has to do with it.

(*c*) The objection to whole-meal bread is less than to either of the former kinds. Nothing said against white bread applies to it at all. We have in it the precious phosphatic salts in sufficiency, and also gluten and albumen in the full proportion. But the drawbacks of the brown bread remain. The whole-meal bread contains the flinty cortex, or skin; and, as commonly ground between stones, the harder parts of the grain (including this hardest of all) are left in coarse, angular bits. This bread is, though intrinsically richer in nourishing matters, no less irritating than common brown bread; and the nutriment is, therefore, not fully extracted from it by the eater, because its irritating property shortens the time of its digestion, and does not allow the system time enough properly to assimilate it.

This objection to brown bread—whether of the ordinary innutritious kind, or to the more modern whole-meal bread—is felt strongly by the working classes, who, without reasoning on the matter, find their way to the right practical conclusion in regard to it. Such persons, never having had the chance of getting a brown bread which is not irritating, and possibly associating this drawback with the

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brownness of the bread, continue to prefer and to buy white bread. And the whiter it is the more they believe in its excellence as an article of food. Dr. Gilbert, F.R.S., in a letter to the Secretary of the Society of Arts, demurs to the introduction of bread made from the whole of the meal partly on this ground. He draws attention to the fact above noted, remarking that navvies and other members of the hard-working class invariably prefer white bread to brown; and he attributes this to the experience of the men who find themselves less nourished by brown bread on account of its stimulating quality. There is, of course, further to be considered the comparative unpalatableness of most brown bread. The brown breads hitherto within reach of the poor *have* been unsatisfactory. The "right thing" in bread has as yet had no fair trial.

Let us now definitely describe what that "right thing" is. We are prepared to demand of it that it should combine the digestibility of white bread with the nutritive quality of whole-meal bread, while sharing the disadvantages of neither. First as to its nourishing properties.

The wheat-meal bread that we desire to see substituted for the only semi-nutritious article now in vogue among the poor is stated to be of such efficiency as food that a shilling's worth of it will provide an ample meal for nine grown-up persons. Nothing is discarded in preparation of the wheat meal except the innutritious outmost skin of the grain. The five layers of cells containing the valuable mineral matters before named are all retained.

Next, as to its digestibility. Wheat-meal bread, in common with whole-meal bread, contains not only all the elements necessary for nutrition, but also "cerealine," a substance which operates as a ferment, promoting digestion. Dr. H. C. Bartlett tells us that "within the cellular formation of these skins (or layers) a curious fermentative albuminous principle is found, which in itself not only affords a most valuable nutritive quality, but has also the effect of rendering the flour of the kernel more easy of conversion into a digestible condition, and materially assists in a rude panification, or bread making, which, however primitive, affords strong and healthy food staple." The superior digestibility, however, of wheat-meal bread over other whole-meal bread depends upon two further characteristics special to itself: 1st, its freedom from the hard, objectionable, and useless outer skin; 2d, the fineness to which the meal composing it is ground. These two characteristics distinguish it from all other brown breads made, and insure its complete wholesomeness. In ordinary brown bread, as in whole-meal bread, there exist "split chaff, awns, and other bristly processes, besides, in some cases, *debris* of various kinds, and bran flakes." These matters are what cause the unsuitability of such bread for the ordinary diet of the majority. Wheat-meal bread is made from meal freed from these irritants; the grain having been subjected to a process of scraping, called decortication, before being ground.

The other result—the fineness of the ground meal—is obtained by the use of suitable *steel* mills. Only in a steel mill is the fine grinding of the harder parts of the grain possible without damage to the quality of the grain. Ground in the ordinary way between stones, the branny portions of the grain are necessarily delivered in those large, angular flakes, which are the cause of the irritating and indigestible properties alike of common and of whole-meal brown bread. By the use of a well-adapted steel mill the grain is cut or chopped into minute fragments of a granular form. Besides avoiding the evil just noted, this process has a further advantage—the nutritive properties of the grain so treated undergo none of the deterioration which always accompanies the fine crushing of meal between stones. Such fine crushing develops much heat; which heat, in technical phrase, "kills the quality" of the meal, so that it is impossible to make really light bread from it.

Besides this fine, steel-mill grinding, it is especially important that the meal

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be passed through an 18-mesh sieve, as further security against the retention of any large or angular particles. What will not pass the first time should then be re-ground. This simple but perfect process completely remedies the irritating quality of the meal.

Miss Yates, the earliest agitator in the matter, observed two years ago, when traveling in Sicily, that the laboring classes there live healthily, and work well upon a vegetable diet, the staple article of which is bread made of well-ground wheat meal. Nor are the Sicilians by any means the only people so supported. "The Hindoos of the Northwestern Province can walk fifty or sixty miles a day with no other food than 'chapatties' made of the whole meal, with a little 'ghee' or Galam butter." Turkish and Arab porters, capable of carrying burdens of from 400 to 600 pounds, live on bread only, with the occasional addition of fruit and vegetables. The Spartans and Romans of old time lived their vigorous lives on bread made of wheaten meal. In northern as well as southern climates we find the same thing. In Russia, Sweden, Scotland, and elsewhere, the poor live chiefly on bread, always made from some whole meal—wheat, oats, or rye—and the peasantry of whatever climate, so fed, always compare favorably with our South English poor, who, in conditions of indigence precluding them from obtaining sufficient meat food, starve, if not to death, at least into sickliness, on white bread.

White bread *alone* will not support animal life. Bread made of the whole grain will. The experiment has been tried in France by Magendie. Dogs were the subjects of the trial, and every care was taken to equalize all the other conditions—to proportion the quantity of food given in each case to the weight of the animal experimented upon, and so forth. The result was sufficiently marked. At the end of forty days the dogs fed solely on white bread died. The dogs fed on bread made of the whole grain remained vigorous, healthy, and well nourished. Whether an originally healthy human being, if fed solely on white bread for forty days, would likewise die at the end of that time, remains, of course, a question. The tenacity of life exhibited by Magendie's dogs will not evidently bear comparison with that of the (scarcely yet forgotten) forty days' wonder, Dr. Tanner. Nor is it by any means asserted that any given man or any given child would certainly remain in vigorous health for an indefinite length of time if fed solely on wheat-meal bread. Not a single piece of strong evidence has been produced, however, to show that he would *not*; and in the only case in which whole-meal bread has been tried with any persistency or on any considerable scale among us—to wit, in jails—facts go to show such bread to be an excellent and wholesome substitute for more costly forms of nutritious food.

HOW TO AVOID DIPHTHERIA.

BY THE EDITOR.

THERE is an old saying that an ounce of prevention is worth a pound of cure, and in some cases it is worth a great deal more. This is especially true with diphtheria, a disease which makes sad havoc with children in all parts of the civilized world. A few hints as to the best means of avoiding it may prove useful, but in the first place a few thoughts concerning the way in which it is spread will make the subject more clear. The cause of diphtheria is not definitely known, but we do know it is propagated from the sick to the well by some invisible agency. Whether it is a peculiar form of bacteria or germ, as is taught by many, or a special animal poison, is not certain, and it makes

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little difference, for all practical purposes, which method is true. The microscopist finds what he calls germs in the diphtheritic membrane of the throat, and thinks he has discovered the cause, and the chemist finds a peculiar animal poison, to which he attributes the disease. It may be one, or neither of them. What most concerns us is how it may be avoided. The following hints are those most to be relied upon:

1. Avoid the atmosphere near the disease. Especially is this important for children, whose throats are more liable to take on the poison than those of adults. No matter how mild the case is, keep children away from it.

2. Do not permit any person, nor even a dog or a cat to come to a child from the room where there is a case of diphtheria. The person exposed to it should disinfect his clothing, and bathe his body, and wash thoroughly his hair, and gargle his throat, before he comes in contact with a child after his coming from the sick-room.

3. Do not permit a child to ride in a carriage in which one sick with diphtheria has ridden, until it has first been disinfected.

4. Avoid all causes which cause the throat to become sore, raw, or tender during an epidemic of this disease. In fact it is well to avoid them at all times. A simple sore throat may become a case of diphtheria very easily, when the poison is in the air.

5. Do not allow any child to wear or handle any clothing worn by a person who has had diphtheria. It is criminal to sell or give away clothing of this sort, without most thoroughly disinfecting it first. An epidemic was recently caused in one of the New England States, and many lives lost, from some clothing from a child which died of this disease being sent to friends from a Western city.

6. Never kiss a person with diphtheria (mothers have lost their lives by doing this), nor drink from the same cup, nor blow a whistle he has used, nor use a pencil, or pen, or handkerchief of his.

7. Never send the clothing of a diphtheria patient to the common wash or laundry, where other clothing may become infected.

8. Disinfect all the excretions from one sick of this disease by a strong solution of copperas water before disposing of them.

9. If a child has been exposed to diphtheria by accident, or by any means, at once isolate it from other children, give it a thorough warm bath daily, and clean clothes; put it on a diet of brown bread and milk, with fruit, and wait till all danger is over before removing it from quarantine.

Diphtheritic poison, no doubt, goes for miles in the air from one house to another. The wind carries it, and when there is an epidemic the greatest precaution should be taken. With all our care we are not always able to prevent its spread entirely, but much may be done.

10. Allow no children to attend a funeral of one who has died from this disease.

A few years since diphtheria attacked six members of the grand-ducal family of Hesse-Darmstadt, but no other of the sixty members of the household, no nurse, no physician, was attacked. The British Medical Journal infers that "all the cases were produced by direct infection, doubtless by kisses." The Scientific American adds: "As every physician knows, it is no uncommon thing for adults to have diphtheria so mildly that it is mistaken for an ordinary sore throat resulting from cold; yet such a person can easily infect a child, and the child become a center of malignant infection. In view of the fatal prevalence of diphtheria, therefore, the kissing of a child upon the mouth by a person with a sore throat is hazardous, if not criminal; and scarcely less so is the practice of allowing children to kiss their ailing playmates. It would be wise to exercise great caution in this matter, if not to discontinue the practice of kissing upon the mouth altogether." The best preventions are to be found in the hints given, and in most thorough cleanliness about the house, the air, and the drains, water supply, and cellars.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

HOW TO BE BRIGHT.

"How to be bright?"
Said wise Uncle Bill.
"Why, look at this 'ere
Cucumber down here,
Hugging the ground
Away from the light,
Under the vines
All out of sight.
There's not a bit
Of sunshine in it.

"But look at the peach
Up there in the tree,
Within the sun's reach;
Bright colors you see;
Be like this 'ere
Rare-ripe so clear,
With its ruddy cheek
Inviting you near,"
Said wise Uncle Bill.
"There's sunshine in it;
In that not a bit.

"See suns in all kinds
Of peop.e you meet,"
Says bright Uncle Bill:
"Yes, find in them light
And warmth; make them bright.
The cynic make stare
For being a bear,
And never be able
To make you unstable,
And feel as does he.

"So speak to the proud
With not a cast face,
Nor forced answer loud,
But with pliant grace;
That they'll think of you
In pleasant degree,
And hope you'll again
Cross their way,"
Says my Uncle Bill.

"At the unhandsome
So look as to cheer
Them with the idea
That, after all,
They might proceed straight
To be photographed,
And not crack the plate,"
That's my Uncle Bill.

"Give the unfortunate
Souls you may know
A pry; make it plain
That 'tis the world's gain.
Their career, and they
Have not lived in vain."
Just like Uncle Bill.

H. L. Howard, in the Index.

Friendship! mysterious cement of the soul!
Sweet'ner of life, and solder of society!

ONLY A CURL.

Only a curl—of golden hue—
Neatly labeled and put away—
Held by a ribbon of plaintive blue—
Which I took from its wrapper yesterday.

I muse on its softness, and note each thread
That goes to make up the silken tress;
Ah! what a light on the past is shed
By this heartfelt token of tenderness.

Only a curl—from a young child's head—
Wrested away in its gentle sleep;
But Memory by it is tearfully led
To that quieter rest which the daisies keep

Only a curl—of deepest jet—
The pledge of a friendship forever fair;
And he who wore it—I see him yet—
For him there is no more toil or care.

Only a curl—of deepest brown—
Which a lover dotes on with pride to-day;
"The prettiest girl in all the town,"
It says—or I hear its owner say.

They are put aside for the secret hour,
Curls of brown, of jet, and of gold—
But who shall measure their subtle power,
Their pathos and meaning so manifold?

Only a curl—did I hear you say?—
Smoothly folded and daintily furled;
Yet it awakens thoughts in my heart to-day
Which I would not barter for all the world

Joel Benton.

TRANSITION.

Our life is but a passing day.
Some only breakfast and away,
Others to dinner stay, and are full fed,
The oldest man but sups and goes to bed;
Large is his debt who lingers through the day;
Who goes the soonest has the least to pay.

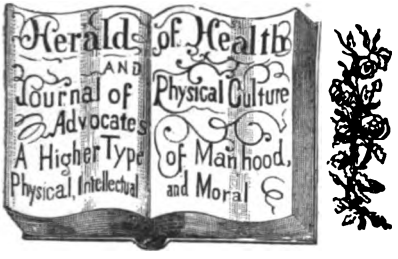
As onward from the spot I passed
One lingering look behind I cast,
A wave had washed the lines away;
And thus, methought, it soon must be
With every mark on earth from me.

GLORY.

What is glory? what is fame?
The echo of a long-lost name;
A breath, an idle hour's brief talk
The shadow of an arrant naught;
Dying next morrow;
A stream that hurries on its way,
Singing of sorrow. *Motherwell.*

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EDITORIAL DEPARTMENT.



NEW YORK, DECEMBER, 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.

END OF THE VOLUME.—This number of THE HERALD OF HEALTH closes the volume for 1881. It also closes the XXXII volume, new series, of a magazine which has been a preacher of physiological righteousness for more than a third of a century. Of the past it is not necessary now to speak; only the present and future claim our attention. Before closing the year we should like here to call attention to THE HERALD for 1882. We shall, during this year, discuss some new topics, notably the Health of Women, and some of the ways they may increase their strength and add to their powers of endurance.

We shall continue our papers on the prevention and hygienic treatment of some of our most common and easily managed diseases. We shall have several articles of varied interest, on topics of every-day life, full of value. Often a single article or hint will be worth a whole year's subscription. During 1882 we shall give at least three or four carefully written papers on malaria, a subject which is gaining in importance every year, and one on which more ought to be known. Our Topics, Studies in Hygiene, and Book Reviews will continue to be as interesting and valuable as we can make them. Our journal is not a large one. We do not believe in monstrous large sheets which will never be read, but in those in which knowledge is condensed, made practical, and easily understood. Our great work will be in discussing in all its forms the subject of human health, and how to improve it. Our motto "A higher type of manhood, physical, intellectual and moral," will guide us in trying to make a journal full to the brim of solid, useful matter. We call special attention to our premium of "What Our Girls Ought to Know," which will be sent to all who send us $1.30. The book is one of the very best ever written for the young, and it is bound in cloth and handsomely printed on white paper. See full particulars of its character in our advertising pages. In closing the volume for 1881, we feel thankful for the kind and friendly relations which have existed between us and our subscribers during the year, and hope to be able to renew them at an early day. We should be glad, also, if in renewing they would send in as many new names as they can. It cannot be very difficult to get at least one name, and after one is obtained, it cannot be very difficult to get one more. We should also be glad if our readers would write us of their experience and observation with regard to topics of interest to this journal. Brief letters will always be welcome.

Some people think a health journal not a necessity, but it is certainly more

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important than a farm journal, a political journal, or a story paper. A good health journal in every house, and its precepts practiced, would save money instead of being an expense. It would make the doctor's bills less, stop all investments in quack medicines, and give greater power to labor and enjoy.

If all else is uncertain, this is at least as clear as the day, that the brightness and usefulness of life, as well as its darkness and disaster, depend to a great extent on the health we possess, and this depends largely on the intelligent care we give to our bodies and our brains. A HERALD OF HEALTH in every house would increase the brightness and diminish the darkness there.

TOTAL ABSTINENCE AND LIFE INSURANCE.—At the commencement of the total abstinence movement, it is said, some insurance companies hesitated to accept teetotalers. Very soon, however— in 1840—a Temperance Provident Institution was started especially for insuring abstainers.

Ten years later this society added a "General Section" for moderate drinkers, who now far outnumber the abstaining members. This "Temperance and General Provident Institution" has issued over 72,000 policies, and has an accumulated capital of over £2,700,000.

Fortunately this company is one which divides a proportion of the profits amongst those assured. Of course the lower the death rate is, the fewer are the claims and the greater the profits.

For thirty years this society has kept separate accounts of the receipts and payments of the "Temperance" and the "General" sections, making each section meet its own death-claims, so as for each section to accumulate its own actual share of the profits left after all claims have been met.

Life assurance actuaries had calculated the average death-rate among insurers as a whole, but since the abstainers and non-abstainers have been divided, as above, some very startling results have appeared, and still continue to appear. For instance, at the last five-yearly division of profits allotted in 1876, the death-rate among the moderate drinkers had been so far in excess of the abstainers, that the latter were entitled to 30 per cent more bonus than the former.

In the subsequent four years, as shown in the Directors' report for 1880, the deaths among the moderate drinking section were a little over the "general" insurance average, but the total abstainers who, on the "general" average ought to have died to the number of 730, had only 515 deaths, thus exhibiting a saving of 215 lives, and leaving in the treasury the sum of £47,213, for which they were insured! Had the non-abstaining section exhibited a similar low death-rate the deaths among the moderate drinkers would have been 822 instead of 1,174, or a saving of 352 lives!

No wonder that the Commercial World, a London financial paper, says: "These statistics, as it seems to us, prove, as nearly as may be, to demonstration, that the non-use of alcoholic liquors (and the mode of living commonly associated therewith) is in an aggregate of cases, or in other words, as a rule, most favorable to longevity."—*Joseph Mallins.*

HOW VOLTAIRE CURED THE DECAY OF HIS STOMACH.—In the "Memoirs of Count Segur" there is the following anecdote: "My mother, the Countess de Segur, being asked by Voltaire respecting her health, told him that the most painful feeling she had arose from the decay in her stomach and the difficulty of finding any kind of aliment that it could bear. Voltaire, by way of consolation, assured her that he was once for nearly a year in the same state, and believed to be incurable, but that, nevertheless, a very simple remedy had restored him. It consisted in taking no other nourishment than yolks of eggs beaten up with the flour of potatoes and water." Though this circumstance concerned so extraordinary a person as Voltaire, it is astonishing how little it is known and how rarely the remedy has been practiced. Its efficacy, however, in cases of debility, cannot be

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questioned, and the following is the mode of preparing this valuable article of food as recommended by Sir John Sinclair: Beat up an egg in a bowl and then add six tablespoonfuls of cold water, mixing the whole well together; then add two tablespoonfuls of farina of potatoes; let it be mixed thoroughly with the liquid in the bowl; then pour in as much boiling water as will convert the whole into a jelly, and mix it well. It may be taken alone or with the addition of a little milk in case of stomachic debility or consumptive disorders.

THE INDEX.—A good index will be found at the end of this number. It includes titles of all the articles published during the year. Any subscriber who has not got the entire volume for 1881, can secure it, neatly bound in paper, post-paid, for $1.25; cloth bound, $2.00. A few volumes for other years can also be had.

UNHEALTHY CITIES.—It has been said that if it were not for the pure blood and strong physiques which are produced in the country, our large cities would dwindle, and their people become extinct. Were it not for emigration and migration the City of New York would decrease in the numbers of its population. All large cities produce an abundance of puny, weak and pale-faced offspring, possessed of numberless complaints and aches which are unknown to the country. "God made the country and man made the town," is a saying, trite, but to the point. For our part we are much obliged to the country for the brains and the muscle, the health and the strength it furnishes us.

New York City is, undoubtedly, more healthfully situated than most large cities of the world. There is nothing stagnant about its air, because of its close proximity to the sea. But what shall be said of such places as Manchester, England, the air of which is frequently heavily charged with sulphuric acid, sulphate of ammonia, and carbonate of ammonia? It is said that at the Infirmary in Manchester, "and a considerable distance therefrom in all directions, no ozone ever comes, day or night, from year end to year end." In other words, there is a stagnation of the air, and also a constant source of injury to the breathing apparatus of the people in the sulphurous gases which are emitted from thousands of chimneys day and night. The wind is a great scatterer of noxious gases, and an efficient purifier of the air, but gales strong enough to clear the poison from the air of Cottonopolis come too seldom. After all, a country life has its charms, and these are only appreciated properly when the evils incident to city life are realized fully.

RENEWING SUBSCRIPTIONS.—Now is the time to renew subscriptions and to get new subscribers. A club of five will be filled for $4, without premium. Add the price of the premium to each subscription when it is desired. Let none of our friends fail to send at least a club of five or ten.

AN UNHOLY WELL.—In the East there are wells to which Mohammedans make long pilgrimages, in order that they may drink of their sacred waters and live. These wells are called Holy, and are greatly venerated. Now the word holy, in its original signification, means simply healthy, sound, good, and applied to a well could mean nothing more than one whose waters were excellent, and of such a character as to promote health and cure disease. Recent investigations, however, go to prove that some of these so-called holy wells are really very unholy; that is, unwholesome. For instance, there is a holy well in Mecca, from which large quantities of water are sent to all Mussulman countries every year. It is the duty of the keepers of these wells to send of their water annually to Mohammedan Princes in India. A scientist has recently examined some of the water of this famous Mecca well, and finds it more filthy than seven times concentrated London sewerage. Is it any wonder that cholera and typhoid fever are spread all over the East?

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They are, in fact, unholy wells, instead of holy ones.

We have abundance of unholy wells and springs everywhere, that keep typhoid fever, diphtheria, and other diseases alive in our midst, and so we are not much better than Mohammedans in this respect. A little hygiene applied to our wells would do good.

CALIFORNIA RAISINS.--We have received from the Hedgerow Vineyard at Fresno, Cal., a box of very fine California raisins, equal in every respect to the best foreign, and in some respects superior. Miss Austin is the owner of the vineyard, and we are happy to congratulate her on her success in this branch of industry.

TREATMENT OF DIARRHEA.—The ordinary forms of diarrhea, both in children and adults, are best treated by rest, abstinence from any kind of food which may irritate the intestines, and by cold water injections. First, a copious tepid water injection should be given, to remove any offending matter which may be in the large intestines, after which an injection of pure, soft cold water should be taken, but not in such amount that it cannot be retained. The results, especially with children, are quite remarkable, and the method is so simple that any mother or nurse of intelligence can administer it without trouble. It is a far safer and surer mode of treatment than medicine internally administered, and really costs nothing. It works equally well in dysentery, as we have had abundant reason to know. If anything internal is desired, there is nothing better than the juice of stewed blackberries, sweetened to the taste, and drank freely. The importance of rest should not be underestimated.

"MARRIAGE AND PARENTAGE."—We call especial attention to the advertisement of this work in another column. It is one of the most carefully prepared of the author's works, and will be of great value to all who need its counsel.

CARLYLE AND AN EMINENT DOCTOR.—Carlyle was a great dyspeptic. He once went sixty miles to consult a great physician, and got a prescription. Followed it rigidly for many long months, and then said, in his blunt way, "Might just as well have gone sixty miles in the other direction, and have poured my complaints into the long, hairy ears of the first jackass I came upon as into this select medical man's," whose name he kindly does not mention. This reminds us of what Sir Francis Galton says, that "There is a vast difference between a good and a bad doctor, but little or no difference between a good one and none at all."

HOW TO REMIT.—Where possible send money-order; a draft on New York, however, is equally good. Do not send private checks on local banks. Bills may come safely by registering them. There is little risk in sending money in a letter if properly sealed and plainly directed, but registering insures its delivery and a receipt.

THE HOLIDAYS.—In past years many persons have ordered THE HERALD OF HEALTH and some book, or books, to their friends as New Year's presents, instead of showy but useless works. The hint may suggest to others what they might do likewise to advantage.

CLUBBING.—Often by clubbing with THE HERALD OF HEALTH for some other journal, enough is saved to pay for it. See our clubbing rates.

STAMPS.—Postal stamps will be received for fractional parts of a dollar, but when one or more dollars is sent, please send bills, postal order, or draft on New York. Send stamps of 1, 2, 3, 5 or 10 cent denomination.

POOR FLOUR.—Dr. Cutter says that the increase of nervous diseases, decaying teeth, premature baldness and general lack of muscular and bone strength are greatly due to the impoverished quality of flour now in use, the gluten being thrown away in order to make the flour white.

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STUDIES IN HYGIENE FOR WOMEN

A MOTHER'S PATIENCE.—The patience of a mother is a growth, a development, just as truly as a language is. Many a young mother has found with surprise and misgiving that she is deficient in the quality which she somehow expected would come to her with her baby; she fears that she is lacking in the true spirit which moves and controls motherhood; she thinks there must be something radically wrong in her nature when she finds that the mother's arms which are said by the poet to be made of tenderness are made also of muscles that tire and ache as the child lies within them, and that the weight of a little head upon her breast is not always easily borne. She wishes she dared ask some older mother if she, too, were ever tired of holding her baby; if she, too, feels once in a while as if she would give anything she possesses for one night of the sweet, untroubled sleep of her girlhood; but she dares ask no one, for more than anything else she dreads to be thought an unnatural mother. It would help her if some wiser woman, knowing her heart, could say to her: "You are tired; now comes the reaction from the strain of body and mind which new duties have brought upon you; the day is not distant when you will feel different about all this;" and she might be able to give the clear meaning of the injunction to "let patience have her perfect work," to help her see that patience is not an accomplished fact, something that one may get, at once and wholly. One way to help along the perfect work is to dwell in one's mind upon the wide distance there is between the little child and the grown man; to prevent one'sself from expecting too much of the child, and to cherish the belief that in many cases the irritating and querulous complaints of a child grow out of some inner trouble which you do not comprehend. Many a poor child has been whipped and sent to bed, and been looked upon as a transgressor of the moral law, when he was suffering from indigestion. Children are sometimes so filled with pain that they cannot fix their minds upon the cause, or point it out, and so are punished for ugliness when they are already suffering as much as they can bear. What wonder that we see so many abnormal characters, so many men and women who seem warped and twisted out of all proper form, when we consider the misconstruction to which they have been subjected as children? Two ladies were one day walking down the street with a little boy of three years old. He was certainly a very naughty boy. He cried for nothing; his face was flushed, and every time his mother held his hand close to hurry him along, as he lagged behind, he cried out in an unbecoming manner. His mother was impatient and said to him, "You know I never whip you unless you are a very naughty boy, but I think I must when we get home, you behave so badly." The child cast his eyes imploringly up at her and cried on. She discovered by and by that his hand felt feverish in her own, and looking down at it saw that one of the boy's finger-nails was torn off and was hanging by a little thread of flesh. Every time she had taken his hand she had tortured him, and he was suffering so intensely that it never occurred to him to explain that as the cause of his misdeeds. That mother's heart sank within her, and she felt that no sermon had ever preached so loudly to her of the beauty and value of patience. We need to use very carefully our power over our children, and not often render ourselves liable to reproaches such as a father received a few days ago from his two-year-old daughter; "Papa must not shut baby up in the bed-room when she is naughty, for papa is a great big man and baby a little girl."—E. W. B.

REMARKING ON EACH OTHERS' LOOKS.—There is a practice common in many households and among familiar

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acquaintances which ought to be thought about and then done away with forever. It is not only contrary to good sense, but a due regard for politeness and the observance of good manners demand that it shall not be indulged in. It is the practice of remarking upon each others' looks. It is bad enough in the family, where the questions and the searching glance are the expression of kind feeling, unless, indeed, the apparently anxious inquiries as to how you have slept and how you are feeling this morning are about as meaningless as the remark upon the temperature, but it is absolutely insupportable from any one but a very dear friend. Who has not had the experience of going out for a walk, or into a neighbor's house, and being greeted with the assertion that she is not looking well? "Seems to me you are pale to-day," or "How thin you are! You have been sick, haven't you? You don't look as strong as you did last summer." The truth very likely being that you are stronger and weigh more than at that time. It is a great confession of weakness, but I have gone home from a walk out of which the sunshine has all been taken by some such thoughtless remark, and have looked in the glass to see if I could discover the sign of some fatal disorder. "John is not well this summer, and I am troubled about him; but don't tell him he doesn't look well," said John's wife to a friend, "he is so nervous that it makes him downright ill to be spoken to in that way." It certainly is not kind, and it may be very injurious. Suppose that he does look wretchedly, it does not help the matter to force him to dwell upon it. St. Paul evidently knew what he was about when he repeated that great lesson of his, all embodied in the one word "rejoice," and it seems we need to have it shouted down to us from the hilltop to-day. Were it not for the fact that we are constantly meeting with expressions of the kind mentioned it would seem that we do not need to be told how necessary is cheerfulness in the family, in the street, and wherever we may be. A generous concealment of our own trifling ailments and a laudable desire to help others to bear their troubles, and possibly to forget them, ought to characterize our every day life. The people who deal so lavishly in commonplace phrases of pity remind one of the little boy of three years old, who, upon being told to be silent unless he had something to say, looked up to his mother with wide open, innocent eyes, and said, "But, mamma, I want to talk when I haven't anything to say."—*Evening Post.*

CAN A SOCIETY LADY BE A TEETOTALER.—Society ladies generally insist upon it that they must drink wine for fashion or custom's sake, whether they wish it or not. Custom, we all know, is a stern ruler, and makes slaves of multitudes who would be free; but, after all, is it not a sad reflection on the strength of a person's character to hear them say they must, right or wrong, do as others do. A case in point is that of the wife of the Canadian Premier, Lady Macdonald. At a dinner in the year 1866 the question came up as to whether total abstinence was possible for any one person moving in the highest circles of society. A majority of those present believed it was not possible. The wife of the Premier declared that this was a most abhorrent enslaving doctrine—that an individual in social life could not be free to abstain from wine, and that she would test the matter for herself. Of her success she now writes:

"Since then, thank God, I have never found any necessity for wine. In health I can do my life's work without any aid from dangerous stimulants; in sickness I have invariably and positively refused to touch it. I have sometimes, for weeks together, days of constant occupation, nights of almost all sitting up. Politics are exciting and fatiguing, and every temptation to try stimulants is to be found in the late nights of listening to anxious debates, and the constant necessity of being up to the mark late and early. I have had a great deal of nursing to do with a delicate husband and child, and this often during our busiest society season; and yet I have never sought strength

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from wine at any single moment, and my health is far better than that of so many of my friends who take a glass of wine, or a little beer, just to give them a little strength.

"Thus I give you my experience, as far as it goes, to show that stimulant is not necessary in the station of life where it is, unfortunately, most commonly used. So far as mental and bodily fatigue go, I have tested the possibility of doing without stimulants to the fullest extent, in long, anxious hours over sick beds, in sudden disaster, in long watchings and journeys, where food was uninviting, and in many fatiguing and very uncongenial society claims. When I told my husband my decision, and that our friend said that it would hurt his prospects politically, Sir John answered with a laugh, 'Oh, I will risk the prospects; you can be a total abstainer if you like.'"

THE TAPERING WAIST.—The New York Mercury has an editorial on the tapering waist, which contains some thoughts which are worth repeating here. It says: "If the truth could be ascertained by statistics it would be found that the corset has destroyed more females than the bullet and bayonet have destroyed males. The human epauleted butcher, called a hero by historians, can congratulate himself upon being a lesser destroyer, although there is no glory in being surpassed by the inventor of the corset. The noble, cone shaped chamber in which the functions of life are chiefly carried on by the heart, lungs, veins, valves, and muscles, is not a hair's breadth too large. Fashion disregards the necessities of this citadel of life, and by lacing, the lower ribs are compressed until they meet and often overlap, and the sentinels of life are cooped up in a fortress where they can have no freedom of action. In young girls the ribs, particularly at the joints and hinges, are soft, and their greater part gristle, which is still softer, and the process of deforming the chest cavity is easy. The cone being reversed and nature defied, the silly victim of fashion goes forth into society with a taper waist, but her body is a hospital of disease. She is unfit to be married, because unfit to be a mother. It is a costly experiment to wed such a fragile and deformed creature. The doctor and druggist will accompany her through life, and the undertaker come after a long, lingering struggle for continued vitality. If she has children they are likely to suffer mentally and physically from her folly, for in common with the organs of the chest cavity the whole of the lower organs, held in place by the peritoneal sac, are pressed downward and inward, and incessantly suffer from incomplete functional action by tight lacing.

TWO WOMEN IN THE FIELD.—This year a lady friend and myself have pruned about six acres of young grape vines, and feel as moral and feminine to-day as though we had delicately clipped roses in the fragrant gardens of Cathay. I have some quarter of a mile of pomegranate hedge to trim next week, and shall find the hours so spent admirable time to review the beauties of favorite authors. We have pruned the tops and roots, and helped to set out between two and three hundred trees this season, the digging and filling in the holes being done by a man. We have marked off the ground for four acres of grapes, thus breathing pure air and gaining health while we saved the cost of an extra hand. All the planning of the farm work is mine to do; thus the mind is always employed and the hands find enough to occupy them. At the vintage season, when the grapes are resigned to the blessed care of the sun to make our raisins, I find no idle time. Each morning I go to the vineyard with the rising of the sun to inspect each tray of fruit, to judge of its fitness for taking up. This requires my own supervision, so that if mistakes are to be made, I alone shall be to blame (it is so much easier to excuse one's own mistakes). The packing room is entirely under my continuous care, and each box of fruit has my own inspection. As the work enlarges this may not be always possible, but the knowledge and ability to judge

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correctly of raisins will be mine. This last year we put up nine tons of raisins.

Do we gain nothing but the practical results? Does not this life out-of-doors bring us to the very heart of nature? Her yearly miracle of bursting buds and blossoms goes on about us; the blood is running up the grape vine; the air is redolent with the perfume of the wild flowers and filled with the song of the birds. There is life in all things about us. Health comes from the ground, and the hot sun is the best of physicians. There is inspiration in the world and it is ours. There is moral strength as well as strength of sinew and muscle, and the farmer gets it.

"Happy the man who tills his field
Content with rustic labor;
Earth does to him her fullness yield,
Hap what may to his neighbor—
Well days, sound nights; Oh, can there be
A life more rational and free?"

—*Minnie F. Austin, Fresno, Cal.*

FAULTY EDUCATION OF FRENCH GIRLS.—"I believe," writes Zola in the Figaro, "that in no other country are school-girls so badly taught as in France. They are kept in absolute ignorance of all the practical science of life, they learn to write correctly, they meddle with history and geography, they get a smattering of literature; but their knowledge does not go farther. They remain unable to make a dress, to put a pot on the fire, to talk over the monthly account with their cook. We put our girls at the piano as the Spartans put theirs in a gymnasium. If the daughter is educated at home the result is almost the same."

CURRENT LITERATURE

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THE POPULAR SCIENCE MONTHLY. $5 a year. New York: D. Appleton & Co.

This journal has from the beginning of its publication been very ably edited. During the year 1881 have appeared numerous articles on health, and, among others, a series of papers on "Physical Culture," by Dr. Oswald, which have been as pronouncedly radical and revolutionary as anything ever written by the most ultra vegetarian. These articles, if published in book form, would make a profound sensation. On hygiene of the teeth he says: "A hard crust is the best possible dentifrice. I never could get myself to believe in the natural necessity of a tooth brush. The African nations, the Hindoos, the natives of Southern Europe, the South-Sea Islanders, the Arabs, the South American vegetarians; in short, three-fourths of our fellowmen, besides our next relatives, the frugivorous animals, have splendid teeth without sozodont. I really believe that ours decay from sheer disuse; the boarding-house *homo* lives chiefly on pap—wants all his meats soft-boiled, and growls at cold biscuit or an underdone potato; in other words, he delegates to the cook the proper functions of his teeth. We hear occasionally of old men getting a second, or rather third set of teeth. I met one of them in northern Guatemala, and ascertained that he had become toothless during a twelve years' sojourn in a seaport town, and that he got his new set upon his return to his native village, where circumstances obliged him to resume the hard corn-cake diet of his boyhood years. His teeth had reappeared as soon as their services were called for, and would probably never have absented themselves if a pap-diet had not made them superfluous. An artificial dentifrice will certainly keep the teeth white, but that does not prevent their premature decay; disuse gradually softens their substance, till one fine day the hash-eater snaps his best incisor upon an unexpected piece of bone. Every old dentist knows hundreds of city customers whom the daily use of a tooth-brush did not save from the necessity of applying, before the end of the fortieth year, for a complete 'celluloid set.' I do not say that a soft tooth brush and such dentifrices as oatmeal or burned arrowroot can do any harm, but, for sanitary purposes, such precautions must be supplemented by *dental exercise*. Let a child invigorate its teeth by chewing a hard crust, or, better yet, a handful of 'St. John's bread' or carob beans, the edible pod of the *Mimosa siliqua*. Children and whole tribes of the northern races seem to feel an instinctive desire to exercise their teeth upon some solid substance, as pet squirrels will gnaw the furniture if you give them nut kernels instead of nuts. Thus Kohl tells us that the natives of southern Russia are addicted to the practice of chewing a vegetable product which he at first supposed to be pumpkin or melon seeds, but found to be the much harder seed of the Turkish sunflower (*Helianthus perennis*). Their national diet consists of milk, *kukurus* (hominy, with butter, etc.), and boiled mutton, and they seem to feel that their Turkoman jaws need something more substantial. The schoolboy habit of gnawing penholders, fingernails, etc., may have a similar significance. The *Mimosa siliqua* would yield abundantly in our Southern States, and its sweet pods would make an excellent substitute for chewing gum. Our practice of sipping ice cold and steaming hot drinks, turn about, has also a very injurious effect upon the brittle substance that forms the enamel of our teeth; no porcelain glaze would stand such abuse for any length of time, and experience has taught hunters and dog fanciers that it destroys even the bone-crushing fangs of the animal from which our canine teeth derive their name.

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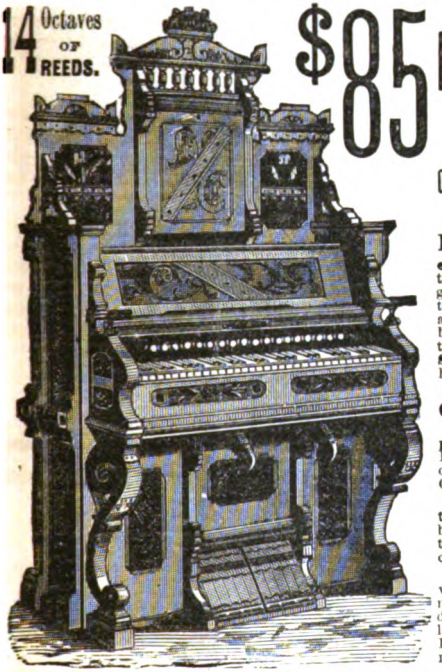
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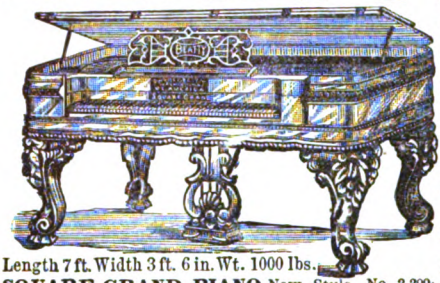
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