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General Articles.

Our London Critics.

BY THE EDITOR.

WE find the following "characteristically curious" article in The London Temperance Spectator for August 1, 1865. This is the latest number of The Spectator which we have seen, and the article is the latest one which has come under our notice on the subject of our "absurd verbal theory." Though as devoid of argument and as destitute of logic as have been all of its "illustrious predecessors" and as replete with blunders and as redolent of misunderstandings, perversions and quibbles as any of them, yet it has more spice and point than most of them. The writer is evidently wrathy, and that is a good indication. The very fact that he gets angry, even though he does not very precisely know why, proves that there is some hope for him. In such controversies feeling usually precedes reasoning, and is, perhaps, essential to such an investigation as will enable one to arrive at a knowledge of the truth. Notwithstanding that those who are familiar with our teachings will know that "Pathfinder" misstates our positions all the way through his labored production, yet we commend it to the careful perusal of our readers as a model specimen of the style and manner in which our doctrines are controverted:

DR. TRALL'S THEORY.

MR. SPECTATOR—By favor of a friend, the June "HERALD OF HEALTH" is before me. It is a characteristic curiosity. It reprints, for its leading article, my criticism of *two years back*—the first criticism on Dr. Trall's theory that ever appeared in your columns—and then comments as follows:

"Like all of his illustrious *predecessors* in the line of exposing our fallacies, Pathfinder is very careful to *evade* the real question at issue, while he expends all the force of his wit in a play—and a *quibble* at that—upon words."

Here, at opening, we have two of the coarsest vices of controversy. First, an unveracious statement concealing the date and order of the criticism under notice, and making the first writer last! and, second, the charge of studied "evasion" and "quibbling" against me, for presuming to question this new Pope of medical philosophy! This, too, in an article which confessedly *does not attempt* to answer me, which *is* practical evasion. He says:

"If Pathfinder has any thing *in the shape* of argument—a quality the article before us is totally deficient in—to advance, we will, at any time, reply to it."

So, according to this, Dr. Trall's dupes only require to be told by *him* one of two things, concerning any thing advanced—book or essay:

"There is *no* argument in it, or any thing in the shape of argument:" or

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"If any body *will* advance any argument, I shall at once reply to it" !!!

Dr Trall, on this "comical" principle, is always safe. He puts the case somewhat as the Trapper did to the Indian, when he offered him the choice of the Crow and the Pigeon: "You shall have the Crow, and I'll have the Pigeon; or I will take the Pigeon, and you shall have the Crow!" I can not conceal my contempt for such a course of procedure—its want of modesty is only equaled by its want of honesty.

Dr. Trall tells me that I *don't see* his distinctions, and doubts whether I shall *ever* live to *comprehend* his "simple truisms;" yet my innocent questions he calls by the ugly name of "*cavils*, not only absurd, but silly!" Of one question, out of scores, showing up his own inconsistency of language, he *does* try to get rid; and as it is a fair specimen of his mental calibre, I shall notice it. My question was, "*Why should re-*ACTION *be so* DIFFERENT *in the same organ, with various substances, if they are* UNIFORMLY *actionless?*" In other words, with the same conditions as *cause* (as assumed in the theory), why does a *different effect* follow? Now, I assure your readers that, if that little question can be satisfactorily answered, Dr. Trall's theory will cease to be absurd in my eyes. Why can not he seriously answer it, instead of crying out, like a tragedy-quack, "O Pathfinder! O Pathfinder!" He says:

"You beg the question. Who, except you has said any thing about *re*-action? I never use the term."

Very well; though "re-action" is the proper word (unless I concede Dr. Trall's theory, which he can not logically call upon me to do), no argument of mine *at all* depends upon the "re." Consider the prefix *re* obliterated; *and now let him answer the question*; The "quibble" and "cavil" are not with *me*, but with the controversialist who *trails* a dead herring across the path to confuse the scent.

Dr. Trall, again and again, insists upon my *comprehending* certain distinctions! Why does he not explain them, or define them? I may fairly suspect he can not do either, since, after being called upon so often to do so, he somehow does *not* do it. If I am wrong, let him try. What *is* the difference between a vital organism and a non-vital? What constitutes *life?* What *is* a substance that is *inert?*—that does *nothing*—not even "weigh"—or "press"—or "obstruct"—or "attract?" To tell me that it is "quite immaterial" whether I place *two drops* of aqua-fortis upon my left hand, or a ten-penny nail upon my right, is just as insane as to tell me that it is immaterial whether I grasp my walking-stick or a red-hot poker! To tell me that they are *all alike* cases of simple "obstruction," with no material difference in their *modus operandi*, because they have no "operation" at all further than "obstruction," *is* to tell me that there is no difference between Bedlam and the Hygienic Institute.

The "Saving Sequel" to the explanation is supremely ridiculous:

"If the VITAL POWERS should LET THEM (the nail, the pebble, the calomel, etc.) ALONE, these foreign substances would *accumulate*, and fill the channels *mechanically*."

Is that all? So that a grain of strychnine is *not* "injurious," nor even ten drops of prussic acid—not even, in that little dose, "mechanically" obstructive; but, *lest* the poison *might so accumulate* as to kill by quantitative obstruction (though one doesn't see *why* it should so accumulate) the vital powers get so violently *excited* at the possible *prospect* as to *kill themselves* in a few minutes!!!* And this is the modern theory that is to revolutionize medicine—but which the blind profession can't see, but some believing disciples *do!* I congratulate them upon their insight and astuteness! They will save the age!

Perhaps, while the Doctor is at work solving my question (*if* he finds it "convenient"), he might as well illuminate us upon another point; *where* the "Vital" forces of which he is so fond of speaking, as if they were "things" endowed with discriminating, *foreseeing* and selective faculties!—where they get their *force* from? (In charity, let him pardon our dullness and imbecility!) Is it self-generated, or does it come from the *food?* Is food inert, or dead? If it *gives* "force," is it actionless? If food can convey *reparative* "force" to the tissues, why should not "poison" convey *destructive* "force?" If *both* be "inert," why should the body treat them *so* differently? (Wheat and opium are composed of the same structural elements.) If one be not dead, or inert, or *forceless*, why should the other? If both be inert, why should not the "Vitality" *use* one as well as the other?

Dr. Trall desires fame at the expense of other people. Not content with the unenviable originality of his *sole* theoretical peculiarity—that things don't *act* but only that mysterious entity of his, called "Vital force" he seeks to make the medical profession responsible for some of his original *nonsense*. He says that

"Doctors tell us that 'diseases run their course,' 'fevers are limited,' 'stimulants support vitality,' etc."

And if they do tell us that it does not, in the least, imply that they believe *disease* to be a *thing*—any more than we believe Intemperance to be a thing, when we say, "It kills its thousands." "Disease runs its course," means only "The organism manifests *symptoms* in a certain order."

* The honest, truth-seeking reader need only *follow out* a single example, in order to see the ludicrous character of Dr. Trall's response. The *action*, he says, of eliminating the foreign, inert element, is only from a foresight of *possible obstruction* by accumulation! But this does not explain the "difference;" does not answer my questions. A man takes two spoonfuls of *brandy and water*, which Mr. Vitality *likes*; and what a man likes he is apt to take again. Hence there is real danger of accumulation (though, in fact, not of *mechanical* obstruction). Now, how does Mr. Vital-power behave? Why, in a comparatively quiet, tolerant fashion; he becomes a little jolly; then "tried Nature's sweet restorer, balmy sleep," by next morning, puts him nearly right again; and though the *danger* of repetition has come, Mr. Vital-power has calmed down. But now, let the same man take ten drops of *prussic acid*—of which there can be *no* danger of accumulation—and Mr. Vital-power grows terribly intolerant, and in an ignorant fear of indefinite future doses, instantly goes into dreadful convulsions, which kill in as many minutes! Any jury of twelve sane men would, on the inquest, at once bring in a verdict; "Felo de se, while in a fit of idiotcy." But what says Common-sense? It says, not that Vitality killed itself, but *was* killed by the *disturbing forces* previously latent in prussic-acid, as certainly and as plainly as ever man was killed by the *forces* in gunpowder, when exploded. (Though speaking of Life, or Vitality, as a "thing," just as I do of Health, or Intemperance—by way of accommodation to Dr. TRALL'S theory—I, of course, know that it is only a *state* or *condition* of things—the Divine organization and balanced play of various forces, both physical and chemical).

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"Fevers are limited," means only "The *bodily condition*, so-called, lasts a certain time." "Stimulants *support* vitality," is no more objectionable, as a *phrase* (though false in fact), than "Food supports Life;" but neither form of speech proves any thing about a pathological theory, any more than the phrase, "I saw the sun rise," proves that I disbelieve in the Newtonian system. Dr. Trall says:

"*All* the standard authors of *all* the Drug systems teach that the *remedial power* and the *disease* are ANTAGONISTIC ENTITIES, while we teach that they are identical. So far, therefore, our theory is original." (!!!)

A more *mendacious*, or a more profoundly *ignorant* statement of the opinions of "Standard Authors" on Medicine, was never put on record. I leave Dr. Trall to accept which horn of the dilemma best suits his taste; merely observing, that I can convict him (by actual citations and definitions from the works themselves, down from Galen and Cælius to Sydenham, Cullen, Cooke, Hunter, Billing, Fletcher, Hahnemann, Inman, Chambers, Bennett, and twenty other great authors, writing expressly and systematically on the subject), of having first plagiarised, secondly misrepresented, their ideas. Hahnemann, for example, in his *Organon* (§ 12), distinctly defines disease as "a display of morbid phenomena," and says, moreover, "It is the morbidly affected *Vital force alone* that produces diseases." And it is precisely *this* idea of the sole action of Vital force that Dr. Trall has stolen from Hahnemann in the first place, and in the second attempted to conceal the theft by the false and absurd *caricature* of it which constitutes at once his system and his originality. In section 13, the great German Homœopath actually scouts as "absurd the idea that *disease* is a THING *separate* from the living whole." Yet Dr. Trall palms *this* upon him, and *all* others! In section 19, Hahnemann says: "Diseases are nothing more than *alterations* of the healthy individual, *expressed by morbid signs.*" Dr. Billing, in his "First Principles of Medicine," (4th ed. 1842,) opens with a similar definition: "The first step toward treating disease is to ascertain the nature of the functional or structural *alteration* which has taken place." The *Encyclopædia Britannica* defines disease as "the phænomena symptomatic of *derangement*," and adds: "Pathology has for its basis the observation of circumstances (causes) that precede disease, *of its symptoms when present*, and the examination of the body after death" (for results). Fletcher's "Pathology" (Edinburgh, 1842) opens with a clear statement in point blank denial of the opinions which Dr. Trall so falsely attributes to the "great authorities." Disease, he says, is "an abstract *term* [not an entity, or force], by which we signify *certain phænomena*"—a term to "designate that abstract *collection of symptoms** which results from a morbid condition of body." Whether, therefore, we arbitrarily use disease for the invisible "alteration" or "derangement," or regard this as the proximate cause, and the resulting *symptoms* (or efforts) as the disease matters nothing, since, in neither case, is disease an ENTITY, by the teaching of these writers. Moreover, I add my conviction that a good *definition* will no more help us to cure disease, than a bad one will help to create disease, As Hahnemann says: "The doctor's mission is not to construct so-called systems, by interweaving *empty ideas and hypotheses* concerning internal vital processes, whereon so many have ambitiously wasted their talents and time. Of *such learned reveries we have had quite enough;* and it is now high time that true doctors should cease to deceive suffering mankind with mere talk, and *begin* now to *act*—i. e., really to aid and to cure."

I learn from The Herald" (p. 145) that "not all the persuasions, and invitations, and challenges of our invincible President, can tempt the Professor of a medical college, or any one who is confessedly the representative of their theories, to come out and defend *it* [*what?*] before the world." Why should they come out to be told that they have no "argument"—but that when they have, their objections will be answered? The "Herald" (or rather, Mrs. Peck-in-haugh of Bloomington) immediately gets from something that the doctors are to *defend*, to something they and others ardently covet to have *investigated*—only, as soon as the investigation begins, it is suppressed by the "invincible President" declaring that it is no argument, but only cavil, quirk, and evasion! Then adds Mrs. Peck-in-haugh of Bloomington, "it is in vain for them to hide their inability to refute our doctrines." We make our bow, Mrs. Peck-in-haugh, to the bountiful power of your logic! Now, if no *one* medical man of brains or position *will* notice Dr. Trall in all America, how very foolish was the challenge to Dr. Lees that he should get a dozen professors in England to hold a tournament with the "invincible President!" Surely, if Dr. Trall can grow wiser than he is already, he will begin to see that my advice to stick to his marvelous cures, and let his theory sleep a little, was really not bad advice. *When he can*, with authentic evidence, produce 1,000 cases of bad fevers, and inflammations, and congestions cured, *without a death*, the medical world *must* listen to him. THEN will be the 'vantage-time for showing the connection of the actual cure with the verbal crotchet.

"But," says Dr. Trall, "*the people* are receiving and adopting, practically, the doctrines we teach . . by thousands . . and *this will answer all the purposes we have in view*, whatever Pathfinder may, or may not understand."

No doubt about it, Dr. Trall. There is not a quack-salver in any market-place, with a crowd of gaping clodhoppers around him, that can not use exactly the same words. But what becomes of the claims of philosophy and truth in the meanwhile? It is, however, so far satisfactory that Dr. Trall has himself stripped off their disguise. It will, no doubt, answer Dr. Trall' purpose to "confer the honor of a diploma" (see p. 165, "Gnashing their Teeth!") on those who "*puff*" The Herald, obtain subscribers and send *pupils* to the college! And no doubt, it will *not* serve Dr. Trall's purpose to treat his critics with any measure of respect, to give any solution to the difficulties of the problem, or to answer inconvient questions! I now *quite* understand Dr. Trall. The veil has been removed; and after this reply, I also dismiss him with the contempt which his mingled insolence and ignorance merit.

At page 161 Dr. Trall says: "Controversy between us (him) and certain European M. D.'

* Hahnemann says, also, "Collective symptoms."

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and their allies covering the whole ground of our (his) discussion and a good deal more, may enable Dr. Jennings to understand the doctrine of remedial effort.

And yet Dr. Trall tells me, F. W., and others, that *we* have nothing but muddle, and that it is not worth while to *answer* our questions! But who are the certain M. D's? Last month The Spectator noticed a fib concerning The Lancet. Am I now to conclude that it serves Dr. Trall's purpose of deceiving "the people," to *invent* European M. D's as opponents? If he has not fancied them, let him name them.

I will notice one other choice specimen of the reasoning of Dr. Trall. I had said, Whatever will *abate* abnormal action is the right thing to do, for *causes* will take care of themselves. Dr. Trall answers, "There is abnormal action in fever: opium will abate it; but the *causes* remain." Now the callid trick which Dr. Trall plays with my language is this: He puts *his sense* of remedial effort" upon *my* words "abnormal action." But when I *deny* that morbid action is remedial effort, where is the Doctor's logic? In order to answer his critic, he coolly *begs the truth* of the very theory called in question! I know, indeed, as well as he—and stated—that where *causes* exist *effects* must follow; but by "disturbed action," or abnormal action, I mean (not remedial effort, but) *deranged* or *injured parts*.* If, therefore, by any means you can get rid of this effect, or get rid of the disease, you thereby show that you have touched the cause. In other words, causes vindicate themselves.

I shall conclude with an exposure of Dr. Trall's HARVEIAN reference—the standard dish with every quack when he is confuted. For one true demonstrator rejected by a small portion of the world, there have been thousands of the most insane theorists and pernicious empirics accepted by its mingled ignorance and credulity. But when a man falls back upon Harvey it is a bad case; since not only is there no argument in the reference, but it displays besides great want of literary and historical knowledge. Harvey never was rejected, but always honored by the profession, by the court, by the learned, and by the world. Two or three foreigners wrote against him very scurrilously, it is true, but he never depreciated, and never railed against them. Dr. Trall far more resembles Harvey's detractors than the learned philosopher himself. Harvey discovered a fact, and inductively demonstrated it. What has Dr. Trall discovered, and where is his demonstration so plain that a "child can comprehend it?" I long to see it, and am tired of asking for it. It is not true that "a majority of the medical profession never could, or never would, understand it (Harvey's discovery), and to their dying day never acknowledged it." Hoffman and a few old "theoretic professors," abroad, could not be persuaded to accept it, but the bulk of medical men, both at home and abroad, at once embraced the demonstration and acknowledged the fact. But if what Dr. Trall fancies were all trne, what has that to do with me? I am not even a medical man. Dr. Trall says that what I write is "of the quintessence of the drug system." He thinks so! So much for his wisdom. I have almost as little faith in drugs as himself. But then I am guilty of the unpardonable sin of presuming to differ from "the Father of Hygienic Medication."

PATHFINDER.

* In using this phrase "deranged parts," I foresee and guard against a probable perversion. The fact is, whether we use the adjective and noun, or we use a noun alone, and say, "disturbance, or derangement, or *disease*," (i. e. want of *ease* in the function or play of the parts)—the meaning is the same. It is the *injury* (the present, not the future) that we want repaired; the disease is as truly the state to be *cured*, not the curer, as the *symptoms* of the disease are in part signs of *resistance*, or as Sydenham laid down two hundred years ago, "remedial effort." His mistake, pointed out in the current number of *Meliora* (Art. "Stimulants and Narcotics") was in putting a part for the whole. No man can separate the deranged action or *injured* organism from the "disease," and only fools will consciously designate *injuries* by the name of the remedy for them.

REPLY.

The first question we have to ask Mr. "Pathfinder" is, Why does he not, in a frank and manly manner, give his real name? If he is conscious of writing fairly and honestly, and of being only desirous of establishing the truth, why conceal his name and position? And in the second place, we want to ask "Pathfinder," The Spectator and "the rest of mankind," how they can reconcile it with fair-dealing, honesty or decency, when we have published all that they have written against our doctrines for two years, to refuse to let their readers see a single one of our articles in reply? Our readers have the arguments (or articles) on their side just as they choose to present them. Their readers only see our arguments (or articles) as our opponents see fit to garble and distort them, by fragmentary quotations, and epithetical denunciations more becoming the common blackguard than the man of science.

It may offend "Pathfinder" again to be told that he either does not understand our positions, or that in every instance he misrepresents them. But it is true nevertheless. But the first point that he makes is amusing, as showing the ridiculous importance he attaches to a mere form of words, and the little regard he has for the sense thereof. He claims to have written the first criticism on our theory two years ago, while we speak of his "illustrious predecessors." Very well. We admit the mistake. It should have been his illustrious successors. But as we replied to articles just as they came to us in The Spectator and other English papers and journals (all of them having been sent to us by we know not whom), it was natural, possibly excusable, that we should look more to matter than dates. Moreover, our expression might be, and is, both justifiable and proper in view of all the facts of the case, and now that we have acknowledged our error to please "Pathfinder," we will show that it was no error at all just to please ourself. We have been discussing all of the questions in issue between us and "Pathfinder," Lees, "J.

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B." & Co., with medical gentlemen and others in this country for more than a dozen years; and although none of them have exhibited quite so much dullness of apprehension, nor manifested quite so much conceitedness, nor displayed quite so much bad manners, nor evinced quite so great a degree of superciliousness and annoyance, yet they may well be called Mr. "Pathfinder's" predecessors. So much for nothing at all.

And now to something. The primary and main question between us always has been and still is, *In the relations between dead and living matter, where and what is the action?* This question, we repeat, has been neither argued nor met by any one of our opponents, and least of all by "Pathfinder." We say, the living matter acts on the dead. Our opponents say the dead matter acts on the living. "Pathfinder" takes the position (not original, by the way) that the dead thing acts, and then the living system "reacts," and when we object to the term "reaction" as false or meaningless, "Pathfinder" gives up the *re* (though still insisting that it is proper and true), and proceeds to illustrate something, we hardly know what, by the delicate simile of a dead herring with a bad smell!

Instead of being offended because we told him that he does not understand our distinctions, "Pathfinder" ought to thank us for the information, and call on us for further explanation. In The True Temperance Platform, which "Pathfinder" professes to review and criticise, we have explained, with almost tedious iteration, how it is that different substances, all of which are dead and inert (*in their relations to the living organism*), are *acted upon* differently by the vital powers. Thus, some poisons (dead, inert things) are expelled by the process called vomiting, hence they are called emetics; others are expelled by the bowels, kidneys, skin, etc., and are termed cathartics, diuretics, diaphoretics, etc. These drugs, medicines, or poisons, are all (*in their relation to the living system*), dead, inert substances, and they are all *acted upon by the living system* in order to expel them from the vital domain. And the action is *direct* in all cases. There is no "reaction" in any case. The idea of reaction presupposes the idea (and this is the common theory of the medical profession) that the drug acts and then the system responds or reacts; or in other words, that the dead inert thing first acts on the living system, and then, secondly, the living system acts on the dead thing, the primary action of the dead thing being termed *action* simply, and the secondary action of the living system being termed "reaction." When "Pathfinder" fully comprehends the important truth that dead things are inactive (in other words, that dead things *are* dead things), he will see the absurdity of his quibble, or his question, and have the key to unlock a world of medical mysteries.

"Pathfinder" says: "My question was, Why should reaction [he means action now] be so different in the same organ, with various substances, if they are uniformly actionless? In other words, with the same conditions or cause as assumed in the theory [it is *not* so assumed in the theory] why does a different effect follow? Now I assure your readers that, if that little question can be satisfactorily answered, Dr. TRALL'S theory will cease to be absurd in my eyes."

Now "Pathfinder," you have spoken like a man, and shall be answered like "a gentleman and a scholar." If an answer to that little question is all that is wanting to convert you to the true healing art, you shall have it to your full satisfaction. The question is answered twenty times or more in The True Temperance Platform, and will be more fully illustrated in a little work I have in press, entitled "Alcoholic Medication;" but it shall be assumed in this place, very briefly of course, but perhaps to his satisfaction.

The real question, stripped of all superfluous verbiage, and excluding the "*re*," is, Why does the living system act upon, reject, resist, or expel different substances in different ways, if those substances are entirely actionless? We answer, Because it can best expel some substances in one way, through one channel or emunctory, and by one kind of action, and other substances through other channels and by very different modes of action.

To illustrate: Let "Pathfinder" swallow an ounce of quicksilver. What does it do in the stomach? Verily nothing. What does the stomach do? It tries to get it out of the system. It is almost or quite impossible for the stomach and œsophagus to contract so firmly and in such a manner as to expel so dense a substance upward by vomiting; nor can the vessels absorb it, carry it through the circulation to the skin, and expel it by sweating; nor can it be passed to the kidneys to be expelled by diursis; but the peristaltic contraction of the intestinal tube can push it along its tortuous windings, downward, upward and again downward, transverse, until it is finally expelled from the vital domain. Medical books teach that quicksilver is a powerful cathartic; but it is only so because the bowels powerfully expel it. "Pathfinder" adhering to his "*re*," would say that the quicksilver (a dead, inert drug) first acts on the bowels, and then the bowels "react" on the quicksilver. Don't you

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see, O benighted "Pathfinder," that the fallacies of a false medical system have utterly befogged your understanding? Can't you understand that the quicksilver is passive (*in its relation to the living system*), first, last, always? Comprehend you not that it is taken into the system as quicksilver, and passed through it as quicksilver, and expelled from it as quicksilver; that it does nothing at all, but is simply done unto?

And now let "Pathfinder" swallow some light, soluble and nauseous substance, just as dead, inert and passive as quicksilver—ipecac, castor oil, scammony, jalap, tobacco or Glauber's salts. The stomach will find no great difficulty in ejecting it upward; but if it should not fully succeed in thus expelling it, the bowels would take part in the "remedial effort," and eject it the other way. Or if the doses were very small the system could most easily dispose of it by carrying it through the circulation to the skin, producing the effect, and the disease, properly termed diaphoresis. And thus we demonstrate, consistently, with all of our premises, how it is that different substances, which in themselves are actionless, are acted upon differently by the vital powers.

If "Pathfinder" should be sick, and should employ a professor of the drugopathic school (which God forbid, for we want him to live to be converted), the doctors might, on a very careful diagnosis find him suffering of a torpid liver, constipated bowels, inactive skin, congested lungs, plethoric kidneys, irritable nerves, weak muscles and overloaded brain. And if his physician was well qualified in the art of druggery as it is taught in the "regular" schools, he would compound a medicamentum that would meet all of these indications. He would administer a preparation composed of calomel to act on the liver; aloes to act on the bowels; antimony to act on the skin; squills to act on the lungs; nitre to act on the kidneys; morphine to act on the nerves, alcohol to act on the muscles and digitalis to act on the brain. The *effects* of the medicine would be *cholerisis, diarrhœa, diaphoresis, expectoration, diuresis, sedation, tonicity* or *feverishness* and *antiphlogistication*. But what is the explanation—the rationale? Do these various medicines act on these various organs, as we are taught in medical books? or do the drugs act and the organs "react," according to "Pathfinder?" or do the organs alone act, *remedially*, to expel the poisons, as taught in our works? Here, "Pathfinder," you may find the true solution of your question (whether "satisfactory" or not), and the path that will enable you, if duly persevered in, to find the true solution of all the vexed and perplexing problems in medical science, not excepting the nature of disease.

"Pathfinder" declares our statement that we teach a different theory of disease from that of the standard authors to be "mendacious," and he declares that he can *convict* us, etc. But his method of proof is another "characteristic curiosity" which convicts him of not yet knowing what our doctrine of disease really is. He quotes several authors whose expressions are nothing to the purpose, and among them Hahnemann who says: "It is the morbidly affected vital force alone that *produces* disease." O "Pathfinder," "Pathfinder!" We must say to you, though in the language of the "tragedy-quack," that you have perpetrated another amazing stultification. The question is not what *produces* disease, but what *is* disease? O "Pathfinder," "Pathfinder!" where are you now? and where will you be found hereafter? We fear nowhere!

"Pathfinder" ought to know better than to go to dictionaries (which are only intended to define words) for scientific explanations; and he may live to learn that fragmentary expressions of medical writers, or even correct definitions of technical terms, are of small account, when contradicted and nullified by the whole spirit of their teachings and every rule of their practice. To illustrate: Dr. JOHN MASON GOW, the most accomplished scholar the medical profession has ever produced, or rather, that ever belonged to the medical profession, defines disease to be "disordered physiology." As a definition this is strictly correct. But, in nearly all of his reasonings, and in all his practice, he recognizes disease as an entity, as do the medical profession generally, *as we can prove abundantly from the standard American and English authors*, and from *the current American and European medical journals*.

"Pathfinder's" silly fling at Mrs. PECKINHAUGH of Bloomington, Ill., who graduated at the Hygeio-Therapeutic College last year, and whose address to the graduating class was published in THE HERALD, may go for what it is worth. If any one can see the wit or the decency of it he has the advantage of us. We can discover nothing in it but that mean, selfish, miserable, old fogy, illiberal conservatism, that in London, as well as in New York, seeks to degrade, and deprave, and enslave woman still further by keeping her out of the medical profession, in order that privileged men may more profitably pursue their horrid vocation of poisoning people because they are sick. But we rejoice to know that all the people of Great Britain are not like unto this "Pathfinder." There are good men—glorious spirits—even in London, who dare

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and do speak brave and noble words for woman's enfranchisement and redemption. They will live and be honored when "Pathfinder" and his twaddle shall be known no more for ever.

"Pathfinder" says: "Dr. TRALL, again and again, insists on my comprehending certain distinctions." So we do, and yet again. They are explained in our books, which he professes to have read, and they are explained in this article. Will he *now* comprehend them?

We can conceive of nothing more foolish in misapprehension, or more inexcusably dishonest, than the following words of "Pathfinder:"

"The honest, truth-seeking reader need only follow out a single example in order to see the ludicrous character of Dr. TRALL'S response. The action, he says, of eliminating the foreign, inert element, is only from a foresight of possible obstruction by accumulation." Now, we have to inform "Pathfinder" that he can find no such statement in any of our books or writings. The assertion is a direct falsehood—perhaps not intentionally so. He can find nothing in our writings that will bear any such construction—nothing from which any such inference can be legitimately drawn. But we will take him at his word (in the paragraph in which he propounds a dozen foolish questions), and "in charity pardon his dullness and imbecility."

"Pathfinder" finds fault because we put our sense of "remedial effort" upon his words "abnormal action." This quibble is exceedingly nonsensical in view of the fact that we have from first to last contended that abnormal action *is* remedial effort, and that remedial effort *is* abnormal action. They are one and the same; and herein is where we differ with "Pathfinder" and the medical profession; and herein is just where our theory is original. "Pathfinder" stigmatizes our theory as false, absurd and ridiculous, and then claims that we have stolen it from other medical authors. He professes to agree with authors and disagree with us, yet quotes those authors as teaching the same doctrines that we do. O "Pathfinder!"

P. S.—In a number of The Spectator which we received at St. Anthony, Minn., several months ago, the editor, in an article which professed to expose our fallacies, made a statement to the following effect: "We are desired to say that Dr. LEES will deal with Dr. TRALL in our next issue." As we have great respect for the ability of Dr. LEES to discuss this subject scientifically, we were very glad of the announcement; but as we have heard nothing from the learned gentleman, we begin to fear that he has concluded to let "Pathfinder" and his illustrious coadjutors fight it out. Can any body inform us what has become of Dr. LEES?

The Sacrament of Water.

BY REV. O. B. FROTHINGHAM.

WE have lost the sense of the sacredness of water. In the Eastern lands where water was exceedingly scarce it was held in an esteem amounting almost to veneration. It was not merely the emblem, it was the element of all life and all purity. A sacred and sanctifying property was attributed to it. The river was worshiped as if it was divine. The bubbling fountain owed its motion to the touch of angels; a well was an heirloom and inheritance for ages; enemies shook hands and chatted by the living spring in the wilderness. In the East bathing was a holy act. The most sacred persons on the most solemn occasions made a rite of it. The statues of the gods were duly washed in pure water. The sprinkling of water on the sick and the sinful was supposed to act with the efficacy of a charm. The cleansing of holy vessels and of household utensils was one of the ceremonies of religion.

But in the West, water is too common to be worshiped or to be sacredly used. Cheapest of all elements, it is despised and employed only in menial services. It is a slave, not sanctifyer. In the higher departments of life we think we can do without it; think that beer and wine are better as drink, and that the oily coating of the skin is better as a protection and comfort. We compel water to make money for us, but we will not allow it to give us health, cheerfulness, vigor, a clear mind and a sweet heart. We force it to turn the mill wheels and work the machinery by which saws are kept in motion, and paper is made, and wearing fabrics are woven, but we think it unworthy to regenerate our homes, prolong our lives and bring happiness to our children. We keep it rushing beneath our factories, but we will not permit it to gladden our homes. We have forgotten its spiritual uses. But if we were tempted to impute a divine efficacy to any element, we should certainly choose water as the principle which Nature employed as the medium of her saving grace. The very touch of it to the skin is reviving to the whole person inside and outside.

Bathing might well be regarded still as a sacred act in which the innermost man and woman is interested. When, after a long dusty journey by rail, or a day's work in the bustling part of the town, or a heated walk in the streets, or many hours of toil in the factory or the shop, we turn the Croton into our bathtub, till it comes up high, and stripping off the soiled clothes of the counting-room or the store, get in and let the cool fresh liquid flow over every part of the body, cleanse the hair, wash the dust from eyes and ears, carry off all the impurities from the skin and quicken that wonderful coating of the body till it tingles all over with delight., something more than corporeal cleansing is accomplished. The drops seem to get inside, to creep along the nerves, to penetrate all the cavities of the lungs, to wind in and out among the convolutions of the brain, to trickle down the spinal marrow and feed the fountains of cheer in the secret places of the heart. We come out from the bath healthier and happier. Care is washed out, and perplexity and worry and fatigue; sadness is

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banished and sorrow disappears. If, in addition to this, we put on clean linen and clothe ourselves fresh, it is not too much to say that we are new creatures; life is new, the world is new; we have new thoughts and desires and anticipations and hopes. Then we are lovers of the truth, and of our fellow-men. We are kind; we can bless the poor; we can forgive our enemies; we are in the mood of worship; we are grateful and glad, and we wonder that we should ever have been otherwise than grateful and glad.

What might not the bath be if adopted and established on a grand scale in a city like this! Can its efficacy be overestimated by one who takes soberly into account all the diversity and all the potency of its operations? The institution of public baths where the people could wash themselves well for a small charge would deserve to be counted among the institutions of a liberal and spiritual faith. How much health it would insure; how much disease it would prevent; how much sweetness of temper it would beget; how much personal and domestic comfort it would bring; how much life it would save; how much disgust it would awaken for low, dirty, debauched places of companionship; how much endearment in families it would promote, it would be impossible to tell. Men and women would certainly be more self-respecting under its influences, and being more self-respecting, would more respect their fellow creatures. That horrible class from which come the wretched, the vicious, the depraved, would be sensibly diminished, for the "great unwashed" would exist only in name; the "great washed" would be in a measure at least the "great virtuous." The Church used to compel parents to bring their children to the baptismal font. If public sentiment or public reputation could make it an imperative duty for parents not only to bring their children but to come themselves to the lavatory and the bath-house for daily immersion, it would go far to make ours a holy city. The municipal government would be a very different thing from what it has been in times past, for the heaped up filth of the streets, the choked sewers, the pestilential effluvia from the drains, would be an offense to the whole sensitive nature; more than a discomfort, more than an inconvenience, more than an annoyance and a nuisance; it would be a poison to the social life to be escaped at all costs of time and money. Cleanliness would be the mother of godliness in a very literal and practical sense.

But water is capable of rendering to us what, if possible, is a higher service than this. Its sacramental virtues are not exhausted in cleanliness. It has a regenerating grace for the inside of the man as well as for his outside. If it could be substituted for the deadly poisons which men swallow to their poverty and ruin; if the worm of the still could give place to the angel which "troubles" the healing waters of the pool; if the gin shop could be abolished, and the bar room and the black bottle of death, and in their place the crystal fountains could be set playing at the corners of the streets, and the fresh currents could be set flowing in dining room, chamber and cellar, what a change would come over the face of society! what a veritable sacrament of life that would be! what multitudes of the perishing would be saved! To tell the different modes in which the personal and social regeneration would come would require a book. Poverty would be diminished by nearly three-quarters; discomfort and disease would decrease in about the same ratio; vice and crime would abate in no less proportion; the touch of the healing water would restore the physical frame and the social frame to new life; children would be better born and more carefully reared for usefulness and happiness; husbands and wives would live more felicitously together; the chief occupation of the policeman would be gone; education would become a popular interest; the laws would be obeyed; influences would be at work among the homes of the people that would make them what they should be, abodes of plenty and peace; the laboring classes would be more ambitious of social improvement; civil speech would take the place of profanity; kindness would be substituted for hatred, peace for strife, order for disorder and violence. The Temperance movement is as much a religious as it is a sanitary movement. It is an attempt to set up the baptismal font whose waters, simply by their touch, will bring people into the kingdom of Heaven. It inaugurates the baptism of humanity. The same good work is rendered by the introduction of water into the practise of medicine. The appreciation of its healing properties when applied to the ailments of the body is a discovery in the realm of the spiritual laws which will tell on the social and moral condition of the people in ways as yet unseen.

The ancient Greek who taught that the world was created from water had more reason on his side than at first appears. We could give him arguments that he could not in his generation come at, while rejecting his childish theory. The world was not created from water we well know, but we are beginning to find out that the world may be, to a large degree, remade and regenerated by it, for largely as it enters into the composition of all animate and inanimate substances, and into the frame of man, it is destined to enter yet more largely into the composition of a better social order.

DREAM OF A QUAKER LADY.—There is a beautiful story told of a pious old Quaker lady who was addicted to smoking tobacco. She had indulged in the habit until it had increased so much upon her that she not only smoked her pipe a large portion of the day, but frequently sat up for this purpose in the night. After one of these nocturnal entertainments she fell asleep, and dreamed that she died and approached Heaven. Meeting an angel, she asked him if her name was in the Book of Life. He disappeared, and replied upon returning that he could not find it. "Oh," said she, "do look again; it must be there." He examined again, but returned with sorrowful face, saying, "It is not there!" "Oh," she said in agony, "it must be there! I have the assurance it is there! Do look again!" The angel was moved to tears by her entreaties, and again left her to renew his search. After a long absence he came back, his face radiant with joy, and exclaimed; "We have found it; but it was so clouded with tobacco smoke that we could hardly see it!" The woman upon waking immediately threw her pipe away, and never indulged in smoking again.

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Dr. Windship, the Strong Man.

BY A. L. WOOD, M. D.

WHILE in Boston, a short time since, I called upon the celebrated Dr. G. B. Windship of whom most of the readers of THE HERALD have doubtless heard. Dr. Windship is unquestionably the strongest man in the world. He lifts a dead weight of twenty-six hundred pounds and "puts up" a dumb bell weighing one hundred and fifty pounds with one hand. He will also, with one little finger, seize hold of an iron ring as high as he can reach and draw himself up to it. These are remarkable feats and such as but few will ever accomplish; not but there are thousands that *could* perform them if they would undergo the necessary training, but there are very few that will ever subject themselves to the discipline which is indispensable, nor do I think it advisable for people generally to attempt to carry muscle culture to the extent that he has done. Dr. Windship himself does not advise *others* to do it.

A thorough and harmonious development of all the physical and mental faculties should be the grand object of human education, and not the inordinate growth of certain powers at the expense of the rest.

Dr. Windship is the apostle of heavy lifting as a means of physical culture, and he is a living exemplification of what persistent and determined effort in that direction will accomplish. While in College at Cambridge he was taunted with being "the smallest fellow in our class," which he said was true, but it aroused his pride and he was determined to try and remedy some of his physical defects by gymnastic practice. For a little time he followed it up with enthusiasm and then like too many others he gradually discontinued it. A short time afterward he was grossly insulted by a classmate of his who was much larger and stronger than himself, and then told to help himself if he could. He determined to be revenged, and renewing his gymnastic practice devoted himself to it with more earnestness than ever, in order to put himself on a physical equality with his persecutor. To a friend of his he remarked, "Wait two years and I promise you I will make my tormentor apologize, or give him such a thrashing as he will remember for the rest of his life." Having this definite object constantly in view, he practised faithfully for about an hour each day, and at the end of the two years he had acquired the reputation of being the strongest man in his class. He then, according to his promise, called upon the man who had insulted him and invited him to apologize for his past conduct or to test the question as to who was physically the "better man." Young Windship was now as far his superior in physical strength as he had been his inferior two years before, and the young man concluded that discretion was the better part of valor and apologized handsomely.

Of the effects of this physical training upon himself, in his "Autobiographical Sketch of a Strength Seeker," published in The Atlantic Monthly of January, 1862, he says:

"I discovered that with every day's development of my strength there was an increase of my ability to resist and overcome all fleshly ailments, pains and infirmities, a discovery which subsequent experience has amply confirmed. Until I had renovated my bodily system by a faithful gymnastic training, I was subject to nervousness, headache, indigestion, rush of blood to the head and a weak circulation. It was torture to me to have to listen to the grating of a slate pencil, the filing of a saw or the scratching of glass. As I grew in strength my nerves ceased to be impressible to such annoyances. Another effect was to take away all appetite for stimulating food or drink."

In August, 1855, he commenced the practice of lifting, and has continued it to the present time, and says he means to persevere until he can lift three thousand pounds, when he will stop. He commenced with four hundred and twenty pounds. At his office in Boston he has a lifting machine upon which he practises and for the use of his pupils. It is of his own invention and a most admirable contrivance for the purpose, being so arranged that the weight can be changed instantly. He has given it such an unremembrable name that I can not repeat it.

Dr. Windship is the fourth physician of the family by lineal descent on the paternal side; but he has departed from the ways of his forefathers and instead of giving poisonous drugs to weaken his patients, he gives exercise to strengthen them and good Hygienic advice to enable them to keep strong and healthy. He expressed himself as entirely opposed to the use of all drugs except in cases of abnormal growths and the like, where it was desirable to *kill* a certain part in order to save the patient, and as being strongly in favor of the Hygienic system of treating disease.

A few days ago I wrote the Doctor, asking him some questions in regard to his views. Some of the questions and replies are as follows:

Do you regard lifting of as much importance as you formerly did when lecturing on the subject?

I *do* and even of more importance, without, however, regarding it as a panacea, but merely as *one* means of improving health. Several years ago I was impressed with the merits of lifting by its effects on my own person; during the last three years by its effects on hundreds of pupils and patients, in addition to its continued effects on myself.

What has been your experience of lifting as a remedial agent for the cure of disease?

I have found it a remedial agent of great efficacy in the treatment of pulmonary consumption (first stage), asthma, dyspepsia, biliary affections, neuralgia, chronic rheumatism and *general debility*.

To what extent would you advise persons to practise lifting?

To an extent of not less than a thousand pounds nor more thanfifteen hundred, as a general rule. [I refer here to yoke lifting].

Does heavy lifting without the use of quick, active exercises tend to make the movements of a person slow and stiff?

Not necessarily.

Do you think it best to use some active exercises in connection with lifting?

Yes, particularly exercises with suspended rings, dumb bells, single bar or vaulting pole.

Does excessive muscular development tend to fit or unfit one for intellectual effort?

I doubt if muscular development can be excess-

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ive. Muscular action may be excessive, but always probably at the expense of intellectual power.

Does lifting tend to expand the chest and strengthen the lungs, and if so to what extent?

Lifting will expand the chest and strengthen the lungs to a greater extent than any other exercise with which I am acquainted.

Do you have ladies come to your rooms to practise lifting?

Not at present, having found it inconvenient with my limited accommodations. So far as the experiment was carried out, it proved very successful in a Hygienic point of view.

What has been your experience in regard to the length of time it takes persons to double their lifting power?

A little less than three months.

Does it not require a person with a great deal of firmness and perseverance to successfully carry out a course of training by lifting?

No greater resolution and perseverance than I have found most patients and pupils disposed to exhibit.

What is the heaviest weight you can lift?

Twenty-six hundred pounds.

What is the weight of the heaviest dumb bells you have "put up" with one hand?

One hundred and fifty pounds. With assistance from the other hand, two hundred pounds. I am now practising with a view of "putting up" two hundred and thirty pounds with one hand.

Do you still find your strength constantly increasing?

Yes, but very slowly, in consequence of my in-door life.

Dr. Windship has done and is doing a good work for the cause of physical culture—few men have done more, and he deserves the undying gratitude of the American people, as does every one who labors to call their attention to the necessity and importance of possessing strong, healthy and well-disciplined physical systems, and who points out to them a sure and certain mode of obtaining them.

School Hygiene.

Much excitement prevails at present in anticipation of the spread of that fearful scourge, Asiatic Cholera. The authorities in cities, and along the great thoroughfares of business, are taking special precautions to abate nuisances, to cleanse and repair sewers, and to remove the many sources of pollution that reek and fester in the midst of crowded populations. It can not be expected, however, that the public authorities can descend to details, and see that every pestilence-breeding subject is removed. Much must be done by the labors and attention of every citizen. It is a matter which touches the welfare of us all.

But amid all our sanitary precautions, public and private, there is one interest which may possibly—nay, will be very likely to be overlooked—the proper care of the school house and school grounds. The cholera, and in fact every disease, is most prevalent where human beings are crowded together in apartments, without proper regard to cleanliness, pure air, and sunlight. Hence, the great tenement houses in cities invariably furnish a much longer list for the bill of sickness and mortality than any other class of dwellings.

In our schools, almost the entire population between the ages of five and twenty-one years are congregated from six to ten months in the year, during the school-going hours. In view of these facts, is there sufficient attention given to the sanitary condition of school buildings and premises? Is cleanliness one of the crowning merits? Are the rooms well ventilated? Are the out-buildings well cared for? Is the air that circulates about the premises pure? These are questions that should at all times claim the care and consideration of parents, but especially now when we are threatened by one of the most fearful scourges that has ever afflicted humanity.

Exhalations from the skin, and the impurities thrown upon the air by breathing, are sources of filth in a crowded school room which from being imperceptible are often disregarded. These impurities, however, always exist. They settle down upon the seats, the desks, the walls and ceilings, and always manifest their presence by the rank odor which is found on opening a room that has been closed for a few days. The carbonic acid gas, exhaled by the lungs of all animals, is always accumulating in a school room filled with pupils, and is a constant source of derangement to the vital energies of all that are obliged to breath it. There is constantly accumulating upon the school grounds rubbish and filth.

How can the condition of school premises be improved? A little labor and expense, rightly directed will accomplish the purpose. Cut out the branches of the trees and remove such obstructions as too much shut out the sunlight. Paint or whitewash the out-buildings and cleanse the vaults. Use a few loads of clean gravel, when needed, about the grounds, and scatter unslacked lime freely. Scrub the school rooms and use soap and water upon the furniture. Repaint the finished work, and give the walls and ceiling frequent coats of whitewash. If no means of ventilation have been provided, knock a hole in the smoke-flue near the floor of the room, and fit a register for the escape of the impure air.

If the directions here given could be followed in renovating every school house in the land, no doubt the health of the present school-going generation would be vastly improved, and security against the spread of infectious diseases be insured. If all that has been indicated is not done, still if whitewash is freely used, and good ventilation is secured, a great improvement will be perceptible. Lime is one of the best disinfectants, and should be regularly and unsparingly used in cleansing and renovating school houses and grounds.

S. P. BATES,
Deputy Superintendent Public Schools of Pennsylvania.

Remedies for Cholera.—The foreign journals have been, and our own are now, filled with announcements of the most extraordinary and infallible cures for cholera, nearly every one of which are almost specifics. A French medical journal suggests that it would be a saving of time to enumerate the things that had not been recommended as a remedy.

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School Improvement—One Session Daily.

BY M. L. HOLBROOK, M. D.

SOME years ago a book was written by Mr. Crandal advocating a short session of three hours only for schools; particularly, for all pupils less than ten or twelve years of age. This would be of immense advantage so long as the school routine is, as at present, almost exclusively devoted to brain labor, instead of a proper division of culture devoted both to body and brain. This question is now being discussed in various cities of the country. In Boston they have adopted a five hour session with proper intermissions, instead of six hours, and the Superintendent has remonstrated against so much home study. In Pittsburg, Meadville, Cincinnati, Detroit, Chicago, St. Louis, Milwaukee and Cleveland, we learn the same plan has been introduced with satisfaction. Dr. Sterling writes me that in Cleveland of the five hours they use forty minutes for physical culture, and twenty for recesses, thus making virtually but four hours devoted to school work. Before the plan of one session daily was adopted in Cleveland, the matter was referred to a committee, who reported on the subject after much investigation. It seems the reason assigned why a shorter session should be adopted, was found in the fact that six hours was deemed too long a time to be consistent with health. The following is that part of their report which will be found most interesting to those who have been foremost to advocate both mental and physical culture in the curriculum of school discipline:

"Your Committee have also undertaken an investigation of facts connected with the reason given by the applicants for the proposed change, that is, that our present long study sessions operate injuriously upon the health of the pupils.

"Your Committee, while they see no objection to the adoption of the one session plan in our High School Department, if desired by the patrons of said school, yet are convinced the evil complained of does not rest so much in the amount of time spent in the school room as in the want of a well-regulated system of physical exercise in the way of gymnastics attached to and properly interspersed with the study session. In examining this subject one of your Committee have visited the Hancock School, Boston, and the Dio Lewis School, at Lexington, both operated on this plan. The Hancock School has two study sessions, but at no time are the pupils permitted to be engaged in any mental effort over forty-five minutes. Then fifteen minutes vocal and fifteen minutes physical gymnastics come in to relieve the mind and break the tedium of study. The principal of said school was broken down in health, when this system was adopted, bled at the lungs, and in a measure, lost his voice, and was pronounced by his physician in consumption, but was inclined to try this system of gymnastics, which resulted in his entire recovery, so that he now says that he can make himself heard by a larger audience than any man in Boston, and is in fine health, though confined some six hours daily in his school room. This school consists of females, and not from the most healthy part of Boston, and from the lowest grades of the population and yet its principal says this system operates charmingly in keeping his pupils in a healthy condition. Mr. Monroe, the present teacher of the system of gymnastics now adopted in the schools in Boston, was a broken-down student, and could not speak aloud when induced to enter upon this plan, which resulted in his entire restoration to health.

"Dio Lewis' school is made up largely of children in frail health, and many of them physically deformed, and who go there for treatment merely; but many become invigorated by the gymnastic system, and enter upon a course of study and go along with their classes, who were not able to study at all when at home.

"Dr. Lewis says that his experience has convinced him that almost any amount of mental labor can be performed by a class of pupils when taught on this plan, and says his school studies more hours per day than any other school in the country, and yet never allows over one hours' study, with its interruption by gymnastics till the mind is entirely relieved from the effort. This school consists of over eighty young ladies.

"Numerous other facts tending to the same points have come to the knowledge of your Committee, which convince them that a thorough reform is needed in our school system, in this respect, before it will bring out scholars properly educated, that is, with sound minds in sound bodies, and would recommend as a remedy for the evil complained of by our worthy Mayor and others, that a thorough system of gymnastics be adopted in our High Schools, on a plan similar to that adopted in the schools in Boston, and that it be required by the principal that each scholar participates in such exercise, interspersed with the study and leisure as before referred to, the teacher judging from his knowledge of physiology how much of this exercise children in feeble health can endure, the same as he decides the amount of study they can perform. Also, that scholars in feeble health be permitted to so modify their studies as to adapt it to their state of health, and if necessary extend their course of study over a longer time than the ordinary High School course.

"Your Committee consider this the best remedy for the evil complained of, from the fact that students generally in feeble health are inclined to sendentary habits, and if left to their own inclinations will not get the necessary exercise, while under this system it comes in as a part of their education."

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In Philadelphia, too, we notice from the papers that the ball is rolling. It is stated that the Board of Comptrollers of the Public Schools have appropriated $7,000 for the introduction of light gymnastics into the schools. Philadelphia has taken a lead in this matter well worthy of imitation in other places. Some three years ago, the writer visited this city to find an opening for a young lady teacher of gymnastics. She commenced with a class of thirty pupils, and the system became so popular that in a year there were a dozen teachers well employed. Previous to this Dr. A. L. WOOD opened the first class there. Now, $7,000 has been appropriated as a beginning, which will, of course, end in placing physical culture on the same basis that mental culture is, if it take $50,000 yearly to make it a success.

The next great point to be gained after this one is the introduction of physiology into schools, in so thorough a manner that the general rules of Hygiene and the right care of the body shall be as thoroughly taught as is the multiplication table now. We need some important improvements in our text books before this is accomplished, but as fast as the fact that physiology is more important than arithmetic becomes admitted and demanded, the books will be ready.

This will cap the climax of what physical education demands, for, after it, all other things will be comparatively easy. Then health will be the rule, fine bodies not hard to find, and disease and premature death considered, as they ought to be, a disgrace to civilization.

Items from Cape Cod.

BY MRS. M. E. COX, M. D.

DEAR HERALD—As my Items the past summer have been "found wanting," perhaps you as well as others, may think me dead, or "fallen from grace." The report that I had long since left this terrestrial sphere has been extensively circulated on Cape Cod; why, I can not tell, unless it was because the doctors wished me dead. They are ever glad of an opportunity to patch up their leaky craft, which they see most soon sink, by false reports, thinking, perhaps, to undo the work so zealously begun by those who wish to stay the tide of disease and death, which is fast sweeping away our fellow creatures from the face of the earth.

In April last I had the small pox, and not knowing of having been exposed, lectured two evenings, and was consulted by twenty or more persons during the first stages of the disease, but, wonderful to relate, no one took it from me. Notwithstanding the pustules completely covered my face and body, I was able to be about every day. I am not n the least pitted or searred.

Instead of being dead, I commenced my lectures this season with renewed health and energy, gained by having the last vestige of chronic diseases, which have followed me from infancy, removed by the purifying process of variola; living upon a strickly Hygienic diet, and rusticating among the "granite hills" of my native state.

My little work, "HOW TO COOK," promises to stir up the M. D's. more than any thing I have ever presented to the public, as they well know a healthful diet will remove the cornerstone of drugopathy.

A lengthy editorial, smelling strongly of the apothecary shop, and filling two entire columns, recently appeared in The "Vineyard Gazette," criticising both my work and lectures. Certainly, if "nonsense and absurdity" form so great a part as he alleges, it would not take two columns to overthrow the whole. Thinking some readers of THE HERALD may be helped out of a muddlement, or armed against the missiles continually thrown against them, and to show how ignorant some people are, or try to be, I will notice a few of its most prominent features.

After a flourishing preamble showing his special "aversion to itinerant doctors, and especially the female part of them," and taking special pains to make misstatements, that those who are inclined to follow our teachings may be frightened at the seeming insurmountable obstacles thrown in the path their reason and judgment tell them is right, he says:

"To renovate society, to crop off its ugly excrescences, and to prune its wild extravagence, is a great work for these female pioneers of reform. It seems almost insurmountable by instrumentalities so feeble, but then we forget that Rome was once saved by the cackling of a goose." Admitting the possibility of our accomplishing this great work, yet fearful of our success, if allowed to go on unmolested he makes various declarations which sound decidedly Allopathic. He calls the New York Hygeio-Therapeutic College a "bastard institution," and asserts that the "Graham system of diet was long ago weighed in the balance and found wanting;" "that no great mental effort can be made without animal food;" and prefers his wheat-meal and potatoes to be converted into pork and lard before eating it himself. He very wisely informs us that "a deficiency of these materials (butter, lard, and like substances) in the system is a fruitful source of tuberculous diseases, and would tend in our climate to the increase of consumption." This porky editor seems ignorant of the fact that consumption is fearfully increasing in New England, where pork and lard find their way to almost every table, and the Jews who will not use this filthy scavenger in any form are remarkably exempt from scrofulous and tuberculous diseases."

Again he says, "When Cæsar stood upon the shores of Gaul and looked across on the white cliffs of Britain, our forefathers were a race of rude savages, living with wild beasts in the forests, 'joint tenants of the shade.' The

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teachings of this vegetarian creed is the direct road to the same condition;" and that "no nation on the face of the globe has attained a high standard of intellectual and moral refinement upon a purely vegetable diet." Perhaps he would hold up this meat-eating, liquor-drinking nation as one of a "high moral standard." Where among the "rude savages" can be found such licentiousness, drunkenness, and drunkard-making protected by the laws which pervert and license the sale of intoxicating liquors? Houses of ill-fame are tolerated institutions; vanity and fashion walk supreme, trampling health and beauty under their feet! The opposition that meets the introduction of any high and ennobling object can not be rivalled in any barbarous state. The riots of the last few years in our large cities show that civilized people can be more cruel, and will trample upon the right of the innocent, the virtuous and the unprotected, in a manner that savages know nothing of, unless they have first been taught by civilized man.

To what high and ennobling objects have "the great intellectual development" of our nation been devoted? Has it been to promote the health of the people? Physicians say: "We have assisted in multiplying diseases; we have done more—we HAVE INCREASED THEIR FATALITY." Notwithstanding there are forty thousand physicians in the United States, the cemeteries are rapidly peopling with the young, the youth and the middle-aged. Surely it has not been in this direction.

Have the principles of Temperance been inculcated? Never, even in the "Dark Ages" has intoxication increased so rapidly as during the last four years. Alas! too many of our great men—generals, lawyers, doctors, and public speakers—revel in gluttony, drunkenness and licentiousness. Even ministers preach to the people with their brains narcotized, by smoking or rolling the quid as a sweet morsel under the tongue. Can such doctrine be pure and undefiled? Christ was pure in all his bodily relations, certainly his professed followers ought to follow his example.

Have large brains inspired our people with happiness, love and harmony? We have but to call to mind the sad effect of the civil war just ended, to know that this bloody conflict surpasses any account in the annals of history. Visit the different houses of the rich and the poor, the high and the low, and you will find the spirit of love and the unity of hearts dwell with but few. Where civilization brings a little good, so much of evil follows that meat-eaters need not boast. The Indian that was driven from our shores to give place to civilization and refinement, had a higher sense of justice and honor than the nation that has supplanted him.

His assertions on the necessity of the use of salt as food are such as are often presented by those who ought to know better. Morbid appetites have so blunted the reason of men that he can not see the fact that their gratification tends to injure his health and shorten life. Like wine-bibbers and tobacco-users, they will not admit that any thing they eat ever hurts them, but declare that they "can not live" without salt, butter, high-seasoned food, etc.

He asks, "What has science and common experience to say on this point?" and answers, "Both tell us that the demand for salt is universal." "The presence of salt is indespensable to vital action. Digestion, assimilation and even the circulation of the blood can not go on without it. The sodium is a necessary constituent of the blood, which it sustains in a fluid condition of the animal tissues and the secretions. The chlorine of the salt unites with hydrogen, forming the hydro-chloric acid of the gastric juice. * * * If too little salt is taken in the food, instinct forces every animal to supply the deficiency by eating it separately. * * * From time immemorial it is well known that without salt man would miserably perish. * * Salt is not an ordinary constituent of plants, unless they grow in the immediate neighborhood of the sea. To supply the demand then we must either use it as a condiment or eat animal food which contains it." Let us take his own ground of argument and see how easily such a mountain of salt can be removed by "science and common experience." Physiologists teach us that salt, as a condiment, is not appropriated by animal organisms. Noah Webster in his unabridged dictionary says, "Vegetables alone have the power of deriving their nourishment from inorganic substances, or organic substances entirely decomposed." So much for science. What does experience teach? The North American Indians, as a nation, do not use salt. The inhabitants of India and of some of the South Sea Islands, the Scotch and some other nations use neither salt or animal food. Birds, squirrels, fresh-water fish, rabbits, etc., are not salt eaters. The elephant, of gigantic size and enormous strength, and the camel of the desert, the most enduring of all animals, live upon a "purely vegetable diet," grown far from the sea shore. There is a district in Pennsylvania where some of the finest cattle in the country are reared (*mirabile dictu*) without salt. They who live to a great age are those whose diet consists principally of bread and fruits. Are not such facts enough to convince any reasonable person that for health, strength and longevity, a vegetable diet is all-sufficient?

If not, as such persons generally, like our Vineyard editor, believe in Allopathic doctrines and doses, and don't like to have such "attacks upon its strongholds" as we make, let them try eating salt exclusively for one day, sodium the next, then iron, pepper, mustard, spices, etc., until they become convinced that such articles will not support life. A meal may be made of any article of food, as apples, potatoes, bread, etc., without injury. Whatever will not bear this test is not suitable for food.

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He also states, that "God has built up our bodies mostly of inorganic compounds." We can not but pity such ignorance on the part of an editor, but especially one who professes "to watch over the health and well-being of his readers." This man closes his remarks by declaring that he "never has been disposed to question 'woman's rights,' when her rights were kept within their legitimate sphere," but seems to think that sphere should be at home, cooking her husband's supper and darning his stockings. Quite as wide a sphere as could be expected from so narrow-minded a person. There is a certain class that are determined to keep woman a slave, and to prevent her attaining any useful position as long as possible. Gradually this prejudice is dying away, and public opinion slowly admits her to public life.

EDGARTOWN, Martha's Vineyard.

Early Manhood.

MUCH is said about early development being a misfortune, but there is a marked difference between early development and prematnre development. The life of Hamilton shows that at an early age he was in full posession of strong mental powers, very different from such as are produced by hot-house culture.

"ALEXANDER HAMILTON.—What strikes us most forcibly in considering Hamilton's career, is the remarkably early development of his powers. At thirteen, he was found competent to take charge of a mercantile establishment. At fifteen, his writings win for him public applause and the aid of friends. At seventeen, he addresses with success a great public meeting. At eighteen, his anonymous productions are attributed to some of the leading men of America. At nineteen, he has thought out that principle of government which is indelibly associated with his name. At twenty, he has not only approved himself a skillful and courageous soldier, but he has won the esteem of the grave and reserved Washington, and is placed by that great man in a post of the closest confidence, and which really makes him the second man in the American service.

"At twenty-three, he has shown that he is master of the intricate subject of finance. At twenty-five, after an active military life that had allowed no time for study, he is known as a lawyer of the first order. At twenty-six, he is distinguished as a member of Congress. At thirty, he takes a leading part in framing the Constitution of the United States. And in his thirty-third year he becomes the most extraordinary finance minister the world has ever seen. He was statesman, soldier, writer and orator, and first in each department, and he was as ready for all the parts which he filled as if he had been long and studiously trained for each of them by the best of instructors.

"When Mr. Webster so happily compared the instantaneousness and perfection of his financial system to 'the fabled birth of Minerva,' he did but allude to what is to be remarked of all Hamilton's works. All that he did was perfect, and no one seems to have been aware of his power, until he had established the fact of its existence. Such a combination of precocity and versatility stands quite unparalleled. Octavius, William the Third, Henry St. John, Charles James Fox, and William Pitt the younger, all showed various powers at early periods of their lives; but not one of them was the equal of Hamilton in respect to early maturity of intellect, or in ability to command success in every department to which he turned his attention. The historical character of whom he most reminds us is the elder Africanus.

"In the early development of his faculties, in his self-reliant spirit, in his patriotism, in his kindliness of mind, in his personal purity, in his generosity of thought and action, and in the fear and envy that he excited in inferior minds, he was a repetition of the most majestic of all the Romans. But, unlike the Roman soldier-statesman, he did not desert the land he had saved, but which had proved ungrateful; and the grave only was to be his Liternum. He died at not far from the same age as that to which Africanus reached. In comparing him with certain other men who achieved fame early, it should be remembered that they all were regularly prepared for public life, and were born to it as to an inheritance; whereas he, though of patrician blood, was possessed of no advantages of fortune, and had to fight the battle of life while fighting the battles of the nation."

H.

Monotony.

MONOTONY IN BUSINESS NOT GOOD FOR THE HIGHEST HEALTH.

MONOTONY in business has a bad effect upon the mind and through it upon the health. The human mind pursues so many channels of thought that if but one of them is used it becomes disproportionately developed, while the other channels or organs of thought lose their power and health. This point is well illustrated by the parable of talents given in Scripture. Those who did not use their talent lost it. This is in the nature of things. So if an individual posesses a variety of gifts or talents and uses only one set, the other set becomes weakened. There is little doubt but when people become thoroughly wise on the subject of Hygiene, they will seek instead of such employments as are most profitable, those which give the widest scope to physical, mental and moral growth. As society now is, this is impossible.

Rev. Dr. Chapin in a recent agricultural address said on this subject:

"It is well for a man once in awhile to get outside of his own work. No earthly employment will entirely satisfy the mind of man. One pursuit alone shrivels up the human soul

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"Success in a business point should be the object of every one, that he may be able to bless the world by his life and lift himself up in the true seale of manhood, fulfilling a noble destiny. The idle, the useless and improvident in the world, are only a curse and are subjects for the Devil's recruiting sergeants.

"A man should be faithful to his business, but to have only a pecuniary object in view was abominable. No man had a right to engage in a calling which he believes will be injurious to his race. He should feel while employed upon his daily task that he is not only benefiting himself thereby, but the world of mankind. A man may devote too much time to business or too little. He may overtax his brain or his muscle. In the one case, he is a wasteful idler; in the other, business alone absorbs all his powers. Business or labor in its right aspect has but one tendency, the happiness and elevation of man.

"Some say God made the country, but man made the town; he did not believe that. God made the country and God made the town also, for he made the active brain and cunning fingers which called the town into being. The country is believed to be purer, the people nobler than those of the city. Who can deny the wickedness of the great Babylon, its squalid wretchedness and shame? And yet what glorious lights are there, heavenly charities and Christ-like guides for the wandering!

"The labor of the farmer is healthful labor, even though at times very exhausting. It gives a color to the cheek and health to the body. Dreadful is the condition of those who have nothing to do—dreadful the condition of those who have too much to do, in mines, shut out from the light of heaven, in garrets where there is hunger, cold and wan faces over the midnight lamp. The farmer works by the celestial clock. His is a balanced labor. If in the time of gathering the hay or grain, the muscles or the mind is overtaxed, there are days when he may rest—when the rain is falling, or in winter when the cold drives him within doors to the social joys of his home.

"The farmer ought to be ever advancing, ever learning, improving his whole business of agriculture. There are those who claim to be practical men, who claim to follow the good old customs, conservative in all things. Such become so set against action, that if it were not for the law of gravitation, the earth in its revolutions would be twitched from under their feet, and leave them sticking in ether.

"If a man's business does him injury, he should escape from it as soon as possible, and seek that which will benefit him as well as others. Every man should be proud to labor, and none more so than the farmer. Agriculture lies at the base of all material prosperity. The wondrous pyramid of the world's callings and productions has for its foundation, its base, agriculture."

We hardly yet realize how much of the world's labor is lost by the pursuit of vocations not called for in the nature of man. Dr. Chapin could very easily say we should engage in no pursuit not promotive of human welfare, or in those injurious to the race, but had he laid some of the occupations which curse the world before the farmers, such as that of tobacco growing, etc. etc., it is quite doubtful if he would have been so lustily applauded. When this subject is thoroughly investigated from a physiological point of view, there will be a most radical change. H.

"Poor Girls."

I HAVE heard of a man who was called Paul the Apostle, who, although he was a man of education, a lawyer, a Roman citizen and a preacher, wrought with his own hands at tent-making, which might have been as uncongenial an occupation for a man as "kitchen work" for a woman. I never heard that he demanded the reconstruction of society so that tent-making should be made as respectable as preaching.

I noticed some time ago in one of our journals a few words from "a poor girl," who appeared grieved that woman could "do nothing but sew" to gain a respectable living, in "these days of inequality." I would whisper in her ear that she is very much mistaken, for many avenues of useful employment are open to woman; and she has no right to grasp the "life-destroying needle" and live on a "crust in a garret," when other and more healthful occupations may be found.

I know many farmer's wives who work like slaves, because they can not obtain help in their labors, though any girl living with them would be on terms of perfect equality with the family, and would never be made to feel that she was "a kitchen menial."

I know many a family where no one, "coarse, ignorant, repulsive or uncongenial," is employed where an honored nurse or maid is an object of interest and affection to the family. Such persons, having self-respect, make their positions respectable.

The public institutions all over the land offer employment where woman can be useful, and may perchance earn a great name, at all events a good one, if she perform well her part. I have lately visited the New York Hygienic Institute, were woman (if she has good natural abilities) has an opportunity to raise from bath-girl, door-girl, or "kitchen-girl," to lady physician, where the help are always cared for, and respected—some of them are married to our best men. Many of the graduates of Dr. Trall's College, who are now laboring to exterminate the murderous system of druggery from the face of the earth it has so long cursed, rendered service in the "establishment" as a compensation for their board while pursuing their studies; "poor girls," who were willing and desirous to qualify themselves for teaching

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and practising, but who had not the necessary means.

I admit that there are se difficulties in the way of finding employment for women, though the field is constantly widening—all are not fitted for teaching; it requires peculiar gifts t be successful as a teacher or physician, therefore most women choose other business for life, but as woman is to be the mother of coming generations, some training beside the use of the needle, I maintain, is needed, and the best education will be in a well-regulated family. Those who do not like the rules and distinctions which God has ordained, must go to a higher court for redress: and, moreover, when we do not preserve the life and health which God has given us as a sacred trust, by the proper use of air, water, food, exercise and rest, there is little hope that the world will be much better for our having lived in it.

HELEN MAR.

Progress.

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

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

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

Every wise observer knows,
Every watchful gazer sees.
Nothing grand or beautiful grows,
Save by gradual, slow degrees.
Ye who toil with a purpose high,
And fondly the proud result await,
Murmur not, as the hours go by,
That the season is long, the harvest late.
Remember that brotherhood, strong and true,
Builders, and artists, and bards sublime,
Who lived in the past and worked like you.
Worked and waited a wearisome time,
Dark and cheerless and long *their* night,
Yet they patiently toiled at their task begun;
Till lo! through the clouds broke that morning light
Which shines on the soul when *success* is won!

TYPHOID FEVER IN PIGS.—Dr. W. BUDD states that typhoid fever has destroyed ten thousand to fifteen thousand pigs in the southwest of England during the last eighteen months. How many more have been killed and sent to market and sold for food after they got sick, for fear they would die and be a loss to their owners, is a subject for consultation to all pork eaters.

WOMAN'S place at the source, centre and close of human life, demands the strictest sobriety, and the healthiest body and mind.

Supply and Demand.

BY C. BIRCH BAGSTER,

THE decomposition of carbonic acid by the green tissues of leaves, under the stimulus of light, results in the fixation of solid carbon and the evolution of pure oxygen. In cases of fevers the necessity of getting rid of the exhaled carbon and obtaining a supply of purifying oxygen is very clear, but the only remedy offered is in change of air, too often an impossibility, either from the contrary opinion of nurses or the absence of the means of proper ventilation.

The question I wish to put is, Whether the process of digestion in plants might not be made remedial in cases of fever? Taken into the sick room and allowed to remain only so long as there was light enough to stimulate them, the leaves of healthy plants would appropriate the deleterious constituent of carbonic acid, and set free nearly three times as much purifying oxygen.

It seems to me strange that the only plan generally thought of to get rid of a carbonated atmosphere is by blowing it away. Why not get it eaten up? Plants want it; why not give it to them? Why not put before a suffering patient beautiful plants in flower, and employ them as agents of recovery.

The patient is overdone with carbon and short of oxygen. The plant wants the carbon, and will give back the oxygen. Why not trade? It is a fair bargain, and based upon one of the soundest bases of success, that of regulated supply and demand and can not fail to be mutually beneficial to both plants and patients.

We all know why gold fish die in globes, though treated to fresh water every day; they poison themselves for want of the companionship of the friendly aquatic vegetable. May not the same suicidal maneuvre be likewise performed in sick chambers, forgetting that the lily that does not toil nor spin, may become a messenger of mercy and salvation to suffering humanity?

VINELAND, N. J.

BODILY ACTIVITY OF BRYANT.—He has pleasant ways. At odd moments he invites his friends to little trials of gymnastic exercise. "Can you do that?" he said once to a much younger man, suiting the action to the word by lifting himself to the top of the door by his hands, and swinging up and down and sidewise, varying the sporting by grasping the door-casing, and repeating the feat in a more difficult position. The junior tried it, but failed; he had not leaped so many high rail-fences in the country as Mr. BRYANT had leaped, and the brown beard could not wag in air as the white one wagged.

Rarely, if a fence or a gate is in the way at Roslyn, does its owner stop to dodge it or open it. He leaps it. If a horse is not harnessed, he walks. If a storm howls and a valued friend is lonely in a distant house, he trudges off with an umbrella in one hand and a boquet of flowers in the other; offering the latter and his company where he knows that both will be welcome. The Rosyln neighborhod is fruitful of stories like these.

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Physical Culture the Basis of Medical Reform.

R. T. TRALL, M. D.—*Dear Sir*: I have been an occasional reader of your writings for the last ten years, with much benefit to myself and many others with whom I have had to do. I have always admired the bold and ingenious stand you have taken for temperance in all things, for physical education, for social and moral advancement, for a thorough and practical understanding of Nature and a firm and resolute adherence to her beneficent laws. You have done, and are continually doing much for the good of your countrymen, indeed I may say, for the whole civilized world, as your books have gone abroad, and lecturers who received instruction from you in the lecture-room of your College have gone to other climes and are teaching the people there the "better way." Your views concerning physical culture and medical reform are wide spread and deeply planted among the people of the Western and Southern States, as I know from personal observation and experience. The people everywhere are anxious to learn more of this new doctrine, and all that is needed are such men as yourself and Dio Lewis, or other good lecturers entertaining similar views, to come and talk to them face to face or send books or printed lectures for them to read and study. Such a thing as a gymnasium was unknown in the South and West till recently, and now many colleges, seminaries and schools have them and are doing much to develop and train the physical part of their pupils as well as the mental and moral parts. Public and private gymnasiums are rapidly finding their way into cities, towns and country, and old as well as young people are interested in their success.

Physical culture must be the battle-cry in this war against drug medication, for it is in this field, and on this line, that the great battles are to be fought which shall defeat the drug doctors and make the advocates of Hygiene more than conquerors. Teach the rising generation anatomy, physiology and hygiene, and the war against the system of drugging sick people will end with this generation. As soon as the people are taught these branches of natural science, the drug doctors will lay aside their pills, powders, tinctures, lancets and blistering plasters and sue for peace. Teaching the people these branches of learning in this war for medical reform is like freeing the negroes in the war against our good and glorious Government. Educate the people in the art and science of physical education and they will as quickly join you as the colored people of the South did the Union armies when they were freed from the bonds of slavery.

Let anatomy and physiology be taught in every school and institution of learning in this broad land and gymnasiums will spring up as a natural consequence. What do the masses of the people, as a rule, know of these branches of knowledge? They have been left solely with the doctors and carefully kept from the people, as if the dear people could not comprehend any thing pertaining entirely to themselves. The doctors had such a *vital* interest in the welfare of the people that they thought it dangerous to intrust the people with a knowledge of their system as they might ruin themselves. "But the people must be trusted," and let the children be taught, and let the parents know that they all have bones, muscles, nerves, stomachs, lungs, blood and heart, in other words teach them their structure, and the functions of every organ in their bodies, and the laws by which the health of the system is preserved.

The child is crammed with geography and history and grammar from the time it is eight or ten years old till it quits school, and not a word is ever said about anatomy and physiology, the geography and grammar of the animal economy; and the student finally leaves school to join in the great strife of life as ignorant of his own physical organization as a native of the wilds of Africa or some other barbarous country. Not a word has ever been said to him about what he should eat or how he should eat it; not a word about the kind of clothing he should wear; not a word about the value of ventilation or bathing or sunlight or sleeping, in preserving health. Every thing concerning himself, concerning his own existence and well being, is left to *chance* and the *doctors*. How narrow, how blind, how stupid such a system of education. Thanks to you and to hundreds of talented men and women who are following your example by doing all in their power in behalf of medical reform and physical education, a better, higher and more rational and scientific system of education is being inaugurated throughout our country. Let books and journals and lecturers be sent all over the land in every direction, and let the good work go on as rapidly and thoroughly as possible. The people, for the most part, are ready and anxious for the new system to be established among them.

In the prosecution of all wars whether for conquest or reform, there is always ample room for the study and practice of strategy; and the advocates for medical reform are making good use of this important branch of tactics. The drug doctors and their allies may not see the strategy now, but as the campaign progresses and plans develop themselves they will see it. The whole affair has been so well managed that many of the ablest defenders and warmest friends of drugopathy have fallen into the trap set for them. *Physical culture and social reform.* It is foolishness and needless, in many cases, to try to convince a man by argument that there is a better way than taking drugs to recover health when sick, while he is still ignorant of his organization and full of prejudices for the old drug plan of doctoring disorders practised by his ancestors. He can not understand why drugs do not act in the system, as the doctors and books say they do, and thus restore the patient to health. He understands that disease kills every body who dies, and that medicines cure every patient who gets well, and it is exceedingly difficult to get him to understand a different system. But teach this same man anatomy and physiology and some of the main principles of Hygiene, and he will see the absurdity and evil of swallowing any thing but proper food and drink, whether sick or well. His mental powers will be so developed and sharpened in the study of these sciences, and his physical powers will be so trained and strengthened by the exercise and care he will take, that no further argument will be required to convince

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him that there is a higher law to which his whole being is subject, and that to be strong and healthy he must find out and obey this higher law. Let any man study Nature as manifested in the structure and workings of his own system, in his development and growth and existence, and he will be enlarged and exalted in his mental and moral powers; he will comprehend the beauty and sublimity of Nature, and he will find out that her ways are above man's ways. From the study of himself he will naturally be led to the study of other departments of natural science; and the more he studies and investigates the more he will be convinced that all things are governed by wise and beneficent laws; and the more he will be resolved to trust Nature rather than man in all things. The great volume of Nature is open before us continually, and is full of practical lessons to all men.

Then let the great army which is so nobly fighting for medical reform, rally around its noble and able leaders in the field so wisely chosen, and work for physical culture and social reform, and it will achieve a victory worthy of itself and its leaders.

There is no subject of more vital importance to the American people, and none in which all should feel a deeper interest, than the subject of physical education in its widest signification. In the family, in the common schools, in the high schools and colleges, I repeat, are the proper places to begin this reform if its friends would permanently succeed. "The ax must be laid at the root of the tree," and the trunk and branches will die as a natural result.

Wishing you great success in your high calling, I remain

Yours for medical reform, "PRINCIPIA."
HUNTSVILLE, Ala.

Work and Health.

BY HENRY WARD BEECHER.

THE law of health requires activity; for, as soon as a man is inactive in body and mind he begins to have a thousand nameless ills and aches, a thousand sleepless nights and tormented days. It is quite enough, in many cases, for the physician, when he comes to see the patient, to look upon the person, to justify him in saying, even without examining the tongue or feeling the pulse, "A violent attack of laziness has undermined your health;" and the remedy in such cases is moderate doses of work, long continued.

And not only is work necessary to happiness and health, but it is of the utmost moral benefit. In riding, it is sometimes the case that you move just slow enough to carry the dust with you, and you ride in your own dirt. It is exactly so on the great road of life. Men go just fast enough to keep their cares, and troubles, and dust along with them; while if they would drive a little faster, their dust would roll far behind them, and they would keep themselves clean. It is good to be active enough to leave behind you the temptations by which you are surrounded. More than half of what men call temptations are nothing but the protests of violated natural faculties of the mind whose law is offended. If you will not give those faculties activity, they will be active of themselves; and if you do not regulate them, ought you to be surprised if they are unregulated? Half of what men ordinarily call temptations are nothing but the attempt of the mind to be active according to its own law, unregulated and unsupervised. By simple occupation a man forestalls more than half his temptations. Men who are normally industrious, who have an even temperament and a good constitution, who have a pleasing avocation, who are kind and benevolent in disposition, who have been taught to be devout toward God whose life flows on peacefully, and who are content and satisfied, have great reason for gratitude and thankfulness. Such men are sometimes afraid that they can not be children of grace. Under such circumstances give yourself no anxiety. You are complying with the great fundamental conditions of existence, and you are reaping the remunerations of obedience, and your happiness in overmeasure is the result of the right carriage of the mind in the situation in which you are placed in life. Blessed are the men that work so that Satan can not find them, nor tempt them, nor harry them.

Moreover, in work there usually is moderation. It sobers us. The body needs discipline and trial, and work gives them. There should be bodily work therefore. The mind needs exercise in every faculty, and work gives it. There should be mental work therefore. The steeds in our stable, if we keep them up too many days, and feed them too high, are, when we take them out, more fit for capering than for work. And as it is with a steed, so it is with each faculty. It needs the steadying power of labor to keep down its temper, and bring it within the limits of due moderation.

Work, then, is important as a means of moral benefit, of health, and of happiness. And God from all eternity has said, "Cursed be the indolent, and blessed be the active." It is as plain as though it had been proclaimed from Mount Sinai. And if there has arisen in the mind of any the notion that there is a normal state in which a man shall be relieved from work, either in this world or the next, it is false. There is no such conception consistent with the creative idea of God. Man was created according to a plan the primal element of which was work. Work is not only philosophically but practically the condition of human life. It is the actual law of existence in this world. The population of the globe, comprehensively considered, are not a population lifted above the necessity of laboring. Men work for a living, literally. Their life is paid for by the price of labor. They work for the liberty of living. Where, in tropical climates, there is no necessity for work, Nature takes out of the full measure of man's life as much as they lack in activity. In the tropics men will not work, and they are only half men. In the temperate zones they do work, and they are full men. In the frigid zones they can not work, and again they are only half men. Such are the general facts; but wherever the law of wholesome work is obeyed, there manhood is developed, whether you look at latitudes or classes in society. And it may be laid down as not only a philosophical statement, but a practical law of the human family, that work is always an indispensable condition of proper existence.

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Horse-flesh and Fungi.

BY THE EDITOR.

A BOOK has recently been published in London entitled "Contributions to Natural History, chiefly in Relation to the Food of the People." The author is said to be a "rural D. D.," and he contends that horse-flesh and certain classes of fungi are proper, and, indeed, excellent articles of food for human beings. His reasoning is curious, and is altogether from the stand-point of a morbid stomach. We select a few characteristic passages:

HOW TO FIT A HORSE FOR THE TABLE.

'M'Queen's statistics inform us that in the British empire there are 2,250,000 horses, valued at £67,000,000. A very considerable proportion of these should be eaten. Malformation, incipient disease, accidental injuries, render it more profitable to kill than to rear, at great expense, animals incapacitated for labor. Send an injured or enfeebled horse to grass, and in four months he will be fat and fit for the table. In answer, therefore, to our next query, 'Should we eat our horses?' we reply, 'Under certain circumstances, undoubtedly;' and in no case ought we to bury the flesh of the horse, when we have the strongest reasons for regarding it as alike nutritious and palatable. Owing to the great value of the horse, the use of its flesh, as an article of human food, must in this country be limited. Let us, however, avail ourselves of it so far as practicable; and in order that it may no longer be wasted, let us dismiss the silly prejudices which causes even a half-starved laborer to exhibit irrepressible disgust when exhorted to partake of a kind of food occasionally within his reach, and known to possess in abundance those elements of nutrition so scantily supplied by the common fare of the working classes. We invite our readers to test its value, as we have recently done, in a spirit of philosophical inquiry, and, we solemnly declare, without the slightest digestive remorse, though to the horror of our cook, a privileged old servant, who rules the roast, and us too sometimes! Misled by her imagination, and not following her nose assuredly, she declared that she perceived 'a fearfu' smell before the stuff cam' near the door.' After we had eaten delicious soup and excellent stew, prepared by her reluctant hands, the worthy woman thought she should pray for us.

"'The Lord be wi' the maister! After eating o' sic an onnat'ral brute, he's shure to tak' the worst kind o' jaundice, for it's aye ta'en wi' an awfu' scunner.' We are happy to announce that the jaundice was all in her eye, and that we are enjoying peace of mind and body after this first, but we hope not last, trial of hippophagy. If any exclaim, 'Horrid man! to advise the eating of horse-flesh'—quietly, good friends, if you please! Have you not eaten of it disguised as Bologna sausage, or 'Russian ox-tongues,' which, though of undeniable merit, are well known to be those of horses?

A HIPPOPHAGIC BANQUET.

"But 'what is the *gout* of horse-flesh?' Have patience, courteous readers, and we shall make your teeth water! Horse-dinners (*vulgo banquets hippophagiques*, in Parisian phrase) have been quite the vogue of late in Paris, Kœnigsbaden, Wurtemberg, Weimer, Munich, Vienna, Dresden, and many other places; many of those in Germany being by public subscriptions. Those in Paris have been especially *recherche*, and attended by such a variety of distinguished guests as to elevate them to the rank of scientific experiments. Though in possession of the culinary triumphs of the German hippophagi, we shall spare our recital, and give them instead an account of a Parisian 'horse-dinner,' from the graceful pen of the witty M. le Docteur Amedee Latour, who takes care to inform us that it was not written on his rising from table, but twenty-four hours after, when, he solemnly deposes, he was suffering not the least digestive remorse. 'The experiment begins. M. Renault has most intelligently made the arrangements. Side by side are the subjects to be experimented on—the matters to be compared.

Horse-soup—Beef-soup,
Horse-boil—Beef-boil.
Roast horse—Roast beef.

'The same quantity, the same sort—judge and compare—nothing better. Horse soup—general astonishment! It's perfect! it's excellent! it's feeding! it's like venison! it's aromatic! it's rich tasted! it's a first-rate and admirable soup! The beef-soup is good, but comparatively inferior, of less marked *gout*, less flavored, less tasty. The jury unanimously find that the horse yields soup of superior quality, that it is impossible to distinguish the taste of it from that of the richest beef-soups, and that persons not warned could not find out the difference. The same color, the same clearness. Boiled horse. The flesh is browner than beef; it is drier and less resisting under the teeth; no particular taste; it is the taste of boiled beef, but not of the first class. I have eaten better beef, but also much worse. Upon the whole it is very eatable; poor people, who buy inferior beef, or cow beef, would find a very sensible difference in favor of boiled horse. Roast horse; it is the chine of the animal, slightly salted and nicely spiced. An explosion of satisfaction! Nothing finer, more delicate, or more tender. The fillet of venison, whose aroma it recalls, is not its superior. It's perfect in all points.

Summing up: Soup—superior.
Boil—good, and very eatable.
Roast—exquisite.

"'Is not this a very interesting experiment?

"Truly yes, say we. And here is another, rather comical. M. Saint Hilaire was President of the Society of Acclimation. Having invited a member of this society to taste of a kind of meat undoubtedly new to him, the learned Doctor thought his opinion was sought for in regard to some rare and newly-introduced animal; and so, after having duly tasted it, he gave it thus; 'In my opinion it is of the utmost importance to acclimatise this animal.' It was horse flesh."

It is very true that the body of the horse, taken all together, affords better, or rather less objectionable, "elements of nutrition" than many things which are eaten by human beings.

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for example, hog. But it is equally true that "poor people," and even rich people, can find a much less expensive and much more wholesome aliment in any kind of grain, in many kinds of roots, and in many kinds of fruits. The rural Doctor of Divinity—we fear he is not a very sound Doctor of Physiology—seems to think "incipient disease" in a horse no objection to his carcass being eaten! for this is named as one of the circumstances which unfit him for labor, without unfiting him for food. Then again, the careful reader will notice that "roast horse," to be so deliciously palatable and so superior to beef, must be "highly spiced." Nature teaches —let us inform the rural D. D.—that any food which requires highly spicing, highly salting, highly sweetening, or highly seasoning in any manner, was never intended by the Creator as food for either human beings or animals.

The problem of feeding the poor will never be solved so long as it is studied almost wholly in the direction of animal food. The very best food that human beings, rich or poor, can subsist on, can be produced on a tenth part of the earth's surface, and with a tenth part of the labor, that are required to produce the ordinary mixed diet, whether horse, ox, sheep, swine or fish, or all together, is to be selected as the animal part of the dietary.

"Rascalavitis"—Its Nature, Cause and Cure.

BY S. WATERS DAVIS.

In The Herald for October there appeared a short item under the head *Rasalavitis*. After reading it, and especially the suggestion that Rascalavitis be added to the Nosology as another specific disease, an idea entered my mind that there was more truth than poetry in the statements of the writer (Dr. Trall, I suppose). Therefore I thought perhaps a short essay on the *Nature, Cause and Cure* of the new disease, might be interesting to the readers of The Herald, and set about to write one myself.

Rascalavitis literally means "inflammation of a rascal," but we shall define it to be, *an abnormal action of the organs of morality, and of the propensities*. There is a deficiency in the action of the organs of Conscientiousness, Spirituality, Veneration, Benevolence, etc., while there is an increase of action, or rather a perverted action of the organs of Combativeness, Destructiveness, Acquisitiveness, Secretiveness, etc.

The causes of Rascalavitis are those of inflammation generally, with too little exercise of the Moral Sentiments. Spirituous liquors, tobacco, tea, coffee, spices, fats and greasy meats, etc., might be specified as the most common causes of the perversion of the selfish propensities.

The disease is in a degree hereditary in some cases, but the tendency to it can be greatly overcome by avoiding the causes of the perversion of the propensities, and by exercising the moral sentiments continually.

The "cure" of this disease is simple, and easily performed. As in all diseases, the patient himself must be the active agent, while the physician furnishes the necessary materials and conditions, and regulates the remedial effort. The first indication is to improve the general health, which must be done by living strictly according to the laws of Nature. Eat plain, vegetable food, bathe daily, and take plenty of exercise in the open air. The second indication is to bring the action of the moral organs up to the proper standard. This is accomplished by exercising the torpid organs. The patient must yield implicit obedience to the higher sentiments of his nature; cultivate a respect for religion; cultivate all the virtues; cultivate adoration and love of God in his works; study natural religion, and make this life as pure, true and good as possible. The third indication is to restrain the selfish propensities. This is done by avoiding all the causes of physical inflammation and false excitement; abstain from the use of the things mentioned above as being the causes of the perversion of the propensities; avoid temptations and incentives to anger and sensuality; and cultivate the moral faculties as before directed.

Sidney, O. *October* 26, 1865.

Apologies for Drunkenness.

"Fred has just come home from College, where he has studied hard and been confined and the boys are *witching* and he *witches* with them."

Fred was a clergymen's son, a young man of gentlemanly appearance and more than ordinary intellect. The *witching* was a dignified name for "*sprecing*," "having a bender," or what the vulgar call, "going on a drunk." The author of this apology was a middl-aged, respectable sort of a woman, the mother of a young man not wholly free from the charge of living fast. By such encouragements the curse of intemperance is spreading through the land. Those whose influence should be most potent in checking its progress are giving it countenance. We who are striving to resist temptations and control our passions are looking to you, mothers and sisters, for assistance. We beg of you not to lessen the magnitude of these vices by giving them tender names. If one of our number falls, go to him; plead with him tenderly; show him the awful gulf before him; but don't stretch a screen of roses across the abyss, for it can not sustain him and eventually he will reach bottom. When appetite is no longer controllable and you dare no longer offer your apologies for fear of losing you respectable position in society, if he points his shaking hand toward you, saying, *you did it*, can you plead not guilty? Total abstinence is a young man's only safety. Can you not see it, mothers? Look over the history of your acquaintances! Sisters, can you expect to marry moderate drinkers and not find drunken husbands? It is unreasonable, don't encourage us to float in the popular tide down to the edge of the precipice and curse us if we go over.

L. D. B.

Chenango Co., *November* 1865.

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Hygiene in Ladies' Seminaries.

BY M. L. HOLBROOK, M. D.

F. M. HALL—*Dear Friend:* For several years, as you know, I have been greatly interested in the subject of School-room Hygiene and all those studies which have in view the improvement of our educational institutions, so far as their relation to physical culture and the health of pupils is concerned. I have introduced into a large number of schools physical culture, but am satisfied that just this and nothing more is not enough, unless we include in the term physical culture, as we should every thing that belongs to the subject, instead of as now, a system of exercises only. I am induced to make a note of this, because quite recently a large Ladies' Seminary in Massachusetts has had among its pupils a severe form of typhoid fever resulting in the loss of many lives. The following are the facts to which I refer:

"In July and August of last year a deadly epidemic broke out in Pittsfield, Mass., in the Maplewood Young Ladies' Institute. Its causes have been thoroughly investigated by three physicians, at the request of the principal; we have their report before us, and the story it tells is of importance not only to the heads of schools but to our city authorities and the people, who may learn from it how the neglect of drainage will produce deadly fever, even in the most healthful localities.

"Pittsfield, as is well known, lies on high ground, in the most healthful part of Western Massachusetts. The Maplewood Institute is placed on an elevation overlooking the town and the country for some distance. A fairer situation for a school could scarcely be found. Yet during July and August, 1864, of 77 pupils, 51 were struck down by typhoid fever, and of 23 others, nine or ten are reported to have had premonitory symptoms of typhoid; one had dysentery, one slow fever, one anæmia. Of the 51 cases of typhoid fever, 13 terminated in death—or more than 25 per cent."

"The whole family at Maplewood numbered 112; of these 56, or 50 per cent. had typhoid fever, and 16, including teachers and servants, died, or 28.5 per cent. To show what these figures mean on a large scale, the report before us remarks that the town of Pittsfield has a population of 8,000; if all the people of the town had been affected as were those of Maplewood, 4,000 would have been struck down, in a few weeks, by typhoid fever, and 1,140 would have died—a frightful mortality, which would have attracted the attention of the whole country. But at the time when the inhabitants of Maplewood were thus suffering, there were, so far as the committee have been able to ascertain, but eight cases of typhoid fever in the whole town besides, and none of these terminated fatally.

"It should be remarked, that while the disease was raging there were the usual outcries about contagion, which scare many people unnecessarily during seasons when cholera is prevalent. But the committee of physicians were not able to discover that the disease had been communicated by any of the pupils to their friends on their return home; and the ascertained facts abundantly account for the disease, which was brought on by the filthy condition of the privies, and by the gases from an open drain, and from the cellar of an old stable which had been recently removed. A number of the pupils testified that the 'smells' from these places were so annoying that both during the day and at night they were obliged to close their windows to keep them out. It was more endurable in August to sit in a room with closed windows than to let the poisoned air in from without.

And yet this seminary had taken care to introduce into its school routine a thorough course of physical culture. The writer visited the place in the early part of the year 1862 for the purpose of finding a situation for a young lady to teach gymnastics, and found they already had a fine gymnasium and a good teacher of gymnastics. The proprietor was at that time making the attention he gave to health a strong reason why his school should be largely patronized. The papers in speaking of their annual exhibitions remarked on the fine gymnastics and the attention given to physical culture. And yet only a year and a half after this we have a long report on the "Maplewood fever," with the death of 28 per cent. of the victims. This gives food for grave reflections. Is it after all likely that this severe form of fever was caused alone by the bad air of the drains, or was this the exciting cause, while the real cause was in other influences? How much had their other habits to do with producing the state of blood which such an exciting cause as the foul air from the drains and privies might produce. How thoroughly did the ladies bathe, and how thoroughly did they ventilate their rooms. In my opinion, without knowing all the facts, the real causes would have been found in error here. So again in the results, twenty-eight per cent. of mortality. The treatment of course was "regular;" this is not very complimentary to the system, particularly when the subjects were all young girls of an age when health should be best, and living in a healthy region. But the treatment has spoken for itself and needs no further remarks. Now for the reflections. Every girls' seminary in the land to avoid such failures as this, should at once place physical culture on a proper basis; but they must not stop here; the principal should employ a person who is thoroughly versed in all the laws of health and who should be able to treat them Hygienically when ailing, but above all enforce strict rules of health. The table provided for most ladies' schools is an abomination, or as Dr. Lewis said to me once, "born of the infernal regions," and produces much disease. It ought to be modelled after the Hygienic system, and consist of abundance of the best vegetables, fruits, and the best of unleavened bread, with only the best of meat once a day, and that in moderate quantities. Cakes, pies, etc., are good if properly made, but as usually concocted are fit only to deprave the blood and not to keep it pure, and a depraved state of the blood is the very one which results in the fever we wish to avoid. The skin, bowels, lungs, muscles, heart, etc. etc., should be cared for wisely. Thorough bathing every day under the care of a competent bath-attendant would have done a great deal toward preventing this epidemic at Maplewood, and a hundred times more toward curing it,

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when indeed those tonics, stimulants and the ordinary drug treatment, which I may say is always heroic when the disease assumes an epidemic form, as at Maplewood. The ladies' seminaries of the land might be the means of developing a much higher type of woman than they do, if they would study for a natural instead of for a fashionable development. They might improve the health of even their frail pupils, if they would introduce a wise system of Hygiene in their school discipline, instead of leaving all to habit, chance and morbid tastes.

Palmerston's Physical Habits.

Lord Palmerston, who died in October, lived to the age of 81 years; never had but one illness in his life; held office for 60 years without intermission; and did an immense amount of labor. Some few notices of his bodily habits can not fail to be interesting:

PALMERSTON AND THE DOCTORS.

"The doctors could never get him to take proper care of himself. He was born with a magnificent physical and mental constitution, and had never had a real illness in his life.

"During the last day of his life, when his mind was rambling, his talk ran much upon how he should keep his birthday—yesterday. His vitality was prodigious. Says The Telegraph:

"He received at Brocket Hall the Irish deputation upon the cattle disease, though he was very unwell, and obliged to recline upon the sofa all the time; but he at once acted upon the wishes of his visitants. If he would have kept to that sofa, he might have lived; but, as we have said, he was a constant terror to his doctors by reason of his energy; although, when he once promised to obey them, he kept his word as if it had been pledged to the House of Commons. As a rule, he enjoyed superb bodily health, and one of the reasons was, that, be it late or early when he escaped from state affairs, he always insisted upon giving himself seven hours and a half of good sleep. If he could not get away home till 4 A. M., he bade his servants leave him undisturbed till noon. His radiant spirits and easy method with public business were, of course, elements toward his long and unbroken vigor, and he had the faculty of throwing off the gravest cares of state along with his Parliament coat. But he could not do so with personal matters, which is another proof how strong the personal and human nature was in him. He would fret and worry if a member of his family were ill, and be more disquieted than at the impending crash of a throne, until the household was in good ease again. These things could break even his regular sleep; but "affairs" were *not* his flesh and blood, and he could put them off when they were troublesome till the next day.

HIS ENDURANCE.

"He worked hard for success even in extreme old age. As a young man he did less than his friends expected of him; as an old one he did far more. It was amazing to see how he could sit out the whole House of Commons in its longest sittings. At 3 or 4 o'clock in the morning he was the freshest and liveliest man there, ready with his joke or a clever explanation to appease the irritability of a worn assembly. Besides the toil of debate and incessant watching in the House of Commons, his office work was enormous. His dispatches, all written in that fine bold hand which he desired to engraft upon the Foreign office, are innumerable. His minutes upon every conceivable subject of interest in the last fifty years would fill many volumes, and it is to be hoped that some of them will be published. Moreover, in private, he was always ready to write for the information of his friends, and he always wrote well. We may add, in parenthesis, that generally he wrote standing. To get through this immense amount of work he lived during the session what most of men would regard as an unwholesome life. Four days a week, when the House sat at night, he dined at 3 o'clock; on other days at 8.30; when his dinner was late he took no lunch; when it was early he seldom took any supper. While young men went off from a debate to enjoy a comfortable meal, he sat on the Treasury Bench all night, and never budged from it except to get a cup of tea in the tea-room, where he liked a gossip with whoever was there. For, with all his official labors, he kept his hold on society and enjoyed life like a youth. Lord Palmerston—and in this Lady Palmerston resembles him—was in his very nature genial and social. They loved society—not necessarily their own society, but all men and women. In the country, as in town, their hospitality was unbounded. A large family circle continually gathered about them, reinforced by whoever was remarkable for political or literary or artistic eminence, for sport, for travel, for military and naval exploits. All were welcome, and all found in both host and hostess a sympathizing audience. Yet they were never rich until latterly, and even at last their means were as nothing when compared with the opulence of many who never open their doors except to the members of a coterie. All this was the result of a prodigious vitality. Any doubts on that score might be settled by seeing Lord Palmerston at a public dinner—he sat down to it with the zest of an Eton boy: or by seeing him on horseback—when nearly an octogenarian, he would ride some fifteen miles to cover and think nothing of it. His mind never lost its interest in whatever was new. He was as keen as any young man about the coming Derby, and would rather have won it than gained any political triumph."

HIS MUSCULAR DEVELOPMENT.

Another paper speaking of his body says:

"Of barely middle size, but splendid muscular development, he measured 46 inches round the chest up to a very late period of his life, and in his youthful days had a waist like a lady. He was once one of the best dancers in England, and the introducer of the waltz at Almacks. He rode well, like most Britons, but not very boldly, and preferred Rotten Row to the hunting-field."

HIS EATING AND SLEEPING HABITS.

"A generous, but not a great eater, he liked what was good, and confined his indulgence of fruit, of which he was extremely fond. Of late years he drank only one glass of sherry at din-

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ner, but he had certainly earned his inveterate gout in the days of the Regency. Probably he had been a gay liver then, but had pulled up short when the love of pleasure began to give place to that of ambition, and thus secured his longevity. He never smoked and, like many of the old school of Englishmen, hated the smell of tobacco. He always, as Emerson says, put a solid bar of sleep between each day, let him retire ever so late."

PALMERSTON ON AVOIDING THE CHOLERA.

One of the best things Palmerston ever did, as an officer of the Government, was in writing his famous letter to the parties who urged him to appoint a royal national fast in anticipation of its approach to London. The most important part of the letter reads as follows:

"The best course which the people of this country (city) can pursue to deserve that the further progress of the cholera should be stayed, will be to employ the interval that will elapse *between the present time and the beginning of next spring* in planning and executing measures by which those portions which are inhabited by the poorest classes, and wich from the nature of things must most need purfication and improvement, may be freed from those causes and sources of contagion which, if allowed to remain, will probably breed pestilence and be fruitful in death, in spite of all the prayers and fastings of a united but inactive people."

There is much to learn from the life of such a man. He was no doubt a millionare as respects his endowments of vitality, and though in many respects his physical habits were bad, as is indicated by his gout, yet in other respects his habits were good; had he let wine alone entirely, and been more exemplary in some other habits, he might have lived another score of years in good health. The world needs just now a few men of enormous vitality, coupled with good Hygienic habits, to devote themselves to Health Reform and Physical Culture. Can we not have them. H.

Small Pox.

BY HULDAH ALLEN, M. D.

DR. TRALL—A few days ago, my friends were talking about small pox. A woman present said, "When Mr. JACOBS had it, one night, the man watching him went out into another room to eat the luncheon provided for him, leaving the patient unguarded. Now was the patient's time. He had been wishing to plunge into cold water, which he felt sure would allay the suffering in the burning, itching skin. He opened a window, leaped out and buried himself in a snow-drift. The watcher came in from the midnight meal, and learning what had occurred, accused himself of murder, supposing the patient would surely die from such exposure. In haste the doctor was sent for, and the circumstance related.

"'He sleeps well,' said the doctor.

"'Yes; and before he fell asleep he said he was perfectly comfortable.'

"'I think it may be the best thing that could be done for him; but I should not have dared to *advise* it,' the doctor replied.

"'When I was a boy,' said Uncle JOHN, 'our family had small pox. The doctor was an old man, and as he came in and looked around, he exclaimed, "What are these boys doing here? Send them out of doors." So out we scampered. Daily, as we pleased, we ran out and bathed in snow. Six of us had the disease, and we were treated thus—with fresh, pure air and cold bathing. In a short time we all recovered, without permanent marks of the disease left in the skin.'"

These cases give hints in regard to the treatment of this loathsome disease, and perhaps a case which recently came under my care may be of interest. The patient had violent fever. On the third day of her fever the eruption appeared. The pustules developed well, and in due time they disappeared, without leaving scars. By the tenth day the patient professed to feel as well as ever, and in fourteen days from the access of the fever she was about her business. She *might* have gone out days before, but when she went out she was perfectly well.

The favorable progress and termination of this case, I impute largely to the patient's previous habits. For months she had not eaten salt, sugar, milk, meat nor fine flour. She ate but two meals a day; often she fasted, instead of eating the second one. So her system was comparatively pure. The treatment was: Bowels freely moved by an injection. Night and morning a foot bath and a towel bath were given. The pain in the back part of the neck and head was removed by fomentations. The towel baths could be but little more than laying the wet cloth against the skin. Cold water was kept at the bedside; and by its frequent application to the skin the suffering of the patient was relieved. Her clothes and the bedclothes were kept thoroughly aired, and the room was kept well aired and rather cool. No odor of small pox could be perceived in the room or about the patient. During convalescence the patient was very strict and abstemious in respect to food. In short, Doctor, this was the prettiest case of small pox I ever saw.

HEALTH AFFECTED BY DIET.—The body is not the only part that becomes morbidly affected by errors in diet; the mind suffers with it. There is great sympathy between the organs of digestion and the brain. These are closely and intimately connected by nervous communication, so that you can not, to any extent, affect the one, without affecting the other; and to the degree that you affect the brain, to the same degree do you affect the mind; for it is by the action of the brain that mind is produced.

Now, unhealthful food irritates the nerves of the stomach, and through them, the irritation, to a greater or less extent, is conveyed to the brain, causing it to act abnormally.

Many an individual has often wondered why he could not better control his mind, and why his evil passions should often and so easily gain the mastery over him, and he become irritable, fretful, peevish, and fault-finding; when, if he would but correct his bad habit of eating, and would live on plain, simple and unstimulating food, he would find that his mind would be more easily controlled, and be in a much better condition to bear the trials and difficulties of this life, and he would have a better prospect before him of securing that which is to come.—*Dr. Ray.*

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Work for Woman.

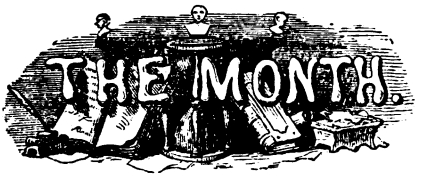
UNDER this head The Tribune has spoken manfully and nobly for the rights of woman and the cause of all mankind. Miss ELIZABETH GARRETT, after years of preparation and an examination that the Chairman of the Apothecaries complimented as particularly brilliant, has been admitted to practise as a druggist in London. Intrinsically we can see no more importance to allowing a properly educated woman to deal out doses, weigh out scruples and drachms, mix powders, measure tinctures and prepare prescriptions, than in allowing a properly qualified male personage to perform the same processes. But we are told, by a London journal, that the "regular practitioners are understood to feel a great jealousy," "just as the Irish in New York do of negro candidates for work," and the same paper says, "he will be a bold man who first consents to meet Miss GARRETT in consultation." This means, of course, that the physician who countenances this innovation of a female druggist will be marked by the profession for vengeance.

"There is about as much sense in the opposition of the Irish chambermaid toward the chambermaid from Virginia, as there is in this dislike of London male physicians toward women. According to all the authorities, this woman is proficient in the arts and sciences; she has passed through all the forms of study, and certainly knows as much about the functions of the body, the cause and course of disease, the nature of remedies and the surest way of preserving health, as the bigoted Sawbones who believe that medicine is among the fixed sciences, and that all attempts at innovation are empirical. Because Sawbones is a man, and carries a gold-headed cane, and looks wise, and scrawls Latin hieroglyphics on small scraps of paper, and lectures dogmatically about the follies of the "pathies" who are not of his "pathy," must we say that all the world is false and he alone true—that all men and women are charlatans, and he alone the true minister of health and science? We can understand, perhaps, why an Allopathist may sneer at the disciple of Homœopathy; or why the Electropathist may assure us that the Hydropathist is a humbug. Each of these classes has been taught in a peculiar school, and the mind trained in one way. But what "pathy" is it that prescribes that none but men shall know its mysteries and expound them to a suffering world for so many dollars per hour? The "pathies" have multiplied so wonderfully in the last few years that we have as many "pathics" as "isms," and we may be killed or cured in as many ways as we may be saved or damned. Behold, a new one comes from London, and henceforward there are to be Manpathy and Womanpathy—the difference being simply that the Manpathists wear broadcloth after a certain shape, while the Womanpathists array themselves in the latest colors from Paris. The Manpathists have power, and they use it in a narrow, vulgar, jealous way to repress a small and struggling class.

As we showed recently in these columns, the question of work for woman is a problem that becomes more and more important, for the tendency of all civilizations, of close settlements and overcrowding population is to make the female sex largely in excess of the male. It is so in New England and in the cities of our Atlantic civilization. Twenty years from now it will be so in many of the Atlantic States. Accepting marriage as the duty of all men and women, we find that, after answering this duty, we have a large female surplus, who must either support themselves or be supported by others. In the relation of sister and daughter and mother, many may find support without the necessity of personal labor; and, whenever a brother, father or son can give that support, the duty is theirs. But this does not meet the case of the large class who have neither son, brother or father to support them—who must live, if their lives are lives of virtue, by labor. We see them here in New York—in New England—in most of the countries of Europe. There are fantastic theorists who urge that polygamy is the true way to use up this surplus of women. Pious thinkers advocate the monastic system, and think it would be to the glory of the Catholic Church and development of womanly virtues to put the surplus in cloisters. Our civilization, we blush to say it, has thrown up a class more infamous even than the unnumbered wives of Turkish lords, and infinitely more profitless than the life of the cloister. Is there no way of deciding this problem? Must we go on from century to century—growing richer, happier, wiser every day, advancing morally, socially, politically, improving the whole economy of life, and yet dragging with us a class whose daily life is infamy? This is the ulcer that makes our purest civilization offensive. Shall we toy with it, and write rhymes and witticisms, and find pleasant phrases to hide its shame, as they do in France? or shall we assume the functions of the God of Vengeance, like England, and curse to irretrievable perdition all women who make merchandise out of their virtue? The French plan and the English plan alike have failed. Miss Garrett's case will illustrate the reason. Here is an accomplished woman, who, after years of study and labor, is pronounced competent to practice medicine. She may be poor, with a sick mother or a bedridden father, or with orphaned brothers and sisters to educate and raise to respectability. She proposes to do it by studying and practising medicine. The Manpathists object. There is no reason except the vulgar prejudice that too often accompanies and debases power. Practise medicine! No, go to a brothel, and foster in crime; or to a factory, and die from consumption; or work sixteen weary hours a day, sewing shirts at ten cents a piece. You may have intellect, scholarship, judgment; you know as much or more than we; you can check a fever, or stay consumption, or control the cholera, as effectually as any Sawbones in London—but it matters not. You are a woman—so hence to a brothel, or a factory, or a garret!

We trust there is manly sentiment enough in London to sustain Miss Garrett in her calling—and we would that many of the women in New York would follow her example and enter the learned professions. We believe in throwing open the widest door to woman. Let her not be forced to the choice of poverty or shame. Give her our opportunities, and she will as readily take care of herself, her family, her happiness and her fame.

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NEW YORK, JANUARY, 1866.

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."

TOPICS OF THE MONTH.

BY THE EDITOR.

ONE-IDEAISMS.—That there is a tendency and a temptation on the part of the practitioners of the Hygienic system to put some one of its remedial appliances too prominently forward—in other words, to make it a business hobby—must be evident to all who are familiar with its history. Our remedial resources are air, light, temperature, food, clothing, exercise and rest, sleep, bathing, electricity, magnetism, passional influences, and, in surgical cases, the knife, ligature, caustics, refrigeration, etc. In some cases, fevers and acute inflammations for examples, water is our leading remedial agent. In dyspepsia, plethora, and various forms of cachexia, a due regulation of the diet is the most important of any one of our restorative measures; in various forms of scrofula, consumption, gout, rheumatism, and neuralgia, air, sunshine, exercise, or temperature should be regarded as at the head of our Materia Medica; while in many cases of nervous debility, torpid, contracted or relaxed muscles, displacements, spinal complaints and multitudinous drug diseases, sleep, "movements," electricity, magnetism or social conditions should be placed first in the order of importance. But in all cases our whole Materia Medica should be kept in view; and the most successful practitioners of our system always has been and always will be those who most intelligently discriminate the minuter shades of difference in the various cases, and who most precisely adapt each and all of our curative agencies to the ever-varying circumstances of each case. And this principle precludes all idea of "one-ideaisms" or hobbies. If one physician finds it convenient to manage an electrical machine, and another has a gymnasium, and another is expert in the light gymnastics, and another has a Turkish bath, and another combines electricity with hot water and calls it electro-chemical, and another has mountain air, and another has sea breezes, etc. etc., each is apt to exaggerate the special advantages of his leading remedy at the expense of every other, and to the damage of the whole Hygienic system, and because all can perform wonderful cures, the people are misled into the fashion of seeking a remedy for infirmities in some particular process, instead of the proper adaptation of all of the appliances of our system.

What one person can do or suffer advantageously, even in the employment of Hygienic agencies, may be the death of another. To illustrate: We have taken a shower bath, on rising in the morning, nearly every day for a dozen years, using the water, winter and summer, just as it run from the Croton pipes, the temperature varying from seventy-five degrees in summer to a little above the freezing point in winter. We were not conscious of any inconvenience, and we do not receive the least injury from such treatment. But we have seen hundreds of invalids who were able to do a moderate day's work every day, who could not have lived a year under such exposure. And we have known several persons to injure themselves and become disgusted with "the whole Water Cure humbug," because a shower bath did them more harm than good. We have known, too, persons injured by the injudicious administration of "packs," plunges, douches, vapor, electro-chemical and Turkish baths. The different effects of baths are due to the different conditions of the persons. What is beneficial to one invalid may damage another and kill a third.

Because Dr. BARTER can take a Turkish bath every day in the year without sensible injury, and with apparent benefit, it does not follow that all others, nor even that many others can imitate his example with impunity. We have exposed ourselves to hot vapor baths and to dry air, heated from one hundred and twenty-five to one hundred and seventy-five degrees for one, two and three hours (as experiments) without any disagreeable consequences, so far as we could judge by muscular action or nervous sensations. But we have known others to try the same experiments and to be seriously damaged thereby. These facts are sufficient to show that the vital machinery can never be safely dealt with as if it were a mechanical machine to be "acted on" and propelled by exterior forces. It must be *supplied* with the materials and the conditions which are most favorable to its processes of self-purification and self-restoration. We should never forget for one moment that all healing power is inherent in the living organism, and that all attempts to

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"force nature," whether by extreme heat, or extreme cold, or stimulants of any kind, only serve to exhaust the vital powers and render recovery more difficult and less perfect. All routine practice in our system, as in all others, is pure and unmitigated empiricism.

HOMŒOPATHY AND LIFE INSURANCE.—It is stated in the public papers, and in the Homœopathic journals, that a London Life Insurance Company has reduced the rate of premium on those of its customers who employ Homœopathic physicians. Could there possibly be a more stinging rebuke to Allopathy? The managers of Insurance Companies are eminently practical men. Where dollars and cents are the only questions involved, people generally seem to act with a thousand times more shrewdness and sagacity than they do in matters which concern life and health. Close and careful observation have convinced the Directors of one Life Insurance Company that the less medicine their insured patrons swallow the less likely they are to die; and, being honorable business men they can not justly, nor in conscience, charge so high a premium as they are obliged to on the lives of those who take medicines in Allopathic doses. We are of the opinion that, if all Insurance Companies would make the same observations they would come to the same conclusions.

THREE CORDS OF "RED JACKET."—The more silly and ridiculous is the name of the humbug nostrum, the more readily the unthinking multitude run after it. This principle in the human nature of the present age, the quacks seem to understand. Not long since one of the enterprising speculators in this line put out an "everlasting cure-all" under the classic and euphonious title of "Red Jacket." We have heard among the nursery tales of "long time ago" or read in some old newspaper or ancient book, that there was once an Indian chief by the name of Red Jacket—probably some relation of "Corn Planter," "Shingo," "Big Kettle," "Deer Killer," "Scalp Taker," or "Bear Eater." Some how or other it has become a public whim or phantasy that Indians are wonderful creatures in the way of curing the diseases of the pale faces—all diseases except their own. Thus we have Yankees, Dutch, Irish, Scotch, English, French, Italians and Chinese—male and female—setting themselves up in business on the capital stock of being Indian doctors. Some have acquired their marvelous skill in captivity; others have purchased the wonderful secret of some copper-colored (no allusion to copper-*heads*) witch or wizard; others have paid some high-mighty chief of some extinct tribe a fabulous price for some native discovery in the healing art, and on the same principle of astonishing the pale-faced natives, Indian herbs, Indian roots, Indian barks, Indian extracts, Indian pills, Indian powders, Indian bitters and Indian medicaments generally are paraded to the gaze of "an intelligent community" in the windows of divers drug shops, and displayed to the reader in sensational headings and excruciating engravings, through the medium of multitudinous newspapers. To make a long story short, the thing is well got up, the medicine sells, the proprietor puts money in his purse—and laughs at the silly dupes who are so easily fleeced.

We understand that the Red Jacket is having a large sale, and why not? "Plantation," "Sozodont," "Blooming Cereus," "Thousand Flowers," "Kathairon," "Rejuvenating," "Fu Chang Fun," etc. etc., have no more sense, nor half the sound of Red Jacket; that is, they are not half so silly. Then why should not Red Jacket outsell them all. We rather think it does. A few weeks ago there was landed from one of the Upper Mississippi steamers, at St. Paul, three cords of Red Jacket. The medicine was put up in boxes—perhaps of one dozen bottles each, and when the boxes were piled up at the landing a gentleman had the curiosity to measure them and found exactly three cords. On inquiring for the ultimate destination of the stuff he ascertained that one of the several drug shops of St. Paul took a full cord! A cord of this Red Jacket, as retailed to the customers, can not sell for much less than three hundred dollars. A cord of maple wood can be purchased there for nine or ten dollars; and one cord of good wood will do more toward keeping one warm, healthy and comfortable, than will all the Red Jacket that can be floated on all the steamers of the "Father of Waters." But, if the people love to be humbugged and enjoy paying for it, that is of course their business, not ours.

SALT IN FATTENING SWINE.—Under this caption an agricultural paper says:

"A correspondent states some interesting experiments to test the use of salt in fattening swine. He selected two pairs of barrow hogs, weighing two hundred pounds apiece. One pair received, with their daily allowance of food, two ounces of salt; the other pair, similarly fed, none. In the course of a week, it was easily seen that the salted pair had a much stronger appetite than the others, and after a fortnight it was increased to two ounces apiece. After four months, the weight of the salted hogs was three hundred and fifty pounds. The experiment was repeated with almost precisely the same results. The correspondent feeds young pigs according

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to their age, a quarter of an ounce daily; breeding sows very little during pregnancy, and during the heat of summer witholds it in a degree from all, as it induces thirst and a liability to disease."

If the writer of the above article has explained the rationale of swine growing fat under the use of salt, the question of hog-food for human beings would have been presented in a very different light. Salt produces a morbidly increased appetite, and occasions constipation. The result is, the animal fills up with effete matters which are accumulated in the cellular tissue in the form of fat. The animal grows more bulky, and as its commercial value is reckoned by weight, this process of fattening is profitable to those who sell the swine, but not to those who eat it; for the adipose accumulation is itself a morbid condition, and the more any animal is fattened the more unwholsome it becomes. We do not address this argument to those who regard pork as the staff of life, but to those whose appetences are not contaminated with the taste of the filthy scavenger, and who desire a reason for the faith that is in them.

BLEEDING HOGS.—We clip the following from the agricultural department of one of our weekly exchanges:

"A recent writer says: 'Bleeding is a remedy for most of the diseases to which a hog is liable, and one of the best places to bleed a hog is in the roof of the mouth.' He objects to bleeding from the artery inside the forearm just above the knee, because it is more difficult to stop the flow of blood there than in the roof of the mouth. In the latter place it is stopped by applying a cloth well saturated with cold water."

We agree with "a recent writer" substantially; only we think the bleeding should be from the heart or aorta, and the process continued until the dirty brute evinces unmistakable evidences of having had his last sickness. We go for bleeding hogs Allopathically, but we would bleed humans Homœopathically.

TOBACCO FROM EGYPT.—An exchange gives the following important news item:

"BAYARD TAYLOR informs the Editor of The Rural Advertiser, Philadelphia, that he raised the present season a few plants of the real Latakia tobacco, probably the first ever grown in the United States. The seed was brought from Egypt, and he considers the plants he has grown fully equal to any he ever saw on Mount Lebanon, from whence the celebrated Latakia tobacco comes. It is quite a distinct species, having a broad velvety leaf, and a pale yellow blossom. No seed for distribution until another year."

Is not the native American "filthy weed" sufficiently disgusting to decency and sufficiently ruinous to the American people, without the introduction of foreign varieties of the deadly narcotic? BAYARD TAYLOR is a flippant writer, has been a distinguished traveler, made books and given lectures, in which he praised good feeding, drinking and smoking, and lampooned "lank vegetarians." He is a person of considerable consequence in his way, and no doubt his opinions and examples have much influence in the world. But with the talents of an angel a man may be a fool. Is such a man a blessing or a curse to the human race?

DISEASED MEAT.—Among the items of the foreign gossip of one of our city dailies we find the following:

"An English doctor who has investigated the matter, declares that it is safe to eat beefsteaks cut from animals in which the cattle plague has been fully developed. He adds that he fed some of the lower animals upon the diseased meat and intestines, cooked and raw, of oxen affected with cattle plague in its worst stage, without producing any injurious results. In addition to this, he has met with a great many men who have had cuts and scratches on their hands, and who have been daily inoculated with this poison without taking any harm."

Some of our London critics of the M. D. persuasion are mortally offended because we have asserted that common sense has never been applied to the investigation of medical subjects. We offer them the above as an illustration of the truth of our statement. Any person in the exercise of his unsophisticated common sense knows that such food is both poisonous and pernicious, whether any immediate effects are apparent or not. The reasoning of "an English doctor" would make alcohol and even arsenic wholesome, if not taken in quantities large enough to occasion severe sickness or sudden death. Common sense, indeed!

ICE BAGS *vs.* MUSTARD PLASTERS.—A very queer, and to the Hygeio-Therapeutist, a very ludicrous controversy is *raging* in the medical profession in England, whether the cholera is best treated with hot mustard plasters to the abdomen or cold ice bags to the spine. Each "remedy" has its champions; but at length, the gordian knot seems to have been cut, or at least struck at, by a Dr. BULLAR, who hangs on both horns of the dilemma, as will be seen from the following curiously-curious specimen of medical logic:

"THE TREATMENT OF CHOLERA.—*To the Editor of the Hampshire Independent—Sir:* In answer to 'Fair Play' I beg to say that in the case of cholera referred to, the hot water and mustard bath was the sole cause of the reaction and relief. As I have said in a fuller account of the case in the medical journals (see the British Medical

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Journal of October 21), after his removal from the bath an ice bag was applied, but it made him so chilly and uncomfortable that it was not persevered in, and the reason it did so was that reaction was sufficiently established. Fully to understand the reason of this requires a long scientific explanation, and if I had stated in the letter you published from The Times the bare fact that the ice bag made him chilly and uncomfortable it would have created a prejudice against the treatment, which I should have been sorry to have done.

"The object of both plans is the same, to produce warmth—the means differ. The mustard hot bath acts on the ends of the nerves, the ice bags at their beginnings near the spine.

"Your obedient servant, JOS. BULLAR, M. D.
"SOUTHAMPTON, *October* 22, 1865."

We would not quote Lord DUNDREARY and call the author of such reasoning an "insane idiot," by no manner of means. We only term him a well *mis*educated medical gentleman, a gentleman and a scholar whose curriculum has educated him out of the exercise of his common sense on medical subjects. The idea that ice applied to the origin of the nerves can warm the surface, is a thousand times more absurd than the attempt of the juvenile chemist, who, on the theory that there was heat in a snow-ball, undertook to accumulate enough of them to boil a tea-kettle!

Well may Dr. BULLAR tell us that it requires a "long explanation" to "understand the reason," so long that he will never live to write it.

DR. MARY E. WALKER.—We are glad to notice that "a testimonial and medal of honor" is to be conferred on this "Woman Doctor," who has achieved a distinction in the annals, not only of military surgery but of military service, never before accorded to one of her sex. The Washington Republican says:

"President JOHNSON, carrying out the purpose of his predecessor, President LINCOLN, and acting upon the recommendations of such high military authority as Majors General SHERMAN, THOMAS and McCOOK, has been pleased to issue the order below in favor of Doctor MARY E. WALKER. This order is handsomely inscribed upon parchment, and is the only compensation, under the law, that the President is empowered to bestow upon the Doctor, because she happens to be a woman. Much of the service rendered by her to the Government could not have been accomplished by a man. She risked her life many times, and nearly sacrificed her health, in her efforts of patriotism, as time will hereafter tell. Until Congress can do Dr. WALKER some degree of pecuniary justice, she must be content with the noble parchment testimonial of the President, so justly bestowed, and all that he has the power legally to give.

"By the way, while some of the wealthy men in the land are giving houses to worthy Generals, who really do *not* need them, why not make a small donation to a worthy woman who *does* need it? We merely throw out the suggestion. Here is the President's order

"EXECUTIVE OFFICE.

"*Whereas*, It appears from official reports that Dr. MARY E. WALKER, a graduate of medicine, 'has rendered valuable service to the Government, and her efforts have been earnest and untiring in a variety of ways,' and that she was assigned to duty and served as an assistant-surgeon, in charge of female prisoners at Louisville, Ky., upon the recommendation of Major Generals SHERMAN and THOMAS, and faithfully served as contract-surgeon in the service of the United States, and has devoted herself with patriotic zeal to the sick and wounded soldiers, both in the field and hospitals, to the detriment of her own health, and has also endured hardships as a prisoner of war four months in a Southern prison while acting as a contract-surgeon; and

"*Whereas*, By reason of her not being a commissioned officer in the military service, a brevet or honorary rank can not, under existing laws, be confered upon her; and

"*Whereas*, In the opinion of the President, an honorable recognition of her services and sufferings should be made,

"IT IS ORDERED, That a testimonial therefor shall be hereby made and given to the said Doctor MARY E. WALKER, and that the usual medal of honor for meritorious services be given her.

"Given under my hand, in the city of Washington, D. C., this eleventh day of November, A. D. 1865.

"ANDREW JOHNSON, *President*.

"BY THE PRESIDENT.
"EDWIN M. STANTON, *Secretary of War*."

Doctor WALKER is engaged in writing a history of her doings and sufferings. It will be the greatest book of the war. Her strange adventures, thrilling experiences, important services, and marvelous achievements, exceed any thing that modern romance or fiction has produced. Throughout her whole war-life of four years she has persisted in wearing the "short dress," and by the indomitable energy of her will, and inexhaustible resources of her "strategy," she has not only won the admiration of the military authorities of the country, but compelled, as it were, a recognition of woman's right to dress as she pleases, and to fill any station, public or private, which capacity and inclination fit her for. In this sense she has been one of the greatest benefactors of her sex and of the human race.

THE "REFORM DRESS" IN PARIS.—We are glad to learn that the author of the "Premium Dress for Woman" intends to exhibit the same, at the Universal Exposition in Paris in 1867, for the benefit of womankind generally and the admiration of the fashionable belles of that fashion-making metropolis particularly. Application has been made to Mr. DERBY, the American agent in New York, for a space of two cubic feet, which will no doubt be granted. We suggest that the in-

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ventor attend in *propria persona* and give a few lectures *en costume;* or, if that is impracticable, a representation of herself in wax, dressed *a la mode*, American style (that is to be), will be the next best arrangement. Who knows but that EUGENIA will not be enarptured with it, and then won't all the American women admire it? Of course, they will!

"CENTRAL HYGEIAN HOME." We are pleased to be able to record, for the benefit of the United States, *and New Jersey*, that our friend and fellow Hygeio-Therapeutist, Dr. H. T. ROWLAND, is about to open a Home for invalids at Florence Heights, N. J., and that it is to be actually kept on "strictly Hygienic principles." We are acquainted with the locality, and a more beautiful and salubrious place it would be difficult to find. The buildings were erected several years ago by a wealthy gentleman of Philadelphia for the purposes of a summer hotel, and are capable of accommodating two hundred and fifty persons. They are situated on the east bank of the Delaware River, on an eminence commanding a magnificent view of the most fertile gardening and fruit-raising region of New Jersey and Pennsylvania, twenty miles this side of Philadelphia, and accessible several times a day by railroad from New York and Philadelphia, and by steamers from Philadelphia, Trenton and Bordentown. A beautiful grove extends along the river for a mile, affording one of the finest promenades we have ever seen. The water is supplied by living springs, and is abundant, soft and pure. Though not quite near enough to the Equator for our contemplated "Southern Hygeian Home," it will answer admirably for a Home intermediate—a stopping place—between the North and South. Dr. ROWLAND is a graduate of our school, has had a large expereince in Hygienic practice, and spent two years as surgeon in the Army during our late war. We wish him all possible success; and we wish there were a hundred more persons like him, and a hundred more places like the "Central Hygeian Home."

TEETOTALERS AND LONGEVITY.—Mr. George Cruikshank is a very clever caricaturist, and perhaps it is because teetotalism is the caricature of Temperance that he is so zealous a believer in the virtues of water only. But he should remember that, though faces are fit subjects for caricature, facts are not so. He writes to say that he "defies the medical world to bring forward any man of his age, seventy-three, who by their advice has constantly taken these alcoholic drinks to keep up his strength, who has the same amount of strength and activity as himself, who has not taken any of these strong drinks for nineteen years."

Miscellaneous.

That Black Spot in Vineland.

DR. TRALL—I wish to give some explanation which may perhaps set things in a better light concerning that "Black Spot in Vineland." The premium on tobacco was offered by C. K Landis, the founder of the colony, and not by the Agricultural and Horticultural Society, as the "circular" seemed to show. Of the three hundred members of the Agricultural and Horticultural Society, but two individuals so far lowered themselves as to compete for the premium. The settlers here have come to raise fruit and not tobacco. At the first annual fair held here in September last, the luxuriant productions of "Vineland soil" of every kind of fruit, grains and vegetables *good for food* were displayed in all their majestic grandeur, but tobacco was absent and smoking was not tolerated on the grounds.

There is little danger of the people here devoting their time and labor to cultivating tobacco when raising strawberries will pay four times as much profit for the labor applied.

The absence of grogshops has thrown the rum trade entirely into the drug shop, but the Health Reformers are bearding the lion in his last stronghold, and judging by the thoroughness with which things are "done up" here, we will have here the first "anti-liquor, anti-rum and anti-drug community."

A large number of invalids come here from all parts of the country, but there is no "Hygeian Home" to receive them, and hence, judging from the number of deaths, Vineland *seems* to be as unhealthy a place as any other. The fact is, people must *obey* if they would *live*, whether they are in the West, South or East.

I hope you will visit this place ere you go West again and give us a course of lectures. You will find it to be "a land of promise," beyond doubt.

Yours Truly, E. ZODER, M. D.

VINELAND, N. J., *November* 14, 1865.

EFFECT OF MUSIC ON THE INSANE.—M. Evrat, the medical director of the St. Robert Asylum, in Dauphiny, recently got one of the celebrated musical bodies, known as the *Orpheonistes*, that of Grenoble, to visit his establishment; and they were not a little surprised at being saluted, on their arrival, by a chorus sung by the lunatics themselves, exhibiting the touching spectacle of men deprived of reason exhibiting in their singing that order and regularity which had no existence as regarded their ideas. The choruses of the *Orpheonistes* excited a marked effect upon the poor lunatics—emotion, surprise, and admiration temporarily suspending their delusions to such a point that they seemed completely reasonable. The order of the proceedings was not interrupted for an instant. —*Medical Times and Gazette.*

THE young scholar often hopes to accomplish every thing by genius at one dash; to learn science without any study, to master a language or write a song by the inspiration o wine. But nothing comes of nothing.

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American Cookery.

NOTES FROM MRS. H. B. STOWE'S "HOUSE AND HOME PAPERS."

THE frying-pan has awful sins to answer for. What untold horrors of dyspepsia have arisen from its smoky depths, like the ghosts from witch's caldrons. The frizzle of frying meat is as a knell on many an ear, saying, "Touch not, taste not, handle not, if you would not burn and writhe."

SOUPS.—English and American soups are often heavy and hot with spices. They burn your mouth with cayenne, or clove, or alspice. You can tell at once what is in them, oftentimes to your sorrow.

HASHES.—As to those things called hashes, compounds of meat, gristle, skin, fat and burnt fibre, with a handful of pepper and salt flung at them, dredged with lumpy flour, watered from the spout of a tea-kettle, let us not dwell too closely on their memory.

PROVISIONS.—We in America have the same material of provision in greater abundance than any other nation. It is said that a list of the summer vegetables which are exhibited on New York hotel tables being shown to a French *artiste*, he declared that to serve such a dinner properly would take till midnight. A rich carnival of vegetables; ripe juicy tomatoes, raw or cooked; cucumbers in brittle slices; rich yellow sweet potatoes; broad Lima beans, and beans of other and various names; tempting ears of Indian corn steaming in enormous piles; and great smoking turreens of the savory succotash, an Indian gift to the table for which civilization need not blush; sliced egg plant; marrow squashes of creamy pulp and sweetness; a rich variety, embarrassing to the appetite and perplexing to the choice. Verily the thought has often impressed itself upon my mind that the vegetarian doctrine preached in America left a man quite as much as he had capacity to eat or enjoy, and that in the midst of such laudolizing abundance he really lost the apology which elsewhere bears him out in pressing his less gifted and accomplished animal neighbors.

But with all this the American table taken as a whole is inferior to that of England or France. It presents a fine abundance of material carelessly and poorly treated. The management of food is nowhere in the world perhaps more slovenly and wasteful.

A peculiarity of our American table, particularly in the South and Western States, is the constant exhibition of various preparations of hot bread. In many families, bread in loaves to be eaten cold is an article unknown. The effect of this kind of diet upon the health has formed a frequent subject of remark among travelers, but only those know the full mischief of it who have been compelled to sojourn a length of time in families where it is maintained. The unknown horrors of dyspepsia from bad bread is a topic over which we will willingly draw the vail.

In reference to American butter, Mrs. Stowe is particularly severe:

Butter in England, France and Italy is simply solidified cream, with all the sweetness of the cream in its taste, freshly churned each day and unadulterated with salt. When we remember what butter is in civilized Europe, and compare it with what it is in America, we wonder at the forbearance and lenity of travelers in their strictures on our national commissariat. When I reflect on the probabilities which beset the delicate stomach in this line, I do not wonder that my venerated friend, Dr. Mussey, used to close his counsels to invalids with the directions "And don't eat grease on your bread."

VEGETABLES.—As regards the department of vegetables, their number and variety are so great that a table might almost be furnished by these alone. Generally speaking, their cooking is a more simple art, and therefore more likely to be found more satisfactorily performed than that of meats. If only they are not drenched with rancid butter, their own native excellence makes itself known in most of the ordinary modes of preparation.

There is, however, one exception. Our staunch old friend, the potato, is to other vegetables what bread is on the table. Like bread it is held as a sort of *sine qua non*; like that it may be made invariably palatable by a little care in a few plain particulars, through neglect of which it often becomes intolerable. The soggy, waxy, indigestible viand that often appears in the potato dish is a downright sacrifice of the better nature of this vegetable.

The most usual modes of preparing the potato for the table are by roasting or boiling. These processes are so simple that it is commonly supposed every cook understands them without special directions; and yet there is scarcely an uninstructed cook who can boil or roast a potato.

A good roasted potato is a delicacy worth a dozen compositions of the cook book; yet when we ask for it, what burnt shriveled abortions are presented to us. Biddy rushes to her potato basket and pours out two dozen of different sizes, some having in them three times the amount of matter of others. These being washed, she tumbles them into her oven at a leisure interval and there lets them lie till it is time to serve breakfast, whenever that may be. As a result, if the largest are cooked, the smallest are presented in cinders, and the intermediate sizes are withered and watery. Nothing is so utterly ruined by a few moments of overdoing. That which at the right moment was plump with mealy richness, a quarter of an hour later shrivels and becomes watery, and it is in this state that roast potatoes are most frequently served.

In the same manner we have seen boiled potatoes from an untaught cook coming upon the table like lumps of yellow wax, and the same article the day after, under the directions of a skillful mistress appearing in snowy balls of powdery lightness. In the one case they were thrown with their skins into water, and suffered to soak or boil as the case might be at the cook's leisure, and after they were boiled to stand in the water till she was ready to peel them. In the other case the potatoes being first peeled were boiled as quickly as possible in salted water, which the moment they were done was drained off, and then they were gently shaken for a minute or two over the fire to dry them still more thoroughly. We have never yet seen the potato so depraved and given over to evil, that could not be reclaimed by this mode of treatment.

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College Department.

THE COLLEGE TERM OF 1865–6.—The opening exercises took place at Metropolitan Hotel, No. 65 Sixth Avenue, on Tuesday evening, November 21. The introductory address was delivered by Prof. ELLEN BEARD HARMAN, M. D. The present class compare favorably with its predecessors, and is composed of nearly as many ladies as gentlemen. It is considerably larger, in point of numbers, than the average classes, though not quite so large as that of last winter. Several students are in the class who attended the Summer Term of the Minnesota branch, and a few who attended last Winter's Term are with us again. In bodily stamina and mental capacity, and in earnest devotion to and a thorough comprehension of the principles of Hygeio-Therapy, we have, perhaps, never had the pleasure of meeting a more promising class.

THE WOMAN'S MEDICAL COLLEGE.—We are sorry to learn that a schism has rent this College in twain, and that there are now two Women's Medical Colleges, each, of course, claiming to be the original Jacobs. Though we do not like the idea of medical colleges for women, nor medical colleges for men, but medical colleges for human beings, we regret to see our brethren and sisters of any medical faith dwelling apart in enmity. The following notice of the opening exercises of the present session we copy from one of our daily papers:

"The introductory lecture of the session was delivered last night by Mrs. C. S. LOZIER M. D. She described the advantages attending the practise of medicine by woman, and spoke of the prospects of the movement. Alluding to the discouragements which existed a few years ago, she said that now, the practice was honorable; the public, the press and the pulpit were in favor of it; legislatures charter and foster colleges for it; courts protect it. She added that if there were at this time ten thousand female practitioners, there would be room for as many more to educate and care for their sex.

"In reference to the proposed endowment of this Woman's College, she said, after treating the general subject in much detail, that the trustees submit the following plan: Two hundred dollars shall procure a scholarship, extending through two full courses of lectures: $10,000 shall endow a professorship; and $50,000 shall endow the college, which has by law the right to hold property to the value of $125,000. Means will be taken to carry the plan into effect."

HYGEIO-THERAPY IN LONDON.—An Englishman, who is a graduate of the New York Hygeio-Therapeutic College, writes:

"I look with deep interest upon your proposal to establish a college of your system in my native city, London; and I should be glad if you will allow me to offer some suggestions in relation to that enterprise. I have a daughter growing up who I hope will receive at your hands the diploma of the Hygeio-Therapeutic College. As soon as circumstances are favorable which I expect will be in a few months, I hope to become a regular contributor to your Health journal."

We shall duly appreciate and be very grateful for our friend's proposed suggestions.

A WOMAN'S MEDICAL COLLEGE IN LONDON.—It seems that our sisters of "Mother England" are following the example of the American women in establishing medical colleges for themselves. Though we do not like, never did, and never mean to, the idea of having separate medical colleges for the sexes, we are glad to see the ladies of that country and this going ahead, despite the mean, illiberal, and utterly selfish opposition of the established, richly endowed and powerful male medical colleges. We hope to be able ere long to talk a little to the ladies of Fitzroy Square on the merits of Hygeio-Therapy; meanwhile, we are pleased to regard the following announcement, copied from an English paper:

"Among the announcements of the various hospitals and medical schools, special attention may be drawn to that of the Ladies' Medical College, recently commenced by the Female Medical Society, at No. 4 Fitzroy Square, London. It already numbers some twenty ladies as students of midwifery, etc.; and the next session will be opened in October, at the Hanover Square Rooms, with an address by Dr. Edmunds."

FOWLER'S LECTURES IN EUROPE.—Professor L. N. FOWLER, and his estimable lady, Mrs. LYDIA F. FOWLER, M. D., continue to prosecute the good work of enlightening the masses of the British people in the important prineiples of Phrenology and Physiology, with excellent success. Almost every steamer brings us some commendatory notice of them. We clip the following from a late English paper as a sample:

"Mr. L. N. FOWLER, the Phrenologist, who a year or two ago visited Wakefield, and at that time secured the certainty of a hearty welcome whenever he should again come, has during the the past week been lecturing at the Music Saloon, and nightly has had large audiences to listen to him. Mr. FOWLER has evidently studied 'the science' which he professes to expound. He has manifestly begun at the beginning, and traced out the system of phrenology by a thoroughly inductive process with no trace of empiricism. He has a collection of skulls of the higher order of animals, ending with those of man. Apparently

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through the whole chain he establishes the fact that organization has much to do with qualities, and then, when he comes to man himself, he shows that peculiarities of race and individuals are certainly accompanied by peculiarities of organization. Besides skulls and casts, he has an immense number of portraits of men of all ranks and classes, arranged in some instances so as to mark contrasts, and others in 'groups of likes' showing how with similar faculties there is a similarity of organization. Mr. FOWLER'S lectures in which he elucidates the system of phrenology, are, if amusement were the only end in view, worth listening to. He is an accomplished public speaker, and while he knows how to apply the graces of art, he yet conceals his art, and it is a pleasure to listen to him. Besides, there can be no question but that there is also a profit. The end phrenology professes is eminently practical. The phrenologists say that by teaching men to 'know themselves' they teach them how to improve themselves, and this object Mr. FOWLER never appears to lose sight of. Mr. FOWLER is accompanied by Mrs. FOWLER, who delivers special lectures to the ladies on subjects to them appertaining more especially. They remain at the Music Saloon, as will be seen from an advertisement, during next week, and we anticipate they will have many visitors."

Soldiers' Department.

President Lincoln in the Hospitals.

THE following account of President LINCOLN'S visit to the Hospitals at City Point showed his kindness of heart and also his great muscular strength. Not only soldiers, but all will read it with interest. It is from The Independent:

"On the Monday before his death, when our late beloved President was on his return from Richmond, he stopped at City Point. Calling upon the head surgeon at that place, Mr. Lincoln told him that he wished to visit all the hospitals under his charge, and shake hands with every soldier. The surgeon asked the President if he knew what he was undertaking, there being five or six thousand soldiers at that place, and it would be quite a tax upon his strength to visit all the wards and shake hands with every soldier. Mr. Lincoln answered with a smile, he 'guessed he was equal to the task; at any rate he would try, and go as far as he could; he should never probably see the boys again, and he wanted them to know that he appreciated what they had done for their country.

Finding it useless to try to dissuade him, the surgeon began his rounds with the President, who walked from bed to bed, extending his hand to all, saying a few words of sympathy to some, making kind inquiries of others, and welcomed by all with the heartiest cordiality. As they passed along, they came to a ward in which lay a rebel, who had been wounded, and was a prisoner. As the tall figure of the kindly visitor appeared in sight, he was recognized by the rebel soldier, who, raising himself on his elbow in bed, watched Mr. Lincoln as he approached, and, extending his hand, exclaimed, while tears ran down his cheeks: 'Mr. Lincoln, I have long wanted to see you, to ask your forgiveness for ever raising my hand against the old flag.' Mr. Lincoln was moved to tears. He heartily shook the hand of the repentant rebel, and assured him of his good will, and with a few words of kind advice, passed on. After some hours the tour of the various hospitals was made, and Mr. Lincoln returned with the surgeon to his office. They had scarcely entered, however, when a messenger came, saying that one ward had been omitted, and 'the boys' wanted to see Mr. Lincoln. The surgeon, who was thoroughly tired, and knew Mr. Lincoln must be, tried to dissuade him from going; but the good man said he must go back, he would not knowingly omit one, 'the boys' would be so disappointed. So he went with the messenger, accompanied by the surgeon, and shook hands with the gratified soldiers, and then returned again to the office. The surgeon expressed the fear that Mr. Lincoln's arm would be lamed with so much hand-shaking, saying that it certainly must ache. Mr. Lincoln smiled, and saying something about his 'strong muscles,' stepped out at the open door, took up a very large, heavy ax, which lay there by a log of wood, and chopped vigorously for a few moments, sending the chips flying in all directions; and then, pausing, he extended his right arm to its full length, holding the ax out horizontally, without its even quivering as he held it. Strong men, who looked on—men accustomed to manual labor—could not hold the same ax in that position for a moment. Returning to the office, he took a glass of lemonade, for he would take no stronger beverage; and while he was within, the chips he had chopped were gathered up and safely cared for by a hospital steward, because they were 'the chips that Father Abraham chopped.' In a few hours more the beloved President was at home in Washington; in a few days more he had passed away, and a bereaved nation was in mourning."

THE EDUCATION OF LABOR *vs.* OF BOOKS.—In Revolutionary times, every man in this country, black and white, who was born free (except in South Carolina) voted—with the limitation, in some of the States, of a property qualification. Our fathers were too wise to require book learning as a preliminary condition of the ballot. I am surprised, and marvel greatly, that so masterly a mind as Stuart Mill should proclaim that in his theory a man must read before he votes.

Does he not remember that, for four men out of five, education does not come from books?

Does he suppose there was no education in the world before printing was invented? Is education the exclusive prerogative of colleges? Oh! no. The mass of men have their faculties educated by work, not by reading. When God ordained, as a condition of our being, that we should earn our living by the sweat of our brows, he gave the guarantee of the development of brain. Whoever works, develops his intellectual faculties; and taking men in the mass, not as individuals, taking them in classes, the mass that works but don't read, is half a century ahead of the mass that reads but don't work.

PEOPLE often take drugs for temporary relief, and get permanent trouble.

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Voices of the People.

SOUTHERN HYGEIAN HOME.—Oliver Taylor writes us from Evergreen Home, in London County, West Virginia: "R. T. TRALL, M. D.—*Esteemed Friend:* I have just been reading the November HERALD OF HEALTH, and your little article headed 'Our Southern Hygeian Home' has caused me to write to thee on the subject. I must first introduce myself to thee. Twenty years ago I changed my habits of living quite radically, I commenced using the unbottled fluid; and some dozen years ago The 'Water Cure Journal' came into my hands; I soon became deeply interested in all that pertained to Hygiene; and having a frail constitution, which had been badly drugged, and being engaged in the nursery business, with fruits and flowers to tempt my ardent disposition to overdo, I found at length, that there was no study so important to myself as that of myself. I am now looked upon by nearly all the people in this section of country as the pioneer of 'isms,' especially Hydropathy and Vegetarianism. But, having 'no ax to grind,' as the saying is, I can afford to be talking continually about my 'hobbies.' I have no doubt that many persons regard me as half crazy, yet there has been a great change among many of the more intelligent part of the community, during the last few years; and great inquiry has been made for some one to look up to, who has an M. D. to his name, and who practises the Hygienic system. Finally I had hoped to find one such in our midst, in the person of J. Wilson Pancoast, who attended the college and received the diploma of the New York Hygieo-Therapeutic College. But, alas! he has fallen a victim to the desolating curse of drug medication in the early part of his career. He was buried last week at our cemetery. He had the small pox nearly a year ago, and was kept in the Hospital and drugged until his lungs became fatally diseased. I fully believe that philanthropic motives alone induced him to enter the medical profession. He saw the evils of the prevailing false system, and nobly resolved, without pecuniary inducements, to give his talents and his life to the promulgation of the truths of the Hygienic system.

"Where I can hope to find another such person whom I can induce to attend thy college, I know not, but I have no doubt one will arise with the necessity.

"Doctor TRALL, I have a large organ of Inhabitiveness, but I have traveled considerable, and read much about the country we live in; and I believe that I have a good knowledge of what the requirements are in a Hygeian Home. And I imagine that they can not be found in such per'ection in any part of the United States, than in the 'Piedmont District' of 'Old Virginia;' that is, on some of the ranges of the Blue Ridge, or near Harperfs Ferry.

"The sum total of the natural advantages here are: Pure air, soft water, plenty of sun, and a temperature adapted to the developemnt of the finest specimens of our race. These requisites, I contend, can not be surpassed in any part of our country; more varieties of grain can be grown here, and in greater perfection, than in any place I have any knowledge of; and I know of no section of our land that will produce greater varieties and better qualities of fruits and vegetables. The location is midway between North and South, elevated five hundred feet above tide water, and distance forty miles from Chesapeake Bay. We have mingled sea-air and mountain-wind that insures the requisite sun and shade. And more than this, the surface is so broken and exposed as to accommodate all sorts of vegetables, while the soil is of all kinds of texture, from granite to river mud. There is, therefore, no production of the temperate zone that can not here find a congenial soil and climate. As to apples, I have never yet known the time that they were a complete failure, since I was big enough to eat them.

"The scenery here is also quite as imposing and as beautiful as can be found anywhere. I have in my mind's eye the very spot where a 'Cure' might be built, with advantages as complete as I can imagine. If thee will visit it, I will volunteer to take thee over all the country between Washington and Winchester."

A HYGEALTHEUM.—"Dr. R. T. TRALL: *Dear Sir:* After an interval of over four years, I again avail myself of an opportunity to write to you a friendly letter; and I address you upon the subject of Physiological Reform. For however much we may differ in regard to the *modus operandi of remedial agents*, yet upon this, I think we agree. At least we agree in believing that if ever the race is redeemed from the sin of physiological transgression, Phrenology and the Water Cure—which conjointly I designate by the appellation *Hygealthy*—will be the means through, and by which it is accomplished. And what it behooves us *now* to discuss is, how shall we most successfully bring these to bear for this purpose? The great difficulty heretofore has been to get men and women to *live* these truths as well as preach them. And I contend that the chief cause of this difficulty is, that those who would practise the same aright, are too much *isolated*. However clear the truth, the justness, and the practicability of the thing is to an individual, so long as he is surrounded by social beings of diverse customs, habits and sentiments, so surely will the latter ultimately uproot the former.

"What we most need, then, in order to carry out our great physiological idea, is *community* of action and being. Instead of one here; and another there, like sheep without the fold, in the midst of wolves and panthers, so to speak, we want *numbers* to be and act together in unison, who can appreciate each others motives and conduct. The truth of this is too apparent to need further discussion. We Hygealths all know it from sad experience in our outdoor practice, so pernicious is the influence exerted by the 'rabble.' And hence the necessity, too, of erecting establishments where we can have our patients together, under our own control and so situated as to receive, not only *our* influence, but the influence which *numbers* alone can so salutarily effect. *This* is truly a great achievement, and in the right direction, too; but still it is vastly deficient for the accomplishment of what I consider practicable. These Hygealtheums, as I would term them, are generally surrounded by bad influences, as well as individuals, in a community; and are, hence, like them, more or less dependent for resources of existence; they are incapable of embracing all the essentials of independency. We want something on a more extensive scale, which will be independent in every sense of the word. We want a *country* of our own; a little WORLD, so to speak, to ourselves, where we can live out our principles without the tempting influences which now surround us, and which so effectually clog the wheels of physiological, to say nothing of psychological progress. Thus, and thus only can we succeed.

"In order, then, to the consummation of so desirable an object, I propose that we at once get up communication with persons willing to live out the truth of Hygealthy, and proceed at once to organize a grand society to emigrate to some new country, suitably adapted to this purpose, where we may, by our numbers and character, build up an *Hygealtheum*, so to speak, which shall ultimately influence the *World* to good and noble deeds of conduct for the physical redemption of man. And while I would have such a society a separate and independent community to itself, yet I would not have it *isolated*. I would have it a model community for the inspection of all men; a country where the chief business engagements of its inhabitants are to so live and move, and have their being, as to continually ennoble themselves and their posterity; a haven of rest to which the sick, the feeble, and the degenerate of all nations can come and learn a life in conformity with physiological law. Thus, by the constant care and study of such an entire community, pledged to fidelity, the laws of our being will continually be unfolding themselves, and their obedience be made plain and easy. Is not this a great field for philanthropists to labor in, and worthy the energies of our best intellects? It was a constituent element of the Divine Master's prayer, '*Lead us not into temptation*,' and shall we not profit thereby? Should it not be a lesson to us to keep out of the way of all bad influences if we can? Assuredly it should. Will you not, then, lend your aid in furtherance of a means calculated to subserve this purpose, and enable our now isolated followers to throw, with us, their weight upon the lever of physiological reform? Hoping to hear from you soon upon this subject, I subscribe myself,

Fraternally yours, J. G. PETERSON M. D
MORGANTON, N. C.

ALLOPATHIC NEURALGIA.—"J. A. W., M. D." writes us from a Western State:

"Dr. R. T. TRALL—*Dear Sir:* I embrace this morning's opportunity to write to you. I am unable to do any thing this winter but read, and that I do in a vast deal of pain. I am laburing under a severe attack of facial neuralgia, which has afflicted me for some ten years, especially during the winter season. I enjoy a tolerable degree of health during the summer season, but I do not fare so well when once the weather gets cold. I can find no relief from any medicines I may use; I find them entirely futile and useless in my case. The only relief I can find is in a strict regard to dietary. I am an Allopathic physician, and as a natural consequence I have some confidence in certain articles of medicines that I think do good and perform cures. Nevertheless, I am not so presumptuous as to think that any medicine or any means can or will cure all maladies. Though I think the labor of all past time is or has been an entire failure, my experience convinces me to the contrary. Neither do I think that

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any system of practice is an absolute cure-all. I think I have liberal views and liberal thoughts on all topics. I am not what you might call a radical on any thing. I follow St. Paul's advice, who says: 'Prove all things, and hold fast to that which is good.' For instance, in cases of intermittent fever, I know that quinine is a complete antidote; nor know nothing else that is. Then why should I throw away that, and take some other mode of treatment that I have not proved. You know the weakness of the human mind; that it knows naught only what experience teaches. So I have to cleave to that which I have proven until something else comes up that is better; then I will have to succumb to the thing I know is better. Your theory is that water has far more efficacy than quinine, or any other means, in eradicating the ague, but I think not! My experience tells me that nothing will cure like it. So when you prove to me that you have a better remedy, I shall have to yield the argument, but I can not yield until you do. I inclose twenty-five cents, which I want you to take and send me the most interesting number of The 'Water Cure Journal.' If that pleases me, I shall perhaps order more. So, hoping to hear from you soon, I remain your obedient servant."

Allopathy has not yet learned the A B C's, of our system. We have never thought that "water is more efficacious than quinine in eradicating ague." We do not believe in eradicating disease, but in removing its cause. Nor do we believe that "quinine is a complete antidote to intermittent," although an M. D. says he *knows* it is. We can, however, easily understand that quinine will change an intermittent to a drug disease—quininismus; but we should rather have the ague than the effects of the quinine.

CRINOLINE *vs.* GYMNASTICS.—"Miss M. C.," who has been attending a Teacher's Institute in Western New York, writes:

"It is excruciating to see the ladies try to exercise. It is in vain to think of introducing physical exercises into schools until there is a reform in dress. The State may excuse themselves in instructing teachers in gymnastics, but females will not introduce them into their schools so long as it is perfect torture for themselves to exercise. The reform begins where it should leave off. Convince females that their present style of dress is not only ruining themselves, but deteriorating the race, and, perhaps, conscience would induce them to cast off the shackles of Fashion, and become free. Then there would be no difficulty in introducing the exercises necessary to develop the body properly, and maintain the health, into all of our schools."

MORE ARMY EXPERIENCE.—"W. G. M," a graduate of the New York Hygeio-Therapeutic College, who has been "through the war," writes from St. Louis, Mo:

"My observations and experiences in the Army, with such companions as I have been enabled to make, have confirmed me more than ever in the efficiency and superiority of our Hygienic remedies, the truth of our theories, and the fallacy of drug medication. The banishment of 'hard tack' and bacon from the commissary, and the substitution of the Graham cracker, with a larger proportion of vegetables, would have prevented more than half the sickness which has been in the reports of the camps and campaigns, while the adoption of our Macria Medica in the hospitals, would have returned to duty in a short time three-fourths of all who have died."

ALCOHOLIC MEDICATION.—"M. E. M." of Maconpin Co., Ill., writes enthusiastically on this subject, as all persons feel whose heads are sufficiently enlightened, and whose hearts are in the right place. She says:

"Inclosed please find eighty-five cents, for which send me another 'Temperance Platform,' bound in cloth. The work is too valuable for so frail a binding as paper. It ought to be bound in silver, and every word set in gold. The world has never seen its equal as a Temperance work. Oh that every man, woman and child might read it! We would then soon be freed from this greatest curse of the world Alcoholic Medication. How much Dr. Trall is doing in the world through his valuable books, and by means of that most excellent publication, THE HERALD OF HEALTH, but few can appreciate. May he live to achieve the noble reform for which he has so long and so devotedly labored."

To Correspondents.

Goitre.—"M. S." R. T. TRALL, M. D.—"*Dear Sir:* If the following is a proper question to answer in THE HERALD, please do so. My wife had a *goitre*, which, by the use of *iodine* 'struck in.' Since that time she has been living Hygienically, and her throat is comparatively well in *warm weather*, but almost *unendurable* in the *winter*. In such a case, would you recommend the climate of *Minnesota* in preference to the South?"

A Southern climate, in a salubrious, non-miasmatic locality, would be the best in winter; but by spending a summer and winter in Minnesota (living Hygienically all the while) she might recover, so that the goitre would not afterward trouble her.

Enlargement of the Liver.—"P. G. P." The short breath, hacking dry cough, sense of weight or fullness in the region of the stomach and right side, asthmatic paroxysms, throbbing of the large arteries, and weakness of the lower extremities, point unmistakably to enlargement of the liver, as the chief difficulty. Probably it is two or three times the normal size. Your case is too desperate for home treatment. The diagnosis of "heart disease," in such cases, is a common mistake even with "old and experienced surgeons."

Letters.—"L. E. B." We do not answer many letters, because we have nothing to say to them. It would, perhaps, be courteous to write a letter to each letter writer, informing him why we do not respond to his communication. But this would occupy more of our time than we could afford, and when our multitudinous correspondents understand that we are obliged to write more than a dozen letters a day, the year round (including Sundays), they ought to excuse us for not attending to many in which we have no earthly interest, and whose statements and data are so imperfectly presented as to render a direct and brief answer impossible."

Amenorrhœa.—"S. P. C." You are managing about right in the matter of bathing, dieting and out-door exercise. But you have one bad, *very* bad habit—that of rising at half-past 4 A. M., and studying until the family rise. You had better keep in bed an hour longer, and then do no studying till two hours after breakfast. Warm hip baths should be taken at the menstrual periods, also fomentations, if there is much pain.

Prolapsus.—"M. S. N." The lameness you complain of, with weakness in the back, trembling of the limbs, difficulty in standing or walking, etc., indicate prolapsus, or some other form of uterine displacement. We could not give you directions for self-treatment, as such cases can never be successfully managed at home.

Our Challenge Took.—"C. WELLINGTON," of the land of Illinois, has sent us a *caustic* argument in opposition to our theory of the *modus operandi* of medicines. It distances our London critics by a head and shoulders, at least. It will appear in our next.

Cramp in the Stomach.—"M. A. R." The "attacks" you describe are caused by the presence of acid bile in the stomach. Drink moderately of warm water, and apply fomentations externally. To remove the primary cause you must cure the dyspepsia.

Preserving Fruits.—"R. R." You will find such instructions as you desire, in Mrs. JONES' "Hygenic Cook Book." Send your order, inclosing thirty cents, to MILLER, WOOD & Co.

Fistula.—"E. S." The surgical treatment of your case would cost one hundred dollars. There is no doubt of its curability.

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Country Practice.—"B. L. L." We do not hold ourselves in readiness to visit distant patients at call, our business in the winter being chiefly limited to writing books, lecturing in the College, and office consultations. But we can always go on a short notice, or send a competent physician—male or female—as may be desired.

Alcohol.—"P. B. P." Alcohol is *not* a constituent of grain; nor is poison of any kind an essential ingredient in food of any kind. How long will the dear people be duped, misled, obfuscated and bamboozled by such silly twaddle on the part of "the medical profession."

Publishers' Department.

New Year's Greeting.—A "Happy New Year," is the wish which we extend to all our subscribers and readers, this first of January, 1866. And why should not all of us have a happier, brighter prospect before us than a year ago, when our nation had not sheathed its sword, and when the bow of peace had not been set in the heavens still red with blood. Then we trembled with hope and with fear for our country; now we feel sure that with the advent of peace, she has not come out of the civil contest without great cause of thankfulness that in many respects our national growth has been advanced, both North and South. Both sides have sinned, both have suffered; may both now show the true repentant and progressive spirit, that shall heal the scars of war and restore peace and harmony. Now we have other work to do. We want to bring on the era of Temperance, of physical perfection, of health and longevity. To the triumph of peace, let us add the triumph of a higher freedom than any nation has yet enjoyed—emancipation from bad habits, of a degraded physical taste, of a false education, and of ignorance of the natural laws of man. What a glorious transformation would future generations present, when man comes to understand himself and hi relations. "No more then would there be reeling drunkards in the streets to make us ashamed of our common humanity. No more then would men by their drunkenness turn the heaven of their family into a hell. No more then would a large part of the labor and a large part of the soil be perverted to the production of the drunkard's drink, and to the consequent doubling of the prices of food to the hungry stomachs of the poor and of clothing for their shivering backs. Religion would then be broader, more beautiful, more pervasive and abounding. The means of education would then be very greatly multiplied and improved. So, too, would the means for health-promoting, refining, innocent recreations." Let us then, friends of progress, each in our sphere, do all in our power to make our nation as pure and good as it is great; as rich in love of a natural life as it is in material wealth, leading the van of progress and growth as it has in self-government.

New Subscribers.—We have to thank our friends for so early sending in their subscriptions for 1866. We hope the friends of THE HERALD will relax no effort to add to our list every invalid who would learn the laws of health; every teacher, physician, clergyman, mother, student. Our terms are well known, and the great interest now felt in physical culture and human health makes our journal a necessity in every well-cultivated family. With present prospects, our list will be greatly enlarged over any previous year.

Sexual Physiology.—The long-promised work on Sexual Physiology is nearly through the press. We hope to have it ready by the middle of January. The price will not be less than $2 perhaps more. It will contain 80 cuts, and be in every way a standard and most valuable book, discussing every thing that is known relating to the physiology of the sexual organism. Orders with $2 sent before the publication of the work will secure it on its publication. It may be worth $2 50 after it is published, should its size be greater than we anticipate. Address MILLER, WOOD & Co.

What a Clergyman Thinks.—"After my best respects to you, please find $1 50 for THE HERALD for 1866. The God of Peace bless you and the cause of Health Reform till all shall know and obey the laws of life, and shall come to their graves and pass to Heaven as shocks of corn fully ripe."—*Rev. D. Mills.*

For sample numbers send 15 cents.

Premiums.—How shall I get a Sewing Machine worth $60 free? *Answer.*—Get Fifty Subscribers to THE HERALD OF HEALTH at $1 50 each and the Publishers will give you one.

How shall I get a large Pictorial Webster's Dictionary for nothing? *Answer.*—Get Sixteen Subscribers for THE HERALD at $1 50 each or Fifty Subscribers at $1 each.

How shall I get a splendid Steel Engraving of George Washington free? *Answer.*—Get Eight Subscribers to THE HERALD and send the Publishers $12 and they will send you one for nothing. The late lamented President of the United States, ABRAHAM LINCOLN, said of this engraving: "Accept my congratulations on the completion of this very beautiful work."

Counterfeit Money.—Please be particular about sending good money; much of the currency afloat is counterfeit.

N. B.—We are out of the October, January, and April numbers of 1865. Persons having them to spare, will please send them to the Publishers. We will send their worth in any work we may have.

MILLER, WOOD & Co.

Job Printing.—We are prepared to execute in neat, substantial styles, various kinds of JOB PRINTING: such as Pamphlets, Circulars, Envelopes, Bill-heads, Letter-heads, Cards, Labels, Small Handbills, etc., at the same rates as in all first-class New York printing establishments. Stereotype work done to order.

☞ Our friends in the country who wish neat and accurate printing, can rely on first-class work, by sending plainly written and well-prepared manuscripts. For terms, send sample or copy of work, state quality of printing material to be used, and the number of copies wanted, inclosing a prepaid envelope for a reply.

Premium Book.—It will be noticed that we give as a Premium to each subscriber who sends us 6 cents for postage, WILSON'S work on the "Turkish Bath," with an Appendix by M. L. HOLBROOK, M. D. The work contains 75 pages and is a very interesting and valuable book. Don't forget to send the 6 cents postage.

Notice.—Subscribers changing their residence must not expect us to duplicate the numbers sent them at their old post-office, unless they inclose 15 cents for the same.

That Picture.—In proof that the Picture we offer to our subscribers is no cheap affair, but a genuine work of art, we refer to the testimonials of many well-known men regarding it.

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FOR 1866!

NEW PREMIUMS!

By reference to the fourth page of the cover there will be found a list of Premiums for those who get up Clubs for 1866, which we think will prove attractive. We wish to call particular attention to one of the premiums. It is the very fine Engraving entitled

WASHINGTON RECEIVING A SALUTE ON THE FIELD OF TRENTON,

From the original Painting, by those distinguished artists, J. Faed, R. S. A., and R. Ansdell, R. A.

It is indorsed as a work of art by a host of eminent men, as evidenced by the opinions subjoined:

"A very pleasing and happily executed work—an engraving of rare beauty." Edward Everett.

"It can not be contemplated without an increased love of every public and private virtue." Winfield Scott.

"It is indeed a beautiful specimen of art." John McCloskey, Archbishop of New York.

"I am delighted with the engraving; it does full justice to the noble simplicity and dignity which is the great charm of the picture." Fred. E. Church.

"Offer my congratulations upon the patriotism and good taste shown, and upon the successful execution of the work." Wm. H. Seward.

"Accept my congratulations upon the completion of this very beautiful work." A. Lincoln.

"Beautifully executed. Accept my best wishes for your success." Henry W. Longfellow.

"Fully merits the high encomiums it has received." Wm. T. Sherman, Maj. Gen., U. S. A.

The picture is thirty-one by forty-three inches in size, shows Washington on horseback, and when framed can not fail to prove a most interesting ornament to any parlor or sitting-room. Its influence upon the children of a house would be worth many times its cost in cultivating their taste for fine works of art. As a Hygienic agent also, pictures are very valuable and are not yet half appreciated. Beautiful pictures before an invalid calls into activity a set of faculties whose influence upon health, when in use, is very great. To the thousands of our readers who have not yet a picture of our noble Washington, no better opportunity could be offered than that of securing for The Herald Eight New Subscribers and sending us $12, when the picture will be forwarded. The price of the Engraving is $6.

SEWING MACHINES.—We will give one of Weed's superb Sewing Machines, worth $60, to every person who will get up a Club of Fifty Subscribers for The Herald of Health and send us $75. We should like to receive a large number of orders for the Machine from our subscribers.

DICTIONARY.—We will give one of Webster's New Pictorial Dictionaries to any one who will send us Sixteen Subscribers and $24. This Dictionary sells for $12, and ought to be in every family's house in the land.

For other Premiums see fourth page of cover.

BEGIN EARLY.—Those who work for Premiums or large Clubs will find it to their advantage to begin early, before cold weather comes on and the roads become bad. In sending letters, address them plainly and also write the names of the subscribers and their post-office address so plainly as to leave no room for mistake or doubt in regard to them. Send National or United States Currency notes, or if convenient, checks on New York, Boston, or Philadelphia banks, or Post-office orders.

BOOKS.—Books may be ordered at the same time to go by mail or express.

All Letters of Business should be addressed to the Publishers, otherwise there will be much delay and complaint.

Circulars.—Those of our subscribers who wish to aid us in extending the circulation of The Herald, should obtain our circular to exhibit to their friends. Every invalid who will send a stamped envelope shall receive in it one of each of our circulars for The Herald, Books, and Baths.

Clubs.—The right way is to form in every neighborhood a club of ten or twenty if you would get The Herald for $1. Single subscribers who send only $1 will be credited eight months only.

Names of Invalids.—We hope that our friends will send us the names of all the invalids they know. Please do so on a separate slip of paper from other matter, to save us re-writing them.

Housekeeper.—The lady advertising in December for a situation as Housekeeper, will please send her address to us.

Advertisements.

☞ Advertisements of an appropriate character will be inserted at the following rates: Short advertisements, 25 cents per line; thirteen lines, for three or more insertions without change, 20 per cent. discount; one-half column, $12; one column, $22; one page, $40. All advertisements must be received at this office by the 10th of the month preceding that on which they are to appear.

Reports of Cases.

INFLAMMATORY RHEUMATISM.

Lieut. H. C. Foor, from Charleston, S. C., came to the Institute October 23, 1865. He had been for three years in the Army, and much of the time South. For three months previous he had been suffering from what was termed by the Army Surgeons typhoid malaria; was very much emaciated, and was nearly helpless. The excessive drugging and exposure had also brought on inflammatory rheumatism, so severely that he had not been able to walk for six weeks without crutches. His weight in health was one hundred and sixty-five pounds; at the time he came here it was one hundred and thirty. His pulse was one hundred to the minute; his countenance was dejected and sallow; he had a slight cough; sleep was very much disturbed by his rheumatic pains. Had taken quinine, iron, and other medicines till he loathed the sight of them. He remained nine days, and took Turkish and Electric Baths only. Before he left he could walk four or five miles a day with ease, having thrown aside his crutches the second day after he came. He was also entirely free from pain; his pulse was reduced to eighty per minute, his cough had ceased, his appetite was good, his bowels were regular, the sallow expression of countenance had nearly disappeared, and he was in every way improved.

SPERMATORRHŒA.

We have treated several cases of this disease during the year with most excellent success. A young man, twenty-two years of age, came to the Institute in July from Havana, who had been tormented with this disease for six years. He had ignorantly brought it upon himself by the habit of self-abuse, which he commenced at the age of fourteen, and had practised almost daily for three years, till he was conscious of involuntary nocturnal emissions. His whole constitution had suffered very severely from the effects of this. His growth was stunted, his body very much emaciated, his reason dull, his memory impaired, his moral sense obtuse, and nearly all the avenues to

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enjoyment closed. His appetite was morbid; at times he would have but little relish for food; at others he would not be satisfied even with enormous quantities. His bowels were constipated continually; he had great pain in his back, and also a dull, disagreeable feeling on the top of his head. He had an aversion to society, especially that of ladies. His whole nervous system seemed to be prostrated, and life was more a burden than a pleasure to him.

He was under treatment for six weeks. We prescribed for him a hip bath, at seventy degrees, for half an hour daily, a Turkish Bath three times a week, and the Swedish Movements every day. His diet was carefully regulated, both in kind and quantity, giving him only a specified amount of farinaceous food twice a day. He gained about ten pounds in flesh, nearly doubled his strength, and improved in every other respect. His appetite became more natural, his bowels regular, and all his troubles improved more than one hundred per cent.

INTESTINAL OBSTRUCTION.

We were called, November 20, 1865, to see a German cigar maker in this city, who had been four days confined to his bed, suffering agonizing pain in the intestines on the left side of the umbilicus. His bowels, for several days previous, had been constipated. His physician had prescribed several cathartics without effect; opiates had also failed to relieve the pain. He had continual nausea and vomiting. There was a good deal of tenderness over the abdomen on pressure. His pulse was quick and small, the skin cool, and the countenance wore an expression of anxiety and suffering. We gave him free sweating in the Turkish Bath the first thing; this so equalized the circulation as to produce great relief. We followed this by fomentations, alternating with cold compresses and copious enemas of tepid water, which, in a very few hours, afforded entire relief from pain and from nausea and vomiting. The second day we succeeded in getting a free discharge from the bowels. The above treatment was continued for four days, when he left, feeling entirely well.

If the testimony of those who have the largest experience in the use of the TURKISH BATH is to be relied upon, that bath is to have an extensive use in the cure of disease.

DAVID URQUHART, who has had more experience in its application than any other man, says: "I can assert, in regard to my own experience, that though patients constantly come to me in desperate circumstances, and *given over by medical men*, I have never had a death. I can recall no case in which, if a cure has not been effected, alleviation has not been obtained and a suspension of the progress of disease, so long as the means were persevered in.

"All inflammation, local and general, can be subdued by it. Gout, rheumatism, sciatica, will equally yield. I am inclined to say the same in reference to the plague. I am certain in reference to cholera. As to *consumption*, that scourge of my land, which sits by every tenth domestic hearth among the higher orders, its *ravages* may be *arrested* with *certainty*—I had almost said with *ease*—if taken in time. In the *incipient* stages, it is as easy to stop the disorder as to wash the face. In the further stages, it can be arrested so long as there remains undisorganized substance sufficient for the functions of life."

Sir JOHN FIFE, who was cured by the bath, and subsequently introduced it into the Great Infirmary of the North, says of it: "I state, as the result of my experience, that in diseases of the skin, joints, liver, and kidneys, the action of the Turkish Bath is immediate and direct."

Dr. MILLENGEN, Physician to the Sultan, says: "The working classes among the Turks know of no other means of prevention, on feeling indisposed, but the bath. In the numerous cases arising from sudden changes in the temperature of the body, a copious perspiration, which a stay of more or less duration in the calidarium is sure to occasion, does, in the great majority of cases, restore the body to the equilibrium of health. After overexertion, again the bath is had recourse to. In short, it is looked upon so much in the light of a *panacea* by the lower classes, that they hardly ever dream of consulting a physician when taken unwell. If the bath does fail to cure them, nothing else will do so. This accounts for the total *absence* of *dispensaries* and civil *hospitals*, not only in Constantinople, but throughout all the empire."

Intemperance, gout, and rheumatism are almost entirely unknown in Turkey.

DRS. MILLER, WOOD & CO., Proprietors.

HYGIENIC INSTITUTE,
No. 15 Laight Street, New York.

DR. JEROME KIDDER'S

IMPROVED ELECTRO-MEDICAL AP-

PARATUS should be in the hands of every practitioner. A new Pocket Machine with six different qualities of current, can actually be carried in an ordinary coat pocket. Circulars of importance sent to any address.

☞ Address Dr. JEROME KIDDER, 483 Broadway, New York. jan-tf

WANTED A WIDOWER, STUDENT

of the Hygeio-Therapeutic College, wishes the acquaintance of a family that would take his son to raise Hygienically, or to board him for a term of years. Photograph and particulars sent on application.

Address STUDENT, Hygienic Institute, No. 15 Laight Street, New York. jan-tf

PHILADELPHIA HYGIENIC INSTITUTE.

MOVEMENT CURE, Electricity and Hydropathy. R. WILSON, M. D., No. 665 North Thirteenth Street, Philadelphia. jan-tf

HOW TO COOK, WITHOUT THE USE

of Salt, Butter, Lard or condiments. By Mrs. M. E. Cox, M.D. Chester, N. H. Eighty pages—forty kinds of Bread, etc. By Mail, 20 cents.; $1 75 per dozen. jan-tf

HIGHLAND WATER CURE.

H. P. BURDICK, M. D., and
MRS. MARY BRYANT BURDICK, M.D., } PHYSICIANS.
Send for Circular. Address—Alfred, Alleghany Co., N.Y.
aug-tf

THE HYGEIAN HOME.

A. SMITH, M. D., PROPRIETOR.
R. T. TRALL, M. D., Consulting Physician.

The Hygeian Home is pleasantly situated on the Eastern slope of Cushion Mountain, one and a half miles from the Wernersville Station, on the Lebanon Valley Railroad, and is easy of access by railroad from all parts of the United States. The climate is mild and pleasant. The scenery is truly grand. Dr. Weeder says it surpasses any thing I have ever seen in Europe or America. Hon. Judge Jones says that language can not describe its grandeur. Hon. Judge Strong says the air and scenery are as fine as any in America. Hon. Judge Woodward says, I can not conceive of any thing more beautiful in scenery than that from your door. The walks are dry and clean. The mountain air is pure and bracing. The bathing facilities can not be surpassed. The *water* is not only soft but absolutely *pure*, and the physicians, Dr. A. Smith, Mrs. Dr. C. Smith and Miss Dr. P. Draper, have had great experience and success in healing the sick. They pay especial attention to giving the Swedish Movements and Light Gymnastics. With all these natural advantages, the Hygeian Home stands pre-eminently superior as a Health Institution to any other similar establishment in America. Thus all who place themselves under our care, may feel assured of all that professional skill and personal kindnss can accomplish to aid them in the recovery of health. Terms moderate. Send for our Circular. Address all letters to

A. SMITH, M. D.,
Wernersville, Berks County, Pa.

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General Articles.

A VIEW OF THE SITUATION.

ADDRESS OF DR. TRALL, ON THE OPENING OF THE HYGEIO-THERAPEUTIC COLLEGE, FOR THE WINTER TERM OF 1865-6.

LADIES AND GENTLEMEN—We meet this evening for the purposes of mutual recognition, in the relation of teachers and students; and to announce the programme of our educational course. And in conformity with established usage, we have advertised a speaker for this occasion, whom I shall presently have the honor and the pleasure to introduce to you.

But, before performing that duty, allow me to improve the opportunity to welcome the members of another medical class, gathered here from different, and, many of them, from distant portions of this and other lands.

I hardly know whether I ought most to congratulate these students, for the noble and independent stand they have taken as co-workers in an unpopular yet beneficent cause; or chiefly to sympathise with them, because of the opposition, the scandal, the abuse, which all must more or less encounter who deviate from the established ways. In coming here they take up a cross which few are able to bear, and assume a position which all do not successfully maintain. They become aggressive in relation to many of the fashions and follies of the world; in contravention of public sentiment; in most cases in opposition to the advice and admonition of relatives and friends; and in opposition to a powerful medical profession—which seems to hold the masses of the people, as it were, in the hollow of its hand, and to mold them to its interests and its will, as the potter molds the unthinking clay—yet whose system we believe to be a curse to the human race; indeed, "the greatest curse of the civilized world."

But, I do congratulate the family of mankind that the cause of Health Reform has received, in these assembled students, another accession of numbers; and I congratulate you, students, in that you have taken a step which, if faithfully persevered in, can only result in good to mankind, and in improvement and development to each of you individually, whatever may be your successes or your failures, professionally or pecuniarily.

I must, however, I can not help sympathizing with you, in anticipation of the obstacles that will be thrown in your way; and in the knowledge that you will be exposed—and for no cause or fault expressed or implied, except that you are Health Reformers—to the jeers of the ignorant, the sneers of the foolish, the ridicule of

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the fashionable, the condemnation and the misrepresentations of the malicious. And yet you will be in the majority, for God is on your side, and He is always the majority.

Your motives will be misunderstood; your interests assailed, and your characters traduced. But all this will not harm you if you take the right view of it. It will rather serve to energize you, bodily and mentally, for the work you have to do; to quicken your dormant powers, and give them efficient and practical direction. It will cultivate your knowledge of the world and increase your self-reliance, and thus render you more useful both to yourselves and others. "To be forewarned, is to be forearmed."

If you live, and move, and have your being in accordance with the laws which the allwise Creator has implanted, irrevocably, in your organization, and which He has established in the very constitution of the universe, you will be in a measure ostracised from society, and to some extent disowned by those whose lives are mainly in derogation of those laws.

And the more that your fellow beings deviate from the Laws of Life and Health—violate them, so to speak—the more intolerant they will feel and act toward you. The more abnormal are their habits the more morbid their appetences, and the more perverted their instincts the less ability they will have to judge of your "better way." To understand truth one must live it, and to make the world understand and appreciate you, you must educate it up to your stand-point of observation. Were not this so there would be no need of a Health Reform; no demand for a medical revolution. We should neither have nor need a College of Hygeio-Therapy.

Public sentiment—what is it? If our lady students wear a dress in harmony with that image of God in which they were created, and in accordance with the laws of their being—which is convenient, economical, useful and healthful—the fashionably-dressed ladies of America, who are themselves groaning, bending, twisting, contracting, degenerating, sickening and dying, and cursing their offspring, in a costume which is both ridiculous and unnatural; which addresses itself mainly—and was so intended—to the perverted and depraved animal propensities of the other sex; and whose whole rig, frills, flounces, furbelows, "waterfalls" and inexpressibles, are the inventions of the prostitutes of that licentious city, Paris, the *respectable* women of New York can not associate with them; the rowdy boys will follow them in the streets; police officers will sometimes arrest them; and newspaper reporters will scribble vulgar slang about them.

And if any of our students, male or female, are known as Vegetarians, there is nothing bad that may not be suspected of them. If they repudiate the flesh-pots, eschew the seasonings, and do not defile themselves with liquor nor tobacco, they will be accused of all the vices in the calendar and charged with all the crimes in the decalogue. It will be insinuated that they are infected with Infidelity, attainted with Free Loveism, in favor of Mormonism, or inclined to Shakerism.

And if they go one step further, the public sentiment changes from the sublime to the ridiculous. If they will not consent to be poisoned when sick, nor to poison others because they are sick—not even in infinitesimal doses—they will be regarded by many as incorrigibly fanatic, if not as hopelessly demented.

But all this will do them more good than harm, though it may be grievous for a time. It has done me good, though in my short-sightedness I would not have chosen it. I would have said, and did say, "let this cup pass from me;" but now, I know that I was personally benefitted, and also that the world, through me, was blessed, because I was compelled to drink the cup of affliction and disappointment *to its very dregs.*

I doubt if any one is, or can be, fully fitted for the work of a true Health Reformer, or for a Hygienic physician, who has not had some of this experience. But, students, do not let these considerations discourage you. The obstacles and opposition that you will meet with will be "trifles light as air," compared with the embarrassments through which the pioneers in our cause worked their way.

I will only name one. How was it with PRIESSNITZ? Are you not all familiar with his history? He was belied, slandered, persecuted and imprisoned. By whom? By the *regular* physicians. And for what? For exercising the Healing Art, not in their way and without their permission.

His accusers did not pretend that he had *killed* any body. No one alleged any thing against his character. It was not even charged that he harmed any one of his thousands of patients. The real grievance of the medical profession, and his unpardonable sin, consisted in curing patients whom the drug doctors failed to cure.

The medical profession manifests the same spirit to-day, and in this city, that the Austrian physicians exhibited in the days of the immortal PRIESSNITZ. If we are not imprisoned, our

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practice silenced and our College closed, it is only because the spirit of the age, the state of public opinion and the institutions of our country will not permit them to do it.

The *regular* medical colleges of this city—I mean by "regular," the Allopathic; "*contraria contrariis, curantur;* for they are indeed "regular;" as regular and almost unchangeable as a petrified mummy—will not acknowledge this school. If our students attend one or more terms here and graduate, no matter what their qualifications, it counts nothing. To obtain their diploma, our students, or our graduates, must attend two full courses of drug medical lectures, just as though nothing had happened here.

True, I do not think their diplomas of any earthly advantage to any except those who intend to practice the drug system. I regard a drug medical diploma, just as I do the druggery it represents—an unmitigated curse to a Hygienic practitioner. But, a spirit of liberality and decency—any spirit short of stupid bigotry and the meanest kind of selfishness—would recognize all of the medical schools which are recognized by the laws of the land.

The statutes of our State have chartered and legalized our school, and the people have approved it. But the Allopathic Colleges all over the country set themselves up as above law and as superior to the sovereign people.

Well, I am of the opinion that it is best for us and for our cause that they pursue this unjust course. We can live despite their opposition and their enmity. It is not certain that we could survive their friendship. There is no way in which they could so effectually damage our cause as to *seem* to befriend and patronize us. False friends are a thousand times more to be dreaded than open enemies. Their apparent fraternization might lead to a compromise; and in all compromises the Devil gets the whole.

But, if we take a rapid survey of the history of the world, we find ample data for encouragement, for rejoicing. We may, perhaps, almost see, even now, the dark clouds of ignorance and superstition descending below the horizon to interminable oblivion, and the radiance of the light of the true science of medicine emerging from the chaos of meaningless words and barbarous technicalities.

The system we teach is hardly a quarter of a century old—scarcely half that age in its organized form. Its whole literature is yet fragmentary, in its incipiency—its A B C state; while the system we oppose has ponderous libraries of the accumulated lore of three thousand years. It boasts of its venerable years; its great antiquity. We think that it is old enough to die; that the world would be better off if it should "go hence"—give up the ghost entirely.

It originated in the false dogmas of the Dark Ages; and these false dogmas have come down to us uninvestigated, almost unquestioned (in the light of first principles) and unexplained; and to this hour they burden all its standard works on Physiology, Pathology, Materia Medica and Therapeutics. Even now these false dogmas constitute the entire basis of its so-called medical science, and the rules of its miscalled Healing Art.

Our system is derived, in all of its fundamental principles, directly from Nature. Nature's outspread volume is the only text-book which we recognize as of authority. Indeed, our premises are nothing more nor less than the laws of Nature themselves; and these, says Rev. HENRY WARD BEECHER (who is good authority on the theological aspect of the problem) are the "decrees of the Deity." Would you have a better foundation than the attributes of God? Can you imagine a better starting-point than the laws of Nature?

But, the world is moving with a rapidity which almost dazzles and bewilders our eyes, and confounds our calculations, even in the direction in which Health Reformers are most interested. There seems to be more invention, more discovery, more science, more art, more progress, more development, more life, in all the relations of human existence now, in ten years, than there was in a thousand years of the bygone ages.

A few statistics stand out in bold relief like a flood of light.

Less than one hundred years ago, FRANKLIN read a paper before a philosophical society in Philadelphia, in which he suggested the idea that the electricity of the revolving machine, and the lightning of the storm-cloud were identical in nature. FRANKLIN was laughed at; but now his theory is a scientific demonstration.

Less than half a century ago, Professor MORSE announced to certain members of Congress that messages could be sent between Washington and Baltimore, through the medium of a metallic wire. But those to whom he proposed the thing only thought of sending him to a lunatic asylum. Now telegraphic wires are flashing the thoughts of men all over the world.

When ARKWRIGHT brought into use the spinning jenny, the hand-loom weavers of England gathered in mobs and threatened to lynch him. But Lancashire, and Manchester, and a hundred other manufacturing cities have risen, whose ever-thundering machinery is performing more

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labor than all the human hands of the earth could do.

Since most of us were born, STEPHENSON proposed to construct a railway from Birmingham to London, and to carry passengers by steam-power fifteen miles an hour. Incredulous people and learned engineers termed it *a mad experiment*, and they asked, derisively, "Why not propose to send them by cannon?" Yet in a few years thereafter those same *conservative* persons were "riding on a rail" at the rate of sixty miles an hour.

When it was proposed to light London with gas, it was objected by scientific men that it would be very dangerous; it would endanger an underground explosion, compared with which an earthquake would be as nothing.

A little more than a quarter of a century ago, SYLVESTER GRAHAM, in his "Science of Human Life," suggested the theory that all the forces of the material world—*heat, light, electricity, magnetism, attraction*, etc., were but modifications or different manifestations of the same essential element or principle. Now, this doctrine, under the appellation of the "Correlation of Forces," is adopted by all the most distinguished Philosophers and Physicists of the world—GROVE, FARRADAY, HELMHOLTZ, MAYER, TYNDALL, LIEBIG, CARPENTER, and others.

About a quarter of a century ago a distinguished divine—Rev. SAMUEL HANSON COX, D. D.—was mobbed from a church in this city for talking anti-slavery sentiments. But where is slavery to-day?

Progress! O yes, the world moves! Let us see if it does not move a little in the Hygeio-Therapeutic direction.

It is not twenty years since it was first formally announced to the world that those things, and those only, which are *normally* related to the living organism, are the true remedial agents; and that the administration of poisons—all poisons; all things *pathologically* related—as remedies for diseases, is based on premises which are false in philosophy, and absurd in science, as well as contrary to common sense. Then, for the first time, was the essential nature of disease truly pronounced; the *modus operandi* of medicines explained; and the fallacy of "curing one disease by producing a drug disease" exploded.

Of course, we were called "visionaries," "enthusiasts," "one-ideaists," "quacks," and other pleasant epithets. But now these doctrines are taught, and by graduates of this school, in all of the United States; in all of the British Provinces; in England, Ireland and Scotland; in Turkey and Denmark, and in the West Indies.

I respectfully submit to the people in general, and to the drug doctors in particular, if this is not fair progress?

A quarter of a century ago, there was not a legalized woman doctor in this country—probably not on this sublunary planet. Now there are several hundreds in this country, with a demand for several thousands. There are also, in this country, three or four medical colleges for women, one or two of which are in this city. A Woman's Medical College has also just been opened in London. Is not this pretty fair showing for the fair sex?

And when it is considered how hardly and perseverinly the pioneers in this enterprise of opening the portals of the temples of medical knowledge to woman—Miss ELIZABETH BLACKWELL of New York, Miss HARRIET K. HUNT of Boston, and Mrs. LYDIA F. FOWLER, now in England—worked their way into the profession, employing strategy where they could, and fighting when they must, while the *regulars* of the profession have always opposed the movement; and that now the women not only have several colleges of their own, but are received with open arms by several colleges which run under male auspices, we must conclude that the woman element is doing very well.

And this getting into the medical profession on the part of the women is just what fills the ranks of the drug doctors with particular dismay. It is like HOOKER on Lookout Mountain—it commands the situation. And well may they tremble for their craft. Seven-eighths of the business of the men doctors—its honors and emoluments—are derived from the treatment of the diseases of women and children. And if women, though non-professional, and even children, though uneducated, would not treat these maladies better than the drug professors do, it is perfectly safe to say that they could not possibly treat them worse.

The regular professors of druggery dread the introduction of woman doctors into society, more than they dread an epidemic among the people. They would sooner have the "cattle plague" attack us. They would a thousand times rather have the expected cholera break out among us, than to see a woman receive a medical diploma; for they can manage the cholera, in a few cases but a woman doctor—never.

True, we do not like the idea of separating the sexes in the pursuit of a medical education. We do not think it is physiological. Certainly there is nothing Hygieo-Therapeutic about it. For one I do not believe in the principle of schools, nor statutes, nor vocations, nor professions, nor

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institutions (not even political), founded on the distinction of sex. You might as well have victuals and drink (I did not say clothes) which are intended for and adapted to a human being distinguished into male and female.

Each sex can benefit the other by association, in all educational pursuits, and in medical studies more than in all others. Each sex needs the influence, the magnetism, the different mentality of the opposite sex. Each refines and elevates the other. You can not separate the sexes in schools, in churches, in business, in the professions, nor in politics, without the certain deterioration of both. All history attests the truth of this statement.

Think you if one-half or one-quarter of the medical classes in our up-town colleges were ladies, the young gentlemen who attend there would make the air foul, black, nauseous, stygean, with tobacco-smoke? and the floor a miry pool of pestilential tobacco spittle? Certainly not. Nor would they like to have the ladies smell in them a strong, rank, sickening, hydro-carbonaceous alcoholic breath. They might want to kiss or be kissed, or at least to be in kissable order, and that, in the sense of physiology or decency, teetotally precludes all contact with liquor or the "filthy weed." Why, the admixture of as many ladies as we have in our present class among the four or five hundred young men of Bellevue, would be the salvation of at least a score of them.

How is it in our school? A gentleman student has never been known in our college, where both sexes are admitted on equal terms, to use liquor or tobacco, neither in the college rooms nor elsewhere.

The progress of woman! Why it is more wonderful than gas, steam, railroads, telegraphs, or the type-setting machine. Fifteen years ago women who met orderly and peacefully in conventions in this city to discuss their equal personal, civil and political rights, were hissed and hooted down by the rowdies and their meetings broken up. There was no protection for them then.

A few weeks ago, JOHN STUART MILL, who publicly declared in favor of woman's right to vote and to hold office, was elected to the British Parliament from one of the most opulent districts in London.

And a few weeks ago, too, a no less prominent divine than the eloquent pastor of Plymouth Church, declared himself in favor of woman's equal political rights.

And this very day, I have read a statement in the papers that President JOHNSON is appointing many women in the South to office—Post masters or Postmistresses.

Ten years ago no newspaper could be found to advocate woman's equal right to the medical profession. Three years ago, when I was in London, the twelve medical colleges of that city had their twelve openings, and their twelve introductory addresses from a dozen of their professors. Not one of them uttered a syllable in favor of woman doctors; but one of them *threatened* his students that, if they did not make better proficiency than many students had done, the introduction of women into the profession would become a necessity which they could not help; while the professor of the most popular and best patronized of the London Medical Colleges "came down" with special emphasis *against* woman doctors. Just before this, the only woman who had that year applied for admission to a British Medical College had been rejected by *a vote of the students!*

Taking these facts for a text, The London Morning Star "came down" most emphatically on the doctors; and in two pithy and pungent columns exposed and condemned the selfishness, bigotry and intolerance of the *male* medical profession.

And one week ago, on the occasion of a woman being licensed in London as an apothecary—an innovation which, it was intimated, the medical profession of the masculine persuasion would not willingly tolerate—The New York Tribune committed itself most unreservedly to the cause of woman's equal right to the medical profession.

And thus we see that the "woman question" is coming along beautifully. "When she will, she will," you know.

Yes, the world is moving! all except the *regular* medical profession, and that is moving *—backward!*

TOM SAYERS.—Tom Sayers the most noted pugilist of his own or any time, in his numerous fights, only suffered one defeat, which was at the hands of Nat Langham in 1853. His great encounter with Heenan, at Farnborough, in 1860 is the most memorable event in the history of the ring. That was his last appearance as a principal in a prize fight. After his fight with Heenan, his admirers subscribed a sum of £3,000, which was invested for behoof of himself and his two daughters, who will thus be well provided for. His illness, which arose from a complication of diseases of the liver, lungs, and other organs, was brought on, it is feared, by his own indiscretion; and it has been apparent for some time that his end was near at hand.

HEALTH, public and private, is valued when lost, cheap when found.

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The Voice of Abused Childhood.

BY M. L. HOLBROOK, M. D.

In the best of nations and under the best of governments are found some of the worst evils. One can hardly imagine why this is unless the avarice of the people in those countries where civilization is highest makes them blind to the laws of duty and love for the unfortunate, willing to sacrifice all whom they can control for their own selfish ends. The object of this article is to call attention to some serious evils existing in England and to give some note of warning to Americans respecting the same matter. It seems in that country that young children are employed to a great extent in all sorts of factories and workshops for a very small pittance. This of itself is no serious matter, but the kinds of business they engage in, the number of hours they work and the serious inroads made on life and health, make it revolting to humanity, and leads one to wonder if, after all, civilization which kills people by over-working them is much better than barbarism, where the tomahawk and combat are the chief agents in destruction. So great have the evils complained of become, that English humanity even cries out against it. A few specimens of what investigation shows will convince the reader how much more serious these abuses are than is supposed.

MAKING ARTIFICIAL FLOWERS.

There are in Great Britain over ten thousand persons, mostly girls, many very young, engaged at the business of making the artificial flowers that so gaily deck our women's bonnets:

"For a considerable part of the time girls of sixteen and upward constantly work fourteen and fifteen hours a day, and occasionally as much as eighteen. One girl, aged nineteen, had worked twice all night through, and on till 5 P. M. on the first, and 10 P. M. on the second occasion. Even children of ten and twelve have often worked fourteen and sometimes sixteen hours. One girl speaks of having often worked the week through from nine in the morning until after midnight. 'It was not only now and then, at a push,' she says, 'but every day, week after week.'"

It requires little thought to know what is the result of such over and unnatural work on the physical life of the young. Let us, however, go into another department of labor.

THE HARDWARE SHOPS.

"Children begin to work in these employments at about nine or ten years of age, and from this age upward they are employed whenever light work, and in some cases work which is not light, can be found for them. It is common for children to enter upon one of the deadliest occupations known, viz., fork grinding, as young as nine; most begin at or before the age of ten, some as young as seven or eight. Mr. White, one of the Commissioners, adds, that 'he found a child of six years old at a wheel where he had worked for some months at other dry grinding for his father. The employment in which most of the young children are found is cutlery. Girls as well as boys sometimes begin this at seven and even six years old, and one boy whom Mr. White found at work had begun at five. A woman who began cutlery herself at six years old, 'put her own lass, now dead, on at six.'"

The Commissioner writes:

"A boy nine years old, or at most ten, worked at crinoline steel rolling three nights running as well as on the days, and this under his own father. 'We should have gone so (*i. e.*, nights as well days) to the end of the week, only the engine broke down.' His case, and the appeals which he repeatedly made to me, whether he might not 'go to school a bit longer instead of working,' struck me as peculiarly painful. Another, now eleven, who went at nine years old to hardening and tempering crinoline steel, worked there from 7 A. M. till half-past 9 P. M., four nights a week, 'for many and many a month,' 'many a time till 12 at night,' and either once or twice worked from 7 in the morning all through the next night and day, and on till 12 the following night. 'I had to live very badly, and if I had no dinner he (the man) always gave me a bit.' Another boy at a rolling mill, where his proper hours were from 6 A. M. to half past 5 P. M., worked about four nights every week till half-past 8 P. M. at least, and this for six months out of the nine that he was there, there being day and night relays in the remaining three months and for about four months he worked one day and night together every week, and sometimes two days and two nights running."

THE GLASS MANUFACTURE.

"In this, five thousand children, young persons and women are engaged. Some children are employed as early as nine. The conditions under which the poor children work are here described:

"'The state of the places of work occasionally renders the labor of the boys unnecessarily irksome. In consequence of the faulty arrangements of furnaces and kilns they are sometimes placed literally "between two fires." Some flint and glass works built "with the old construction of cones" are also very hot. There are frequently strong draughts close to where the boys work, bringing a large amount of dust, with which their faces become begrimed. The new houses, especially those at the largest manufactories, are comparatively cool, airy and clean. In some work, as in crown and sheet-glass houses, the boys are "almost permanently in a high temperature," the hottest being that of pushers in crown-glass houses, and of shovel-holders in sheet-glass houses, "work done by the youngest boys."

"'Mr. White says: "The heat in which the little shovel-holders stand is very great—at first I could hardly bear to go up and stand in their places." In one case he found the thermometer, held close to the boy's head, to be one hundred and thirty degrees. He adds that while he was standing near for that purpose his hat, both crown and brim, melted so out of shape that it was unfit to wear until restored by a hatter. In a flint-glass house, his thermometer at the mouth of a kiln where boys put in articles to anneal, "standing there, however, each time only as they set down the articles," rose quickly to the top, viz., one hundred and fifty degrees. In bottle works the kilns or "arches" are ovens,

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'much like large ovens in a wine cellrr." These are entered by boys to remove the bottles. The heat was found by Mr. White to vary from one hundred and six degrees to one hundred and twenty degrees. A boy, eleven years old, "a taker-in," on being asked by Mr. White how the hair on his forehead got singed so, said, "It's the heat of the arch; sometimes it singes my clothes too, if the wind draws much."'"

EXHAUSTING LABOR.

"During the working part of the week six hours is the utmost unbroken period ever attained at any one time for rest, and out of this has to come the time spent in coming and going to and from work, washing, dressing and meals, leaving a very short period indeed for rest, and none for fresh air and play, unless at the expense of the sleep necessary for young boys, especially at such hot and fatiguing work. Even the short sleep is obviously liable to be broken by a boy having to wake himself, if it is night, or by the noise, if it is day.

"*It is said* that there are instances in which *boys have* worked thirty-six hours together, and *in one case*, 'a boy, twelve years old, who works as a drawer in very large bottle works from 5 to 6 A. M. till 6 P. M., had to "take in" in place of a boy who was away till 2 A. M., and then slept in the furnace till 5 A. M., when his usual day's work began.' A man, now thirty-six, who began the trade at eight years old says, 'Many a time, even while I was a boy, I have been on forty-eight hours at a time in those small places, till I could hardly hold my eyes open, and I have been that way so as I couldn't sleep because I was over-tired. I was forced to do it." A boy when about twelve years old worked five turns, or about sixty hours, running, with a break of six hours, *i. e.*, from 7 on Saturday morning till 7 on Monday evening, making glass on the Sunday (not minding a furnace), except from 1 to 7 P. M., when he was fetched back just as he was getting to bed, a bigger boy having run home. On the faith of his expected Sunday night's sleep, he had spent his time in playing instead of rest. 'Didn't like it all. Was so tired I could scarcely stand up.' Another says: 'Have worked thirty-six hours together, *i. e.*, one turn over, but never more at any time. May do it twice in one week perhaps.'"

TOBACCO FACTORIES.

"In the tobacco manufacture about seven thousand persons are employed throughout the kingdom, of whom about one-fourth are under eighteen years of age, and the age at which the children begin work is before nine.

"Mr. Cope and his foreman state that before certain alterations in their premises had secured sufficient circulation of pure air, 'not a day passed without some one or other of the girls fainting or going into fits; many were compelled to give the trade up altogether;' so that Mr. Cope 'began almost to despair of making women useful; and his foreman got quite nervous, and used to burn brown paper and do other things to fumigate and purify the place,' and thought 'there must be something in the nature of women that made them unfit for the work."

A few thousand copies of THE HERALD OF HEALTH could be circulated among these manufacturers with great benefit. How such ignorance and abuse can be tolerated in a civilized country is past our comprehension. Occupations which debase and degrade people should not be followed.

THE HARDWARE SHOPS AGAIN.

"The work at Sheffield is very hard upon children. The nature of the occupation is terribly destructive of life, for three principal reasons, viz., the liability of the worker to inhale dust, the necessity of a constrained position while at work, and the ill-ventilated state of the workplaces. In 1860 Dr. Greenhow found that the death rate among these men had an annual average of thirteen in the thousand, which is more than double that prevailing in rural areas. This inhalation of dust, metallic, or arising from stones, bone, ivory and other materials, provokes pulmonary diseases. Dr. Hall also in 1857 reported of the fork-grinders, that he found them exposed to influences which had a tendency to rob them of twenty-five years of their lives, and to deprive to that extent their wives and families of the benefit of their labor, and to fill the union houses with widows and orphans. And now Mr. White, in 1865, shows that the same causes of excessive disease are in operation, with the same fatal results. The average age to which men live is thirty-six years, but some as long as forty-two."

IGNORANCE OF THE CHILDREN.

"Of course children thus over-worked and abused from the tenderest years, grow up in horrible ignorance. Here are some examples:

"'Henry Stow, aged fourteen: "Went to work at shears at a cutlery manufactory when going seven years old. Can read a bit, but not write at all. Don't know of London, or Queen Victoria, or if she is a woman, or takes care of the country."

"'John Holmes, aged thirteen: (Is asked of Queen Victoria.) "Have heard the name on it; can't tell what it means. She finds 'em money. The Bible is the Holy Bible. Have not heard of the Testament, Gospel, Adam, or Jesus Christ. An angel is an image."

"'John Morris, aged fourteen: "Get 8s. 6d. a week and have 6d. of it for myself. For nearly a year have put fourpence out of this into the bank. Do not go to school on Sunday or at night; have no good clothes to go in. Go to a church, but I can't get nigh enough to understand the words. Have heard say that God made the world, and that all the people were drowned but one; heard say that one was a little bird. Suppose that Christ was a man. He was a father and teached 'em to read out of a Bible. Think he was put to a cross."

"'William Smith, aged fifteen, molder: "Never was at day-school in my life, except for a week or two, and do not ever go at night, but do on Sunday, and to chapel. My cousin teaches me reading a little. Heard at chapel about Samuel fighting with a lot of soldiers. Have not heard of Paradise. The garden of Eden is where men goes and eats off a tree. It was not any particular man. Do not know if Adam and Eve were the first people in the world. God made man; man made woman."

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"'Jeremiah Haynes, aged twelve: "Can not read. Go to school always on Sundays. Have not heard of Abraham or the Gospel. The Bible tells us what to do and sich. Four times four is eight; four fours are sixteen. A king is him that has all the money and gold. We have a king (told it is a queen), they call her the Princess Alexandra. (Told that she married the Queen's son.) The Queen's son is the Princess Alexandra. A princess is a man."

"'William Turner, aged twelve: "Don't know any thing about the Queen or England. Don't live in England. Think it is a country, but didn't know before. There are six days in a week. There is another day; altogether it makes (after a long pause) seven days."'

"A glass-house boy, after spelling 'distress,' said, it means 'when you got nothing to eat.' Another, who knew A B C, but could not get beyond D, said, 'The Prince of Wales is a soldier, I think.' Another glass-boy, George Brookes, said, 'Ireland was a little town,' and thought that London was 'a little town, too.' John Dermott said he knew Queen Victoria well as a lady who had given her opinion that 'Dublin was the manliest place in the three kingdoms.' John had heard of 'Jesus Christ being put in the coffin, and awake and alive again.'"

These tales of injustice, of deep and gross wrong, are even more extensive than are here reported. Thousands of young boys work in mines and in stores at occupations that prevent their full development, dwarf their natures, shorten and deprave their lives. The evil, however, is not exclusively an English one. In every large city in the United States are thousands of boys and girls, who never know what a natural life is. In all the large stores boys are employed as cash boys, door boys, errand boys, etc., when for most of the day they live in a state of abnormal excitement, breathing a foul air and looking pale and dwarfed. In the country often it is little better, only the hours of labor are less and pure air and sunshine are abundant, counteracting to some extent the effects of the excessive labor. This does not come from want of affection, but through a want of enlightenment. The State says every child is entitled to an education, if necessary at the expense of the public money. It is, however, entitled to more—to such care and surroundings as shall give it the best chance of a perfect development. What is most needed, is the extension of knowledge on the laws of child nature and child culture. When parents study these subjects, from a human nature point of view, then we may hope for progress and for a better humanity.

How we Can Save Lives.

THE Post speaking on this subject says: "Fourteen thousand five hundred and seventy-two children died in this city last year. Two-thirds of these, probably, belonged to families living in tenement houses. In the thirteenth annual report of the New York Juvenile Asylum we read that of fourteen hundred children under the care of that excellent institution, during the same year, not one died; of six hundred, during eight months of the present year, not one has died; and the death-rate among the children in the asylum in twelve years has been but one-half of one per cent.

"This astonishing result of care, cleanliness, plain healthful food and pure air, when we compare it with the fearful mortality among children in the city, shows us some of the deadly fruits of our tenement-house system. The children in the asylum were taken from the streets; they are of the same class of which thousands die yearly in the wretched houses of our industrious poor; it is true that they had passed through the dangers of infancy; but there has not been a death in the asylum for twenty months—and how many hundreds of the same age have perished in that time in the filthy tenements of the city—perished needlessly, as this comparison shows.

"The evil is plain enough, many will say, but where is the remedy? Is it possible to cure this dreadful state of things? Certainly it is. It has been done in England; the work has been systematically carried on there, now, for many years, and with what prodigious and encouraging results a few facts and figures will tell. In old houses, by the improvements enforced by the health officers, the death-rate has been reduced from thirty to thirteen per thousand; in some districts, by the introduction of a plentiful supply of water alone, and the substitution of proper water-closets for privies and cesspools, the death-rate has been reduced one-third, which is, as an English writer observes, as though for one year in every three there were neither sickness nor death in these houses. Typhus and diarrhœa, as epidemics, have been altogether banished from among an over-crowded population of eighty thousand persons, simply by the enforcement of thorough sanitary measures. The annual death-rate of London has been reduced from fifty to twenty-four per thousand, and that of Liverpool from thirty-six to twenty-four per thousand. In Macclesfield the decrease in mortality ranged from twelve to fifty per cent., and, what is of equal importance to the community, police offenses were reduced twenty-four to fifty per cent. That is to say, as the people were better lodged they became less addicted to vice and crime; and this is the result everywhere.

"But this great and beneficent reform was not carried out by politicians; it was the work of men of science, appointed to it, with power to organize and authority to enforce the reforms which were needed. Their faithful and vigilant labors were needed, and a small part of their work will show the reader what it was produced so great a change. In sixteen sanitary districts alone, not one-half of London, 25,410 cesspools were abolished and 65,826 houses were newly drained or their drainage amended; in fifteen districts 34,179 privies were amended, mostly by being turned into water-closets, and 5,395 houses were supplied with water; in fourteen districts 14,490 yards were paved and drained, and 13,926 houses of the poor were cleansed and whitewashed. Every slaughter house is inspected regularly, and the health provisions strictly enforced. All this was done in five years. It is time that we too did our work like this."

PHYSICAL and moral evil engender each other mutually.

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The White-winged Angel Here Again.

BY GEORGE W. BUNGAY.

Bethesda's waters move to-day;
The steps are wet with falling spray—
Wait not for one another;
If fever smites thee in its wrath,
Seek refuge in the cooling bath—
Be of good cheer, my brother.

Unbind the napkin on thy head;
Rise up, rise up and take thy bed,
For light will be the burden;
Plunge in the pool, and wash away
Disease as Naaman did, the day
He dipped himself in Jordan.

Then life shall be a holiday,
And dark forebodings flee away—
Thy bliss shall know no sorrow;
The deaf shall hear, the dumb shall sing,
And Hope descend on rainbow wing
To crown each bright to-morrow.

The blind their sightless eyes unseal,
The withered limbs the waters heal—
Reform relights her torches,
And leads the waiting multitude
Along the straight and narrow road
Which leads up to the porches.

The old man is again a boy,
The halt and lame leap up for joy—
Rejoice, ye sons and daughters.
Ye invalids, forget your pain,
The white-winged angel comes again
To move the healing waters.

The Tobacco Trade in Council.

BY A. L. WOOD, M. D.

Having by chance seen a circular headed with the startling and to me very agreeable announcement, that "The present condition of the Cigar and Tobacco trade is such as to demand the united and immediate efforts of all to save it from utter ruin," and calling a "Convention of the Tobacco Trade" to be held under the auspices of the "Tobacconists' National Association" at Cooper Institute, New York, I determined to be present and take note of the proceedings.

The very moment I commenced descending the long stone staircase leading from the street to the large hall of the Cooper Union, I was met by such a strong current of tobacco smoke from the hall below that it almost sickened me and made me hesitate for a moment, thinking whether it were better to proceed onward to the source from whence it originated, or retreat at once. Partially closing my mouth and nostrils, so as to inhale as little as possible of the poisonous and sickening fumes, I entered the hall. What a sight for an anti-tobacco man! Seated around in front of the platform were some four or five hundred men—excuse me I mean tobacco sellers and manufacturers—nearly every one of whom was busily sucking away at one end of a cigar, and puffing forth the disgusting fumes as though they were intent upon filling the hall as rapidly as possible. They labored faithfully and were eminently successful, for it was with difficulty that I was enabled to peer through the thick clouds of smoke intervening between me and the platform.

It was nearly an hour past the time named for the meeting to commence when I arrived, and I expected to find the Convention under full headway, but there was no one upon the platform—no chairman, no speaker, and I came to the conclusion, from a careful observation, that the meeting had resolved itself into a committee of the whole for the purpose of *smoking out* all who did not belong to the fraternity. They appeared to act in perfect concert; for it was smoke, smoke, puff, puff, whiff, spit, all over the room.

Reader, did you ever notice the difference between an audience gathered together to listen to a fine concert or an eloquent lecture, and one at a negro minstrel performance or a prize fight? Of course you have noticed it, if you are so fortunate as to have your powers of observation reasonably developed. There is as much difference between the character of the audience on such occasions as there is between the character of the performances. The one is composed of the most cultivated, noble and refined members of society, and the other of the lowest and most degraded. There is some peculiarity about every grade of society and every trade and profession that, to the close observer, distinguishes them from all others. The audience composing this Convention was of a peculiarly marked character, and it could no more have been mistaken for a Temperance or Health Convention, than a cigar for an orange.

I will give some of the leading characteristics of the persons composing this Convention, and the description will apply equally well to the great majority of those who stand behind the counters of cigar stores throughout the country. Let those who are curious upon this point just observe, and they will find the rule to hold good everywhere. Of course there are exceptions to this rule, as well as others, but they are few and far between.

The first thing I noticed was their small stature, being much below the average height. They were not only short but thin—indeed, remarkably so, as a class. The term "lank" expresses the meaning I wish to convey better than any other. Their heads were also of a peculiar shape, the chin as a rule being the most prominent point. After this, the nose, and above the latter, the heads receded rapidly. Their features were sharp and thin; their eyes had a restless, nervous expression, and their skins bore a strong resemblance to smoked bacon.

That the above is a truthful picture, no one who was there and observed will deny, but why, as a class, do tobacco sellers possess these peculiarities? They are, almost without exception, inveterate smokers, and their shops are constantly filled with tobacco smoke and the poisonous emanations from their "stock in trade," which they breathe into their lungs at every inspiration, and absorb into their systems through every pore of their skins. Is it any wonder that human beings living in and growing up surrounded by such a poisonous, pestilential atmosphere, should become dwarfed both in body and mind, and have the very life-springs of their beings dried up? Rather, is it not wonderful that they live at all? It only shows how much abuse the human constitution can bear without breaking down entirely, and how it could maintain its integrity unimpaired for a long period of time,

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if the simple and natural laws which govern it were complied with.

But to return to the meeting. There were no less than seven reporters present, the majority of whom had cigars in their mouths and hats on their heads. The next day, the daily papers contained reports of the doings of the Convention, varying in length from one to four columns.

Dr. Gleason delivered a very interesting and instructive course of lectures on Physical Culture in the same hall a short time afterward. They were scarcely noticed at all in the papers, and there was not a single reporter present. Comments are unnecessary.

The object of the Convention, as stated by the chairman, was to appoint a committee, and furnish it with the means to proceed to Washington, there to "educate Congress" and get it to transfer the Internal Revenue tax from manufactured tobacco to the raw material. They tried the same thing last year, but did not "educate Congress" quite far enough and consequently failed; but they are in hopes of succeeding better this time. In reference to the decline in the tobacco trade, Mr. Burke in an address to the Convention, said:

"The Revenue Act which went into operation the 1st of September, 1862, found the tobacco trade of the United States in a condition of unusual prosperity. The crop of 1860, the largest ever raised on this continent, or in the same period on any quarter of the globe, it having been upward of 429,000,000 pounds, had furnished abundant material for the development of the manufacturing resources of the country, and the clatter of the mill, and the busy hum of the workshop resounded on every side. East, West, North, and even South, felt the inspiring glow of well-rewarded industry, and every branch and member of the trade was fully, satisfactorily and profitably employed. Up to this time there had not been a shadow to dim the radiance of the past, or obscure the brightness of the future, and the interest bid fair to become one of the weightiest in the land. But little more than three years have elapsed since that day, and the trade is a comparative wreck. Planting has been partially suspended, about 197,000,000 pounds only having been raised in 1864, while the present year the decrease is from one to two and one-seventeenth below 1864. The vast internal transportation which freighted our railroads, our lake, river and ocean fleets, has been materially lessened; our manufactories are being deserted; our manufacturers are disheartened, and decrepitude and stagnation alone are seen where once was vigor, enterprise and thrift."

In regard to the decline of the trade during the past year, Mr. Burke said:

"There were those among us last year who predicted that the falling off in the production would reach fifty per cent.; that it would reach fifty-eight for chewing, and sixty-two for smoking, the most despondent never conceived. With such a diminution in the production of the trade, it is not surprising that Louisville sold last year only about half what it did the year before. A tax of fifteen cents a pound on chewing tobacco in 1863–4 yielded a revenue within $58,646 94, as large as was received from the same source in 1864–5, with a tax of thirty-five and forty-five cents a pound. A comparison equally suggestive might be made with regard to the other articles during the same periods."

Friends of progress, ye who believe that the use of that poisonous "Indian weed," tobacco, is *one* of the most prolific causes of the almost universal *ailitiveness* of the American people, and that the general disuse of it would be a long step toward elevating the people to a far higher standard of physical and moral health and purity, is this not a cheering prospect? Is it not something to be thankful for, that the use of this great enemy of mankind is so rapidly on the decline in this country? For the sake of humanity, let us hope that its use will continue to diminish till the "vile and disgusting habit" shall become obsolete. Let us hope that Congress will not remove the tax from tobacco, as the trade are so anxious it should, and that "the immediate and united efforts of all to save it from utter ruin" will not be successful.

BEAUTY AND CULTURE.—The following paragraph states truly facts of importance in reference to beauty; the more the intelligence, health and culture of a family, race or nation is advanced, the higher will be the type of beauty exhibited:

"The moral elements are beautiful, and not only that, but they have a power to excite admiration and desire in men that do not possess them, and every moral quality, when properly accepted, has the power of producing an impression of beauty. Speaking about the influence of love, he said, no creation that we have ever seen on the canvas have equaled the simple facts that are taking place day by day. He held that the mind is perpetually impressing itself upon the body, and that gesture, feature, walking, speaking, looking, and a thousand other physical appearances, are the result of mental processes within the soul. A man that is endued with sentiments of rectitude becomes royal, not alone in moral aspects, but in physical as well. Expression is true beauty, and by expression he meant of moral feeling conforming the features to its own nature. In society at large, physical beauty increases with culture and refinement. I once paid a visit to Hicks, the artist. He lived not far from the Five Points, and used to be frequently called out by a school-teacher to look at the head of some little child which she considered a rustic beauty. I asked Hicks if he often found such, and was surprised at his answer. "No," said he, "you can not find real true beauty among the children of rough and uncultured parents. There is always something animal, something coarse in them." As men are civilized and refined, and come more under the influence of conscience, and love, and refinement, so the face lights up, and so it goes on from generation to generation, until at length there comes out physical beauty to illustrate the truth that the moral element was the prime cause of it, and not the physical."

JOY is one of the great panaceas of life. No joy is more healthful or better calculated to prolong life, than that which is to be found in domestic happiness, in the company of good and cheerful men, and in contemplating with delight the beauties of Nature.

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Personal Beauty.

BY G. W. BUNGAY

We all have a standard more or less accurate, by which we form our opinions of the personal attractions of men and women. One admires a blonde, another adores a brunette—this person praises a slender waist, that person almost worships the form that is rotund; indeed, the large, the small, the fat, the lean, the dark, the fair, find a vacuum in some heart which their presence is sure to fill. There are points, however, in which all, or nearly all, agree. We are all surprised when we find a sagacious man or woman with a vacant face, or a fool with a well-orbed head and radiant countenance. We usually look for a correspondence between the face and the heart. The face is regarded as an index of the mind, and when we look at an individual, we involuntarily form conclusions in regard to the character of that person. We say to ourselves, that man is proud, that woman is vain, this person is wise and that person is otherwise.

"Why should smiles sometimes repel us,
Bright eyes turn our feelings cold?
What is that which comes to tell us
All that glitters is not gold.
Oh! no feature plain or striking,
But a power we can not shun,
Prompts our liking or disliking,
Ere acquaintance hath begun."

Cowper the famous English poet, who lived and died a bachelor, thought faces are as legible as books. Southey, a poet and a philosopher, a man of superior culture and broad experience, declared that the human face never deceived him. Sir Thomas Browne, Haller, Bacon and Lavater, have expressed their opinion that the outward form corresponds with the inner soul—that the face is the figure of the heart. There certainly are many exceptions to this rule, for some of the most repulsive faces have generous hearts behind them. I know a clergyman, a popular speaker, a scholarly writer, an author of note, whose features are so irregular and hideously ugly, that women and children shrink from his approach, until they become acquainted with him. He is an amiable, pleasant, courteous gentleman, and his face is his misfortune, not his fault. That we may understand each other, let us glance on the human face in the light of facts and history and take one feature at a time. Let us look at the human eye—not as the dissector does, but as a philosopher should. What a variety of emotion is given through the medium of sight, "*oculi sunt in amore duces.*" Words and tones are fickle, but the language of the eye is universal and fixed beyond criticism. It is the short-hand of the mind. Frowns, smiles, tears and laughter have the same meaning in all lands and in all ages and are understood by all nations under the sun. No language is so eloquent as the interchange of glances. No conversation is so interesting as the colloquy of eyes. Dr. Wither who wrote nearly two hundred years ago said, "a changeable face I have observed to show a changeable mind," one of the old poets said:

"In many looks the false heart's history
Is writ, in moods, and frowns, and wrinkles strange."

Even a child can read the meaning of the eye. Many school teachers govern their pupils by looking at them. The young Greek thought he paid a high compliment to his lady love when he told her she had an eye like a cow. The radiant belle of New York may toss her head and turn her lip scornfully at such a compliment, but she must remember that ox-eyed Juno was immortalized in song, and the next time the young beauty who scorns the "homely" comparison to which I allude visits the country, she may notice the fact that the cow has a soft, full, clear and most beautiful eye. There is, however, nothing that equals the beauty of the human eye with a human soul to light it up with love and hope. It moves like a star in its orbit, traversing the dome of heaven. It is the telescope of the soul, tracing the pathway of the planets. If poets and lovers speak the truth, woman's eyes have much to answer for:

"The light that lies
In woman's eyes,
Has been some heart's undoing."

A dozen glances will subdue almost any man, another dozen enslave him, and another dozen make him a fit candidate for matrimony or the mad house. Addison said, "A beautiful eye makes silence eloquent." A writer in one of the Reviews says dark blue eyes are most common in persons who are delicate and refined, light blue and especially gray eyes indicate activity and force, hazel eyes show vigor and strength. Shakspeare had hazel eyes. Swift's eyes were light. Milton, Scott and Byron had grey eyes. Edward Irving and Whitfield were cross-eyed. Descartes had a squint in his eye. Every variety of shape and color are found in this variform organ, from the majestic round orb of Homer's ox-eyed Juno to the orifice through which the almond eyes of the Chinese beauty looks upon her lover.

It may not be amiss to state here that there are many causes which tend to impair the healthy vigor and radiant beauty of the eye. Among these causes I will mention the following: Insufficient sleep, severe study, writing and reading by gas-light, reading in bed, painting the eye-lids, ill health. We see the fires of alcohol in the eyes as well as on the nose of the drunkard. All kinds of excesses are sure to be reflected in that delicate and sensitive organ, the eye. No person can violate the physical laws and escape the penalty. Nature is arbitrary in her legislation and makes no exceptions in the measure of her punishments. If the king gets drunk he will have redness of eyes notwithstanding the royal blood in his veins. If the beggar keeps good hours and obeys the physical laws, she will have clear and handsome eyes, brighter than the diamonds flashing in the queen's coronet. It is a physiological fact that plain food, abundant rest and a cheerful temper are the principal aids in the staff of health, and that good health insures good eyesight. I shall speak of other features in future papers and will conclude this sketch with the remark, that for the natural or original characters we consult the stationary features, the forehead, the nose, the cheek bones, the chin; for the acquired characters we consult the eyes and the mouth. Sensitive persons and persons of strong passions show their emotions of fear, love, anger, grief, by the color and motion of the lips.

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Versatility of Woman.

[From The Home Journal.]

It is time for the ladies to be trying on their alternatives. The sex will soon be trousered. There are evidences all over the world of the masculine-ifying of female pursuits—consequent universal necessity of male belongings—of female doctors, a regular professorship; of female shop-keepers, a struggling pre-eminence; of female artists and authors, a brilliant preference; of girls disguised as drummers and fighting as soldiers, an increasing proportion.

The latest bit of news of this kind is the report of the physiological journals of science as to the curious mental result of the "Army's wounding and crippling"—the almost universal un-lover-izing of the brave fellow who is amputated or disfigured, and the devotion of his after life (with the wounded pride of one who does not think he has, longer, "a legal tender") to the celibacy of avowed brotherhood. The sex, which was already left deserted by the vast numbers of the youngest and bravest killed on the battle-field, is thus doubly left unmated and alone, and an enormous proportion of the population (once duly provided with love, matrimony and maternity), is now single by uncontrollable destiny, or at the mercy of masculine pursuits.

Between the losses of lovers, both by the multitude of dead and the multitude of wounded, the Southern woman, particularly, at the present period, is left single. But it is wonderful how her taste is catered to as a soldier. In one article, which we find in a new periodical called "The South," the writer brings a learned array of instances to prove the superiority of woman in battle. He says:

"When Ahab 'turned his face to the wall,' and wept over his disappointed avarice in the loss of the faithful vineyards of Naboth, it was the cunning craft of Jezabel, awakened by her conjugal love (that sole virtue of her black heart), that devised means to gratify the cupidity and comfort the grief of her lord (3d Kings, xxiii. 5). Again, the persevering importunity and sembled love of Delilah were more potent in the destruction of Samson than the strategy of the warriors or the machinations of the councillors of the Philistines.

"So, too, when the wise, brave men of Sparta trembled at the approach of Pyrrhus, and assembled in council to devise ways and means of sending the women and children to a place of safety, it was the voice of Archidamia, as she entered the council hall, sword in hand, crying, 'Deliberate not whither we are to fly, but what we are to do,' that sent the first thrill of hope and confidence through their anxious hearts, even as the trenches dug that night by the hands of other women like herself, and their presence as they stood on the battle-grouud through the three desperate assaults of the united forces of Pyrrhus, ultimately saved their homes from destruction. Another instance wherein the forethought and tact of a woman obtained great results is found in the case of Philotus, a poor slave girl of Rome, who, upon the demand of the Fidenates, B. C. 381, that the wives and daughters of the city should be yielded to them as the only condition of peace, advised the Senators to send the female slaves, disguised in the clothes of the matrons, and marched herself at the head of the band. This ruse succeeded, and, by a timely signal from Philotus, when the Fidenates were overcome by the effects of their night-revelry, they were attacked and conquered by the Romans, and the city thus saved.

"The reign of Agrippina rises into grandeur compared with the subsequent rule of her wicked son, Nero. The power of her maternal love developed the spring from whence flowed her high-toned aspirations, her keen, correct judgment, and that indomitable force of will and strength of purpose that controlled the Senate, and so thoroughly imbued that body with admiration for her transcendent qualities, as to impel them unanimously to invest her with the attributes of a god. The same tender, womanly feeling developed the skill which directed the armies of the nation, and endowed her with the iron nerve that kept the excitable populace subservient to her word and will. In the case, also, of Coriolanus, it was the mother's intuitive foresight, the woman's tender love and eloquent patriotism, that turned the spirit of revenge evoked by his ungrateful conntrymen, and won her country's ransom, though at the heavy and agonizing cost of her son's life.

"While opinion stands divided as to the moral purity of the private life of Aspacia, none deny her force of character, and the power of intellect which could furnish wisdom to Socrates; charm into euthusiasm, by her eloquence, the loftiest minds of Athens; and hold, for a long series of years, in undiminished power, the love and respect of Pericles—the 'Princeps Grazia' of the age.

"With the warlike qualities of the Amazons every reader of history is familiar; but even among them there were those who especially distinguished themselves, and whose names are enrolled of fame. Penthiselea, one of their queens, fought bravely at the siege of Troy, and was killed by Achilles. Pliny gives her the credit of having invented the battle-ax. The Old Testament furnishes some of the earliest examples of this martial spirit in the deeds of Deborah and Judith, and profane history follows up the record with almost innumerable similar cases. Though many may be either traditional or mythical, yet they may be received as a type of the spirit of the age from whence they sprung, or as a proof of the valor a love of country can inspire.

"Among the first on the list of warriors stands Semiramis; possessing scarcely an attribute calculated to make a woman loved or

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revered, yet stands pre-eminent for strong, stern, masculine qualities, which were certainly, in her case, the most available and profitable. Through her influence and strategic skill her husband, Menones, became the conqueror of Bactria. This first taste of martial excitement soon developed a talent and spirit which made her the first General of the age, and led her, at the head of her own armies, to the conquest of Ethiopia and every province through which she passed to India. Here, however, her zeal for conquest blinded her judgment, and she fell into an ambush; but from which she managed to extricate herself with great strategy and skill. It forms a redeeming trait in the character of Semiramis that her love for the beautiful and her ambition for her country's honor caused her to leave monuments far more lasting and beneficial than the ephemeral honors that grew out of her greed for conquest. To her belongs the glory of initiating the point of greatness and magnificence which the once mighty Babylon attained. Mountain and valley were made subservient to her taste and ambition, and barren deserts and parched plains were refreshed and brought into verdure by her engineering and artistic skill in having water conveyed, by immense aqueducts, to the barren soil. The resignation of her power and honors, when she found them coveted by her son; is a proof of a generous and magnanimous spirit rarely found in the life of one whose career had been so fierce and whose sway so powerful, and it is another proof of the love of the mother triumphing over the interests of the woman and queen.

"Cyrus, the invincible warrior, thought it no derogation to his reputation to take the field against a woman. At the hands of Tamyris, Queen of the Scythians, he met his death; and, by a combination of wily manœuvres, she succeeded in drawing the army of Cyrus into an ambush which totally destroyed his forces of two hundred thousand men. With her own hands, Tamyris cut off the head of her captive, and, throwing it into a vessel of human blood, exclaimed,

"'*Satia te sanguine quem sitisti!*'

"We find two queens of Candia, of the same name, Artemesia, both distinguished for devoted conjugal love, and for their bravery and military skill. The first Artemesia was the friend and attendant of Xerxes in his expedition against Greece, and provided him with five ships. In the council of war, held before the battle of Salamis, she opposed the famous naval engagement, the fatal results of which justified her opinion and advice. It was the bravery and prowess of this woman that elicited the celebrated exclamation of Xerxes, 'the men behave like women, and the women like men!'

"Artemesia Second, though overwhelmed with grief for the loss of her husband, Mausolus, and devoting so much time and means to the perpetuation of his memory, yet did not suffer her grief to interfere with the duties of her elevated position. She took command and led her army in person in a war with the Rhodians, and evinced undaunted skill and bravery. Her character presents a strange combination of fidelity in love, bravery in danger, and cruelty in conquest. Her treatment of the Rhodians is a blot that mars her other loftier and more feminine traits.

"Camilla, who succeeded her father, Metabus, as Queen of the Volsci, performed, according to Virgil and others, such miraculous things that one feels inclined to put her aside as mythical. Still, though we need not believe, except figuratively, that she could run swiftly over a field of corn without bending a blade, and walk over the sea without wetting her feet, yet her prowess as a warrior may be ranked (in faith) with that of some of her Amazonian predecessors. She marched at the head of her army, accompanied by three damsels of equal valor, to assist Turnus, King of Rutull, in his attempts to drive Æneas out of Italy, and died from the effects of a wound received at the hands of a common soldier.

"Maria, wife of Zenis, and Governor of Etolia, is a more natural and probable character than the foregoing. Upon the death of her husband, she waited on Pharnabazus, Satrap of Persia, and entreated to be intrusted with the command and power held by Zenis. Her petition being heard and granted, she ably redeemed the trust, and acted, on all occasions, with great courage and wisdom. She defended the places committed to her charge; commanded the troops in person; and promoted her army to the highest state of discipline. To the envy and jealousy of her son-in-law, Midias, she fell a victim. Qualities that he could not emulate he determined to destroy, and, in cold blood, murdered both her and her son.

"Fulvia, wife of Marc Antony, must have been more than an ordinarily brave woman to have been deemed, by the great Octavius, worthy of meeting him in battle. Nor did his challenge daunt her high spirit; for she prepared at once for the field, armed and equipped like a man, and harrangued her soldiers with the vehemence and eloquence of that Cicero, whose powers she so heartily and brutally avenged upon his tongue, when that once all-potent member was hushed in death. If she made no more worthy use of her sword than she did at this time of her silver bodkin, her memory richly deserves the verdict of her history, and proves the truth and justice of Plutarch's estimate of her character: 'She was a woman not born for spinning, or housewifery; not one that would be content with ruling a husband, but capable of advising a magistrate or ruling the General of an army.'"

The South, thus flatteringly addressed, is, in fact, a meridian of our States where the predominant element at present is female; where the strength of character, which is exhibited.

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by this Amazonia of the Single, seems ready to shape itself into a female army where they all take most genially to our handicrafts and professions (the well-known leading "Southern belle" in Washington society, the daughter of the distinguished lawyer of Charleston, having just become one of the clerks of our Treasury Department, at a salary of four hundred dollars a year)—the sex to which we are to look, from this time forward (the prophets say), for new and splendid development of the American character. For those of us who have been privileged to enjoy the society of Southern belles, in years bygone, it is easy to expect a great deal.

The Drinking Fountain of London.

LONDON, *September* 15, 1865.

OF course three millions of people require much water for drinking as well as for cooking and washing. I am informed that the water daily used in this metropolis amounts in the aggregate to one hundred millions of gallons, which, if it were all collected in one great reservoir, would form a lake seventy acres in extent and six feet in depth. You think perhaps that with so much water there must be plenty for everybody and none need suffer. But in fact there has been a great deal of suffering, and much vice and crime because of want of water. Every drop of this vast store is the property of water companies who require to be paid for all they deliver. They bring it from a great distance and at great expense, carrying it underground and forcing it by steam power into the cisterns and tanks of their customers. It is illegal even to buy it from any but the companies; and persons selling or giving it away are liable to be prosecuted. But they do not profess to make any provision for the wants of the multitude who daily throng the streets. The thirsting wayfarer might walk miles before he had an opportunity of quenching his thirst except by resorting to the public houses or the gin palace, and paying for what in many cases he would not drink, had he a choice in the matter. Great numbers have been ruined by being thus compelled to go into the midst of temptation to satisfy their natural wants. Thus while water pipes and firemen's and water companies' turncocks plainly showed that there was "water, water everywhere," the fruitless search of many a poor weary one for a draught of the refreshing fluid, and the droves of thirsty cattle which were constantly seen with their tongues hanging from their mouths, gave painful evidence that there was still "not a drop to drink."

This will prepare you, I trust to be interested in what I am now to write. A few days since in exploring the historical places of the city, I came upon Newgate Prison in the Old Bailey —the oldest and principal prison of London. Here criminals sentenced to death suffer the last penalty of the law. On this spot once stood a Roman fort, erected perhaps as early as the time of our Saviour, and during nearly 750 years the guilty and unfortunate have been confined here in dismal cells. I stood for a long time looking at its gloomy walls with feelings of sadness from the thoughts of crime and misery suggested by them. When turning away and crossing an open space on which the criminals are brought out to be hung, my eyes fell on a little stream of water issuing from the opposite wall, to which passers by were constantly turning to drink. Going forward to slake my own thirst I read on a tablet of a stone set in the wall this inscription, "The first public fountain erected by the Metropolitan Drinking Fountain Association." And then below in letters of gold, as was meet, "The gift of Samuel Gurney, Esq., M. P., 1860." The stream of water was not bigger than a good sized pencil-case, and alongside of it was a little hole in the wall just big enough to receive a penny, with the words, "For the support of the Metropolitan Drinking Fountain Association." This was done to invite the offerings of those who stopped to drink, for the maintenance of this fountain and the erection of others like it.

You may think such a little stream as that could not do much for so great a crowd of people. But you must consider there are two cups hanging by chains, so that two persons can be drinking at the same time and the little stream flows constantly through the day and night. It never stops. Fifteen or twenty gallons will thus run out in an hour. In fact when it was erected, it was found by actual counting that as many as five thousand drank at it of a day. Besides other similar fountains, eighty-nine in number, have since been erected by the same association of benevolent men who put up this, and in addition between thirty and forty more have been built by private persons, moved by their example. And here it is estimated that more than three hundred persons, among them a multitude of little boys and girls, drink daily at these fountains during the hot summer months. When we remember that nearly every man, woman and child thus drinking is only satisfying a craving nature, which, unrelieved, entails the most acute suffering, we may fairly conclude that, but for the fountains, a large proportion of this vast multitude would be daily left either to experience all the miseries of thirst, or to seek relief in the beer-houses and drinking-saloons, which, before the establishment of the Freewatering Fountain Association, possessed an almost unlimited monopoly, and was the only available resource for the thirsty man in the streets of London.

THELE is no end to the montrosities of theory and the falsities of practice which necessarily grow out of the delusion that alcohol is a supporter of vitality. It is the incentive to, and the parent of, a thousand pernicious habits in society. Its evils are not limited to the business of killing folks *alcoholically*.

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Anti-Druggery for the Cattle Plague.

BY R. T. TRALL, M. D., EDITOR.

THE following article, which we copy from the Cork (Ireland) Morning Advertiser, contains statements which invite comment, and suggestions worthy to be adopted. It was addressed to the "Secretary of the Royal Cattle Plague Commission:"

"SIR—I had intended on the first accounts of the cattle plague with its attendant symptoms having reached this country, some months ago, to direct the attention of the public to the probable efficacy of the Hot-air or Turkish Bath in the treatment of that disease, convinced as I was, and still am, both from a priori reasoning and existing facts, that of all modes of treatment at present known to us, none could for a moment be compared with it in its probable efficacious results; but the comparative novelty of the treatment, and the opposition I therefore calculated on its receiving, prevented me from directing public attention to it at the period referred to. Circumstances have since, however, changed, and the recent publication of the dispatch from our Russian Ambassador to Earl Russell, describing the successful treatment of the disease by an imperfectly constructed vapor bath, coupled with the recommendations emanating from the Edinburgh Medical Committee, all pointing to the indispensable necessity of bringing the skin into vigorous action, have emboldened me now to urge the use of the Hot-air Bath in the treatment of the disease on her Majesty's Royal Commissioners. The grounds on which I would advocate such treatment are shortly these, viz.: We have a specific poison (no matter whence obtained) to climinate from the system; and the question we have to determine is, the best, safest and most effective means of doing it. Now we know from post-mortem evidence, that the whole mucous tract, together with the principal internal organs, are in a highly congested condition, all the symptoms observed being the result of a great effort of the system to expel the virus by the main channels of excretion. The indication, therefore, for treatment is to relieve as much as possible these already overtaxed organs from the great and excessive duty thus thrown upon them; and I unhesitatingly aver that not only the best and safest, but the only means left open to us for effecting this essential object is that great 'external mucous membrane,' namely, the skin, whose eliminating power is enormous (if not equal to that of all the other organs of the body put together); and for effecting this object with certainty, benefit, and impunity, no other means equal to the Hot-air Bath has yet been revealed to us. It is evident to my mind that medicine in every shape and form must be carefully excluded from the treatment, first, because every medicine is a poison, and an unnecessary tax on the vital powers of the animal—whose strength must be husbanded, not subdued—to eliminate it from the system; and its effects are those of further congesting and irritating that internal mucous membrane, the relief of whose already overtaxed condition it is our first object to accomplish; and in these facts may be found the cause of the unsuccessful effects of the administration of medicine and stimulants in general in this disease.

"I do not desire to trespass further on the time of the Commissioners than to state, that all cattle diseases of a feverish and even typhoid character hitherto known in Ireland have been treated over and over again by the Hot-air Bath with astonishing results at places which, if required, I can hereafter refer to; and I therefore content myself on the present occasion with merely referring the Commissioners to the report of the Irish Committee appointed to inquire into the utility of the Turkish Bath erected by Dr. Barter at St. Anne's Hill, Cork, for the cure of distemper in cattle,' a copy of which I send by this post.

"I may mention that an admirable cattle bath now exists in Victoria Street, Westminster, lately belonging to the Oriental Bath Company of London (limited), and now in the possession of the Metropolitan District Railway Company, where the treatment I advocate could be fairly tested.

"I am, sir, yours, etc.,
"RICHARD GRIFFITH, Jr., Ch. M. T.C.D.
"St. ANNE'S HILL, Cork, *October* 20, 1865."

Mr. GRIFFITH has indicated the leading doctrines of Hygeio-Therapy, so far as the cattle disease is concerned. "All the symptoms are the result of an effort of the system to expel the virus." This is our theory exactly, as applied to all disease—"remedial effort"—which so astounds and confounds our London critics and caviliers. But if the doctrine of "remedial effort," as applied to all disease in the "True Temperance Platform," is so offensive to them, we are curious to learn how they receive the same doctrine when propounded by one of their own countrymen and applied to one disease. They will not submit to it as applied to a particular disease, and rebel against it when applied to diseases generally?

The cause of the cattle disease, according to Mr. GRIFFITH, is impurity or poison in the system; and the disease itself is a "great effort" (why use the word GREAT?) to expel it. This is sound doctrine—the very doctrine we have taught for twenty years. And now for the practice. Common sense would say that if the disease is an effort (great or small) of the system to rid itself of noxious or morbific matter

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the proper plan of treatment would be "to aid and assist Nature" by supplying such conditions as would enable the system to accomplish its work of purification, and this is Hygienic Medication precisely.

Mr. GRIFFITH objects to medicine in any shape or form, because it only adds poison to virus, and increases the burdens of the system. Any person, reasoning from the stand-points of Nature and common sense, would make the same objections.

But Mr. GRIFFITH does not very clearly see the principle of Hygeio-Therapy in its application to the treatment of diseases. In all fevers, and, indeed, in all diseases, the more proportional depuration that is performed by the cutaneous emunctory, the better for the patient. But extreme heat, as well as extreme cold, may arrest depuration through the surface; and whether hot, warm, tepid, cool or cold applications are best, depends entirely on the degree or force of the remedial effort toward the surface. The lower the diathesis the warmer should be the application, and VICE VERSA. The Turkish Bath has no specific virtue nor special advantage in this form of fever, nor in any other. Warm water, with gentle friction, proper covering, good ventilation and quiet, are the essentials of the treatment, whether the "plague" is manifested in cattle or in human beings.

That "astonishing results" have occurred where the Turkish Bath has been employed, we can not doubt. If every body would at once adopt the non-drug treatment of all diseases, give no medicine of any kind—whatever else they did or omitted to do, the whole world would be astonished beyond measure at the diminished bills of mortality; for it is as true of sick cattle as of sick human beings, that a majority who die are KILLED BY THE MEDICATION.

Reductio ad Absurdum.

BY THE EDITOR.

THE London Temperance Spectator for August, 1865, has the following knock-down argument to our theory of disease. We copy as the greatest stupidity of the age:

"WHAT IS DISEASE?—The illustrious English surgeon and anatomist, John Hunter, says: 'The knowledge of the operations of the whole animal, or of its parts, when arising from a disturbed or deranged state, or a diseased disposition, are to be considered as the first steps toward a rational cure.'

"Dr. Adam Dods, in his 'Physician's Guide' (1821), thus speaks: 'The various stages of even the same disease require such different management, that the experienced chiro-physician only can appreciate the difficulty of discriminating the proper remedies. The deviations from health, forming disease, may be distinguished into two classes—general and local.'

"The Gazette of Health, May, 1821, on the first page, I open to, says: 'The object is to promote 'mutation": i. e. to remove diseased structure, and to promote the desposition of healthy, new matter."

"Forty-five years ago, in his 'Oration' before the Medical Society of London, Dr. Uwin used this language: 'It is frightful to reflect upon the practical errors which must have been committed by decided devotees to the spasmodic and stimulant creeds, or to those creeds which failed to regard inflammatory and congestive conditions as of prime importance in the regulation of remedial agents.'

"Dr. Hooper, in his Lexicon Medicum (1839), 7th edition, thus defines Disease: 'Any deviation from the natural and healthy actions of the whole system, or any particular organ.'

"So much for the false statement of a Transatlantic pretender to wonderful discoveries, that 'all the great authorities in Medicine either teach, or believe, that disease is an 'entity!' They teach just the reverse—that it is a state or condition of disturbed action in the body. The body is the entity, not the disease.

"Another error from the same quarter (viz. that unorganized matter is dead or inert) is well exposed in the opening of another book lying before me, with which I first began my biological studies thirty years ago: I mean Dr. Herbert Mayo's 'Outlines of Human Physiology' (London, 1833). 'The globe is formed of what are termed mineral-substances, existing either in a solid or in a liquid or in a gaseous form. Upon or near its surface are found other bodies, which either live, or being dead, preserve some remains of that structure they possessed during life. Living bodies are either plants or animals. Mineral bodies have been incorrectly characterized as inert. The properties of unorganized matter are continually producing important changes.' How true! The chemic-forces of oxygen, of water, carbonic acid, etc., are not only essential to the decompositions of dead matter, but not less so to the origin of the Vital-forces of the cells or germs in egg or seed, or tissue, or blood, which effect composition—that is, which form organisms, and perish in the act.

"A STUDENT."

The extracts, so far from disproving our theory, do not say any thing about any theory; yet, a Student—can he be a medical student?—quotes them in refutation of the "wonderful

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discoveries of a transatlantic pretender!" We have seen some stupid specimens of the genus homo in our day, and have heard of others; and there is nothing very wonderful that some person should be so stupid as to stultify himself as above. But it is rather strange that a journal of the pretensions of The Spectator, and an editor that has what are called in phrenological parlance, the reasoning faculties should be so stupid as to publish such a specimen of stupidity.

The Rot in Sheep.

[From The New England Farmer.]

From the many accounts we have received of diseases of sheep, one has struck us as very much resembling the rot. Supposing the disease was almost unknown in this country, we had no idea of writing an article on this subject when we first commenced this series, but do it in compliance with numerous requests. We think the rot, in many instances, is caused by too luxuriant feed. For a great many years a controversy has been maintained among scientific men, whether certain insects found in the liver, and called the liver fluke, are the cause or the result of the disease. Without joining issue with any party, we simply state that they are always found in the liver, and the liver is always diseased when the sheep are affected with the rot.

These parasites are found in diseased livers of almost all the herbivora, and sometimes in that of man. Diseased liver is commonly the result of high feeding, with too little exercise and not sufficient pure air. Poultry are frequently fated, and disease of the liver induced, in order that it may be enlarged to gratify the vitiated taste of the epicure. To avoid affecting the liver, we caution sheep owners against too little exercise, too warm quarters, and too high feed, and beg of them to remember that liver diseases are hereditary in men and animals.

Sheep fed upon dry upland pastures, or on well drained lowlands are seldom affected by the rot. It prevails upon lowlands, when the seasons have been wet and the soil retentive of moisture, with a temperature favorable to decomposition of vegetable matter.

Mr. Bakewell, the originator of the Leicester breed, used to flood his lands, or hire lands that had been flooded, and also lands notorious for producing rot, for the purpose of rapidly fattening his sheep, or, as some have it, for inducing rot. Mr. Hammond says:

"It appears every year in Egypt, after the falling of the Nile, and it follows and keeps with the subsiding of the waters. Desolation and death accompany it wherever it passes, and it annually destroys at least one hundred and sixty thousand sheep. As soon as the waters of the Nile subside the pastures which were submerged are speedily covered by a tender rushy grass. The sheep are exceeding fond of it, and they are permitted to feed on it all day long. In the course of a very little time they begin to get fat, when, if possible, they are sold. Their flesh is then exceedingly delicate but soon after this disease begins to appear and the mortality commences.

The disease is more frequent and fatal when the sheep are first turned on the newly recovered pasture than when the ground becomes dried, and the rushy grass harder. But if the sheep pasture in the midst of mud or on the borders of marshes and canals, rot attends every step. The rot does not occur in elevated countries where the sheep feed on dry aromatic herbage. The Bedouins sell all the sheep which they can before they quit the Nile, for then they are in high and prime condition, after which they lose not a moment in reassembling their flocks and driving them back to the desert."

The early stages of this fatal disease give no indications of the malady that lurks in the system. The first symptom, instead of indicating disease, has more the appearance of health, for it is the rapid accumulation of fat, which increases till the general health is fairly undermined, when the animal becomes listless and unwilling to move, leaves its companions, shakes its head, depresses its ears and sinks rapidly in flesh; its eyes become dull and glassy, the wool loses its brightness and comes easily from the skin, the breath becomes fetid, the bowels variable, at one time loose, at another costive; the skin becomes yellow and sometimes spotted with black; the eyelids are swollen; the lips, gums and palate have a pale tint; emaciation at this time becomes rapid—fever is induced, and death quickly follows.

The method by which the disease in its early stages is ascertained is, first, by handling the sheep on the small of the back. If the flesh is loose and flabby, and when rubbed against the ribs it gives a crackling sound, if the small veins at the corner of the eyes are filled with yellow serum, instead of blood, then the animal may be declared unsound.

A post mortem examination reveals a shocking state of disease, and to which no other name could be so appropriately applied as that of rot. Every cavity is filled with a yellow serous fluid, the flesh is pale, and appears as though it had been soaked in water; the kidneys are pale and flaccid, the lungs filled with tubercles, the heart enlarged and softened, bowels sometimes distended with water, sometimes grown together, at other times filled with tubercles; the liver a complete mass of disease, one part hardened, another soft and ulcerated, the passages through which the bile flows filled with fluke. There is no doubt but this is the origin of the disease.

We do not thus minutely describe this disease because we think it a want of success in this country, but knowing what a scourge it has been in England—some famers having lost

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hundreds of sheep in a few weeks. Yet, notwithstanding such a fatal disease, and many others of a milder form, sheep husbandry is continually on the increase in that country. We do not think it necessary to direct attention to that system of stall feeding which we have before noticed, and assure all that the result, if carried to any great extent, will be disease of the liver; the second stage will be rot. And if any have had their flocks affected by it on account of their sheep feeding on soft, spongy lands, they may be assured that the great preventive is thorough draining. Others have no occasion to fear it if they keep their sheep on dry upland pastures. It is said that tainted flocks have recovered when sent to pasture on salt marshes.

This must have been in the early stage of the disease, when the liver was only affected. Changing them when the first symptoms of the disease make their appearance to dry, upland pastures, will generally be attended with the most favorable results. Sir John Sinclair states that at Mr. Mosselman's farm at Chenoi, beyond the Wavre, he found that salt was used for sheep, and by allowing them to lick it the rot was completely cured. But this must have been in the early stage. Mr. King of Bath, England, says he purchased seven or eight sheep, all giving indisputable proof of the rot in its advanced stage. He intended them for dissection, but as he did not require all of them, and during the winter season only he could dissect, he kept some till summer. They were supplied with nutritious food, free from moisture, and protected from storm and changes of the weather.

The result was that, without medicine, two of these rotten sheep recovered, and when he killed them, although he found that the liver had undergone some change, still the animals would have lived on for years. But it would have been very unsafe to have bred from such a stock. The progeny, in all probability would have had unsound livers. No attempt ought to be made to effect a cure after the first stages.

Lessons of Experience.

EVERGREEN HOME, 12th Mo., 1865.

DEAR DR. TRALL—Agreeable to thy kind invitation I now commence to lay before the readers of THE HERALD some of the incidents that form the most remarkable features of my life, as I have often felt such experiences plainly given might do good by encouraging others to continue in the truth, doubting not that the reward will be sure. Surely none but they who have drank of the cup of bitterness can tell of the dregs thereof, and even then it is not possible to portray the true condition of one's feelings so that others may see them as they do. To be brought into this world under agreeable influences, to possess a sanguine and cheerful cast of mind, to grow most to manhood and then to see all life's bright dreams fade away and a dread impression fix itself in the mind's eye respecting the future years one may possibly live, and not to feel decided pain for having violated the laws of health, but to sink gradually day by day, and year by year, until it appeared plain to the mental eye it were vain to expect to ever regain the amount of health necessary to happiness; to realize an early grave wide open to receive all one's earthly hopes, and to meet with none that could ward off such a fate, and then to be taken as it were from so low a condition and carried by a cardinal truth and placed, in a few months, so far into the region of health and happiness as almost to make me forget the dark dreary paths I was compelled to tread, could one wonder I feel deeply on the subject of health, or that I often sighed to tell the erring world of the stumbling blocks that lay in my way, that they may avoid them?

Twenty summers ago I found myself near the end of my teens with rather a slender frame, so much so, that mates always called me little; yet, I was active and could exert considerable strength for a short time. Light auburn hair and clear skin showed my temperament. My mother was of the old school of living beings; a woman that looked well to the ways of her household; she made tea, ham, bread and butter the staple articles of her subsistence; hence my constitution took its form from these habits, and my liver was my weakest organ. In the summer when I was seventeen years old I had the dysentery, and was dosed in the old *Thomsonian* way, and to end the course bitter drinks were used, it was said, to correct the bile. Here was the great cause that crippled me—using a stimulant to act on a weakened organ. Alas! this is the fatal misstep of thousands. Three years after this, I worked on the same idea, using all kinds of bottles, pills, etc., that a cautious, ignorant drug-eater could think of. Each summer I would seem better, but each winter worse; the third winter I took twenty-four "courses" of *Thomsonian* medicine, nearly all full courses, and in the end found all my bad symptoms more confirmed. I can not describe all the peculiarities of all the various failings I had in a day. One can imagine how weak I was, when I tell him that I weighed but ninety-six pounds, though nineteen years old and of ordinary height. All the symptoms I have ever heard described by dyspeptics seemed to afflict me, and all the sympathy I could get from others was, "Your's is a very hard case; I can't do any thing for you." At last one kind old friend (I must honor his memory for it, if he was a doctor) told me he could do nothing for me, but he would give me some pellets to satisfy me. It chanced that week I had concluded to try unbolted flour, and told him so. He quickly replied that it was the very best thing I could do. Of course, I wondered why he had not told me so before. I had found Dr. Alcott's works in our library and therein got some glimmerings of the truth as it is in Hygiene, and resolved to try to make a second nature out of habit, as my first nature was destroyed. But alas! little did I then imagine the task I had undertaken, or the result it was possible I could accomplish. Some told me I was going crazy; others, that I would kill myself on that bread. I paid little heed to

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their talk, but unbolted wheat bread and apple-sauce composed my main diet for twelve months. By that time I weighed one hundred and forty pounds, and nearly all of the symptoms of weakness had left me. I could not for a long time comprehend the great power of the system to recuperate under Hygienic agencies. I made it a rule to use water all over the surface not less than twice a week, and always made it a point to have the bathing as agreeable as possible, by getting warm water when I was chilly, and cool when I was warm; and there my moderation did me much good, but as everybody told me some little meat was necessary, I commenced by using dried beef and fish, and increased, until I ate in the course of one year nearly as much as ever I had; but I used no hog-meat. Oh! had I then seen the truths of Hygiene in diet, as I now do, how different I might be to-day.

[TO BE CONTINUED.]

A Lord Mayor's Bill of Fare.

BY R. T. TRALL, EDITOR.

THE London Times publishes as a curiosity in its way the following bill of fare, which constituted the banquet given by the Lord Mayor and Sheriff of London at Guildhall, recently:

"A LORD MAYOR'S BILL OF FARE.—The general bill of fare at the banquet given by the Lord Mayor and Sheriff at Guildhall is a curiosity in its way. There were 250 tureens of real turtle, containing 5 pints each; 200 bottles of sherbet, 6 dishes of fish, 30 *entrees*, 4 boiled turkeys and oysters, 60 roast pullets, 60 dishes of fowls, 46 dishes of capons, 50 French pies, 60 pigeon pies, 53 hams ornamented, 43 tongues, 2 quarters of house lamb, 2 barons of beef, 3 rounds of beef, 2 stewed rumps of beef, 13 sirloins, rumps, and ribs of beef, 60 dishes of mashed and other potatoes, 44 dishes of shell-fish, 4 dishes of prawns, 140 jellies, 50 blancmanges, 40 dishes of tarts creamed, 40 dishes of almond pastry, 30 dishes of orange, and other "teutes," 20 Chantilly baskets, 60 dishes of mince pies, 56 salads. The Removes: 80 roast turkeys, 6 leverets, 80 pheasants, 24 geese, 40 dishes of partridge, 15 dishes of wild fowl, 2 pea fowls. Dessert: 100 pine apples, from two to three pounds each; 200 dishes of hot-house grapes, 250 ice creams, 50 dishes of apples, 100 ditto of pears, 60 ornamented Savoy cakes, 75 plates of walnuts, 10 ditto of dried fruit and preserves, 50 ditto of preserved ginger, 60 ditto of rout cakes and chips, 46 ditto of brandy cherries. The guests, it should be stated, were about 1,050 in number. At the principal table, where the Cabinet Ministers and all the other more distinguished guests were entertained, and at which the Lord Mayor presided, there were 10 tureens of turtle, 10 bottles of sherbet, 6 dishes of fish, 30 *entrees*, 1 boiled turkey and oysters; 2 roast pullets, 2 dishes of fowls, 2 ditto of capons, 2 French pies, 2 hams ornamented, 2 tongues, 1 quarter of house lamb, 1 stewed rump of beef, 1 sirloin of beef, 2 dishes of mashed and other potatoes, 3 ditto shell-fish, 1 dish of prawns, 8 jellies, 2 blancmanges, 2 dishes of tarts, creamed; 2 dishes of orange and other "teutes," 2 dishes of almond pastry, 4 Chantilly baskets, 2 dishes of mince pies, 4 salads. The "removes" consisted of 3 turkeys, 1 leveret, 3 pheasants, 2 geese, 2 dishes partridges, 1 dish wild fowl, and 2 pea-fowls. The dessert was made up of 6 pine-apples, 12 dishes of grapes, 10 ice creams, 2 dishes of apples, 4 ditto of pears, 2 ornamented Savoy cakes, 3 plates of walnuts, 4 ditto of dried fruits and preserves, 3 ditto of preserved ginger, 2 ditto of rout cakes and chips, and 3 ditto of brandy cherries. The rest of the vast quantity of edibles of which the general bill of fare given above consisted, was distributed in nicely adjusted proportions among the five upper tables, the five short tables next to the latter, the four long tables in the body of the hall, the seven side tables, and the three tables in the old Court of Queen's Bench. The wines drank on the occasion were of six kinds—hock, champagne, claret, madeira, port and sherry. These, of course, were supplied in unlimited quantities. Except as to one or two rare dishes, all the company wherever they sat and whatever their rank or degree, were served with the same fare. Thus, the grandees at the chief tables had seven removes, the guests at the five upper tables had six, and so on, the luxuries of this class growing smaller by degrees. In the matter of dessert the guests appear all to have been on an equality, and of that they had eleven separate luxuries."—*London Times.*

To the true physiologist, such exhibitions of sensualism in high life cause more regret than wonder. It is very certain that such "curiosities" are not only degrading to all who riot upon them, but they exercise a pernicious influence through all the ranks of society. In the days of ignorance and the ages of barbarism power and position were regarded as justifying, if not enjoining, the grossest indulgences of morbid appetences, and "good society" in the nineteenth century seems rather to have "bettered the instruction." It would seem to the simple-minded child of Nature that positions of influence and responsibility in life ought to be connected with superior intelligence; and that a life in conformity with the laws of life ought to distinguish those in authority above the ignorant and vulgar masses. But instead of this the rule seems to be that gluttony and dissipation must increase as the person becomes more exalted in station. Such examples are for ever teaching the "common herd" that "the chief end of man," so far as this life is concerned, is to eat, drink, gormandize, and make the "temple of the living God" a depository for all the foul and disease-producing viands that morbid appetite can desire and perverted human ingenuity can invent. All the nations of the earth which have risen and fallen, have gone to destruction because wealth led to luxurious, or rather, riotous living; general sensuality succeeded; selfishness and effeminacy came next in order, and eventual ruin was the result. So it will be with England unless, ere it is too late, such fashions as Lord Mayor's banquets are not abolished.

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Child Culture.

ONE would think from the fact that more than half the children die before their fifth year they were not well enough regarded. Gail Hamilton, however, is entitled to the respects of the age for placing them in their true relations and calling them kings. Probably she has never written a more sensible article in her life than a recent one on King James the First, whom she styles a merry monarch two years and four months old, and who may be found in many houses in even republican America. She says:

"A human soul is a more mysterious thing than this round world. Its principles firmer than the hills, its passions more tumultuous than the sea, its purity resplendent as the light, its power too swift and subtle for human analysis—what wonder in heaven above, or earth beneath, can rival this mystic, mighty mechanism. Yet it is formed almost under our eyes. The voice of God, 'let there be light,' we do not hear, the stir of matter thrilled into mind we do not see, but the after march goes on before our gaze. We have only to look, and lo! the mountains are slowly rising, the valleys scoop their levels, the sea heaves against its barriers, and the chaotic soul is evolved from its nebulous quivering light, from its plastic softness, into a world of repose, of use, of stability and symmetry.

"Come up, then, Jamie, my king, into the presence of the great congregation. Come up, little Jamie, into the hall audience! Blue eyes, broad brow, sunny curls, red lips, stout little arm, strong little head, sturdy little figure, and still and steadfast gaze; truly it is the face and form of a king—sweetness is power, unconsciousness is royalty.

"If Jamie were, like Jean Paul, the *only*, I should expect philosophers to journy from remotest regions to sit at his feet and learn the ways of Godto man. Every one who presumed to teach his fellows should be called upon to produce his diploma as a graduate of Jamie, or forfeit all confidence in his sagacity. But with a baby (a king) in every other house, how is it we continually fall out by the way? It must be that children (kings) are not advantageously used. We pet them, drug them, and spoil them; we trick them out in silks and fine array; we cross and thwart and irritate them; we lay unholy hands upon them, but are seldom content to stand aside and see the salvation of the Lord.

"Total depravity in Jamie's presence, is a doctrine hard to be understood. Honestly speaking, he does not appear to have any more depravity than is good for him, just enough to make him piquant, to give him a relish. He is healthy and hearty all day long. He eats no luncheon and takes no nap, is desperately hungry thrice a day and sleeps all night, going to bed at dark after a solitary stale supper of bread and butter, more especially bread; and he is good and happy. Laying aside the revelations of the Bible and of Doctors of Divinity, I should say that his nature is honest, simple, healthful, pure and good. He shows no love for wrong, no inclination toward evil rather than good. He is affectionate, just, generous and truthful. He just lives on his sincere, loving, fun-loving, playful, yet earnest life, from day to day, a pure and perfect example, to my eye, of what God meant children to be. I can not see how he should be very different from what he is, even if he were in heaven, or if Adam had never sinned. There is so fearful an amount of, and so decided a bent toward, wickedness in the world, that it seems as if nothing less than an inborn aptitude for wickedness can account for it; yet, in spite of all theories and probabilities, here is Jamie, right under my own eye, developing a far stronger tendency to love, kindness, sympathy, and all the innocent and benevolent qualities, than to their opposites. The wrong that he does seems to be more from fun and frolic, from sheer exuberance of animal spirits and intensity of devotion to mirth, than any thing else. He seems to be utterly devoid of malice, cruelty, revenge, or any evil motive. Even selfishness, which I take to be the fruitful mother of evil, is held in abeyance, is subordinate to other and nobler qualities."

THE KING'S HEALTH.

Jamie is always in good nature, making every body around him cheerful and happy. The reason for this is—

"The animal is in fine condition, and the spirit is therefore well served; consequently, both go on together with little friction. And I can not but suspect that a great deal of human depravity comes from human misery. The destruction of the poor is his poverty. Little sickly, fretful, crying babies, heirs of worn nerves, fierce tempers, sad hearts, sordid tastes, half-tended or over-tended, fed on poison by the hand of love, nay, sucking poison from the breasts of love, trained to insubordination, abused by kindness, abused by cruelty—that is the human nature from which largely we generalize, and no wonder the inference is total depravity. But human nature, distorted, defiled, degraded by centuries of misdealing, is scarcely human *nature*. Let us discover it before we define it. Let us remove accretions of long-standing moral and physical disease, before we pronounce sentence against the human *nature*. If it ever becomes an established and universally recognized principle, as fixed and unquestionable as the right and wrong of theft and murder, that it is a sin against God, a crime against the State, an outrage upon the helpless victim of their ignorance or wickedness, for an unhealthy man or woman to become the parent of a child, I think our creeds would presently undergo modification. Disease seems to me a more fertile source of evil than depravity; at least it is a more tangible source. We must have a race of healthy children, before we know what are the true characteristics of the human race. A child suffering from scrofula gives but a feeble, even a false representation of the grace, beauty and sweetness of childhood. Pain, sickness, lassitude, deformity, a suffering life, a lingering death, are among the woful fruits of this dire disease, and it is acknowledged to be hereditary. Is not, then, every person afflicted with any hereditary disease debarred as by a fiat of the Almighty from becoming a parent? Every principle of honor forbids it. The popular stolidity and blindness on these subjects are astonishing. A young woman whose sisters have all died of consumption, and who herself exhibits unmistakable consumptive tendencies, is married, lives to bear three children in quick succession, and dies of consumption. Her friends mourn

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her and the sad separation from her bereaved little ones, but console themselves with the reflection that these little ones have prolonged her life. But for her marriage, she would have died years before. Of the three children born of this remedial marriage, two die in early girlhood of consumption. One left, a puny infant, languishes into a puny maturity. Even as a remedy, what is this worth? To die in her youth, to leave her suffering body in the dust and go quickly to God, with no responsibility beyond herself, or to pine through six years, enduring thrice, beside all her inherited debility, the pain and peril, the weariness and terror of child-bearing, to be at last torn violently and prematurely away from these beloved little ones, which is the disease, and which the remedy? And when we look farther on at the helpless little innocents, doomed to be the recipients of disease, early deprived of a mother's care, for which there is no substitute, dragging a load of weakness and pain, and forced down into the valley of the shadow of death before years shall have blunted the point of its terrors, or religion robbed them of their sting—it is only not atrocious because so unwittingly wrought.

"And bodily health is only one of the possessions which every child has a right to claim from its parents. Not merely health, but dispositions, traits, lie within human control far beyond the extent of common recognition. We say that character is formed at fourteen or sixteen, and that training should begin in infancy; but sometimes it seems to me, that, when the child is born, the work is done. All the rest is supplementary and subordinate. Subsequent effort has, indeed, much effect, but it can not change quality. It may modify, but it can not make anew. After neglect or ignorance may blight fair promise, but no after wisdom can bring bloom for blight. There are many by-laws whose workings we do not understand; but the great, general law is so plain, that wayfaring folk, though fools, need not err therein. Every one sees the unbridled passions of the father or mother raging in the child. Gentleness is born of gentleness, insanity of insanity, truth of truth. Careful and prayerful training may mitigate the innate evil; but how much better that the young life should have sprung to light from seas of love and purity and peace! Through God's mercy, the harsh temper, the miserly craving, the fretful discontent may be repressed and soothed; but it is always up-hill work, and never in this world wholly successful. Why be utterly careless in forming to make conscious life a toilsome and thankless task of reforming? Since there is a time, and there comes no second, when the human being is under human control—since the tiny infant, once born, is a separate individual, is for all its remaining existence an independent human being, why not bring power to bear where form is amenable to power? Only let all the influences of that sovereign time be heavenly—and whatever may be true of total depravity, Christ has made such a thing possible—and there remains no longer the bitter toil of thwarting, but only the pleasant work of cultivating Nature.

"It is idle, and worse than idle, to call in question the providence of God for disaster caused solely by the improvidence of man. The origin of evil may be hidden in the unfathomable obscurity of a distant, undreamed-of past, beyond the scope of mortal vision; but by far the greater part of the evil that we see—which is the only evil for which we are responsible—is the result of palpable violation of Divine laws. Humanity here is as powerful as Divinity. The age of miracles is past. God does not interfere to contravene His own laws. His part in man's creation He long ago defined, and delegated all the rest to the souls that He had made. Man is as able as God to check the destructive tide. And it is mere shuffling and shirking and beating the wind, for a people to pray God to mitigate the ill which they continually and unhesitatingly perpetuate and multiply."

There are kings and queens in almost every house, whom we have too long neglected, overworked, stuffed, starved, confined in school-rooms when they should have been in the air and sunlight. Whom we have taught folly instead of wisdom, given a stone instead of bread. May it not all be because we have not regarded them as kings and queens of whom we might learn more than from books and colleges, but rather as cares and responsibilities we could ill afford to have; helps to increase our wealth, which perhaps was already too great, or fit subjects for display of frivolous accomplishments and foolishness instead of wisdom. Thanks to Gail Hamilton for this ray of wisdom, perhaps all unconsciously given. The world will be the better for it. H.

GOING TO THE DOCTOR.—Mr. Henry East, the author, records the interesting case of an old dog named "Dash," which had its leg broken, by being run over, and was taken to a surgeon, to have it set. Some time after when the leg was healed, "Dash" met with one of his friends who was suffering from a similar accident. He immediately trotted off with him to the house of the surgeon, where he had himself obtained relief, and barked and howled for admission. As soon as the door was opened, "Dash" rushed into the surgery, and, as well as he could, explained his errand. The kind surgeon set the poor lame dog's leg, after which the two four-legged friends left the house, expressing their gratitude most unmistakably, by the constant wagging of their tails, "Dash" bounding about with delight.

Had the dog been sick, and had the doctor given drugs to him, we should not have had such a return to the benefactor; but the reverse. We should like to see the thing tried on that basis.

REST.—After we have had abundant exercise, or honestly labored until necessary work is accomplished, then should come a period of rest. It is then grateful to every sense because it has been deserved. It is not consonant with health to be "always on the drive," to be, as it were, *too* industrious. Not in a physical sense merely, but under too great a mental stimulus. Consequently there must be, for health's sake, intervals of leisure—a pleasant suspension of effort, when the faculties are "off guard," and we are happily unconscious of care.

You can not trust a man whose god in money.

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'The Challenge Took."

"In the relations between dead and living matter, the living only is active."

We very respectfully say that the above is Dr. Trall's last published form of his distinguished doctrine. We purpose at this time to deal with it very briefly.

In this article then, we shall limit our remarks to the more obvious relation of dead matter in contact with living.

Now, if Dr. Trall really thinks that living matter only is active in its relation of contact with dead matter, as he so repeatedly affirms, then undoubtedly he will be quite willing to submit his own person to some carefully and very delicately applied tests of it.

We first, then, invite him to hold his hand for two short hours in a very strong solution of potash. At the end of the two hours, he may tell us whether the living hand only was active in the work done upon it while in the solution.

If the Doctor finds a way to explain this, either as not germain to his text, or as in the strongest possible evidence of the entire passivity of the solution of potash, which we are quite willing he should do if he can; then, secondly, as a perfectly fair test which should be entirely satisfactory to Dr. Trall, we will invite him to drink from one glass to one gill of clean and very carefully prepared liquid potash. Our brother the Doctor will remember that in the relation of dead matter to living, in the relation of pure liquid potash in contact with his mouth, œsophagus, stomach and intestines—the living matter *only* is active; the mouth, œsophagus, stomach and intestines *only* are active, the liquid potash is wholly passive.

We will not urge the good Doctor very hardly to drink this solution of potash. But whether he drinks it or not we will steadily press him to his point, to show, if he can, that potash in contact with living matter does not act upon it. It is in vain for him to try to deny that potash in contact with living matter is one of the relations of dead matter to living. Indeed, it is in this very relation of dead matter to living that he has so extensively published; almost constantly declaring that drug medicines taken into the stomach do not act upon the living matter with which they come in contact, but are only acted upon by the living. It is on this very ground that he has so continuously and impetuously been running himself full tilt against the whole system of drug medication. Will he now please tell us what caused the skin to disappear upon his hand while holding it in the solution of potash. Did the solution act at all upon the live skin and flesh of the hand? Did it overcome the vital action of the living skin and flesh? Did it corrode them to the very bone? Did it penetrate into the bone itself? Ask the young man who has unwittingly held his hand a little time upon a moist lump of potash if he thinks the vital action of his hand has eat the hole into it or the potash! Does moist potash in contact with living matter act on it, or is it passive? We thus have said all we care to now concerning this one article of dead matter, potash, in its relation of contact with living matter, in evidence of its acting in such relation upon it.

We now suggest another article concerning which we very respectfully ask Dr. Trall to prepare his person to receive certain tests in perfect harmony with his canon as set forth at the head of this paper, given in order to more fully demonstrate the truthfulness of said canon.

We refer to sulphuric acid. We propose, if he is willing, to pour a very small phial of sulphuric acid into the palm of his hand. If Dr. Trall's proposition as above is correct, the sulphuric acid in contact with his hand will be wholly passive. The living matter of the hand *only* will be active, and, if it can, will manage the sulphuric acid as it pleases. But if it can't do this, why then the sulphuric acid in contact with his hand will act directly upon it according to its nature, and the stalwart Doctor will wince somewhat sensibly under its vigorous, death-dealing power. Then, very possibly, the active agency of sulphuric acid in contact with living matter will appear manifest to the Doctor's mind. Then, if he be a fair, honest man, as we suppose him to be, he will modify his proposition, as at the head of this paper, which now seems to be a little at fault, so as to harmonize with the truth.

We deem it unnecessary to present further tests of the active agency of this acid in contact with living matter. Nor will we call upon our beloved Dr. Trall to submit *his* person to further tests of it. But we will pressingly ask him to explain the terribly destructive effects of sulphuric acid, or, in common language, oil of vitriol, when thrown into the faces or on to the hands or other parts of the person, if it does not act upon living matter when in contact with it?

We pass to notice in the third place, more particularly the article of alcohol. Both alcohol and "pig" seem to be slightly offensive to our dear Dr. Trall. But never mind. As he is a real live Doctor of great learning and extensive practice, and moreover, President and chief lecturer of the Hygeio-Therapeutic College, New-York, he has undoubtedly seen more things than alcohol and "pigs." He will stand it. Alcohol, then, taken into the human stomach, or into "pig's" stomach, or into any other body's stomach that is alive, intoxicates. 'Tis alcohol that does the intoxicating in contact with living stomachs, and not the stomachs that intoxicate themselves.

We here purposely hold the Doctor directly to the point. It is alcohol, dead matter in the relation of contact with living matter, the very relation of which we have all along been speaking, that intoxicates. To intoxicate is just the legitimate action and influence that alcohol has upon living matter in contact with it. We invite the Doctor to a careful examination of the philology of the word *intoxicate*, that he may comprehend its exact meaning, when we pressingly ask him to notice how alcohol in contact with the living organisms of the "pig" excites, intoxicates its blood, and, chiefly through it, all the members of its being. Pray, Sir Doctor, does alcohol received into the stomach of the live "pig" intoxicate the "pig," or does it not?

In harmony then with the common sense of mankind the world over, we say that alcohol in contact with living matter intoxicates it. And it intoxicates more or less rapidly, if not more or less extensively in proportion as it can more or less easily permeate the living matter with which it is in contact.

We have now, as we purposed to do, spoken

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of the active agency of three articles of commerce, all dead matter, in one of their relations to living matter, viz., the relation of contact; and here we shall suspend our remarks without at present any attempt at generalization. We do this the more readily because of the courteous invitation the Doctor gives us to occupy the columns of his journal, which is as follows:

"Mr. C. Wellington is respectfully invited to send on his elucidations. It is not necessary that we should meet the intellectual ELEPHANT in *propia persona*."

C. WELLINGTON.

ORANGEVILLE, Columbia Co., Pa.

REPLY—BY DR. TRALL.

We are profoundly impressed with the tremendous pressure of the many questions Mr. C. WELLINGTON so pressingly presses upon us. We should throw the article in our waste basket under the table as excellent material for starting a fire of a cold morning, were it not for the fact that, although uncouth in phraseology, it really embodies just as good a show of argumentation as any article we have seen on his side of the question, not excepting our more elegant though not less blundering critics of The London Temperance Spectator.

Scientifically and logically considered, Mr. WELLINGTON'S communication is mere twaddle. And we publish it mainly because it shows in bold relief the intrinsic absurdity, not to say ridiculousness of the positions which all of our opponents assume, in their attempts to discuss the question of the relations of living and dead matter.

Mr. WELLINGTON wants us to prove that potash does *not* act on living matter. That is his business, not ours. He has the affirmative, and it is his business to present the evidence; ours to refute it, if we can. Instead of advancing an argument, or presenting testimony, our "intellectual elephant" (the elephant is said to be a *half-reasoning* animal) makes three distinct statements, and backs each of them up with half a dozen questions! He wants us to prove that his assertions are *not* true. A negation is nothing, nothing can prove nothing. We blame the schoolmaster in the primary for not having informed the then juvenile elephant that affirmations, not negations, are to be proved. When Mr. WELLINGTON, or any one else, advances any argument, or adduces any fact, in favor of the position he has assumed, we shall be quite ready to refute it—"if we can." We are tired of debating both sides of this subject. Our doctrine is fully explained in our published works; and we have replied to all the questions we find in the above article already many times in this ournal; and we regard it a mere waste of time and paper to reiterate continually the same answers to the same questions. We will, therefore, dispose of our new adversary with a little criticism, which will enable him next time perhaps to say something to the purpose.

Mr. WELLINGTON asks, "What causes the skin to disappear upon [from?] his (my) hands, upon the application of caustic potash." This is precisely what devolves on him to explain. The change which all will admit takes place in the skin afforded him a beautiful opportunity to show the action of the potash on the skin. Why, will he not avail himself of it, instead of asking us a series of questions? It is Mr. WELLINGTON'S business to give the rationale of the skin's disappearance, consistently with his assumption that the potash acted on the living structure. But this he will never do.

Mr. WELLINGTON concludes his first series of questions in a manner more indicative of a redundancy of words than a burden of ideas:

"We thus have said all we care to now concerning this one article of dead matter, potash, in its relation of contact with living matter, in evidence of acting in such relation upon it."

Why, dear man, you have not said any thing about it. You might just as well have copied a page just where you happened to open from Webster's Spelling Book, or Æsop's Fables. You have made a statement and asked me several questions, that is all.

The sulphuric acid is a mere repetition of the potash; and the alcohol is a mere repetition of both potash and sulphuric acid.

"Alcohol does the intoxicating," says Mr. WELLINGTON, and this nonsensical expression is followed by a reference to philology. Our question, however, is not philological, but physiological, and we respectfully reciprocate by referring our friend to some dictionary for the exact meaning of the word.

What is the rationale of intoxication? When you have answered this question you may know what you are talking about, and when you present any evidence (not assertions nor questions) that potash, sulphuric acid or alcohol, *acts on the living structure*, we shall be ready to meet it. Unless you can do this, or try to do it, don't bother us with any more nonsense.

POWER of physical endurance, of meeting that wear and tear of the vital forces that results from continuous and protracted activity, proceeds from a certain maturity of the bodily organization and that strength which only habitual trial can generate.

THE laws of Nature are not mere instincts.

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The Liquor Dealer's Prayer.

"When ye spread forth your hands, I will hide mine eyes from you: yea, when ye make many prayers, I will not hear: your hands are full of blood. Wash you, make you clean; put away the evil of your doings from before mine eye."—Isaiah, i. 15, 16.

At evening he retired to pray,
And kneeling low, began to say:
"Our Father, still in heaven the same,
Hallowed be thy glorious name"—
When Conscience, rising in his breast,
The prostrate suppliant thus addressed—
"Daily you sell that drink for gain,
Which makes your neighbor so profane;
With boisterous hand and poisoned breath,
He scatters firebrands, arrows, death;
Can then your heart one wish afford
That God's great name should be adored?"
Although convicted, almost dumb,
He still proceeds, "Thy kingdom come!"
Again does the reprover rise—
The monitor within replies:
"You still pursue that deadly craft,
Still vent the soul-destroying draught,
Which so obstructs that kingdom's course;
And adds to sin and Satan's force;
How dare you now pretend to plead
That heavenly kingdom to succeed?"
Still venturing on, once more he said,
"Give us each day our daily bread"—
"What! while your bins and bags contain,
Exchanged for drink, the poor man's grain
Or in your till the price is laid
Which should have bought his children bread?"
His soul with keen conviction stung,
With struggling heart and faltering tongue,
He cries: "Forgive! grant me salvation,
And henceforth keep me from temptation:
Nor any longer will I lay
Temptation in my neighbor's way;
What thus is gain, when understood
I see to be the price of blood;
I'd rather dig, or beg, or serve—
Yea, henceforth sooner will I starve,
Rather than once again I'll stain
My hand with such unrighteous gain!"

The Greatness of Little Things.

[From The London Review.]

In the course of nature there is nothing more remarkable than the stupendous results which spring from apparently insignificant causes. The oak that lives for ages was once an acorn; and the nightingale filling the groves with song was lately a tiny egg. The glorious being who, by the aid of reason, can subdue the stronest and most ferocious beasts, what is he at his birth? A creature made up of cries and tears, as Pliny has forcibly expressed it, "*flens animal cæteris imperaturum*"—a weeping animal who is to rule over all others. Nay, trace him to his embryo state; what is he there but a spot—an atom which this life only half develops, and whose destinies are endless as they are great? The long continuance of the results of slight causes is also very observable in nature. A stone cast into the sea on our coast produces a rippling displacement of watery particles, prolonged even to the Antipodes. Such phenomena lead us to conclude that, in the system of the universe, nothing is absolutely small or great, since the great issues include the small, and the small involves the great.

The course of human society presents in this respect a constant counterpart to that of nature; and the history of mankind illustrates in every page the remark of Bishop Butler, that "things, seemingly the most insignificant imaginable, are perpetually observed to be necessary conditions to other things of the greatest importance." A biography is a calendar of straws. Straws have turned the current of our lives; a word, a thought vivid as lightning, has often decided our destiny. Marc Antony sees Cleopatra on the Cydnus sitting in her barge as on a burnished throne, and if her nose had only been shorter he might have kept the world. The Prophet Mahomet conceals himself in Mount Shur, and his pursuers, according to a Moslem tradition, are thrown off the scent and baffled by a spider's web over the mouth of the cave. Thus the Koran, the Crescent, the Crusades, with their boundless consequences, depended at that moment on the filmy meshes of a spider's web. A young Athenian, named Xenophon, at sixteen years of age, is met in a narrow gateway by a man of extraordinary appearance and manners, who extends his stick across the path, and asks, "How can one attain to virtue and honor?" Xenophon can not answer, and Socrates, for the strange being is none other, bidding him follow, becomes thenceforward his master in philosophy. But for that stick, that narrow gateway, Xenophon, perhaps, would never have enriched the world of letters as he has done to this day. Look, again, at Demosthenes. He rushes from the Athenian assembly burning with shame, for he has been hooted for his pronunciation and defective style. In the moment of his degradation he meets an actor named Satyrus. Was it chance or his good genius that threw him in his way? Satyrus teaches him the art of elocution, and, amid the wild roar of waves, with pebbles in his mouth, he corrects the vices of his utterance, and acquires pungency and force which none have equaled. No grit of the pebble roughened his lip when next he mounted the rostrum, and poured on the astonished audience a flood of eloquence, impetuous and flashing as a mountain torrent.

In science, as in literature, slight causes occasion great results; nor need we go back to the ancients in order to find remarkable instances. When Galileo was studying medicine in the University of Pisa, his attention was attracted to the regular oscillation of a lamp suspended from the roof of the Cathedral, and the swinging lamp led to his study of the vibration of pendulums. Brunelleschi by accident broke an egg, which remained standing on the broken base; and the shape of the shell inspired him immediately with with the idea of the Duomo at Florence. Giotto, while tending his flock, sketched a sheep on a stone, and Cimabue, passing by, detected his latent genius, and led him on to fame—to the friendship of Dante, and to having his name immortalized in the Divina Commedia. Newton—but why tell of that falling apple in his orchard, which is better known than the laws of gravitation, to the discovery of which it led? Cuvier dissected a cuttle fish and the comparative anatomy of the entire animal kingdom unfolded itself before him. A single remain of an extinct animal or vegetable became a stand point from which he could infer and describe the form and properties of the creature or plant to which it belonged; and the subsequent discovery of further remains of the same species often proved the accuracy of his deductions. This use of fossil fragments is another illustration of the importance of little things and isolated inductions. Kepler resolved to fill his cellars from the Austrian vintage, but doubting the accuracy of the wine merchant's measure, he

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worked out one of the earliest samples of what is now called the modern analysis. What suggested the embossed alphabet for the blind? A sheet of paper sent from the press, with the letters accidentally raised. What called forth the most learned book on diseases of the heart? A physician's lying awake and listening to the beating of his own. Giotto is not the only genius whom a chance visit has rescued from obscurity. Evelyn was sauntering one day along a meadow near Say's Court, when he looked in at the window of a thatched cottage, and saw a man carving one of Tintoretto's cartoons. He entered, admired the work, and soon recommended the artist to Charles II. Thus the name of Gibbins became known. Milton sees a wretched "mystery" in Italy, and conceives the plan of "Paradise Lost." The plague breaks out in London; he retires to Chalfont, and the simple question of a Quaker friend calls forth "Paradise Regained." Gibbon muses among the ruins of Roman Grandeur; and the Decline and Fall of the mighty Empire breaks in long perspective on his view. A Welsh harper thrills the cords at Cambridge, and Gray, fired with sudden emotion, writes the conclusion of the "Bard." Lady Austin points to a sofa, and Cowper creates the "Task." Opie bends over a companion's shoulder when he is drawing a butterfly, and rises up a painter himself.

Neither in the moral nor in the material world can we conclude that a cause is insufficient simply because it is minute. Homœopathy, whatever its errors may be, is not without a basis of truth. There is no reason why the millionth part of a grain of poison may not have an effect on the human frame, for the portion of mephitic vapor or fluid which communicates the plague by a touch must needs be infinitesimal; and the same may be said of the media which convey many infectious disorders. Some bales of cotton from Alexandria are opened on the banks of the Thames, and the plague ravages in London, carrying off a hundred thousand human beings in the space of six months. Tremendous forces lie on all sides dormant around us, and many which have slept for ages may germinate in a moment and spring to a colossal height. Many things which wise men, inspired or not, have written in old times have yet to be apprehended in all their bearings, and to produce their largest results. Actions which in themselves seem trifling have influenced not only the subsequent life of their author, but the condition of many generations. Lot allowed his cavern among the mountains to be cheered with wine, and the fortunes of Maob and Ammon were the issue of his indiscretion. The history of nations, as of individuals, hangs on threads. Robert Bruce was about to join a crusade when a spider, struggling to fix his web to the ceiling, gave him a lesson in perseverance, and, remaining in his own land, he routed the army of Edward II. at Bannockburn, and achieved the independence of the Scottish Crown. Cromwell was about to set sail for America, and clear forests with his ax, when a royal edict forbade emigration in unlicensed ships. Had he embarked the day before he would never have been Lord Protector, nor Charles Stuart have laid his head on the block. The fleet of William of Orange had been driven westward of Torbay. To return in the teeth of the wind was impossible, and Plymouth, the next port, was garrisoned by Lord Bath. The royal fleet was out of the Thames, and hastening down the channel. "You may go to prayers, Doctor," said Russell to Burnet; "all is over." But it was not so. A soft breeze sprung from the south, and the sun shone forth. The fleet turned back, William landed, and the Stuart dynasty then ceased to reign.

Slight circumstances, which have occurred in childhood, often take deep hold of the memory, and recur to us through life, we know not why, when things of far greater moment are forgotten. Warren Hastings, amid the care and splendor of Indian Government, had always before his eyes a little wood at Daylesford in Worcestershire, where he was born. Insignificant sayings in praise or blame have often had immense effect on men in pursuit of knowledge and fame, and have disconcerted or encouraged them, as the case may be, in a marvellous manner. Burke rose to address the House with a roll in his hand. A member deprecated the infliction of a manuscript on his hearers, and in shame and disgust the orator quitted his seat. He who could have faced a lion was discomfited by a bray. Little things are often our great vexations. The prick of a pin will make an empire insipid. During one hundred and forty years the retainers of a Norman monastery fought and hated each other for the right of hunting rabbits. On the other hand, trifling events are frequently great consolations. The packet ship Lady Hobart was driving before the hurricane, and hope seemed vain, when a white bird suddenly lighted on the mast. The hearts of the crew revived, and the bird was accepted as an omen of safety. Mungo Park, stripped and plundered, sat down in despair. It was a wilderness in Africa, five hundred miles from any European settlement. A little moss was at his feet in flower, and it inspired him with the thought that He who planted, watered and perfected in the desert that tiny blossom, could not be insensible to the sufferings of one formed after His own image. So he went on his way rejoicing, and soon came to a village.

Yes, little things are of wondrous importance. They are the last links in a long chain of effects, or the first in a long chain of causes, or they are both. They make the sum of human things. They test a man's character every hour in the day, and, as the jutting and curving of the bank regulate the river's flow, so do they, directly or indirectly, determine the entire course of our existence for good or evil, brilliant or obscure.

GREATNESS.—The distinguished men whose early years were spent in an unceasing attendance upon schools and academies, are far outnumbered by those whose means of instruction consisted in a few months' schooling in the winter, and a diligent pondering of such scraps of literature as might be picked out of the basket of the itinerant pedler. If I am told that such men achieve their greatness in spite of the deficiencies of education, and than the benefit of the forcing system is better exhibited in the elevation of an inferior order of minds, I would still reply, that the position, even thus modified, finds no better support.

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NEW YORK, FEBRUARY, 1866.

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."

TOPICS OF THE MONTH.

BY R. T. TRALL, M. D., EDITOR.

SEXUAL PHYSIOLOGY.—At length we are enabled to announce this work as completed and ready for delivery. It was advertised as in preparation several years ago; but ever-pressing duties which could not well be neglected, and engrossing professional cares which could not well be avoided, delayed its appearance (and tried the patience of many who had subscribed in advance of its publication), from year to year. We are, however, of the opinion that the unavoidable delay has been an advantage to the author and to the public. It has enabled us to embrace a much wider range of subjects than was originally contemplated, and to introduce a variety of topics which are just now agitating the minds of the progressive classes in this country and in England. Indeed, without the data which have been developed during the last three years the work would not have been complete. We can now commend it to the reader with the assurance that it embodies all that is known in the scientific world on the many topics of which it treats. Some of its doctrines may be regarded as dangerous innovations upon established usages; but such has ever been the case with all truths which are in advance of public sentiment. And whether all of its teachings are accepted or condemned by the present generation, we have no shadow of doubt that they are founded in Nature and approved by the Author of all.

ALCOHOLIC MEDICATION.—Under this title we have added another seemingly needed work to the current literature of the Temperance Reformation in a pamphlet of 48 pages. It is the address, *verbatim et literatim*, we prepared, at the request of some of the prominent friends of the cause, for the National Temperance Convention, which met at Saratoga Springs, in August last, and which we have been urgently solicited to publish. It is intended to be a complete refutation of the fallacies admitted by Dr. JEWETT and the absurdities advocated by Professor PALMER at that Convention, as well as a reply to our London critics, who have, since the publication of "The True Temperance Platform," been assailing through the columns of The London Temperance Spectator the doctrines which we advanced at the International Temperance Convention in London, in September, 1862, and which so astounded the conservatism of the Old World.

The work is specially designed to explain the great mystery of the *modus operandi* of alcohol, and therein to condemn on scientific principles all use of alcohol in any form, either as drink, food or medicine. Price, 30 cents.

PRINCIPLES OF HYGIENIC MEDICATION.—This work is now in hand, and although it will not, under any circumstances, be hurried, it will be prosecuted to completion as rapidly as it can be well done. We have been accumulating and arranging the material for it for more than fifteen years, ever since the establishment of the Hygeio-Therapeutic College. We have seen no reason to change, nor to materially modify, our original plan. It will therefore consist of three volumes of 750 pages each—2250 pages in all. It will embody the substance of nearly all the works extant on Hydropathy, Vegetarianism, Dietetics, Hygeio-Therapy, etc. etc., with a complete exposition of all medical systems, and a more full and elaborate explanation of the Theory and Practice of the Hygienic systems, than is found in any other or in all other works. In short, it will be the substance of the author's lectures to medical classes, adapted to popular as well as professional understanding and application. We *hope* it will be in the hands of those who sent us their subscriptions "before the war," before the opening of the Great Exposition in Paris, in May, 1867; for, on certain conditions, nameless in this place, and at the control of other persons, we are under engagements to make an exposition of Hygeio-Therapy then and there.

"SOUTHERN HYGEIAN HOME" AGAIN.—We are determined to keep this scheme before the people until something comes of it. Our faith increases every month that something will be done about it soon. We are receiving encouraging communications every week. There is no question that a large population of the right class can be soon gathered around the company

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who will go forward and secure the location. Since our last report (in December) several families in different parts of the country, with a capital of one thousand to fifteen thousand dollars each, have signified their willingness to embark in the enterprise; and they have assured us that, so soon as the beginning is made, they will close up their business and "come on." The greatest difficulty, we fear, will be in selecting the location; not because good locations are so few, but because they are so numerous. Quite recently we have heard of *the* right place in the northwestern part of South Carolina, where there is good water, good climate, good soil, and good apples, etc. Last week a "soldier returned from the war," who was two years with the Army of the Tennessee, thinks there is no better place than the celebrated Cumberland Gap, in Northeastern Tennessee. This is a very central point, and near the great line of railway from New York to New Orleans, by the way of Richmond, Knoxville and Mobile. Good water from the mountain side can be had in abundance, and land can be purchased in large quantities. And this land has two advantages. It has never been vitiated by a false system of agriculture. The soil is pure and clean. And it can be purchased at the price of wild land—one dollar per acre, perhaps. It is also well timbered, so that, in reducing it to cultivation, the proper amount of timber could be spared. In this location the rise in the value of the land would be no small advantage. One hundred thousand acres purchased now for one hundred thousand dollars would be worth a million of dollars, more or less, in ten years. The company who should purchase the tract would be morally certain to sell it at once at a remunerating profit, and thus, while making a good investment, benefiting others. We hear also that Southwestern Arkansas, near the borders of Texas, has claims on our attention. A gentleman who spent some time with us at the Western Hygeian Home, in Minnesota, last winter, is enthusiastically in favor of this location. The climate is one of the best, the soil abundantly fertile, and it is an excellent fruit-growing country; and, moreover, land is cheap. And last we have an urgent claim from Missouri. An intelligent correspondent, on whose integrity and good judgment we can rely, thinks no better location can be found than in the vicinity of Lexington, some twenty miles westerly from St. Louis. This place has the advantage of being almost the central point of the United States, and near a great city of rapidly increasing proportions. No doubt St. Louis is destined, and that soon, to be the third city of the western hemisphere. The climate is mild though not equal to that of the places above named; the soil is good, and fruit easily cultivated, and there is plenty of pure, soft water. (Will G. R. A. inform us precisely where, in his vicinity, would be a good location for the "Home"—the springs or streams, grounds, hills, groves, etc. etc. ?) Perhaps we shall be able to resume this subject in our next.

PETTICOATOLOGY.—There ought to be a new science. There is a new art—the art of writing about female apparel. What could a newspaper reporter do to spice and sensationalize his articles, when he writes about the female persuasion; what resource would the comic papers—"Yankee Notions," "Chimney Corners," "Budget of Fun," "Phunny Phellow," and the outside of "Harpers Weekly," have wherewith to entertain the prurient curiosity, excite the risibilities, and remedy the *ennui* of their readers, were it not for the ever-varying costume of woman, and especially that part of it described and admired as the petticoat. Witness in illustration, the following item which we clip from an article in The Tribune, on the skaters of Central Park:

"The costumes are various. The tight-fitting dark cloak, trimmed deeply with fur, is very much in vogue, and many of the ladies also wear fur caps. The effect is Russian or Polish, and is very beautiful withal, not only from its novelty but from its appropriateness as well. But in the upper portion of the dress there is little room for novelty. There is one portion, however, in which every variety of taste is displayed, which is most deserving of such display, and which is probably far less expensive than any other outlay more prominently displayed. It is hardly necessary to state that we refer to petticoats."

We propose that the petticoatological scribblers have a science especially set apart for the benefit of their pens, and the edification of all admirers of "prominent displays" of petticoats, to be entitled as above. What an awful thing it is for ladies to wear pants! A reporter could not make but one item—and that a dull one—out of them in a whole year, while the comic papers could not do a thing.

"DIED SUDDENLY OF PNEUMONIA."—Such is the brief and unsatisfactory announcement of the newspapers, in relation to the death of Hon. HENRY WINTER DAVIS, which occurred at Baltimore a few days since. Why did he die? He was in the prime of life, of remarkably vigorous constitution, of regular and temperate habits, and entirely free from those devitalizing habits—liquor drinking and tobacco using. So much for his vital resources. And then pneumonia is

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not a dangerous disease. We have never lost a patient since we adopted the Hygienic Medical system, and we have treated hundreds. We have no shadow of doubt that, of all the persons who die of pneumonia, as reported in the mortuary statistics of the civilized world, three-fourths at least are in reality *killed by drug medication*. This was our opinion nearly twenty years ago, and all of our observation and experience since have tended to confirm it. During the winter season from forty to fifty persons per week die of pneumonia in this city, and about half as many per week during the remainder of the year, according to the tables of the City Inspector compiled from the returns of the physicians. If there was not a physician in this city, in our opinion the deaths of this disease would not be one-tenth of that number. Mr. DAVIS was sick only three days; and we may now add his name to the list of distinguished dead—WASHINGTON, HARRISON, TAYLOR, BYRON, CAVOUR, ALBERT, DOUGLASS, BUFORD, SUMNER, MITCHELL, HOFFMAN, CAMPBELL, BUCKLE, HINCKLEY—whose deaths are clearly attributable to

"The deadly virtues of the healing art."

THE COPPER CURE.—Will there never be an end to the silly, ridiculous, foolish, absurd, nonsensical, fantastical, insane, idiotic (there the dictionary fails us) remedies for the cholera, which are swarming in the newspapers and keeping a credulous and humbugged world running after poisons? There is scarcely a day in the year that we can not read in some newspaper, magazine or medical journal some new cure for the cholera. The fact that the patients everywhere die, just as though no one pretended to have any cure, does not in the least abate the ardor of the profession in discovering and promulgating cures, nor disturb the innocent faith of the multitude that cures are as plenty as blackberries. The new specifics for cholera, on the part of the regular profession, seem to be as multitudinous as are the infallible nostrums for consumption on the part of the irregular trade. Indeed, it is not difficult to imagine that the regulars and the quacks, in these cases which they never cure, are running a race for notoriety —and dollars. The latest cure for cholera happens to be copper. If it had been iron, or lead, or zinc, or gypsum, or stone coal, or peat, or asphaltum, or petroleum, or quartz, or granite, or essence of moonshine, it would not have surprised us in the least. Says The Mechanic's Magazine:

"COPPER FOR CHOLERA.—Copper can kill and copper can cure. We recently noticed Dr. Burq's visit to Toulon for the purpose of testing his copper theory in cholera cases, and we now state the results obtained with his system by Dr. Lisle, physician to the Asile at Marseilles. The formula employed was: A solution of five per cent. of sulphate of copper in pure water, one and a half grammes; Sydenham's laudanum, ten drops; sugar and water, one hundred and twenty grammes; one teaspoonful every quarter of an hour in dangerous cases. The results were—out of thirty-two patients, seven deaths and twenty-five cures. There were beside, in the same establishment, thirty-six patients treated with other methods; of these, twenty-eight died and eight recovered."

These results may seem satisfactory and conclusive to those whose faith is in poisons. But to the mind of the intelligent Hygeio-Therapeutist they only prove that copper is not the worst of poisons. It does not kill so many as "other methods" do.

FRENCH COOKERY.—Monsieur BLOT has recently given a new series of lectures at his Cooking Academy in Broadway. They are highly commended by one or two of our city dailies and, we understand, are largely attended by the ladies. As a specimen of the abominable conglomerations which newspapers claiming to be intelligent commend to their readers, we subjoin a couple of dishes from his bill of fare:

"PRAIRIE HEN IN PROPILLATES.—The hen was trussed and salted and put in a pan with fat and broth and baked till half done. Salt pork and onion chopped fine, with a little butter, salt, pepper, parsley, thyme, garlick and broth were added. The hen was cut up and each piece laid on white paper, with a spoonful of the pork and onion. The paper was then turned over, the edges doubled together and the pieces put in the dripping pan, with a drop of sweet oil on the top of each. They were kept in the oven twelve minutes to steam."

"MOCK TURTLE SOUP.—Equal quantities of butter and flour stirred together and three pints of broth were put in a kettle with some carrot, onion, parsley, pepper, bay leaf, cloves and thyme. When this was sufficiently boiled some brandy and claret wine were added, the Professor remarking that Port wine or Madeira would answer the same purpose. The inside of half a lemon and a hard-boiled egg sliced were put in the dish with meat and the liquid turned on. The question was asked if there were no substitute for wine or brandy, as some persons object to the use of liquors except for medicine. The Professor replied that the soup could be made without. It would not be as rich, but would be good."

ALAS! how many persons die in a state of intoxication because of alcoholic medicine! How few, indeed, are there whose spirits do not wing their flight "to mansions in the skies," in a condition of actual drunkenness, under this almost universal reign of alcoholic medication.

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College Department.

HYGIENIC CHRISTMAS FESTIVAL.—One of the most pleasant and, probably, *the* most rational entertainment which occurred in this city on Christmas Day, was that of the students of the Hygeio-Therapeutic College. A table was beautifully decorated with evergreens, and bountifully laden with "all the delicacies of the season," in the line of fruits and farinacea. There were all the varieties of bread known to the Goddess Hygeia, and all the "native American" fruits obtainable in the New York markets. Not a taint of the animal was to be seen—not even milk; nor was water provided, the class believing that eating and drinking are as unrelated as are hot coffee and ice cream. At each end of the table was a dish which the uninitiated man of omnivorous propensities would certainly have taken or mistaken for a roasted and stuffed gobbler. But on proceeding to its dissection, its bones were found to be of pine wood, its integuments Graham bread, its internal viscera wheaten grits, and its stuffing the best of blown raisins. An excellent and non-greasy gravy was found in stewed berries. In the centre of the table was a Christmas tree adorned with presents, among which was a fine set of silver cutlery for Professor TRALL, and a magnificent fruit basket for Professor HARMAN. The feasting commenced at 3 P. M., and occupied one hour. Another hour was devoted to sentiments, jokes, speeches, chatting and laughing, which so "promoted good digestion" that dancing commenced at 5 and continued until 8 o'clock, at which seasonable hour the company adjourned to their respective homes, conscious of having had a wholesome and and agreeable pastime, without disobeying any law of health, or setting an example that would lead any human being in any path except that in which it would be for his best good to walk. What a contrast with the riotous gormandizing and reckless dissipation all around them, with the diseases and miseries which are the sure consequences!

THE MEDICAL STUDENTS OF BELLEVUE.—We are glad to learn that the young men of the Allopathic persuasion, who are attending the Bellevue Medical College, are an improvement, so far as good manners and personal deportment are concerned, on their predecessors. They are much better behaved, on the whole, toward our lady students who attend their hospital clinics. Some few of them have been unable to restrain the inherent rowdyism of their unfortunate natures, especially when the ladies have appeared among them with garments which protected their feet and lower extremities from cold and wet, and rendered locomotion easy and useful; but, as a class, we must give them the credit of behaving "tolerably decent." And this is encouraging progress. Three years ago students and professors undertook to drive them away by insults and abuses. They did not succeed. Their numbers have increased every year. A larger proportion of them every year have worn the short dress; and now that those students have become familiar with it they seem to be beginning to like it. We only hope they will not fall in love with its wearers.

CRINOLINE IN THE COLLEGE.—This has nearly run out. For the first time in the history of the Hygeio-Therapeutic School, *all* of our lady students have worn the "Reform Dress.' True, some of them do occasionally wear the long dress; but the majority of them wear the short dress at all times and on all occasions, and all of them, without exception, are its advocates. Verily, the world does move. Never did human beings, in abandoning a silly and ridiculous fashion—which was destroying womankind body and soul—and returning to truth and nature in the matter of apparel, expose themselves more to the sneers of the vulgar, the ridicule of the fashionable, the insults of the rowdies, the opposition of friends and the slander of foes, than those women who first adopted the "American Costume." No epithets were too vile, no language was too harsh, no innuendoes too mean to be hurled at them, not only by the sentiment of the street, and the lewd young men who congregated around the corner groceries and puffed their noisome cigars, but, also, by the "reporters of the press," the fashionable exquisites of both sexes, and the old fogies of all classes. Many of them were unable to endure unto the end and relapsed into long skirts. But the greater is the honor to the faithful few who have been found true to principle—who have lived their principles. And now, short dresses can promenade Broadway, without annoyance; we hear people (especially men) more and more applauding the style, and we should not be much surprised if it should soon become epidemic. We would much rather have it prevail among our female fellow-citizens next summer than the cholera.

SCHOLARSHIPS.—Scholarships for the Hygeio-Therapeutic College may be purchased at any time, and the tickets used in New York or Minnesota, or wherever else a College term is

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held. On the payment of one hundred dollars for a scholarship the student will be entitled to attend one full course of lectures, or parts of two or more terms until one full course is completed. After the completion of one full term he will require to pay only ten dollars for attending another term. Could the friends of Health Reform, who have no physicians in their vicinity, do a better thing for themselves or their neighbors than to provide some worthy man or woman, or both, with a scholarship, and trust to their good fortune and integrity for its repayment? It would be very like "lending unto the Lord," and then no other security is necessary.

HONORARY DIPLOMAS.—It would afford us personally great pleasure, as it would all the Faculty of our College, to confer the Honorary Degree of M. D. on many distinguished friends of our system, in this and other countries, especially clergymen; but as the College has no endowment, and as the expenses must be paid either by the receipts for scholarships and diplomas, or out of the private pocket of the Principal (which has already *bled* to the tune of several thousand dollars), the Trustees have been obliged to "respect no persons" in the conferring of degrees. We hope it will be otherwise "in the good time coming."

Voices of the People.

THE EMANCIPATION OF WOMAN.—"F. E. B." writes from Hartford, Conn.: "It is a pleasure to renew a subscription to so excellent a publication as your HERALD. It is by far the best work of reform in the country, and I hope will never suspend operations, not at least while our race continues to deteriorate under the influence of calomel, rum, pork and licentiousness, and not while the women of our land continue to drag out a weary, almost helpless existence, in a dress that is in direct violation of all the laws of health, common sense and propriety—a dress that could not have been more beautifully adapted to the purpose of rendering one-half of the race helpless, and dependent on the other half, had some evil genius set himself to the task of accomplishing this object. I am convinced more and more, every week and every day, that the emancipation of woman is emancipation from her present uncivilized dress. Let that come, and other needed reforms will quickly follow. Let that remain, and all the limitations and abominations so fatal to her health and freedom, moral and physical, will remain also. As Dr. Trall rightly argues that it is like blowing breath against the wind to preach temperance and alcoholic medication at the same time, so it is blowing breath against the wind to advocate for womankind the justice and freedom that nature intended for all human beings, while they remain almost literally bound hand and foot in their present dress. From the sense of freedom I experience while wearing about the house a dress I originated merely for home use, I can obtain a slight realization of what it would be, were some such costume generally adopted and worn on all occasions.

"In the customary senseless dress of skirts and hoops I am at once transferred to a state of the most thorough incapacity for all practical or sensible purposes; my spirits and ambition become as effectually snuffed out as a candle with a pair of snuffers; have no powers, either aggressive or defensive; am unable to resist the cold weather even, and feel like curling myself down by the parlor register in a state of the most approved and fashionable vapidity. But in the other dress, ambition, health and spirits are in the ascendant; impossibilities become possibilities; feel capable of meeting and conquering any difficulty that presents itself; could face a northeast snow-storm, if necessary, and run ten miles—in fact, feel rather inclined to do it without the necessity. In short, inactivity in this dress is as impossible as activity in the other. There are, no doubt, hundreds of women in every city who would send forth the most grateful thanksgiving ever uttered, could this dress be the prevailing one; but the great obstacle in the way is the fear of being conspicuous, of being the target for all eyes and all remarks, of being *alone* in it. Could these hundreds be united and adopt the dress at the same time, it would remove the difficulty.

"Of all the reform dresses I think the poorest is the one with full skirt reaching nearly to the ankle. It has neither the merit of good taste nor convenience. Skirts and pants do not harmonize. It will be found in time that every thing that does not meet the wants of the proprieties and conveniences of life, violates the laws of good taste. Dangling skirts always do this, although partially abbreviated in length. The *partially* abbreviated one is more out of taste than the full length. Pants and skirts can never be made to chime. A sack reaching only to the knee, and pants *a la Turc*, or *a l'Americaine*, according to taste, will be found the better dress, both as to good looks and convenience."

HYGEIO-THERAPY IN CANADA.—"E. H. R." writes from Selby, Canada West: "I am highly gratified to be able to state that the Hygienic System, which you now teach and have so nobly advocated for many years, is steadily and surely advancing in our beloved Canada. Although we are blessed (?) with seven or eight drug doctors in our county town (Napanee), yet I look forward to the 'good time coming,' when Allopathy and all other forms of drug medication shall be among the things that were. I have long contemplated addressing you for the purpose of expressing my sincere and heartfelt gratitude for the benefit I have personally received from the perusal of your writings. I am a constant reader of your excellent journal. Some years ago I was hastening to physical perdition for want of a knowledge of the laws of health; but, in the order of Divine Providence, I was arrested in my downward course by becoming acquainted with 'the better way' through

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the medium of your writings. I have discarded drugs in toto, have adopted the two meal a day plan with signal benefit, and have abandoned swine food and all its accompaniments—in a word, I am a thorough and a practical convert to Hygeio-Therapy. I would not do without THE HERALD for ten times its cost; indeed, it has become to me a necessity. Your letter to Delavan on the Temperance cause is truly magnificent. It shows the real obstacle in the way, and explains the only basis on which the Temperance Reformation can be successfully prosecuted."

PROGRESS IN HOLYOKE.—"I look out this winter morning on that fine structure, the Mt. Holyoke Female Seminary, where something over three hundred ladies are being educated for various stations in life.

"And quite a notable fact is, that the Trustees have had the good sense to place an educated physician who is considered by our Allopath M. D's. as very heterodox in her practice. The innovation makes them squirm. Why the *Trustees* came to do so unheard of a thing I *do not know*—but I recollect of lending one of *them*, a good many years ago, several copies of The Water Cure Journal.

"F. S., South Hadley, Mass."

AN ENTHUSIASTIC CONVERT.—"M. G. B." writes from Illinois: "Were it not for the monthly visitations of THE HERALD I should almost despair, no one but myself in this neighborhood being a believer in 'The True Healing Art.' It is almost my only comforter. I am not capable of expressing the gratitude I feel for its teachings. When I was apparently on the brink of the grave, an unknown hand sent me a copy. I had used up all my worldly goods in feeing the doctors; when it seemed that my whole disease had settled on my kidneys; the poisons had done their work; my stomach could not digest the simplest food; and I sent to Chicago for the best physician to be had. He came and told me that I could not live four weeks. In this situation the blessed HERALD found me. I read its contents and blessed God; and although opposed on every hand I took courage. I cleared the Doctor out, and commenced applying water over the region of the kidneys, and soon found relief. In four weeks I could walk about. But vitality once lost can not be regained. I have been constantly drugged for three years and, as a consequence, I am a broken down man. The next generation will rise up and bless Dr. Trall for the noble work he has done for humanity—more than any other person living. In our little town there have been twenty-five deaths this fall. My wife had malignant fever; to please her the doctor was called; he left his *poisonopathic* powders, but I substituted for them some slippery elm which I pulverized, and at the same time (having Dr. Trall's Hygienic Hand Book, which ought to be in the possession of every family), I was busy in applying the water treatment. She was soon purified of the poison in her system, and in comfortable health. 'Well, well,' said the doctor, on one of his visits, 'I have forty patients in town, but on none of them does the medicine take such good effect as it does on your wife.' The learned M. D. did not mistrust that the patient never took a particle of his stuff, but that it was all administered to the stove. I hope the day is not far distant when the people will get their eyes open to the destructive consequences of drug medication."

Miscellaneous.

Philosophy and Religion of Great Calamities.

IN the course of a lecture on "The Physical Dangers and Duties of Dundee," delivered recently, the Rev. Mr. Gilfillan described the superstitious misconceptions of great calamities in the Middle Ages, when they were thought all the work of the Devil or produced by some other supernatural and malignant cause. He drew a fearful picture of the terrors which eclipses, famines, pestilences, and comets caused in these days—a total eclipse of the sun killing one of the Kings of France, and another event of the same kind putting a whole army to flight; a comet almost maddening Europe; and in the deep horror produced by the Black Death, thousands of flagellants filling the countries with a ghastly mixture of shrieks and songs, while others were seized by a dancing mania, and went to and fro proclaiming wherever they went, in loud shouts of terror, the power and triumph of Satan. All this had been produced by ignorance of natural laws, by gloomy views of the Divine character and by mistaken expectations as to the advent of Christ. Nor did it change until the restoration of learning, the art of printing, the progress of science, and the rise of such men as Kepler, Galileo, and Bacon, and the Reformation from Popery regenerated Europe. Men, at least intelligent men, do not now believe God to be a capricious or cruel being. Without being chained by laws he yet never alters them except on extraordinary occasions, and these are rare. A law of Nature is just God's method of working, and if we find from extensive induction that He has usually followed a certain method, we are not to believe, unless on very strong evidence, that He has altered it, whether to gratify His friends or to punish His foes. It may be said, indeed, that we can change the law of Nature, and why not God? For instance, we may, by running into a river, save a man from drowning, and thereby interfere with a natural law. No, unless we should dry up the stream; for it is as natural for water to yield to the hand of one plucking out the half-drowned man as it is for water to drown him. Were we praying on the shore, and were the water not drowning the man, that were the infraction of a natural law; as it is, we only use one natural law to modify the operations of another. But, mark, he said, I do not deny God's power to alter his natural laws—He did so in miracles, but I deny that He is continually tinkering at and changing His old and stately principles of action; and, least of all, at the breath of caprice, or at the bidding of man. Prayers were often not answered at all, often answered in a very different way from that which the supplicants expected, and

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usually in connection with and not in opposition to natural laws. He did not deny that the rinderpest and the cholera were judgments, *i. e.*, had something to do with the sin of man, and proclaimed something morally wrong in the earth; but they should (firstly) beware of supposing that those visited by them were necessarily greater sinners than others; (secondly) remember Christ's teaching about the Tower of Siloam; and (thirdly) they should beware of tracing them to any supernatural interference or change of the laws of Nature. Philosophers had not yet fathomed their causes, but they would probably do so one day, as they had already found out the origin of eclipses and demonstrated the harmlessness of comets, and put a hook in the jaws of small pox; and, once more, we should remember that, in reference to prayer, God might not answer our prayer; that, certainly, He will not answer it now in a miraculous manner; and, again, that along with prayer we should combine other means of cure or prevention—such as cleanliness, temperance, cheerfulness, and, above all, a deep comforting persuasion that God's main purpose in judgments is the good of the species—that He chastens us for our profit, and that, although we may not yet be able to say with the Laureate, "All is well," we may entertain the hope of saying it one day, and finding that even the remaining evil in the universe is only the needful shadow in a picture which otherwise would be too dazzlingly bright, and too unbearably beautiful.

Lord Houghton on Good Manners.

A WORKINGMEN'S club was "inaugurated" at Garforth, near Leeds, on Friday, October 20. The meeting was addressed by Lord Houghton, Lord Frederick Cavendish, M. P., and other gentlemen. In the course of his able speech, Lord Houghton said he did not think that because they were compelled to labor, and even to labor hard, therefore, in the intervals of that labor, working men could not have the condition and the privileges of good society. It rested entirely with themselves and on their choice whether they should have them or not. The having good society depended on several things. It was, perhaps, mainly a question of manners. What were manners? Manners were the way in which men and women met each other in society; they were the condition of the intercourse of the people; and they were consequently extremely various in the various classes of the community; very rough and very disagreeable in many, in others, smoother, more agreeable, more comfortable. They had, however, nothing to do with wealth or position in society. He himself had travelled in the east of the world, and in all those countries he found exactly the same manners in the very highest and the very lowests classes of the people, in the nobleman, who was called a Pasha and who lived in his great palace at Cairo or Alexandria, as in the Arab in the desert, or the Egyptian who was working in the fields. The civility, the courtesy, the gentleness, the consideration shown by the people for one another had nothing to do with the condition of society, could just as well be acquired by the poor man working for his bread as by the nobleman living in his castle. That was the condition which he hoped the accommodation they had in this building, and the advantages which they would enjoy in it, would encourage them to achieve. They were not to suppose that manners belonged to a certain class. There had been a time when Englishmen of the highest class had bad and uncourteous and disagreeable manners toward each other, and he would ask them to take as an illustration the habit of intemperance. That was a great vice, which destroys a man's faculties and his usefulness, which took him away from himself, which lost for him his power of being of use to himself or anybody else, which made him extremely disagreeable to other people. Nevertheless, there was a time when the habit of intemperance constituted a regular feature in the manners of this country, and he was sorry to say that there was a phrase which he dared to say they had heard used that when a man was drunk, he was "as drunk as a lord." [Laughter.] He did not know that that class of the community was particularly addicted to drunkenness; in fact, they were rather the contrary. But there was no doubt that a hundred years ago, and further back, general intemperance was the habit of the upper, as it was now the reproach of the lowest class of the country. But that habit had nothing to do with people being rich or poor; it was simply a gross and stupid self-indulgence which the lord might practice just as well as the peasant, the wealthy merchant as the working collier, and which was as great a disgrace to one class as to another. The habits of life which he hoped they would acquire in that building excluded any liability to intemperance, on that very account that there was no reason why the poor man should not have the power of enjoying all the advantages and comforts which could be derived from any natural produce, whether malt or any thing else.

AMERICAN BABIES.—Mr. Trollope, in his new novel, thus Americanizes: "I must protest that American babies are an unhappy race. They eat and drink just as they please; they are never punished; they are never banished, snubbed and kept in the background as children are kept with us; and yet they are wretched and uncomfortable. My heart has bled for them as I have heard them squalling, by the hour together, in agonies of discontent and dyspepsia. Can it be, I wonder, that children are happier when they are made to obey orders and are sent to bed at 6 o'clock, than when allowed to regulate their own conduct; that bread and milk is more favorable to laughter and soft childish ways than beefsteak and pickles three times a day; that an occasional whipping even, will conduce to rosy cheeks? It is an idea I would never dare to broach to an American mother; but I must confess that after my travels on the Western continent, my opinions have a tendency in that direction. Beefsteaks and pickles certainly produce smart little men and women. Let that be taken for granted. But rosy laughter and winning childish ways are, I fancy, the product of bread and milk."

MENTAL exercise is favorable to long life.

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To Correspondents.

Convulsions during Labor.—"L. A. W." A daughter of mine was married, and in her first confinement had one or two fits. But she recovered, and her babe lived. In her second confinement she had fits again, and died, soon after giving birth to twins. Another young woman in this place had similar fits in her confinement; her babe died, and she barely survived. Doctors and others say that she cannot live through another confinement. Is it true that she must die? or where is the wrong? Please answer through "THE HERALD." Because a woman had convulsions and died, we cannot tell where the wrong was. It might have been wrong living, malformation, mismanagement, or something else. If you will send the survivor to us for a personal examination, we will find what the trouble is, and tell her how to avoid danger in future. Perhaps we can do this on such data as the attending physician can give us, with regard to the case.

Theory of Cholera.—"J. W. B." "Dr. TRALL—If your theory of cholera is correct, why did not the persons at Andersonville have it? and why did it come and go like a great wave, as it were, and then we hear no more of it for ten or twenty years?" ¶

Diseases *do* not "come and go," but their causes may. The prevalence of cholera, or of any other disease, as an epidemic, depends on the co-existence of the morbific causes, and the predispositions (morbid conditions) of the people. Those most predisposed will have the disease with the least amount of the remote causes, and *vice versa*. Persons in comparatively good condition may be exposed to a large amount of the causes for a long time, and not have the disease at all; while others, with feeble digestion, constipated bowels and gross blood, will have it violently when exposed to a small amount of the remote causes. These causes, which are the emanations from cess-pools, privies, animal excretions and decaying organic matter of all kinds, may be transported from place to place by ships, the prevailing winds, the clothing of travelers, etc.

Generalities.—"J. C. A." "Dr. TRALL—Please state, in Notes to Correspondents: 1. What is the principal cause of rheumatism, stiff and swollen joints, cold extremities, etc. 2. What are the best means of home treatment, etc. As the questions are of a general character, I hope you will not refer to your published works."

It is because your questions are of a general character that we must refer you to our published works. In this department we have no space to do more than answer specific questions very briefly. To answer a general inquiry is to write a treatise on the subject.

Medicinal Water.—"N. B. W." "Dr. TRALL—Please send me a description of the medical properties of the water used at your establishment, at St. Anthony, Minn."

It has *no* "medical properties;" if it had we should not use it at all. The purest water is the best for all Therapeutic purposes. There are mineral springs in the neighborhood, just as good and just as bad as are those of Saratoga, Avon, Cheltenham, Bedford, Berkley, etc. etc., but our patients always let them alone—severely.

Blood Food.—"S. A. M." All of the preparations of iron are poisons and nothing else. Whether they are found or not as the result or product of the chemical analysis of the blood or tissues, does not alter the matter in the least.

Books.—"A. R." The "Hygienic Hand Book" is the best work to put in the hands of your friend. The best tracts for circulation among the uninitiated, are "Water Cure for the Million" and "The True Healing Art."

Premium Bread.—"C. R. E." The recipe for making "Perfect Bread," which obtained the premium of one hundred dollars, was published in the August "HERALD." You will find recipes which will answer all the purposes you mention, in "Water-cure for the Million," and in the "Hygienic Cook Book."

Working for Treatment.—"F. H." Probably you can find the opportunity you desire at the Hygeian Home about to be opened near you, at Florence Heights, N. J. We can give one or two score of persons an opportunity to pay at least one-half of their expenses by services at Western Hygeian Home, St. Anthony, Minn., after the first of May next.

Vegetarian Colony.—"H. P. F." Your offer to become a stockholder and do all you can for our Southern enterprise, is all very well so far as good intention is concerned, but not sufficiently specific for business. Tell us precisely what you *can and will do*.

Cramp in the Stomach.—Mrs. "I. L." Indigestion, with the complication of a diseased liver, is the cause of the trouble in your daughter's case. She may be careful what she eats and yet not eat the best things. Tell us exactly what she eats, and then, if there is any error to correct we will indicate it.

Depilatory Powders.—"A. M." All drugs which destroy the hair are caustics and remove it by a process analogous to burning. Of course, the effect is injurious. Unless the roots are destroyed it will grow again. We would advise you to bear the evil which you have, rather than fly to one you know not of.

Ball's Eye Cups.—"J. E. W." These instruments have been found useful in some conditions of defective vision, but can not be depended on as a remedy for diseases of the eye, or impaired eyesight generally. They are not of much importance in "old age" or for "shortsightedness."

Humors.—"W. J." The eruption you are troubled with depends wholly on torpidity of the liver. Do not repel it with washes or ointments. Avoid salt, sugar, grease, milk and spices. Take a daily ablution, and live for a month on wheat-meal bread and uncooked apples. Avoid mushes of all kinds.

Anonymous.—"M. S.," and others. We only use anonymous communications for kindling fires. Those who are not willing to give their address might save themselves and us trouble by not writing at all. We do not wish to publish names; but we want them as evidence of good faith.

"Western Hygeian Home."—"J. R. B." [This institution is closed for the winter. It will be reopened on the first of May next, under new and permanent auspices. You can get all the benefit you desire in a few weeks in this city. We treat all ordinary surgica cases—cancers, polypi, fistulas, etc., specially.

Palpitation.—"R. B., Jr." "I have a son sixteen years of age. Two weeks ago he was taken with palpitation of the heart, and it has troubled him ever since. The Spiritual doctor says it is caused by the sluggish action of the liver. He has had very little pain with it. Will you please give your opinion as to the case and treatment.

"P. S. He takes skullcap extract every night, and other medicine, and bathes the part affected in rum."

The mystery with us is, as the heart or liver is the "part affected," how it can be bathed in rum. Probably the rum is applied externally as near the part affected as possible, and this, though not so bad as taking the rum in-

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ternally is, to say the least, very silly. We suspect that the palpitation is caused by constipated bowels, and that the constipated bowels are caused by improper food; but as the inquirer gives us no data we are obliged to guess. If he will inform us precisely what are the eating, drinking and exercising habits of his boy, we will give a more precise opinion as to the nature of his malady and the proper treatment.

Traveling.—"E. P." "My business calls me abroad, traveling from town to town, consequently drinking the various qualities of water, hard, soft, brackish, etc., which cause much disturbance of the digestive organs, producing diarrhœa occasionally which is alternated with costiveness. Now what can be done to offset the effect of the water? The fare is such as abound in hotels and private boarding-houses, though I eat the most of vegetables, a little meat, and tea and coffee. 'Eat rather heartily, and am walking in the open air six hours every day."

Nothing can be done to "offset the effect" of bad water, or bad any thing else. Avoid seasoned food; drink no tea nor coffee; adopt a strict vegetarian diet, and you will have much less thirst, and less occasion to drink bad water. You are not obliged to eat every thing you see because you stop at a hotel.

Publishers' Department.

New Books.—SEXUAL PHYSIOLOGY is now going through the press. Our advertisement on another page will give a general idea of it. No pains or expense has been spared to make it a most valuable work in a most neglected field of inquiry. Price, by mail, $2.

ALCOHOLIC MEDICATION.

This address has been in the hands of the printers several weeks, and is now ready for delivery. Price, by mail, 30 cents.

Although the author has already written several works on the subject of Temperance, this one will be found to present the subject in a new light. It will do much for the Temperance cause now beginning to be revived. We hope the friends of Temperance will see to it that this little document, which is beautifully printed on heavy paper, is put into the hands of every thinking, reading man and woman in the land.

THE TURKISH BATH,

By DR. WILSON, with Notes and an Appendix by M. L. HOLBROOK, M. D., has been enlarged and improved in a new edition, just ready. Price, 25 cents.

All our subscribers who send 6 cents for a premium copy will have it sent free. Those who do not send 6 cents need not expect it.

Notes from Business Letters.—"DEAR SIRS: I send you $2 for THE HERALD OF HEALTH. It fills up a great want not filled by any medical journal I know of. P. B. DORLAND, M. D."

"RYE, N. H., *January* 1, 1866.

"MESSRS. MILLER, WOOD & CO.—*Dear Sirs:* I drop you a few lines to let you know that I have received all the numbers of THE HERALD OF HEALTH for which I have bargained and I love its teachings very much. I now again renew my subscription for the year 1866 for this valuable paper, by sending you inclosed $1 50, and two three-cent stamps for the Premium Book, Turkish Bath.

"Yours as ever, C. W. B.

"P. S. I wish you, one and all, a Happy New Year, and good success in your valuable work. C. W. B."

"MESSRS. MILLER, WOOD & CO.—*Gents:* Inclosed please find a renewal of my subscription for THE HERALD OF HEALTH. I and my family would not be without it for double—*yes*, treble—the amount it *costs*. It comes like a ray of sunlight in our midst, and is anxiously looked for, and its contents eagerly devoured each month. It has been of great benefit to us, both in regard to *health* and in a pecuniary sense, for since taking it, I have discarded *poisons* and consequently save money and have better health. Wishing you success, I am, respectfully,

PEORIA, O. G. M. B."

THANKFULNESS.—"I acknowledge the great benefit the doctrine taught in your publications has been to me. I was a poor dyspeptic and almost drugged to death. I heard of The Water Cure Journal and Dr. Shew's Water Cure Manual, and I got them and commenced living as they directed; and then Dr. Trall's Encyclopedia and Dr. Shew's Family Physician and some other publications of Dr. Trall's, and by reading and living as they direct I have not had one day's sickness for fifteen years; am in my sixty-sixth year; follow farming, and can do as full a day's work on the farm as any man that takes drugs and eats pork of twenty-five or thirty years of age, and that in harvest. I have not had, nor could I get, a hand for twelve years that could push me through a day's mowing, and if you have any pork-eaters, coffee or whisky-drinkers in New York just send them on next harvest, and they can try the water-drinker and bread and fruit-eater till they are satisfied that a man can mow or cradle without eating pork or tobacco or drinking whisky or coffee or any other filthy poison.

"Yours truly, A. M.

"SPRINGFIELD, Clark Co., O."

PUBLISHERS' TABLE.

Several New Books have been sent us recently. Among them are:

THE CHILDREN'S PROGRESSIVE LYCEUM. By A. J. Davis. Price, 80 cents.

THE EMPHATIC DIAGLOT.—A singular title for a New Transalation of the New Testament, to which is added the Greak Text interlined with the words defined in English. The plan of the work we like, but the transaltion is, in our opinion, faulty. Fowler & Wells, Publishers. Price, $4.

MAN, MORAL AND PHYSICAL. By J. H. Jones, D. D. 324 pages, 12mo. Price, $1 75. Published by Jas. S. Claxton, 606 Chestnut Street, Philadelphia. It purports to give the result of much observation on the influence of Health and Disease on Religious Experience.

HUMAN ANATOMY, PHYSIOLOGY AND HYGIENE. By T. S. Lambert, M. D. 420 pages. Well illustrated. New York: William Wood & Co.

LIFE OF HORACE MANN. By his Wife. Boston: Walker, Fuller & Co. 600 pages, on good paper and well printed. Price, $3. One of the best Biographies ever published, and should be in the hands of all young men and women and all interested in human welfare.

WATER CURE JOURNAL.—We can furnish one complete set of the Water Cure Journal from 1845 to 1862, eighteen volumes bound in cloth, for $45. Also a few partial sets at $2 per volume by mail.

THE TEMPERANCE BANNER, for Children, intended to inculcate in them Temperance principles. Published by the National Temperance Society Publication House, New York. Price, 40 cents a year. Published monthly. We think it will be found a useful little document. If it does not teach children to avoid alcohol as a medicine, it may perhaps bring them to the point where we with THE HERALD OF HEALTH can teach this to them. Each number will have a Temperance song set to music. Address J. N. Stearns, 111 Fulton Street, New York.

THE NATIONAL TEMPERANCE ADVOCATE. A monthly paper at $1 a year by the same Society, well printed on good paper.

Counterfeit Money.—Please be particular about sending good money; much of the currency afloat is counterfeit.

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February Notes to the Reader.—Many, very many thanks to our friends everywhere for large clubs for THE HERALD for 1866. All the way from Maine to Oregon, from Kansas, Tennessee, Louisiana, Kentucky—North, South, East, West—fine clubs are coming in every day. A fine number have taken premiums of the beautiful Picture: Washington receiving a Salute on the Field of Trenton. One lady writes of it: "I am more than paid for all my trouble. The picture is all and more than you represented it to be in your advertisement."

"Many, many thanks for the very fine picture of Washington mounted on horseback, beautifully engraved," writes another, and so we might quote from others.

The picture will still be sent as per our prospectus.

We hope our friends will make up their clubs early and help to promulgate the science of Human Health from pole to pole.

Job Printing.—We are prepared to execute in neat, substantial styles, various kinds of JOB PRINTING: such as Pamphlets, Circulars, Envelopes, Billheads, Letter-heads, Cards, Labels, Small Handbills, etc., at the same rates as in all first-class New York printing establishments. Stereotype work done to order.

☞ Our friends in the country who wish neat and accurate printing, can rely on first-class work, by sending plainly written and well-prepared manuscripts. For terms, send sample or copy of work, state quality of printing material to be used, and the number of copies wanted, inclosing a prepaid envelope for a reply.

Premiums.—How shall I get a Sewing Machine worth $60 free? *Answer.*—Get Fifty Subscribers to THE HERALD OF HEALTH at $1 50 each and the Publishers will give you one.

How shall I get a large Pictorial Webster's Dictionary for nothing? *Answer.*—Get Sixteen Subscribers for THE HERALD at $1 50 each or Fifty Subscribers at $1 each.

How shall I get a splendid Steel Engraving of George Washington free? *Answer.*—Get Eight Subscribers to THE HERALD and send the Publishers $12 and they will send you one for nothing. The late lamented President of the United States, ABRAHAM LINCOLN, said of this engraving: "Accept my congratulations on the completion of this very beautiful work."

Premium Book.—It will be noticed that we give as a Premium to each subscriber who sends us 6 cents for postage, WILSON'S work on the "Turkish Bath," with an Appendix by M. L. HOLBROOK, M. D. The work contains 75 pages and is a very interesting and valuable book. Don't forget to send the 6 cents postage.

That Picture.—In proof that the Picture we offer to our subscribers is no cheap affair, but a genuine work of art, we refer to the testimonials of many well-known men regarding it.

Notice.—Subscribers changing their residence must not expect us to duplicate the numbers sent them at their old post-office, unless they inclose 15 cents for the same.

Clubs.—The right way is to form in every neighborhood a club of ten or twenty if you would get THE HERALD for $1. Single subscribers who send only $1 will be credited eight months only.

N. B.—We are out of the October, January, and April numbers of 1865. Persons having them to spare, will please send them to the Publishers. We will send their worth in any work we may have.

MILLER, WOOD & Co.

FOR 1866!

NEW PREMIUMS.

FOR THE

HERALD OF HEALTH.

BY reference to the fourth page of the cover there will be found a list of Premiums for those who get up Clubs for 1866, which we think will prove attractive. We wish to call particular attention to one of the premiums. It is the very fine Engraving entitled

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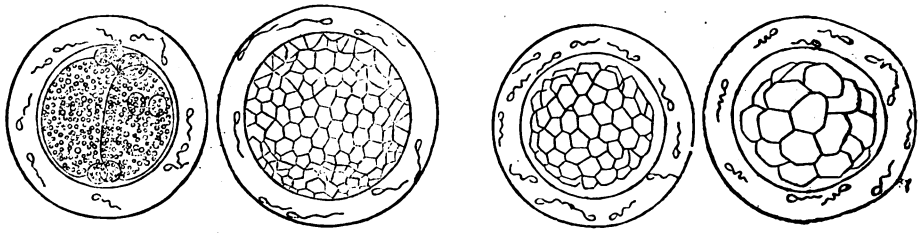
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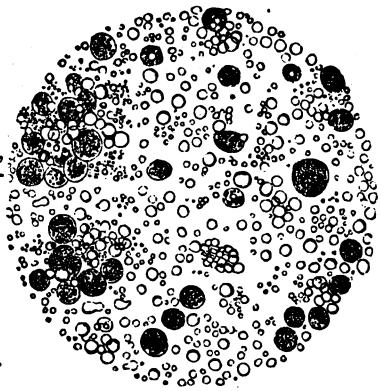
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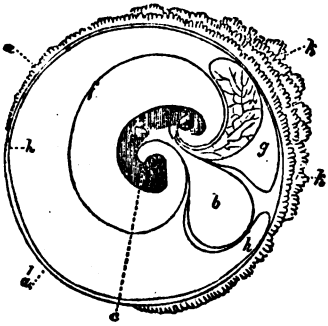
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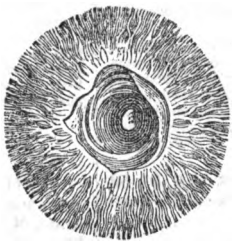
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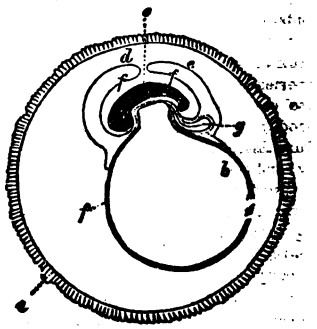


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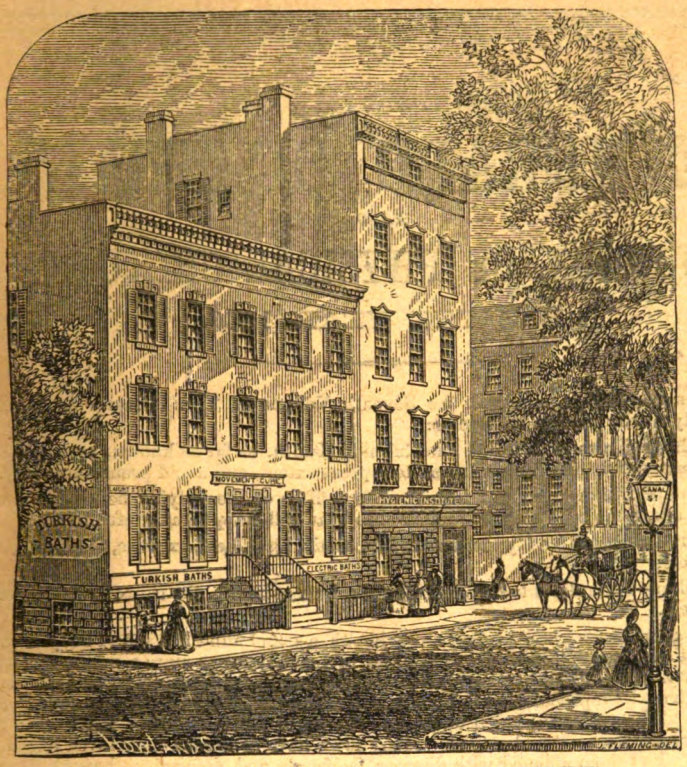
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FOR THE YEAR 1866.

With January, 1866, commences the Seventh Volume of The Herald of Health. We need only briefly refer to its objects:

1. To teach the Laws of Life and the Rules of Health, as far as known, by which each person shall secure freedom from sickness, to a great extent, and avoid premature death.

2. The Care of Children, so that instead of four-fifths of them dying before they attain five years of age, a majority may be preserved to beautiful, happy and useful lives.

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Vol. 40, Old Series. MARCH, 1866. [Vol. 7, New Series.

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VOL. 7, No. 3.] NEW YORK, MARCH, 1866. [NEW SERIES.

THE HERALD OF HEALTH.

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MILLER, WOOD & Co., 15 LAIGHT ST., N.Y.

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General Articles.

A Finish with The Spectator.

BY R. T. TRALL, M. D., EDITOR.

THE London Temperance Spectator for December 1, 1865, contains three several articles in further refutation of our "absurd verbal theory," followed by an editorial proclamation in these words: "We must now dismiss this controversy from our columns as not further profitable."

If The Spectator only knew how we Hygeio-Therapeutists enjoyed these serio-comico-farcial demonstrations of our London critics, and how the students of our College and the readers of THE HERALD generally found them better promoters of digestion—stomachic as well as brain-ological—than Burton ale, Scotch cheese, Irish whisky or English mustard ("laugh and grow fat," says the adage), it could hardly be so cruel as to deprive us and them of our accustomed luxury so summarily, without suggesting some substitute. But as we shall, peradventure, never have another opportunity to let the human family and the rest of mankind know how teetotally our transatlantic opponents have demolished our positions (and that, wonderful to relate, without even so much as attacking them), we improve the present occasion to place their concluding lucubrations on record. If it does not benefit them or their immediate descendants, it may serve as a warning, nay, as a frightful example, to remote generations not to enter upon a controversy without comprehending the matter in issue. And in thus terminating our pleasant relations with The Spectator, LEES, BISHOP, J. B., PATHFINDER & Co., we feel intensely impressed with the sentiment that the advantage, on the score of courtesy, honesty, fair-dealing and common decency, is all on our side; for whereas we have published in full (except one small foot-note, of which omission they complained) every article which they have written against us in three years, they have not permitted their readers to see a single one of our articles in reply. No, NOT ONE.

The first article is from the redoubtable "J. B.," whom, it seems, we had confounded with JOHN BISHOP of Sheffield. We humbly beg pardon of one or the other, or of both. We write in a hurry. We confess to carelessness. We acknowledge that we regarded their writings as so much of a machine that we were not careful to mind who wrote them or to whom we were replying. If J. B. had, like a man, given us his real name, no such dreadful accident could have occurred. But as J. B. is so suggestive of John Bull (reverse them and you get Brother

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Jonathan), and as John Bull has the reputation of being a roaring lion in a fight, our error may perhaps be excused, or the damages mitigated on the plea of nervous trepidation, in view of so terrible an adversary. For, judging by the savageness with which J. B. (be he BISHOP, BULL or simple B.) wields the weapons of controversy, he has a disposition to serve us and our doctrines (if he could only catch them) as annihilatingly as did his General PACKENHAM our General JACKSON, once upon a time, at the battle of New Orleans—or was it the other way?

We are still of the opinion that J. B. is in the same predicament as is his illustrious compeer in this debate, "Pathfinder," with regard to the question between us. He does not understand it. Certain it is that he does not yet state it correctly, nor does he even argue toward it. But let him speak for himself:

J. B.'S REPLY TO DR. TRALL.

"DEAR SIR—In March last you did me the honor of reprinting an article on 'The True Temperance Platform,' which I had contributed to The Christian News.

"A friend has forwarded to me THE HERALD OF HEALTH for July. It contains, under the head of 'Relations of Living and Dead Matter,' my article, and about nine columns of type purporting to be a 'Reply by Dr. Trall.'

"The tone assumed by Dr. Trall in this controversy necessitates a consideration of that gentleman's literary and scientific competency. From its prominence, this question should, in order, be considered first, but I prefer to relegate it to an appendix, contenting myself with the passing remark, that, as usual with the Doctor's articles, the *physique* and *morale* of his 'Reply' are extremely defective.

"Dr. Trall 'proceeds in the presumption' that I am Mr. Bishop of Sheffield, and, thereupon, uses that gentleman's name forty-two times in the course of the article. To say the least, this is a very presumptuous proceeding. I shall, therefore, silently correct the quotations I may make, by substituting 'J. B.' whenever it is required.

"Dr. Trall denies that Drs. M'Culloch and Ker, Messrs. Mudge, Bennett and Collenette, were the most competent judges of the 'novel physiological hypothesis' propounded at the Temperance Convention in 1852. It seems to be his opinion, that while untrained and ignorant people are competent to decide delicate questions of science, educated and expert physiologists, who are *au fait* with the facts, are incapable of forming a correct judgment!

"Dr. Trall comes to this conclusion, because 'it (the medical profession) is the criminal on trial for its life. And is IT the compent judge of the evidence against it?' After such a compact mass of fallacy, is there any wonder that Dr. Trall should effervesce in the form of a question: 'Was ever such a principle of jurisprudence ever thought of, before the days of J. B. of Sheffield?' I will briefly indicate the series of errors in this little statement: 1. The 'medical profession' was not under discussion, this reference being to the gentlemen present at the Convention. 2. The medical profession is no more a criminal than Dr. Trall is a judge. 3. It is not on trial for its life, though a certain simple hypothesis is. 4. Principles of jurisprudence are not pertinent to the question. Laws of thought, principles of scientific proof and canons of criticism are in requisition, not criminal law.

"Dr. Trall next asks: 'Who does not know (except J. B. aforesaid) that the "medical gentlemen" would with one voice declare, in the language of Dr. Lees, that our book is an "absurd verbal theory," and there leave the matter? Is the "prisoner at the bar" to be both judge and jury?' No! he should be neither the one nor the other; therefore my opponent should adopt a different tone, for it is evident that he assumes the double function. As to the first part of the paragraph, I retort: "Who does not know (except Dr. Trall) that a book is not a theory, though it may contain one?"

"'Medical men assert,' says Dr. Trall, 'that drug medicines (which are dead, inert, inorganic substances) act on the living system. . . . . But where is the proof? We are pointed to their EFFECTS as evidence. We refute the evidence, by showing that the EFFECTS are vital actions—the actions of the living system on the drug, and not the action of the drug on the living system?' Need I remind your readers that the parenthesis contains a gross assumption. The whole rational world would deny that drugs, and other substances are dead and inert, in Dr. Trall's sense of the words. Let him, when using words in a new sense, accurately define them, and be careful not to affiliate on his opponents a meaning which they repudiate. His treatment of the 'evidence' is confirmatory of a remark (foot-note to my article which Dr. Trall has suppressed) that 'no one can write in the language of this theory without betraying its positions.' Dr. Trall says, 'the effects are vital actions.' Effects of what? Drugs. Then drugs are capable of producing effects—ergo, they act. Do you think the last member of the sentence qualifies its antecedent? Let us see. 'The effects of drugs on the organism are not the effects of the drugs, but are the actions of the living system on the drugs!' Can 'the force of folly further go?'

"I pass several paragraphs containing a number of errors to notice Dr. Trall's remarks on a quotation from my article: 'Are we, then, to believe that alcohol or sulphuric acid can act or energize when out of the human body, yet, the moment they are ingested, lose all their potency, and are simply acted upon?' He says: 'We are not to suppose any thing of the kind, J. B. And now we have the opportunity to explain to you that you have not yet found out what the question is.' After affecting to explain this in a paragraph and a half, he finishes by admitting that the question concerns 'the [reciprocal] relations of living and dead matter.' Dr. Trall really gives up his case when he says: 'We are not to suppose any thing of the kind.' He thereby admits that alcohol, sulphuric acid, etc., can act or energize when out of the body, and he denies, with me, that they lose their power,

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and are only acted upon when swallowed. Doubtless Dr. Trall was unconscious of the fix in which he had placed himself. The cool impudence of saying to me that I 'have not found out what the question is,' and the subsequent talk about 'men of straw,' will be vastly entertaining to his admirers in England. There is nothing like blustering boldness of assertion to make one go down with the '*gobemouches*.' Yet it seems I was not far from understanding the question, since we are told 'in the next paragraph, J. B. stumbles upon the real issue. You have assumed the very thing to be proved. You have, for once, fairly presented the question. You have brought the dead, inert substance (alcohol) in contact with the living organism (the eye), and now the problem for solution is, in this relation between the dead substance and the living structure, where and what is the action? As between the alcohol and the eye, does the alcohol act, or does the eye act, or do both act? We say the living substance alone is active. J. B. & Co. say the dead substance [also] acts.' Now, as Dr. Trall and I are agreed that this section constitutes what I may call an *argumentum crucis*, I shall terminate my rejoinder with a notice of it. I might dissect the whole 'Reply,' sentence by sentence, but your space is valuable, and I can not afford to abstract more time from my studies to pursue the tortuous course of Dr. Trall's, amusing but 'epithetical line of argumentation.' There is the less reason for this, as the main issues have been so thoroughly discussed in the various letters, articles and notices which have appeared in your columns. Dr. Trall says: 'Alcohol, when applied to the eye, occasions or is the cause of inflammation. Inflammation, from whatever cause, is a disease, and has four diagnostic symptoms, Pain, Heat,* Redness and Swelling. How are these symptoms produced? Pain is a vital sensation; it is occasioned by distension of the blood-vessels and contraction of the muscles, both of which are *the effects* of vital actions.' Omit the words in italics, and the sentence becomes tolerably correct. Distension and contraction are vital actions, not the effects of vital actions. 'How are these symptoms produced?' Dr. Trall answered: 'Alcohol occasions or is the cause of inflammation.' 'All the symptoms (effects) are explainable on the principle of vital action.' What pleonastic rubbish! This is the meaning: 'All the symptoms (effects) are vital actions.' 'None of them can be explained (nor will J. B. even attempt the impossible task) on the hypothesis that the alcohol acts. Does alcohol feel pain? Is alcohol hot when placed in the eye? Does alcohol swell when placed within the living organism? Does alcohol become red when——.' Enough; the best refutation of such nonsense is to 'leave it alone in its glory.' Nobody ever thinks that alcohol is active in the sense of being 'alive.' What then? Alcohol acts, nevertheless, as Dr. Trall, perforce, admits: 'If the alcohol is continuously applied, ulceration succeeds inflammation, and the warfare goes on (wholly on the part of the living system) till the tissues are disorganized and death results.' How can there be 'warfare' all on one side? The parenthesis is gratuitous and absurd. Warfare implies at least two factors, each being more or less active. 'Disturbance and inflammation in the vital domain imply vital action as much as do deglutition and digestion, the difference being that, in one case, the action is an effort of the vital powers to resist and expel a morbific material,' etc. A morbific material is one 'tending to produce disease' (Webster). Nobody denies that the body acts in these cases, and if the material were not, as Dr. Trall says, 'morbific'—if it did not act injuriously and disturb—there would be no reason and no 'effort to resist and expel.' To talk of accounting for the disturbance caused by a few grains of alcohol, atropine, nicotine or coniine, as though these substances produced merely mechanical obstructions, as 'pebble stones' would, is to manifest either great perversity, or most utter ignorance of the very rudiments of physiology, pathology and toxicology. Let my antagonist be debited with one or the other, as the reader pleases.

"Yours truly, J. B.
"SHEFFIELD."

Then comes the following dissertation on "disgust and inertia:"

"APPENDIX.

"I am compelled to give up the analysis of Dr. Trall's competency for two reasons: 1. My time and space are quite exhausted. 2. I do not see that sufficient benefit will accrue to counterbalance the disgust occasioned by the examination. I will, however, *instar omnium*, give one example under each head. Let the curious examine for themselves.

"(*a.*) *Literary.*—Dr. Trall says I mean 'swallowed' when I say 'ingested.' Certainly. He unfortunately proceeds: 'Poisons are never ingested.' I wish this were true in fact. The labors of Temperance Reformers would be at an end. Ingest means 'to throw into the stomach' (Webster). 'Ingero—to throw, pour or cast in or upon, to ingest—to heap upon, to throw into' (Ainsworth's Latin Dictionary). Has Dr. Trall confounded ingest with digest or inject?

"(*b.*) *Scientific.*—Dr. Trall says of dead matter: 'Its only property is inertia' (p. 6). This statement shows much ignorance of physics. Another remark, 'that there is no chemistry in living structures' (p. 7), proves Dr. Trall to be guiltless of a knowledge of zoo-chemistry. I will quote a paragraph from Chambers' Natural Philosophy (one of their treatises for boys and girls at school) to show how easily the knowledge is attainable that there are at least six essential properties in matter, not inertia only: 'Bodies have certain properties which are called essential, because they are invariably found in them. These essential properties are Impenetrability, Extension, Figure, Divisibility, Inertia and Attraction.' (Vol. i. p. 8.) This latter contravenes the senseless no action sense of inertia in which the word is employed by Dr. Trall. When a natural philosopher affirms that oxygen is matter, and that matter is inert, he does not

* The pressure on the nerves induces the pain: and the pressure of a bullet would do it just as well as the living inflamed muscle or tissue. But what is pain? Is it not a protest and proclamation of destructive action? The injury precedes the pain, just as the fire goes before the cry of fire.

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mean that oxygen won't rust iron. He knows that its 'attraction' for iron will change iron into an oxide of iron. So a hot poker, arsenic, alcohol, etc., will act upon living tissue to its destruction; will 'kill' the life. It is not the life that kills itself. As to the ethics of Dr. Trall's article, I will charitably suppose that the exigencies of his argument have compelled him to show himself disadvantageously."

And lastly, to conclude the entertainment—in the manner that a farce usually succeeds a tragedy—we have a final kick from "Pathfinder:"

"Pathfinder sends the following:

"SIR—Dr. Trall, I hear, has renewed his challenge to the London big-wigs. Let him learn then, through me, that there is balm in Gilead! He has got a disciple at last, and though he has not corrected various unveracities, nor apologized for unprovoked insults, I sincerely congratulate him. Mr. Toynbee, F. R. S., in his Inaugural at St. Mary's Hospital, Paddington, last year, gave distinct utterance to the doctrine that maladies are remedies! that disorders are good order! that illness is healness! that the function of the doctor is to help disease, and that he is simply assistant doctor to disease, who is the natural physician! Well, I will not quarrel about this doctrine, if, from such an inversion of meaning, any practical benefit can be made to accrue. As a rose will not lose its odor by naming it a nettle, nor a nettle gain scent by calling it a rose, so cholera will be as deadly, and cure as welcome as ever, whether we call them, as now, 'disease' and 'remedy,' or we join them in wedlock, under the Tralloe-Toybeeian dispensation, as remedial action!

"PATHFINDER."

Well, gentlemen, now that you are done, completely done, we would like to know, in all seriousness, what you have been driving at these three long years? We can find nothing in your writings but expressions of arrogance and conceit; cavilings about technical phrases; quibbles about words; denunciations of our opinions; misstatements of our positions. You have essayed, in a small way, to discuss us personally and our motives; but you have not, in a single instance, discussed any one of the questions in issue between us. You have not adduced the shadow of a shade of evidence against any position we have advanced beyond your own bare assertions, and the mere opinions or *ipse dixit* of the authors you have quoted.

Does alcohol act on the living system? This was and this is our question. What is its action? How does it act? What does it do? How does it do it? These questions must be answered before our opponents have even the starting-point for an argument. But these questions they have not even attempted to answer. They say that, in this case, we ought to prove the negative. And this we have done by showing that all of the *effects* resulting from the contact of alcohol with the living system are due to the *actions* of *the living system*. But as we have, in the articles before us, nothing but cavils and quibbles and witticisms (with the part of wit omitted)—or, perhaps, we should say, more deferentially, points to reply to, we will make the most of small favors and reply to the points.

POINT ONE.—"The tone assumed by Dr. Trall in this controversy necessitates a consideration of that gentleman's literary and scientific competency." On this point we capitulate. We can't fight, won't run, so surrender at discretion. We will not undertake to defend our competency and we have no occasion to attack the competency of J. B., it shows for itself. But, really, what has our competency, or his, to do with the action of alcohol?

Now, we happen to recollect that the very first article in The Spectator which opened the discussion on his side commenced with a discussion, not of the alcoholic problem, but of Dr. Trall's competency! The writer (we have not time to look back and see if it was this same J. B.) argued with great facility to the conclusion that we were not the proper person, not qualified by education and position to discover any thing new in physiology; ergo, our theory of the *modus operandi* of alcohol could not be true. Certainly the conclusion is in harmony with the premises, and the logic is consistent with the beginning and the ending.

But J. B. is sometimes amazingly eccentric, and this is the chief reason that we are so sorry to part company. No sooner does he find it necessary to consider our competency, than he "relegates" (relegate is to *banish*, wondering reader!) it to an Appendix. And there, disappointed reader—accept our commiserations—it stays relegated. On turning to the Appendix we find the author compelled to give up the analysis of (what do you think, reader, the action of alcohol? no, but) our competency! Yea, verily, he gives it up in disgust. His relegation is as characteristically curious as is his logic. We have never yet argued the alcoholic medication question with a medical man (and we have tried it on with a score of them), who did not become disgusted with the analysis of our competency before he had got fairly into the merits of the question. The question was debated in this city for several successive evenings last winter, and hence a dozen doctors, and as many others who were not medical men, but who took J. B.'s position, became dreadfully disgusted. J. B. may find his prototype in one "Jeff. Davis," who became less than a year ago, intolerably disgusted with an

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analysis of the competency of "Uncle Sam." He will never be caught in the same fix again; nor will J. B.

POINT TWO.—With regard to the medical profession being a proper judge of our doctrines, it is enough to say that, like J. B., they have been educated in the opposite faith, and like him, they can not or will not investigate them. Like J. B., they denounce them as absurd without knowing what they are, and then, having said it, nobody must say the opposite. It is the prevailing *false medical system* which is on trial for its life. Few physicians (perhaps J. B. is an M. D.) are so stupid as not to see that our doctrines, if accepted by the people, utterly revolutionize medical science and wholly destroy the business of drug medication. There are in Great Britain and the United States not less than one hundred thousand regular physicians, whose emoluments can not be less than two hundred million dollars annually. This immense business would be ruined utterly and for ever should our doctrines prevail, and they will prevail whenever, as they do prevail wherever, they are understood. The medical profession represents the drug medical system. Its power, position, fame, pride and wealth depend on it. To confess our fundamental proposition, that living matter acts on the dead and not the dead on the living, in their relations to each other, is to permit an entering wedge that upsets the whole superstructure of its healing art. The medical profession is therefore an interested witness, a partial judge, a prejudiced jury. To save the drug system is to save themselves. They teach that drugs—alcohol, opium, arsenic, calomel, antimony, etc., act on the living system in virtue of certain inherent affinities which each has and exercises for certain organs and structures in preference to others. This is why they give them as medicines. This dogma—absurd on its very face—is the foundation of their Materia Medica. It is the basis of their Pathology. It is the general work of their Therapeutics. Deprived of this fundamental and first premise, it has nothing to stand up. And yet this doctrine is false. We teach that, instead of the drug acting on the organ or structure medicinally, the system acts on the drug to resist and expel it; hence drugs, poisons—call them medicines, if you will—which are simply expelled as nuisances, can not be, properly, remedial agents. And we know, from an extensive practice of twenty years, without administering a drop or particle of druggery of any kind, that diseases, all diseases, can be healed with incomparably greater safety and success, without drugs than with them.

POINT THREE.—But, after all, this is not a medical question at all. It is a problem in natural philosophy. Whether dead matter acts on living or living on dead, or whether one acts and the other reacts, are questions which come as much within the purview of the mechanic, the mathematician, the physicist, and the chemist, as within that of the physiologist or physician.

POINT FOUR.—"Drugs are capable of producing effects, ergo, they act." Bravo! J. B. If somebody should place a huge stone on your head, and your head should shake (or be shook) until the stone fell off, would the stone act on your head, or would your head act on the stone? The *effect* is shaking. Stone is capable of producing an effect, ergo, it acts! If J. B. should swallow a small stone or a handful of sand, and it should be vomited out, would the *effect*, vomiting, be the action of the stone or sand on the stomach, or the action of the stomach on the sand?

POINT FIVE.—"Distension and contraction *are* vital actions." Not exactly, J. B. When the blood is forced into the vessels the vessels are enlarged, distended; when forced out of them they are diminished, contracted. The distension and contraction are effects of *muscular action*.

POINT SIX.—"What pleonastic rubbish." Unanswerable. We give in.

POINT SEVEN.—"Warfare implies at least two factors—each being more or less active." True, as among nations or individuals. But we often speak of warring on the rum-shops, warring on sin, warring against intemperance, warring on tobacco, warring on druggery, and warring on evils and nuisances of various kinds; meaning simply that persons are acting in view of their riddance. In relation to the vital domain it is customary to speak of poisons and impurities as enemies, which the vital powers expel or war upon. We see no impropriety in the expression, especially when the sense in which it is employed is clearly defined and fully explained, as it is in "The True Temperance Platform," which J. B. pretends to review.

POINT EIGHT.—"To talk of alcohol, etc., as though these substances produced merely mechanical obstruction, is to manifest perversity," etc. etc. Well, J. B., we have not talked any thing of the sort.

POINT NINE.—"Ingest means 'to throw into the stomach' (Webster). Has Dr. Trall confounded ingest with digestion?" No, J. B., we have not. Your quotation of Webster is like many of your quotations from my writings—a mere garbling. It does not require a great

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amount of small cunning to misrepresent an author, or pervert his meaning. One word in a sentence, or one clause in a sentence, or a qualifying or explanatory word omitted is sufficient. Webster's Dictionary says: "Ingest, to throw into the stomach. Ingestion, the act of throwing into the stomach, *as the ingestion of milk or other food.*" The term ingestion is not properly applied to poisons or medicines, but to foods—to whatever is received into the stomach for the use of the body.

Dunglison, in his Medical Dictionary, is still more explicit. He defines ingests: "Substances introduced into the body by the digestive passages, as *food, condiments, drinks, etc.*" All of these things are taken for the uses of the body in its normal condition—as parts of a meal of victuals. Has J. B. confounded poisons with food?

Point Ten.—The Chemistry of Living Structures. Instead of informing the readers of The Spectator that we are ignorant of zoo-chemistry, why does not J. B. show, or try to, that there *is* chemistry in living structures? We assert that there is not, and J. B., instead of adducing a particle of evidence that there is, says we do not understand the matter. Never had a disputant so easy a method of disposing of an opponent's positions. At the meeting of the British Scientific Association at Cambridge, in October, 1862, an able and elaborate paper from Mr. Beale, on the Vital Processes, was read, in which the expression occurred, "there is no chemistry in living structure." As we had taught that doctrine in a medical college for a dozen years, and had never before heard it advanced by any other person, we took down his exact words. J. B. can find it by searching among the publications or archives of the Association. Mr. Beale is one of England's distinguished savans of science. Is Mr. Beale "guiltless of a knowledge of zoo-chemistry?"

Point Eleven.—The Properties of Matter. The essential properties, as J. B. states, and as every schoolboy knows, are impenetrability, extension, figure, divisibility, inertia and attraction. Can it be possible that J. B. would resort to this irrelevant twaddle if he really understood the question in issue? Our position is, as has been many times stated and re-stated, repeated and reiterated, until J. B. has become so "disgusted" with our "competency" that he flatly refuses to analyze it, that, *in the relations between dead and living matter*, the living is active and the dead passive; hence, *in its relation to a living organism*, dead matter has no property except inertia. What has this to do with dead matter in its relation to other dead matter? One is a vital problem; the other is a physical or chemical problem. If you take a hammer and smash a stone into fragments, or beat a bar of gold into particles of dust, the effect is called divisibility. Cast these fragments or particles on the ground, and they lie there quietly for ever, unchanged, unless some force external to themselves moves them. And if you swallow them they will lie as quietly, as inertly, in the stomach as on the ground, provided the stomach will let them. But if the stomach should recognize them as an enemy, and should *war upon them*—cast them out by the process of vomiting—is the action on the part of the living matter or on the part of the dead matter? In taking a last, long, lingering leave of J. B., we must charitably suggest that the reason why he shows himself to such a disadvantage on all points of our controversy, is because he does not comprehend the question.

Point Twelve.—Pathfinder and Toynbee. We know nothing of Mr. Toynbee; but from the many specimens we have seen of Pathfinder's recklessness of truth, we have reason to believe that his opinions, whatever they may be, are grossly misrepresented.

Point Baker's Dozen.—Alcoholic Medication. We take this occasion to inform Spectator, Lees, Bishop, J. B., Pathfinder & Co., that we have one more and a last desperate effort to make them understand the question. We have for sale, price 30 cents, a work entitled "Alcoholic Medication," intended to make all the matters in controversy on this subject so plain that "the wayfaring man, though a fool, need not err therein."

Point no Point.—Our Challenge and the "Big Wigs." We respectfully renew our challenge modified as follows: If Spectator, Lees, Bishop, J. B., Pathfinder & Co., will designate some person, whose competency they will indorse, to discuss all matters in issue between us, we will be in London, personally or by proxy, in June or September (whichever month they please), 1867, and meet the adversary face to face. They shall procure Exeter Hall, London, for thirty evenings, or as many not exceeding thirty, as both parties desire to continue the debate. The public shall be admitted free. Each party shall speak fifteen minutes; and a chairman shall be mutually agreed upon to keep order, and maintain parliamentary usages. We name the month of June or September because we desire then to be at the Paris Exposition, and can attend to our London friends as well as not—and better, too. But if any unforseen circumstance prevents our attending, we will be at the expense of sending a substitute whose competency we will indorse. If this is not fair, gentlemen, please tell us how we can please you.

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Patrician and Plebeian.

BY GEORGE W. BUNGAY.

I am a proud patrician, born
Of ancestors of nigh degree;
I look with scorn
On plebians not bred like me;
The poor forlorn—
Leaves of a thunder-smitten tree.

My blood ran through a race of kings,
Inheritors of wealth and fame;
These diamond rings,
This coat of arms my rights proclaim.
Let vulgar things
Cling to their poverty and shame.

I ride within a gilded coach;
I sleep upon a couch of down;
I wear a brooch
Of gold, a present from the crown.
None dare approach
My presence when I wear a frown.

Honors are heaped upon my head;
I am a constant diner out;
My face is red,
I have some twinges of the gout;
And I am bled
To save the fits, but I'm about.

To-day, with my stout cane and crutch,
I shall go out to dine.
I eat as much
As the common herd of swine
I would not touch
With these patrician hands of mine.

The end and aim of life, I hold,
Is first to get your pockets filled
With shining gold,
And never have your treasures spilled
In coffers cold,
Where pale-faced Charity is killed.

This is my faith, here is my creed:
Heaven is a gorgeous palace, where
There is no need
Of taxes, and no paupers there,
No poor to feed,
No end to the great bill of fare!

Hints on Woman Culture.

[EXTRACT FROM AN UNPUBLISHED LECTURE.]

It must be conceded that vast multitudes of women are annually sacrificed on the altar of Fashion. "Some are so inconsiderate as to heap furs a foot deep upon their shoulders, and pare their shoe-soles to the thinness of the wafer. Should the doctor give a faithful diagnosis of their disease, he would say they died of maltreatment at the hands of the milliner."

"Health comes from Heaven; fashion comes from France. Ladies, whom will you obey—God or the mantua-maker?" If our ladies would adapt their clothing to the temperature of the climate, the vicissitudes of the weather, colds and consumption would be less prevalent, health and beauty would be the rule, and not the exception. The late Lola Montez said that Madame Vestris slept every night with her face plastered in a kind of paste, to drive back the wrinkles and keep her complexion fresh and fair. This notorious beauty had her white satin boots sewed on her feet every morning, and of course they had to be ripped off at night, so that the same pair could be worn but a single day. This lady rejoiced in the reputation of having the smallest foot of any woman in the world. It is not an unfrequent custom with the fashionable beauties in Paris to bind slices of raw beef upon their faces, on going to bed at night, to keep the skin from wrinkles. The Spanish women admire a small foot and a white hand, and to secure these desirable proofs of beauty, the poor creatures will torture themselves by wearing tight bandages on their feet in bed, and sleep all night with their hands held up by pulleys to make them bloodless and white. At the time of George the First, it was a custom with the beauties of the court to take quicksilver, in order to make the skin white and fair. In some of the German States the women drink the water of arsenic springs to keep them young-looking and beautiful. But I have remained at the toilet longer than I intended, and hasten to the home of the true woman.

Home, home is her palace. She is the queen of home. There she rules with dignity. The well-born and well-bred daughter of a good mother will not fail to make a model housekeeper. She is not a slattern, sitting all day in a morning-gown, her hair in papers, the nearest approach their contents make toward her brain. She will not permit spiders to upholster her apartments; will not (save on rare occasions) feed her husband on bits of broken food. She is a beautiful professor, practicing not the drudgery of a scullion, but the science of domestic economy. "She exhibits her skill in compounding, roasting, boiling, baking, and arranging the viands with astronomical and gastronomical precision." Dyspepsia is not found in her dishes. Her home is a little heaven on earth. She has a place for every thing, and every thing in its place.

But you ask me if household drudgery be the highest sphere of woman's duty? I answer, with emphasis, it is not. Horace Mann says: "The sphere of woman is a hemisphere, the highest and noblest orb of human duty." An old writer says: "The sphere of woman is a celestial sphere." A wag has said: "The sphere of woman is about eighteen feet in circumference." I will not assume the province of surveyor, and measure off and fence in a district of humanity and call it the sphere of woman. Whatever woman can do well, without sacrificing her womanly delicacy, is her sphere. If she can paint like Raphael or Rosa Bonheur, then painting is her sphere, and the canvas shall blush and breathe under her inspired pencil. If she can carve like Canova or Harriet Hosmer, then sculpture is her sphere, and she will roll the stone from the quarry and find the angel sitting there. If she can write a Principia, then astronomy is the sphere in which shines a particular star. Naturally one of the heavenly bodies, genius makes her glow in the firmament of fame, a star of the first magnitude. If she can originate a Paradise Lost, in her society Paradise is found again. The kitchen, the parlor, the toilet, the nursery, the ball-room, the sewing-circle—surrounded by the walls of caste and custom—have been regarded as the boundaries of the sphere of woman; but God has made her man's equivalent; He has given her an emotional nature, an exquisite organization, and a great mind and a great soul, and unrolled the universe of sun, moon and stars before her, inspiring a thirst for knowledge, cultivating a taste for the beautiful, and expanding a sentiment of liberty and devotion.

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What the Blind Can Do—How They Do It.

THE recent number of The London Quarterly Review contains a very interesting article on the training of the Blind, from which we make the following extracts:

"In the year 1712, in one of the Fellows' rooms at Christ's College, Cambridge, sat three learned and famous men discussing a knotty point over the winter fire. Two of them were antiquaries as well as scholars, and on the table before them lay a small drawer of Roman coins, concerning some of which the battle waxed hot. Over one headless emperor, whose very name and date none but the initiated could guess at from the coin before them, the discussion grew especially fierce. It had been purchased as a rare and matchless gem by the elder of the two collectors, who both agreed as to its extreme value, but differed as to its exact date. Their friend by the fire took no part in the discussion, but, at last, when the coin was handed to him for examination and judgment, his answer was prompt and decided enough. Strange to say, he did not glance at the medal, but having felt it over very carefully with the tips of his fingers, he next applied it to his tongue. This done, he quietly laid the headless Augustus down on the table, saying as he did so: '50 B. C., or 88 A. D.; the thing isn't worth a shilling; I doubt very much its being gold, and I'm sure it isn't Roman;' and the next day proved that he was in the right. The thing that had been shown to him and detected was a clever counterfeit, got up for the occasion of an antiquarian sale, just as Roman coins were dug up a month or two ago in making the Thames embankment. Yet this keen judge was a blind man, and had never set eyes on a coin, good, bad or indifferent; having lost not only his eyesight, but even his very eyeballs, by the small-pox in 1682, when but a twelvemonth old. He was now Lucasian Professor of Mathematics in the first University of the world, a friend of Whiston, Halley and Sir Isaac Newton, whose 'Principia' formed the chief subject of his public lectures.

"His whole life from boyhood had been one of striking interest, though we can do no more than touch on the few salient points which startle us in the career of a blind man. At the free school of Pennistone, in Yorkshire, and with the help of a reader and such few books as his father, an exciseman, could procure for him at home, by dint of unwearied perseverance, he managed to acquire such a knowledge of the classics as to master the works of Euclid, Archimides, Diophantus and Newton, in their original Greek and Latin. This was all done before he was twenty; at twenty-five he was a famous teacher in Cambridge.

THE POWER OF TOUCH.

"He has to become acquainted almost entirely by touch and ear, with a little help from a companion's longer experience. It is all so utterly new and strange to him, that for the first day or two he is entirely dependent on some pupil's or teacher's hand to get as far as the schoolroom, the chapel, dining-room or basket-shop, all of which are widely apart. But within a week the chances are that out of his eighty blind fellow-pupils he has chosen one as a companion, and probably his friend for several years to come, who, if need be, conveys him across the open yard to any special point—to the dormitory, or through the more intricate navigation of staircase leading to the band-room. In a month all the plain sailing is fairly mastered. He can find his way from the dining-room to the basket-shop, and down that shop, one hundred and fifty yards long, just to the very site of his own box on which he sits to split the withes for basket-work. He knows his own box, too, from Smith's and Brown's on either side of him. In a year he will know, probably, his own tools from theirs by some little flaw or feature not patent to the eye of a looker-on; in a couple of years he will know the handle of the door to music-room No. 5 from that of No. 6; he will run quickly, with a half-finished basket in his hand, from the workshop, across a wide yard, exactly to the very door-step of the open shed in which is a tank for soaking his willow-work. His senses of touch and hearing are being silently and surely educated; as their education progresses they become keener—hearing as a sharp and watchful sentinel, guide and spy; touch is his servant-of-all-work and detective. To the seeing touch is an auxiliary, but to the blind boy it is the primary sense of all. By it he knows his own clothes, and almost all the property that he possesses—his tools, box, bed, hat, fiddle, cupboard, seat in chapel, schoolroom and workshop; by it he reads his chapter in St. John or in Robinson Crusoe; he plays chess or dominoes; works a sum in long division, or writes a letter home to his mother which she can read with her eyes and he with his fingers. By the help of touch he weaves a rug of colored wools embracing every variety of scroll-work, or of those peculiar flowers and fruits which grow only on carpet land, or fringes with delicate green and red a door-mat for a lady's boudoir; by touch he sees any curiosity, such as a lamp from the pyramids, or a scrap of mineral, which you describe to him, and which, having once handled, he always speaks of as having been seen.

HOW THE BLIND WEAVE COLORED PATTERNS.

"The weaver sets to work with a loom of the ordinary kind, which we therefore need not describe, and the only problem is, how shall the blind workman accurately follow a pattern of which he can not see a single step, in colors which he can not distinguish. We pause only for a moment, by the way, to notice one common and popular error still afloat,

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viz.: that some clever blind people have the power of detecting colors by the touch. All we can say is that those who have had the experience of many years, and opportunities for the personal examination of many hundreds of blind persons of all ages and ranks, including some of remarkable ability, have not been able to find the remotest trace of such a power. There is no more resemblance now between sounds and colors than in the time of Guillie, fifty years ago; so that no description will enable a blind man to discern between a crimson poppy and the azure corn-flower; nor can there be any perceptible difference of texture in one morsel of wool, paper, cloth or feather stained red, and another of grassy green. Dr. Moyes, indeed, who lost his sight at three years of age, says that 'red gave' him a disagreeable sensation, like the touch of a saw,' and that as other colors become less intense they decreased in harshness, until green conveyed to him an idea like that which he felt in passing his hand over a polished surface. But we suspect that Dr. Moyes was only trying to rival the happy shot of another blind man, who, says Locke, declared that scarlet was to him 'like the sound of a trumpet.' Trumpets and scarlet go well together, and were, perhaps, even more frequently heard of and met with seventy or eighty years ago than they are now, and the name of one might well suggest the other.

"A pupil of Guillie's, at the Paris Blind School, translated 'rubente dextera,' from Horace's Second Ode, by 'flaming right hand.' Being pressed to translate literally, he gave as an equivalent 'red.' When asked what he meant by 'a red arm,' he said that he did not think, like Locke's blind man, that the color red was like the sound of a trumpet, but he had translated it 'flaming,' because he had been told that fire was red; whence he concluded that heat is accompanied by redness; which determined him to mark the anger of Jupiter by the epithet flaming, because when irritated one is hot, and when hot one must be red.

"Touch, therefore, which can do so much for the blind workman, can do nothing for him here; but, nevertheless, as the Great Exhibition proved, he can weave you a rug bright with all the colors of the rainbow, exactly after the pattern which you prescribe—scroll-work, leaves, fruit, flowers, lozenges, stars or cross-bars. In the first place, his threads of wool are all placed for him by his side, in one exact order, say white, crimson, blue, yellow and maroon. They are always in the same order and place, so that he takes up whichever he needs with unerring certainty. Hung up to the beam in front of him, but easily within reach of his fingers, is a square of smooth, thin deal, on which is traced the pattern of his rug in nails with heads of every possible variety of shape—round, square, diamond-shape or triangular; tacks, brads and buttons; some driven home to the surface of the board, others raised one-tenth of an inch above it; but all telling their own story of red, green, white or blue. The board is ruled thus with cross-bar lines, and at every point of intersection a small hole is bored, into which is slipped a nail with its head square, round or triangular, as the pattern requires. The boy reads his pattern along the horizontal lines from left to right, and according to the teaching of the nails weaves in the gay scroll-work of brilliant colors as deftly as if he saw every tint.

CURIOUS NOTIONS OF THE BLIND.

"Touch, then, does much for the blind boy, but brings him not a single grain nearer to the discerning of colors. Where, therefore, touch fails him, he can gain little external help, and may presently be altogether at sea. Things apparently identical in form may differ in size, may also totally differ in essence and in nature, and of this difference he may be wholly unconscious. He may form, and does form, the most outrageously incorrect ideas on some common matters, though he may continually amuse and surprise you by clever guesses, or gleams of what seems like intuition. Du Puiseaux, the son of a Professor of Philosophy in the University of Paris, was in some things one of the shrewdest men of his day, having attained considerable proficiency in botany and chemistry; but he was blind. He had a wonderful memory for sounds, and could, it is said, recognize by their voice persons whom he had only once heard. He could tell if he was in a street or a blind alley, in a large room or a small one; but he believed that astronomers were the only people who saw with telescopes, and that they had their eyes differently formed from other men. Nor was his notion about eyes in general a whit less incorrect. 'The eye,' said he, 'is an organ on which the air should have the same effect as my stick on my hand.' The boy upon whom Cheselden operated for cataract had clearly been of the same opinion. Even when restored to sight, he believed that the objects he looked on touched his eyes, as those which he felt touched his skin; and he consequently had no true idea of distance. He asked 'which was the sense that deceived him, the sight or the touch?' He wondered how a likeness of his father's face could be got into so small a space as his mother's watch-case; it seemed to him as impossible as getting a bushel into a pint measure. It is not to be wondered at, therefore, that when some one asked Du Puiseaux if he would not be very glad to have his sight, he replied: 'If it were not for curiosity, I would rather have long arms; it seems to me that my hands would teach me better what is passing in the moon than your eyes or telescopes; and, beside, the eyes cease to see sooner than the hands to touch. It would, therefore, be as well to improve the organ I have as to give me the one I want.' Abundant evidence of a similar kind might still be adduced, but this seems

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enough to prove that even among educated blind people there must be a large section of the physical and metaphysical world of which their idea is to a great extent vague and worthless.

HEARING OF THE BLIND.

"Next in importance to the sense of touch comes that of hearing. The blind boy knows the step of his friend in a trice, decides quickly or even instantly which way that step is moving; and, if it be coming toward him, exactly at what angle to run across the room or yard to meet it. He will even distinguish a certain footstep, at times, among others, especially if it be one that he either loves or fears. Let us glance for a moment into the basket-shop in St. George's Fields. It is a large and lofty room, some twenty feet wide by one hundred and fifty feet long, and in it are now at work on basket-making about fifty boys and men. There is generally a teacher, with sight, at either end of the room; but one is now just gone to fetch some osiers from another part of the building. Our friend little Trotter is at work half way down the room, but has met with some trifling difficulty not to be solved without his teacher's help. The fifty boys and men are almost all talking as they work, or perhaps humming a tune, or beating their work with a bar of iron; and some are crossing the room in search of tools, help or advice; so that, altogether, the scene is full of noisy life, and as unlike a shop full of blind people as may well be imagined. But in the midst of all the noise Trotter sits quietly waiting; he knows that the master went out of the room five minutes ago (he will tell you he saw him go), and though several persons have since come in at that door, he knows that his teacher is not one of the few. All at once he starts up, as the door shuts with a bang—and the pupil walks quickly up the room, in a direct line, as if he saw the table at which his teacher now sits. As he goes back to his place another person enters by the same door, and makes his way hastily toward the other end; but he has not gone a dozen steps before more than one voice among the basket-makers is heard to whisper: 'Here comes the chaplain,' or 'There goes Brown.'

"Or glance into the same room an hour later and the whole scene is changed. The bell has rung for leaving off work; but, as it is a wet, wintry day, some fifty or sixty of the pupils are here under shelter, walking two-and-two, arm-in-arm, round the room, whistling, chatting, singing, or shouting most uproariously—but all promenading as methodically and evenly as if every one there had sight. Not a single boy ever strays out of his rank, no one runs against his neighbor; though, at the first glance, it appears only like a noisy and confused crowd. There are three doors to the shop, one at either end and one in the centre; every two minutes some boy darts out from the crowd, or rushes in to join it, by that middle door: but in neither case does he jostle friend or foe. Here comes Trotter himself. He is in search of his friend Jones, who, driven in by the rain, left him ten minutes ago at the swing, and is now the solitary unit in the long chain of couples. As tramp by tramp it works its way past the door where he stands, Trotter, 'with his face all eye,' watches to pounce on his friend as he goes by. In spite of all the din he hears him when some yards off, seizes on his arm, as if he saw it, passing, and away they go, to join steadily in that jolly, unbroken march.

HOW A BLIND MAN SEES.

"Our friend Trotter has just set off in a great hurry for that doorway; he seizes the handle, opens the door hastily, shouts out one or two lusty words, waits for no answer, but rushes off again elsewhere. Ask him what this pantomime means, and he will tell you that he was in quest of a certain trio of boys who promised to meet him there; that he 'looked' into the club-room and found that they were not there; at least he thinks not, as judging by the sound of his own foot against the form on which they usually sit, and of his own voice, the room seemed empty. And empty it really is. The well-knwn story told by Mr. Anderson of a blind messenger at Edinburgh, entirely corroborates this fact. 'I had occasion,' he says, 'to send out one of these blind men with a mattress. I gave him the bill with it, that he might receive payment. But, to my surprise, he returned with the account and the mattress, too. "I've brought back, baith, ye see, sir," said he. "How so?" "Indeed, sir, I didna like t' leave 't yonder, else I'm sure we wad ne'er see the siller—there's nae a stick of furniture within tee door!" "How do you come to know that?" "Oh, sir, twa taps on the floor wi' my stick soon tell't me that!"' And true enough was the blind man's guess; for guess it must still be called, though in both the cases cited it was shrewd enough to pass for wit.

DREAM OF THE BLIND.

"Milton, of course, having but just lost his sight, dreamed precisely as other men dream—the remembrance of the visible world being still with him bright and vivid as before. But into the vision of the blind boy no visible image from the outer world, no shape of beauty, no ghastly form of horror, can possibly come. Whatever comes to him by night—to him no darker than day—must come by touch or hearing. 'I dream,' said a blind boy, 'I often dream about people; I dream of my brother (also blind); I know he is with me, I hear his voice; I am in the places where we used to go before he died.' 'But how do you know that you are in a certain place?' 'The impression of the place is with me—I feel I am there; I am sure I am, sometimes, till I wake. Some-

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times I dream that I am walking in the fields; I tread on the grass, I smell the fresh air.' 'If I dream,' said another young man, 'that I am in the great basket-shop, I know I am there by the size of the room—the length of it.' 'But how can you judge as to the size or length of what you can not see?' 'Oh, the sound tells me pretty well; I am in my old place, where I work.' 'You sit on your box, then?' 'Yes, I touch it, and if the dream goes on I get my tools out.'"

The Kinder Garten.

THE Kinder Garten of Gotha is one of the most celebrated in Germany; and as my little girl is a pupil there, I have taken time to visit it repeatedly. So far as these visits warrant, I may say that the method of instructing the scholars is as good, or perhaps better, than is current in American infant schools. The director, Mr. Kohler, is evidently a man of fine spirit; and the young ladies who assist him are patient, faithful and energetic. The method employed is as follows:

Children attend four hours daily—from ten to twelve, and from two to four. The first hour is spent in singing; the second, in building block-houses, drawing on slates, working on perforated board, and weaving slips of variegated paper together. In singing, the children stand in a circle, and the songs are made to illustrate simple little games. Take this, for instance: A sparrow is seen flitting up and down within the circle of little ones. This is a child chosen at random from the school. It sings a simple air, telling you how glad it is to enjoy the bright sunlight. Pretty soon a hawk enters the circle, in silence, and pursues the sparrow up and down, while the children standing around sing a verse or two describing the pursuit. The next step is seen when all aim a gun (their extended right arm) at the hawk, continue the song, which culminates at that point when the combined weapons are discharged and the hawk falls dead. Meanwhile, the children continue their verses, while the strongest goes in and bears the bird of prey from the field.

This is an example out of many. Some illustrate occupations—the blacksmith, the shoemaker and the like; some imitate the motion of mills and of machinery more or less intricate. All indicate ingenuity. A few are copied, and are well known, in an English dress, in America. Some are new—at any rate to me. Yet the interest, to me, was marred by this one fact, that there was a lack of spontaneity; all was too dead, too mechanical. You can not make sports take the place of books without sapping the life which makes them enjoyable. You can not turn play into the regular duty and routine of the school-room without changing it from play to work, and making it distasteful. The expressionless faces of the children, and the stiff, formal manner in which they went through their plays and songs, convinced me that there lay a mistake at the bottom of the system, and the introduction of a few minutes of song and of play into the midst of the regular duties of the school-room gives a keener satisfaction than the system of this Kinder Garten.

"All work and no play
Makes Jack a dull boy,"

says the old couplet; but

No work and all play
Is apt Jack to cloy,

is an equally bad rhyme, and not much further from the truth.

Yet the institution seems to be not wholly unworthy of praise. With the introduction of an hour's instruction in sewing and knitting (to be taught to the boys as well as to the girls), and some little matters like that, interspersed with frequent songs and plays, as is done in an admirable Kinder Garten in London, it would be very easy to make this institution one of great excellence and profit. I think the careful oversight which the scholars have at all times is, perhaps, the best part of the whole system. A little son or daughter can be sent here with the greatest security against the contraction of evil habits and foul language.

The elementary school, which is connected with this Kinder Garten, I have also visited. The method of instruction is similar to that which is pursued in those schools with us where the "object system" has been introduced. It is hardly worth while to enter into a detailed description; for there was little new to be described. The appearance of the scholars and of the teachers was not materially unlike what it would be found in hundreds of schools in New England and in New York. Books are little used. Much of the instruction is conveyed by oral communication, and the Pestalozzian central principle is rigidly adhered to, to make the scholars think out result after result, from principles and facts given to them at the outset. Yet in no way could this school be spoken of as superior to many which can be found with us. One might expect in German teachers one quality the possession of which might naturally presuppose the possession of patience, I mean stolidity—that good-natured, easy way that would make them gentle, considerate, patient teachers. But this they do not seem to be. They are, too often, hasty, harsh, passionate. Treatment of this sort is the worst possible for children. There is nothing that they need more than the absence of an impetuous, jerky, fiery and impatient spirit. But I do not find that, in this respect, the Germans are superior to our nervous and too excitable teachers in America.—*Educational Monthly.*

A THING is no sooner wanted than it is created.

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Bad Habits—Who Teaches Them?

THE Sunday Magazine, edited by the learned Dr. Guthrie, was started some years ago in London to furnish reading matter for the Sabbath, in order to prevent people from devoting the day to the perusal of matter which it was thought unfit for the day's contemplation. It has an extensive circulation, and has recently been republished in this country. It is doubtful, however, if the work will not do more harm than good by teaching low, vulgar physical habits. The following extract from an essay entitled "Annals of a Quiet Neighborhood" is not fit to be read, unless to censure, on any day of the week, or to appear sanctioned in a newspaper that lays any claim to teach a high morality, much less in a magazine for Sunday reading. Those who read it, who have ever thought on the text of the Apostle Paul—"Glorify God in your bodies," etc.—will be greatly pained at the low, wicked use of a journal called a Sunday Magazine, and claiming to furnish matter more appropriate for that day's reflection and contemplation than is to be found elsewhere. But to the extract:

"I rose to go. As I reached the door I remembered the tobacco in my pocket. I had not bought it for myself. I never could smoke. Nor do I conceive that smoking is essential to a clergyman in the country; though I have occasionally envied one of my brethren in London, who will sit down by the fire, and, lighting his pipe, at the same time please his host and subdue the bad smells of the place. And I never could hit his way of talking to his parishioners either. He could put them at their ease in a moment. I think he must have got the trick out of his pipe. But, in reality, I seldom think about how I ought to talk to anybody I am with.

"That I don't smoke myself is no reason why I should not help old Rogers to smoke. So I pulled out the tobacco.

"'You smoke, don't you, Rogers?' I said.

"'Well, sir, I can't deny it. It's not much I spend on 'baccy anyhow. Is it dame?'

"'No, that it bean't,' answered his wife.

"'You don't think there's any harm in smoking a pipe, sir?'

"'Not the least,' I answered.

"'You see, sir,' he went on, not giving me time to prove how far I was from thinking there was any harm in it, 'you see, sir, sailors learns many ways they might be better without. I used to take my pan o' grog with the rest of them; but I give that up quite, 'cause as how I don't want it now.'

"''Cause as how,' interrupted his wife, 'you spend the money on tea for me, instead. You wicked old man to tell stories!'

"'Well, I takes my share of the tea, old woman, and I'm sure it's a deal better for me. But, to tell the truth, sir, I was a little troubled in my mind about the 'baccy, not knowing whether I ought to have it or not. For you see, the parson that's gone didn't more than half like it, as I could tell by the turn of his hawse-holes, when he come in at the door and me a-smokin'. Not as he said any thing; for, ye see, I was an old man, and I daresay that kept him quiet. But I did hear him blow up a young chap in the village he come upon promiscus with a pipe in his mouth. He did give him a thunderin' broadside! to be sure! So I was in two minds whether I ought to go on with my pipe or not.'

"'And how did you settle the question, Rogers?'

"'Why, I followed my own old chart, sir.'

"'Quite right. One mustn't mind too much what other people think.'

"'That's not exactly what I mean, sir.'

"'What do you mean then? I should like to know.'

"'Well, sir, I mean that I said to myself: "Now, old Rogers, what do you think the Lord would say about this here 'baccy business?"'

"'And what did you think He would say?'

"'Why, sir, I thought He would say: "Old Rogers, have yer 'baccy; only mind ye don't grumble when ye ain't got none."'

"Something in this—I could not at the time have told what—touched me more than I can express. No doubt it was the simple reality of the relation in which the old man stood to his Father in Heaven that made me feel as if the tears would come in spite of me.

"'And this is the man,' I said to myself, "whom I thought I should be able to teach! Well, the wisest learn most, and I may be useful to him after all.' As I said nothing, the old man resumed:

"'For you see, sir, it is not always a body feels he has a right to spend his ha'pence on 'baccy; and sometimes, too, he 'aint got none to spend."

"'In the mean time,' I said, 'here is some that I bought for you as I came along. I hope you will find it good. I am no judge.'

"The old sailor's eyes glistened with gratitude. 'Well, who'd ha' thought it! You didn't think I was beggin' for it, sir, surely?'

"'You see I had it for you in my pocket.'

"'Well that is good o' you, sir!'

"'Why, Rogers, that'll last you a month!' exclaimed his wife, looking nearly as pleased as himself.

"'Six weeks at least, wife,' he answered. 'And ye don't smoke yourself, sir, and yet ye bring 'baccy to me! Well, it's just like Master, sir.'

"I went away resolved that old Rogers should have no chance of 'grumbling' for want of tobacco, if I could help it."

[*To be continued.*]

The less the subject is continued the better. H.

THINK twice before you speak; a word spoken can never be recalled.

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Lessons of Experience.

[CONTINUED.]

BY OLIVER TAYLOR.

HAVING access to a good library, I read all the works that seemed to throw any light on my situation (peculiar I thought it, then), and, among the many I read, I found most instruction in the works of Drs. Good, Alcott, Abercrombie and Combe, and not having much taste for works of history, I soon learned to study the philosophy of things that were near at hand, and necessarily thought much on my own system, and watched with deep interest its many manifestations, though I had often heard it said, if one wishes to make himself dyspeptic, the quickest way is to take much thought about eating, and be very particular about it; but this I did not believe, for I soon learned by quietly observing others, that if American youth expect to retain their health and move in the fashionable circle, they will be compelled to learn how to take care of themselves, or sink by the unhygienic habits of life now prevalent. Engaged as I was in horticulture, I had need to study the nature and growth of vegetation, and now I can see the great benefit of such a vocation, as by comparison and analogy we get a deep insight into many intricate subjects; in fact, I soon became a complete valetudinarian from necessity. But so great was my isolation from all around me, in my ways of eating, that I often wished it were not so, and, as I got stronger and thought it safe, just as far as I could bear, I lived like others. Of course, I did not make any of those changes for the bettering of my health until I was compelled to. So I finally came to the conclusion that no one would make such a change and remain, if his previous appetites were strong, without feeling it to be a moral duty to do so. Fifteen years rolled over me of almost unceasing labor, all summer, all winter, in-doors and out, till I found myself only weighing one hundred and twenty pounds; yet I did not know when I had lost weight. As every one implied that I ought to eat meat to get strong, I did so, but confined myself to beef, fish and fowl, and always avoided the fat as much as possible. But, instead of strength coming with the use of meat, at the end of fifteen years I found many of my old troubles coming on me; so, for the second time in my life, I felt compelled to look forward with dread, as at the rate I was going I could not long endure. The war commencing gave me a chance to rest and reform my habits of life anew. So I discontinued the use of all animal food, also milk and salt, but did not quit all at once. When I quit salt I improved greatly, but when I quit milk I lost about ten pounds, and now I am glad I did quit both. It took about three years to get used to food unsalted, and now, when I chance to use vegetables salted, as is common, it causes me to froth at the mouth, as if I were poisoned, and to drink water considerably. I also changed to two meals a day, and now would not to go back to the old plan for any consideration. Using much fruit, I rarely drink a glass of water in the warmest weather. I did not see how a rule of life could be carried out, if the supposition was taken that too much food was eaten, so I made it a point to eat just as much of any food I thought was perfectly hygienic, at meal time, as I wished; and then, by two meals a day, if any thing I ate seemed to incommode me any way, that article I would leave off entirely. In this way I soon found what suited me best, and soon felt the true satisfaction that is only known by those who live in accordance with Nature. As I did this, often after a meal I would feel quite a sense of fullness about my stomach before my sense of hunger was appeased, which seemed to be caused by the muscular action of that organ being somewhat overtaxed, but I did not consider this feeling to be caused by any objectionable quality of the food, provided no other bad feeling was noticeable. I am well satisfied that the entire viscera of the American people of this generation, on an average, and especially their stomachs, are relatively too small, being reduced by so much concentrated food, and the habit of eating so many times a day is the offspring of a concentrated diet. Twenty years ago I was considered quite a curiosity for eating unbolted flour in preference to the bolted; but now there are many that consider it far preferable, and I do not think there can be found a more conservative people in Christendom than here; and this shows a need of such a change, and that it will take place I have not the shadow of a doubt.

[TO BE CONTINUED.]

THE JUDGMENTS OF WOMEN.—In a conversation I once held with an eminent minister of the church, he made this fine observation: "We will say nothing of the way in which that sex usually conduct an argument; but the intuitive judgments of women are often more to be relied upon than the conclusions which we reach by an elaborate process of reasoning. No man that has an intelligent wife, or is accustomed to the society of educated women will dispute this. Times without number you must have known them to decide questions on the instant, and with unerring accuracy, which you had been poring over for hours, perhaps with no other result than to find yourself getting deeper and deeper into the tangled maze of difficulties. It were hardly generous to allege that they achieve these feats less by reasoning than a sort of sagacity which approximates to the sure instincts of the animal races, and yet there seems to be some ground for the remark of a witty French writer, that, when a man has toiled, step by step, up a flight of stairs, he will be sure to find a woman at the top, but she will not be able to tell how she got there."

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Hunting and Health.

BY M. L. HOLBROOK.

HUNTING wild animals and birds has been extolled as rare sport for invalids and particularly healthful. No doubt it is healthful to the body, on account of the exercise and fresh air that is obtained, but its influence upon the mind is not of the highest order, but, on the contrary, more or less degrading. It is only a few days ago that a very wealthy man in New York sent West for half a dozen foxes, which were turned loose, with dogs, on Long Island and hunted, tormented for hours, causing, of course, great cruelty. These rich, cultivated, educated gentlemen (!) who indulged in this now not usual pastime called it "rare sport." The fact is it was degrading sport, and they had no right to indulge in it at the expense of their finer feelings and the better instincts of humanity.

There is, however, a sort of hunting that is particularly healthful, cultivates the higher faculties, and does not pervert the better feelings of men. Augusta Moore calls it fishing for sea mosses, but of course it need not be confined to this. It can be indulged in by any lover of nature, is more healthful to the body and to the mind than chasing foxes, or shooting innocent birds, or standing at one end of a pole and inducing innocent fish to take a worm with a piece of steel in it, that you may have the doubtful satisfaction of seeing them dangle in mid-air in pain and misery. But to the extract:

FISHING FOR SEA MOSSES.

"This fishing for sea mosses in winter is fine sport—far better than real fishing; for it is not lying to nor hurting any creature, which fishing is. The fisher says: 'Fish, I will do you good; I will feed you; come hither.' Fish approaches and is not fed, but is killed and eaten. The kind and honest heart that hates flirting ought to hate fishing for mere amusement. The two things are very much alike. In one case you coax and flatter till you get somebody too much interested in you to be happy without your affectionate regard and notice, and then you tell somebody that he or she is no longer of any importance to you; in the other case you coax the victim upon your hook, and kill him for his confidence in your false professions. The last is the kindest deed, 'tis true; but even that can not feel well to the sufferer.

"For winter moss hunting in the sea you array yourself in extra flannels and in rubber boots. You wear short skirts—if so be you are of the sex doomed to wear skirts at all—and a warm hood. You wear a warm cloak or shawl and a pair of fur gloves, and you take a pail and a long stick. Sea mosses are most brilliant in the winter, and they are most plenty after a storm, and easiest to be captured at low tide.

"Arrayed for your adventure, you take your way across the sweetest smelling country that was ever made. 'Sweet smelling in the winter?' say you. Yes. The evergreen trees, or the dead grass, or Mother Earth herself, exhale a perfume, even in these January days, as sweet, but not so strong, as that of new-mown hay. Considering of it, I find that it is probably not the trees, since, when the earth is covered with snow, all that can be detected by the olfactories is a very pure, clean smell of nothing. It is the breath of the dear old Earth, sweetly slumbering, to wake ere long and renew her blessings to her children. What a good mother! She bears her children all upon her bosom, and their sustenance within it. Who that ever ponders on these things does not love at times to lie down and embrace and kiss her grassy or her rugged face? Who does not regret that she has so many unworthy children?

"Arrived at the shore, you carefully examine all the little ponds and puddles that the tide has left. You find crabs kicking and sprawling about, and wondering that they find so little water; you find eggs, green and pink and brown and white; probably you don't know what sort of eggs any of them are, and by-and-by you shout, for you have found a prize—a plume! one which very likely was worn by some sea nymph or sea god at the latest submarine levee. It ought to have been at least. These rich red plumes are magnificent. When you are tired of the ponds, you try the places where the tide is playing in and out among the rocks, and are lured out and out and out, till the first thing you know a saucy roller, larger and stronger than his fellows, leaps at you and gives you a wetting, or a treacherous stone rolls under your foot, and in you go to the winter sea, and find it wet and not warm.

PRESERVING MOSSES.

"But you get your mosses—fine delicate yellow and green and red ones, dark ones, light ones, and, best of all, the plumes. Fill your pail with salt water now, for you will need it to 'float out' your mosses with when you put them on paper; fresh water will not do, it fades them. Now, to get back to land. Like enough you find the tide has stolen a march on you, and you see with horror that you are cut off from the shore. You must be cautious, and keep your thoughts about you when you are on the rocks, for wading ashore while the sea is half ice between you and land is not particularly agreeable. Now hurry over the ice and the snow and the rocks, and get back to the house and to dinner. After that you work upon your mosses till time to start for lecture—for the dwellers along this shore are lecture-goers. The art of properly arranging these delicate mosses upon paper is easy to describe, but not so easy to master. You take a bowl or basin two-thirds full of sea water in your lap, and placing your left hand under the paper, which must be covered with water, you drop into it the moss to be arranged there; then with a blunt-pointed stick you pick out and, perhaps, thin out your moss. By the time you have done twenty of them, and pinned them up on the wall or the shutters (or anywhere you can find a place) to dry, if you do not come to the conclusion that the friends to whom you present them, every *one* of them, ought to be grateful for the gift, the writer is mistaken. And yet the work is extremely interesting. Each little moss is alive with minute creatures carrying out their notions of living with all their might. By the aid of a magnifying glass you can be introduced to groves of beautiful trees, amid whose airy branches sport creatures of so fine and transparent an organi-

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zation that you can see through them, and see the blood flowing in their veins (if it is blood, or if they are veins).

"Very wonderful is our Almighty Father and Lord, that, with all the suns and systems to control and care for, He should make such living things as these, and clothe them each with its own peculiar beauty. He seems to pay quite as much attention to small things as He does to great, and this should serve to us both as encouragement and warning. We need not think to wrong our fellow-beings, even in little things, and expect to escape because either they or we are of small account, or because there are too many such things being done all the time, for God to take particular notice of each one. Five minutes' study of these mosses with a glass will cure that fantasy. Ah! the mosses, after they are dry, they must be well pressed under a heavy weight, if you have no letter press."

We advise all parents who care to have their children brought up to love Nature and be kind to all of God's creatures to have them taught Botany, Geology, Mineralogy and all the natural sciences, and to indulge in mental and physical relaxation and culture in harmony with Nature, rather than in violation of it.

A MEDICAL PRESCRIPTION.—A hopeful genial, unselfish Christian lady, ever the light o home in her own dear circle, and yet more or less an invalid, was advised to ask counsel of an eminent physician. After giving the case of the stranger careful attention, he sought very kindly to drive from her mind the harassing thoughts that had been awakened.

"Now, my good lady," said he, "shall I advise you just what to do? Well, take half a dozen homeless children, and train them for the better world; go among the destitute and suffering, and relieve them, or seek any place where you can do or get most good; throw medicines to the winds, use a morning bath if you choose, take plenty of exercise in the open air, and you may maintain a comfortable state of health for many years."

Whether this prescription, if followed to the letter, would restore perfect health in the case in question, we may not aver; but believing it may at least prove suggestive to some of our readers, we cite it for the benefit of any disposed to give it a fair trial.

Physicians are not apt to advise throwing medicines to the winds—especially those entirely orthodox—and we have never, in like circumstances, heard so many good words spoken for the homeless children; we therefore look upon this prescription as one marking the real progress of the age. The matter and manner of it also suggested thoughts of the immense field of usefulness open to those called to the noble profession of the healing art, and the cause for gratitude found in the fact that so many of this class are truly benevolent Christian men, who find their highest pleasure in being both private and public benefactors.

THE brain is the material instrument of the mind, in which term are embraced not only the faculties of reflection and perception, but the moral sentiments and affections.

WELL-BORN PEOPLE.—Parents transmit their organization and character to their children. What father or mother is there who would not wish to leave his issue a great estate of human virtue—in their bones and muscles health, strength, longevity, beauty, in their soul, wisdom, justice, benevolence, piety, rather than the opposite of all there. Every thing must bear fruit after his kind, you after yours. Men do not gather grapes of thorns or figs of thistles.

Men talk of good birth, good blood. Why should men not honor the well born; but who are they? In America we say they are the sons and daughters of the rich; wealth is nobility, its children are well-born. In Europe we are told they are the sons and daughters of lords and kings; birth from official station is nobilty. Oh, foolish men! Of all the children of European royalty in eighty years there has not been born a single boy or girl who in common life would have won the smallest distinction. Among the decent people of Europe, kings, of all others, are the most ill-born. Where do the rich families of New England go to in the third generation? Look over Boston and see. Whence come the noble talent, the great virtue, nay the poetry, the science, the eloquence, the literature which adorn the land. They are not rocked in golden cradles. It is not royalty in Europe, it is not wealth in New England which is father and mother to the great masterly talent which controls and urges forward the mass of the people with its masterly mind, heart and soul. No, it is the children of wholesome industry, the children of intelligence, of morality, of religion who are the well-born. Virtue is nobility; all else is but the paint men write its name with. Health, strength, beauty—they are physically well-born though dropped anonymous in the obscurest ditch; still more wisdom, integrity philanthropy, religion—these are well-born, noble, yes, royal, if you will, for they are the kingly virtues of humanity, and who has them, though he be cradled among cattle and laid in the crib of an ox or ass, he is only the very best-born of all men!

Who is there that would not covet that royalty for himself, and still more achieve it for his daughter and his son, that when his bones are crumbling in some obscure church-yard, in his children the showy and flumelike flower of manly and womanly virtue may blossom fair and ripen its seed and sow the green gladsome earth withal.

T. P.

A VENERABLE LADY.—MRS. Rebecca Huse, of Harvard, now one hundred and six years old, is probably the oldest person in New England. She was born in Groton, but moved to Harvard at the age of fifteen, and has no relatives living except a single daughter, having buried a large family of children. This venerable relic of a bygone age still retains to a remarkable degree of perfection her sense of sight and hearing, being but slightly deaf, and is remarkably active, making her own fire in the morning, and attending through the day to a large part of her household duties. Till the present year she has kept and cared for a cow and attended to some gardening.—*Boston Traveller.*

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Water.

"WATER! water!" cried the sick,
Whispering with his fevered breath,
"Let me have it in an hour,
Ere I, thirsting, sink in death!
Water! water! soft and pure,
Water cure.

"Water! water! sparkling, pure,
Giveth Nature everywhere;
If you drink *it* I am sure
It will never prove a snare;
Water is the thing for me—
Yes! and thee!"

MADISON, N. J., 1866. B.

A Word of Advice to Young Men.

BY GEORGE W. BUNGAY.

SAID a French cook: "Great heavens! what a country this is; two hundred religions and only one gravy!" But, I ask, Have we not had too little religion and too much gravy? We have acted upon the principle that the chief object in life is to eat, drink and be merry, and we managed to remain oblivious to the rest of the text.

We, as a people, have belittled ourselves by excessive indulgence—eating too much and too great a variety of food, drinking too much and too great a variety of beverages. Our young men have indulged in fast driving and fast drinking, and seem to think that their reputation depended upon the cut of a coat or the tie of a cravat or the dish on their table. Nature never designed man should be a savage or a pauper; hence she has strewn her wealth about him with a lavish hand. Ample provision has been made for all textures for clothing—fine as gossamer-threads spun by the spider and the silk-worm; skins that shed the rain and snow; furs that defy the cold; north woods of lumber; New Hampshires of granite; Pennsylvanias of coal; Green Mountains of marble; Californias of gold; Ontarios and Niagaras of fish; Indianas, Iowas and Wisconsins of corn. Indeed, our danger arises from abundance and not from scarcity. "Massachusetts, with her capital of rocks and ice," said Horace Mann, "builds schoolhouses and raises men." All these facts suggest industry, not indolence; self-denial, not indulgence; frugality, not extravagance. No young man born of healthy parents has, under ordinary circumstances, an excuse for sickness. His sickness, in nine cases out of ten, if he lives in a healthy climate, comes of indulgence in some habit or vice. He who acquires a knowledge of himself, so that he can keep sickness and disease at bay, has a knowledge of more value to him than a knowledge of law or medicine or science. He, by his study, has taken a step which will lead him up the heights of intellectual superiority. Health insures strength of body and the full play of the mental powers, and is the only guarantee of long life. Health is indispensable to almost every form of physical happiness. The strawberry and the peach withhold their best flavor from the invalid.

Sickness is an interdict on every source of enjoyment. Sickness may hardly be called life, "for life to the sick is little better than an opportunity for suffering." The man who is paralyzed by disease can not love his friends so tenderly, so purely, nor so ardently, as he who is in the possession of perfect health. No lawyer can plead as well when he is sick as he can when his digestion is good and his pulse is regular. When a poet is sick his verses will be feeble. When the preacher is sick his sermon will be poor and unimpressive. For a period of enjoyment at the table the epicure and the glutton suffer entire days of pain. A meat-supper is transformed into a nightmare, trotting up and down through the dreams of the eater, and tramping pain into his head for the next day. Champagne becomes real pain. Turtle soup and lobster salad are fine things to talk about, but when they become creeping things in one's dreams they are monsters. Nature brands the violaters of her laws with the unmistakable stigma of dishonor—unhinging the joints, shaking the nerves, bending the back, stooping the shoulders, and covering the face with fiery blotches, as though the berries from which his drink is made were about to appear on his face. "She blinds his eyes with rheum, she whitens and cracks his lips, she scratches his cheek and brow with her harrow, and disfigures him as though she would not have him recognized as one of her children."

The late war strikes a blow at our habits of indulgence; it was expensive and should teach us the lesson of economy, and cause us to veto our habits of luxurious excess. We should be satisfied with plain food. Our dietetic habits should not wage war to the knife against the laws of health. The mouth should not be a mill where each man bolts his meal before he grinds it. Now is the time to begin this reform. The intelligent men, the educated men, the graduates of colleges should be among the first to initiate this change in the habits of society. Humanity, so long prostrate and bleeding, its head on the mountains, its feet in the valley, bound with chains, now is our glorious opportunity to rive the yoke, to break the chain of habit, to raise humanity higher, and higher still, and still higher, so that, while its feet press the earth, its heart may beat in Heaven.

The war should improve the physique of our people. I make this statement in the face of the fact that vast multitudes of our men have been weakened and prostrated by disease. I know many have suffered amputations, not a few have been disfigured in their persons, and that every neighborhood has its cripples. They hobble through our streets, they limp in and out of our public conveyances, they may be found in our hospitals and hotels, and brigades of them render service in the Invalid Corps. Notwithstanding these cases of mutilation, deformity and disease, the great fact of physical improvement remains. Military discipline and exercise have a tendency to straighten the body and square the shoulders. Hardship and exposure tend to toughen them. Plain food, regular discipline, drilling, marching and the thrill of battle, give our men vigor and power, and from their loins will spring generations as majestic as the molds left in our art galleries by Greek and Roman masters.

SIR ISAAC NEWTON being asked why he never smoked, replied, "I will not make to myself any necessities."

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The Education of Girls.

BY DR. J. H. HANAFORD.

An increased interest in the mental culture of our daughters, those who are soon to assume the charge of the household, is one of the most cheering indications of the real progress of the times, indicating a better appreciation of the relative importance of woman as a refiner and elevator of the race. The "dark ages" of modern times are passing away, and the dawn of the new day is revealing the fact that there is a special demand for a far more extensive education of females, an education of their three-fold nature as a means of qualifying those for their position in society and their duties, who *necessarily* exert the most powerful influence in molding the young, and of course controlling the destinies of those with whom they are immediately connected.

But it is not my purpose to refer particularly to mental culture, since the *great* want of the present age is the *physical* education of the future mothers. To understand this, it should be remembered that the health and vigor of offspring depend *very much* upon the physical condition of the mother during that interesting period preceding birth. The child is more nearly a *transcript* of the mother physically than is ordinarily supposed. The "mothers marks" most to be feared are those connected with the physical constitution (not mere skin diseases and discolorations) and the disposition, which so often, if not generally, is modified by the state of mind of the mother previous to birth. It is sufficient to my present purpose to say that the future being is almost as much under the control of the mother as any product of her hands, being fretful and peevish or joyous and happy in disposition; strong and vigorous or the reverse, as a legitimate result of corresponding conditions of the mother, both previous to the birth and during the nursing period.

But is it supposed that these prospective mothers are not able to control or modify these somewhat peculiar feelings during the period of this condition? Such a conclusion is absurd, though perfect control may be more difficult than at other seasons. This condition is by no means unnatural (not a diseased state) and does not *necessarily* differ from a normal state. The restoration of *health*, a condition in which all the powers of the system act harmoniously, will prove a "sovereign remedy" for these peculiar "longings," this unsettled state of the physical organism.

The present phase of society indicates no very speedy removal of these evils. Our daughters and sisters, to a very limited extent only, are being prepared by physical development for their future duties. While our sons are allowed almost unrestrained activity, freedom of physical exercise, and are ordinarily qualified for usefulness in some of the departments of labor by systematic training, our daughters, too often it might seem, are constantly restrained, or apparently fitted for a life of "masterly inactivity." Anxious mothers seem to fear the "accomplishments of the *romp*," far too often, more than all beside. The joyousness of youth, the playfulness and activity so characteristic of early life, are too often crushed out, as if such manifestations were appropriate only in the coarser sex. While the boy runs, leaps, shouts and rejoices in his physical powers, the girl is deemed "inelegant" if she is *girlish*, if she is not specially precise in her gait, conforming to set rules too often adopted by venerable unmarried sisters, allowing but a tithe of the exercise absolutely demanded to secure even a moderate degree of health. By this systematic training, or continued restraint rather, far too many are despoiled of the natural exuberance and joyous activity of girlhood, and cramped by a system almost as barbarous as that of the Chinese, necessarily resulting in a dwarfing of physical powers and a consequent debility, inviting the attacks of disease.

It is by no means necessary that the healthy girl shall become a "romp," or that the exercises and pastimes of girls should be identical with those of boys, though such a condition would be far less calamitous than the present. The girl need not forfeit her claim to femininity, though she may use her limbs with freedom, though she may not seem as dignified as a matron. Unless females have more life-power than males, unless they possess more vitality and power of endurance, their physical education can not be disregarded with impunity. A sound body and an active mind demand, alike from males and females, the same physical training, the same favorable conditions. If there is any difference in the sexes in this particular, females have a special claim, since their constitutions are relatively less robust than males, and since the laws of transmission are such that the integrity of the constitution of offspring specially depends upon the condition of the mother. Why then deprive our daughters of the soft and genial light of the sun, so necessary to animal and vegetable health and life, simply from a fear of contracting a faint shade of honest tan? Why imitate in their delicate forms the appearance of the plant shut out from the light of the sun, sickly, pale and languishing? The same causes will necessarily produce the same results in both instances, as surely as effects follow causes. The girl as certainly needs the pure air of heaven as her brother, so bountifully supplied by the good Father to all animate nature. Her lungs need this *pabulum vitæ* as their special nourishment, to send vitality and vigor to every fiber of her body and energy to her frame. Her blood demands the same vitalizing by this important instrumentality, as certainly as that of the sterner and more robust sex. Her comparative delicacy added to her more important mission—that connected with her agency in controlling the health of posterity—demands special efforts and physical training, or, more properly, freedom to this class, since the exuberance of youth naturally dictates activity—vigorous, persistent and healthful activity.

Then let the girl, the germ of womanhood, roam unrestrained, under proper circumstances, in the woodland, the meadow, on the hillside and over the mountains, among the flowers and the wonders of Nature, developing and elevating the intellectual and spiritual nature and energizing and strengthening the physical, causing the blood to course through its channels, a vitalized current, invigorating and giving solidity and rotundity to the muscular system. Give her the hoop, the bat and ball, the dumb-bells—small ones, since activity and expertness are as import-

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ant as a mere exercise of strength—let her play the "graces," simple calisthenics, walk or run at pleasure, almost any thing to develop her muscular system. I say *almost*, since some of the sports of the opposite sex might seem inappropriate for modest and refined females. There is a difference; the sexes were created with marked differences, the one more developed physically, larger in stature, coarser and rougher, and less refined physically and socially, than the other. Hence, aside from conventional rules and ideas, some of the sports and exercises of boys would be inappropriate, if not injurious to the delicate and fragile girl, yet even such fragile creatures are benefited by physical exercises, even the frailest of them being improved, while the ordinary class are capable of attaining a degree of health above that usually enjoyed by males. This is particularly true when such secure cleanliness by a judicious wash of the whole body daily, followed by sufficient friction and exercise to produce a glow of warmth and an increased and accelerated circulation of the blood.

But it is by no means necessary that this physical development should be confined to mere amusement, though that is an important element. The labors of the household are peculiarly favorable to physical culture, though a little more fresh air would be desirable. Let no one suppose that washing dishes, sweeping rooms or even "darning stockings," will compromise the dignity of the candidate for household honors as mistress of the family. Shame on the mother who with a false pride enslaves herself, while she encourages idleness in her daughter, compelling her to remain inactive in the parlor, entertaining frivolous and worthless company, dwarfing her intellect and enervating her physical constitution.

Gardening also, affords a very excellent means of physical development, in addition to its refining influences. The spade, the hoe, the rake, will grace such feminine hands, while the fair seeker for health secures a glow of health, a tinge of beauty on the cheek, far more beautiful than that secured by artificial means. Such, if they develop correspondingly the intellect and the moral nature, if they secure all of the vigor and healthfulness attainable in appropriate exercises, will grace the kitchen and the parlor alike; become worthy companions of honest, industrious and temperate young men—the jewel of the household, one who has physical stamina, some in excess, that she may safely transmit to her progeny, and one who has a moral right to assume the duties and responsibilities of household affairs, and more, of maternity. The young man who secures such a constitution, if as favorably constituted intellectually and morally, has a fortune, even if penniless, and may regard success as almost if not quite certain, if himself worthy of such a prize, since such health is the remedy for most of the repining, fretfulness and ill-nature so usual among the puny and sickly.

SPURZHEIM—HIS CHARACTER.—He was liberal, prudent and industrious. His habits of living were those of strict temperance. "We have seen him," says Prof. Follen, "sitting down to sumptuous meats, provided in honor of him, and have seen him fasting, for the want of food adapted to his simple taste."

Cheap Living.

[From La France.]

ON what ground do people affirm that living is dearer now than it was twenty-five or thirty years ago? The price of things—that is to say, the sum of money paid to procure them.

A commodity cost four francs twenty years ago; now it can not be had for less than five; and hence people conclude that it is dearer. From this point of view, there would be reason to regret the Middle Ages, and to wish to return to that happy age when you could have a pair of fowls for a few half-pence.

It is true, that for persons who have a regular fixed income, and are not able to participate in the progress of the general wealth, as certain classes of independent people, the question is confined to a mere comparison of prices; but this portion of society is much the less numerous, and for the great mass of citizens who live by their work or the employment of their capital, the problem of living is solved in quite a different manner.

If for a like amount of labor a workman can now procure better food, better clothes, and a healthier lodging, and more comfortable furniture, is it not evident that, in spite of appearances, life is really cheaper to him than formerly? For can any one dispute that the level of the welfare of the laboring classes has been raised? and even admitting that it has remained stationary, has not the working day been reduced from twelve to ten hours? Is it not beyond all doubt that the condition of the existence of this numerous portion of the population has been improved?

Not half a century ago a merchant thought himself fortunate, if, after having been thirty years in business, and having lived with strict economy, he could retire on a modest fortune.

Now-a-days, do not the same men, notwithstanding they live in better style, succeed in retiring sooner with a fortune which but few were fortunate enough to amass formerly?

It may therefore be asserted that it is possible now-a-days to obtain a greater number of necessaries, without expending more labor, and even sometimes less. Is not this a manifest proof of the advance made in the solution of the problem of living cheaply?

There are certain contracts, habits and usages which can not be modified in a day. The incomes of proprietors, the salaries of work-people, and the emoluments of many persons in various employments may for a time be out of proportion with the prices of necessaries, and before the equilibrium is restored there are certain persons in different classes of society whose interests suffer to the benefit of those whom the circumstances of the moment favor.

To the illusion produced by the depreciation of money there is another which results from the changes introduced into the habits of life. The increase of the wealth of the country, and the immense facilities for locomotion given us by railroads, have completely modified the conditions of existence; and as the love of comfort and luxury has developed itself more quickly than the means of satisfying it, we think ourselves poor, although in reality we are rich.

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"Woman's Rights."

WOMEN are petitioning for their rights, and their petitions should be granted. They want to be represented in the legislative halls of our country and their presence there would no doubt be beneficial. They want opportunities to use their influence to suppress crime and elevate humanity, and should have those opportunities, for no one doubts their power in this direction. They want to be recognized as citizens, and citizens they certainly are, though they are treated as slaves. Slaves to man, they say, forgetting that they are also slaves to themselves. They say they are born "free and equal," grant it; but with few exceptions they show themselves determined to be unequal with or, at least, very unlike man.

They want intellectual freedom, moral freedom and political freedom, and they clamor loudly against man-made laws and priestly rules which deprive them of these liberties, while against that cause which, more than any other, has prevented them from taking their rights but few will speak a word. They are willing to forget that they are physically enslaved, though this worst kind of bondage renders them incapable of exercising the freedom for which they aspire.

They fetter their bodies with garments which, while they fail to answer the true ends of clothing, are impediments to free respiratory and muscular motion, and thus render them physically feeble and undeveloped, and consequently intellectually dwarfed.

Is it any wonder that women are slaves when they spend hours daily in forging their own chains? Is it any wonder that so few can comprehend that they have not all the freedom they need, and that the strongest opposition to any steps which point to liberty, is found among those most enslaved? Where is the consistency of asking for freedom while standing shackled from head to foot with robes which entirely expunge the idea of freedom? If woman wants her rights she must render herself capable of taking them.

Throw off the chains which your own hands have forged. Let men see that you really understand freedom and desire it, and are willing to break away from Fashion's fetters.

When you liberate your limbs and lungs, as well as your tongues (these have always been free), your thoughts will take a wider range. You will see other methods of saving your husbands and sons from becoming drunkards than by prohibitory legislative enactments. You will be able to comprehend that it does no good to legislate against liquor as a beverage while it is used as a medicine, as a stimulant to support the strength wasted in mopping sidewalks and sweeping creation generally. The self-denying efforts a few are making are worthy of all praise, but unless rightly directed will be of no avail.

Voting and making laws will not rid the world of drunkenness. The greater curse of drug medication must first be removed. This can only be done by teaching the true doctrines of Hygiene. This you have the privilege to do now. The colleges in which men can qualify themselves for teaching and practicing Hygienic medication admit women on terms of equality.

People must learn that alcohol is never necessary as "respiratory food" or medicine, but always injurious and a poison in every sense, ere they will cease using it. The drug medical profession is powerful for evil, and unless the people who patronize the drug shop are aroused to the inconsistency and falsity of the principle, and clearly see the fatality of the practice of poisoning persons because they are sick, the deluded disciples of Paracelsus will continue to make drunkards faster than prohibitory laws made by women can unmake them.

But when the people are thoroughly indoctrinated with the principles of Hygiene there will be little need of physicians, and when they understand the nature of disease and the *modus operandi* of medicines, the demand for stimulants will cease, and prohibitory enactments regulating or suppressing the sale of liquor will be needed no more, for men will become "a law unto themselves."

E. YODER, M. D.

VINELAND, *January* 17, 1866.

London Anthropological Society.

EDITOR HERALD OF HEALTH—*Dear Sir:* In the November number of THE HERALD I noticed an article headed "A Learned Londoner on Americans," containing grave announcements by some of the learned men of London that the Americans are assuming the mental and physical characteristics of the aboriginal Indians, such as their hair becoming long and straight, seldom curly, etc., and that the influence of climate is so great that even cattle taken to America, become so stupid as to lose the instinct of self-preservation.

Gibbon, in Chapter 66 of his "History of the Decline and Fall of the Roman Empire," has collected and abridged the scattered ideas of a Greek historian of the fifteenth century, who gives a curious picture of the English of that time. He says of them: "Their language bears no affinity to the idioms of the continent. In their habits of domestic life they are not easily distinguished from their neighbors of France; but the most singular circumstance of their manners is their disregard of conjugal honor and of female chastity. In their mutual visits, as the first act of hospitality, the guest is welcomed in the embraces of their wives and daughters; among friends they are lent and borrowed without shame; nor are the islanders offended at this strange commerce and its inevitable consequences."

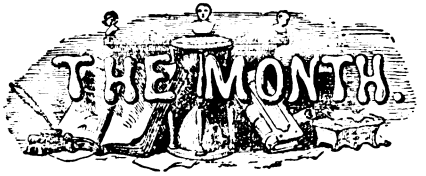
From such an unjust picture of the customs of our English ancestors, Gibbon is taught an important lesson; "to distrust the accounts of foreign and remote nations, and to suspend our belief of every tale that deviates from the laws of nature and the character of man." Dr. Seaman and others who made such grave announcements at the meeting of the London Anthropological Society about the Americans, might well profit by the same lesson, and the members of said Society should "suspend their belief of tales that deviate from the laws of nature and the character of man," and distrust such absurd "accounts of foreign and remote nations."

Yours truly,

H. C. ROLFE.

SAN BERNARDINO, Cal.

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NEW YORK, MARCH, 1866.

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."

TOPICS OF THE MONTH.

BY R. T. TRALL, M. D., EDITOR.

AN INTERNATIONAL HUMANITARIAN MOVEMENT.—The horrors of the battle of Solferino induced a distinguished Swiss philanthropist, Mr. DUNANT, to inaugurate a movement for forming an International Association for relieving and protecting the wounded, of whatever country, in time of war. A Congress was held at Geneva in 1863, to whose resolutions all the civilized governments in the world subscribed, except the United States, Austria and Turkey, and these will probably soon follow the good example. A meeting was recently held in this city, at which Rev. Dr. BELLOWS presided, to form an American branch of the International Association.

We hail this as a most auspicious movement; not so much on account of the sufferings it will mitigate on the battle-field—important and beneficent as this may be—as because it is a great step in the recognition of the rights of humanity and the brotherhood of nations. Says The New York Times:

"It is said by the French journals that so near is the idea of the unity of peoples to the European mind, that the last edition of the Dictionary of the French Academy did not contain the word *international*, and yet now the conception of the 'solidarity of nations' is becoming more and more familiar to all peoples. Humanity is beginning to be recognized across all differences of creeds, race, language or color. The grim visage of war is to be softened. A contest between two nations is to be more in the nature of a duel, and fought under certain strict rules of honor and with fixed maxims of humanity. The helpless and wounded, of whatever side, the noble volunteer nurses, the surgeons, the wagons which bear the sick, and the hospitals which shelter them, are to be held sacred and inviolate amid all the storms of battle.

"Mercy and a generous humanity are to stand by the side of the soldier, and we may be sure that it is not the bravest who will be the least merciful. Cowardice and cruelty most often go hand in hand. There is no doubt that war in this manner may eventually be stripped of half its horrors, as it has to so great a degree since the times of the Roman Empire, when women and children were so pitilessly slaughtered by the conqueror. It must continue a fearful calamity, a life-and-death struggle, but it will be the honorable struggle between brave men, who resort to no cruelty and despise all savagery; fearless before danger, but merciful to all suffering and helplessness."

We have strong hopes that the principle will eventually come to be so applied as to strip war of all its horrors; that the rulers of the nations will ere long see that there are many better methods of collecting debts, adjusting boundaries, settling disputes and maintaining dignity and honor, than in wrangling and murdering each other's people.

The Times says again:

"Let but this International Sanitary Committee be followed by international movements to protect the property of non-combatants on both sea and land, and the dawn of a higher civilization and of a truer realization of Christianity will at length have begun. War will finally have been brought within its proper limits. Humanity will then be enthroned among nations, and a new era of peace open to the world."

And when war is brought "within its proper limits," it will very soon thereafter be consigned to eternal oblivion.

But our object chiefly in noticing this movement is to call attention to the opportunity just dawning to inaugurate an International Humanitarian Movement of still greater moment, and on a much broader scale. That opportunity is the French Universal Exposition of 1867. We are under engagement to be there, and will do whatever is necessary and possible on our part. The more progressive minds of all the nations of the earth will congregate in Paris. We have heard of several Health Reformers, and persons who sympathise with the Health Movement, who will attend from this country. There will also be many Vegetarians from England, Hydropathists from Germany, etc. We propose that there be inaugurated in Paris, in the summer of 1867, an International Hygienic Association. Its aim shall be not only to mitigate the horrors of Drug Medication, but to exterminate the system from the face of the earth. We hereby make the offer to go before the French Academy of Sciences—and any person in Paris, French or American, is hereby authorized to make arrangements accordingly—and show that the Drug Medical System is false in theory and fatal in practice,

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and ought not longer to be allowed to curse the earth. We will also reply to any criticism, and meet all objections medical men or others may bring against the doctrines and practices of Hygeio-Therapy, which we will present as the substitute for discarded druggery. This is the merest outline of the plan we have in view, and which we shall agitate from time to time.

THE WORLD'S HEALTH ASSOCIATION.—It is time to agitate the subject of the place for holding the fifth annual session of this organization. The time provided in the constitution for its annual meetings is the second Tuesday in June. The first session was held in Chicago, Ill.; the second in Wilmington, Del.; the third in New York, and the fourth in St. Anthony, Minn. Where shall we meet next? We are willing to go to any village or city in the United States where the most good can be accomplished. We have important matters to present to the consideration of the members at the ensuing meeting in relation to the contemplated Southern Home and Vegetarian Colony, and a large number of communications to submit for action, as well as some interesting correspondence concerning the International Health Movement. The places mentioned to us thus far are Philadelphia, Cincinnati and St. Louis. Our choice is St. Louis. But we will yield all personal preferences to the loudest call. We are assured that able speakers will be present on Dress Reform, on Dietetics, on Temperance, on Hygeio-Therapy, etc. We desire to go where our friends will provide a good hall and take some pains to call the people together. Friends, let us hear from you as soon as practicable.

INTERESTING TO HOG EATERS.—To those who will eat the filthy scavenger which, though cursed under the law and never blessed under the Gospel, is still the daintiest food of Christendom, we commend the following extract of a letter recently received by Hon. JOHN WENTWORTH of Illinois from Hon. WM. MURPHY, Consul General of the United States at Frankfort on the Maine:

"I read with much pleasure the introduction in Congress of your resolution prohibiting the introduction of foreign cattle.

"We have a disease here among the hogs that creates great consternation, which the Germans call *trychenen*. It is a little insect which is perhaps, swallowed by the hogs and gets into their stomachs, and seems to propagate there by millions. It follows the muscles of the animals particularly. It is so small as to be hardly seen by the naked eye; but we have had them exhibited under a microscope of a six hundred magnifying power. There are all sorts of rumors of death to persons eating pork. The disease has not as yet come within one hundred miles of us. The little insects are reported by some to exist in the lower part of the sugar beet, which is fed to the hogs. Some of these insects have been thrown into all sorts of strong chemicals, and lived in them. Boiling heat of 212 degrees will kill them. They have been found alive in boiled ham where the hot water did not sufficiently penetrate. In Germany you are aware that ham is eaten quite raw. Death is reported to have been caused by eating sausage when the insect was living, the pork not having been sufficiently smoked. The disease commences in the human being with a severe cholera morbus, which soon results in death. Some allege that the cholera that has been reported was the result of this disease. At any rate, pork is now very cheap and only eaten by poor people. All other meats have risen largely in consequence. Our city authorities have appointed a commission of a dozen scientific gentlemen to investigate it. Professor Vircher of Berlin, the celebrated scholar, has made many experiments, and so have many other scientific men. They differ much in their conclusions. It is a ruinous thing to the farmers who raise pork in that neighborhood very extensively. I think the disease was first known last winter near Magdeburg, in Bremen, but did not extend any distance. I did think of sending you some of the little insects for inspection with a microscope, but found it impracticable."

A REPORTER GONE CRAZY.—What would be the use of balls or parties of any kind where beauty and fashion congregate and display their extravagant and meretricious dry goods, were there no newspaper scribblers to expatiate thereon and put them in the papers? But there is just a chance, even in this age of sycophancy and snobbery, of overdoing the thing and making the writer ridiculous. No doubt the dear creatures are fond of any reasonable degree of flattery and notoriety, but we think all sensible womankind must pity the reporter of The Tribune, when they read his *enthused* demonstration concerning a couple of beauties at the late Arion Ball at the Academy of Music:

"One of them must have been German, from her fullness of outline—not too full for spirituality and elegance—her rich flaxen tresses, and soft, deep blue eye. She was a genuine blonde, one of the women Goethe delighted to draw, and Schiller to blend with his affluent rythm of his most tender verse. She seemed to have something of Frederika and of Thekla in her form and voice and manner. Soft and arch and piquant, yet intense and earnest and passionate, she moved along like a dream-shape and cast the sunshine of her sweet presence over all. Repose and cheerfulnes were in every feature and movement, and one could imagine her fresh from the valleys of peace, and that she saw in the present the Eden of her highest hopes. She wore no mask, believing, doubtless, that

'Beauty is its own excuse for being;'

and as she floated across the floor all eyes fol-

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lowed her, and the giddy throng paused in its revelry to admire the woman who appeared to have wandered all her life amid the roses untouched by the thorns.

"The second Hebe of the hour was lithe and lissome, evidently an American, from the intellectual, intense, pale, eager face that riveted the gaze wherever its luster fell. Brunette, with somewhat of Italy and Southern France in her eye and lip and in the fine sensuousness she rather suggested than seemed to possess. The mouth was a voluptuous poem in itself. In its rosy labyrinths the soul might easily have been lost. So rich and pouting the lips the bees of imagination hovered about and reveled in their sweetness, drinking the honey dew of their exhaustless fragrance, and never sated with the nectar. Her voice was voluptuous and thrilling, and yet all her outgiving was through the mind to the heart, through the spirit to the sense."

THE CATTLE PLAGUE IN ENOLAND.—The American Consul at Liverpool states that the cattle plague is rather on the increase than otherwise. During the week ending January twenty-nine thousand two hundred and forty-three cases were reported to the authorities; thus far upward of seventy thousand cattle have either died with the plague or been killed after taking it. The Consul says: "This, in reality, forms but a small proportion of the actual loss; for hundreds of cases are never reported, and thousands are slaughtered prematurely and hurried to market before the plague attacks them."

In Holland, also, the cattle disease is spreading all over the country, notwithstanding the precautions taken by the authorities to prevent the admission of diseased cattle into the country. The regulations issued by the Government on the subject are but little adhered to, and in some places active resistance is made to the officials who attempt to enforce them. At Hagestein the peasants rose against the troops, and were only put down by the arrival of reinforcements.

IS COOKING A SCIENCE?—The following notice appeared recently in the daily papers:

"Prof. Blot announced to his class at the session on Tuesday last that he would give them a vacation until Thursday, February 8, when he would resume his course in Room No. 21 Cooper Institute. The change, he said, would secure them much better and more spacious accommodation, and thus make the imparting as well as the receiving instruction easier and more agreeable. In announcing the change, the Professor also remarked that he would perhaps be pardoned for taking advantage of the occasion to congratulate himself and his pupils that his efforts to establish the fact that cookery might be taught as a science had been crowned with success, as was proved by the fact that the Trustees of the Cooper Institute had placed rooms in that building at his disposal."

The doctors—Hygiene *vs.* Drug—have been discussing the question at Metropolitan Hall: "Is Medicine a Science?" As the drug doctors failed entirely to show that there was any science about it, while the Hygeio-Therapeutists proved that it was a very bad art, the question was then discussed whether Hygeio-Therapy was a science. The Professors of the Hygeio-Therapeutic College advanced the principles on which the science of their system was predicated, not one of which was controverted by any advocate of druggery. The practice of their system, like that of all systems, however, is only claimed to be an art. And we are of the opinion that Prof. BLOT'S cooking business will turn out to be, like drug medication, just no science at all, and, as an art, only the art of killing. All sciences have demonstrable principles based on the laws of Nature. If there is any law of Nature, or any principle in the vital organism, which makes the conglomeration of gravy, eggs, sugar, onions, suet, pork, flour, cloves, thyme, parsley, brandy and lemon juice, fit for the human stomach, we have never seen it stated in any of the physiologies.

A PLEA FOR PORK.—We are sorry to see so many of our agricultural journals advocating the breeding of hogs, the cultivation of tobacco and the making of wine. Alcohol, tobacco and pork constitute the triune fiend that is fast ruining this and other nations by destroying the health of the people. The Rural Farmer argues in favor of pork in a manner so utterly selfish and sensuous, so contrary to the facts of history and so derogatory to common sense, that we copy it as a curiosity of agricultural journalism. "Swine a good gift of Providence!" So are toads, rattlesnakes, rats, mice, flies, fleas, musketoes, bedbugs and other scavengers as much. They are good as scavengers, but filthy, depraving and demoralizing as food.

"It is getting to be the fashion among a certain class of people to decry the use of pork as being unwholesome. It would seem that the use of it for centuries among civilized nations as animal food must establish the fact that it is not injurious to the health of man. It is loo late in the day to commence a crusade against pork. Some few, whose tastes have become vitiated by luxuriant living, may perhaps be permitted to declaim against the use of swine's flesh; but men of temperate habits, engaged in the laborious occupations of life, know by experience that the use of pork and hams is conducive to the health of the body. It is to be borne in mind that the varieties of animal food obtained in a given place are few. If pork

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were to be discarded from the table, beef and mutton would then be the principal animal food, and it is manifest that, in very populous counties, the supply would not be equal to the demand. The common people especially would be deprived of an important part of their food now deemed essential to their living. Take away from them the pork they now fry or boil, the hams which they justly value, and the lard which every cooking establishment must have and use, and what a deprivation every good cook at once experiences. Butter might be used in many instances instead of lard; but the latter is an essential ingredient in the doughnut, which we all of us prize so highly. You discard pork and you must discard lard; and this you can not do without greatly curtailing the means of living. Among the good gifts of Providence to a large number of our race we certainly may consider swine to be one of them.

"The objection to the use of pork, that its tendency is to produce scrofula, is of no weight, because it is a mere assumption without proof. It is taking a thing for granted that is denied by the community in general. It must be admitted that the class of farmers who largely use pork are as healthy and free from scrofula as any other class. The American people of the rural districts are not tainted nor affected by scrofula. If you will inquire within the circle of your acquaintances you will find this to be the fact. But consider how large an income the farmer derives from raising and selling his pork —how extensive is the commerce in this branch of business. Go, for instance, to Cincinnati or Chicago, and visit the pork establishments, and you will be astonished at the extent to which the pork business is carried.

"In conclusion, we are forced to say that, instead of wishing the quantity of pork to be diminished in our country, we should rather wish that it might be greatly increased; for no other kind of animal food can be its substitute and meet the wants of the community."

A Vegetarian Doctor.—Hon. Henry S. Foote, in his recent work on the Rebellion, speaks of Colonel Northrup, Commissary General of Rebeldom, as a practitioner of medicine on the *Vegetarian* system. As we have never before heard of a Vegetarian doctor, although we have long been familiar with Vegetarian diet, we are curious to know what sort of a doctor Northrup may happen to be. Is there not somebody "down South" who can enlighten us? Possibly the distinguished politician means Botanic doctor. We have known "them things" in "these parts." They doctor with roots, herbs, bark, seeds, leaves, buds, flowers, pith, sprouts, such as basswood, elecampane, queen of the meadow, skunk cabbage, daffadowndilly, tag alder, unicorn, heart'sease, fever-wort, lungwort, liverwort, fit-wort, spasm-weed, smart-plant, balm of balsam, pleurisy-bush, sweat-hazel, physic-Indian, horse-radish, white mustard, black mustard, sumach berries, elder juices, cayenne, emetic weed, yarrow, arasabacca, enchives and hellebore sternutatories, etc. etc. etc.—nothing so bad as calomel, opium, cod liver oil, ipecac, tartar emetic, turpentine, deadly nightshade, quinine, brandy, bleeding, blisters, gin, whisky, caustics, issues, wine, ale, porter, lager, seatons, schnapps, bourbon, ratsbane, catsbane, henbane, dogsbane, wolfsbane, rattlesnake's venom, small-pox virus, etc. etc. etc., but not to be commended to vegetarian Hygienists. If there are any practitioners who really practice on the Vegetarian system, we have an idea their medicine is "good to take."

The Christian Use of Tobacco.—What is the Christian use of tobacco? Is a Church member justified in paying fifteen dollars a year for it, and only five for preaching? Can such a Christian (?) with a pipe in his mouth, get through the eye of a needle and enter heaven? What are the celestial prospects of the communicant so poor that he can pay nothing for preaching, nor afford his children the cheap luxury of a spelling book, yet, when Saturday comes, lays in, among other provisions for the Lord's day, thirty cents worth of meat and twenty cents worth of tobacco?

It is well known that this poisonous weed will kill dumb beasts. Indians may chew it, though it is degrading for them to hanker after it. How can a Caucasian, civilized and Christianized, pollute his mouth and injure his nerves with this noxious plant?

Decision of character is a good thing. John Foster commended, but Robert Hall did not practice it, when he learned to smoke in self-defence. He loved the society of Dr. Parr but did not like Dr. Parr's pipe. He must have both if he had either, and that was why he learned to smoke. The abominable habit grew upon him, and his own pipe, I believe, outlasted the visits of Dr. Parr. Hall admitted that the arguments against smoking were conclusive, but did not follow in practice his logical sequences. He was like the toper who declares that ardent spirits are deleterious, and still drinks on!

On the 3d day of November, 1865, I met on the banks of the Wapsipincon, in the State of Iowa, a young man of more decision than the great pulpit orator of England had. He graduated at Dartmouth College last year, and while there became a mighty smoker. He lost a good situation in an Illinois Seminary because of that disgusting habit, and going to Iowa, became the principal of a graded school. Three months ago, with a large stock of tobacco on hand, he laid his pipe on the table before him in his dormitory, and has not put it to his mouth since. He keeps it and the tobacco before him when out of the recitation room and bids defiance to both.

On the 11th day of March, 1835, I passed the first academic afternoon of my life in the family of a Freewill Baptist minister, who, that day, after chewing tobacco forty years, threw his quid into his fire, and substituted a small soft chip. Thus abruptly he parted company with the vile weed, when he had found out that it was injurious. Let every chewing or smoking reader, rich or poor, saint or sinner, do likewise.

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College Department.

MASSACHUSETTS MEDICAL SOCIETY *vs.* WOMAN.—Every semi-occasionally the Boston *Medical and Surgical Journal* unbudgets its spleen on the great and growing subject of woman doctors. Its latest "remedial effort" in this direction occurs under date of January 11, 1866, and, as Artemus Ward has it, "The reason of this is thus:"

"A QUESTION WHICH SHOULD BE SETTLED.—It is a fact of common notoriety that there exists at the present time, and has existed for some years in this city, an institution professing to supply a medical education to its pupils, which makes frequent and urgent calls upon the munificence of a community whose free-giving is inexhaustible in a good cause; which appeals to the sympathies of the most enlightened class; which professes to occupy a position in advance of all our medical institutions; which has acquired the power and means sufficient to organize what purports to be a hospital with peculiar claims upon the benevolent, the government of which has succeeded in prevailing upon some of our most eminent practitioners to lend it the sanction of their names and influence as consulting officers—and yet this institution, by any fair interpretation of the by-laws of the Massachusetts Medical Society, is no better than a school of irregular practitioners. We refer, of course to the Female Medical School, and its associate hospital.

"The first by-law of that Society reads: 'Any person may be admitted a member of the Massachusetts Medical Society, who shall have passed a satisfactory examination before a Board of Censors, as to his credentials, personal and medical qualifications and character, and shall have signed the by-laws.

"'The candidate shall be a person of sound mind and of good moral character; shall be not less than twenty-one years of age; shall have such an acquaintance with the Latin language as is necessary for a good medical and surgical education; and shall have acquired the principles of geometry and experimental philosophy. *He* shall have studied three full years under the direction, and shall have attended the practice, of some respectable physician or physicians. *He* shall have attended two full courses of lectures on anatomy, physiology, chemistry, materia medica, midwifery, and the theory and practice of medicine and surgery.'

"The eighth reads: 'Any person engaged in the practice of medicine or surgery in this Commonwealth, who has not received such a medical education as is required by By-law I, and any one who shall be guilty of practices forbidden to Fellows, shall be deemed an irregular practitioner; and it shall be disreputable for any Fellow to advise or consult with any such irregular practitioner, or in any way to abet or assist him as a practitioner of medicine or surgery.'

"The italics above are ours, and they clearly settle to our minds the position of the Female Medical School and the Female Hospital; they unquestionably do not come within the recognition of the Society in these laws, and are therefore by a fair interpretation ruled out from the professional sympathy and co-operation of its members. We are not speaking of the justice or the wisdom of this, but simply of the fact. We believe this to be the common opinion of the medical profession upon this subject, and it is certainly time that they should be relieved of the load of odium which invariably attaches itself to all connected with them until the Massachusetts Medical Society shall have considered the question of their right to the position which they claim to hold. That such a decision is important to the reputation of the gentlemen we have referred to, is evident from the remark which has been made in our hearing, that their published connection with them was a most patent advertisement; and that this connection gives a certain authority to their writings, when they append the title which it gives to their names, is certain, for we have ourselves seen an article thus heralded copied into a foreign medical journal, with the comment that the connection of the author with the Female Hospital in Boston gave special authority to the opinions and statements contained in the article in question!

"Thus, then, the matter stands. As we have said, we do not propose now to discuss the merits or demerits of the institutions in question; that is an entirely different issue. The Massachusetts Medical Society should authoritatively say whether the Female Medical College is worthy of being classed with those contemplated in its by-laws or not. If it is, and if it is the pioneer of a great advance in medical education, let it be authoritatively known that such is the case, and it will receive all the honor due such a position. If, on examination, the reverse is found to be true, we feel assured that no one would be more ready than the gentlemen who have anticipated its action to withdraw from the association which they have formed."

Well, what is the Massachusetts Medical Society going to do about it? What can they do? We guess nothing at all. But it is amusing, if not instructive, to see the ground on which the editor of the journal aforesaid would have the Society above mentioned run a raid on the woman doctors. "We do not propose now to discuss the merits or demerits of the institution." Oh no, of course not. The merit of the case has nothing to do with it, nothing whatever. The institution may be legal; woman doctors may be good things; but there are our by-laws. That's what's the matter. The by-laws of the Massachusetts Medical Society (were they invented for the good of the public, or for the benefit of the profession?) must be regarded as the "higher law," no matter what are the laws of the land or the needs of human society. Well, this medical aristocracy and despotism, this privileged order of M. D.'s, this licensed to kill without being called to an account, is tottering to its fall, and we rejoice in its dying struggles.

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To Correspondents.

A Complication of Drug Diseases. "Dr. TRALL—Three years ago I had an 'attack' of lung fever, was salivated, and it was six months before I could do any work. I never fully recovered from the effects of the disease or the medicine, I do not know which. Last winter I had a nervous breakdown and was salivated again. Recovery was very slow, and, after two months' convalescence, I overtaxed myself and broke down completely. I complained of nothing then but extreme general debility, which continued through the spring and summer. In the fall I began to gain slowly. I am now able to walk half a mile without much fatigue, but a very little over-exertion exhausts me at once. When young I was doctored many years for a cutaneous eruption, which the doctors called a sort of scrofula and salt-rheum combined. Neither Regulars nor Eclectics did me any good. The eruption finally disappeared spontaneously, but reappears in winter on the back of the hands, fingers and wrists, and sometimes on the feet. It itches violently. I have an inflammation of the lower portion of the intestinal canal, with an offensive and excoriating discharge. There is also a rather hard lump or tumor in the lower bowel. I have taken all kinds of poisons *alias* medicines—mercury, arsenic, opium, iron, quinine, brandy, colchicum, wine, and so on, to the end of the Materia Medica. Now, Dr. Trall, please inform me what is the cause of this general debility and the way of getting rid of it."

There is cause enough for all your complainings in the drugs you have mentioned. No person was ever salivated twice without being a chronic invalid the rest of his days. In order to mitigate your condition and recover as much health as the remains of your constitution will admit of, you should adopt a rigidly simple vegetarian diet composed largely of fruit; eat but two meals a day; exercise in the open air, at work or at play, all that you can without fatigue; go to bed early, and sleep as long as you can rest quietly; take a tepid ablution daily, and a full warm bath once a week.

Scurvy.—"W. C.," Selby, England. "Dr. TRALL—*Dear Sir:* I shall take it as a favor if you would reply to the following in the Correspondence Department of THE HERALD OF HEALTH: Our youngest child, six months old, has been troubled almost from her birth with scurvy on the head and face, and partly on the neck and chest, and at times there exudes from the head and face a thick gummy matter, which causes the child to scratch the parts until they bleed. What is this development of disease called, and can it be cured by water treatment? The child has been troubled with the 'itch;' would this affect the other complaint just spoken of?"

It is a form of tinea capitis, or scald head, connected with a bilious humor from torpidity of the liver. This last condition is probably inherited, in which case its mother must be doctored or the child weaned. Where the skin is abraded, and there are open ulcers or pustules, these parts should be dusted over frequently with fine flour. The child should have a tepid bath or ablution daily, and provided with pure milk, whether human or animal. The itch is an independent malady entirely.

Deafness.—"J. B. S.," London. "Dr. TRALL—A friend of mine has been affected with a violent singing noise in the right side of the head for a number of years, has had many remedies without success, and it is getting worse. Can any thing be done to cure or relieve it? If so, please say, and he will then write you about the matter and give particulars, and will be quite willing to pay your fee. I believe it has caused deafness of that side of the head. Please favor me with replies in the next number of THE HERALD."

The immediate cause is probably an obstruction of the Eustachian tube, consequent on chronic inflammation and thickening of its mucous or lining membrane. We have cured many such cases, and see not why his hearing may not be complely restored. If he sends for a prescription, let him inform us whether the deafness is total or partial, better and worse at times, and whether the noises are uniform or variable?

Asthma.—"C. B." An enlarged liver is undoubtedly the cause of your asthmatic paroxysms. Diet very abstemiously; avoid milk, butter, cheese and sugar; take a tepid ablution each morning, a sitz in the evening, and a pack once a week.

Obesity.—"C. C. W." Restrict your diet to coarse bread and uncooked apples, and your adipose accumulations will soon disappear. Milk and fine flour are very objectionable.

Cancer on the Lip.—"R. P." The excrescence which you describe can be removed by mild and almost painless caustic in a month or six weeks.

Publishers' Department.

PUBLISHERS' CORRESPONDENCE.

A COLD WATER FACT.—A correspondent writes: Some one has said in a terse sentence that "A pound of fact is worth more than a ton of argument." Here is a fact. We make a record of it for the benefit of invalids and others.

Some time during the first week of last month, Mr. Theodore Tilton and Mr. George W. Bungay met at Fredericks' Photograph Gallery on Broadway. The former inquired for the artist, Mr. ———, who is distinguished for his taste and skill in posturing the patrons of this well-known establishment. Mr. Tilton is a tall, well-formed man of thirty, and his soft brown hair—worn long—his clear blue eyes and transparent complexion, make him a notable personage, aside from his reputation as a man of talent and, we will add, genius.

He was recognized at a glance by the operator, and the following conversation (in substance) passed between the parties above named.

"You are a pretty good specimen of health," said the operator to Mr. Tilton.

"Yes; I observe the physical laws and live well," was the reply.

"So do I," replied the artist.

Then, turning toward Mr. Bungay, he said:

"I think I have seen you somewhere before."

"Very likely, I have often been there," was the reply.

"Didn't you call to see the Remingtons, when they were stopping at the Water-cure on Laight Street?"

"I believe I did."

"Well, I was stopping there at that time."

"Surely such a stout, straight and hearty man as you appear to be did not need the advantages of treatment at a Water-cure?"

"I was not then the man I am now."

"Then you stopped there as a patient, and not as a boarder merely."

"I was a patient, and considered a hopeless case."

"Indeed!"

"Yes, I was reduced to a mere skeleton, and suffered severe pain."

"You seem to have gotten bravely over it now."

"Yes, water saved me; or rather the skillful treatment I received at the Water-cure saved me."

"You certainly seem to be a good sample of health and strength."

"I am; I never enjoyed better health; I never weighed so much as I do now; I never could endure so much hard work, and I never could do it so well as I can now."

"Then you don't believe that water has the flavor o sinners since the Flood!"

"No, indeed!"

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"Somebody said that water killed more than it cured at the time of the Flood, and the rejoinder was that it saved all who were worth saving."

"It saved me, and I have great faith in its virtues."

Mr. Tilton then remarked:

"Success in water treatment depends upon knowledge and skill in its application."

"Certainly," remarked the artist.

"It would be dangerous to treat all patients alike."

"It would."

"Temperament, age, the nature of the complaint and the occupation of the patient should be considered."

MARCH NOTES BY THE PUBLISHERS.

BOTH March and April will be good months to enlarge Clubs and add to the circulation of THE HERALD. Back numbers can be furnished to new subscribers, so that all can begin with the volume. Our edition for 1865, for the earlier months, is exhausted; so there are only a half dozen sets left, and every day we have inquiries for back numbers we can not fill; so that those who do not wish to be without a full set of THE HERALD should send in their names at once. We append a few letters from persons who have taken premiums to let our friends know what they think of them.

"L. P.," Kansas, writes of the Dictionary:

"Your premium of one of Webster's Dictionaries is received, for which you have my sincere thanks. It is one of the best books a man can have for reference, and, when so easily obtained, who would be without it?"

"S. S. R." writes:

MILLER, WOOD & CO.—*Dear Friends:* I feel condemned for not having acknowledged the receipt of that beautiful Picture long ere this. But, between domestic and professional duties, my time has been so completely occupied that writing had to be postponed. I am happy to inform you that our system of Hygiene is gaining ground in this county, although last fall I was very much discouraged. It was with difficulty that I could get eight subscribers for THE HERALD. Now, my spirits are quite buoyant. I have had several patients this winter who, two years ago, ridiculed the idea of regaining health without drugs."

"T. A. T.," Plainfield, Ind., writes:

"Messrs. MILLER, WOOD & CO.—I hereby acknowledge the receipt of my books and premium Picture. Please accept my thanks. The engraving is exquisitely beautiful."

We are in constant receipt of letters speaking of these Premiums as very beautiful or useful. As we have said before, pictures have a good influence upon human health. So to our friends we say: Send on Clubs and take the Premiums. Boys and girls may, by a little effort, receive one of the most beautiful pictures of Washington ever made. Clergymen, Teachers, etc., will often find it easy to raise Clubs for THE HERALD, and with positive benefit to the subscribers, by their obtaining a better knowledge of their bodily natures, and the right means of their physical improvement.

Notice.—Subscribers changing their residence must not expect us to duplicate the numbers sent them at their old post-office, unless they inclose 15 cents for the same.

Clubs.—The right way is to form in every neighborhood a club of ten or twenty if you would get THE HERALD for $1. Single subscribers who send only $1 will be credited eight months only.

Names of Invalids.—We hope that our friends will send us the names of all the invalids they know. Please do so on a separate slip of paper from other matter, to save us re-writing them.

Counterfeit Money.—Please be particular about sending good money; much of the currency afloat is counterfeit.

Webster's Unabridged Illustrated Dictionary, published by G. & C. Merriam, Springfield, Mass. Price, $12.

Noah Webster began the labors of his life in his little spelling-book, published in 1783, and up to this time 50,000,000 copies have been sold. The greatest labor of his life, however, was his Unabridged Dictionary which has recently been published in an improved form and illustrated with over three thousand beautiful cuts, which very frequently define a word much more clearly and quickly than the text. It is often said that "no scholar can afford to be without it;" but we might add that no person who lays claim to ordinary intelligence, or understands how to read and write and takes a newspaper, should neglect having one. We believe many an invalid would be greatly benefited by passing frequent hours in its company, for change of thought and variety of entertainment and instruction, when physic would only add to his malady.

We may add that any person sending us 16 subscribers for THE HERALD OF HEALTH and $24 will get one free.

This offer, on the part of the Publishers of THE HERALD OF HEALTH, is being accepted by numerous of their patrons, and is really a cheap and easy way of getting one of the most valuable books ever published.

Premiums.—How shall I get a Sewing Machine worth $60 free? *Answer.*—Get Fifty Subscribers to THE HERALD OF HEALTH at $1 50 each and the Publishers will give you one.

How shall I get a large Pictorial Webster's Dictionary for nothing? *Answer.*—Get Sixteen Subscribers for THE HERALD at $1 50 each or Fifty Subscribers at $1 each.

How shall I get a splendid Steel Engraving of George Washington free? *Answer.*—Get Eight Subscribers to THE HERALD and send the Publishers $12 and they will send you one for nothing. The late lamented President of the United States, ABRAHAM LINCOLN, said of this engraving: "Accept my congratulations on the completion of this very beautiful work."

A Veteran.—"H. G." writes that he has "taken THE HERALD and its predecessor, The Water-cure Journal, for fifteen years, during which time five dollars has paid all his doctor's bills, though his family consists of six persons."

Premium Book.—It will be noticed that we give as a Premium to each subscriber who sends us 6 cents for postage, WILSON'S work on the "Turkish Bath," with an Appendix by M. L. HOLBROOK, M. D. The work contains 75 pages and is a very interesting and valuable book. Don't forget to send the 6 cents postage.

A Gift.—A rich friend can often send for a copy of THE HERALD for some person in need, who may be an invalid or unable to pay for it. Several persons have sent for THE HERALD to give away.

Circulars.—Those of our subscribers who wish to aid us in extending the circulation of THE HERALD, should obtain our circular to exhibit to their friends. Every invalid who will send a stamped envelope shall receive in it one of each of our circulars for THE HERALD, Books, and Baths.

N. B.—We are out of the October, January, and April numbers of 1865. Persons having them to spare, will please send them to the Publishers. We will send their worth in any work we may have.

Canada Subscribers should send 12 cents extra for postage. Many thanks to Canada friends for fine clubs.

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NEW PREMIUMS!!

FOR 1866!

Here is a list of Premiums for those who get up Clubs for 1866, which we think will prove attractive. We wish to call particular attention to one of the premiums. It is the very fine Engraving entitled

WASHINGTON RECEIVING A SALUTE ON THE FIELD OF TRENTON,

From the original Painting, by those distinguished artists, J. Faed, R. S. A., and R. Ansdell, R. A.

It is indorsed as a work of art by a host of eminent men, as evidenced by the opinions subjoined:

"A very pleasing and happily executed work—an engraving of rare beauty." Edward Everett.

"It can not be contemplated without an increased love of every public and private virtue." Winfield Scott.

"It is indeed a beautiful specimen of art." John McCloskey, Archbishop of New York.

"I am delighted with the engraving; it does full justice to the noble simplicity and dignity which is the great charm of the picture." Fred. E. Church.

"Offer my congratulations upon the patriotism and good taste shown, and upon the successful execution of the work." Wm. H. Seward.

"Accept my congratulations upon the completion of this very beautiful work." A. Lincoln.

"Beautifully executed. Accept my best wishes for your success." Henry W. Longfellow.

"Fully merits the high encomiums it has received." Wm. T. Sherman, Maj. Gen., U. S. A.

That Elegant Picture.

The picture is thirty-one by forty-three inches in size, shows Washington on horseback, and when framed can not fail to prove a most interesting ornament to any parlor or sitting-room. Its influence upon the children of a house would be worth many times its cost in cultivating their taste for fine works of art. As a Hygienic agent also, pictures are very valuable and are not yet half appreciated. Beautiful pictures before an invalid calls into activity a set of faculties whose influence upon health, when in use, is very great. To the thousands of our readers who have not yet a picture of our noble Washington, no better opportunity could be offered than that of securing for The Herald Eight New Subscribers and sending us $12, when the picture will be forwarded. The price of the Engraving is $6.

Splendid Prizes.

SEWING MACHINES.—We will give one of Weed's superb Sewing Machines, worth $60, to every person who will get up a Club of Fifty Subscribers for The Herald of Health and send us $75. We should like to receive a large number of orders for the Machine from our subscribers.

DICTIONARY.—We will give one of Webster's New Pictorial Dictionaries to any one who will send us Sixteen Subscribers and $24. This Dictionary sells for $12, and ought to be in every family's house in the land.

BEGIN EARLY.—Those who work for Premiums or large Clubs will find it to their advantage to begin early. In sending letters, address them plainly and also write the names of the subscribers and their post-office address so plainly as to leave no room for mistake or doubt in regard to them. Send National or United States Currency notes, or if convenient, checks on New York, Boston, or Philadelphia banks, or Post-office orders.

Address, **MILLER, WOOD & Co.,**
No. 15 Laight Street, New York.

Job Printing.—We are prepared to execute in neat, substantial styles, various kinds of Job Printing: such as Pamphlets, Circulars, Envelopes, Billheads, Letter-heads, Cards, Labels, Small Handbills, etc., at the same rates as in all first-class New York printing establishments. Stereotype work done to order.

☞ Our friends in the country who wish neat and accurate printing, can rely on first-class work, by sending plainly written and well-prepared manuscripts. For terms, send sample or copy of work, state quality of printing material to be used, and the number of copies wanted, inclosing a prepaid envelope for a reply.

That Picture.—In proof that the Picture we offer to our subscribers is no cheap affair, but a genuine work of art, we refer to the testimonials of many well-known men regarding it.

All Letters of Business should be addressed to the Publishers, otherwise there will be much delay and complaint.

PUBLISHERS' BOOK TABLE.

Jarvis' Physiology.—Works on Physiology are now appearing from the American press with great frequency. It indicates a healthy tendency, and though the best work on this subject has not yet been written, yet there is more of good in such as have appeared than most people are ready to receive. The work before us contains 427 pages, arranged with questions at the bottom of the page for adapting it to schools, and is published by A. S. Barnes & Co., New York. It will be extensively used, we have no doubt, in the schools of the country, and might prove a good text book to many a person out of school who wished to know more of himself and his body.

The Boston Cultivator.—Otis Brewer, Boston, Mass.; $3 year.

This is an excellent weekly agricultural paper of 8 large pages. We are sure New England people will find this one of the best agricultural weeklies in the country.

The Home Visitor, Indianapolis, Ind.—Our friend, Dr. Bland, and his associates, are full of enterprise, and are making a capital weekly family paper of The Home Visitor. Price, $2 a year.

The Christian Inquirer.—Published by the Unitarian Association, 522 Broadway, New York; $3 a year. Contributors: Rev. Henry W. Bellows and others of the same school of thought and culture.

The Eclectic Magazine for January is an unusually interesting number. The article on "Brains" is not as complete or practical as it ought to be, but well worth reading; $5 a year; January number, 50 cents.

Atlantic Monthly.—One of the best of all the monthlies, containing much matter from the best writers in the country, and one can hardly imagine how a person could get along without it. Boston: Ticknor & Fields. Price, $4 a year.

The Modern Age.—American News Company, Agents, New York. $1.50 a year. Devoted to progressive thought and sentiment.

The Working Farmer for February contains a most interesting and valuable account of the life and services of Prof. Mapes, whose labors for the cause of agriculture have been greater, perhaps, than those of any other person. With his fine constitution he should have lived many years yet. $1 a year. Published by W. L. Alliston, New York.

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THE SCIENTIFIC AMERICAN.—New York: Munn & Co., No. 37 Park Row; $3 a year; 16 large pages weekly.

It contains a full account of all the principal inventions and discoveries of the day. Also valuable illustrated articles upon tools and machinery used in Workshops, Manufactories, Steam and Mechanical Engineering, Woolen, Cotton, Chemical, Petroleum and all other manufacturing and producing interests; Machinery, Electric, Chemical and Mathematical Apparatus; Wood and Lumber Machinery, Hydraulics, Oil and Water Pumps, Water Wheels, etc.; Household, Horticultural and Farm Implements—this latter department being very full and of great value to Farmers and Gardeners. Articles embracing every department of Popular Science, which everybody can understand and which everybody likes to read. Also Reports of Scientific Societies at home and abroad: Patent-Law Decisions and Discussions, Practical Recipes, etc. It also contains an Official List of all the Patent Claims, a special feature of great value to Inventors and Owners of Patents. All mechanics should have it. Parents with sons of a mechanical turn of mind will find it valuable for them.

THE AMERICAN AGRICULTURIST.—Orange Judd & Co., New York. $1 50 a year.

We generally find a great deal of both good and bad in this monthly. The picture of "The Stricken Mallard," on the first page of the February number, while a good work of art, is not in good taste for an agricultural paper. Better far to have had the picture of a boy or man or human being cultivating friendly relations with the animal creation. There has of late been too much in this paper not elevating to the finer instincts of the race. Still, it is a valuable monthly and worth all it costs.

THE RIGHT WAY—A weekly paper published by G. L. Sterns, Boston, Mass. Mr. Sterns gives away 60,000 copies of his publication every week and pays the postage. Whether people prize what costs nothing as much as what they pay for is a question. The paper is devoted to political reform, and worth much more than it costs. That it may do all the good its noble projector hopes is our wish.

THE ADVOCATE OF PEACE.—Boston: published by the American Peace Society, at $1 a year, in monthly parts.

This is not a very powerful agent in the good cause of peace, though arguments in favor of settling disputes by arbitration and reason are abundant enough.

AMERICAN EDUCATIONAL MONTHLY, published by Schermerhorn, Bancroft & Co., New York.

The enterprising publishers make a good thing of their Journal, and are, we learn, having a large list of subscribers. $1 50 a year.

THE MONTHLY JOURNAL OF THE AMERICAN UNITARIAN ASSOCIATION.—Walker, Fuller & Co., Boston, Publishers. $1 a year.

A model of compactness and neatness. The February number has an interesting article on the claims of Antioch College, by Rev. Dr. Bellows, which throws new light upon the history of that institution.

MERRY'S MUSEUM AND WOODWORTH'S CABINET—for the young folks; 1 50 a year. Published by J. N. Sternes, New York.

This old monthly has ever, we believe, been a favorite with the children.

EVERY SATURDAY, a weekly magazine, filled with choice selections from foreign literature. Send ten cents for a single number and judge for yourselves.

THE NEW YORK INDEPENDENT.—This large religious weekly probably has the largest circulation of any paper of its class in the country. Nearly every number contains one of Beecher's sermons, which, to those who can not hear him, ought to be a sufficient inducement to take it. It takes high moral ground on many of the questions that agitate the people of this age.

ALCOHOLIC MEDICATION.—Miller, Wood & Co. have published a paper entitled "Alcoholic Medication," prepared by R. T. Trall, M. D., for presentation to the National Temperance Convention lately held at Saratoga Springs. It was not presented to that body, owing to circumstances beyond the control of the writer. Dr. Trall holds that alcohol is never necessary as a medicine, differing therein from the great body of medical men in every part of the world. His argument is worthy of attention. —*Independent.*

THE PRACTICAL ENTOMOLOGIST.—Philadelphia: published by E. T. Cresson, 518 South Thirteenth Street; 12 cents a year; published monthly.

We should think this an excellent little monthly, and so cheap every one can afford to take it. It is sent post-paid.

THE HOME WEEKLY.—Philadelphia: G. W. Childs; $2 a year; specimen copies, 3 cents. It is devoted to family reading matter, stories, etc., and has a talented set of contributors. Get a number and judge for yourself.

OUR YOUNG FOLKS—Another of the publications of Ticknor & Fields, Boston; $2 a year. This is now the most popular and deserving of any monthly devoted to the young people.

Advertisements.

☞ ADVERTISEMENTS of an appropriate character will be inserted at the following rates: Short advertisements, 25 cents per line; thirteen lines, for three or more insertions without change, 20 per cent. discount; one-half column, $12; one column, $22; one page, $40. All advertisements must be received at this office by the 10th of the month preceding that on which they are to appear.

"NO ONE CAN AFFORD TO BE WITHOUT IT."

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AMERICAN EDUCATIONAL MONTHLY

Is replete with papers of sterling merit on Physical Culture, School Government and Discipline, Object teaching, Languages, Duties of Parents and Teachers, best modes of Teaching, varied means for awakening Mind, the best Schools, the best School Books, School Furniture and Apparatus, with Histories of "the Old Schools." Each number contains a brief summary of the new in "Science and the Arts," items of Educational Intelligence, interesting Miscellany, and occasionally a racy Pedagogical Story. In short, all subjects of interest to teacher and parent are discussed with freedom and vigor. New Books are reviewed without regard to author or publisher. *Indifferent* books will not be treated with the "usual" superlatives of commendation.

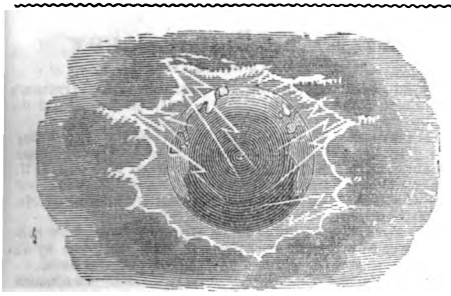
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N. B.—Liberal terms for Agents to act for "American Educational Monthly." feb-tf

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THE HEART AND LUNGS.—No. 1 presents a front view of the lungs, heart, stomach, liver, gall-bladder, larynx, thymus and parotid glands, common carotid arteries and jugular vein; also of the principal portions of the bowels and cawl or omentum. Colored as in life.

DISSECTIONS.—No. 2 is a complete dissection of the heart, exhibiting its valves and cavities, and the course of the blood. The large arteries and veins of the heart, lungs and neck are displayed, with the windpipe and its bronchial ramifications; also the liver with its gall-bladder and ducts; the pancreas; the kidneys with their ureters and blood-vessels; the descending aorta, or large artery of the chest and abdomen, with its branches into the right and left iliac arteries; the ascending vena cava, or great vein of the abdomen and thorax; the uterus and its appendages—ovaries, Fallopian tubes, round and broad ligaments, etc.

NERVOUS SYSTEM.—No. 3. Side view of the brain, heart, lungs, liver, bowels, uterus and bladder. Also the various subdivisions of the base of the brain, with the whole length of the spinal cord, showing the origin of all the cerebro-spinal nerves. Very useful to physicians, phrenologists, teachers, lecturers and others.

THE EYE AND THE EAR.—No. 4. The anatomy of the eye and ear, representing the arrangements of the minute blood-vessels, nerves and other structures concerned in the functions of seeing and hearing. Beautifully colored.

DIGESTION.—No. 5. The alimentary canal complete, exhibiting the exact size, shape and arrangements of the structures especially concerned in digestion, viz.: the mouth, throat, tongue, œsophagus, stomach, small and large intestines, with the liver, gall-bladder and the biliary ducts; also the internal structure of the kidneys, and a beautiful representation of the lacteal absorbents and glands, thoracic duct, and their connections with the thoracic arteries and veins. Colored to represent life.

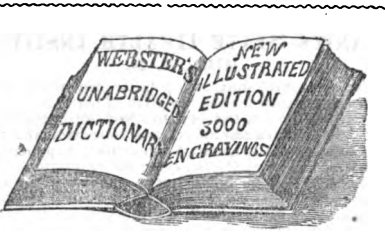
CIRCULATION—SKIN.—No. 6. The lobes of the lungs and cavities of the heart, valves, etc., with the large vessels of the circulation; also a minute dissection of the struction of the structures of the skin—the sebaceous follicles, sweat glands, etc.—exhibiting the extent and importance of the great depurating function of the surface. The most natural and best ever made.

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AT
THE WILLOW PARK WATER-CURE!

We are busily engaged erecting a complete suite of these *famous Baths* in our Cure. One suite of rooms for ladies and another for gentlemen, complete and separate. We intend they shall be ready for use by the 15th of March. We will assure all invalids who read this that our Baths shall be equal to, if not better, than any now in use in the United States of America, and shall be administered on the most careful and scientific plan. We will also state that we have engaged the services of ELLEN H. GOODELL, M. D., for the last two years Female Physician at the Laight Street Institute, N. Y., and whose reputation needs no comments. She will be with us the first of March. Address, inclosing stamp,

mh-tf DR. J. H. HERO, Westboro', Mass.

TURKISH BATHS.

One of the Publishers of THE HERALD OF HEALTH, Dr. A. L. WOOD, who for the past two years has built and superintended Turkish Baths in Providence and New York, has been traveling in Europe during the past summer, for the purpose of examining the construction, modes of heating, and management of the numerous and extensive baths which are there becoming national institutions, and being convinced that the general introduction of Turkish Baths, *as now modified and improved*, will do more to improve the health of the American people, and lead them away from all forms of Intemperance and Druggery to a reliance upon the natural hygienic agencies than any other means now employed, we shall do all in our power to introduce them throughout the land. In accordance with this determination, Dr. WOOD will respond to calls to lecture upon the subject, or to superintend the construction of the Bath after the most improved plans, in private houses, Hydropathic establishments, Hospitals and public institutions, or for the public in cities and towns in any part of the country. dec-tf

TURKISH BATHS,

AT THE HYGIENIC CURE, TORONTO, C. W.

feb-tf J. BRENT, M. D.

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The "Granite State" has gained the reputation of being one of the best establishments of the kind in the country, and no pains will be spared in maintaining this reputation, and in keeping fully up with the times in all things that relate to the comfort, good cheer and quick recovery of the sick.

It has ever been and will ever continue to be *a home for the sick*, not only healing men and women of their diseases, but teaching them how to avoid the terrors and disasters of disease.

For further information apply for circular inclosing stamp. Address

dec-tf W. T. VAIL, M. D., Hill, N. H.

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The Proprietors of the New York Hygienic Institute having, from long experience and observation, become fully convinced that a large majority of Chronic diseases can be morer eadily and permanently cured by the proper application of the SWEDISH MOVEMENT CURE than by any other means, and having newly fitted up and finished in the best manner, large and convenient rooms for the application of this mode of treatment, would state to the public that we are now fully prepared to give patients all the advantages of this valuable remedial agent.

Dr. A. L. WOOD, who has successfully practiced the system for several years past in Boston and Providence, has special charge of this department.

Special attention is given to Spinal Curvatures, Round Shoulders, and deformities of every description; Incipient Consumption, Narrow Chests and Weak Lungs; Uterine Diseases and Displacements, Imperfect Circulation of the Blood, Coldness of the Extremities, Nervous Diseases, Paralysis, Dyspepsia, Liver Complaint, Constipation, etc.—Communications relating to the Movement Cure should be addressed to MILLER, WOOD & Co., 15 Laight Street, New York.

WORCESTER WATER CURE,
WORCESTER, Mass., will be ready to receive patients April 1, 1865. The Movement Cure, Electricity, and all Hygienic agents, will be made available by the proprietor, who has had twenty years' experience.

my-1y ISAAC TABOR, M. D.

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Phonographic Visitor, Vol. II [for 1865–66]. Now publishing in numbers of 48 pages. Should be taken by all who are, or wish to become, phonographers. 98 cents.

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feb-2t 544 Broadway, New York.

THE HAND-BOOK OF HYGIENIC
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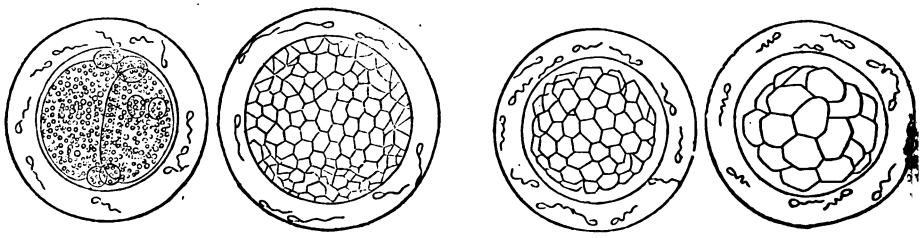
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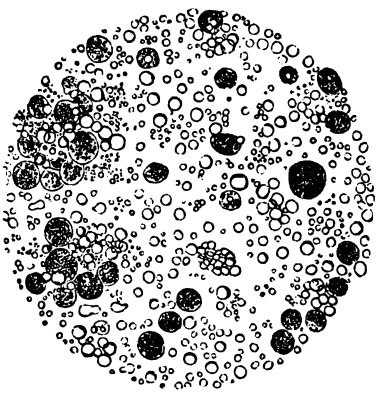
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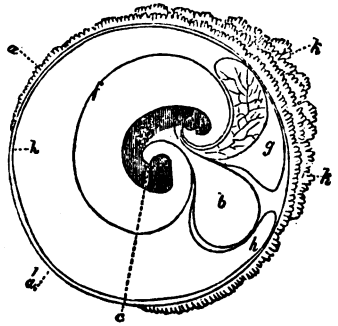
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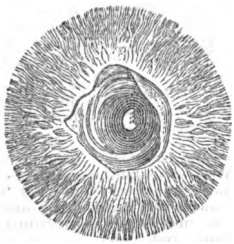
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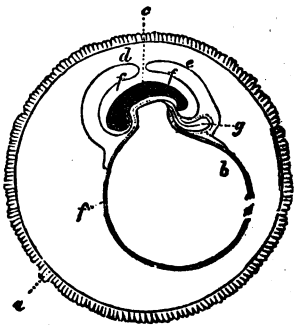


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General Articles.

The Value of Life.

BY THE REV. O. B. FROTHINGHAM.

THE old Hebrew text says: "The Lord God formed man out of the dust of the ground, and breathed into his nostrils the breath of life: and man became a living soul."

The word *soul*, everywhere in the Hebrew Scriptures, means simply the vital principle, as we call it—the force of organic life by which the frame is built up, perpetuated and preserved. Its function is confined to the physical exigencies of existence, and is, of course, limited to this sphere of being.

Thus understood, how precious a creature is man, and how precious a thing is the life of a man! Take him as he stands before us in the body, without regard to any but his physical and terrestrial relations, how costly and precious a thing he is. There is dust in him, and deity; the earth and the heavens go to make his composition. I am not speaking of man in the abstract—of the ideal man; I am speaking of any man and every man, however far from the ideal. I say that he is made of the very richest stuff there is in the world. The essences of the universe are in his substance; all the elements, all the gases; the light of suns and stars; atmospheres, temperatures, seasons, virtues of soil, graces of climate; the ocean has its part in him, the continent, the mountain, the river, the forest, cold and heat, calm and storm, spring showers, autumn dews, birds of the air, cattle on a thousand hills. For all these things affect the conditions of his life, make the air he breathes, the food he eats, the water he drinks, the quality of the flesh he wears. It takes all nature to make a hod-carrier or a poor Southern white. Unless the earth turned duly on its axis, and duly made its circuit round the sun, no such creature as even a bushwhacker could be.

Consider for a moment how much more than all this it takes to make the most unpromising specimen of mankind. Think of the pain of bringing him into the world; the difficulty of rearing him from infancy; the amount of labor required to supply his hunger and shelter him from the cold; the care that is expended to beat off disease and danger from him; the strength of body spent in watching him when he is sick; the mental suffering attendant on his hurts and bruises, his maladies and mishaps; the anxiety of heart that is invested in him as he comes in the way of temptation; think of all that the father and mother experience on his account as he passes through the several stages of his development; how much love is lavished on him; how much hope is staked on him; how much gladness and sadness, how much joy and sorrow accompany him from step to step. I do not wish to be sentimental or to exaggerate; I know how carelessly children are born and reared; still, taking it at its smallest, the amount of heart-life that every man costs is immense and incalculable.

Then reflect that the individual thus expensively constituted, thus painfully preserved from death, thus laboriously led on toward maturity, thus copiously enriched by the deposits of old and hardly-earned experience, represents something precious to his fellow-men. He stands for

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so much labor in the field, in the shop, in the factory, in the mine, in the foundery, the printing-house, the warehouse; he stands for so much food, so much clothing, so much warmth, so much furniture, so much convenience, decoration, luxury, so much supply for life's necessity or pleasure; perhaps for so much knowledge, literature, art, science, invention; perhaps for so much moral quality of patience, courage, fortitude, manly spirit. At all events he stands for power and wealth in some palpable form. He has his value, as an organized being, in some indispensable, material product. The planet is richer, or should be richer, is intended to be richer, might be richer with him than without him. At the lowest estimate he has some uses; at an estimate not at all exaggerated he has very great uses in many directions.

Such being the price which the universe puts on a human creature, as ordinarily constituted, endowed, conditioned, circumstanced and privileged; such being the price which the universe puts on the vital organization as such; price so constantly published, so promptly and invariably paid, so emphatically and rigorously insisted on whenever a living soul is born into the world; price which every living soul must acknowledge to have been paid in his own case, and which the majority of living souls must see that they pay in the case of others, what should we expect to see? Why, certainly nothing else than a deep and passionate conviction of the worth of human life simply as human life, simply as so much organized being. We might naturally look to find men appreciating nothing so much as life, and laboring for nothing so much as its preservation. We might be prepared for something like a fanaticism of zeal in its preservation. Of course, every thing that endangers life, every thing that destroys it or tends invincibly to destroy it, is abhorred as not less impious and desecrating than ruinous and wasteful; as not less betraying the most outrageous insensibility to the goodness of the Creator, than the most astonishing indifference to the wealth and improvement of the creature; as implying a mixture of godlessness and stupidity wholly disgraceful among rational beings. War, for instance, must—we should say *must*—be execrated by all mankind, if only for its fearful squandering of so costly a product as human life; if only that it turned such a mass of organized being into guano; if only that it blows the breath of God out of the expensive dust and makes it vegetable clod again. Said a Frenchman, after one of Napoleon's bloody battles: "Great carnage! oh, yes. But what of it? Life is cheap! The births of a single night in Paris will make it all good!" As if so many babies were equivalent to so many men! As if the babies were not called for in addition to the men! Are no babies born when there are no battles?

How men must hate war, if only for its waste! How they must hate every thing that wastes! How they must hate the causes that produce famine and generate pestilence, and give occasion to cholera and scarlet fever to spread through thriving communities of people! How hey must hate carelessness, recklessness, impuity! How they must detest undrained marshes, tagnant pools, heaps of offal, piles of garbage and filth! In what disgust they must hold the habit that poor people have of huddling together in damp cellars, unventilated attics, close, fetid chambers unvisited by the daily sunshine! What a loathing there must be of intemperance, that tremendous ravager of organized life, that burns up human creatures in slow fires, whole households at a time! What a universal outcry there must be against sensuality in every form as a cause of waste! In view of the value of life, we should expect to see the people of every community, regardless of political, ecclesiastical, theological connections, associated together for the work of sanitary reform, in close and hearty league against the powers that conspire to pull down the wonderful fabric of flesh which Nature has reared with such infinite pains, and which man is ever taking such infinite pains to complete and preserve.

Nay, more than this even. We might reasonably expect that people, not content with beating off the more deadly foes that assail human life, would bend all their endeavors to the finer development of human life; would study means for making the organization itself more perfect; improving its outward circumstances; increasing the advantages and enhancing the privileges of its condition; adding to its power and grace, giving keener edge to its capacity for enjoyment; creating new opportunities for the exercise of its faculties; making it less accessible to disease; training its muscular system; refining its nervous system; expelling hereditary impurities and taints; correcting transmitted deformities; bringing out capacities that have been latent, and suppressing the disproportionate growth of parts which have been over-developed by the barbarism of the past ages.

A primary and heartily-acknowledged duty, one would say; a duty imposed by the sheerest self-love; by the barest regard for health and wealth; by the merest earthly considerations for the animal happiness that must be to all people so dear. For without life what is there? Without healthful, vigorous life what goes on? Sickly humanity is no humanity at all. Physical weakness, imbecility, disorder, justly invalidates every thing, pulls down the whole fabric of being, crumbles the market, the co rt-house, the palace, the temple. The bodily defect cripples civilization and disorganizes the moral universe.

Why do we spend money for that which is not bread? Methinks I hear men crying: Why spend millions in exorcising the demon of sin, who threatens to make us miserable in a disembodied state, when here is a demon of dirt who is actually making us miserable in our embodied state. Why support costly establishments for circulating Bibles, distributing tracts, speeding colporteurs and missionaries to the ends of the earth, in order to set theological currents a-flowing, when the very blood in men's veins does not circulate properly, or when what flows therein is not blood, but poison? Why be so eager to erect heavenly mansions in another world, when our temporal mansions are no better than they should be, and large districts of the populous portions of cities in this world are covered with tenement houses not fit to live in? Have not those heavenly mansions their founda tions here? Is the blood that feeds the brain

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when it thinks of divine things, when it believes, worships, meditates, adores, any other than the blood that flows through these veins and arteries of the body which we so deplorably neglect, not to say abuse? Must not the breath that God breathes into man's nostrils, the breath by virtue whereof he is a living soul, be made sweet and invigorating before that other breath which flows through the highest regions of his nature, and which we call the Holy Breath or the Holy Spirit, can begin its inspiring process and carry on its inspiring work? Come, then; let us turn our attention to this matter! Let us study the laws of health! Let us become acquainted with sanitary conditions and rules! Let us learn how to economize bone and blood, muscle and nerve! Let us husband physical resources—our own and those of society; our own and other men's, for other men's life is our life too; their health is our health; their power is our power; their industry is our wealth; their vitality is our opulence; their comfort is our safety; their cleanliness is to us purity and long life; the blood in their veins is elixir or poison for us.

Do we hear people saying this? Is it the cry of the multitude? Is it the cry of the large minority? Nay, it needs a very keen and attentive ear to hear such a cry at all, so few and feeble are the voices that utter it. Life, one would say, so far from being, in the common estimation, the dearest thing in the world, is the cheapest thing in the world. Nothing so contemptible as life; nothing so vile as the body; nothing so little worth cultivating, preserving, perfecting as man, who is fashioned of the dust of the ground, animated by divine breath, and made to be a living soul. Every thing is thought of before the human physical estate, and that is thought of least, strange to say, in an age that should naturally think of it most—an age addicted to physical gratifications and sensual delights; an age that lives much in the senses; that is concerned mainly with material prosperities; that professes to believe in civilization as distinguished from religion; is disposed to accept this temporal life as the only phase of being with which we have an immediate concern, and pursues science and the useful arts as the best means of advancing human happiness. In an age of Naturalism the claims of the natural life receive less attention than an age of Spiritualism would allow them! There is a philosophy in that which I will not turn aside from my point to explain. The fact, for the present, is sufficient. *The thing held cheapest is human life!* It is held cheaper than pleasure; cheaper than vanity; cheaper than fashion; cheaper than place in society; cheaper than office, power, prestige. A very little money will pay for a great deal of it. There is more than one capitalist here in New York who, rather than forego a third of his thirty per cent., will allow the strength of thirty families to waste away in sunless and unaired tenements; there is more than one capitalist who, rather than spend a few hundred dollars on decent improvements, sewerage, drainage, fire-escapes, will imperil the lives of a small community of men, women and children. Lust for gain holds life cheap as the dust of the ground, and will keep its operatives working and living in places where only miracle-working nature supports them in a half animate condition. In saloons, bar-rooms, ball-rooms, gambling-hells, places of riot and dissipation, how madly the dance of Death goes on—a dance of Death such as Holbein could not paint!

Ambition holds life cheap. The Southern leaders, to gain their selfish ends, plunged the nation into war, which cost a million or two of lives, with as little compunction as if men were vermin, as doubtless some of them thought they were, and now, when the war is ended, we hear from those men not one solitary word of regret for the horrid massacres they so foolishly and gaily caused. Not one of them has by a syllable confessed that his prodigious depravity was impious, sinful, criminal, or even reckless and mad; nor have the Northern people betrayed any consciousness of the terrible nature of the war in that respect alone.

The caste spirit holds life cheap. Witness the massacre recently perpetrated in Jamaica by the privileged whites, who, imagining their privileges endangered, were quite prepared to exterminate a race that represented the best industry and thrift of the island, reckoning two thousand cold-blooded murders as a trifling matter in comparison with their class immunities. The theological spirit holds life cheap; for all the vehement clamor for capital punishment is, after all, scarcely more than clamor for a dogma and a text in the Old Testament. The politician holds life cheap. Look at our great rich city at this moment. The sanitary condition of it is more deplorable than that of any great city on the globe where civilized men are reputed to live; and that sanitary condition is perfectly well known to every well-informed person in the community; to every person not generally well informed, who takes a daily paper and gives himself the trouble to read its columns with ever so casual an eye; any person who will may be acquainted with the fact—any person who would might for a twelvemonth have been acquainted with the fact—that the condition of the streets and sewers, the attics and cellars, the markets and cattle-pens, the tenement and other slaughtering-houses, is not only disgraceful to an intelligent community, but is exceedingly detrimental to health and perilous to life. Every body knows, or may know, that for twenty-five years past the rate of mortality in New York has been increasing, and that it has fluctuated from the rate of one death in every thirty-nine of the population to one death in every twenty-seven, and even to one death in every twenty-two and a half; that our death-rate is excessive, as compared with that of other American cities, and is considerably higher than that of the great, overcrowded cities of England and France, which are far less salubriously placed. Every body knows, or may know, that upward of two hundred thousand cases of preventable and therefore of needless sickness occur every year, and that not fewer than seven thousand people needlessly die each twelvemonth.

Previous to the great sanitary movement in England, it was deemed a terrible thing that in a portion of the city of Manchester people were crowded together at the rate of one hundred thousand to the square mile; that in a particularly dense and unwholesome quarter of Liverpool they were packed in at the rate of one hun-

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dred and thirty-eight thousand two hundred and twenty-four to the square mile. In East London, the most closely populated district of the vast metropolis of England, the inhabitants of a single square mile are in number one hundred and seventy-five thousand eight hundred and sixteen. But the whole tenement-house population of New York, it is estimated, is crushed into a space of less than thirty acres, exclusive of streets; and in one ward human beings are stored away at the rate of two hundred and ninety thousand to the square mile, more than twice as many as awoke the alarm and indignation of Englishmen.

It is published knowledge that in one ward of our city there are one thousand two hundred and four private dwelling-houses, seven hundred and thirty-four tenant-houses, thirty-eight slaughter-houses, seventeen packing, hide and fat houses, one hundred and sixteen stables, one hundred and sixty-six dramshops, eighty-two lager-bier saloons; in another there are two hundred and sixty dramshops, six large slaughter-houses, three very large fat-boiling establishments, three or four large livery-stables; in another there are five hundred and forty-five tenant-houses, three hundred and forty-one dramshops, twenty-nine markets, eighty-one brothels and one hundred and eight stables.

What a terrible commentary on the text: "God breathed into man's nostrils the breath of life, and man became a living soul!" These figures put forth a very different text, which runs to this effect: "Man breathes into his brother's nostrils the breath of destruction, and man becomes a dead body." For all this means a low estimate of the value of life, of any life, of all life; for these causes of destruction have a wide and far reach. The noisome pestilence walks the streets, rides in city cars, stands at our front doors, creeps in at our open windows; the reek of the abomination steams up into all our nostrils.

The cholera will probably be upon us in the spring—of that there would seem to be little doubt. We know what will bring it, what will feed it; we know, too, equally well what will keep it off, what will starve it; we know where it will begin, we do not know where it will cease. It will carry off thousands of productive men and women. It may bring low our own children. It may turn us back to dust again. It only waits for the opening of the mild season, which in less than six weeks' time will come, to spring upon us with a fury unknown hitherto. What are we doing about it? The Health Bill, which contains our only chance of rescue, has been in the hands of the politicians at Albany, and they were thinking more of official place and plunder than of the lives of these hundreds of thousands of human beings. One gentlemen declared that the Democratic party—the party of the people so called, the party which these inevitable victims mostly support—did not want any Health Bill at all! He charged that it was a Republican measure, devised, not in the interest of the public safety, but in the interest of a few party leaders. However this may be, here stands the fact that human life is reckoned of small account in comparison with the loaves and fishes of political place and patronage. No matter how many die, provided the party supremacy in the city government be maintained! No matter how many die, provided the party lines be kept unbroken! No matter how many die, provided a few demagogues retain the key of the public crib! We have been used to complain of the people who forgot the value of human life in their sense of the value of the human soul, and were quite unconcerned if men and women returned to the dust whence they came, provided their spirits went home redeemed to the great Father of spirits. But what shall we say of these people, who forget the value of human life in the intensity of their own soullessness, and are quite unconcerned that men and women should return to the dust whence they came, provided their dust will fatten the soil of their own garden plat!

It is quite needless to argue now that there are things more precious than human life—interests to which the consideration of human life may well be deemed secondary; causes in which human life may be wisely sacrificed; enterprises of discovery, achievement, honor, patriotism, in the carrying forward of which human life may be very profitably and economically expended. Such enterprises are not proposed now; such causes are not entertained; such interests are not in question. The value of human life is not set over against any other values which men justifiably hold high. It is set over against animal pleasure, vice, intemperance, luxury, personal prejudice, ambition, party rivalry and passion, the meanest indulgences of the lowest appetites. They are the earth-born who despise and desecrate their own earth.

And at the bottom of this indifference to human life there seems to lie that deadly fatalism which is peculiar to the animal and sensual mind. The responsibility for the waste and destruction is flung off upon Providence. "It is God who is careless of life," men say, "not we. He is no economist. Plague, pestilence and famine are His agents, not ours. He started the cholera on its fatal career across the Western Hemisphere, and if men and women perish by millions before it who but He is answerable? All history shows Him prodigal of human life to an extent that fills us with horror. We are powerless before His ministers of destruction, and can only resign ourselves to the destiny He passes on us."

Grant, for a moment, the truth of these representations—does it justify our apathy? Because the Creator of life is prodigal of it may the creature be? Because He who sent out His breath in the beginning and informed with it the numberless generations, and still informs them, multiplying living souls by nations; because He, in hidden counsels and for mysterious ends of His own, allows these destructive agencies in His universe, makes space and way for them to execute their deadly office, may we therefore feel at liberty to be apathetic and supine?

If we are to copy God in any thing, it would be more logical, as well as more becoming, to copy Him in the unceasing endeavor He makes to *preserve* life, rather than in the exceptional action by which He allows it to be destroyed. Of two examples why choose the least characteristic as well as the least encouraging one? If we will be Fatalists, let us conspire with the destiny

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that works in the myriads of health-giving, life-restoring, beneficent powers which are incessantly co-operating to save the world from death. Then, at all events, our imitation of God will be reverent and loving, as becomes His children. Besides, if we must admit that Providence is prodigal of human life, we must likewise admit that He is prodigal for a purpose. In what seems God's waste there is evidently a grand economy. These hecatombs of life are not sacrificed for nothing. They have an aim, and their aim is *to make men appreciate life at its full value*, by making them feel the agony and wretchedness that are incidental to its loss; to *scourge* men into health; to drive them by fire and sword out of their unsafe and insalubrious dwellings; to break up their apathy, put a stop to their recklessness, and force them, if only in sheer self-defense, to fall back on those great healing and conserving laws which insure length of days and enjoyment of existence. If we say that God sends cholera, we should, in common justice, remember that He sends the measures of precaution, the means of prevention and the resources of cure, which even the shadowy presence of cholera puts us upon discovering and employing. Providence justifies its prodigality by making it promote saving. How do we justify ours? God says: "You must die, then, in order that you may more happily and nobly live." What do we say?

But I will not admit that God is prodigal of human life. He is very saving of it; He is very jealous of its spending; He has left nothing unprovided that might minister to its affluence and preservation; He has placed the means of preserving it in our own hands; He has stocked the earth with preventive arrangements; He has laid open a cure for every malady, a healing for every hurt, a remedy for every ill. Whatever our ancestors may have said, we can not say that *we* are unacquainted with the causes of pestilence, the laws of epidemics or the conditions of death.

We may charge God with the inevitable, not with the avoidable. Unenlightened people may asseverate or complain that Providence sends the pestilence which they are too blind to foresee, too ignorant to anticipate, too helpless to ward off, too uninstructed and unskillful to palliate or to cure. But in an age of science it is, to use the mildest language, absurd to maintain that Providence sends what would not come if we did not wantonly invite it; what would not remain if we did not offer it hospitality; what would not kill if we did not furnish it with weapons; what, in fact, would not exist any where on the earth, if we did not supply or permit the conditions under which alone its existence is a possibility. As far as God is concerned, the most terrible agents in the destruction of human life—war, pestilence, famine—are non-existent. He has washed His hands of them; they are discharged from His service. If we choose to take them into our service it must be our affair. But let us mark the men who do it, or who connive at doing it; let us hold them to a strict and stern accountability, for they are the representatives of the old god Siva the Destroyer.

Let not our duty, however, end here. In the immediate exigency before us we are, perhaps, powerless to exert any influence beyond that of swelling a little the public opinion, and, in our own limited sphere, removing the causes which put life and health in peril. But the question of the value of human life is one that touches us nearly in our personal habits and private practices. Nearly all of us are conspirators in some way against health of body. By want of regulation in our diet; by over or under-eating and drinking; by careless exposure to the climate; by excessive nervous excitement; by too free use of stimulants; by late hours; by insufficient or untimely sleep; by indolence or by undue activity, we sap the foundations of that physical well-being which is the primal seat of all well-being. We must all deal more rationally with our bodies, or we shall never deal rationally with our souls. Their condition, after all, when deeply and comprehensively viewed, measures the state of our civilization and the stage of our advancement. Their condition, estimated by a high standard of organic development, is the test of our enlightenment and our morality. Before their condition can be perfected vice must abate, intemperance must decrease, sensuality must be rebuked, the sanitary laws must be studied and applied. No motive so powerfully impels to these reforms as the motive of preserving and enhancing the physical man. And when the physical man is made what he should be and may be, then the earth will be made over anew. It will be what God designed it should be—the pleasant home of His children; the dwelling of their safety; the abode of every tender and noble affection; the domain of every grand brotherly relation; the field of useful toil; the laboratory of science; the observatory of thought; the altar of pious vows; the temple of pure worship.

GAIT AN INDICATION OF CHARACTER.—Observing persons move slow, their heads move alternately from side to side, while they occasionally stop and turn around. Careful people lift their feet high and place them down flat and firm. Sometimes they stoop down, pick up some little obstruction and place it quietly by the side of the way. Calculating persons generally walk with their hands in their pockets and their heads slightly inclined. Modest persons generally step softly for fear of being observed. Timid persons often step off from a sidewalk on meeting another, and always go round a stone instead of stepping over it. Wide awake persons "toe out," and have a long swing to their arms, while they shake about miscellaneously.

Careless persons are for ever stubbing their toes. Lazy persons scrape about loosely with their heels, and are first on one side of the walk and then on the other. Very strong-minded persons have their toes directly in front of them, and have a kind of a stamp movement. Unstable persons walk fast and slow by turns. Venturous persons try all roads, frequently climb the fences instead of going through the gate, and never let down a bar. One-idea persons and very selfish ones "toe in." Cross persons are apt to hit their knees together. Good-natured persons snap their fingers every few steps. Fun-loving people have a kind of jig movement.

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Prevention of Intemperance.

BY A. L. WOOD, M. D.

THE old axiom, "that an ounce of prevention is worth a pound of cure," is true, as far as it goes, but it does not go far enough. It is in many cases, as Dr. Lewis truly says, worth *tons* of cure; and is it not so as regards the demon curse of intemperance, which yearly carries its hundreds of thousands of victims to the poor-house, the lunatic asylum, the prison and the grave? There is not a doubt of it. Great good may be accomplished, in many cases, by determined and well-directed effort for the reformation of the drunkard, but a thousand-fold more by the same effort, rightly directed, to the *prevention* of intemperance.

When a person has become addicted to the use of intoxicating drinks, it is in many cases impossible, and in all cases very difficult to reclaim him. It has become, as it were, a second nature. His system has been accustomed to the stimulus, and he feels that he must have it. He may desire to abstain from it, and determine over and over again to do so, but when the unnatural craving comes he can no more resist it than he could an avalanche. He is no longer his own master, but the servant; yea, the very *slave* of the most cruel of tyrants, and he must obey. It ruins his physical system, destroys his health, clouds and obscures his intellectual faculties, weakens his will-power, and debases and degrades his moral and spiritual natures. Is it not a far more difficult task to reform and redeem a person in this deplorable condition of body and mind, than to prevent the acquisition of such a disgusting body-and-soul-destroying habit by one in full possession of all his bodily and mental powers? It is not the best time to attempt to save a ship from destruction when it has been scuttled and is rapidly filling with water, neither is it the best time to save a human being from the blasting curse of intemperance when he is reeling in the street a confirmed drunkard, with his physical powers all shattered and health ruined by years of debauchery and excess, his moral and intellectual perceptions blunted or obscured, and his self-control destroyed by frequent and long-continued yieldings to the blind impulses of passion and perverted appetite.

The Temperance movement, to be successful, must commence with the young. Every one knows that children are much easier influenced for good or evil than adults; that habits are formed in childhood much easier than at any subsequent period; that principles firmly implanted in youthful minds take deep root and are with difficulty eradicated. It is easier for children to do right than it is to do wrong, provided they have been correctly educated. Their natural instincts, if unperverted, will lead them in the right direction. Children, with some few exceptions, where the appetite for alcoholic drinks has been transmitted to them from their parents, have no desire for any thing of the kind; in fact, they at first almost invariably loathe the taste of spirituous liquors. How easy it is, then, to teach them the sinfulness of intemperance, its ruinous body-and-soul-destroying effects, and to implant in their plastic minds the principles of true temperance—of total abstinence from every thing that intoxicates. Confirmed drunkards are, as a rule, beyond the power of reclamation. To eradicate the curse of intemperance from the land we must make Temperance advocates of the children, and teach them to "touch not, taste not, handle not" the "unclean thing," not even if prescribed by the "doctor." Teach them, both by precept and example, to live temperately; point out to them the wisdom and truth of this course, and teach them the folly, disgrace and sin of the opposite. Tell them kindly, plainly all this, and teach them that water, bright, sparkling, pure and beautiful water, is the best and only needful beverage—the God-given drink of man. Teach the children this, and the next generation will witness the abolition of intemperance as this has the downfall of slavery.

A single step in the right direction has been taken by the American Temperance Alliance, which held its semi-annual meeting at the Cooper Institute a short time since. The meeting was presided over by Mayor Wood of Brooklyn, who is President of the Alliance, and was attended by over three thousand youthful members of the association. The exercises were very interesting, and consisted mainly of short addresses by several gentlemen connected with the Temperance movement, and songs and glees by the children. The audience was very earnest and enthusiastic, as children usually are in whatever they undertake, and the meeting passed very pleasantly.

BANDS OF HOPE.

The American Temperance Alliance is somewhat similar in character to what in England are called "Bands of Hope," and which are becoming very common throughout that country, and are doing an immense amount of good, by teaching the rising generation to abstain from aught that intoxicates. Mrs. Carlisle, "a warm-hearted and benevolent Irish lady, the companion in prison-visitation of the celebrated Elizabeth Fry," was the originator of this great juvenile Temperance movement—a movement that will do more to emancipate the people from the tyranny of King Alcohol than any other. In regard to the earnestness with which children take part in this movement, an English writer says: "The utmost enthusiasm prevails among the young in this great moral movement, and clergymen, ministers and Sabbath-school teachers everywhere are lending it their powerful help."

The following extracts from a little English book, entitled "What are Bands of Hope and How to Form Them," will give the reader a good idea of the way they are formed and conducted in England:

"One Monday night, about seven years ago, seven little Sunday scholars were assembled around their teacher in a small room in one of the ancient cities of England. The teacher had witnessed the sorrows caused in many families through intoxicating liquors. He had heard of Mrs. Carlisle's suggestion, and felt desirous that his youthful charge should not only be trained up in the practice of total abstinence, but that they should also be induced to sympa-

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thize with and seek to reclaim the poor drunkards who abounded in that city.

"After a prayer by the teacher and the singing of several Temperance melodies by the children, he spoke to them at length upon the manifold evils of intemperance and its ruinous effects, and concluded his remarks as follows: "'My dear boys, a great and social evil afflicts our land; our prisons are crowded with criminals, our asylums with lunatics and our union-houses with paupers. The greater portion of these have been ruined in morals, mind or circumstances, either through their own intemperance or the intemperance of others. In a few years the present race of drunkards will have passed away—death will have removed them from this world to a never-ending eternity. A new race of drunkards is springing up and filling the ranks of the old ones who are dying away. Will any of *my* Sunday scholars, who are now before me, ever fill any of those vacancies in the drunkard's army? The poor drunkard whom you see staggering in the street was once a smiling little boy. He was once a *very* moderate drinker. When he took his first glass, had any one told him that in so many years he would become a self-degraded slave, he would have felt insulted. But alas! he has fallen as hundreds of thousands more have fallen, and thousands more are yearly falling, even in Christian Britain. Which one of my scholars is willing to be a drunkard? Not one! Then let me advise you *never* to take the "'first glass.'" Let your motto be:

"From whatsoe'er intoxicates
For ever we'll abstain."

I desire, by God's help, to aid in fortifying you against some of the snares to which you will be exposed, and am anxious that you should join with me in forming a Band of Hope. I have prepared a declaration, a copy of which I shall give to each of you to take home for your parents to see. If they consent to your joining our Band of Hope, I shall be glad to see you here next Monday night."

On the following Monday night the seven youths appeared, each bringing the declaration to which his name was attached. A register or roll had been prepared by the teacher to which the seven names were transferred. A supply of declaration-papers was given to each youth, together with suitable tracts, handbills, etc., and the young Temperance laborers were sent forth as little "home missionaries" to promote the blessings of sobriety in the homes of the city. The teacher met his little fellow-laborers once a month. Suitable pieces were occasionally recited by some of the youthful members, and various plans adopted for sustaining the interest of the meetings. The number of members rapidly increased, festivals were held, and other means taken to extend the knowledge of the movement and keep up the enthusiasm of the members.

"On a beautiful afternoon in the summer of 1854, the sound of music was heard in the streets of the city in which the seven little boys had been assembled a few years previously. Banners were seen waving in the air. Superintendents and teachers of various Sunday-schools were at the head of a joyful-looking procession of boys and girls wearing their Band of Hope medals. People stood at their doors and windows, greeting the 'Cold-water Army' as it passed along. It was not the work of a moment thus to pass, for banner after banner came on. *The procession was upward of half a mile in length!* Like bread cast upon the waters had been the simple truth taught to the first seven, and it was indeed 'found after many days.' The good teacher who enrolled the first seven was far away in other fields of labor, but 'one of the seven' was now the leader of this great gathering. It was the Band of Hope which began with seven, but which now numbered its *seventeen hundred and eleven members.*"

Why can not "Bands of Hope" be formed in every city, town and village throughout our land? It is not a difficult thing to do. Children are easily interested in a movement of this kind, and they will gladly band together for such a purpose, if they can have the right kind of leaders and be led aright. To be successful, they must start upon the principle of total abstinence under all circumstances and conditions, otherwise it will be more or less a failure. In the meetings the speakers must impress upon the minds of their youthful audience this one fundamental truth: that spirituous liquors are *always injurious*, and *never* beneficial either in sickness or in health. They must teach them that it is unsafe for them even to taste the "maddening draught," and that it is just as dangerous to drink it when prescribed by a physician as it is when invited by a friend.

If two-thirds of the children in the United States could be enrolled under the glorious banners of *total-abstinence* Bands of Hope, and thoroughly indoctrinated in the principles of *true* temperance, the next generation would see a whole nation emancipated from the blasting curse of intemperance, with not a drunkard or a dramshop in the land. "A strong assertion," a great many will say; but think of it for a moment and see if it is not correct. In this country the majority of the people rule the whole, do they not? When the majority of the people said that Slavery must die, did it escape the judgment? When the majority of the people say that spirituous liquors *shall not be manufactured or imported*, where will be the drunkard and the dramshop then? Drunkenness, as well as slavery, will then only be known as an evil of a past age. Will the people ever pronounce this edict? Most assuredly they will, just as soon as they become sufficiently educated to comprehend the ruinous effects of intemperance. The children of to-day will in a few years become the rulers, the people of the nation. Educate them upon the platform of total abstinence, and the next generation will see to it that the demon Alcohol is exiled for ever from our land.

There are a few Juvenile Temperance Associations in this country, and but few compared with the need that exists throughout every part of the land. There should be a thousand where now there is only one, and instead of their meetings being held semi-annually or semi-occasionally, as at present, they should be held weekly, or at most fortnightly. In every city, town, village and district, yea, in every school, should these juvenile societies be organized.

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And, "children of a larger growth," let me whisper something in *your* ears: it will not lessen your *dignity* nor endanger *you* in any way to sign the pledge of total abstinence, attend the meetings, and lend them your countenance and support.

The one thing needed in this great work is leaders—earnest, enthusiastic, "practice-as-you-preach" men and women, who are willing to give an occasional hour to this great "labor of love" for ignorant and suffering humanity. Shall we not have them? With competent leaders, there will be no difficulty in enlisting and maintaining the interest of the children.

Ye who have at heart the welfare of your fellow-men, and desire to see them made better, happier and nobler; ye who wish to see the day when intemperance, with all its train of attendant evils, shall be banished from the land, will you not give your aid tothe accomplishment of these grand results?

Clergymen and Sabbath-school teachers! ye who labor for the souls of those intrusted to your care, did you ever think that the condition of the body had any thing to do with the condition of the spirit? Did it ever occur to you that the spirit of Christ and the spirit of Alcohol could not exist in a man at the same time? If ye would have the soul of a man pure and noble and Christ-like, ye must have the temple in which that soul dwells pure and unsullied. As well might you expect to see a clear crystal stream of water flowing from a city cesspool as to see a Christian soul enshrined in a drunkard's body. Ye educators of man's moral nature! it is your solemn duty to look after the physical health of those under your care, as much as it is to look after their moral health; for, in order to have a healthy morality, you must have a pure and vigorous physicality upon which to build and sustain the higher nature, just as in building a house you must have a firm foundation to build upon and sustain the superstructure, if you would have the house strong and enduring. If you will preach more physiology and less creedology to your hearers, you will have fewer vacant seats in your churches and fewer sleepy-heads nodding through your sermons; but you will have a stronger, healthier and happier congregation, not only physically, but morally. In the great work of educating the rising generation, in regard to the physiological laws of their beings, which laws are just as sacred as those that govern their moral natures, and especially in instilling into their minds the principles of total abstinence from all alcoholic drinks, you hold, by virtue of your office, a high position, and can, if you will, wield a mighty influence for good. Will you not do it, and thus hasten the downfall of the demon Alcohol?

Teachers! you to whom is intrusted during six days of the week the culture of the rising generation, which, in a few short years, will constitute the American people, do you realize the responsibility of your position, and are you equal to it? Do you comprehend the fact that you can mold the plastic minds of the children under your care almost at will, and through them shape the future destinies of this country? Teachers! if you do *your* duty the children of to-day will become the noble, enlightened and *temperate* nation of to-morrow, and you will live to see our glorious land freed from its greatest curse. Will not the consciousness of helping forward this noble work amply compensate you for your labor? To the true teacher—to those who understand the duties of their position and are qualified to perform them (and to such only should our schools be intrusted), such a work affords naught but the purest pleasure. The labor for each is small; the results to be accomplished mighty. Let all teachers organize among their pupils "Bands of Hope," whose platform shall be: *Total Abstinence from Alcohol and Tobacco in every shape and form!* I would proscribe Tobacco, as well as its sister-curse, Alcohol; and for this reason, to say nothing of the disgustfulness of the habit, and its injurious effects upon the health of both body and mind, the fact that the use of tobacco nearly always precedes the use of alcohol is alone sufficient. Can you find one person in a hundred who uses the latter that does not use the former in one form or another? Then let them both perish together, and an emancipated people shall sing their requiem in tones of thanksgiving and gladness! Let each teacher organize a society among his pupils with such a platform, and let its meetings be held, say, once a week or once in two weeks, and at those meetings let there be debates and essays and addresses in regard to these evils, in which the teacher should, of course, lead and take a prominent part; let there also be singing and declamations, etc., and if the teacher performs his or her duty faithfully, a very short time will elapse ere every pupil in the school will be enrolled as a member of the Band of Hope. Let the meetings be perfectly free to all, without distinction of age or sex. Strive to get the parents of the children to attend the meetings and join the society, and thus by continued effort the old and middle-aged may be redeemed as well as the young saved.

One word in regard to secret Temperance organizations, and those that are confined to one sex only. The evils of intemperance are not confined to one sex alone, and why should the Temperance movement be so confined? The Temperance Reform is a glorious work, and should be carried on in broad daylight, and should invite the co-operation of all. Secret Temperance organizations accomplish a great deal of good, but they might do far more if they would open their meetings to the public, and invite one and all to enter. Let us hope that future societies will throw open their doors, and let their light shine "o'er all mankind."

Parents! upon you rests a great responsibility. It is for you to say whether your children shall grow up pure, virtuous and noble, to become the joy and pride of your declining years and a blessing to the world, or whether they shall tread the path of the debauchee, the drunkard and the criminal, become a curse to themselves and to humanity, and bring your gray hairs in sorrow to the grave. Choose ye the path you wish your children to follow, train their willing feet to walk therein, and they will not depart thence. If you wish them to pursue the former course—and what parent does not?—instill into their

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minds correct first principles; and, above all, teach them by example, as well as precept, to totally abstain from the twin curses, Alcohol and Tobacco.

Philanthropists! you who strive by good words and deeds to reform, educate and elevate your race, in what field of labor are your efforts so much needed as in the Temperance Reform, and especially in the Temperance education of the young? Now that slavery is among the evils of the past, let us all unite in one grand crusade against intemperance, and cease not to battle until its last vestige is swept from our land.

As a sign of the progress of the Temperance Reform in Great Britain, and as encouragement to the friends of the cause in this country, I will mention that while I was in England in August last, there was held at the Sydenham Crystal Palace the largest Temperance gathering ever held in any country. It was held under the auspices of the National Temperance League, and was attended by 32,472 persons. One of the principal features of the meeting was a grand concert by 2000 Band of Hope children, selected from the London Bands of Hope. It was one of the most interesting, earnest and enthusiastic meetings ever held for any purpose, and may the time be short ere New York can boast of as grand a one.

TEMPERANCE ARMY OFFICERS.—The great military men have never been drunkards. Who associates the generalship of Cyrus, Hannibal, Julius Cæsar, Washington, Wellington, Napoleon, with intoxication? True, Alexander died drunk; but the notoriety of his case by implication shows it to be an exception, and that the mightiest was conquered by this enemy.

General Wolfe—a philosopher as well as a general—never suffered ardent spirits to be drank in his army, except on rare occasions and in emergencies. General Cass, who has been a laborious man, subjected to great fatigues, privations and exposures on our frontiers, says: "I never tasted ardent spirits in my life, and therefore know they can be dispensed with." General Prentiss on a late occasion said, "I never drank a glass of liquor in my life." Count Lehmanowski said, "You see before you a man seventy-nine years old. I have fought two hundred battles. I have fourteen wounds, and have often lived on horse-flesh and the bark of trees. In the deserts of Egypt I have marched for days, with a burning sun on my naked head, and thirst so tormenting that I have sucked blood from my own veins! Do you ask how I survived? Next to God, I owe my health and vigor to the fact that I never drank a drop of spirituous liquor in my life." General Havelock, a hero dear to the whole British empire, was a "total abstainer." Stonewall Jackson, whose name was sufficient "to chase a thousand to flight," was a "total abstainer." General Stuart, the rebel raid cavalier, who sometimes rode fifty miles a day and a dozen more at night, and was as nimble as a dancing-master, attributes his health and vigor to the fact that he "never used tobacco in any manner rum or any other liquor. Many of our noble commanders on land and water have been Temperance men.

Pedestrianism.

WE hope that one of the natural results of the great war will be that people influenced by the habits acquired by a million of returned soldiers, and the example set by them, will promote their own comfort and health by resorting more to pedestrianism and out-door exercises. Especially is this true of all our populous cities, East and West, where the convenience of street-cars and omnibuses has almost entirely abolished the most beautiful exercise that the biped man can resort to.

Indeed, how rarely do we find, now-a-days, the sturdy old gentleman with his cane, his flowing locks, his elastic step and youthful complexion, who would walk his six or eight miles a day regularly on business or pleasure. His place is taken up by prematurely old men with wrinkled faces and bilious looks, whom one sees occasionally run a few yards to catch a departing train or steamboat, but who have never learned to look upon their legs as affording one of the principal means of obtaining both pleasure and health.

We were forcibly struck with the necessity of teaching people the great advantage of pedestrianism over any other kind of exercise by a late visit to the Central Park in New York, an institution, by the way, which is one of the most creditable achievements ever made by a municipality in so remarkably short a time. But with all its beauty and exquisite advantages for foot exercise and enjoyment, strange to say, the number of carriages in it on the occasion alluded to, was almost as large as the number of pedestrians.

A little more walking and seeking the open air among our city populations would, we venture to say, diminish considerably the quantity of opiates consumed by many, almost as a regular article of diet, to procure rest, and procure easily what blue pills and seidlitz powders, anti-dyspeptic remedies, patent bitters and nostrums of all kinds are vainly resorted to to accomplish.

If our young men, instead of spending their summer and fall vacations and leisure days at crowded picnics, or elbowing their way through crowds at fashionable hotels, at so called watering places, spending their days in tiresome idleness and their nights in the billiard or the ball-room, would pack their knapsack and take a week's tour through the country anywhere on foot, living on good, plain country fare, they would soon find that while pedestrianism is the true and natural stimulant of a good appetite and healthy digestion, it is also much less expensive. Why do not the professors and teachers in our colleges and academies take the matter in hand and arrange pedestrian tours with their pupils, more or less extended, during vacations, combining both pleasure and instruction?

We are a great nation; great eaters, great drinkers, great smokers, great fighters; we have the fastest railroads, steamboats and horses. But in one thing we come short; we do not walk half as much as we should.—*Medical and Surgical Reports.*

IT is in seasons of sorrow that love more especially roots itself; as trees are best grafted in cloudy days.

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Woman's Health.

The Atlantic Monthly has within the past year published many articles on human well-being. Mrs. H. Beecher Stowe contributes an article in the February number on the subject of Woman's Labor, and thus refers to the subject of woman's health:

"A woman's health is her capital. In certain ways of work she obtains more income, but she spends on her capital to do it. In another way she may get less income and yet increase her capital. A woman can not work at dress-making, tailoring, or any other sedentary employment, ten hours a day, year in and out, without enfeebling her constitution, impairing her eyesight, and bringing on a complication of complaints; but she can sweep, cook, wash, and do the duties of a well-ordered house, with modern arrangements, and grow healthier every year. The times in New England when all women did housework a part of every day were the times when all women were healthy. At present, the heritage of vigorous muscles, firm nerves, strong backs and cheerful physical life has gone from American women, and is taken up by Irish women. A thrifty young man, I have lately heard of, married a rosy young Irish girl, quite to the horror of his mother and sisters, but defended himself by the following very conclusive logic: 'If I marry an American girl, I must have an Irish girl to take care of her; and I can not afford to support both.'

"Now domestic service is all the while fitting a girl physically, mentally and morally for her ultimate vocation and sphere—to be a happy wife and to make a happy home. But factory work, shop work, and all employments of that sort, are in their nature essentially *undomestic*, entailing the constant necessity of a boarding-house life, and of habits as different as possible from the quiet routine of home. The girl who is ten hours on the strain of continued, unintermitted toil feels no inclination, when evening comes, to sit down and darn her stockings, or make over her dresses, or study any of those multifarious economies which turn a wardrobe to the best account. Her nervous system is flagging; she craves company and excitement; and her dull, narrow room is deserted for some place of amusement or gay street promenade. And who can blame her? Let any sensible woman, who has had experience of shop and factory life, recall to her mind the ways and manners in which young girls grow up who leave a father's roof for a crowded boarding-house, without any supervision of matron or mother, and ask whether this is the best school for training young American wives and mothers.

"Doubtless there are discreet and thoughtful women who, amid all these difficulties, do keep up thrifty, womanly habits, but they do it by an effort greater than the majority of girls are willing to make, and greater than they ought to make. To sew or read or study after ten hours of factory or shop work is a further drain on the nervous powers, which no woman can long endure without exhaustion.

"When the time arrives that such a girl comes to a house of her own, she comes to it as unskilled in all household lore, with muscles as incapable of domestic labor, and nerves as sensitive, as if she had been leading the most luxurious, do-nothing, fashionable life. How different would be her preparation, had the forming years of her life been spent in the labors of a family! I know at this moment a lady at the head of a rich country establishment, filling her station in society with dignity and honor, who gained her domestic education in a kitchen in our vicinity. She was the daughter of a small farmer, and when the time came for her to be earning her living, her parents wisely thought it far better that she should gain it in a way which would at the same time establish her health and fit her for her own future home. In a cheerful, light, airy kitchen, which was kept so tidy always as to be an attractive sitting-room, she and another young country-girl were trained up in the best of domestic economies by a mistress who looked well to the ways of her household, till at length they married from the house with honor, and went to practice in homes of their own the lessons they had learned in the home of another. Formerly, in New England, such instances were not uncommon; would that they might become so again!

"The fact is, the places which the daughters of American farmers used to occupy in our families are now taken by young girls from the families 'of small farmers in Ireland. They are respectable, tidy, healthy and capable of being taught. A good mistress, who is reasonable and liberal in her treatment, is able to make them fixtures. They get good wages and have few expenses. They dress handsomely, have abundant leisure to take care of their clothes and they very soon acquire skill in doing it equal to that displayed by any women of any country. They remit money continually to relatives in Ireland, and from time to time pay the passage of one and another to this country, and whole families have thus been established in American life by the efforts of one young girl. Now, for my part, I do not grudge my Irish fellow-citizens these advantages obtained by honest labor and good conduct—they deserve all the good fortune thus accruing to them. But when I see sickly, nervous American women jostling and struggling in the few crowded avenues which are open to mere brain, I can not help thinking how much better their lot would have been, with good strong bodies, steady nerves, healthy digestion and the habit of looking any kind of work in the face, which used to be characteristic of American women generally, and of Yankee women in particular.

"The matter becomes still graver by the laws of descent. The woman who enfeebles her muscular system by sedentary occupation, and over-stimulates her brain and nervous system, when she becomes a mother, perpetuates these evils to her offspring. Her children will be born feeble and delicate, incapable of sustaining any severe strain of body or mind. The universal cry now about the ill health of young American girls is the fruit of some three generations of neglect of physical exercise and undue stimulus of brain and nerves. Young girls now are universally *born* delicate. The most careful Hygienic treatment during childhood, the strictest attention to diet, dress and exercise, succeeds merely so far as to produce a girl who is healthy so long only as she does noth-

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ing. With the least strain her delicate organism gives out, now here, now there. She can not study without her eyes fail or she has headache; she can not get up her own muslins, or sweep a room, or pack a trunk, without bringing on a backache; she goes to a concert or a lecture, and must lie by all the next day from the exertion. If she skates she is sure to strain some muscle, or if she falls and strikes her knee or hits her ankle, a blow that a healthy girl would forget in five minutes terminates in some mysterious lameness which confines our poor sybil for months.

"The young American girl of our times is a creature who has not a particle of vitality to spare—no reserved stock of force to draw upon in cases of family exigency. She is exquisitely strung, she is cultivated, she is refined; but she is too nervous, too wiry, too sensitive; she burns away too fast; only the easiest of circumstances, the most watchful of care and nursing, can keep her within the limits of comfortable health; and yet this is the creature who must undertake family life in a country where it is next to an absolute impossibility to have *permanent* domestics. Frequent change, occasional entire break-downs, must be the lot of the majority of housekeepers, particularly those who do not live in cities.

"In fact, we in America have so far got out of the way of a womanhood that has any vigor of outline or opulence of physical proportions, that, when we see a woman made as a woman ought to be, she strikes us as a monster. Our willowy girls are afraid of nothing so much as growing stout; and if a young lady begins to round into proportions like the women in Titian's and Giorgione's pictures, she is distressed above measure, and begins to make secret inquiries into reducing diet, and to cling desperately to the strongest corset-lacing as her only hope. It would require one to be better educated than most of our girls are, to be willing to look like the Sistine Madonna or the Venus of Milo.

"Once in a while our Italian opera-singers bring to our shores those glorious physiques which formed the inspiration of Italian painters; and then American editors make coarse jokes about Barnum's fat woman and avalanches, and pretend to be struck with horror at such dimensions. We should be better instructed, and consider that Italy does us a favor in sending us specimens not only of higher styles of musical art, but of a warmer, richer and more abundant womanly life. The magnificent voice is only in keeping with the magnificent proportions of the singer. The voice which has no grate, no strain, which flows without effort, which does not labor eagerly up to a high note, but alights on it like a bird from above, there carelessly warbling and trilling—a voice which then without effort sinks into broad, rich, sombre depths of soft, heavy chest-tone, can only come with a physical nature at once strong, wide and fine—from a nature such as the sun of Italy ripens as he does her golden crops, filling it with the new wine of song."

NEVER drink intoxicating liquors under any circumstances.

THE CENTRAL PARK.—New York Central Park is one of the most extensive and delightful places on the American continent, and exercises a very important influence on the health of the metropolis. Two afternoons of each week, in the summer there is a monster open-air concert there, where thousands listen to the most delightful music. In pleasant weather it is constantly thronged with people, particularly invalids, women and children who go there to get exercise, air, sunshine and beauty.

During the year one mile of drive has been completed, and there are now complete and in use nine miles of drive, and delightful it is, too. Of the ride, there are about five and a half miles complete and in use; of walks, about one and a half miles were completed during the year, making in all now complete and in use about twenty-two and a half miles. The finished portion of the drive, with about half a mile now incomplete, but well advanced, comprises all of the drive at present contemplated. Much of the time, talents and money expended during the year have been devoted to the ornamentation of the terrace—that beauty-spot of the Park—whose fountains, fish-ponds, pleasure-boats, comfort conveniences, etc. etc., make it the *point d'attrait* of all visitors. A magnificent fountain is to be the crowning glory of this sweet spot, and the Board has commissioned Miss Stebbins to model the principal figures of the fountain. The total cost of the Park, up to this time, has been $9,183,808 10, a sum which, although somewhat astounding as the price of improvements not consisting of marble stores and stately dwellings, nevertheless must prove the very best investment of public funds our city has ever made; upon the principle that, if money can be made to supply *lungs* where they do not exist, few rich consumptives will be likely to haggle long about the price to be paid for breathing apparatus. During the year the visits to the Park numbered 5,740,079—all of which proves that the people are disposed to use as well as to pay for their lungs, so liberally furnished.

A WISCONSIN paper insists that six children in the town of Waterloo in that state, have recently died of a disease resembling hydrophobia, supposed to have been caused by drinking the milk of a cow which was bitten by a mad dog. Here is the story, which is curious, if not improbable:

"Some six or seven years ago a mad dog went through the village of Waterloo, Jefferson County, and bit a number of animals. Among others it snapped at the leg of a cow belonging to Mr. Babcock. The animal was examined but no mark was found, and it was supposed that it escaped being bitten. The animal was afterward sold to a man by the name of Garrison, who used her milk very freely, as did two of his children. Some of the neighbors, including Mr. Drew's family, were also supplied with the milk of this cow. At different times during the time since the cow was bitten there has been inexplicable and fatal sickness among those using her milk, and two children of Mr. Garrison's, and two of Mr. Drew's have died with hydrophobia."

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President Lincoln Physically.

The Hon W. H. Herndon of Springfield, Ill., who was for twenty years the law-partner of Abraham Lincoln, recently gave a lecture on the life and character of his illustrious companion, prefacing it with the following remarkable personal description:

"Abraham Lincoln was about six feet four inches high, and when he left the city was fifty-one years old, having good health and no gray hairs, or but few, in his head. He was thin, wiry, sinewy, raw-boned; thin through the breast to the back and narrow across the shoulders; standing, he leaned forward—was what may be called stoop-shouldered, inclining to the consumptive by build. His usual weight was about one hundred and sixty pounds. His organization—or rather his structure and functions—worked slowly. His blood had to run a long distance from his heart to the extremities of his frame, and his nerve force had to travel through dry ground a long distance before his muscles were obedient to his will. His structure was loose and leathery; his body was shrunk and shriveled, having dark skin, dark hair, looking woe-struck. The whole man—body and mind—worked slowly, creakingly, as if it needed oiling. Physically he was a very powerful man, lifting with ease four to six hundred pounds.

"His mind was like his body—it worked slowly but strongly. When he walked he moved cautiously but firmly, his long arms, and hands on them like giant's hands, swung down by his side. He walked with even tread; the inner sides of his feet were parallel. He put the whole foot flat down on the ground at once, not landing on the heel; he likewise lifted his foot all at once, not rising from the toes, and hence had no spring to his walk. He had the economy of fall and lift of foot, though he had no spring or apparent ease of motion in his tread. He walked undulatory, up and down, catching and pocketing tire, weariness and pain all up and down his person, preventing them from locating. The first opinion of a stranger, or a man who did not observe closely, was that his walk implied shrewdness, cunning, a tricky man; but his walk was the walk of caution and firmness. In sitting down on a common chair he was no taller than ordinary men. His legs and arms were abnormally, unnaturally long, and in undue proportion to the balance of his body. It was only when he stood up that he loomed above other men.

"Mr. Lincoln's head was long and tall from the base of the brain and from the eyebrows—the perceptive faculties. His head ran backward, his forehead rising as it ran back at a low angle, like Clay's and unlike Webster's, almost perpendicular. The size of the hat, measured on the hatter's block, was seven and an eighth inches, his head being from ear to ear six and a half inches, and from the front to the back of the brain eight inches. Thus measured it was not below the medium size. His forehead was narrow but high; his hair was dark, almost black, and lay floating where his fingers or the wind left it piled up at random. His cheek-bones were high, sharp and prominent. His eyebrows were heavy and jutting out; his jaws were long, up-curved and heavy; his nose was large, long and blunt, having the top glowing in red, and a little way toward the right eye; his chin was long, sharp and up-curved; his eyebrows cropped out like a huge rock on the brow of a hill; his face was long, sallow, cadaverous, shrunk, shriveled, wrinkled and dry, having here and there a hair on the surface; his cheeks were leathery; his ears were large and ran out almost at right angles from his head, caused by heavy hats and partly by nature; his lower lip was thick, hanging and under-curved, while his chin reached for the lip up-curved; his neck was neat and trim, his head being well balanced on it; there was the lone mole on the right cheek and Adam's apple on the throat."

Two Different Examples.

President Lincoln was known as a Temperance man. The following incident is related of him as happening at the time the committee appointed to inform him of his nomination was performing this duty at his own house in Springfield, Ill.:

"After this ceremony had passed, Mr. Lincoln remarked to the company that, as an appropriate conclusion to an interview so important and interesting as that which had just transpired, he supposed good manners would require that he should treat the committee with something to drink; and opening a door that led into a room in the rear, he called out: 'Mary! Mary!' A girl responded to the call, whom Mr. Lincoln spoke a few words to in an undertone; and, closing the door, returned again to converse with his guests. In a few minutes the maiden entered, bearing a large waiter containing several glass tumblers and a large pitcher in the midst, and placed it upon the centre table. Mr. Lincoln arose, and gravely addressing the company said: 'Gentlemen, we must pledge our mutual healths in the most healthy beverage which our God has given to man; it is the only beverage I have ever used or allowed in my family, and I can not conscientiously depart from it on the present occasion. It is pure Adam's ale from the spring;' and, taking a tumbler, he touched it to his lips and pledged them his highest respect in a cup of cold water. Of course, all his guests were constrained to admire his consistency and to join in his example."

The other example is of Mr. Winter Davis of Maryland, lately deceased. He too was a very temperate man, but, so to speak, let at least a part of his light shine under a bushel:

"He has been spoken of as unsocial. Nothing could be more false. Sensitively refined, it was natural that he should avoid many of the coarser figures that move through politics; but in his own house no man was more genial or more hospitable. He never drank wine, yet his guests would rarely discover it, as he pressed on them the ripest products of the rarest vintages. He never smoked a cigar, but the most delicately chosen and fragrant havanas were always found upon his dinner-table when the cloth was removed."

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Spring.

WRITTEN FOR THE HERALD.

THE Spring, the beautiful Spring has come,
With its fairy buds and flowers;
With its singing birds, its skies of blue,
And its gently falling showers.

The Spring, the beautiful Spring has come,
With its carpet fresh and green;
With its graceful vines, and tendrils fair,
And its soft and silvery sheen.

The Spring, the beautiful Spring has come,
With its pure and balmy breath;
With its leaflets scattered o'er tree and shrub,
Proclaiming old Winter's death.

The Spring, the beautiful Spring has come,
With its sunshine bright and warm;
With its streams unfettered, its gurgling rills,
And its breezes full of balm.

The Spring, the beautiful Spring has come,
The morning of the year;
'Tis Nature's Resurrection Day,
And those who list may hear

"The music of the spheres" poured forth
In winning tones and sweet,
Which tell that the old year's night hath passed,
And the new-born day we greet.

Come forth, then! one and all come forth
To welcome beauteous Spring!
For every offering at her shrine
Will Health and Pleasure bring.

The Mystery of Sleep.

How SLEEP comes over him, every man may observe, if he will be at the pains—and it requires pains—since the drowsy state which precedes the complete absorption of our faculties is inimical to observation. If you make the experiment with your windows open on a summer night, you may notice a curious succession of emotions and sensations in your mind and frame, produced by the softly-approaching footsteps of sleep. You are lulled almost into forgetfulness, when the bark of a dog, the crowing of a cock, the grinding wheels of some passing vehicle, or the shout of a drunkard returning from his orgies, frights away for a moment the gentle influences of slumber. If you then take notice of your condition, you will become sensible that your heart, which had been soothed and rocked into a sweet tranquillity, experiences a slight but painful shock, accompanied by a transient agitation. At the same moment, the curtain, alive all over with strange imagery, which sleep had begun to let down before the retina of your inner sight, is sharply drawn up, though not so sharply but that you may discern what it represents, as it slides upward like a film into some dark sheath concealed in the intricate mechanism of your brain. I have noticed this process several times, though not so many times as to justify me in using the word often.

The physiologist assassinated in a bath by Charlotte Corday, wrote, before the beginning of the Revolution, an extremely curious book on Man, which is scarce and little read now. The copy I possess was found in a prisoner's cell during the pillaging of the Bastile in the month of July, 1789. This strange man—at least when he wrote his book—may be presumed to have enjoyed sweet sleep, since in discussing its nature and phenomena he obviously speaks from experience. "At the approach of Morpheus," he says, "the force of our activity is diminished; our fatigued limbs yield to lassitude, and sink under their own weight; the head droops gradually upon the shoulder; a sentiment of tranquil delight pervades the frame; and it seems as if our blood paced through our veins with a more peaceful flow. Our senses have already ceased to act, though none of them has altogether lost its power; little by little consciousness deserts its post, the eyes are closed by the soft fingers of slumber, a delicious calm reigns through the whole frame; even the soul is steeped in an inexpressible serenity, forgetting every thing, forgetting itself, and seems to lose itself imperceptibly in insensibility." To bring about this desirable state of things, which will not always come at our bidding, men have had recourse to various contrivances. Harvey, who taught his cotemporaries the old Greek discovery of the circulation of the blood, used, like Franklin, to induce somnolence by getting out of bed and walking about his chamber in his shirt, till half congealed, after which the warmth of the blankets was welcome, and soon induced slumber. Other persons afflicted with wakefulness call the bards to their aid, and compel the presence of Death's half-brother by the magic of potent verse. The best plan is, when health and the supply of animal spirits will allow, to determine not to go to sleep at all, but to draw up the blinds and look out, if it be a clear night, at the stars, endeavoring to divine whether they and we are traveling through the infinite gulfs of space. This pious exercise gradually subdues, if any thing can, the perturbations of the mind, and brings on, as if against our will, the tranquillity we covet.

Some have contended that grief and sorrow are things inimical to sleep, which can not, they imagine, repose under the same roof with such guests. Thus Young:

> "Sleep on his downy pinions flies from woe,
> To light on lids unsullied by a tear."

But this is inconsistent with experience; deep grief and protracted sorrow almost inevitably cause sleep, by exhausting the animal spirits and producing a collapse in the nervous system. Children and women often sob themselves to sleep. Tears are, in fact, soporific; for, by deserting the well-springs where they are generated in the brain, they render flaccid the thinking apparatus, and occasion a mental weariness which is followed at the next step by oblivion. Care, anxiety and remorse are, on the other hand, altogether hostile to this innocent nourisher of life. To know what a human being

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is, and has been, you should steal upon him or her when, by whatever preliminaries, long or short, agonizing or delightful, the total absorption of the senses has been brought about. It is affirmed by many, and may be true, that the course of life is left stamped indelibly upon the features after death. It is certainly so stamped in sleep. In the court of the Roman Emperors, men habitually wore, through fear, what was aptly termed a "jussus vultus," or countenance at command. The same is the case, more or less, at all times and everywhere. Few would be willing to seem what they are; the majority need a mask, and are at pains to put it on every morning, to delude their fellow-creatures when they come into their presence. None but those who think themselves good enough to be contemplated by gods or men in their true lineaments and proportions omit this precaution, and they are commonly hated for their intrepidity. But all put off the mask in sleep. Even in earliest infancy, the character, to a discerning eye, begins to loom above the horizon. In some, whether young or old, there is during sleep, a grace, an abandon, a serene contentment, a placid absence of anxiety, all betokening innocence of life and purpose. Painful reserves reveal their existence in the small muscles about the corners of the mouth, which, being pinched and drawn tight during the day, as if to keep back by physical exertion the confessions always ready to escape, fail to relax even in sleep, and give to the countenance a hard, repelling aspect. To gaze at such a face when unprotected by its habitual disguise, is in a high degree humiliating and painful; the idiosyncracy of the consciousness concealed beneath that screen of skin, muscles and sinews you do not and, perhaps, never can know; but you may be sure that if you did, you would not be rendered happier by the discovery. On the other hand, there are faces which in sleep look like a vision of Paradise—not for their beauty, not for their youth, but for something internal, far transcending both, which sleep reveals in all its power for the delight of those who observe. Every body knows the language of the features, which does not cease to speak because the possessor ceases to be waking. There are innumerable minute muscles in the tissue of the lips, the slightest movement of any one of which changes the expression of the countenance; and so throughout the face. When every thing is serene, the meaning conveyed is merely that of sweet repose; but when the imagination is at work within, creating, arranging, painting, shifting its scenery and characters, slight evanescent indications become visible without; smiles, tremor of the lips or eyelids, blushes, tears, which run down the cheeks like molten sorrow, raise in part the curtain of the soul, and show what it is enjoying or suffering at the moment. What ideas are no man has explained, still less can we reveal how they affect or act upon each other. Perhaps they are strictly affiliated from birth to death in one unbroken chain, which, waking or sleeping, runs through our whole being, or rather constitutes it; for, except as to the mere shell, we are nothing but a series of ideas and emotions. Like rivers, which run partly above and partly underground, our life is alternately visible and concealed, when it moves through the sunshine or through the caverns of sleep.

Few have endeavored to follow the soul in its retirement to note what it then does, thinks or speaks. That it is powerful, that it is eloquent, that it is poetical then, if at no other time, has been demonstrated by many examples. But the waking and the sleeping soul are identical; what the latter does when freed from all fetters the former would do if it dared. The character can not be put off, like a change of raiment, when we step from one condition of existence into the other; our virtues, our vices, our passions, our aspirations cling to us sleeping or waking. The greatest writers have paid most attention to the visions of the night, "when deep sleep falleth upon man." Shakspeare is rich in descriptions of the avenues to the palace of dreams, sometimes paved with horror, and overshadowed by shapes of agony and dread. Listen to the murderer-king, as he reveals from his dreamless couch, his cravings for the solace of forgetfulness:

"How many thousands of my poorest subjects
Are at this hour asleep! O Sleep, gentle Sleep,
Nature's soft nurse, how have I frighted thee,
That thou no more wilt weigh my eyelids down,
And steep my senses in forgetfulness!
Why, rather, Sleep, liest thou in smoky cribs,
Upon uneasy pallets stretching thee,
And hushed with buzzing night-flies to thy slumber,
Than in the perfumed chambers of the great?"

Sleep, however, has no objection to the buzzing of night-flies, to smoky cabins or to hard pallets, provided he can lay his head on the soft pillow of a clear conscience. The inmates of the smoky cabins might not have butchered their cousins by treachery, might not have put strangers to death without law or justice, might not have indented the peaceful plains of their country with the hoofs of hostile steeds, as the regal criminal to whom sleep refused to come had done. What frighted away that gentle god was the howl of the hell-hounds that attend on guilt, the Erinys, as Shakspeare himself calls her, that tracks the blood-spiller to his grave. Well might he wail and lament as one with whom "nature's sweet restorer" refused to abide.

Pallet hard or soft have not much to do with the slumbers that visit those who lie upon them. I have enjoyed the sweetest of sweet sleeps stretched on pease-haulm in a cow-house; on a stone floor in a caravansery, with five thousand armed enemies prowling about on the outside; on horseback in a dark night on the edge of precipices, and exclaimed with Sancho: "Blessed be the man that invented sleep! It wrappeth a man about like a garment!" Yet place occasionally enhances the delight of

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the sleeper, by aiding to paint his dreams with brilliant or delicate colors, and soothe the ear of his fancy with the sound of loving voices. Once, far up in the Nile, on a mammillated sandbank, I tasted sleep in its sweetest, richest, most fascinating and gorgeous habit, down beyond the Sahara. The sun had sunk, leaving in the heavens long trails of glory—a mixture of sapphire and blood-red vapor, with saffron, amethyst and beryl. All day the thermometer had stood at one hundred degrees in the shade, but so tempered by refreshing winds from the west that it seemed then only to have reached pleasure-point. There was a languor in the atmosphere, filled with the dozy, drowsy hum of insects, rendered doubly slumberous by the low, rippling murmur of the great river, as it glided past toward the northern tropic. These influences subdued the mind to a pleasing melancholy, so that I passed out of the waking into the sleeping world with delicious unconsciousness. Without being too profound in the metaphysic of dreams, I yet venture to believe that the testimony of the senses enters largely into their structure; colors borrowed from the skies and landscapes around, the figures of palm-trees, the masses of rock, the lake-like breadth of waters, camels, horses, buffaloes, thrown confusedly together by the kaleidoscopic power of fancy, converted my dream on the sandy island into a reflection of Paradise.

A gentle sleeper, in full health, youth and animal spirits, has been set to sleep during summer in a chamber opening upon a garden, at the extreme end of which a skillful person has played soft music late in the night. The sleeper, describing her sensations, said she at first appeared to be plunged into a world of bright clouds, which folded her round, exciting sentiments of strong delight. Then she descended upon a bank of violets, while voices of exquisite harmony filled the air. Being watched by the light of a dim lamp, the sleeper's face at this time seemed pale with emotion, and presently, as the music became more and more sad, tears appeared between the eyelashes and gradually trickled down the cheeks. Had the sounds ceased the lady would have awaked at once, to prevent which a transition was skillfully made to a lively air, which in a short time brought smiles upon the lips. No memory is sufficiently tenacious to record, without breaks or stops, the multitudinous evolutions of a dream. The sleeper, who was not a mother, said she dreamed she was shedding tears because persons were forcing away from her a baby which she had at her breast; when suddenly the scene changed, and she found herself in a vast saloon, encircled by singers and dancers, sometimes eating grapes or pomegranates, drinking wine and laughing merrily. One or two strokes of martial music striking violently upon the sensorium awoke the sleeper at once.

In Shakspeare we find a curious record of a wife's observations on the countenance of her sleeping husband. The passage may at first sight be thought too prolix and minute; but as many persons do in exciting circumstances talk in their sleep, the statement is not inconsistent with nature. The speaker is Lady Percy, and the time immediately before the breaking out of Northumberland's rebellion against Henry IV.

"In thy faint slumbers I by thee have watched,
And heard thee murmur tales of iron wars;
Speak terms of manage to thy bounding steed;
Cry, Courage!—to the field! And thou hast talked
Of sallies and retires; of trenches, tents;
Of palisadoes, frontiers, parapets;
Of basilisks, of cannon, culverin;
Of prisoners' ransom, and of soldiers slain,
And all the current of a heady fight.
Thy spirit within thee hath been so at war,
And thus hath so bestirred thee in thy sleep,
That beads of sweat hath stood upon thy brow,
Like bubbles in a late disturbed stream;
And in thy face strange motions have appeared
Such as we see when men restrain their breath
On some great sudden haste. Oh, what portents are these!
Some heavy business hath my lord in hand,
And I must know it, else he loves me not."

This obviously is not a mere fanciful description, but the record of the accurate study of a sleeping face. Elsewhere, in a more sarcastic mood, he suggests what would probably be the effects of touching at various points the persons of sleepers. To Queen Mab is delegated the task of awakening, by the delicate pressure of her wand, the imagination of slumber's prisoners; though she is likewise represented as driving boldly in her carriage through the halls of fancy:

"Her chariot is an empty hasel-nut,
Made by the joiner squirrel or old grub,
Time out of mind the fairies' coachmakers;
And in this state she gallops night by night
Through lovers' brains, and then they dream of love;
On courtiers' knees, that dream on courtesies straight.
O'er lawyers' fingers, who straight dream on fees;
O'er ladies' lips who straight on kisses dream."

As is implied by the various portions of this speech, the passions are the great fountains of dreams—love, pride, ambition, which exert their magic power in sleep, calling up forms of beauty, placing the individual in elevated situations, or soothing him with the exercise of power. Milton's most exquisite sonnet is based on a dream of love and sorrow:

"Methought I saw my late espoused saint
Come to me like Alcestis from the grave."

And throughout the poetry of the world we find scattered here and there pictures or fragments from the land of dreams more lovely than any the material world could supply.

M. Robinet, a French chemist, has devised a very effective means of freeing the sewers from deleterious gases. He proposes that the furnaces of factories shall derive their supply of air from the sewers. The latter will thus be emptied of their mephitic gases, which will be destroyed by combustion, fresh air from the atmosphere supplying their place.

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Bathing Horses.

A CORRESPONDENT of The London Field answers an inquiry whether it is a safe practice to wash sweated horses in cold water. He says he has adopted it, and with beneficial results, both in summer and in winter; but in cold weather it is perhaps better to use warm, or at least chilled water. After washing, the animal should be rubbed dry as far as practicable, and the legs especially. Should the hair on them be too long to admit of this being sufficiently done, flannel bandages should be put on, and a woolen rug thrown loosely over, but without the roller. In the course of an hour the horse will be tolerably dry, and should then have another rub-down and be clothed in the ordinary manner. If horses were treated in a more rational manner than is often the case, with pure air and scrupulous cleanliness, disease would be far less common.

What is more refreshing to a man after a hard day's shooting, or other laborious exercise, than a warm or cold bath; and I believe it to be equally so to the horse. To the tired hunter a warm foot-bath and fomentation, if the animal is sufficiently quiet, is most refreshing. With gentle treatment, most horses can be used to almost any thing. Some years ago I visited the royal stables at Buckingham Palace. There, as I was informed—and at the time myself witnessed the operation—every horse, summer and winter, was washed from head to foot with cold water after returning from work, no matter whether it had been out one hour or six. A regular bath-house, cold water and plenty of it, two men after the ablution scraping, subbing, etc.; a kind of web cloth was thrown over to admit of evaporation, and the horse was afterward rubbed down and clothed as usual in the course of an hour or two. We can not all have such appliances, but still I consider the plan rational and conducive to the health of the horse, if only ordinary care is taken.

George Washburne, also writing upon the practice of bathing animals, says:

When a boy, my father had a horse with inflammation of the eyes of quite long standing. After exhausting the virtues of the drug practice on him, he tried daily bathing the parts in cold water, and in a short time the eyes were cured. Some years after he had a cow which had fever, after the delivery of her calf, which baffled the skill of the drugging art, and the cow was given up to die. My mother went to her, covered her with a blanket, poured cold water on it for half an hour, when she got up and went to eating her hay, almost well. I always bathe my horses when I bring them to the stall from hard work in hot days, washing the parts clean that are sweated, and till they are cool, much to their comfort. It of course needs a little skill to do it well, which any good judge can apply.

Mental Hygiene in Cholera.

A LONDON correspondent, discoursing on the prospects of the cholera, tells the following anecdote of Thomas Carlyle:

"When the cholera was raging at Dumfries, Scotland, a little over thirty years ago, to such an extent that every third person was seized, Mr. Carlyle, who was residing near by at Craginputtock, called his domestics together and addressed them as follows: 'It is indisputable that the cholera is raging near us. It turns people blue and kills them. It may come out here and kill us. It is a comfort to know that the worst it can do with us is to kill us. All we have to do is to go on, each of us doing his or her proper work, and avoiding those things which are conducive to cholera—chief of which is the fear of it. Therefore, if my authority passes for any thing, the word cholera will not be mentioned in this household.' All were made stronger by these words, and the cholera passed by them."

There is no doubt such a course as the above, if it could be taken on a grand scale, would have a good effect—not that it would do away with the necessity of such sanitary measures as cleanliness, pure air and good, wholesome food; or that it would prevent cholera in real cholera nests, or among those whose bodies were, from excessive and pernicious eating, full of corruption. But whenever cholera is prevalent in a country there is always a panic, and thousands, through fear, have it who need not under other circumstances. People are often frightened into cholera and other diseases for want of bravery, as is seen in the following:

"An experiment tried by a physician of St. Petersburg, during the prevalence of the cholera there, several years ago, serves to illustrate the influence of the mind upon the body. He obtained from the authorities two criminals that had been condemned to death, to do with them as he saw fit. One of these convicts was made to sleep in a bed in which, he was told, a man died with the cholera but the night before—although such was not the fact. After a restless night, the prisoner was taken with all the symptoms of cholera, and died of that disease—declaring that he had caught it from the bed—a victim to his own fears. The other was made to sleep on a bed wherein a man had died a few hours previously of the fatal disease. This fact, however, was unknown to the occupant of the bed, who arose in the morning refreshed by his sleep, remaining in perfect health."

NO MAN ought to enjoy what is too good for him; he should make himself worthy of it and rise to its level.

SOBRIETY, temperance and tranquillity are Nature's best physicians.

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Vocal Culture as a Lung Strengthener.

BY M. L. H.

PERSONS disposed to consumption are sometimes cured by vocal culture. One of my patients was once to all appearances saved from consumption by the advice: "Commence to use your lungs by humming the lowest notes your voice is capable of reaching, making the sound low down in the throat very slowly and carefully, and increase as you have strength to bear it." The result was that in a few months what seemed a fixed consumption had passed away entirely. The following note in regard to the same point is instructive:

"By the aid of vocal music in a school we should seek to effect two results, one immediate, the other ultimate. The immediate result is the benefit of the pupils as a school, the ultimate one the benefit of the pupils individually. The school as a whole witnesses the beneficial effects of music, when it is reduced from a state of confusion to one of order and discipline; and again when, by singing, the exhaustive effects of study are made to disappear, and the elastic nature is allowed to spring back from its tension of weariness to its normal condition of buoyancy. The second result may be attained physically. High seats and low desks make children lean upon their elbows, contract their chests and weaken their lungs. What more healthful exercise for them than to sit erect and sing spirited music? It would be common-place, before this audience, for your committee to argue for the practice of vocal music, by its healthful effect upon the lungs. The fact is too well known to need more than a remark. Physicians have counseled patients who are troubled with diseases of the lungs, for out-door exercise, to walk up some easy ascent, taking care to control their breathing, so that it shall be no shorter or quicker at the top of the hill than at the bottom; practicing this in the bracing morning air, quickening their pace each time until they are able to run up the hill. For in-door exercise they have advised the singing of cheerful, lively music, and this advice has been followed with happy effects.

"The late Dr. M. Horne of Rochester, when suffering from weak lungs, practiced Bassini's exercises for the training of the voice through a complete course, with Bassini as a teacher, and was able afterward to preach three times upon the Sabbath without fatigue of the lungs.

"If singing will cure diseases of the lungs it will certainly prevent them, and in this way it is a benefit to the pupils individually."

IT is the pale passions that are the fiercest; it is the violence of the chill that gives the measure of the fever.

Mental Hygiene.

"WHENEVER Dr. Johnson felt his fancy disordered, his constant recurrence was to the study of arithmetic; and one day that he was totally confined to his chamber, and I inquired what he had been doing to divert himself, he showed me a calculation which I could scarce be made to understand, so vast was the plan of it and so very intricate were the figures; no other, indeed, than that the national debt, computing it at one hundred and eighty millions sterling, would, if converted into silver, serve to make a meridian of that metal, I forget how broad, for the globe of the whole earth—the real globe."

Mathematics a Hygienic agent! The writer once knew an invalid who, to amuse himself and while away the hours, devoted considerable time daily to algebra, and he found the time thus spent had a very excellent effect upon his health. Of course, it was important that he should regard the laws of diet, bathing, sleep, etc. Physicians will find mathematics and music valuable Hygienic agents that may be used with great benefit in many cases. The former will often withdraw the fancy from running wild and becoming morbid in a multitude of cases, particularly with the young and with those who enjoy study, and the mental discipline thus secured will be substantial and valuable culture. Music—particularly vocal and instrumental combined—for weakness of chest and lungs, deficient respiration and aeration of the blood, has no equal. Many a case of weak voice and incipient consumption might be cured by rightly-directed vocal gymnastics. Probably the teachers of elocution and music can prevent more cases of consumption than all the doctors in the world. Vocal music in schools has a high value in making the voice and lungs stronger and improving the health of debilitated invalids. If a young man or woman, threatened with disease of the lungs, will adopt a wise and regular system of voice-training, ten chances to one if they do not overcome the weakness entirely. Of course, any improper vocal exercise would result in injury; for this reason great care and good judgment is necessary. H.

HYGIENE IN WASHINGTON.—Among the latest institutions in Washington is the opening of a "dyspeptic boarding-house." It is intended to furnish the proper diet for confirmed dyspeptics, who generally graduate very early at all of the other Washington boarding-houses. It is believed that it will do a good business, especially among certain Congressmen.

If conducted as it ought to be, such a house might be made very popular and successful, not alone for dyspeptics, but for those who would preserve their health and prevent dyspepsia. H.

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NEW YORK, APRIL, 1866.

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."

TOPICS OF THE MONTH.

BY R. T. TRALL, M. D., EDITOR.

HYGEIAN HOMES.—Next in importance to the Hygeio-Therapeutic Colleges—which are vital prerequisites in establishing the True Healing Art among men and propagating the Gospel of Health to the ends of the earth—are Hygeian Homes for the treatment of invalids. With these should be connected farms and gardens for cultivating the best vegetables and finest fruits on "strictly Hygienic principles." Since we formally inaugurated this movement three years ago, the subject has continually grown in importance. At first we only thought of being instrumental in establishing one institution of the kind. But this is a great country, and our friends are rapidly increasing; there are many good locations for Hygeian Homes between which we find it difficult to choose. We have therefore enlarged (in imagination, at least) our programme, and determined to do what we can toward establishing at least five large Hygeian Homes with agricultural surroundings; and these will only open the way for five hundred smaller ones all over the country. We shall name them Eastern, Western, Northern, Southern and Central Hygeian Homes. We shall have to change the name of our Minnesota Home from Western to Northern. The Western Home must be on or near the Pacific coast, probably at or near Santa Cruz. All of our correspondence points to Missouri as the location of the Central Hygeian Home. Eastern Hygeian Home is already located at Florence Heights, N. J., near Philadelphia, and on the east bank of the Delaware River. This place was announced as the "Central Hygeian Home" in our January issue. But in harmony with the general plan it will be opened in April, under the name of "Eastern Hygeian Home." No better place could be found for the Eastern establishment. In order to secure the property for this purpose we have taken a lease of it for twenty years, with the privilege of purchasing. Situated on the thoroughfare between the great commercial and the great manufacturing cities of the American Continent, and enjoying a most beautiful and salubrious site overlooking the very garden of Pennsylvania, and in the immediate vicinity of the best vegetable and fruit market in the world, nothing but bad management can prevent its success and usefulness; and as it will be under the immediate direction of Dr. H. T. ROWLAND and Mrs. O. F. MCCUNE, M. D., whose fidelity and competency we can most heartily indorse, we have no fears on the score of mismanagement. It has accommodations for three hundred persons, and a large tract of land will give employment to a large number in the business of gardening and fruit-raising. A primary school department will be organized in June, and buildings can be hired or purchased in the neighborhood as more accommodations are needed. We therefore can put it on record as a "fixed fact" that the Northern and Eastern Hygeian Homes are already provided for.

We can not yet designate the place, nor even the State, for the Southern Hygeian Home. We learn that a New York capitalist has purchased the Government buildings on Lookout Mountain, and that adds another strong inducement in favor of that location. But we hear of better fruit and farming lands in the vicinity of Cumberland Gap, near Greenville, S. C., in Eastern Tennessee and other places, concerning which we shall know more about in due time.

We are offered a property in Missouri, said to be the finest fruit and grain farm in the State. It is on a railroad, convenient to market, with extensive orchards, all kinds of small fruits and grapes in abundance, good water, a good manufacturing site, with ample water power, in a rapidly improving neighborhood, and where large tracts of land can be purchased at low rates on long credits. For *one* vegetarian colony this is certainly an admirable location. There are good buildings and about one thousand acres of well cultivated land to commence with. Our friends in the vicinity are now looking into this matter and will "report progress" soon.

Unless our friends on the other side of the Rocky Mountains (with whom we are corresponding) make some definite move in the matter of the Western Hygeian Home, we do not expect to go there and locate one until the railroad is completed. We are under contract,

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whenever that happens, to "take the first train." We can, however, send competent physicians there at any time, and are willing at any time, when a suitable place can be leased on fair terms, with the privilege of purchasing, to take the responsibility of proprietorship.

HYGEIAN HOME FAILURES.—Several friends have written us condolingly because of the failure of one or two of our Hygeian Home schemes. This is well meant and very kind; but we are not conscious of having sustained any failures. The failures have only been on the part of certain individuals whom we have employed or with whom we have been associated. It has happened several times during the twenty years that we have been proprietor of "Water Cures," "Hygienic Institutes" and "Hygeian Homes," that we have had in our employment, or have associated with us as business co-partners, persons who have proved unworthy or incompetent. Of course, this was damaging to the cause to some extent, and damaging to purse and reputation, but not fatally so. We have lived through it, the cause has survived, and in no instance has any Health institution we have originated or had control of been abandoned because of the defections of individuals. And we perhaps say pertinently in this connection, that of all the "Cures" in city and country that we have been sole manager of, all have prospered, professionally and pecuniarily, so long as we personally took charge of them. It can hardly be otherwise than that, in dealing with so many persons and having so many "irons in the fire" continually, we must occasionally meet with disappointment in the conduct of those to whose discretion we are obliged to trust our pecuniary interests, as well as the character and credit of the system we advocate and the establishments we originate. But the same persons never deceive us twice; and as the friends of our system and the graduates of our College are increasing in numbers and improving by experience, our opportunities for making better selections of help are constantly growing better. We hope our friends will hereafter make the proper distinction between the defections of individuals and the failure of our plans. Individual frailties or failures may embarrass our work and retard its consummation—but that is all.

INVALIDS' HOME IN MINNEAPOLIS.—W. R. SMITH and his estimable lady have taken a fine mansion house in a beautiful location, one mile from the city of Minneapolis, Minn., which they will open in May next as an Invalids' Home for such young ladies as do not need medical treatment, but desire and require the benefits of pure air, refreshing breezes, pleasant associations, wholesome food, systematic exercises and parental governance. We have had the pleasure of a long acquaintance with Mr. and Mrs. SMITH, and can most cheerfully indorse them as admirably qualified for the laudable work they have undertaken. We can also testify to the charming scenery and salubrious location they have chosen, and of the thousands who are seeking health in that wonderfully invigorating climate; we can not doubt that all the rooms of their mansion will be taken early in the season. The terms will be three hundred dollars for six months. We shall take pleasure in answering any inquiries, verbally or by letter, made by Eastern young ladies who contemplate a visit to Minnesota in search of health, and who desire such accommodations as Mr. and Mrs. SMITH have provided.

CORRECTION.—For some reason that we can not fully understand the corrections in the proof of THE HERALD OF HEALTH for March were not made, thus making us say several very ridiculous things. For examples: On the first page we are made to say: "We feel *intensely* impressed," when we wrote "*interiorly* impressed." And again, we are made to say "so much of a *machine*," when we wrote "so much of a *muchness*." As we plainly and distinctly corrected these words in the proof, we must charge somebody with inexcusable carelessness or intentional neglect. Of course, we expect our London critics to seize upon these mis prints as further evidence of our want of "literary and scientific competency," etc. etc.

"A STEP FORWARD.—English medical men are strongly advocating the disuse of technical words and phrases, and the movement has already progressed so far that all the 'first class' London physicians are writing their prescriptions in English."

Sometimes a man takes one step forward and at the same time two backward, or goes forward with one part of his nature and backward with the other. The disuse of technical words will work this advantage, if no other: people will know, if they have any education whatever, what they are taking. ———— will be written thus, and not thus. Just about this time people will begin to think there is a difference between *this* and *this*, although there is none, and will come to the conclusion that they want neither.

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College Department.

COLLEGE COMMENCEMENTS.—The six medical schools of the city of New York have had their "Commencements" for 1866, and graduated between three and four hundred persons to practice the Healing Art. Of these, only twenty-five are of the Hygienic faith. We can not look upon the commencement exercises of a drug medical school except in the light of commissioning young men to go forth and commit manslaughter with impunity, so long as their missiles are the "remedies" of the Materia Medica instead of the daggers and poisons of the assassin. Practically and in effect we know the whole system of drug medication is ruinous to human health and destructive to human life beyond all other causes combined. That the Professors who educate these young men so understand it we do not charge; that the young men who receive the degree of M. D. at their hands, and straightway proceed poisoning the community, *secundum artem*, so intend, we do not allege. But we do believe that, were self-interest out of the question, the medical profession would very soon see the error of its system, and repudiate and execrate it as heartily as we do.

It is perhaps fitting, on each recurring commencement anniversary, that we remind the young graduates, their professors and the public, that at the annual meeting of the American Medical Association (composed of the *elite* of the profession of the United States), held at St. Louis a few years ago, the following declaratory resolution and confession was deliberately adopted:

"It is wholly incontestible that there exists a wide-spread dissatisfaction with what is called the regular or old Allopathic system of medical practice. Multitudes of people in this country and in Europe express an utter want of confidence in physicians and their physic. The cause is evident; *erroneous theory*, and springing from it, *injurious*, often—*very* often—FATAL PRACTICE! Nothing will now subserve the absolute requisitions of an intelligent community but a medical doctrine grounded upon *right reason*, in harmony with and avouched by the *unerring laws of Nature* and of the vital organism, and authenticated and confirmed by successful results."

It may be pertinent to remark, also, that the very physicians who went to St. Louis and made (among themselves) the above damning confession, went directly home and resumed the business of this system which is "erroneous in theory and fatal in practice," just as if nothing had happened, and they are practicing this erroneous and fatal system still. But if the above is not sufficiently conclusive of the murderous beauties of Drugopathy, and if it needs a little seasoning to enable it to be pleasantly masticated and to facilitate its digestion and assimilation, we *spice* it with the delicately pungent words of that eminent and accomplished British physician and scholar, Sir JAMES JOHNSON, M. D., F. R. S., Editor of The Medico-Chirurgical Review:

"I declare, as my conscientious conviction, founded on long experience and reflection, that, if there was not a single *physician, surgeon, man-midwife, chemist, apothecary, druggist* nor *drug* on the face of the earth, there would be *less sickness* and *less mortality* than now prevail."

OUR NEW DIPLOMA.—We have at last, at an expense of more than two hundred dollars, procured a new engraving and a seal. Its recipients will perceive at a glance that it fully recognizes all the principles of Hygeio-Therapy and contravenes none of them, which was not the case with the former engraving. We believe it is now in a permanent and satisfactory shape, and we take more pleasure than heretofore in conferring the honors of the Hygeio-Therapeutic College on all worthy persons. Those who have, as regular or as honorary graduates, received our diploma, can exchange the old engraving for the new on paying the cost of parchment, printing and re-writing, which will be $2. If to be exchanged by mail, 30 cents extra will be required for postage.

TOBACCO.—We do not propose to make it our business to anathematize the foolish, absurd and dirty practice of using tobacco in any form, for we have more important matters in hand. But the reply of a drunkard, the other day, to a Son of Temperance, who was pleading with him to abandon the use of strong drink, should set us thinking. "I don't want," said he, "a man with his mouth full of nasty tobacco to be talking to me about drinking a little whisky." Our friend thought a moment and then replied: "That is so. I admit my inconsistency. I will take the beam out of my own eye. I have spent the last cent I ever shall for tobacco." A person with one bad habit can have but little influence over another who may possess one of a different character.—*American Temperance Advocate.*

ABOUT ORDER.—Put things right back in their places when done with. Never leave them all about helter-skelter, topsy-turvy—never. When you use any article—hoe, shovel, rake, pitchfork, ax, hammer, tongs, boots or shoes, books, slates, pencils, writing apparatus, pins, thimbles, pincushions, needles, work-baskets, kitchen furniture, every article of housewifery or husbandry, no matter what it is, when done using it return it to its proper place.

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Voices of the People.

SUNRISE.—M. Augusta Fairchild, M. D., writes us from Hannibal, Mo.:

"*Feb.* 7.—I sit at my east window watching the 'incoming of the day.'

"It is very early morning, and objects are yet scarcely distinguishable, though the peculiar gray light suffusing the atmosphere gives a sort of dim visibility to the whole landscape. The town, lying at the foot of and scattered over these bluffs; the river, partly blocked with ice and partly clear, as though this were the point where North and South join hands, and move henceforth harmoniously in one grand channel; the hills or land-waves in the far off distance, all form but one confused assemblage—colorless, dull.

"*Still*, as I watch, I feel an assurance of more distinctness, a very promise of 'coming majesty.'

"And the waiting is not long, for even now—little by little—the sky changes, objects present themselves more and more clearly, and lo! in a moment the most gorgeous hues appear. The huge gray clouds become one pile of glory, the whole landscape is illuminated with such a flood of light as converts the river into a grand mirror of gold, and the town glitters in the reflection of myriads of bright sun-rays, while the hills rise sparkling in their white snow-dress to greet the 'coming of the king.'

"What thoughts suggest themselves at such a time!

"Sunrise is come. Gradually, almost imperceptibly at first, to even the longing eyes that have watched, perhaps, the live-long night.

"*Evening.*—Some days are so full of lessons—full of teaching events.

"I was just reading a few passages from my diary, inserted last November, and perhaps it will be well to repeat them in this place.

"*Nov.* —.—Heart and hands and brain most sorely tried.

"Visited a patient to-day who is very low of dysentery and doctors, especially doctors. Was taken sick nearly two months ago, and, calling the 'best medical attention' to aid—which 'best' means the 'most virulent poisons' and the most of them, and such treatment generally as would make a well man sick and a sick man sicker—the result is just what I find: Ulcerated bowels, with a low grade of fever; pulse at one hundred and thirty, feeble; countenance anxious; skin dry; extremities cold; head hot and throbbing temples; pain in abdomen and great tenderness on slight pressure; evacuations frequent and 'like brains'—as the patient expresses it—streaked with blood and 'flakey;' almost entire sleeplessness night and day; very restless.

"Now, this family is entirely unacquainted with the 'True Healing Art,' and it was upon the advice of a person who knew well of our system, and was anxious that the patient be saved, that my services were solicited. In taking charge of this case my position is quite an unenviable one. Prejudices entirely against me, in that I am 'nothing but a female woman doctor,' a stranger, advocating a strange medical system.

"The father and brother of the patient's wife are Allopathic physicians, and as Mr. —— is a prominent citizen, and it is known that he is very low, each of his numerous friends will offer some bit of advice, opposing the 'rashness' and expressing distrust of the 'no medicine' plan; and then the Doctor—the offended individual, the apprehensive individual—has declared the patient will die. 'Very critical case,' 'dangerous to change physicians,' and such an accommodating individual that, when it was proposed to call a Hygienist, he offered to 'do' the water-cure himself—give the patient, who is already feeble, with cold extremities and with little or no determination to the surface, a cold, wet-sheet pack.

"That was water-cure! About as consistent a prescription, however, as drug doctors are apt to give when they attempt our system.

"It was suggested that, as the Doctor was favorable to water-cure in 'some cases,' it would be well to retain his services in conjunction with mine.

"He could get along, all but the bowels. Reminds me of Dr. Trall's story of the New York physician who had treated a patient for months, but 'could not get the skin in action;' well enough otherwise,' and only wanted the Doctor to take charge of the skin. 'I will,' says Dr. Trall; 'just leave the patient's skin with me.'

For a moment I resolved not to accept the case. It is unwise for Hygienists to assume the care of patients after the doctors and their drugs have exhausted vitality, instituted drug diseases, and rendered the case entirely hopeless under their system of medication. But again, I thought, What care I for medical reputation. I believe this man must die if more drugs be administered. They have failed to give relief, much less effect a cure. By judicious Hygienic appliances I can surely re ieve. If cure be possible at all, it is only sure under this mode of treatment. I'll save a life, perhaps. But if

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there be no life, no vitality to save, pain shall be soothed at least; and if the patient's friends and the doctors cry out against my practice, say the patient died because of it, why the *sun* will rise 'by-and-by.' So I agreed to take the case, provided the attendant physician be formally dismissed, which was done. What then the indications for treatment? There was 'pain in the bowels'—tenderness—and the presence of material which was a source of irritation, skin torpid, circulation unbalanced. Hot fomentations were applied to the abdomen for half an hour; jugs of hot water placed to the feet; then, after the first evacuation from the bowels, a very copious enema of warm water administered, which was soon ejected, and this followed by about a gill of cold water as an enema to be retained; cold cloths applied to abdomen each half hour, alternate with hot fomentations during about three hours, and after each evacuation the copious enema repeated, followed by the cold as mentioned above; the head was cooled by tepid and cold applications. A few sips of very warm water was given at the time of each fomentation, if the patient spoke o thirst. Cold water was also given; but in this case, as in others, I have observed that hot and cold drinks alternately are preferred to either one exclusively.

"In less than half an hour the patient began to find relief. It being September, I ordered a sitz and foot-bath to be administered at early bedtime, and this of a high temperature; the foot-bath to be several degrees warmer than the sitz—as hot as could be borne. An attendant kept the head cooled, and the back and limbs were thoroughly rubbed while in the bath, which was nearly ten minutes. On being placed in bed, a small sheet bandage was wrapped around the body, wet in tepid water, and extending from the arm-pits to the hips. This was of about four thicknesses and covered with dry; jug of hot water to the feet; room thoroughly ventilated. Directed a repetition of the fomentations should the pains in the abdomen recur, and that the small enema of cool water be administered after each evacuation.

"*Next morning.*—Patient slept some during the night; fomentations applied for about an hour to relieve pain; pulse reduced to one hundred. As there is less pain now, I advise the application of the cool compress and the cool enemas continued. No visitors allowed; entire quiet and rest most strictly enjoined. Diet—well, just now there is no call for food—a little toast-water or dry bread crusts and a little fruit.

"*Afternoon.*—Improving, decidedly; evacuations less frequent; fomentations again applied, or about three hours, alternate with cool compress; sitz-bath, at bedtime, at about eighty-five degrees; hot foot-bath; copious warm enema immediately following the fomentations, bandage as the night previous. Now I believe these copious enemas of tepid water to be one grand remedial appliance in these bowel disorders. Use any quantity of the fluid, quarts or gallons, if you please. Of course, discretion must be used as to frequency of repetition.

"*Nov.* —.—Ten days since I assumed the care of Mr. ——; he is now safely dismissed from medical treatment. This is a great joy to patient and friends, and who knows the full benefit that family will derive from the knowledge which this one case has been the means of gaining them of the only True Healing Art? I think that Hygienists are missionaries—truly so.

"And so on. The case fully recorded and progress marked from day to day. To-night I am instructed, from this recapitulation, never to yield to discouragement; to do right fearless of results. If 'much has been given' in the way of information upon those subjects of which the world is so deplorably ignorant, then impart that knowledge to others. Had the noble pioneers of Health Reform been any the less brave and self-sacrificing, the blessings which have resulted from their grand work could not have been the possession of hundreds and thousands who this day thank God that their attention was directed to those laws, as written upon the human frame, which are as much God's laws as are those of the Decalogue. Neither would there have been made known to the sick and suffering the incomparable efficacy and beauty of that system of medication which professes not to baffle the efforts of Nature by poison, but supplying the requisite conditions of cure, allows Nature to do her 'most perfect work.'

Feb. 8.—Meeting with a very interesting class of ladies this afternoon at the Presbyterian church, I was much impressed with the cordial greeting they gave to the Health topics there discussed.

"Who knows but that this noble 'Free Missouri' may yet be 'free indeed'—take the first rank in Health Reform, and teach her sister States the lesson of emancipation from the slavery of drugs, false fashion and false life!

"Is it not *almost* sunrise?"

A HARMONIAL HOME.—"DR. TRALL—*Dear Sir:* That 'Southern Hygeian Home' is needed and may be had, if you and some others

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will make a long pull, a strong pull, and a pull altogether.

"There must be a combination of principles and powers aiming at more than one object, embodying more than one idea, and ultimating in not merely a Hygeian but a Harmonial Home.

"The principal objects which the most enlightened Reformers of this age are reaching after might well be united with your specific one—the Health establishment—but they are not to be attained but by a large combination of energy and means.

"An important demand of the age is an Industrial School for both sexes, and it should be placed in a community where the industries learned can be pursued without degradation, and where youth may be matured to a noble manhood, free from the presence of religious bigotry and from the snares of fashionable follies and vices. We need this atmosphere of spiritual freedom, and also a congenial climate favorable for the highest physical development, and if our location was accessible to the negro race, they might give their bone and sinew in exchange for knowledge and skill in the arts, for the means of growth and development, and such fellowship as they can meet and appropriate. This community should be a model society—a city set on a hill to illuminate and regenerate a wide region about it.

"I propose that a call for the formation of a Southern Colony be issued to all Reformers who can unite upon certain fundamental, vital principles, not making Vegetarianism a *sine qua non*, but expecting to create in this respect a better field for making converts than in the outside world.

"One-ideaism is to be deprecated as not promotive of the greatest progress of the race.

"If you favor the proposition, will you let your voice be heard in the matter, shaping and presenting some plan of organization?

"Respectfully yours, M. NORTH."

REMARKS BY DR. TRALL.

Our voice has long been heard in this matter. But the "one-ideaism" which Mr. NORTH deprecates we regard as an essential element of success. If one must introduce the flesh pots because he is fond of them, another may bring along his lager because he likes that, and another indulge in chewing and smoking because he is addicted to them, and a fourth keep a drug shop because it is his trade to sell medicines. Away with all compromising Reformers in such an enterprise as we contemplate. Let them remain in the outer world until they are properly "reconstructed," before taking seats in our "Healtharium."

Miscellaneous.

Long Life.

NOT long ago some anthropologists proposed among themselves to establish a Society for Promoting Long Life. Its objects were: I. To enroll among its honorary members all persons throughout the world who have attained their hundredth year. 2. To engage a corresponding secretary who should visit every centenarian he might hear of in the United Kingdom, with a view of obtaining full information as to their parentage and habits of life. 3. To place its members in communication with centenarians abroad for the same purpose. 4. To publish periodically a statement of their proceedings and of the results at which they might arrive. Nor was this proposal so whimsical and Utopian as it may at first sight appear. It is highly probable that the best means for attaining long life have never yet been systematically tried; and it is certain that the average term of human existence has been prolonged of late years in civilized countries. Many diseases are now becoming extinct, and surgery and medicine have made such rapid progress, that the chances of recovering in our day from illness are incalculably greater than in former ages. The meanest laborer who is run over or falls from a scaffold may have his wounds dressed and his bones set with a skill such as the wealth of Crœsus could not have purchased one hundred and sixty years ago. The physicians called to attend a dying prince would not now place a hot iron on his head, hold his teeth open by force, and thus administer a loathsome volatile salt extracted from human skulls, as the fourteen doctors did in the case of Charles Second. The present duration of life is as four to three compared with what it was a century since. The entire mass of human vitality is being lifted and lengthened. The year 1685 was not considered sickly but the deaths in London in that year were 23,222, that is, more than one in twenty-three of the inhabitants. At present only one in forty dies annually in the capital. The obituary in The Times of August 21st and 22d, contains a rare illustration of prolonged life in the case of twelve persons whose united ages amounted to 1,044 years, giving an average of exactly eighty-seven years to each. The eldest of them was ninety-five, and the youngest eighty-one years of age. Cities have become far more salubrious than they were. Drainage is improved, streets are widened, and large spaces appropriated to air and exercise. All these things tend materially to prolong life, and to these causes moral ones may be added.

The passions of men are considerably tamed, and deaths by violence are therefore less frequent. The laws also are less sanguinary, and capital punishment is more rarely inflicted. Charity and philanthropy have taken amazing strides in their glorious path, have investigated with astonishing diligence the sorrows and sufferings of the poor, have pried into the stores and water-casks of the emigrants, winced at the lashes laid on the backs of drunken soldiers, lightened the fetters of thieves in the hulks, and

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striven to save the lives even of murderers. They have extended their strong hands to the ends of the earth, and have forgotten neither the Hindoo widow nor the negro slave. They have done, in short, if not all that might be done, still much more than was ever done before to improve the condition of the laboring classes, and consequently to prolong their lives. Multitudes used to expire on marsh, forest and heath over whom no bell was tolled, and who received no succor from strangers on their bed of straw. The parish doctor and the benevolent landlord now add ten and twenty years to the lives of thousands who in by-gone days would have been cut short in the flower of their manhood. And if the general level of longevity has been raised already, we have before us a most convincing proof that it may be raised still higher, and also the amplest encouragement for further exertions in the same direction. Long life may be made a science, and a rich harvest of inductions may be reaped by observation from the fruitful field of the whole race of man. The obstacles to be encountered will of course be many and formidable. They will arise generally from the perversity of human nature, and the difficulty of impressing the young with the importance of rules essential to the attainment of long life, together with that of deterring persons from contracting marriages with relatives and others whose offspring are not likely to be vigorous and healthful. It is in youth that the seeds of premature dissolution are generally sown; and we are not yet in a position to say at how late an age death may in fact be premature. Hufeland, who has well studied the subject, believes that the organization and vital powers of man are able to support a duration and activity of two hundred years, and thus to reach within five years, the age of Terah, Abraham's father. Of course this is but an individual opinion, yet it is one which ought not to be treated with contempt. If the moral progress of society were to keep pace with its scientific and social development, there can not be the smallest doubt that in two or three generations the number of persons rejoicing in a patriarchal age would be greatly increased. Some pledge of this seems to be afforded us in the fact that every epoch has had its centenarians, and every climate, however corrupt society may have become.

LIEBIG ON AGRICULTURAL COLLEGES.—The Secretary of the Ohio Agricultural Society lately had a conversation with Liebig, the Agricultural Chemist, in reference to the agricultural colleges to be established by the proceeds of lands granted by the General Government. Liebig suggested that the best thing to be done is to establish experimental farms. He said, among other things:

"You don't want much land; a few hundred acres is all-sufficient for all manner of experiments: and, you must allow me to repeat, you want to teach a specific system of model farming, for many reasons: first, not one student, perhaps, can get a farm precisely like your model farm; he may not be able to get so much grass-land; or so much upland, or he may be unable to have farm buildings precisely like the model ones. Then what good does your model do when nobody can copy it? Now, when you get home, pray do not misrepresent this idea. I want you to make experiments; not simply to show what can be done, but make experiments to show what can be done profitably, and what may be done by any intelligent farmer. Of course you can not expect to accomplish much for the present generation of farmers; but these seeds you sow will be reaped by the coming and future generations. In Ohio you do not want to build a palace for an agricultural school. In America you spend too much money in putting up your educational buildings, and then starve your professors. I learn that you put up a very grand building in your city of Columbus, called the Starling Medical College; I have a picture of it. I am told it cost some $70,000 or $75,000, and now you are starving the professors in it. You did the same in Cleveland and Cincinnati. Then I am told you built two universities in Ohio, and now the professors can barely live on the salary you pay. The consequence is, that these schools, colleges or universities must run down. There is no place in the whole world where knowledge can make so much money as in America; therefore your best men will not become teachers or professors, simply because they can make more money out of *something* else; and they naturally apply their talent and ability where it pays the best. No man will engage in an educational course of life, for life, on a salary of $1,200 or $1,500 a year when he by applying the same ability in some other pursuit, can make $4,000 or $5,000 a year. Hence you have got no first-class professors in America; but you have instead first-class business men, first-class mechanics, and managers of large and collossal establishments."

LEAD POISONING.—Poisoning by drinking water which has been acted on by lead happens far more frequently than is often suspected, and the mode in which the water is rendered poisonous is frequently difficult of discovery. A correspondent of The Times states that, from a rural parish where the drinking water is got from draw-wells, and there are neither leaden pumps nor leaden pipes to contaminate the water, several of the peasantry went lately to the neighboring county infirmary suffering from lead poisoning. Careful investigation led to the discovery of the source of the evil—the so-called "tinned" kettles in which the water used for tea and for cooking was boiled. It was ascertained that the "tin" with which the kettles were lined was an amalgam of tin and lead. The adulteration of tin with lead is one of the most common frauds. It is of very great importance to public health that some way of escaping from poisoning by leaded tin should be discovered, and it would be desirable that we should know whether there is any coating for iron which would resist heat and the ordinary action of water, and which could be substituted for what is called "tin." About a year ago a French patent was taken for such a coating, and the coating is said to have stood very severe tests of heat and acids. Such a coating has also been discovered lately in England. Any one giving accurate information respecting such coatings would confer a boon upon the public. A very ready test for lead in water consists in

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taking two tumblers and filling one with water which is known not to have been in contact with lead; the other being filled with the suspected water. Dissolve in each about as much bichromate of potash as will stand on a groat. By daylight the water in each tumbler will be of the color of pale sherry and water. Cover the tumblers so as to keep out dust, and let them stand in a warm place in a room with a fire in it for twenty-four hours. If the suspected water be free from lead it will still have the same color as the other, but if there be lead in the water it will have a more or less opalescent tint, as if a drop or more of milk had been put into it. If there be a great quantity of lead in the water a very slight film of lead will be deposited on the glass.—*Mechanics' Magazine.*

THE MODERN PLAGUE OF SERPENTS.—Every body has seen or heard of the new chemical toy known by the name of "serpent's eggs." The passer-by sees them announced for sale in the windows of nearly every apothecary's shop in the city, or he is startled at every street-corner by peripatetic pictures of huge ophidian monsters with an unpleasantly near foreground of distended and fanged jaws, and with coils on coils running back into the dim perspective. This, the mature brood, is hatched from the "eggs" amid flames and gases, and is called "Pharaoh's serpents." Introduced from Paris, and now manufactured here also in large quantity, they are the fashionable novelty of the season. They are served up on china as a brilliant after-dinner course, are burned in place of the fragrant pastilles, which they resemble externally, in crowded drawing-rooms, and are touched off as harmless domestic fireworks in the nursery. It is not surprising that they should have become so popular, for it certainly does appear wonderful that so much apparent substance should lie shut up in so small a compass, and at the touch of fire should come writhing forth in serpentine coils. Inclosed in these little metallic eggshells, however, are embryos of a far more dangerous character than any described in works on Herpetology, and it needs but the magical generative power of heat to hatch from their comparatively harmless contents some of the most deleterious gases known in chemistry. It is the old fable of the peasant and the viper, and it is time that the public were informed of the poisonous nature of these serpents they are introducing into the family circle.

But, it may be asked, if they are so dangerous, why do we not hear of injurious effects produced by their use? Within a week a communication has appeared in reply to a case of such poisoning, reported by a physician in a public newspaper, from a manufacturer, stating that they are harmless, and may even be swallowed with impunity. A glance at their chemical composition, however, will convince any one of their real character. They are composed of sulpho-cyanide of mercury, a compound of sulphur, cyanogen and mercury. When heated to a high temperature combustion takes place, and in the decomposition that ensues, nitrogen, carbonic acid, sulphurous acid, cyanogen and bisulphide of carbon are given off in the form of gases, a large portion of the mercury is sublimed as vapor, and there remains a peculiar organic substance, consisting of nitrogen and carbon, and known in chemical works by the name of mellon. This it is which is cast forth from the miniature volcano in the form of a serpent.

Now one need not be a chemist to know that cyanogen, bisulphide of carbon and mercury are dangerous, poisonous substances, and that they can not be mixed with the air of a room without injurious consequences to the persons breathing it. The explanation of the fact that serious results do not more frequently follow their use is that they are, fortunately, expensive, and are therefore generally burned singly. It is none the less true, however, that inspired even in minute quantity such substances must be prejudicial to health, and that when set free by combustion in larger amount, in a small room, or in the presence of children, they may produce even a dangerous effect. We have several times experienced the suffocative character of their vapors, even in a large apartment. If people wish to play with such dangerous toys, they should at least observe the precautions practised under similar circumstances in chemical laboratories, of thoroughly ventilating the room. In view of these properties the Prussian government has forbidden private sale of them. We hope, therefore, that the public press will assist us in enlightening the community as to the character of "Pharaoh's serpents."—*Medical and Surgical Journal.*

To Correspondents.

Rheumatism.—MRS. "J. S. W." "DR. TRALL—*Dear Sir:* As you have been the means of benefiting so many, allow me to ask your advice in the case of my afflicted mother. For more than twenty years she has had that terrible plague, rheumatism, and for the last fifteen years she has not been able to stand on her feet nor to straighten her knee-joints; her fingers are contracted so as to close her hands, and at times she suffers most intense pain—indeed, she is never free of pain. All last winter she had such excruciating pain in her head—which seemed to affect her eyes—that she was obliged to remain in a dark room. In her young days she was terribly drugged and twice salivated. In the name of suffering humanity tell me if she can be made even comfortable; I suppose a cure is impossible. Must she go to a Hygeian Home? I wish to tender you my sincere thanks for the benefit I have received from your teachings. I have been transformed from an invalid, whose future was all dark and gloomy, to a healthy woman, able to walk from five to ten miles a day."

The deformities can be relieved but never entirely overcome; but there is no doubt that a few months' treatment at a good establishment would render her comfortable for the rest of her days. The case is too desperate for home-treatment. The disease is *mercurial* rheumatism.

Sleeplessness.—"P. O. B." "I am a nervous dyspeptic, and can seldom sleep after two o'clock in the morning. I am trying to live according to your teachings. My health has improved very greatly, and I believe that if I could only sleep enough I should be quite well."

Arise and dress as soon as you awake, and do not retire till the usual hour. Practice this plan for a few days and you will be all right.

White Swelling.—"C. R. S." The case is too far advanced to be cured without anchylosis or a stiff knee-joint. Apply cool wet cloths to the part so long as there is inflammatory heat; give him a tepid ablution daily, and restrict his diet to bread, fruit and vegetables. Allow him no milk nor butter.

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Publishers' Department.

Observe.—We present to our readers this month a discourse by Rev. O. B. FROTHINGHAM, recently delivered in his church, Fortieth Street, New York. What he says of the value of human life will, we are sure, be appreciated by every reader. The interest educated and cultivated persons are manifesting in the subject of Health Reform should be very gratifying to every lover of his race. We hope, during the year, to have several communications from Mr. FROTHINGHAM. His article on the "Sacrament of Water," which first appeared in THE HERALD, has been highly spoken of and widely copied by the press.

An Editor's Opinion of our Premium Picture.—"Messrs. MILLER, WOOD & Co.—*Gentlemen:* I have just received the Premium, 'Washington Receiving a Salute on the Field of Trenton.' I am highly delighted with it; it is a splendid picture, both in matter and in execution. I think the time spent in getting up the Club was well spent.

"I am a thorough believer, and have long been one, in the reformed system of medication as taught in your HERALD. I shall therefore do whatever I can for the cause. Probably I shall be able to send you some additional names for THE HERALD before the year is out. Trusting that you may be blest with thorough success in your efforts to ameliorate the condition of suffering humanity, I remain, gentlemen,

"Yours truly, JOHN J. BOWMAN,
"Editor of The Waterloo Chronicle."

A SUBSCRIBER says: "CANNELTON, Ind., March 13, 1866—Messrs. MILLER, WOOD & Co.—*Dear Sirs:* I drop you a few lines to let you know I received the Engraving. I am delighted with the picture. Accept my congratulations upon it. It has more than thrice paid me for my trouble in getting up the Club. J. S."

Sexual Physiology.—We have, during the last month, sent out a large number of copies of Sexual Physiology, which by this time have been read and examined by our subscribers. We are sure no work has ever been published of more interest in this department of knowledge, and we ask of our friends everywhere to interest the public in it. There is hardly a township where a Club for it could not be raised with but little time and trouble. Those who do not wish to subscribe without first seeing a Table of Contents, can have a complete List of Subjects and of Illustrations sent to them by inclosing us one 3-cent stamp, when we will send it by mail, together with our other new book circulars.

Persons wishing Agencies should address us with reference to their sale. Our inducements to Agents who solicit subscriptions will be liberal.

The chapter on the Law of Sex is very elaborate, and worth the price of the book alone. Single subscription price, $2, by mail. The work can be had in London of J. BURNS, No. 1 Wellington Road; in Philadelphia, of J. L. CAPEN, 25 South Tenth Street.

Back Numbers.—We can send back numbers of the present volume, and will send the First Four Numbers for 50 Cents to all who wish to examine them. We can supply but few volumes for 1865, as our stock of back numbers is small. We should be glad of a few more January, April and October numbers to fill out our sets.

PUBLISHERS' BOOK TABLE.

EVERY SATURDAY—The name of a weekly paper published by Ticknor & Fields, Boston, at $5 a year—again appears on our table. The Table of Contents of a recent number will give our readers a good idea of the scope of the work:

"My Experience in a Greek Quarantine; Stuck Fast; An Alpine Storm; A Visit to a Lucifer-Match Manufactory; What Was It? A Chinese Lying-in-State; What I Saw of the Pearl-Fishery; Spiders, by Adam White [late of the British Museum]; A Century of Potting; Foreign Notes."

THE ATLANTIC MONTHLY for March contains an excellent article by Mrs. Stowe on "Woman as a Worker," besides many other interesting and valuable papers.

THE ENTOMOLOGIST, which we noticed recently as being published gratis, will hereafter cost 50 cents a year.

THE RIGHT WAY, started as a free paper, will hereafter cost 60 cents a year. This will, no doubt, be fully as satisfactory to the public, who, to a certain extent, prize most what they pay for.

Both the above papers will, in their sphere, be found useful. The Entomologist is published in Philadelphia by E. T. Cresson, and The Right May in Boston, Mass., by J. Stearns.

An Easy Way to Get Splendid Prizes.—How shall I get a good Sewing Machine worth $60 free? *Answer.*—Get Fifty Subscribers to THE HERALD OF HEALTH at $1 50 each and the Publishers will give you one.

How shall I get a large Pictorial Webster's Dictionary for nothing? *Answer.*—Get Sixteen Subscribers for THE HERALD at $1 50 each or Fifty Subscribers at $1 each.

How shall I get a splendid Steel Engraving of George Washington free? *Answer.*—Get Eight Subscribers to THE HERALD and send the Publishers $12 and they will send you one for nothing. The late lamented President of the United States, ABRAHAM LINCOLN, said of this engraving: "Accept my congratulations on the completion of this very beautiful work."

Circulars.—Those of our subscribers who wish to aid us in extending the circulation of THE HERALD, should obtain our circular to exhibit to their friends. Every invalid who will send a stamped envelope shall receive in it one of each of our circulars for THE HERALD, Books, and Baths.

Clubs.—The right way is to form in every neighborhood a club of ten or twenty if you would get THE HERALD for $1. Single subscribers who send only $1 will be credited eight months only.

A Gift.—A rich friend can often send for a copy of THE HERALD for some person in need, who may be an invalid or unable to pay for it. Several persons have sent for THE HERALD to give away.

Names of Invalids.—We hope that our friends will send us the names of all the invalids they know. Please do so on a separate slip of paper from other matter, to save us re-writing them.

Notice.—Subscribers changing their residence must not expect us to duplicate the numbers sent them at their old post-office, unless they inclose 15 cents for the same.

All Letters of Business should be addressed to the Publishers, otherwise there will be much delay and complaint.

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Look at our List of Premiums

FOR 1866!

Here is a list of Premiums for those who get up Clubs for 1866, which we think will prove attractive. We wish to call particular attention to one of the premiums. It is the very fine Engraving entitled

Washington Receiving a Salute on the Field of Trenton,

From the original Painting, by those distinguished artists, J. Faed, R. S. A., and R. Ansdell, R. A.

It is indorsed as a work of art by a host of eminent men, as evidenced by the opinions subjoined:

"A very pleasing and happily executed work—an engraving of rare beauty." Edward Everett.

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"It is indeed a beautiful specimen of art." John McCloskey, Archbishop of New York.

"I am delighted with the engraving; it does full justice to the noble simplicity and dignity which is the great charm of the picture." Fred. E. Church.

"Offer my congratulations upon the patriotism and good taste shown, and upon the successful execution of the work." Wm. H. Seward.

"Accept my congratulations upon the completion of this very beautiful work." A. Lincoln.

"Beautifully executed. Accept my best wishes for your success." Henry W. Longfellow.

"Fully merits the high encomiums it has received." Wm. T. Sherman, Maj. Gen., U. S. A.

That Elegant Picture.

The picture is thirty-one by forty-three inches in size, shows Washington on horseback, and when framed can not fail to prove a most interesting ornament to any parlor or sitting-room. Its influence upon the children of a house would be worth many times its cost in cultivating their taste for fine works of art. As a Hygienic agent also, pictures are very valuable and are not yet half appreciated. Beautiful pictures before an invalid calls into activity a set of faculties whose influence upon health, when in use, is very great. To the thousands of our readers who have not yet a picture of our noble Washington, no better opportunity could be offered than that of securing for The Herald Eight New Subscribers and sending us $12, when the picture will be forwarded. The price of the Engraving is $6.

Splendid Prizes.

SEWING MACHINES.—We will give one of Weed's superb Sewing Machines, worth $60, to every person who will get up a Club of Fifty Subscribers for The Herald of Health and send us $75. We should like to receive a large number of orders for the Machine from our subscribers.

DICTIONARY.—We will give one of Webster's New Pictorial Dictionaries to any one who will send us Sixteen Subscribers and $24. This Dictionary sells for $12, and ought to be in every family's house in the land.

BEGIN EARLY.—Those who work for Premiums or large Clubs will find it to their advantage to begin early. In sending letters, address them plainly and also write the names of the subscribers and their post-office address so plainly as to leave no room for mistake or doubt in regard to them. Send National or United States Currency notes, or if convenient, checks on New York, Boston, or Philadelphia banks, or Post-office orders.

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☞ Our friends in the country who wish neat and accurate printing, can rely on first-class work, by sending plainly written and well-prepared manuscripts. For terms, send sample or copy of work, state quality of printing material to be used, and the number of copies wanted, inclosing a prepaid envelope for a reply.

N. B.—We are out of the October, January and April numbers of 1865. Persons having them to spare, will please send them to the Publishers. We will send their worth in any work we may have.

Advertisements.

☞ Advertisements of an appropriate character will be inserted at the following rates: Short advertisements, 25 cents per line; thirteen lines, for three or more insertions without change, 20 per cent. discount; one-half column, $12; one column, $22; one page, $40. All advertisements must be received at this office by the 10th of the month preceding that on which they are to appear.

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TRAINING SCHOOL FOR TEACHERS OF THE NEW GYMNASTICS.

The Summer Term of this institution will be held in Lexington, ten miles from Boston. The class will be trained in the open air under a simple roof, while the members will board in Dr. Lewis's Health Establishment. Not less than seven able teachers will be occupied with the class.

The Term will open on the 1st of July, and continue eleven weeks.

The terms will be as heretofore, $80 for the Tickets; 25 per cent. less for females.

Board, $5 50, which includes room and lights. ap-tf

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DANBURY, CONN.,

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Send stamp for Circular.

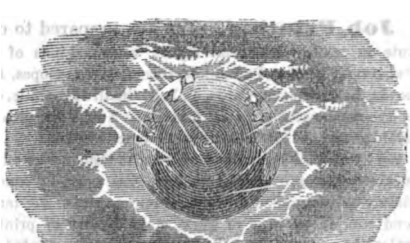
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WOMAN'S DRESS; ITS MORAL AND PHYSICAL RELATIONS. By Mrs. Mattie M. Jones, M. D.—This is the most interesting and instructive essay that has yet appeared. It gives plain and definite rules for making a physiological dress of exceeding beauty, a chapter on the Gymnastic costume and how to make it, and a great variety of interesting matter. The whole is illustrated with numerous cuts done in the finest style, of different patterns of dress, with patterns for the instruction of those who wish a guide to work out the best results. It is printed in the best style, and sent by mail for 30 cents. Address MILLER, WOOD & Co., No. 15 Laight Street, New York.

WILMINGTON HYGIENIC AND MOVEMENT CURE, Wilmington, Del.
jan-tf JNO. CAMERON, M. D.

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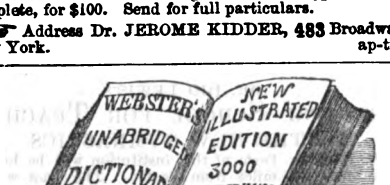
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For Sixteen subscribers for The Herald of Health at $1 50 each, a copy of the above magnificent work, worth Twelve Dollars, will be given as a Premium to the person getting up the Club.

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An Essay prepared for the Temperance Convention held at Saratoga in the summer of 1865, on Alcoholic Medication. By R. T. TRALL, M. D.

This is the best discussion on the subject of Alcoholic Medication that has yet appeared, and should be in the hands of every clergyman, doctor, teacher, student, lecturer, debater, Temperance man, parent, invalid, etc. etc. It is destined to begin the work of Temperance Reform at the very root, Alcoholic Medication, and to work a radical and lasting reform. Price, by mail, 30 cents. Address

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American Educational Monthly for March contains:

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Terms, per annum, $1 50; specimens by mail, 15 cents.

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WORCESTER WATER CURE,

WORCESTER, Mass., will be ready to receive patients April 1, 1865. The Movement Cure, Electricity, and all Hygienic agents, will be made available by the proprietor, who has had twenty years' experience.

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PHILADELPHIA HYGIENIC INSTITUTE.

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MANUAL OF LIGHT GYMNASTICS,

Designed for Clubs, Evening Classes and private use. By W. L. RATHE. Price, prepaid by mail, 38 cents. Address MILLER, WOOD & Co., No. 15 Laight Street.

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Granite State Health Institute,

HILL, N. H.

The "Granite State" has now become widely and favorably known as one of the best Hygienic establishments in the land.

Through its great success in treating disease for the last fourteen years, the perfect homelike atmosphere that has ever pervaded the institution, the moderate terms upon which patients have been received, the care that has been taken to insure their recovery, and to return to them the largest equivalent for the money they have expended, this institution has been built up into a large and flourishing establishment. It is not too much for us to say that patients from all parts of the country, from our large cities and from interior towns, have been enthusiastic in their praise and in recommending our institution to their friends.

The following points have attracted attention:

1. Our accessibility: the cars stop within a few rods of our door.

2. Our location is exceedingly pleasant and amid romantic surroundings.

3. The purity of the air and the excellence of the water.

4. The dietary: the variety, the exceeding simplicity of preparation, and yet the palatableness of the food.

5. The careful attention bestowed on patients and the specific directions given to insure their recovery.

To all invalids, living far off or near, in the city or in the country, who wish to find some pleasant resort for the spring or summer months where they may recuperate their wasted energies by placing themselves, physically, mentally and socially, in the most perfect health-condition, the "*Granite State*" will be found perfectly adapted and will doubtless give satisfaction.

We wish it distinctly understood that this institution is not a fashionable resort, but a home and cure for the invalid.

We have had a large and very successful experience in treating the special diseases peculiar to the sexes, and patients of this class may be assured that they will receive the most skillful treatment.

We have greatly enlarged and improved our buildings, and shall be able to accommodate many more within the Cure than heretofore. When we can no longer do this, good rooms will be provided at a little distance, as has been done with so much acceptance in the past.

☞ Our terms are from $8 to $10 per week. (See Circular.)

Ministers of the Gospel, dependent on their salaries for support, will be taken at a reduced rate.

The following testimony, gotten up by patients of our Cure, with the design, it is supposed, of encouraging us with good words, is the testimony of those who know whereof they speak, not a few of whom have been inmates of the largest and most popular Cures in our land.

We shall be glad to send circulars giving particular information concerning our establishment to all inquiring friends who will inclose stamp for postage.

W. T. VAIL, M. D., Hill, N. H.

TESTIMONY.

The undersigned, who have been patients at the "Granite State Health Institute," Hill, N. H., and have had opportunities to become practically acquainted with the management and workings of this establishment, and who have experienced in their own persons the beneficial effects of the treatment there administered, take great pleasure in recommending it to the attention of invalids everywhere, who may be anxiously and earnestly seeking the means of restoration from long standing diseases and protracted sufferings.

We do not hesitate to state, as our unqualified conviction, that no person who is willing to lay aside his prejudices and be guided by the light of facts, can come here and witness the effects of a purely Hygienic management of the sick, see what long standing and apparently hopeless cases can be restored to health under its potent yet simple measures, can fail to be convinced that this new mode of medical treatment is as much better, more philosophical and effective than the common mode, as pure air, wholesome food and healthful drinks are better than poison.

"Dr. W. T. VAIL, the conductor of this establishment, is a gentlemen of experience and skill, having been educated to the medical profession by a long course of personal suffering in early life, as well as by a regular course of collegiate instruction. Invalids placing themselves under his direction will find themselves under the care of a gentleman who has a living faith in the system he practices, and a confidence drawn from long experience that he understands his business; who will look after his patients attentively, prescribe for them with care, and require of them somewhat imperatively that they follow his directions." We recommend him as a gentleman whose honesty, candor and medical intelligence may be implicitly relied on by those who may wish to seek information in regard to the prospects of their cure if placed under his care. It is not the Doctor's policy to bring incurable patients to his establishment, who can neither add to his reputation or his profit.

The arrangements of this institute are all made and carefully carried out for the benefit of the sick, and we unhesitatingly recommend it as just the place for thousands of our sick and suffering friends, who through long months or long years have been dosed and drugged and poisoned, only to grow worse or more helplessly sick—to become greater and more confirmed sufferers.

We recommend the Granite State Health Institute as in our opinion one of the best conducted Hygienic institutions in our country; not where heroic or haphazard treatment is in vogue or dangerous experiments indulged in, but where careful, judicious and, as a general thing, *successful* treatment is applied to numerous cases of long-standing chronic diseases, many of which had previously been supposed incurable. (Signed by)

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John Adams, Gray Corner, Me.
Daniel Stevens, Plaisted, N. H.
Charles A. Jenkins, Stanstead, C. E.
Chester E. Persons, Coventry, Vt.
Charles Brewer, Petersham, Mass.
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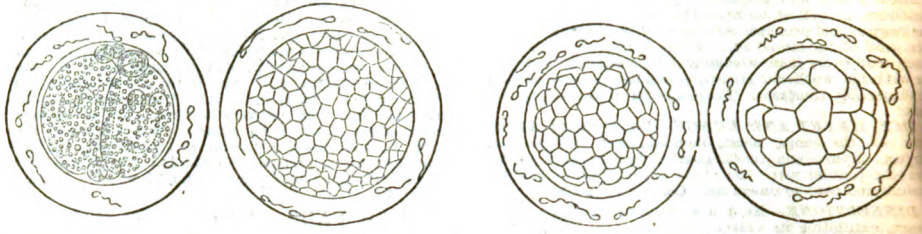
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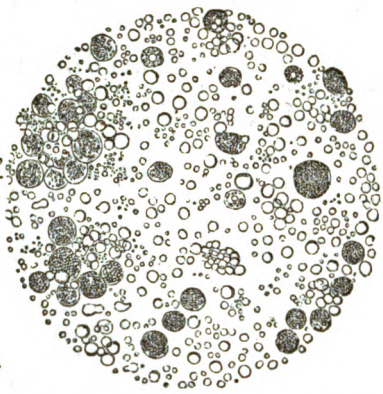
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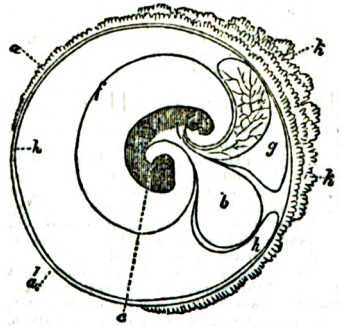
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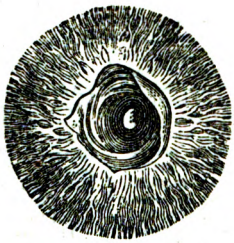
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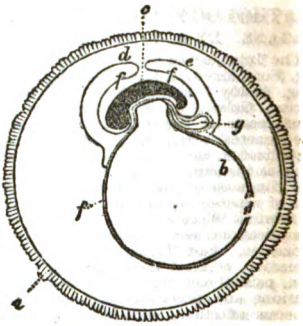


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THE

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General Articles.

OUR MISSION.

AN ADDRESS BY MISS L'AIMEE PERKINS OF SANTA CRUZ, CAL. (ONE OF THE GRADUATES), ON THE OCCASION OF THE CLOSING EXERCISES OF THE NEW YORK HYGEIO-THERAPEUTIC COLLEGE, MARCH 26, 1866.

FELLOW-STUDENTS: Standing here upon the threshold of our future lives as Hygienic Physicians—a mission glorious or ignoble according to our conceptions or performance of its duties—perhaps it would be well to pause and ask ourselves the question, important to us all, what those duties are. We do not go forth as most medical graduates do, equipped with all the glitter and show of Latin and Greek phrases, the brilliant handling of technical language belonging to medical lore, that pleases and astonishes alike the professors and people, though of no earthly use, save in making themselves unintelligible. Nor do we anticipate honor and respect, because of having graduated from the Hygeio-Therapeutic College, from any but our little band of Reformers, and the illiterate, who respect wisdom by its external sign—the title. Our Alma Mater has as yet few dignities to bestow upon us, if we except the one star of great magnitude, "Truth, which is mighty and will prevail," if we but heed its glimmer. How carefully, then, should we investigate and thoroughly understand the great principles we advocate, knowing that upon each of us depends the welfare of the cause, and the future progress of the human family to a greater or less degree. As teachers we go forth under our true colors, and before raising our banner, Hygeia, to the breeze, to be seen of all men, let us be sure that our coat of mail be impervious to the attacks of our enemy, and that our "drill" in the A B C's of our system be so complete and perfect that we may never be "surprised" by any "flank movement," but on the contrary so arrange our "tactics" of battle as to confound, by our boldness and competency, the veterans of the opposing side, and thus cause a panic in their ranks, while the masses will swell our numbers into a goodly majority, thus making the victory ours!

Our first bold assertion, then, is to consign the whole Materia Medica "to the dogs," as was proposed some years ago, and by affirming the entire medical system to be "false in theory and fatal in practice;" proving it, too, in language so simple, yet so profound, that the unintelligent and wise can alike comprehend its philosophy. At this the able Professors (for they are both able and learned, though blind as to truth) stand aghast or look with scorn, without daring to (at least they do not) open their lips in defense of their *science* so called! We further claim to have discovered the only true solution of the mighty problem—the mysterious power of dead, inert matter upon the living, viz., the "action of drugs," by simply proving they do not act at all, the action always being on the part of the living organism. Again, we deny the law of cure, save through obedience of Nature's laws, by which alone are we enabled to heal body or soul. Hence, disease is but a condition of the system—not an entity; a friend—not an enemy, and the whole theory of Drug Medication, being based upon a false predicate,

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must be false in its practice, and, if against Nature's laws, most disastrous in its consequences.

Perhaps our first false step, as young practitioners, and one most fatal to our own success and cause, will be through our feelings of friendliness toward all humanity, the drug doctors among the number. It may be they will evince a seeming interest in our theories, or wish to watch the effect of our practice, while we, thinking to convince them of their errors, give them our time, ideas and life itself, gaining nothing in return but ill will and loss of influence among the people; for it is not reasonable to suppose these medical men should wish to gain knowledge through us, when all their interests are to continue in the path they are following. No, they merely *seem* friends, that they may gain the good-will of the people through a show of generosity, and also, by a display of meaningless words, prove their wisdom and our incapacity, if they can. It is well for us, then, to bear in mind that "No friends are safer than friendly enemies," and also that it is written that "He who is not with us is against us." The reason is obvious, for this prejudice and ill-will of the Medical Profession, is the one fact, if no other, that with the words of their own lips do we confound them. Their own works, by their contradictions, prove the insecurity of their theories, while their practice, they say, is but experimental; that their drugs destroy more lives than pestilence, war or famine, and that every dose but destroys the vitality of the patient, while they continue to give these same poisons to keep his vitality up. What true science can there be with such inconsistencies for its laws, and whose advocates dare not stand forward to defend its honor? Age does not prove the truth or falsity of a science, though the profession wrap themselves and colleges with it as with a garment, and stalk among the dear people, as if that was all they need do to prove their supremacy of power. But I would inquire if this is long to be so? No, ours is an age of progress; the people clamor for knowledge, and they will have it. Already do we see signs of advancement. In our public schools Physiologies are introduced and Hygiene taught. Medical colleges for women are springing up, wherein the teaching of drug medication is certainly on a *small* scale, compared with most orthodox prescriptions. While year after year our little band of Reformers go forth to teach the people how to possess themselves of God's first and best gift to man, health, and to feed the hungry with the fruits of wisdom and truth, let us see to it that we go not empty-handed. A straw shows the way the wind bloweth, and the drug doctors see, while they pretend not, these ominous signs of their downfall, and may in vain plead age, respectability, wealth and power as their champions. They are but servants of the people after all, and as the age of ignorance and superstition is passing away, they will find the rising generation will not be content to calmly see their dear ones die without inquiring into the cause. Though to-day it does seem to be a legitimate business, and extremely lucrative, too, yet not always will the people, with closed eyes, blindly trust to any doctor, and give all honor and glory to the Most High alike for giving and taking life! Who of us but will acknowledge the holy duty of minister as belonging to our mission? Though our duty may be to teach men how to live, are we not constantly mingling with the dying, our hands ministering unto the physical needs and our lips uttering words of cheer? while to the sorrow-stricken friends, may not our sympathy lighten their grief, and by our counsel teach the blessed law of Nature, that is so often confounded with the mysterious decrees of Providence, through whose obedience health and happiness are sure to follow; but, if disobeyed, the penalty is death?

Our radical views upon the mingling of the sexes in our college brings censure upon us from all conservatives. Our Professors consist alike of both sexes, and worthily fill their respective chairs. I may not be an impartial judge upon this subject, yet who can differ from me in claiming all for woman she can perform? God knows no sex in good works, why should we? My friends, much is required of us as teachers and practitioners regarding this subject, and we, who have witnessed the good effects of this social reform in our midst, will be expected to prove by speech and actions the benefits for humanity we claim for it. In no other college are the sexes admitted upon equal terms, and I venture to assert that nowhere can there be found truer purity in thought or action than among our classes, and am willing to leave our future lives to test the proof of my words. This is a mighty field for investigation, and many are the workers already engaged searching within the hidden lives of men and women in hopes of discovering the primary law of Nature, which has been buried amid the ruins and rubbish of conventional society for ages, but which is the key opening unto our vision higher and purer laws that will greatly assist our upward progress.

Perhaps the widest field of our labors, and whose duties are the most complicated, belong to that of the true physician, whose soul knows no compromise of principle, heart no fainting nor body weariness, so long as suffering and distress call for aid. Here, too, we need to prepare for hostilities from patient, his friends and the subtle enemy that is sure to creep in, perhaps only through the ears of friends, and if we be not wary in our words and deeds our influence is sure to fail and dire disaster to follow. But patience must have her perfect work; indeed, it is through this virtue alone our progress depends; people are not willing to give up their habits of unholy eating and drinking in a day; they must see good reasons for so doing, or by actual experiment prove the truth of our doctrine. Here, then, do we combine the threefold duties belonging to our mission.

If any there be who are inclined to doubt the necessity of not only combining these duties, but the folly of understanding one more fully than another, I would refer them to any of our "Cures," and to there watch the effect of mere prescriptions, without the constant advice and teachings of physicians, or the sympathy and ministering effect of kindness and interest shown, not to say love itself. I tell you, my friends, one of our Professors spoke truly when she said: "No one was afraid to hate, but all were afraid to *love* their neighbor." And to-day our "Cures" fail more because of this one need of the people's souls—especially our sick who fill the

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"Cures—than all else combined. We may diet, bathe, clothe and exercise our patients correctly, do all we may for the body, yet if we starve the soul we may feel confident our labor is lost and our work fruitless. Let us, then, as Reformers, as physicians, as ministers and teachers, aye, and as human beings, tell our brothers and sisters, even as it was once before taught them: "To love ye one another," and without fear. Indeed, let us fear if this be not taught that our work is incomplete, that without this mighty corner-stone of our system the foundation will be insecure and unsafe to build our monument of true success upon, which we claim can be done by all faithful believers and advocates of our theory. Let us ever bear in mind that he only can be truly successful in practice who uses every power within Nature's vast domain in restoring to health such as have, through ignorance and disobedience, disobeyed her laws and are suffering the penalty. We may not with impunity disregard the powerful effect of mind upon body. Science recognizes and points out this law in its infancy, and we have but to look about us to see its abnormal effects in our diseased and crippled fellow-men.

We trace the convulsions of the child back to the uncontrolled anger of the mother, changing the lacteal secretion into a poisonous excretion by the power of mind. Still further do we go into ante-natal life, and behold the lasting and permanent effect of love and harmony in the mother's heart upon the eternal life of her child. Upon this question there is no doubt, but still there is very much to be learned and taught; let us not be lacking in courage, then, to investigate and apply such knowledge as we may have because of the pointing finger from the world, but rather as physicians and teachers, by our precept and example, help our fellow-men to follow this divine law of our nature. And be not weary of well-doing, though men speak all manner of evil against us. "The laborer is worthy of his hire," and he who works nobly will be paid nobly; it may not be in surplus wealth; but a happy heart and clear conscience is beyond price. We do not anticipate great rewards for our labor. Not one of us, I trust, who graduate here, does so to gratify merely their own selfish ambition; but all feel the spirit of good urging them onward, strengthening their once feeble efforts for right, until each is capable of yielding an influence that will carry with it, in the end, all prejudice.

May we henceforth consider ourselves as standard-bearers among men, ever loyal to our colors, and may our example bear out our teachings. Humanity demands this at our hands, in so far as we promise, at least, consistency.

If any there be among us who falter through lack of zeal, or because they but partially understand the principles of our system, I beg of them to go out from our ranks, both for their own salvation and ours. He who takes two steps backward for every one forward makes but slow progress, and the most dangerous enemies to our cause have been within our own ranks.

In saying a final word of cheer, fellow-students, I would bid you keep ever in sight yon Temple of Truth, whose foundations are built of Nature's laws, and whose spire is lost amid the eternity of space. Let that be our pillar of fire by night and star of light by day, guiding us onward ever. May our watchword be: "No compromise;" and "may our light so shine among men" that they, in seeing our good works, may imitate them and be blessed for ever!

Associated Effort.

Dr. Peterson of North Carolina, in the January number of The Herald of Health, gives utterance to a want which has long been felt by many Reformers—of the support which might be gained by gathering in communities individual forces now dissipated and weakened by isolation. There are strong men and women who delight to go forth, solitary and alone, to battle with the hosts of error, and whose work is in the field with the enemy; but there are also many lambs who need to be gathered into a fold where they can attain vigor and full development, whose vital forces are now wasted by contention with falsehood and vice, and many of whom must become the prey of wolves.

Twenty years of observation on the reciprocal influence of isolated Reformers and ordinary society has established most fully, in my mind, the importance of concentrated effort in Reform. I can point to several cases which painfully illustrate my position. The following is one of many similar ones: A young man of vigorous constitution and strongly-determined will established himself in a small town, the sole exponent of progressive principles in theology and of high aims in morals and modes of living. After thirty years of devotion to duty, there are no apparent effects of his example upon the community, but he has to lament the stronger magnetic influence of the latter upon his wife and children, who have been drawn over to its ways of living, thinking it better to be out of the world than out of the fashion. In every case these men are prematurely old, which is attributed to their vegetarian habits; but it is really the result of spiritual starvation for want of congenial society. Had they resided in the same neighborhood they would have been invigorated by mutual sympathy, and have formed a congenial atmosphere in which their families might have been nurtured in the same vital principles, and thus saved as a seed for a new Divine growth in the world.

Traveling through the New England States, one finds here and there a woman wearing the short dress, and more who want to wear it, but think that the odium attached to it is more injurious to their health than the long skirts. Such persons, and those who want to escape the fumes of tobacco and of beefsteak, and all those who believe in progress and who desire to see the foundations of society laid upon the eternal principles of justice and holiness, let all such congregate, and though there may not be perfect agreement among us as to what we shall eat and what we shall drink and wherewithal we shall be clothed, yet, if all are seekers after truth and righteousness, we may hope, by the kindly agitation of practical questions, to attain a high degree of harmony. M. N.

In the current of life beware of the gulf of intemperance

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To the Young Men of America.

A DISCOURSE BY REV. E. H. CHAPIN—REPORTED BY C. W. WHEELER.

"Is not the whole land before thee?"—GEN. xiii. 9.

THE passage to which the text belongs gives an account of the interview between Abram and Lot at the time they had their strife. But it is not my purpose, in my discourse to-night, to dwell on this phase of the subject, but shall employ the words for another purpose, for I think I find in them an intrinsic signification that really furnishes an argument why there should be no strife between them. They have an incentive to nobler actions. I repeat, then, that the words which constitute the text have a moral signification. The question, "Is not the whole land before thee?" suggests the position of young men, especially the young men of America. It foreshadows their social position and their position in a political point of view.

These words no more than assert that the whole land is before them, or it might be said that life is before them—life, with all its opportunities and possibilities. It is filled with glowing aspirations and earnest purposes. It is true, some years of their earthly existence have passed by—the season of ruddy childhood, health and strength, and of a fond father's guardianship, and now they put away childish purposes, perhaps, in a *wrong* sense. Perhaps some of them have put away their manhood. Some push out into the world, when they ought to have had sense enough to remain in the social circle till their beards were grown. The forms of vice committed by the juvenile members of society furnish the most fearful difficulties to our city population. The present affords us an opportunity of seeing developments in crime which would have been insignificant and unparalleled in ages preceding. This is the transformation period we would desire to escape. These facts stand forth for the reflecting mind; the facts are real and are appreciable by all in our own time. There is, however, a forward look. The whole land is before them—a land interspersed with mountains and valleys, with plains and prairies.

My hearers, if I dwell upon truths so perfect and obvious, it is because they are coupled with responsibilities which need to be enforced.

The whole land is not before all our young men in an equal sense. Are they strong or weak? In the highest sense is it before those who are naturally strong and have physical vigor, and can take upon them the burdens and duties of life.

There is nothing absolutely melancholy in the wearing away of this bodily garment, in the gentle silvering of the hair and in the tottering step, for it is like the setting of the sun; it is but a crisis, a simple transformation in forms, for death is naught but ceaseless life. But the premature old age found signalized in the frame of those young in years, shows that they have overleaped the lawful barriers, and expresses a life full of immoralities and sacrileges. What happiness, what usefulness, what a waste of possibilities, when the person breaks down at noonday and brings on the shades of the night! I fear in this respect we have not made improvement, unless it be the very worst of improvement.

I have before me the Report of the Police Commissioners of the present year, showing the number of the dupes of dissipation and crime. It says the world would be appalled if it knew the number of disreputable places in this city, not only among the lower classes, but among those considered most respectable. There is where our young men sacrifice themselves, and sink into Sodom and Gomorrah.

But the young men also possess a strong inheritance. Theirs are the riches of all the past. He reaps the harvest of ages, and the young may easily fall into the stream on the one hand or the other.

We live in a great age. Great in the evil as well as the good. Great in the questions it raises as well as the problems it solves. Great in the applications of the physical laws, and great in imagination. Great in science and philosophy, and great in conflicts and experiences.

It is a privilege to be a dweller and an actor at the present time. But it is a very false opinion to suppose that one generation must inevitably repeat the sins and follies of the one preceding. There are certain invariable laws which always demonstrate themselves. But there is something in the generation which causes it to differ from the one gone before. The doctrine that history repeats itself, therefore, can not be held without dispute. The young men of the present time have the benefit of all former knowledge. They have the benefits of their trades and professions, of their vices and follies.

Here, then, appear the responsibilities which accompany that strength of inheritance. It is the responsibility of making the world better than it is or has been. We are not so very near the consummation of all things as many think; but the processes of nature will be long in repeating themselves, and history in ages to come will tell of deeds of valor and greatness.

There are many young men, no doubt, who will exert no perceptible force or influence, but there is no man who does not leave the world the better or worse for having lived in it. By his activity in business, by his social intercourse, in short, any thing referring to human conditions, he either adds to the sin or sorrow of the world or to the eradication of it. It makes no difference what occupation a man assumes, it all tells in the summing up of his influence, as the snow-flakes do in forming the sweeping avalanche, or the rain-drop in helping to form the mighty river.

The young man may waste his time and talents in idleness, he may soak in sin, he may pervert his high prerogatives; but standing in *this* position the whole land is not before him.

But here again the question which constitutes the text is applicable to young men, but especially to the young men of America. This whole land stretches out gloriously before them. Its capacities are still unfolded and its resources are still undeveloped, while labor lifts its head and now asserts an equality, for there is no man who bears the name of slave. But liberty in labor is not the only freedom. The liberty of conscience, as governed by the supreme law, is now attained. Freemen, white or black, which are not now abased, have the liberty to think

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and act where they will. Here is no narrow area of lands possessed by aristocratic despots. Here the land still undeveloped smiles for cultivation, and every man may sit under his own vine and fig-tree. Though our country is so broad and fertile our cities should not be closed, for the country could not do without them. They are a receptacle of its talents and products. If a man has talent to work and achieve something of genuine success, let him come here and decide that fitness. But generally too many crowd into the city, without professions or trades by which they can gain an honest living, and they are pushed from place to place, living on unpaid labor, and kicked about by treacherous landlords, who would require of them gold enough to build their steps from basement to attic. A broad, free land is before thee. Why, then, attempt to bear the rivalry of the city? Here the doors of social position are closed to none. The prejudices against trade and labor, so common among certain classes in the Old World, may try to take root here; perhaps they do take root and grow to some extent, but they do not flourish. The poor barefooted boy may plant his beanstalk and climb to the highest social position. Our aristocracy is of yesterday; hence, in the sense of social opportunities, the whole land is before them. Thrown into the world's broad, free field of effort, and with the highest prizes within their reach, the young men of America have incentives to incline them to action, they have aids to comprehend business success in the world's broad arena. Nowhere are responsibilities more strongly allied to opportunities and advantages than here, where the whole land is before them.

This places our subject upon the national responsibility which devolves on our young men. The young men constitute the nation's hope, the nation's life, as they constitute its defenders. Doubtless, the line of grand historic events runs in the channel of Democracy, and America in all things is said to be the representative of it. We have just served through the Democratic conflict and gained equal rights for all. It was the dissolution of our nationality for which our Southern brothers fought so zealously, and for which the Old World looked so earnestly and intently, but, with all the aids they were able to render the South, their hopes were suddenly vanished and their bright visions flown. It is not, then, as a specimen of American egotism that she stands forth as the Democratic principle. It stands on its own basis and asks no favors.

Our war was a conflict for principle, and it cost us fearful battles of blood and fire. National welfare and national law—these were the issues before them then, and these are the issues before us now. National life and liberty are identified among the people. The integral life of the nation should stand first. Under the excitement which has lately stirred up those vital principles Freedom must stand first. Do we believe that one man can roll back the tide of national existence? Do we think it in the power of one to sacrifice the idea of freedom? We submit that a just discernment of the people will cry out against both extremes. In these remarks I have thrown myself under the fear of God.

The responsibility of the maintenance of this peculiar Government and these institutions are now devolving upon our young men, and they are called upon to act, if necessary, with their votes and their lives. Young men, this fact adds to your youth more than Roman dignity. Here the springs of political power are not circumscribed by station. The age of aristocracy is over here. The leaders of our country are sustained by the nation, and hold the ideas and the opinions of the nation. Soon you will be called upon to maintain all the positions afforded by the nation, and you can all help to accomplish this by the individual development of your own lives. You should do this, not only because the effects are excellent, but you should have respect to the higher law, which makes a man's conscience a law to himself. It is the young man's duty to shape responsibilities and to bring out nobler aims.

There are intellectual questions yet to be developed and solved. There are moral questions which are yet to be explained. There are physical causes which are yet to be revealed. Was man placed here merely to eat and drink, or to develop the eternal laws, truth, righteousness and duty.

Above every thing else, and to crown all, we should have godlike reverence; reverence for freedom, which is the life of the nation; reverence for truth and right; reverence for man, who lie at the basis of all our political power and institutions; and, above all, reverence for God, who holds the sea in the hollow of His hand, and without whom no nation can prosper; have reverence for the *past*, then turn to the future, to the future of your own individual life.

America is to be the grand word in ages to come. How inspiring it is! How does it incite us to duty! Young men! it is yours to give honor to these great realities and to control them. Can any thing be better? no, none save one: it is when the shaking of the hand, the sunken and pallid countenance, the head silvered o'er with age, which indicates an approach to the river of Death—when, lifting his eyes, he sees the "whole land before him."

TOBACCO.—In France, reliable statistics show that in proportion to the increase of the sum which is derived by the Government as a duty on tobacco, so has the extent of insanity, and some other diseases which have their origin in the derangement and weakening of the nervous system, increased. The French physicians say that to no other cause than the excessive use of tobacco is the vast increase of lunacy in France to be traced.

Probably tobacco is more pernicious to the health and morals of the American race to-day than liquor. It is very refreshing, now and then, to learn that the French medical men let out a bit of truth. There is no doubt, however, but they use the weed themselves too extensively to provoke a reform in the matter. The day is coming, however—and those who have sufficient mental illumination can see its dawn—when there will be such a warfare against the weed as the world never saw. Then let us "labor and wait a little longer." H.

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A Word About Normal Schools.

BY DIO LEWIS, M. D.

My Dear Editor—Some time ago I received a note from you suggesting that I should prepare an article for your magazine upon the Training School for Teachers of the New Gymnastics, over which I have the honor to preside.

I propose now briefly to comply with your request, and shall do so with the more care and pleasure because I believe that the wide and deep interest in physical training now pervading the educational public threatens to degenerate into a chaos, which must sadly disappoint us all.

The Normal Schools, of which we now have a large number, engaged in training teachers for the intellectual departments, afford an instructive illustration of the great value of training schools for teachers. Here and there is found a person possessing a genius for system and methods. Such persons find their way to these training schools and impart to thousands, who must otherwise go through life as teachers in a haphazard and unprofitable way, that system and those methods which enable them to work most effectively.

I happen to know very well a young woman of remarkable energy and supreme devotion to the teacher's profession, who taught some three years before she became a pupil in a Normal School. I saw the school under her care frequently during these three years, and while I was always impressed with her zeal and force, it was painfully obvious that these noble qualities were in great part wasted for lack of methods. I urged upon her the methods of a certain Normal School. She abandoned a lucrative position and spent two years at that Normal School. Now she has been a little more than a year engaged in her old place, and so far as I can judge with the same sort of pupils as before. The change in the value and success of her labors is quite marvelous. She herself now deeply regrets that she should have wasted so many years in a fruitless attempt to teach without knowing how, and affirms that she can give her pupils as much now in a day as in a week during her former experience.

The annual examinations and graduating exercises of the Normal Schools of Massachusetts have just concluded. I availed myself of these occasions to study the progress of methods in these invaluable institutions, and have been more deeply impressed than ever before with the great importance of training schools for teachers. These Normal Schools must rapidly increase in number and public favor. I am sure the time will soon come when the diploma of a Normal School will be an indispensable condition of the profession. No teacher will be able to secure a desirable place without he can present this certificate of his preparation for the duties of the profession.

If all I have said is true of Normal Schools for intellectual training, what may not be said of a training school for teachers in the department of physical training. In the intellectual department of education we have had the experience of centuries, and the methods of the best teachers have to a very considerable extent been disseminated through the profession by various associations among teachers, and by the thousand-and-one opportunities growing out of occasional visits and other means of interchange of thought and opinion. But the profession of physical training is in a certain and very important sense quite new. In the first place there is no general acquaintance with anatomy and physiology, and therefore no general basis for intelligent invention of methods among teachers.

No one can doubt that symmetry is the most important condition of development, whether of mind or body. Nearly all the evils of human society grow out of a lack of this all-important condition. We find here and there remarkable activity in certain faculties, but such a want of harmony that the force of the single awakened faculty is lost in inconsistent and profitless action. What is needed in the moral, intellectual and physical world is harmony of development. Now, it happens that among the American people there are certain characteristic and almost universal deformities of the body. I will mention, as illustrative of my meaning, the round shoulders which characterize the Yankee. This stooping not only mars the personal appearance, is not only a deformity to the eye, but seriously compromises the stomach, liver, lungs, heart and throat. For example: the shoulders are not more distressing to the eye than the voice of the Yankee to the ear, for where the chest and throat lose their natural and mutual relations, the voice, an important function of these parts, must be greatly changed. I need scarcely remark that, in training the American youth, it is very desirable to so direct the muscular movements that those muscles whose weakness permits this drooping of the head, neck and shoulders should be brought into direct and constant play. Five minutes wisely devoted to the exercise of these defective muscles will do more to secure symmetry of development than five hours given to general exercise.

There are several other characteristic and almost universal deficiencies among the boys and girls of America which require special and very definite methods of training. The young of our country do not need exercise of the body more than the young of other countries, if by exercise we mean general bodily movements, but they do require, ten times more than the young of any other nation, certain special muscular exercises.

But what do we observe among those engaged in teaching gymnastics? We frequently find them blindly teaching movements of any and all parts of the body in an utterly hap-hazard way. A few movements of the neck, and now a few of the arms, now a few of the trunk, now a few of the legs—whatever they think looks well, in whatever they can secure a pleasing concert of action. I have frequently asked them: Why do you teach such and such exercises? Some have frankly replied: "I don't know why I do, only I supposed all exercise was good." So far is this from being the truth, that, if muscles which already are developed out of all proportion are brought into play, while others, whose weak condition permits some distortion of the body, which the more vigorous muscles of the body are constantly increasing, the exercise is a positive mischief. The teacher

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of physical training, like the teacher in the intellectual departments, must not shoot with a scattering shot-gun, but always employ a rifle. He must hit the mark, not hit everywhere. The exercises of the Movement-cure are strikingly suggestive at this point. Five or ten minutes devoted to the gentle exercise of certain muscles of the body, it is well known, often improve the health in so remarkable a manner, that medical men have undertaken to account for the improvement on the ground of animal magnetism, not supposing it possible that such slight exercises could produce such marked effects. It is all explained on the ground that symmetry is the most vital condition of health: In other words, that the perfect balance of the circulation, which is secured only by a perfect balance in the muscular activities, is the vital condition of perfect health.

I think, as I suggested in the beginning of this article, that there is great danger of the present wide-spread and deep interest in physical training degenerating into a lawless and chaotic condition, which must sadly disappoint us all.

I trust I may, without offending my readers, say a word or two of my own personal history in connection with this Training School for Teachers of the New Gymnastics. When I became a medical student, some twenty-five years ago, I gave myself during the first year and a half to Anatomy, which I studied with very great care, and in which I obtained, I trust not unjustly, the reputation of a thorough success. During all the years since then I have maintained an active interest in anatomy and physiology. When, fifteen years ago, I began to devise new methods of physical training, I used at every step my acquaintance with these fundamental sciences; and when, six years ago, I came to Boston to establish a Training School fo Teachers of improved methods of physical training, I did so with the full consciousness that the nation was ready to move in the matter of bodily culture, and that teachers of methods based upon anatomy and physiology would, with the new interest, be in great demand. During these years more than a thousand muscular movements have been devised, examined and tested in regard to their actual adaptation to our peculiar bodily needs, and about eight hundred of them abandoned. Two hundred have been retained and arranged in what has been thought the best order for our average use.

Nine sessions of the "Normal Institute for Physical Education," as we have chosen to name it, have been held, and about two hundred and fifty persons of either sex have received the diploma of the Institute, and gone out to labor in the new profession. These laborers are widely scattered. A most successful teacher has been for three years at work in London, Eng., with good results. San Francisco has been chosen as the field of operations by three of our graduates. Several of them are at work respectively in Philadelphia, New York and Chicago. There is hardly a city or large town in the country which has not a teacher of the new methods who has been trained in our Institute. It has unfortunately been found necessary to make the time devoted to this important preparation much too brief. If the two years actually required to make a good preparation, with average capacity, had been made a condition of the training, we should probably have had no pupils. The term was made only ten weeks, which barely suffices to give from one hundred and fifty to two hundred exercises, with some very general rudimentary instruction in the Laws of Health. The time will come, I trust, within five years, when the period of training can be extended to half a year, and ultimately to two years. The time really required for adequate preparation is not less than that required for preparation for the medical profession.

It is known, I presume, to most of my readers, that I have purchased the large estate known as the Lexington House, at Lexington, ten miles from Boston, where next summer I shall hold a session of the Normal Institute for Physical Education, which, I trust, will prove in every particular a grand success. The training will be carried forward in the open air under a simple roof. The pupils will live in my Health Institution. The department of vocal training will employ not less than two excellent teachers, and the department of general muscular training in the New Gymnastics will employ three or four of the most experienced laborers in the field. Lexington is a delightful locality. The walks, rides, atmosphere, water, and every other essential to health and enjoyment, as fine, perhaps, as can be found in New England. The session will open on the 1st of July with an address in "Grecian Hall," as we call our out-door place for gymnastic training, and will continue daily, from three to six hours, till the 20th of September, making an addition of a week to our former sessions.

BOSTON, *April*, 1866.

FRUIT IN EGYPT, ILLINOIS.—Egypt has an established reputation as the best fruit region of the Mississippi Valley. The "Ridge" extending from the Ohio to the Mississippi is better adapted to the culture of peaches, grapes, apricots, and all the smaller fruits and berries, than any other region in the West; and apples, pears, cherries, etc., are produced in all their perfection.

When the fruit region of the Great West is thoroughly developed and the soil well underdrained where malarious, the people will have become emancipated from hog and hominy, and from the regular appearance among them of dyspepsia and liver complaint, fever and ague, and that host of diseases engendered by their present ruinous physiological habits. Illinois and Ohio are wisely and rapidly developing their horticultural tastes, and if they will quit raising tobacco, and spoiling their corn by converting it into pork, and their grapes by making them so largely into wine, they will make great progress, insure permanent and healthy growth and a future they may be proud of. A few hundred thousand copies of THE HERALD OF HEALTH circulated there would work a revolution that would be most beneficial and enduring. H.

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Town and Country.

CHILD of the Country! free as air
Art thou, and as the sunshine fair;
Born, like the lily, where the dew
Lies odorous when the day is new;
Fed 'mid the May-flowers like the bee,
Nursed to sweet music on the knee;
Lulled in the breast to that sweet tune
Which winds make 'mong the woods of June,
I sing of thee; 't is sweet to sing
Of such a fair and gladsome thing.

Child of the Town! for thee I sigh;
A gilded roof 's thy golden sky,
A carpet is thy daisied sod,
A narrow street thy boundless wood,
Thy rushing deer 's the clattering tramp
Of watchmen, thy best light 's a lamp;
Through smoke, and not through trellised vines
And blooming trees, thy sunbeam shines!
I sing of thee in sadness; where
Else is wreck wrought in aught as fair?

Child of the Country! thy small feet
Tred on strawberries red and sweet;
With thee I wander forth to see
The flowers which most delight the bee;
The bush o'er which the throstle sung
In April while she nursed her young;
The dew beneath the sloe-thorn, where
She bred her twins the timorous hare;
The knoll, wrought o'er with wild blue-bells,
Where brown bees build their balmy cells,
The greenwood stream, the shady pool,
Where trouts leap when the day is cool;
The shilfa's nest that seems to be
A portion of the sheltering tree,
And other marvels which my verse
Can find no language to rehearse.

Child of the Town! for thee, alas!
Glad Nature spreads nor flowers nor grass;
Birds build no nests, nor in the sun
Glad streams come singing as they run;
A Maypole is thy blossumed tree;
A beetle is thy murmuring bee;
Thy bird is caged, thy dove is where
The poulterer dwells, beside the hare;
Thy fruit is plucked, and by the pound
Hawked, clamorous, o'er the city round;
No roses, twin-born on the stalk,
Perfume thee in thy evening walk;
No voice of birds—but to thee comes
The mingled din of cars and drums,
And startling cries, such as are rife
When wine and wassail waken strife.

Child of the Country! on the lawn
I see thee like the bounding fawn,
Blithe as the bird which tries its wing
The first time on the wings of Spring;
Bright as the sun when from the cloud
He comes as cocks are crowing loud;
Now running, shouting, 'mid sunbeams,
Now groping trouts in lucid streams,
Now spinning like a mill-wheel round,
Now hunting Echo's empty sound,
Now climbing up some old tall tree—
For climbing's sake—'T is sweet to thee
To sit where birds can sit alone,
Or share with thee thy venturous throne.

Child of the Town and bustling street,
What woes and snares await thy feet!
Thy paths are paved for five long miles,
Thy groves and hills are peaks and tiles;
Thy fragrant air is yon thick smoke,
Which shrouds thee like a mourning cloak;
And thou art cabined and confined,
At once from sun, and dew, and wind,
Or set thy tottering feet but on
Thy lengthened walks of slippery stone.
The coachman there careering reels,
With goaded steeds and maddening wheels;
And Commerce pours each prosing son
In pelf's pursuit and halloos, "Run!"

While flushed with wine, and stung at play,
Men rush from darkness into day.
The stream 's too strong for thy small bark;
There nought can sail, save what is stark.
Fly from the town, sweet child! for health
Is happiness, and strength, and wealth.

There is a lesson in each flower;
A story in each stream and bower;
On every herb o'er which you tread
Are written words which, rightly read,
Will lead you, from earth's fragrant sod,
To hope and holiness, and God.—*Allan Cunningham.*

Personal Beauty—No. 2.

BY G. W. BUNGAY.

MY first paper on Personal Beauty was devoted principally to the Eye—its radiant beauty, its magnetic power, its telescopic and microscopic properties, and its silent yet eloquent language. In this article I shall refer to a feature which is so sensitive to the touch that the whole face becomes red and the entire frame trembles with rage when it is tweaked ever so delicately with the thumb and finger, and yet, paradoxical as it may seem, it often submits to a *pinch*.

Napoleon was fond of long noses, and chose for his marshals men who had the prominent proboscis. The large nose affords ample chance for the air to gain admission to the lungs; the more pure air one can get into his lungs, the more oxygen he gets into his blood—and oxygen is an important element of life and health—the better the health, the more vigor and power of body and mind will be imparted to the man of the wide nostrils who breathes abundantly of a pure atmosphere. In these physiological and philosophical facts we see the wisdom of the great soldier in selecting for his leading officers men of great bodily force and intellectual *vim*—men whose voices even sounded like a mixture of sabre-stroke and rifle-shot.

There is more in a nose than most people think for—there never should be snuff in it. If Nature had designed the nose to be the recipient of snuff, she would have inverted it so that the ticklish powder could be poured into it; now the nasal pabulum has to be forced up the human chimney by the force of atmospheric pressure. Seriously, the delicate membrane, so closely related to the throat and stomach, is greatly impaired by the habitual use of snuff, and the nice sense of smell is so blunted that the flowers waste their sweetness on the desert air, when they breathe balm for the victims of the snuff-box. The snuffer voluntarily strikes out of his nature one of the senses God has implanted in his being. If he knocked out one of his eyes it would be a smaller loss, for he still could see; if he cut off one of his ears he still could hear; but the slave of snuff blots out one of his senses and gets nothing in return, save a dirty nose, which constantly emits a sickening and disgusting odor.

Writers of great culture think the nose has a significance beyond that which is generally attributed to it. They think it has a language of its own, even when it does not speak in sneezing accents. They say the aquiline or undulating nose indicates energy; the Grecian or straight nose, taste and refinement; the Jewish or eagle nose, shrewdness; the snub or pug nose, temper.

On a toper's face the nose is useful as a light-house, to warn all who see it to keep a safe distance off the coasts of Jamaica, Madeira and Holland, and in their travels on this continent to beware of Bourbon County.

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"How very odd, that poets should suppose
There is no poetry about a nose!
I know a nose no other knows,
'Neath starry eyes, o'er ruby lips it grows."

Now, I have no desire to make a handle of this subject, nor to lead any reader by the nose; consequently, I will hasten to the conclusion of this chapter.

The nose is a most useful organ, enabling its possessor to distinguish odors, and to determine as to their value and relation to other matters. Flowers and other beautiful products of Nature were designed to please the sense of smell, as well as to gratify the sense of sight, and he who obliterates the former deprives himself of a positive luxury. He who is so unfortunate as to be afflicted with any disease which interferes with the healthful functions of the nose, should lose no time in the application of appropriate remedies for its immediate removal. Colds, catarrh, and all the ills which cause a flow of mucus from the nostrils, are not only dangerous, but they render their victim an object of disgust. Without attempting to give exact directions for the prevention and removal of diseases that assault the nostrils, I will simply say that regard for the physical laws, frequent bathing, plain food, plenty of exercise and pure air are the best preventives and the best cure in acute cases. When the case becomes chronic I should recommend the assistance of a competent physician. In my judgment, cold water is the best handkerchief for keeping the nose clean; but I do not wish the reader to ignore the white flag he has been accustomed to wave in front of his face.

With a promise to bring the reader to the Lips in the next issue of THE HERALD, I will, however, take this opportunity to say, that there seems to be not only natural but political noses, also, and that, while the latter are oblivious to the odor of whisky, the smell of a colored cuticle is exceedingly offensive to them. Climate seems to have a great effect on the political proboscis of a people, for at the South, where the tropical heat brings out the disagreeable smell from the negro's skin, no notice seems to be taken of it, although the olfactories of Southern ladies are so sensitive their noses actually turn up when they come near a Union officer. Here at the North the negroes always did smell bad while they were free; the slaves, however, were less objectionable; indeed, their society was tolerated at the table, in the nursery and elsewhere. Stevens and Sumner, with a majority in Congress, are chiefly responsible for the offensive odor which has suddenly broken out, and in the winter season, over the entire country.

[NOTE.—The nose has never had the full share of attention in Health Culture it deserves. Occupying, as it does, the most conspicuous place on a person's face, we hardly know how very much it adds to good looks when handsome, clean and healthy, or detracts from beauty when ugly and deformed. The nasal passages afford ingress and egress to and from the lungs; and here it may be remarked that we should always breathe through the nose, instead of through the mouth, and teach our children to do the same both by night and day. It is generally an indication of debility or bad breathing, to see a person with the mouth constantly open for the ingress and egress of air to the lungs; besides, breathing through the mouth dries the mouth, thus injuring the lining membranes of this organ, and exposes the teeth to unnatural and injurious changes in temperature, which, particularly when they are decayed, is unhealthful. The nose sifts out dust and fine particles, while the air is passing through the nasal passages, by means of the hairs that thickly stud the forsa and are always more or less moist. If it were not for this it would be impossible to breathe an air loaded with motes, as all air is, without great injury.

It is said that the sense of smell is unable to distinguish more than one odor at the same time, and fails to recognize a faint odor when a powerful one is present. This is well illustrated in the common but unwise practice of burning vinegar or other substances in sick rooms to purify the air. The true explanation is: a stronger, though perhaps not less injurious, odor is established, and, as but one can be recognized at once, people often, but erroneously, think one has destroyed the other, and that the air has been purified, but this is not so.

Some animals distinguish one kind of odor, others another. The dog, for instance, discovers the odor of his master, but not of flowers. Cows and grass-eating animals snuff their peculiar food

Ladies think a smelling-bottle delicious and proper, but, as a general rule, all the substances used for perfumes are noxious, and render her presence disgusting to the clean, well-bred olfactory organs.

This sense is capable of a high degree of education, and has also been so highly perverted that medical men enumerate about one hundred varieties of disease of simply the sense of smell.

M. L. H.

THE CATTLE DISEASE IN EUROPE—REPORTED CURE.—The United States Consul at Amsterdam writes, under date of February 20, that the rinderpest or cattle plague is spreading over Holland, and that none of the preventive measures adopted have proved of much value, and some of them the farmers are bitterly opposed to. Their opposition against the killing of infected or suspected cattle went in some instances so far that the military had to be required to enforce obedience to the laws. The Consul says the following is recommended as nearly a certain cure: The skin of the infected animal is to be strongly rubbed, and then covered with cloths dipped in cold water, over which dry ones are spread. Of twenty-two cattle treated in this manner only one was lost.

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Joseph Mazzini.

BY MOSES COIT TYLER.

A FEW days ago there appeared in a Paris newspaper—The Temps—the following somewhat sensational paragraph:

"Joseph Mazzini is at this moment ill in an humble dwelling in Brompton Road (London). The man who for so long was the incarnation of Italian unity expires in the fogs of the north, and in a climate which kills him. Now that the old conspirator no longer is in a position to terrify any one, why does not the King of Italy allow him to breathe his last on his native soil?"

On authority which is simply perfect I am able to inform your readers that the case is not quite so bad as this writer puts it. Let not the melo-dramatic reference to "the humble dwelling in Brompton Road" lead any one to suppose that in Mazzini's situation and circumstances there is any thing of destitution. The house in which he lodges is not a palace, but it is a good, respectable dwelling, such as most literary men and artists occupy, and Brompton itself is one of the pleasantest parts of London, peculiarly genial for persons of weak lungs, and during generations a favorite place of residence for intellectual people. In that neighborhood, in olden time, lived Sir Thomas Moore and Sir Isaac Newton; and in recent date, Turner, Thomas Carlyle, John B. Gough, Thackeray, Sothern, Boucicault, the sculptor Baron Marochetti and many other famous people. I believe Mazzini has no private fortune; but among the moral aristocracy of every land he has the most devoted friends, who are proud to enable this tireless man to pursue his wonderful career. Yet he lives with a dignified and philosophic simplicity, reminding one of Beranger. With regard to Mazzini's health, his nearest friends here have, during the past few weeks, felt great anxiety. It is true, he is only 56 years of age; but few men of any epoch have gone through so much labor, excitement, solitary and intense study and disappointment. He is physically one of the little great men of history. He is very short, slender, emaciated, his hair and whiskers, which must once have been a luxuriant black, now very gray. His face is one of the noblest and sweetest that was ever lighted up by thought and love; and now, deeply marked with lines of study, anxiety and years, it is a face so spiritual and pure that one is drawn to it by an irresistible charm. It is the face at once of a hero and a martyr, of a philosopher and a saint. The eyes are of the genuine Italian jet, but their deep, fiery intensity is tempered by the gentleness and benignity of the indwelling soul. Altogether—in face, manner, conversation, as well as in the historic and somewhat mysterious associations which surround his person—there are all the elements of that extraordinary fascination by which this great man has for years bound to himself and the cause of liberalism so many of the best spirits of all lands. For several years he has been engaged in collecting and revising his writings; and, in addition to this work, the unresting laborer for human liberty carries on an immense correspondence with Reformers in many nations; he keeps his eye jealously fixed on all the great political movements of the world; and silently and ceaselessly into all these lands the letters of Mazzini go, to guide, to stimulate, to moderate and to inspire his political pupils; and the soul of Mazzini re-appears in countless editorials, lectures, orations and state-papers. Probably no other man living spends more hours every day over his desk. As he takes no exercise, and almost no nourishment. these labors must now be telling upon him; and, though we may all hope that the picture of his physical state drawn by the Frenchman in The Temps is an exaggeration, there is evident ground for alarm.

Perhaps some of your readers may be interested to have more definite knowledge of the career of Mazzini; and for their sake I will give you a brief outline of his life. The city of Genoa, which gave Christopher Columbus to the world, is likewise the native place of Mazzini, where he was born in 1809. His father was a physician, and finally a medical professor at the University of Genoa. At that university, also, Joseph received his education. From his youth he took a passionate interest in the welfare of his countrymen; and, brooding over the political degradation of Italy, he early consecrated himself to the mission of awakening its political life, with the hope, which he still refuses to abjure, of founding Italian unity on the basis of a republic. While still very young he established The Genoa Indicator, which we may well believe was a somewhat "radical newspaper." He soon allied himself with that celebrated and terrible secret society, the Carbonari; and his reason for this step he has given in the following words, which I quote for their illustration both of his personal history and of his fine English style: "I was at that time unable to found any association of my own; and in the Carbonari I found a body of men in whom—however inferior they were to the idea they represented—thought and action, faith and works, were identical. Here were men who, defying alike excommunication and capital punishment, had the persistent energy even to recommence and weave a fresh web each time the old one was broken; and this was enough to induce me to join my name and my labors to theirs." For this he was imprisoned in the fortress of Savona for six months; he was then tried and acquitted, but sent into exile. He went to Marseilles, where he founded another Italian paper, in the same spirit as the one just broken up. By the Government of Louis Phillippe he was soon ordered to quit France; but for another year he succeeded in eluding the police and printing his paper, each issue of which was carried by swift hands into Italy. At length, in 1833, he went to Switzerland and organized the expedition into Savoy, which failed through the treachery of Ramorino. Compelled to flee from Switzerland, he reached London in 1837, where he has lived, with many interruptions, for nearly thirty years. He went hard to work with his pen, and also established a school and a newspaper. In the convulsions of 1848 Mazzini was again upon the Continent, and became the leading spirit of the Roman Republic; but on its failure he returned to London. In 1857 he made another unsuccessful expedition—this time to revolutionize Naples. He has no faith in the kingdom of Italy. In early life he became a Democrat; he

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labored to unite the Italians in a republic; and he stilll lives as if he constantly applied to himself the message of the dying Marquis in Schiller's Don Carlos: "Tell him that when he is a man he must reverence the dreams of his youth."

The first time I saw Mazzini and listened to his conversation, I wondered at the slender form, the pale, thin face, and the gentle words of a man usually represented as a flaming and ferocious demagogue, conspirator and revolutionist; and I thought, can this be he at whose fiery heart millions have drank inspiration, whose slightest word has caused kings to shake amid their myrmidons, whose councils have made all Europe rock to its centre? Can this frail and sweet-voiced man be the terrible Euceladus couched beneath the Ætna of European politics, at whose turnings the volcano has heaved with fearful convulsions, and belched forth the hot lava of revolution? Arrayed wholly in black, his coat closely buttoned to the chin, he moved and looked rather like some timid denizen of a cloister, like some meek, lettered, university professor, than that remorseless monster of unrest—of plotting, of regicide and of tumult—which he is usually painted. Far back in the depths of those wonderful eyes, however, one could imagine the reserved fire of the giant was slumbering—not slumbering either, but watching and waiting with that "eternal vigilance" which is "the price of liberty."

Probably a more absolutely fearless man than Mazzini can not be imagined. His simple courage has carried him back and forth through Europe, while all the police were watching for him, beneath the very noses of kings who were moving earth and hell for his capture. It is generally supposed that Mazzini is a great master of disguises. But a gentleman of high position here, who has been intimate with Mazzini for twenty-five years, assures me that, during the most of his career, he has gone whither he would, hither and thither across Europe, without any disguise at all—traveling publicly, in his ordinary dress, like any private gentlemen—and this saved him. The police were on the watch for a man traveling mysteriously. It is like the first Lord Stanhope, who said he always misled the diplomatists by just telling them the naked truth. But Mazzini's fearlessness extends beyond the realm of police interference; he has never had the slightest fear of cholera or any other pestilence, but goes and stays where duty leads, though it be into the heart of a plague-smitten metropolis.

Without lifting the veil which properly covers the sacred scenes of domestic privacy, perhaps it may not be improper for me to refer to an incident of a very touching character, which reveals another side of Mazzini's nature—his tenderness and love for children. It was an exquisitely beautiful day in August, and in a quiet, rural cemetery on the face of a hill a few miles north of London, an English family, with a few of the nearest kindred and friends, stood with uncovered heads around a little grave, into which was being laid the body of a sweet child. Mazzini was there, an honored and beloved friend. He had held that little child on his knee, and had played with her, and had parted her golden hair over her forehead. After the beautiful prayer of the minister, and after the nearest kindred had taken their final look into the grave, I saw Mazzini stand there still gazing upon it, the tears coming thick and fast from his eyes; and then, brushing them aside, the sad-looking, lonely man walked slowly away. It was difficult to think of him as the hardiest, the most resolute and tempestuous spirit in Europe. The terrible "old conspirator" shedding tears over the grave of a sweet little English girl was a scene of genuine pathos and of profound suggestiveness. No one would have loved him the less for it, or have admired him the less. Nay, it was the crowning proof of his heroic nature. I remembered the old Grecian proverb: "Brave men are great weepers," and how Homer, in perfect sympathy with nature, shows us betimes how all his greatest heroes weep.—*Independent.*

DOCTOR'S VISITS.—It is not only for the sick man, but the sick man's friends, that the doctor comes. His presence is often as good for them as for the patient, and they long for him yet more eagerly. How we have all watched after him! What an emotion the thrill of his carriage-wheels in the street, and at length at the door, has made us feel? How we hang upon his words, and what comfort we get from a smile or two, if he can vouchsafe that sunshine to lighten! Who hasn't seen the mother prying into his face to know if there is hope for the sick infant that can not speak, and that lies yonder, its little frame battling with fever? Ah! how she looks into his face. What thanks if there is light there; what grief and pain if he casts them down, and dare not say: "Hope!" Or is it the house-father that is stricken? The terrified wife looks on, while the physician feels his patient's wrist, smothering her agonies, as the children have been called upon to stay their plays and their talk. Over the patient in the fever, the wife expectant, the children unconscious, the doctor stands as if he were Fate, the dispenser of life and death. He must let the patient off this time—the woman prays for his respite! One can fancy how awful the responsibility must be to a conscientious man; how cruel the feeling that he has given the wrong remedy, or that it might have been possible to do better; how harrassing the sympathy with survivors if the case is unfortunate; how great the delight of victory.—*Thackeray.*

AN overworked woman is always a sad sight—sadder a great deal than an overworked man, because she is so much more fertile in capacities of suffering than a man. She has so many varieties of headache—sometimes as if Jael were driving the nail which killed Sisera into her temple, sometimes tightening around the brow as if her cap-band were Luke's iron crown—and then her neuralgias, and backaches, and her fits of depression, and many more trials, linked to her fine and noble structure, entitle her to pity, when she is placed in conditions which develop her nervous tendencies.

TEMPTATION can not enter where the heart is well guarded.

LEARN to subdue your passion and improve yourself in temperance.

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Shall We Eat Meat?

BY M. L. HOLBROOK, M. D.

WE have little patience with people who, without excuse, apologize for the use of pork as an article of human food. It was first prohibited by Scripture, and the results of science and common sense have since verified the wisdom of the prohibition. People have, however, in later days ceased to regard the Divine command as of any authority, and pork has become one of the most common articles of food, even among professing Christians, and with this increased consumption has come proper penalties. The trichina disease, as it is called, is one of them, and while no worse than many other penalties, yet it is attracting more attention from its greater fatality. And what is the trichina? It is a species of entozoa found in the lean meat of certain animals. This entozoa is a little, hair-like worm, whose presence in the muscles produces death. In Germany pigs are kept in stys, and there the disease has been very frequent, amounting often to an epidemic, and causing the torture and death of many persons.

"A trichina mother has a hundred of living young in her body, and, after these young, she always bears more and more eggs. How long she lives and produces young is not exactly known, but at least four weeks. It is, however, certain that she becomes fixed in the intestine, and continues to produce new broods of young. If we calculate that one trichina mother has two hundred young, seventy thousand such mothers are sufficient to produce a million young, and so many female animals may be contained in a few morsels of meat, even if there is no high degree of infestation."

Pigs get trichina from their own filth, and human beings eating the filthy pig get the worms into their stomach, where they multiply and spread to the muscles, producing death.

"In June, 1851, in the neighborhood of Hamburg, several well persons having eaten ham fell sick. Three of them died, and others were long in a critical state. A judicial investigation was held without satisfaction. Hampoisoning was supposed, but long afterward it was shown that the symptoms and other circumstances pertaining to the sickness and death of these people, were precisely similar with those subsequently ascertained to be trichina infestation.

"Zencker first observed an epidemic in and near Dresden, and showed the trichina found in the ham and sausage made from one particular pig. This pig had been butchered on a farm near Dresden. The butcher and owner of the farm, and other people, had fallen sick, and a previously perfectly healthy servant girl had died. In her body an abundance of trichina were found. With the finding of the trichina in the muscles of her body, Virchord commenced a series of experimental observations. These may be briefly stated. A rabbit fed with trichina-flesh from this girl died in a month, and its flesh was found full of them. Some of this flesh was given to a second rabbit, which also died in a month. With this meat three other rabbits were fed. Two of these died at the end of three weeks, and the third in the fourth week. Lastly, the flesh of these animals dead of trichina was fed to another rabbit. It ate but very little, yet died at the end of six weeks. In all of these the muscles after death were found filled with trichina, and even in the smallest particle of the meat several were found. Their living flesh was examined before they were fed, and no trichina were found in them; yet, a few weeks after they were fed with the meat, the muscles of the same animals were found filled with trichina."

Though this disease has mainly been confined to Germany, a few cases have occurred in New York, Chicago and Michigan; and it is not at all improbable that many cases of diseases which were not attributable to their proper cause were really trichina disease. It is not uncertain that, unless restriction is placed on the use of pork in America, we shall have the same experience here that the Germans are having, only in a worse form. The German element is a large one in this country, and it would seem that in no part of the world is there so much pork used or this animal worse treated. Filthy and a scavenger by nature, he is much more so by his habits among our people.

As for the disease there is no permanent cure for it after the muscles once become infested, therefore prevention is the proper remedy. And what is the true means of prevention? We answer: Entire abstinence from pork. Never, under any circumstances, touch it, and let children be brought up to hate hog's meat as they now do vermin, snakes or any other filthy thing. Do this on the ground that you are supported in it by Scripture, by science and by experience.

While on this subject we will also quote from Dr. Cobbold on other sources of entozoa:

"Dr. Cobbold, in a communication read before the British Association, at its meeting in September last, referred to the general impression that the common pig was the principal source of entozoa. He asserted that birds and all animals of warm blood were liable to breed parasitic disease, and stated that, in spite of all preconceived notions, the human system was the home of at least two sorts of entozoa. He combated the popular idea that tapeworm was principally derived from measly pork, and asserted that the disease was as often contracted from eating beef and veal. He showed, too, that animals containing parasites did not always display unhealthy symptoms, therefore it was difficult to detect the disease, and asserted that persons who ate moderately of infected meat were liable to be affected with

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tapeworm. Dr. Cobbold, by the aid of diagrams, showed the different kinds of tænia, and stated that the hookless tænia was to be found generally in beef, and the hooked tænia in pork."

Mr. John Gramgree of Edinburgh, writing to The London Lancet on this subject, says:

"I have recently had occasion to examine the bodies of dogs that have been much about the Edinburgh slaughter-houses, and I find them invariably crammed with every kind of tapeworm which usually infest a dog's intestines. The enormous prevalence of parasitic diseases in animals indicates the great importance of having scientific inspectors of fresh animal food, and of furthering the study of helminthological science among students of medicine, whether human or veterinary. That trichina spiralis should be as common as it really is in the United Kingdom, and no cases of death from it yet recorded by British observers, is a conclusive proof in my mind of the little attention paid here to parasitic diseases. There is a very wide and almost unexplored field in study of the distribution of entozoa among men and animals in this country; and the facts I gleaned three years ago regarding the prevalence of 'measles' among Irish pigs, afford an indication of how much could be done in the way of exterminating some of the entozoa. The roving cottage pig is often crammed with cysticerci, whereas the cleanly fed swine confined in a proper sty, whether in Britain or Ireland, affords proof that Pat's saying, 'Every pig has its measle,' has no foundation in fact."

PARASITIC DISEASE PRODUCED IN MEN AND ANIMALS BY THE CHIGOE OR JIGGER.

"The little insect known under this name is very common in the American tropics, and a source of great annoyance to the residents in tropical climates. It selects the human hands and feet as its residence. Its plan is to introduce itself obliquely beneath the epidermis or scarf-skin, sometimes entering by one of the pores with which this tissue is perforated. Its course may be very clearly traced in the form of an elongated brown spot. This spot disappears gradually as the insect makes its way to the dermis or true skin, when it stops to insert its proboscis. The epidermis is soon detached and raised in order to make room for the insect between it and the dermis. The head and feet of the parasite then become hidden beneath its own stomach, which enlarges rapidly, the upper part of the insect alone being perceptible through the epidermis, under the form of a milk-white spot. This spot enlarges considerably daily, until it looks like a large freckle, insensibly, meanwhile, changing its milk-white color to a pearly gray. By the time the insect is ready to deposit its eggs, it has become," says Dr. Greyon, to whom we are indebted for these particulars, "literally all stomach, and this period may be known by the ash-gray color of the eggs which are visible through this transparent envelope. The eggs now come forth, one by one, with astonishing rapidity, following each other through the layer of epidermis, which re-opens for them the passage previously made by the entrance of the parasite. The departure of the eggs brings to a termination the existence of the insect; it then perishes, attached entire—head, feet and stomach—to the epidermis which had enveloped it, and with which it is carried finally from the individual in whom it had fixed itself."

The Detroit Tribune says:

"One case of the disease called trichina, which has recently excited much alarm in Berlin, Prussia, has appeared in that city and proved fatal. The victim was a young German lady. We learn by The London Lancet that at Hedersleben, in Prussian Saxony, upward of ninety deaths have occurred from this disease, while the number of persons attacked has been several hundred. All this havoc has been caused by one trichinous pig! The butcher, having recognized the abnormal appearance of the meat of this pig, had carefully disguised it by mixing it with the meat of two healthy pigs, or added it in small pieces to larger joints of pork to make up weight. He made this confession shortly before his death, which was caused by trichiniasis contracted from his own meat. His wife also died of the disease."

From the foregoing evidence it seems that the trichina may be and often is produced by other meats than pork. Such evidence leads one to think that the whole subject of food for man needs careful study and revision. If vegetable food contains all the nutriment necessary for our subsistence, when well chosen and properly prepared, let us daily more and more ignore meat, until the quantity consumed is reduced to its lowest amount. There is less danger of our eating diseased vegetables than there is of our eating the flesh of diseased animals. In fact, there is but little flesh consumed in any of our large cities that is not more or less diseased. Cattle brought hundreds of miles in crowded, filthy cars, without food or drink, or even air, get feverish, and are generally killed in this condition. The same is true of sheep and calves. There is strong testimony in favor of the argument that flesh-eating is a habit rather than an animal instinct, that man was made, as is recorded in Genesis, to subsist on vegetable products, and, with all his perversions since, that he will one day return to his condition before the fall. It seems due to the race that the present generation give this subject a closer investigation, laying aside prejudice and habit, and if it be found that science declares men fruginervous, or organized to subsist on the products of the vegetable kingdom, admit the fact, and teach our children accordingly. We shall have more to say in future articles on this hitherto neglected subject.

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Case of Small Pox.

Rev. Dr. Weston, President of Lombard University, Galesburg, was taken, January 15, with what proved to be small pox.

Not knowing that he had been exposed, he supposed at first it was a bilious attack; but next day, finding himself so very sick and so completely prostrated, he concluded it was typhoid fever. There was very great congestion of brain and lungs, head nearly bursting with pain, exceedingly difficult breathing, with almost constant nausea, and occasional vomiting.

Second day the efflorescence appeared on the face. His physician, a Homœopath, thought he had erysipelas, or it might prove to be varioloid.

Beside the Homœopathic doses, he had hot teas to drink and hot cloths applied to the face. The room was darkened, and was required to be kept warmer than comfortable, all of which increased the congestion of brain and lungs, and made the disease much more aggravated than it would have been, had the treatment been correct from the first.

On the fourth day the pustules appeared, which decided it a very bad case of varioloid or small pox. Judging from what I could learn from his attendants of his condition the third and fourth days, his fever was very high, pulse full and hard, heat of the surface very great, with severe headache and difficult breathing. Being of a highly nervous organization his suffering was very acute. He said that every fibre of his system was suffering the most excruciating pain.

I was called on the fifth day. The eruption had become quite general. Face considerably swollen, presenting a brilliant efflorescence; pustules formed very thick over the body, and running together on the face; congestion of brain and lungs still increasing; had been delirious nearly all of the previous night; fever still considerable, but assuming a low form.

Nothing had been done to give a moment's relief. How much of this suffering he might have been saved, could he have had Hygienic treatment during the fever stage, none but those experiencing it can tell. In no case is the efficacy and glory of Hydropathy more manifest than in the fever stage of exanthematous diseases. But at this stage I must take charge of him, and trust to the vital forces within and the power of Hygiene to carry him through.

I immediately applied cold wet cloths to the head and covered his face with the same, changing them very frequently; let the light into the room; opened the windows and let in fresh air, lowering the temperature of the room as low as the attendant could bear and be comfortable. The indication was to relieve the congestion of the brain and lungs. In a few minutes I had him in a tepid sitting and warm foot-bath; placed a blanket close around him, and wet his head thoroughly in cold water. He thanked God for the first five minutes' relief from his intense suffering. While in the bath, raised the temperature of the room about five degrees, as I always do in acute disease, so as to avoid danger of chilling on being removed. If the fever is decidedly entonic this precaution is unnecessary.

He remained in the bath about twelve minutes, then bathed the body all over, and dried by pressing a dry sheet to the body. He was quite relieved, and rested well about three hours; then gave warm foot-bath by placing a small foot-tub in the bed, and wet the head well in cold water. These derivative baths I gave frequently for three days and nights.

At night the delirium came on, with extreme restlessness. Gave the sitting and foot-bath at 7 o'clock, which relieved him a little while. Between ten and eleven o'clock he was almost wild with delirium. Gave a pouring head-bath of the temperature of 80 degrees, using about two gallons. This effected him like a charm in restoring perfect consciousness and quiet. He then talked nearly an hour, giving instructions as to what he would have said and done should he not live through the struggle. He soon became restless and delirious again. At 3 o'clock gave the sitting and foot-bath; at 4 o'clock he slept a few minutes, the first for three days and nights.

Sixth day he was more comfortable—less headache, less fever, easier respiration, and the efflorescence considerably lessened by the cold application; swelling of face rapidly increasing. The patient had suffered for several years with chronic catarrh. The pustules formed very thick on the irritated mucous membrane of the throat and nasal passages. The irritation of the throat caused almost constant hacking and effort to expectorate for several days. Deglutition was very difficult; he could not swallow cold water, but continued to drink freely of tepid water until the eighth day. Gave no nourishment for sixteen days except Graham gruel. Did not move the bowels on the fifth and sixth days while the energies were directed to the surface; moved them once per day, after the sixth, with tepid enemas.

The seventh night little better than the sixth; treatment same, except the head-bath. Seventh day face and head very badly swollen; eyes swollen shut and remained so for three days; pustules remain distinct on the body, but run together on the face and forehead; gave one sitting bath to-day; headache almost gone; heat of surface nearly normal; circulation well balanced; pulse 109. Eighth night was but slightly delirious. All the symptoms appear worse at night. Slept quite well after 3 o'clock.

Eighth day, maturation commencing on the face; removed the wet cloths, and applied an oil made of half a tea-cup of thick cream to one teaspoonful of starch, heated together and cooled before using. When this is applied with a feather any degree of protection can be

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obtained, as it hardens slightly and forms a crust where applied. Feet and hands begin to swell and become painful. Gave no more general baths for four days, as heat of surface remained nearly normal, and pulse down to 82. Ninth day, rested well, except his feet and hands being quite painful; wrapped them in cold wet cloths and showered them frequently with cold water, until the heat and pain subsided. Ninth day, maturation going on well; swelling begins to subside from head and face; had no more trouble during the maturation and through the desiccation period, except the irritation of the throat, which very much disturbed his sleep. The desiccation period set in with but slight secondary fever; gave one mild sponge-bath and a foot-bath once per day during this period.

The twenty-second day from the access of the fever he supported his weight on his feet for the first time; next day took a few steps in his room. On the twenty-fourth day he walked down stairs, and continued to improve and gain strength rapidly until he was quite well.

A. G. HUMPHREY, M. D.

GALESBURG, Ill.

What is Disease?

"DISEASE is remedial action." "The effort of nature to rid itself of obstructing materials." These principles guide me in diagnosing and treating all diseases that come under my care.

Some weeks since I was called to a case of general paralysis which was found rather difficult to see the "modus operandi" of or the relation of the effect to the cause. The patient was an Allopathic physician who had had the typhoid fever, and who had been cured drugopathically, and for a long time he had persistent diarrhea, which was finally "cured" Allopathically. After carefully examining the case, the following was written and left with the family:

January 6, 1866.—Dr. ——. Disease, general paralysis; age, 56. His liver and skin have been for a long time torpid. The inactivity of the skin has thrown on the bowels the duty of removing the matter that should have been removed by it, which, with unphysiological habits and improper food, occasioned the enteric fever and kept up the subsequent diarrhea. Inactivity of the liver causes irregularity of the bowels, alternating between constipation and diarrhea; drugs were taken, and the long-continued diarrhea stopped. Nature's plan of removing the obstructing materials was thus frustrated, and a large portion of the matter that should have been excreted by the liver and skin were retained in the blood. The lungs were making an effort to remove that which the liver and skin should have done, and thus caused the fetor of the breath, which was almost intolerable

Injections had been given to remove the inflammation in the bowels, caused in part by the drugs given for the diarrhea. The injections should have been accompanied with such appliances as would have restored to the skin its normal action; this was not done, so, when the diarrhea was stopped, where was the outlet for the matter normally ejected through the skin, liver, etc.?

It requires the united action of the bowels, kidneys, lungs, liver and skin to maintain health. Two of the five had for a long time been torpid; the bowels had become partly so by the drugs taken, so that the bowels, kidneys and lungs were unequal to the task, and, as a consequence, the work is not done, and a large amount of the broken-down tissues of the body were retained, which are a deadly poison to the body if not promptly removed.

The brain—the presiding genius—especially, requires pure blood in order to enable it to perform its normal duties with its usual promptness. The impure condition of the blood incident to the torpidity of the depurating organs had its full weight on the brain, which occasions a debilitated condition of the whole system, and left no other alternative but to suspend one part of its duties in order to continue the other—the keeping up of the organic actions (actions not subject to the will) which are essential to preserve life.

Restoration to perfect health, then, depends on restoring to the skin, liver and bowels their full normal action, and thus remove the obstructing materials which cause the disease. The brain will then resume its normal function just in proportion to its being relieved of the accumulated morbid matter.

It was ordered that the patient have a wet-sheet pack every third day, to be followed by the sponge-bath; the other days a sponge-bath. All bathing to be between 10 o'clock A. M. and 12 M. If there was pain in the head take the foot-bath and cold cloths to the head. The wet-girdle was to be worn nights, and when removed to be hand-rubbed.

The food was to be strictly Hygienic, mostly Graham crackers and apples, when he had so far recovered as to be able to thoroughly masticate them; his drink, water as he wanted it. Just in proportion to the activity of the skin and liver has the Doctor recovered; he is now able to be about and help to take care of this stock.

I heard the remark, not long since, that the Doctor's recovery was little less than a miracle. I answered: "It was no more than I expected, and that his recovery was but the natural consequence of following the laws of life."

J. F. SANBORN, M. D.

TABOR, Ia., *March* 19, 1866.

COMBAT vice in its first attacks and you will come off conqueror.

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Physique of Different States.

THE character of the early settlers of these countries, and the habits of life which they were necessarily compelled to adopt, had much more to do with their physical development than the limestone that underlies those States.

Kentucky was first settled by men from Virginia, the hardiest among the inhabitants of that old commonwealth—men who possessed unusual resolution and strength of bodily constitution. They traveled seven or eight hundred miles, without roads, through an unbroken wilderness, inhabited only by wild beasts and savage Indians. Men of such a stamp, arriving in a new and perfectly wild country, were compelled to adopt the most simple and most natural habits of life, living in well ventilated cabins, and whose daily bill of fare was corn bread and the wild meat of the country, and with an abundance of labor in the open air. These simple habits of life, practiced by such a hardy stock, could not fail to give to their offspring great size and the most perfect physical development. Thus for two generations the men of Kentucky surpassed in size and physical endurance those of any other State. Yet at this time but a few of these large men are to be seen—a mere remnant of a former generation remains.

The standard of size now in Kentucky, I believe, will fall below that of Ohio, a much elder State. The change in the labor and habits of life among the people of Kentucky since its early settlement, has been very great. The rapid decrease of slavery and its attendant evils, and the adoption of easy and luxurious habits of life, have changed the whole physical aspect of the people.

In Ohio labor has ever been deemed honorable, and the inhabitants still, in a good degree, maintain their early habits of industry, if not of simple living. In a report of the statistics of Ohio, furnished by the Commissioner, Mr. Mansfield, some interesting facts are given, but the fullness of our columns will only admit of a brief extract: The average height of the men in the interior of Ohio is five feet ten and a half inches—five inches above that of the Belgians, two and a half inches above that of the English recruits, and one and a half inches above that of the Scotch Highlanders. Of the two hundred and thirty-nine individuals taken promiscuously for measurement, fifty-nine (one-fourth) were six feet and upward—ten being above six feet two inches. The great size of the Vermonter may safely, I think, be attributed to the character of the country and climate, which are favorable to industry and simple habits of living.

PHYSICAL DEGENERATION OF WOMEN IN AMERICA.

But while well-developed men may be found in certain portions of the country, it is a fact, sustained by actual measurements, that the women of America are inferior in size and physical health to European women, and there are too palpable evidences of a continued decline in this respect. These evidences are more manifest in the older States and in the large cities. The question may be asked: Why are American women so delicate? It may be answered that they live too much in-doors; many of them take too little exercise, while others are compelled to take too much exercise in confined and ill-ventilated apartments. The English women are much more hardy than those of America. Physical exercise forms an important part of the education of girls in England, while in America it is almost entirely neglected. In England all classes of society take exercise in the open air—even the nobility pay great attention to this requisite to health. Without healthy women we can not have strong, hardy men. Take the statistics of the large cities—say Boston, New York and Philadelphia—and compare the births from native parents with those of foreign origin, and we shall find a very large per centage in favor of the foreign; and again, compare the number of deaths among the children—the native with the foreign—and a large percentage will be found with the American children. The greatest good of the country demands a reform in the habits and physical education of the young, and particularly among the females. The question is: How is it to be brought about?

"PEARS FOR TABLE USE.—I am constantly asked: 'What kind will I plant for table use and what kind for market?' These are difficult questions to answer, when it is well known that we have only a few varieties that succeed well in all localities. The Bartlett, Duchess d'Angouleme, Seckel and Vicar of Winkfield, with a few others, are known in nearly every locality, and in most situations do well, but people want a more numerous list, and in many cases have repented of increasing their number beyond six kinds. I can speak from experience on this point, and freely confess that my desire to have fifty varieties instead of six for market purposes has been a loss to me of several thousand dollars.

"The horticultural societies throughout the country have done and are doing great injustice to the public by offering large premiums for the greatest number of varieties, and then permitting those to be included which for years have been discarded as worthless for amateur or market purposes. Persons not familiar with the different varieties, seeing those on the show-table, are quite as likely to purchase them as they are those which have been fully tested and found worthy of cultivation. Why this practice of putting poor kinds on the tables is permitted to go on year after year I can not tell, although every person conversant with fruit will admit it is wrong, and likely to lead the public astray in making selections."

P. T. Quinn, a practical horticulturist, is writing a series of articles on "Pear Culture" for The Working Farmer. The above is an extract from one of them. We hope he will discuss most thoroughly the value of pears for food, and give plain, practical information as to how they may be grown everywhere. His first article is a valuable one. H.

DR. JARVIS, at a recent meeting of the Boston Social Science Association, expressed the opinion that most of the modern cook-books were calculated to incite a love of good eating, rather than to promote healthy cooking.

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NEW YORK, MAY, 1866.

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."

TOPICS OF THE MONTH.

BY R. T. TRALL, M. D., EDITOR.

LAST WORDS.—Our engagement to furnish the reading matter for THE HERALD OF HEALTH terminates with the June number. We shall, therefore, on and after July, address its readers, if at all, through other media. And in this and the succeeding number we shall call their attention to the most immediately important of the multitudinous enterprises which concern the progress and the success of the great Health Reformation. In the early days of the Health Movement we regarded the cure of invalids, though a necessary part of our proper work, as of secondary importance. To restore invalids to health, and then send them back into the world of riotous livers, is very much like reforming drunkards and then sending them back to the society and vocation of the rumseller. Though some will resist the evil influences around them, others will fall. Prevention, as we have many times said, is a thousand times more important than cure. "To train up a child in the way it should go" is better than to reform him after he has become addicted to evil ways. So far as we know, there is not now on the broad earth a single city, village or school district where a child can with safety be allowed to associate freely with its mates. Even our primary schools are hot-beds of pestilence, while a large proportion of our select schools contain the elements of moral depravity and personal pollution. Everywhere vulgarity, obscenity, profanity—which are moral poisons—assail the young child if he goes a few steps from the paternal roof. Nor can any father and mother in the United States send their son or daughter into any society or any school with any reasonable assurance that some one of its associates will not induce it to take the first step that leads to ruin. Nor can this be prevented so long as the very soil is polluted with corrupting manners, and the people indulge in liquor, tobacco, the flesh-pots, seasonings of all kinds, and stimulants of every name, which inflame the blood, deprave the appetences, pervert the instincts and sensualize the whole being.

We come, then, at once to the conclusion that the great problem of Sociology is only to be solved in a life in conformity with the laws of life, and this implies "ceasing to do evil and learning to do well;" and this makes it necessary for us to come out from society, as it is now constituted, and form a society on Hygienic principles. And we must commence with agriculture. The land on which we dwell, and which produces our food, must first be purified of its sources of pestilence—of its stables, cesspools, piggeries, henneries, etc. etc.—and then kept clean. Then we should not have potato-rot, apple-blight, cattle-plague, hog-cholera, diptheria, typhus, scrofula, nor consumption. People would have pure blood and sweet secretions, and would know nothing of morbid cravings which lead to gluttony and drunkenness. Three-fourths of all the energy of the people would not then, as it is now, be devoted to useless and even injurious industry; but so little toil would be necessary—not more than is required for wholesome exercise—to supply all the demands of nature, that all would have ample time and means, as well as inclination, to cultivate their minds and develop their bodies as God and Nature intended.

Some years ago we undertook to enlist a few persons who had capital, and who were experienced in fruit-culture, to organize a society for Hygienic farming. But as no good locations were in the market we did not succeed. Yet we have continued to agitate the subject, and now, judging from our correspondence, which is increasing every week, there are men and means enough to found a dozen colonies, and we venture the prediction that, within five years, a dozen such colonies will be organized and at work.

Our excellent friend, Mr. T. W. TAYLOR of Chicago, who is now negotiating for a tract of 25,000 acres in New Jersey, not far from our "Eastern Hygeian Home," writes:

"Since I saw you in New York, I have seen a large tract of the New Jersey lands, and am waiting for other friends from the West, and then we shall examine another tract. I meet with encouragement generally in regard to starting the first colony in New Jersey. We can find beautiful streams of pure water, and artificial lakes can easily be made. I saw a beautiful place for a Hygeian Home, but as we have

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not yet purchased I need not go into details. For cranberries and small fruits no better place can be found. Sweet and Irish potatoes are grown to perfection. Men are getting $500 per acre clear profit from cranberry land. We can have twenty-five thousand acres in one body, and can build up a colony of the right kind of people; and instead of waiting until we throw off this mortal coil for a heaven, let us build one on earth. There is plenty of room, and there are many good spirits clothed in the flesh ready and willing to enter upon this enterprise. I met an old friend here whom I had not seen for years. He is a warm advocate of your system. Years ago, when I was sending The Water-Cure Journal broadcast over the land, a copy fell into his hands; and, with him, to perceive a new truth is to put it into practice. He says your journal has been worth hundreds of dollars to him and his family. I think the present year will be favorable to starting Health Reform and Progressive Colonies. Mills are stopping extensively; thousands will be thrown out of employment, and instead of idling around the large cities, spending their means, they can be induced to seek homes in the country, where, in a few years, they will have all the comforts of life and be surrounded by congenial associates. Let us not forget, in the general movement of reconstruction in this country, that there are women as well as negroes in this country that have rights which white men are bound to respect; and if our President vetoes our Woman's Rights movement, let us pass it over his head. I think we shall purchase here, and in a few weeks will be able to commence our movement in earnest."

We have many other equally interesting communications from various parts of the country, which we shall publish from time to time.

MORE HYGEIAN HOMES.—Our friends in the South and West, now that the "Eastern" and "Northern" Homes are secured and in operation, are bestirring themselves to do something for their respective sections. Within thirty days we expect to be able to announce the commencement of two or three more. One of these will probably be in Madison, Indiana. We have been offered a fine property there, and have commissioned our friends to purchase it. It is situated on the high ground which overlooks the city, the Ohio River, and the fertile fields of Kentucky on the other side of the river. The surroundings are beautiful, and, what is rare in that section of country, there is an abundant supply of *pure soft water*. Madison is a pleasant and flourishing city, containing 15,000 inhabitants, and its locality, mid-way between Cincinnati and Louisville, renders it as convenient a point as can be found on the map for such invalids as desire a warm climate. We shall designate this the "Central Hygeian Home," and Missouri must wait awhile, unless she gets up a "Home" on her own account. There is, however, ample room for one in her own State, notwithstanding the near proximity of Madison, and if any citizen of Missouri will indicate the right place in that State, we will find a purchaser at a fair price.

THE CATTLE PLAGUE A QUESTION OF DIET.—At length we have come across a sensible article on the subject of cattle plague. As it is the first and only one we have seen, amid all the twaddle and nonsense we have been compelled to read in the newspapers and medical journals on the subject, we hasten to place it before our readers. We copy it from The London Pall Mall Gazette:

"If the culture and cattle-feeding of France are examined, it will be found that both differ widely from those of England. The small holdings of land, in France, hinder the bone and guano culture, and artificial live-stock rearing so largely practiced in England. The bread and wine diet of the laborers lessens the number of cattle necessary for the sustenation of the people. These facts indicate that France has no such difficulty in dealing with the cattle plague, as exists in England. We may now probably look forward to the disease becoming more amenable to treatment, for two reasons: first, the weakening of the contagious influence, by constant atmospheric circulation and changes always occurring, second, from the beasts most susceptible of its influence from high or low typhus causes having succumbed to the disease or the ax. It will then remain with us to strengthen our cattle against the plague by the introduction of a more natural mode of feeding our stock—the use of plain simple food instead of the strong artificial essences which now stimulate them into precocious maturity at the sacrifice of their health.

"We stand now in the presence of a peril to national industry, prosperity, and the health and stamina of our laborers. Animal food has been deemed a necessary of life by Englishmen. Some have thought prosperous people ate too much meat, and our laborers too little, but all, with very few exceptions, have felt that in the climate of England, men must have meat to be maintained in health. In view of national calamity, it may be well to inquire if the working people are as dependent on the supply of animal food for life and health, as we, from our habits in cities and in possession of wealth, are led to suppose. It is of course true, that where animal food is largely produced, as in England, it is largely consumed. But that many manage to live and labor on a moderate supply is also true. In Ireland this is notoriously the fact. In proof we may quote the testimony of E. Curling, Esq., seventeen years agent of the Devon estate. He says:

"'There are six thousand six hundred and eighty persons on the estate. They are energetic, moral, and well behaved. I do not remember a crime in seventeen years, not even so much as stealing a chicken. They are a contented, grateful people—grateful even for fair play.

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Out of six hundred farmers deduct fifty, and the rest do not see a wheaten loaf, or smell meat except at Christmas and Easter. They have been brought up to this custom. One tenant on the Devon estate I have seen sit down to buttermilk, potatoes and Indian meal, who purchased at a recent sale £10,000 worth of property, and did not have to borrow a shilling to pay for it. I believe this to be the usual mode of living in Limerick.'.

"Under these circumstances the workingmen of England may take courage, even if the worst come to the worst. With rinderpest in cattle, small-pox in sheep, and trichina in pigs and rabbits, we may experiment in Devon diet with safety if not with advantage."

TWADDLEDUM.—By way of contrast to the above we copy the following, which is going the rounds of the newspapers:

"THE CHOLERA—IS IT CONTAGIOUS?—Doctor Shrimpton, an eminent English physician practicing in Paris, has published a very interesting pamphlet on the subject of cholera. He considers it not contagious, and accounts for its rapid propagation on other grounds—the result of his vast personal experience in treating the complaint. Doctor Shrimpton says: 'We attribute the propagation of cholera to an electric action, which acts directly, somewhat in the same manner as lightning, on the nervous system of organic life. We do not require any great stock of modesty to confess that, as to this electric action, we should not be able to demonstrate it scientifically; but its existence, nevertheless, appears to us certain. In admitting it we clearly explain to ourselves the character of the cholera, its progress, even its propagation; in rejecting it we see only inexplicable enigmas, which become the more and more obscure in proportion as they are more deeply studied. This opinion, moreover, is not ours alone; many eminent physicians share it with us. The cholera attacks persons the farthest removed from all contact with patients—prisoners in their cells; women closely confined and sequestered even from view in harems; isolated individuals at sea and in deserts. No barrier, no quarantine, no sanitary cordon can prevent the approach of cholera, whatever care may be taken to keep persons attacked at a distance from the spot where we are. When the disease makes its appearance in a town, either sporadically or after the arrival of an infected person, far from following a regular course and gradually advancing in any particular quarter, or from one quarter to another, as healthy persons may chance to come in contact with those having the malady, it strikes, on the contrary, suddenly and simultaneously, on the most opposite points—does not make a second victim in a family where one has already expired, while it will carry off several in a family where no signs of the epidemic had appeared, and that in quite a different quarter, often the healthiest or one of the healthiest in the town. Frankly, it seems to us impossible, in presence of facts so positive, repeated daily and which may be verified by any one, not to attribute the propagation of cholera to some kind of electrical action, still unknown, but not the less real, and the more so that the direction and violence of the wind exercise no influence on the extension of this formidable malady. Lastly, we believe that this electrical action to which we assign the origin of the cholera is the result of two forces combined, coming at the same time from the atmosphere and the earth—a fact which renders the cholera endemical; we are convinced that the electrical influence affects most seriously those persons whose nervous system of organic life is weakened by moral or physical causes, such as negligence of the ordinary laws for preserving health, sensual indulgence, and, in a word, all those excesses which occasion a grave depression of the vital forces."

WICKES, M. D., *vs.* WOMAN DOCTORS.—The following paragraph, which we clip from The Evening Post, shows the *animus* which is animating the doctors of druggery as it is in big doses, on the subject of medical practitioners of the female persuasion:

"A MEDICAL EXCITEMENT IN ORANGE.—At the centennial anniversary of the Medical Society of New Jersey, held at New Brunswick in January, a report of its standing committee was read by Doctor Stephen Wickes of Orange, N. J., in which he was particularly severe upon all female practitioners, asserting that they were 'nearly all of them the class known as spiritualists, progressive Bloomer kind and infidels.' Among the adherents to the different forms of 'quackery,' were mentioned forty-three practicing Homœopathic physicians. As Orange has among its medical practitioners one female physician, Miss Almira L. Fowler, who graduated in a regular Allopathic School, chartered by the State of Pennsylvania, and is now a thorough Homœopath, with probably the most successful practice in the place, this report of the standing committee has created considerable excitement in Orange and its vicinity. Many spicy articles have appeared in The Orange Journal, and Doctor Wickes, in a communication through the paper, has asserted his determination to defend his position that 'Homœopathy is quackery.' Many of the leading citizens of Orange have taken the matter in hand, and a public meeting is called, to be held in Library Hall this evening, at which Doctor Ward and Lafon of Newark, and Doctor Richards of Orange, will be present to answer the arguments of Doctor Wickes and other members of the Medical Society of New Jersey, who are invited to attend."

AN editor, having read in another paper that the use of tobacco, whether a man smokes or chews it, will make him forget that he owes a dollar in the world, innocently concludes that many of his subscribers had been furnished with the article.

One thing is certain—the Publishers of THE HERALD OF HEALTH are not troubled with such subscribers. Probably there is not a publication on the globe whose readers use so little of the weed, or who hate and fight it so strongly.

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College Department.

CLOSE OF THE WINTER TERM.—The concluding exercises of the term of the New York Hygeio-Therapeutic College for 1865-6, took place at Metropolitan Hall, on Monday evening, March 26. An able thesis on "Bionomy" was read by S. WATERS DAVIS of Sidney, O.; the thesis entitled "Our Mission," by Miss L'AIMEE PERKINS of Santa Cruz, Cal., was also read, and *well read*, by the author. The "Valedictory," by Miss SARA F. RICE of St. Anthony, Minn., was well written and well read. Indeed, all of the readers and speakers acquitted themselves with credit and received unbounded applause. Parting words were briefly spoken by each of the Professors, and another little army of Health Reformers was commissioned to go forth and redeem the land from diseases, doctors, drugs and death. The following is a list of the graduates with the subjects of their theses:

LIST OF GRADUATES, ETC.

S. H. HUNT, Peoria, Ill., "What is Disease?"
N. J. COGSWELL, East Spring Hill, Penn., "Alcoholic Medication."
THOMAS W. DEERING, Coburg, C. W., "Evils of Excessive Procreation."
H. P. SHOVE, New York, "Morbid Appetite."
WM. AUSTIN ENGLISH, Woodstock, Vt., "Mental Hygiene."
JOHN S. HUBBARD, Walpole, N. H., "The Lungs."
E. P. ROGERS, Pendleton, Ind., "Indigestion."
S. WATERS DAVIS, Sidney, O., "Bionomy."
A. T. HALDEMAN, West Alexandria, O., "Vitality."
HENRY SAVAGE, Sheffield Lake, O., "The True Medical System."
W. H. BARNETT, Nineveh, Ind., "Motive Power of the Circulation."
ARTHUR HUTCHINSON, Oberlin, O., "Vegetarianism and the Bible."
F. M. HALL, Susquehanna Depot, Penn., "The Drug Medical System."
ALEXANDER PURDY, Eugenia, C. W., "Croup."
D. WATSON KNOWLES, Danbury, Conn., "Medical Science."
GLENDY KING, Brooklyn, N. Y., "Obedience to the Natural Laws."
JOHN MCLEOD, Lamotte, Iowa, "The Breath of Life."
B. W. DUFFY, Hillsboro', N. B., "Childhood."
GEORGE P. JEWELL, Northfield, Minn., "Passional Influences."
WILLIAM C. CUTLER, Upton, Mass., "Typhoid Fever."
Miss L'AIMEE PERKINS, Santa Cruz, Cal., "Our Mission."
Miss A. F. BURNHAM, Greenville, S. C., "Dyspepsia."
Miss LIZZIE H. SMITH, W. Va., "Woman as a Physician."
Miss LUCY S. PUTNAM, St. Anthony, Minn., "The Reform Dress."
Miss EUNICE C. LIPPINCOTT, Washington, Me., "Digestion."
Miss MARIA CAMPBELL, New York, "Health Reform."
Miss MARY A. TUTTLE, Cheshire, Conn., "Medical Fashion."
Mrs. ELLEN P. ROGERS, Pendleton, Ind., "Obstetrics."
Mrs. MARY R. PRICE, St. Anthony, Minn., "Nature's Laws."
Mrs. HELEN J. UNDERWOOD, Portage City, Wis., "The Hygienic Physician."
Mrs. MARGARET W. SILL, Newark, N. J., "The Laws of Hygiene."
Miss SARA F. RICE, St. Anthony, Minn., "Valedictory."

HONORARY GRADUATES.

The Honorary Degree of the College has been conferred on the following persons since our last yearly report:

LANCELOT YOUNGHUSBAND, St. Thomas, C. W.; T. VOLNEY GIFFORD, New London, Ind.; PAUL MESEREAU, Sonora, Cal.; E. C. ANGELL, New York; HORATIO S. LAY, Dansville, N. Y.; Mrs. MARY J. MERCER, St. Anthony, Minn.; J. BIRCH BAGSTER, Vineland, N. J.; E. J. HIGGINS, Chicago, Ill.; JAMES CHRISTIAN, Taylorville, Cal.; B. M. LAWRENCE, Boston, Mass.; NATHAN R. ADAMS, Bridgeport, N. J.; G. W. ALLEN, Vineland, N. J.; D. N. SMITH, San Bernardino, Cal.; JAMES CHAMPLEY, Scarborough, England; EDWARD BEECHER HARTSHORN, Amherst, N. H.; Miss SARA N. WAY, Martinsburg, N. Y.; J. M. CASE, Yolo, Cal.; WM. O. S. CRANDALL, Providence, R. I.; Mrs. CAROLINE P. COGSWELL, East Spring Hill, Penn.

SUMMER TERM.—We have completed arrangements for another Summer Term of the College at St. Anthony, Minn., to commence the middle of June and continue till the middle of October. We have every prospect of a much larger class than we had last summer. Students will have a much better opportunity to examine patients, and citizens the effects of treatment, than they can have at the Winter Terms in this

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city, as we can always find cases enough in the establishment for interesting and instructive clinics. As it is morally certain that we shall (if alive) spend the summer of 1867 in Europe, and should have to suspend the summer term next year, we must urge all who desire to attend the Minnesota branch of the Hygeio-Therapeutic College, before 1868, to be with us the present term. Board can be had in the "Western Hygeian Home" for $5 per week, or students can hire rooms in the vicinity and board themselves.

Miscellaneous.

A Self-sustaining Industrial College.

THE following circular, from the pen of Ira Porter of Chicago, Ill., exhibits the plan and the philosophy of organizing labor on an equitable and natural basis:

Question.—What is the chief end and object of human effort?

Answer.—Happiness.

Q. In what does happiness consist?

A. In the number and character of our wants which are gratified.

Q. What do we most want as instruments by which to secure happiness?

A. Power, and the wisdom to use it for that end.

Q. How can we best attain the needed power?

A. Through education. Intelligence is power.

Q. How shall we obtain that education?

A. By discreet and appropriate action, perpetuated from the first stages of infantile life, through our endless existence, until we "become as gods, knowing good and evil;" in other words by knowing the appropriate uses of all things, and the inevitable consequences of all actions, which is the science of the uses and abuses of every thing in the universe.

Q. Is the present condition of society adapted to encourage and sustain that discreet and appropriate action which tends to our development in power and wisdom?

A. It is not.

Q. In what respect is it not adapted to that end?

A. 1. Because wealth, as a power, is more sought after and higher commended than knowledge and virtue.

2. Because useful labor is not sufficiently appreciated.

3. Because the idle who produce nothing and consume much are not sufficiently condemned; on the contrary they are the applauded, the petted, the envied and the imitated of fashionable society.

4. Because society has not yet learned to appreciate the value and necessity of perpetual training, physically, intellectually, morally and socially, as the true and only reliable system for the full development of humanity.

5. Because in miscellaneous society, in its present condition, childhood and youth are too much exposed to the instructions of men and women whose precepts and examples teach vices instead of virtues—whose lessons are attractive and acceptable for the reason that they are fashionable and almost universal.

6. Because society has no public schools that propose instruction in only a small fractional part, and that by no means the most important part of our necessary education; which fractional part relates mainly to the names and signs of things, leaving their pupils to obtain elsewhere, or do without a knowledge of the thing named—without instruction in the most important practical duties of life.

7. Because in society at large, distributive justice is trampled under feet; non-producers are the greatest consumers of labor products. Industry is subordinated to the power of capital and the frauds of commerce.

8. Because all our systems of education are based upon and framed to carry out the false and mischievous idea that childhood and youth are to be devoted exclusively, or nearly so, to study. That when that is past we emerge into manhood and womanhood, which are to be as exclusively devoted to business.

9. Because our popular systems of education, including what is learned in the school and in the streets, in the marts of trade, in the examples and precepts of the leaders of society, are as completely adapted to educate the youth of our land to be what they ought not to be, as if they were expressly designed for that purpose. Therefore, society, as it is, is unfit to be the educators of our youth.

Q. How shall we organize a true and correct system of education for ourselves and our posterity?

A. To do this, we must recognize and acknowledge certain great, fundamental, self-evident truths, such as the following:

1. All human existence is educational, sh uld be deemed educational, and should be made as highly educational as possible.

2. The highest end, aim and object of human effort is the fullest and most perfect development of humanity, physically, morally, intellectually and socially.

3. The best mode of attaining such development is by that systematic culture which we call training, that perpetual discipline which makes perfect in his respective department of action—Windship in his power to lift, Blondin to walk the rope, and Heenan and others in his profession to fight with their fists. The same patience, perseverance and intelligence applied to the attainment of intellectual, moral and spiritual excellence will produce results equally remarkable, and at the same time entirely desirable.

4. That daily, temperate, physical labor is a great blessing to every member of society, and that excessive labor is a curse.

5. That social harmony can not be attained without distributive justice, which demands that each human being should enjoy and suffer the full consequences of his wisdom or his want of it.

6. That it is the duty of every member of society to do as much for the world as the world shall do for him, and a great privilege to do more, if possible; and that each should render a full equivalent of the products of his or her own labor for every product of others' labor that he or she shall use.

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7. That each member of society ought, therefore, to be a good worker, a free, independent and honest thinker, a good talker (if possible); be self-reliant, self-sustaining, self-governing, self-employing; so thoroughly trained to the performance of duty in some selected sphere of action that it will be easier to perform than neglect such duty.

8. That to make of each member of society what he or she ought to be, you must provide means of training them which are especially and wisely designed for that end.

9. That every human being has the right to life, to liberty and the pursuit of happiness; to the full use of all of his or her faculties; to employ them in such manner as he or she shall judge most compatible with his or her views of what is wise or unwise, right or wrong; always provided, that in so doing no damage or injustice is inflicted upon other persons.

10. That each has as much right to all that he or she produces by his or her labor, and intelligence as to the use of his or her limbs, and that individual ownership is as natural and as worthy of respect and protection by society as individual liberty.

11. That every human being, male and female, should be encouraged to consult his or her genius and inclination in deciding what they shall do to benefit themselves and the world—when they will work, where they will work, and how they will work for that end.

12. That it is an enactment of the Divine law that all human beings should be educated by the consequences of their acts; and therefore that is the best arrangement for human education where the consequences of one's acts fall most suddenly and surely upon the actor.

13. That is the best condition for the education of youth where there is the most instruction that is unequivocally good and the least that is pernicious.

After due recognition of these and other equally obvious facts, not here expressed, we come to the question:

Q. How shall we make these principles practical in their application to education?

A. Enter at once upon that mode of life which shall best secure distributive justice, connect intelligence with labor, and secure the utmost economy desirable in the use of labor products.

Q. How do you propose to make this threefold reform subservient to human development?

A. When labor shall be justly distributed, intelligently applied, and its products economically used, then no one will have occasion to do more work than is necessary to keep the body in health and the mind in a favorable condition for efficient action. Then every member of the human brotherhood may have a comfortable home, all needed food and raiment, every instrumentality necessary for his instruction; all that ministers to the comfort of the body and the demands of the soul without excessive and afflictive toil, and may have left all the time that is demanded for study, for recreation, for social enjoyment, for bodily rest and refreshment. So that the highest scholastic education known to humanity may be attained by those who literally earn their living by their daily labor.

Q. How do you propose to produce an equal distribution of labor?

A. By teaching the youth of the land, by precept and by example, that appropriate labor, study, recreation and rest is the proper employment of humanity from childhood to old age; that each of the foregoing truths should be recognized and reduced to practice.

Q. How do your propose to teach these truths and reduce them to practice?

A. It is proposed to arouse the attention of the public to these undeniable principles.

When a sufficient number is found who perceive and are willing to be guided by them, I propose that they incorporate themselves into a company entitled the "Self-sustaining Industrial College of * * * * * *;" that they secure a suitable location for their settlement, and that they scrutinously apply themselves to the noble effort of devising such modes of living and of doing business as will admit of carrying these principles into a systematic form of instruction—into a system wisely designed to make of each youth of our land just what they must needs be as the component parts of a perfect society; a system so perfect as to be worthy of universal adoption; a system in which labor and study may be so intelligently united and combined as to enable any healthy youth of either sex, 14 years of age, to pay for board, clothing, tuition, books, etc., and to acquire, by the age of 21 years, a good scholastic education, and at the same time a good industrial education in agriculture or in some one mechanical or manufacturing pursuit.

THE CATTLE DISEASE.—"The cattle disease," says a letter from the Hague, "still prevails in Holland. Hopes were entertained that with the winter season it would lose some of its virulence, but they have been disappointed. Ever since the animals quitted their pasture-lands for the stalls the number of deaths have increased."

The greater advancement, if it can so be called, people make in the art of breeding cattle the more will they be subject to disease. In Europe, and even to some extent in America, cattle are pampered and over-fed full as much, often more, than human beings. The result is they are, when so treated, affected very much in the same way. If cattle-breeders would stick to nature there would be little trouble, but they are not willing to do this and so they must take the consequences. Very many of the best herds of England are running out just because of a foolish and unnatural system of breeding and feeding. The cattle disease, however, though it may work harm to individuals, will work good to the masses. English people need to be taught that their beef is not the staff of life, and that they can get along without it. The cattle disease will, we hope, set them to thinking on the subject, and though their thoughts may be worthless at first, the result in the end will be a less use of meat and the greater use of wheat.

H.

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"Curiosities of Eating."

BY J. F. SANBORN, M. D.

An article under the above caption, accredited to Hall's Journal of Health, has been going the rounds of the newspapers without note or comment, and thus the ideas therein advanced have had a wide-spread circulation. Has its influence been productive of good? or has it confirmed some who have read it in dietetic habits not according to the laws of health? The inference drawn from two paragraphs is thus summed up: "Buckwheat cakes are a universal favorite at the winter breakfast table, and scientific investigation and analysis have shown that they abound in the heat-forming principles; hence, nature takes away our appetite for them in summer." Periera says (Food and Diet): "Frying is of all culinary operations the most objectionable—fried food being more obnoxious to the digestive organs than food prepared by any other method." Invalids, convalescents and dyspeptics will, therefore, do well to eschew this method of cooking, and abstain from the use of eggs, omellettes, pancakes, fritters, fish, livers and other dishes cooked by frying.

The reason the buckwheat cakes keep away the sense of hunger is rather because they are so very indigestible, than that they more abound in the heat-furnishing principles over good wheat bread; so that the fact that a person can longer do without food, after eating buckwheat cakes, is rather against their use than in favor of them, because they are longer in digesting and are no more nutritious than some other kinds of food.

In another part of the article it is stated that the poor often use tea, tobacco or alcoholic liquors, because "a penny's worth of these articles would keep off the sense of hunger longer than a penny's worth of any thing else. * * * * Scientific men express the idea by saying that tea, like alcohol, retards the metamorphosis of the tissues; in other words, it gives fuel to the flame of life, and thus prevents it from consuming the fat and flesh of the body." Are these things so?

If so, tea, wherein it resembles alcohol, and alcohol are good things; they are substances which the body appropriates for its own use and benefit, and thereby saves for future use its own tissues, which it must expend were it not for the aid extended to it by these articles and others of a similar character.

Such a conclusion is false in theory and fatal in practice. In this connection the inquiry very naturally comes up: What are the sources of animal heat? Dalton's Physiology, page 263, says: "Animal heat is not to be regarded, therefore, as the result of a combustive process. There is no reason for believing that the greatest part of the food is 'burned' in the circulation. It is, on the contrary, assimilated by the substance of the tissues, and these in their subsequent disintegration, one of which is carbonic acid." * * * "The numerous combinations and decompositions which follow each other incessantly during the nutritive process, result in the production of an internal or vital heat, which is present in both animals and vegetables, and which varies in amount in different species in the same individual at different times, and even in different parts and organs of the same body."

According to Physiology, it is necessary for tea, coffee, tobacco and alcohol, in order to be primary sources of animal heat, that they should be digested, assimilated, that is, become a part of the body; be disintegrated, that is, become broken down tissues, and depurated, that is, being removed from the body. There is no physiologist who would for a moment claim that these articles are ever assimilated. They will not make bone, muscle, nerve, vein or artery. They are but obstructing, foreign matter, which, if once got into the body, do not add to it, either in substance, or in any way contribute to the production of vital forces; but, on the contrary, they require an expenditure of the reserved vital power to expel them, which causes an increase in the circulation of the blood incident to such an effort, and secondarily, there is for the time an increase in animal heat, but which is soon followed by a depressed condition of the circulation of the nerve power commensurate with the previous increase of action above the normal standard. Does a whip increase the strength of a horse? It may increase his speed, but if it does so it is always at the expense of his power. The idea that these and similar articles, when used, are a source of animal heat, have their foundation on the chemical theory of Liebig that animal heat is the result of the chemical action between the oxygen received through the lungs and the carbonaceous substance of the aliment taken; but this theory has long since been exploded. Periera says: "Indeed, Liebig's own views and reasonings inevitably lead to the conclusion that animal heat and strength will be best supported by such articles of food as those which, by the conversion of their elements into the matter of the tissues, supply the loss occasioned by the molecular changes, while at the same time they preserve the useful degrees of animal temperature. Alcohol is not one of these."

The testimony of those who have been exposed to severe degrees of cold in high latitudes, on wreck, in stage-driving, and other places of severe exposure for days together, in every instance the record of which has come under my observation has been against the use of alcohol to enable persons to resist cold most successfully.

Medical authority is divided on the use of alcohol, but science and as renowned medical authors as we have, are in favor of the true Temperance Platform: "Touch not, taste not, handle not the unclean thing, at any time or under any circumstances."

Fresh Air.—Dr. Percy, who has charge of the ventilation, warming and lighting of the Houses of Parliament, says that it is desirable to supply about two thousand cubic feet of fresh air to each man per hour, or thirty-three feet per minute. Short of such renewal, the atmosphere becomes tainted. On the night of the 12th inst., when Mr. Gladstone introduced the new Reform Bill, and when the House was crowded in every corner, about a million and a half cubic feet, or between nine and ten million gallons of air passed through every hour.

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Nothing but Water to Drink.

BY JOHN PIERPONT.

When the bright morning-star the new daylight is bringing,
And the orchards and groves are with melody ringing,
Their way to and from them the early birds winging,
And their anthems of gladness and thanksgiving singing,
Why do they so twitter and sing, do you think?
Because they've had nothing but water to drink!

When a shower on a hot day of summer is over,
And the fields are all scented with red and white clover,
And the honey-bee—busy and plundering rover—
Is fumbling the blossom-leaves over and over,
Why so fresh, clean, and sweet are the fields, do you think?
Because they've had nothing but water to drink!

Do you see that stout oak, on the windy hill growing?
Do you see what great hailstones that black cloud is throwing?
Do you see that steam war-ship its ocean-way going?
Against trade-winds and head-winds, like hurricanes blowing?
Why are oaks, clouds and steamships so strong, do you think?
Because they've had nothing but water to drink?

Now, if we have to work in the field, shop, or study,
And would have a strong hand and a face clean and ruddy,
If we'd not have a head that is addled and muddy,
With our eyes all bunged up, and our noses all bloody;
How shall we make or keep ourselves so, do you think?
Why, you must have nothing but water to drink!

CLEVER BOYS.—The Saturday Review says that in the biographies of distinguished men we find that few of them at school or college gave sign of their future power. The Pall Mall Gazette denies this statement: "Pitt, having done well at Cambridge, was in office at twenty-one, and was Prime Minister at twenty-four. Fox began his political career, and was already an actual power in the House of Commons at the same youthful age. Burke began his essay on 'The Sublime and Beautiful' at the age of nineteen. Canning was the most distinguished boy of his time at Eton. So also was the great Marquis Wellesley. The late Sir Robert Peel was the first man who took a double first class prize at Oxford. Dr. Whewell's success in the schools at Cambridge was as marked as the successes of his future career. Mr. Gladstone was, beyond compare, the most distinguished young man of his time while an undergraduate at Christ Church, and he left Oxford with the highest reputation for ability, sincerity and oratorical gifts. Sir Roundell Palmer was one of the best of his year at Oxford, and, like Mr. Lowe, was pointed out by university opinion as a man who must undoubtedly win a high place in life. The same was the case with Mr. Goschen, who took his degree with unusual distinction."

IN a cause respecting a will, evidence was given to prove the testatrix, an apothecary's widow, a lunatic; among other things, it was deposed that she had swept a quantity of pots, lotions, potions, etc., into the street as rubbish.

"I doubt," said the learned judge, "whether sweeping physic into the street be any proof of insanity."

"True, my lord," replied the counsel, "but sweeping the pots away certainly was."

THE MALE AND FEMALE VOICE.—Nature alone has given the human being two distinct kinds of voice, that are again divided and subdivided. We quote: "In order to make the causes of this clear, let us cast a glance at one of the simplest laws of tonal vibration. For example: we take a string of a certain length and strength, and give it a certain tension. If with the bow, or simply with the finger, we set it in motion, it also gives out the tone C—but not the same; it is finer, higher, more penetrating. If we now strike both strings, we perceive this difference more distinctly, and recognize that peculiar unison which musicians term octaves. In order to give forth the high C, the short string is obliged to give forth twice as many vibrations as the long, but in the same time. Without knowing or willing it, we obey the same laws of vibration. Ask a young girl to sing an air that has just been sung by a man, and in the same key; she will sing it an octave higher. The finer and more delicate voice of a woman makes more vibrations, in the same time, than that of a man, and is higher from that cause. The woman is the octave—the half of the man. The good citizens who call their wives their 'better halves,' are right, musically speaking. The octave exists through the might of the right divine. In the male and female voice there are, again, two principal subdivisions—man sings tenor or bass, woman contralto or soprano. The contralto is the octave of the bass; the soprano the octave of the tenor. Each of those voices has its own peculiar character, that does not depend merely on compass or fullness, but rather on tone coloring."—*Musical Review.*

THE EDUCATION OF GIRLS.—After much opposition, the Cambridge examinations for girls in England have become regularly established, apparently with the best results. The last report of the Syndicate of Cambridge University, on the local examinations held throughout the country during the past winter, shows that the girls have not only proved themselves superior in the points in which it was certain that they would do better than the boys, but that in mathematics also they have gained great credit. The general style of their papers was decideely better than what the boys produced, and their answers were more to the point, with far fewer attempts at fine writing than their male competitors indulge in. Ten girls out of twelve passed a creditable examination in Latin, being especially distinguished for accuracy and good taste in translation. A hundred and twenty-six girls were examined, and the examiners gave reports which seem to answer some of the chief objections against the examination for girls, stating that no undue excitement was noticeable, nor any signs of weariness toward the end of the week. On the contrary, all was very methodical and orderly, and the girls did their work in a most business-like way, without flagging.—*Evening Post.*

MAN delights in enterprise and action, but to sustain him he needs a tranquil mind and a whole heart.

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The Family Sewing Machine

BY JENNIE JUNE.

TO UNDERSTAND the value of the Sewing Machine, and the happy changes which it has effected in the social and family relations, one must be familiar with the quiet households scattered throughout the East and West, the North and South of this great and thriving country.

Everywhere in the interior, domestic assistance of any kind is so difficult to be obtained that it is scarcely looked for, and every good housewife relies upon her own exertions, not only to keep her house in order, her larder well supplied with the essential luxuries of home-made bread, cake and pies, but her own, the children's, and frequently her husband's wardrobe furnished with all the useful, if not the ornamental articles of dress.

This necessity provided an immense amount of work for one pair of hands to perform—the female head of the house, the hard-tasked wife and mother, found not a moment for relaxation. The drudgery of the kitchen was succeeded by that of the work-basket, whose pile of shirts and small garments seemed never to decrease. Not a moment of time could be afforded for the gratification of any simple fancy, even in ornamental needlework, all, to the last moment, and far into Saturday night, was exhausted in the necessities of the plainest work upon little aprons, frocks and drawers, and the inevitable weekly collection of family mending.

In a large number of these households the case is now widely different; the Sewing Machine, generally the GROVER & BAKER, occupies an honored place in the family sitting-room, and accomplishes more and better than the most skillful seamstress. It is, in a sense which only those can appreciate who have known what it is to sew all the household garments by hand, the family friend. It is looked upon with eyes of real affection.

The interior of a country house, at this season of the year, is as pleasant as can be imagined, and it is made so, in a great degree, by the presence of the Sewing Machine. An hour's work in the afternoon, upon a bright, wonder-working GROVER & BAKER, will accomplish more than could be done by a weary hand-working almost into midnight. It will not only finish the dozen shirts in "less than no time," but it will tuck drawers and chemises, ruffle night-gowns, stitch trowsers, quilt linings and cover-lids, and all this, and much more, with such strength, beauty and precision, as would throw the neatest hand-work into the shade.

A Sewing Machine needs only to be purchased once in a lifetime; it is therefore of the greatest importance to get the best—the one which, all things considered, is most perfectly adapted to meet the requirements.

This, we sincerely believe—and the opinion is corroborated by the highest authorities in the community—is the GROVER & BAKER Machine making the celebrated GROVER & BAKER stitch, the only stitch, so far as we know, sufficiently elastic to be adapted to all kinds of family sewing.

The peculiar qualities of the GROVER & BAKER Machine are strength, beauty, elasticity and versatility or adaptation to any kind of work. It compasses the whole range of family sewing completely, and without any of the vexatious delays in rewinding, fastening and finishing, which are common to other machines, and which occupy so much time and waste so much material. It makes a beautiful, smooth, elastic seam upon cloth or cambric, which *gives*, when it is washed or stretched, without breaking, and in which every stitch is so firmly *locked* that the seam can be cut off between every half-dozen stitches without impairing its strength.

Testimonial letters, from ladies and housekeepers all over the country, speak unitedly of the beauty and superior elasticity of stitch. One lady says that it is the only machine which can "quilt;" another, that it is the only one "fit for boy's trowsers," and a third, that she is particularly delighted with the way in which it makes "woolen drawers and flannel garments."

The GROVER & BAKER stitch is the only one that can be properly used upon *bias* seams, and is therefore adapted to an immense variety of garments containing such seams, and also seams which are subjected to much stretching and wear. In addition to the fact that no rewinding and no fastening is required, a great deal of time, and temper too, is saved to the operator, by the simplicity, regularity and ease of the various movements, the adjustment, without change of tension, to different kinds of work, and the method by which it is thrown from the machine, without delay or embarrassment, and also in such way as to enable the operator to maintain a pleasant and graceful position.

For dress-makers, the GROVER & BAKER is the only suitable machine; it is the only one that will accomplish satisfactorily, and with an immense saving of time, all the plain sewing, stitching and quilting which they have to accomplish.

For the heads of families it is equally valuable. *It will do every thing.* It is simple, reliable and perfect in its operation, easy to be understood, *not* easy to get out of order, and gives such thorough satisfaction as to leave no room for complaint.—*N. Y. S. Times.*

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Voices of the People.

A CORRESPONDENT writing from Calumet, Ind., March 24, 1866, says: "Dr. TRALL—*Dear Sir:* Another fact that ice will cure the diptheria. One of my children, three years of age, was taken with the diptheria, and grew worse for ten days. I employed two drug doctors—one the best in the State. After they had done all they could, they said he must die, and could live but a few hours. I asked them if ice would not help him; they said no. I then commenced giving it just as fast as he could eat, and in one week he was almost well.

"Yours, D. P. INGRAHAM."

A BENIGHTED CITY.—"J. A. V." writes from the "Queen City of the West," which, by the way, contains four or five Medical Colleges representing all names and phases of druggery:

"Cincinnati is a place of darkness regarding the true system of the healing art; and it seems to me rather strange that a city of its dimensions should be destitute of a Hygienic physician, and have no establishment of that kind in its vicinity. Ever since I had an opportunity to become acquainted with the system you teach, I have disbelieved in the drug system. And I am getting more and more confirmed in the new faith every year, as I have practical experience in my own family. My children have had scarlet fever, measles, summer complaint, etc., and have recovered without either Allopathic or Homœopathic physicians. I have had bilious fever, and with calomel and quinine was not fairly 'on my sticks' until after three months—and detestable convalescence at that—while with Hygienic treatment I was as sound as a dollar in three weeks!"

A FRIEND who had ordered a bread-pan writes: "That pan works like a charm; makes splendid bread. I would not be without it for any thing.

"DAVID TURPIN, Union Village, O."

To Correspondents.

Hygeia, H. H.—"Can you tell us through your columns where Hygeia is to be located? If not, can you name some railroad town, in a healthful climate, where a goodly proportion of the inhabitants are Hygienists?

"Is there an agricultural paper published in which we shall not be annoyed by so many articles telling us 'How to Raise Pork' and 'How to Cure Hams'? By replying to the above you will greatly oblige many."

H. H. and others interested will see by our enlarged programme that we have already located two Hygeias, and contemplate locating several others. There is room enough for a hundred. We are sorry to say that all agricultural papers with which we are acquainted are advocates for hog and tobacco. Because of these objectionable features, and the abominations of cookery which they are continually recommending, we are inclined to think that agricultural papers are a much greater curse than blesing to society.

Prolapsus.—"E. C. M." We can not promise any thing in uterine displacements, unless the patient is with us.

Milk.—"D. B. D." We have never recommended milk for dyspeptics, and have always taught that it was not good food in any case, and very bad in many. In fevers it is still worse.

Publishers' Department.

This Number.—This number of THE HERALD, our readers will see, contains a large number of original and valuable communications. The discourse to the Young Men of America, by Dr. CHAPIN, was so well received in New York that a request was made to have it repeated, which was done to a very large audience. We are sure our readers will be glad of an opportunity to read it.

The article of Mr. TYLER is to be followed by a series of communications, written expressly for THE HERALD, giving his experience in London as a teacher of Physical Culture and a lecturer on Health Reform. Mr. TYLER went to London more than two years ago, where he has since been teaching and lecturing with great success. His letters alone will be worth many times the subscription price of THE HERALD OF HEALTH.

Dr. DIO LEWIS, who stands at the head of a new educational movement in this country, which is destined to have a permanent and most important influence in improving the health and physique of American men and women, sends us an article on Normal Schools. We hope to have several articles from his pen during the year.

Mr. BUNGAY'S article on the Nose, with the notes concerning the health of this organ, will be found both interesting and to contain many valuable hints.

"Shall We Eat Meat?" is an opportune article, now that trichina is exciting so much attention among meat-eaters.

A large number of other articles speak for themselves.

We have also in store a series of articles on the Health of Girls, from Dr. J. H. HANAFORD, which will be given to our readers in due time. We shall spare no pains to make THE HERALD a plain, practical companion for the household, the sick room, the teacher, sedentary persons, and all interested in that great theme, the health of the race, through a knowledge of God's laws of the body. We shall look to our readers and friends everywhere to help in extending our circulation. If they form Clubs as per prospectus, they will get Premiums as per fourth page of cover.

Sexual Physiology.—Our new work on Sexual Physiology is already meeting with a rapid sale. Agents wishing to canvass for it should address us for particulars. The price of a single copy by mail is $2, which, considering the style of binding and the large number of engravings which illustrate the work, is very cheap. We are very sure that no person ordering a copy will ever find reason to regret it.

Ladies' Suspenders.—We are now prepared to fill orders for Ladies' Suspenders. Their object is to support the skirts over the shoulders, instead of on the hips as heretofore, much to the detriment of women's health. We are sure there are thousands of women in America who will welcome them as an invention giving them great relief, and doing much to secure to them a healthy condition of the internal organs. Woman's curse in America is weakness in the sides, back and chest. Secure to her strength here, and you secure to her one of the greatest blessings she can enjoy. We recommend these skirt-supporters to the intelligent and cultivated women of this country as one of the most important inventions regarding woman's dress of the present age.

That Picture.—In proof that the Picture we offer to our subscribers is no cheap affair, but a genuine work of art, we refer to the testimonials of many well-known men regarding it.

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Dead Letters.—E. N. Stilwell sends us $2 for a book, but does not give us the name of his State, and we can not decipher it from the envelope. Whenever he sends us his address in full we will forward the book.

William King, Portland, does not give the name of his State. Probably he will get tired waiting for his book, and write to know what the reason can be that we do not send it. Reason enough.

Book on the Cholera.—The Cholera—its Cause, Prevention and Cure by Water Treatment. Price, by mail, 50 Cents.

Now that this disease is likely to spread over more or less of the country during the present year, this little book by Dr. Shew should be extensively read.

Address MILLER, WOOD & CO.,
15 Laight Street, New York.

Job Printing.—We are prepared to execute in neat, substantial styles, various kinds of Job Printing: such as Pamphlets, Circulars, Envelopes, Billheads, Letter-heads, Cards, Labels, Small Handbills, etc., at the same rates as in all first-class New York printing establishments. Stereotype work done to order.

☞ Our friends in the country who wish neat and accurate printing, can rely on first-class work, by sending plainly written and well-prepared manuscripts. For terms, send sample or copy of work, state quality of printing material to be used, and the number of copies wanted, inclosing a prepaid envelope for a reply.

Circulars.—Those of our subscribers who wish to aid us in extending the circulation of The Herald, should obtain our circular to exhibit to their friends. Every invalid who will send a stamped envelope shall receive in it one of each of our circulars for The Herald, Books, and Baths.

Notice.—Subscribers changing their residence must not expect us to duplicate the numbers sent them at their old post-office, unless they inclose 15 cents for the same.

Syringes for Children.—We have now on sale syringes for children, with tubes for eye, ear and shower attached, which are very perfect and complete; price by mail, postpaid, $2 50.

Names of Invalids.—We hope that our friends will send us the names of all the invalids they know. Please do so on a separate slip of paper from other matter, to save us re-writing them.

Clubs.—The right way is to form in every neighborhood a club of ten or twenty if you would get The Herald for $1. Single subscribers who send only $1 will be credited eight months only.

A Gift.—A rich friend can often send for a copy of The Herald for some person in need, who may be an invalid or unable to pay for it. Several persons have sent for The Herald to give away.

Counterfeit Money.—Please be particular about sending good money; much of the currency afloat is counterfeit.

All Letters of Business should be addressed to the Publishers otherwise there will be much delay and complaint.

Canada Subscribers should send 12 cents extra for postage. Many thanks to Canada friends for fine clubs.

PUBLISHERS' BOOK TABLE.

Life of Emanuel Swedenborg. Philadelphia: J. B. Lippincott & Co.; pp. 272; $1.50.

The works of Emanuel Swedenborg are within the last few years beginning to attract considerable attention. Sufficient time has elapsed since his death to allow of considerable progress in thought and belief, and the developments of modern science have been in some respects in the direction of Swedenborg's experience and belief; hence, to-day he is more appreciated than during his life. The book is made up in a very creditable manner, and deserves an extended circulation.

The Atlantic Monthly, Every Saturday, and Our Young Folks, from Ticknor & Fields, come, laden with valuable matter, with great promptness. Every Saturday is improving every month, and is destined to be an important and valuable addition to American literature. $4 per year.

The Radical—A new monthly devoted to religion and politics. The April number contains a very interesting sermon by Henry Ward Beecher on "Jesus the Sublime Radical." It is neatly printed, and sold for $2 a year or 25 cents a number. Published by A. Williams & Co., Boston.

E. P. Dutton & Co. have sent us Dr. Bigelow's Address on "The Limits of Education." It is well printed, and sold for 25 cents. The following extract from the book will give the reader an idea of the work:

"The school system of New England is at the present moment our glory and our shame. We feel a just pride that among us education is accessible to all, because our public schools are open to the humblest persons. But in our zeal for general instruction we sometimes forget that a majority of men and women must labor with their hands, that the world may not stand still, and that all may not lose by misuse the power to labor. We can not train all our boys to be statesmen and divines, nor all our girls to be authors and lecturers, or even teachers. We ought not, therefore, to drive them into the false position of expecting to attain, by extraordinary effort, a place which neither nature nor circumstances have made possible. Many unfortunate children have been ruined for life, in body and mind, by being stimulated with various inducements to make exertion beyond their age and mental capacity. A feeble frame and a nervous temperament are the too sure consequences of a brain overworked in childhood. Slow progress, rather than rapid growth, tend to establish vigor, health and happiness. It has always appeared to me that a desirable and profitable mode of school education should be one in which every hour of study should be offset with another hour of exercise, required to be taken in the open air."

We think parents will find many excellent hints, in this little pamphlet of 28 pages, on education.

Advertisements.

☞ Advertisements of an appropriate character will be inserted at the following rates: Short advertisements, 25 cents per line; thirteen lines, for three or more insertions without change, 20 per cent. discount; one-half column, $12; one column, $22; one page, $40. All advertisements must be received at this office by the 10th of the month preceding that on which they are to appear.

N. D. Thompson, M. D.,
140 *W. Sixteenth St., bet. Sixth & Seventh Avenues, N. Y.*,
Is prepared to give Hygienic treatment, including Swedish Movements, at his rooms, or to attend to general practice in city or country; may also be consulted by letter. Plain board can be obtained for $6 or $7 per week. my-1t*

Wanted Immediately,
AT THE HYGEIAN HOME, two or three male persons to work for their Board and Treatment. Address
A. SMITH, M. D.,
my-1t* Wernersville, Berks Co., Penn.

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CHRISTIAN HEALTH REFORMER'S COLONIZATION COMMISSION:

Organized at "Our Home," Dansville, N. Y., February 20, 1866.

The object of this Society is to secure to each one of its members a good home, in which he may enjoy all the independence and responsibility usually belonging to the head of a family, with the addition of superior neighborhood advantages.

Information thankfully received concerning:

1st. LOCATIONS,

which combine, as far as possible, these advantages;

Land—fertile, easily worked, cheap in price, with good natural drainage, and well adapted to the profitable raising of the largest variety of Fruits, Grains and Vegetables; Climate mild and healthful; Markets good, with facilities for manufactures, commerce and all the industrial arts.

2d. THE PEOPLE

Who would like to secure Homes in a place possessing many of the above advantages, and who will help to build up a neighborhood where ALL shall have encouragement and support in living simple, pure and true lives, with increased opportunities for Intellectual, Literary and Social Culture, and for spiritual growth; where WOMAN can have life out of doors, and the privilege of wearing a healthful dress; and where CHILDREN can attend schools conducted on Hygienic Principles, and be largely exempt from the vicious associations of ordinary society.

Persons desiring thus to co-operate should inform the Society fully in regard to themselves, their occupation, and the amount of capital which they would invest in lands, manufactures or other business.

Information concerning all similar movements heretofore made and now being inaugurated will also be gratefully received.

A synopsis of the facts thus collected will be published from time to time, and immediately forwarded to all full members of the Society.

To pay the expenses of printing and postage small voluntary donations are received. Persons sending to the Treasurer fifty cents, with their names and addressess, are considered members in full. Smaller sums, and all letters of inquiry and information, may be sent direct to the Secretary and General Agent.

REV. OTIS B. WATERS, *President*, Oberlin, O.
T. M. COBB, M. D., *Treasurer*, "Our Home," Dansville, N. Y.
T. GROW TAYLOR, *Secretary and General Agent*, Milford, Del. my-1t.

DR. DIO LEWIS'S

TRAINING SCHOOL FOR TEACHERS OF THE NEW GYMNASTICS.

The Summer Term of this institution will be held in Lexington, ten miles from Boston. The class will be trained in the open air under a simple roof, while the members will board in Dr. Lewis's Health Establishment. Not less than seven able teachers will be occupied with the class.

The Term will open on the 1st of July, and continue eleven weeks.

The terms will be as heretofore, $80 for the Tickets; 25 per cent. less for females.

Board, $5 50, which includes room and lights. ap-tf

JUST PUBLISHED.

ALCOHOLIC MEDICATION.

An Essay prepared for the Temperance Convention held at Saratoga in the summer of 1865, on Alcoholic Medication. By R. T. TRALL, M. D.

This is the best discussion on the subject of Alcoholic Medication that has yet appeared, and should be in the hands of every clergyman, doctor, teacher, student, lecturer, debater, Temperance man, parent, invalid, etc. etc. It is destined to begin the work of Temperance Reform at the very root, Alcoholic Medication, and to work a radical and lasting reform. Price, by mail, 30 cents. Address

MILLER, WOOD & Co.,
No. 15 Laight Street, New York.

GRANVILLE WATER CURE,

Now in its fourteenth year. For particulars, send for circular to SOLOMON FREASE, M. D., Granville, Licking County, O. tf

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GRANITE STATE HEALTH INSTITUTE,

HILL, N. H.

The "Granite State" has now become widely and favorably known as one of the best Hygienic establishments in the land.

Through its great success in treating disease for the last fourteen years, the perfect homelike atmosphere that has ever pervaded the institution, the moderate terms upon which patients have been received, the care that has been taken to insure their recovery, and to return to them the largest equivalent for the money they have expended, this institution has been built up into a large and flourishing establishment. It is not too much for us to say that patients from all parts of the country, from our large cities and from interior towns, have been enthusiastic in their praise and in recommending our institution to their friends.

The following points have attracted attention:

1. Our accessibility: the cars stop within a few rods of our door.

2. Our location is exceedingly pleasant and amid romantic surroundings.

3. The purity of the air and the excellence of the water.

4. The dietary: the variety, the exceeding simplicity of preparation, and yet the palatableness of the food.

5. The careful attention bestowed on patients and the specific directions given to insure their recovery.

To all invalids, living far off or near, in the city or in the country, who wish to find some pleasant resort for the spring or summer months where they may recuperate their wasted energies by placing themselves, physically, mentally and socially, in the most perfect health-condition, the "Granite State" will be found perfectly adapted and will doubtless give satisfaction.

We wish it distinctly understood that this institution is not a fashionable resort, but a *home* and *cure* for the invalid.

We have had a large and very successful experience in treating the special diseases peculiar to the sexes, and patients of this class may be assured that they will receive the most skillful treatment.

We have greatly enlarged and improved our buildings, and shall be able to accommodate many more within the Cure than heretofore. When we can no longer do this, good rooms will be provided at a little distance, as has been done with so much acceptance in the past.

Ministers of the Gospel, dependent on their salaries for support, will be taken at a reduced rate.

The reader is referred to the last month's number of this JOURNAL, where he may see what our patients say of us.

☞ No drug poisons are ever given in this establishment.

*** The Hot-Air Bath, a modification of the Turkish, is used in some cases.

☞ We shall be glad to send circulars giving particular information concerning our establishment to all inquiring friends who will inclose stamp for postage.

my-tf W. T. VAIL, M. D., Hill, N. H.

THE NATIONAL DRESS REFORM

ASSOCIATION will hold its Annual Meeting in Syracuse, on Wednesday and Thursday, the 20th and 21st days of June. All interested are invited to attend.

LYDIA A. STROWBRIDGE.

HYGIENIC INSTITUTE,

DANBURY, CONN.,

Will be ready to receive patients or boarders, April 1, 1866. Electrical, Medicated Vapor, and Hydropathic Baths are used. E. F. HENDRICK, M. D.

ap-3t

HIGHLAND WATER CURE.

H. P. BURDICK, M. D., and MRS. MARY BRYANT BURDICK, M.D., } PHYSICIANS.

Send for Circular. Address—Alfred, Alleghany Co., N.Y.

aug-tf

BOOT AND SHOE STORE, No. 415

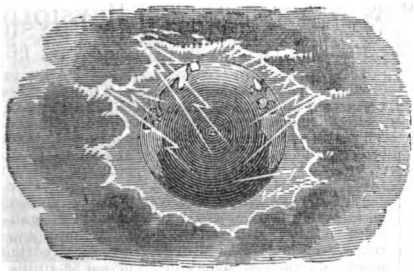
Canal Street. Ladies', Gentlemen's, Boys', Misses' and Children's Boots, Shoes and Rubbers, in all their varieties, always on hand. Work made to order, and Repairing done on the shortest notice and reasonable terms.

DAVID WALKER,
aug-12t No. 415 Canal, corner Sullivan Street.

BINGHAMTON WATER CURE AND HYGIENIC INSTITUTION.

—This establishment has advantages rarely found elsewhere. Send for Circular or address O. V. THAYER, M. D.,
ap-tf Binghamton, Broome Co., N. Y.

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DR. JEROME KIDDER'S
ELECTRICAL BATH APPARATUS,

INCLUDING

NEW IMPROVEMENTS PATENTED IN THE UNITED STATES, ENGLAND & FRANCE.

Dr. Kidder's Patent of 1860 covers the using of Helices, both singly and in combination; also the using of the Primary Current combined with the Induced Current of the Secondary Inductive Coils; Floating and Movable Electrodes, both above and beneath the patient; great facility of Adjustment; strongest Power of any in the world, with fewest Batteries. This Bath is in great demand. An excellent form of Bath and large Electrical Apparatus, all complete, for $100. Send for full particulars.

☞ Address Dr. JEROME KIDDER, 483 Broadway, New York. ap-tf

THE WILLOW PARK WATER CURE

AT WESTBORO', MASS., has all the advantages of pure air, beautiful scenery, charming landscape, views, smooth green lawns, hard gravel walks, a park, a grove, a bower, etc., while the buildings receive plenty of sunlight. The water is pure and soft, the rooms airy and comfortable, with good exercising halls, a first-class Hygienic table, and above all, the physician has given his untiring attention to all kinds of chronic diseases during the last fifteen years. The place is easy of access, being on the Boston and Worcester Railroad, so that patients can reach the Cure without inconvenience or delay. The arrangements for winter treatment are such as to make it perfectly comfortable for the most feeble patient, as the Bath Rooms and Halls on every floor of the main building are heated by coal, and these shining coal fires are kept up night and day. Being constantly warmed, and in the evening lighted, these halls serve for little sitting-rooms, where patients (who do not wish to come down to the main sitting-room) can gather in groups and read, converse, and warm their feet before retiring. In these warm halls are doors (with ventilators at top), opening into sleeping-rooms, that from the heat in the halls are kept constantly comfortable for retiring, sleeping, and dressing in the morning. We consider winter as good, if not the best season for making cures. Those wishing to arrange for winter treatment will do well to apply early, as last winter all our rooms in the main building were occupied, and our patients were often remarking through the coldest of the weather, that the house was so thoroughly warmed, and every thing so comfortable, they knew no winter until they went outside. Address, inclosing stamp for circular,

Dr. J. H. HERO, Westboro', Mass.
September 11, 1865. oc-tf

THE HAND-BOOK OF HYGIENIC

PRACTICE.—By Dr. TRALL.—The very great interest which is now being manifested by intelligent people on the subject of Health, Physical Culture, and the Laws of Life is giving this book a large and rapid sale. Hundreds and thousands of families everywhere are losing confidence in poisonous drugs, and when sick, placing their trust in Hygiene and Nature's remedies. Thousands more would do so if they had at hand a work which would give them in detail the best modes of treatment without them.

Thousands of familics everywhere have written us that since the introduction of this work, and the adoption of the Hygienic System, they have been saved hundreds of dollars in doctor's fees, and have, in very many instances, been restored to Health and usefulness when all other means have failed.

It contains concise descriptions of all forms of disease, and their proper treatment by natural remedies, and should be in the hands of every family. Price by mail, $2.

Address MILLER, WOOD & Co.,
15 Laight St., New York.

TURKISH BATHS.

One of the Publishers of THE HERALD OF HEALTH, Dr. A. L. WOOD, who for the past two years has built and superintended Turkish Baths in Providence and New York, has been traveling in Europe during the past summer, for the purpose of examining the construction, modes of heating, and management of the numerous and extensive baths which are there becoming national institutions, and being convinced that the general introduction of Turkish Baths, *as now modified and improved*, will do more to improve the health of the American people, and lead them away from all forms of Intemperance and Druggery to a reliance upon the natural hygienic agencies than any other means now employed, we shall do all in our power to introduce them throughout the land. In accordance with this determination, Dr. WOOD will respond to calls to lecture upon the subject, or to superintend the construction of the Bath after the most improved plans, in private houses, Hydropathic establishments, Hospitals and public institutions, or for the public in cities and towns in any part of the country. dec-tf

TURKISH BATHS

AT

THE WILLOW PARK WATER-CURE!

We are busily engaged erecting a complete suite of these *famous Baths* in our Cure. One suite of rooms for ladies and another for gentlemen, complete and separate. We intend they shall be ready for use by the 15th of March. We will assure all invalids who read this that our Baths shall be equal to, if not better, than any now in use in the United States of America, and shall be administered on the most careful and scientific plan. We will also state that we have engaged the services of ELLEN H. GOODELL, M. D., for the last two years Female Physician at the Laight Street Institute, N. Y., and whose reputation needs no comments. She will be with us the first of March. Address, inclosing stamp,

mh-tf DR. J. H. HERO, Westboro', Mass.

THE TURKISH BATH,

By Dr. WILSON. With Notes and an Appendix, by Dr. M. L. HOLBROOK. This work has been revised and improved in a new edition. Price, by mail, 25 cents. Address,

MILLER, WOOD & Co.,
No. 15 Laight Street, New York

TURKISH BATHS,

AT THE HYGIENIC CURE, TORONTO, C. W.
feb-tf J. BRENT, M. D.

THE MOVEMENT CURE.

The Proprietors of the New York Hygienic Institute having, from long experience and observation, become fully convinced that a large majority of Chronic diseases can be morer eadily and permanently cured by the proper application of the SWEDISH MOVEMENT CURE than by any other means, and having newly fitted up and finished in the best manner, large and convenient rooms for the application of this mode of treatment, would state to the public that we are now fully prepared to give patients all the advantages of this valuable remedial agent.

Dr. A. L. WOOD, who has successfully practiced the system for several years past in Boston and Providence, has special charge of this department.

Special attention is given to Spinal Curvatures, Round Shoulders, and deformities of every description; Incipient Consumption, Narrow Chests and Weak Lungs; Uterine Diseases and Displacements, Imperfect Circulation of the Blood, Coldness of the Extremities, Nervous Diseases, Paralysis, Dyspepsia, Liver Complaint, Constipation, etc.—Communications relating to the Movement Cure should be addressed to MILLER, WOOD & Co., 15 Laight Street, New York.

WOMAN'S DRESS; ITS MORAL

AND PHYSICAL RELATIONS. By Mrs. MATTIE M. JONES, M. D.—This is the most interesting and instructive essay that has yet appeared. It gives plain and definite rules for making a physiological dress of exceeding beauty, a chapter on the Gymnastic costume and how to make it, and a great variety of interesting matter. The whole is illustrated with numerous cuts done in the finest style, of different patterns of dress, with patterns for the instruction of those who wish a guide to work out the best results. It is printed in the best style, and sent by mail for 30 cents. Address MILLER, WOOD & Co., No. 15 Laight Street, New York.

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GET THE BEST.

EVERY FAMILY

SHOULD HAVE

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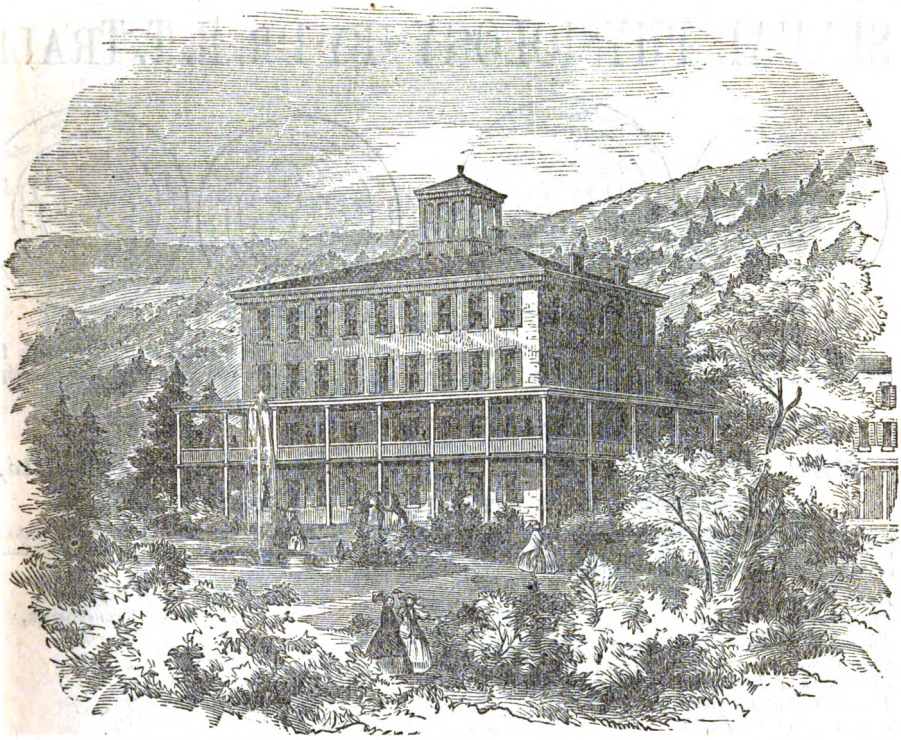
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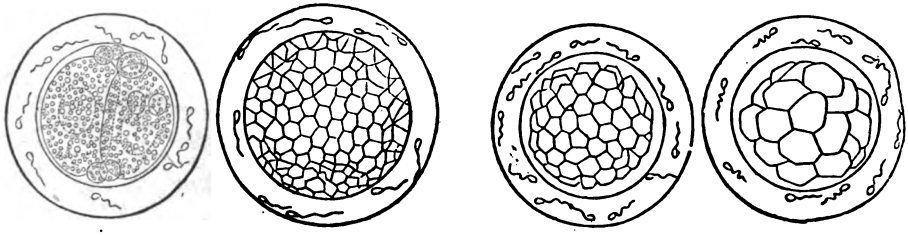
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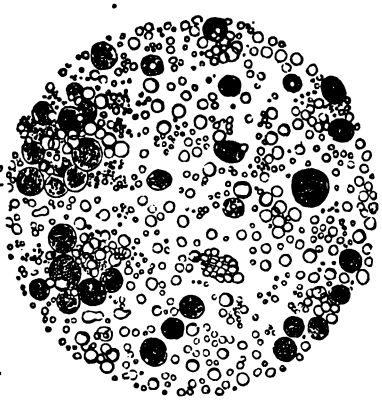
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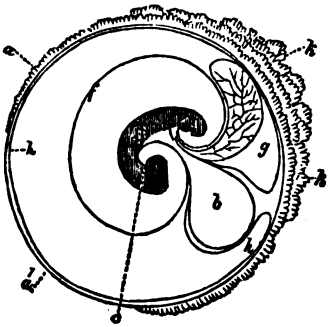
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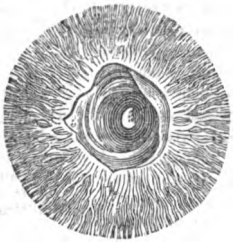
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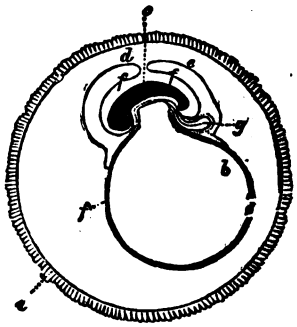


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THE HERALD OF HEALTH.

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General Articles.

THE DIO LEWIS GYMNASTICS IN ENGLAND.

I.

BY MOSES COIT TYLER.

THERE can scarcely be a mistake in supposing that many whose eyes will fall upon these words were present in Tremont Temple, Boston, just three years ago, when, in the company of an audience that thronged that vast edifice and overflowed all its outward passages, a Normal Gymnastic Class of ladies and gentlemen were handed their diplomas by Dr. Dio Lewis, and were sent forth under his hearty ordination upon their be- ent mission to the world. Of that class, a iderable number had come to him a few ths before in delicate and even in broken th—poor battered ships driven that way in ss and fleeing into harbor for repairs, un- l in many an encounter with man's vital foes, riddled and shattered by pill-bullets shot from the regular professional blunderbuss, just saved from foundering in the gulf-stream of orthodox drug decoctions, or barely escaped from utter ruin on the rocks of unwholesome habit. That night these redeemed invalids stood on the platform of Tremont Temple monuments of the miracles God is ever ready to work for people who will learn to behave themselves, living proofs of the divine potency of cheerfulness, regulated diet, the eternal sacraments of sunshine, air and water, and the sweet alternations of labor and repose. In the exuberant energy with which they careered through their exercises on that valedictory occasion, all could see the throb and ecstacy of renovated health. We parted on our several ways; some to be in New York and Philadelphia; some to go to the valley of the Mississippi; some to remain in New England; one to be a pioneer of the work in California, and one other—he who now writes—to introduce the new system to the public of England.

I propose to give, in a series of papers for THE HERALD OF HEALTH, some account of the work which has been accomplished in this country in connection with this undertaking, intermingling my informal tale with references to persons and things in England that may be interesting to those to whom sanitary reform is interesting.

Two hundred years ago, from a remote country of the continent of Europe, there came to England on an educational mission an humble man, one Master Hartlib. His advanced and valuable ideas upon education attracted the notice and won for him the friendship of John Milton, who dedicated to him, with a noble encomium, his celebrated Tract on Education. As I sailed over the sea on my embassy of a similar kind, and finally set down my feet in the streets of London, where, of all the myriads who poured along, there was not one who knew my face or name or was ready to give me welcome, I kept my heart up by continually thinking of dear old Master Hartlib, and how he came to England an alien and a stranger two hundred years ago, and that perhaps the time would come when some Englishman might yet be able to speak of me in the very words in which John Milton spoke of him: as "a person sent hither by some good providence to be the occasion and incitement of great good to this island."

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My first duty after obtaining lodgings was to present my letters of introduction, and, if I may use an expression employed by other missionaries, "get into communication with the natives." As all these letters were something more than merely private notes of introduction—as they referred to the enterprise upon which I came and were designed to promote its success—there can be no impropriety in my stating the names of their authors, that it may be known under whose indorsement and approbation the American System of Physical Education was conveyed to England. My letters were from Mrs. Harriet Beecher Stowe, Wendell Phillips, William Lloyd Garrison, Gerrett Smith, Dr. Bellows, Grace Greenwood, Miss Peabody, Rev. A. A. Livermore, C. E. Langdon, Mr. Wells the Phrenologist, and Messrs. Ticknor & Fields. By these distinguished people I was, in my person and mission, warmly commended to people equally distinguished in England—to a noble list of authors, artists, lecturers, publishers, divines, physicians, barristers and members of Parliament. In mentioning the circumstances which contributed to the success of my undertaking, it would be impossible to overstate the value of these letters. Indeed, nothing can be done in England by any body in any direction without such moral support as is conferred by good introductions. The English people, as I have had reason to know every day of my life for three years, carry about with them very warm and generous hearts; but they do not happen to carry them on the palms of their hands. Toward strangers they are constitutionally reticent and suspicious; and I fear I must add that in every one of them there is just a perceptible flavoring of Dr. Johnson's favorite sentiment: "For any thing I see, foreigners are fools." They are willing to help, not the man who needs, but the man who deserves their help. No firesides in this planet glow with a more genial warmth than English firesides, and none are guarded by the consecration of a sterner challenge to all comers. As I look back over these three years and review the great difficulties which beset the infancy of my undertaking, I am convinced that without the manly and womanly words of commendation which I brought with me over the sea from these Americans of high renown, I should have made a total and a speedy failure.

And I have a debt of gratitude in another quarter to acknowledge. Of all the people to whom I brought letters, not one failed, in some way or other, to be of service in helping on the cause, and in getting the good ship of the New Gymnastics fairly launched in English waters; but there was one gentleman of the list whose aid has proved more effective than that of all the others combined: I refer to the eminent publisher, Mr. William Tweedie of the Strand. What multitudes of Americans, especially if in any way connected with Reform, can bear testimony to the heartiness of his greeting, to his helpful advice to a novice amid the mazes of London, to his intelligent and unfaltering sympathy in our national troubles, to his interest in what concerns the progress of mankind. Little anticipating the assistance I was to derive from his friendship, I had been several days in town, and had presented nearly all my letters of introduction, before I found it convenient to call upon him. My heart was beginning to get heavy. I had been received everywhere with kindness, and had been promised in general terms whatever might be in the power of my new friends to bestow. Still, I had not met with any one who had ever heard of Dr. Lewis, or who knew any thing of his system, or who felt any particular interest in physical education, or who could give me the specific practical advice I needed about actual modes of proceeding in a new land, and amid all the disheartening bewilderment of strange scenes and stranger customs. I well remember with what sadness and depression I walked along the Strand and entered Mr. Tweedy's store, and *never can I forget* with what fervor, with what zest, with what unmistakable cordiality this Scottish publisher, this old friend of John B. Gough, bade me welcome. He knew of Dr. Lewis; he had his book on the shelves; he had been hoping that some one would come over and interpret it; he could introduce me to just the people I needed to know; he could tell me just how and where to set to work; his store should be my headquarters till I had others of my own, and his own pleasant home in Brompton was at once a home to me and for many months my most delightful resting-place. The effect of such a reception may be imagined. It seemed to bear a providential signet. I saw success written on the future. And from that hour to the present I have found Mr. Tweedie's name, his advice, his co-operation, his friendly encouragement of the greatest value; and whatever good may come of the permanent establishment of the Dio Lewis' Gymnastics in England, a large portion of the credit will be due to William Tweedie.

In the subsequent papers of this series I shall recount some of my earlier methods of procedure in getting my theme before the London public, and shall be able to mention incidents in this experience both grave and gay, which may still be to my readers both diverting and instructive. Without at present going further into these particulars. I will close this essay by briefly sketching the general results accomplished.

The Dio Lewis' system has been submitted to the inspection and has received the approbation of the most eminent medical men in London; it has been laid with success before the British College of Preceptors, and before almost numberless popular assemblages in the metropolis and in the provinces; it has received the general applause of the English press; it has been successfully introduced into many of the principal schools and colleges of London; it is adopted in the greatest and most splendid gymnasium in the world, that of Liverpool; it is now at work in many educational and gymnastic establishments and private families in England, Wales, Scotland and Ireland; through "The New Gymnastics," which I have had the honor of editing and which has been published by Mr. Tweedie, the system has been carried to the West Indies, to South America, to South Africa, to India, to Australia, and from all these countries I am in receipt of letters of inquiry, and to some of them Mr. Tweedie has had occasion to send apparatus.

For one, as an enthusiast in gymnastics and

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grateful pupil of Dr. Lewis, I take pride in thinking of the territorial extension of his system. So vast and influential are the threads of power by which this imperial London, as the central point in modern civilization, communicates with all lands and all peoples and binds them in commercial servitude to itself, that Dr. Lewis' system of physical culture, once promulgated in London, has rapidly traveled to the antipodes, and drawn its belt of blessing quite round the globe. From instructions which I have given, either personally or by letter, and from the circulation of the book, I have reason to suppose that on this day the beautiful Ring Exercises of Dr. Lewis may be employing the muscles of "fair women and brave men" in Vienna and in Moscow, in the diocese of the Bishop of Natal, on the banks of the Orinoco, and even within the sacred inclosure of the ancient wall of China.

II.

ENGLAND'S ATTITUDE TOWARD INNOVATIONS.

There is no quarter of the globe where England is not renowned for its hospitality. That hospitality, however, does not extend to innovations. If a man have a novelty to set up in the world—a repeal of old modes, an invasion of prescriptive authority, a thing bottomed on ideas but not enveloped by moss and ivy—I would advise him, other things being equal, to seek his first disciples somewhere else than in England,

> "——— that pale, that white-fac'd shore,
> Whose foot spurns back the ocean's roaring tides,
> And coops from other lands her islanders;
> * * that England, hedged in with the main,
> That water-walled bulwark, still secure
> And confident from foreign purposes."

There is but a strip of brine twenty miles wide severing England from the Continent, yet the art of printing had been in operation in Germany nearly a third of a century before it succeeded in crossing that narrow channel. The value of deep plowing is an agricultural proposition now pretty generally admitted in the world, but the majority of English plowmen still follow the good old plan of all the generations of stupid plowmen before them, and merely scratch and tickle the surface of the soil. One of them said recently to a friend of mine who conducts a farm within twenty miles of London: "Below six inches, sir, this ground has not been broken since the Creation"—and that was the conclusive British reason why it should not be broken till the crack of doom. Lord John Russell once told the House of Commons that "It takes thirty years in England for a useful and a grand idea to become thoroughly known, examined, discussed and at last accepted by the people." If there be an error in his lordship's statement it is in placing the number of years too low. I know several "useful and grand" ideas which have been knocking at the door of English recognition for two or three times that period, and they still stand out in the cold. I do not refer to these things in a carping spirit. I do not mention them as constituting a fault without redeeming qualifications. They may merely indicate the excess of a virtue. England—fast anchored in the deep, against whose coronet of rocks all the billows of all the oceans have been hurled in succession—still rears its unconquerable form above the waves, the island-home of Tenacity! It grapples its convictions, like its friends, with hooks of steel. This slow deliberation in being on with the new love indicates its faithful unwillingness to be off with the old one, and that surely is a character among the noblest and best.

Moreover, in describing the prevailing spirit of English society as conservative, I do not forget that there is dispersed throughout England a certain small but intense minority of men and women whose genuis is reform, to whom age is no defense for a bad thing nor youth an objection to a good one, in whose souls burns the steady flame of love for universal progress. This minority is no doubt a leaven powerfully at work in the vast lump of English stolidity and moral antiquarianism, and may yet succeed in pervading and transmuting the whole mass; but my point is that up to the latest dates it is very far from having accomplished that result. The type of England, as a realm firmly tied to the moorings of the past, and admitting novelties only reluctantly and after a hard fight, still remains, not unassailed, but certainly unshattered.

My humble experience is an illustration of the fact. When I came to England three years ago, a gymnastic Peter the Hermit, to preach a crusade against the infidels and pagans of languor, dyspepsia, phthisis and hypochondria—infidels and pagans that have so long desecrated the sacred temple of the Holy Spirit—I charged conversations, speeches and magazine articles with the American enthusiasm for innovation and experiment, and I had the hardihood to speak of the Dio Lewis' Gymnastics as the NEW system. To my dismay I found that in some quarters this adjective actually conveyed an objection: "Oh, it is a *new* system is it? and from America? Umph!" Novelties were bad enough, but American novelties were an overdose of offensiveness. I am half in earnest in declaring that had I announced Dr. Lewis' method as the old one, as the ancient and primordial system of athletic culture, older than cricket, than jingling, than rounders, than the donkey race, than high-cock-a-lorum, than prisoner's base, as the system practiced in the schools of Alfred the Great, or employed by King Arthur and his Round Table Knights, whose

> "——— noble minds of yore allied were
> In brave pursuits of chivalrous emprise;"

or, better still, because older still, as the genuine and venerable gymnastic scheme of the Druids, contrived among the Tors of Dartmoor and in the awful groves of Cymmri at least twenty-five hundred years before Christ, I should have hit the bull's eye of English admiration, made a colossal fortune, and immortalized Dio Lewis as a reverend Druidic high priest.

Merry England has always been the abode of strong men. Muscularity is a downright British quality. But the physical exercises of the people from the earliest ages have been the great out-door athletic games—the chase, the hunt, the contest of strength and quickness, of coolness and skill. Two years ago in Parliament Mr. Gladstone said of physical education, that "whatever we may think of its particular

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modes and forms, as long as England is England, through the medium of public games and exercises, it will always be nationally regarded as one of the most vital parts of our system." In-door educational gymnastics, however, are reluctantly accepted as an artificial substitute for these rougher employments in city schools for boys, where space is precious, and in all schools for girls, who are of course denied any thing so human as an "athletic game." My attention was first attracted to the almost boundless field presented by the boys' schools and girls' schools of the metropolis, and it seemed to me that the Dio Lewis system was exactly fitted to supply their requirements. But in the attempt to introduce that system to the schools of London, I suddenly discovered that I had run plump against *an old English institution*—"the drill-master."

To American readers I need to explain the attributes of this portentous individual. He is omnipresent—I was about to say that he is *innumerable*—certainly he meets you among the schools at every turn. Sometimes he holds the position of a sergeant in the army, and enters the school in all the pomp and circumstance of red coat, striped trowsers and leathern belt. Generally he is a man worn out in the service of Mars, and, having retired to peaceful pursuits, devotes himself for a very small consideration indeed to the service of Minerva. With no scientific knowledge of the human body—with no pretension to intellectual culture—with none of that noble educational *animus* which in America dignifies and stimulates those who consecrate themselves to any department of the work of teaching, he carries into the school-room his stiff military postures, his military step, and the paltry assortment of movements for arms and legs which he has learned as a soldier; and through these limited mechanical exercises, monotonous, cheerless, without life, without inspiration, he grinds his unfortunate victims in one perpetual round of hum-drum and *ennui*. He does not rise to the rank of a recognized educator; he is simply a rude, prim, stiff, ignorant school-functionary and under-servant, the disagreeable necessity of teachers, the bore and burden of pupils. But for all that he is an old English institution; he is the conventional drill-master; no one knows who introduced him, and that is the one awful reason which intimidates any body from the thought of turning him out. The papas and the mammas of the present race of school-children had him in their day, and the present race of school-children will expect to see his account in the school-bills when they become papas and mammas. And this poor martinet of juvenile misery is the enthroned minister and representative of physical education. I have never known an intelligent teacher who did not speak of him as an incumbrance; yet it would almost flavor of sacrilege and constructive treason, it would be an attack on the British Constitution, it would be revolutionary and red-republican to upset so established a personage in his possession of this great and delicate sphere of instruction. No wonder, therefore, that while in the great public schools of England, like Eton and Rugby, though cricket, boating and other inspiring exercises, physical education is carried to a high degree of excellence, in the town boarding-schools for boys, and almost universally in ladies' schools, physical education is in a miserably low condition. No wonder, too, that they with whom physical education means "drilling" should feel a contempt for this sacred and essential department of instruction, and that they who undertake to lift it to a higher plane, to make it scientific, multifarious, thorough and attractive, should find themselves disparaged and disgraced by being included in the general herd of ignorant and servile "drill-masters."

There is a pretty and amusing poem by Oliver Wendell Holmes, entitled "My Aunt," one portion of which might have been inspired by the genial reminiscences of an English schoolgirl:

"He sent her to a stylish school—
'Twas in her thirteenth June;
And with her, as the rules required,
'Two towels and a spoon.'
They braced my Aunt against a board
To make her straight and tall;
They laced her up, they stayed her down,
To make her light and small;
They pinched her feet, they singed her hair,
They screwed it up with pins;
Oh! never mortal suffered more
In penance for her sins."

But as regards the prevailing English practice of physical culture, the entering wedge of a nobler method has been driven in, and though it will take years of patient and heroic toil to demolish the old stupid system, yet it will be demolished. Light is spreading. The band of intelligent laborers is increasing. Not for ever shall a poor custom abide, honored only because it happens to be time-honored.

The present Essay (II.) is the obverse of the picture presented in Essay I. In the first paper I give a summary of the results absolutely achieved. In the second I have endeavored to intimate how much yet remains to be accomplished, and the nature of the difficulty in the very structure of English society which we have to contend against. But I again beg that I may not, even by implication, give the impression to American readers that, with all this antagonism of inert and conservative sentiment, there are not multitudes of Englishmen whose hearts are broader than the plucky island in which they live, who are ready with both hands to welcome among them any new comer from any land bearing any new truth in philosophy, any new fact in art.

LONDON, *May*, 1866.

WHISPERING IN THE SICK ROOM.—Avoid as much as possible whispering in the sick room. In many instances a patient's senses are acutely sensitive, and he will hear every word you utter; but even where this is not the case, he seldom avoids perceiving all mysterious signs between those around him, and they are sure to irritate and alarm him. Let your manner to the invalid be kind, frank and cheerful; and whatever private communications you have to make to your fellow-nurses, make them when you have left the sick room.

THE strawberry is as easily produced as the potato, and with scarcely more labor.

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Health of Girls--No. 1.

BY DR. J. H. HANAFORD.

As we were originally created, constituted as we are as three-fold beings, with vast physical and intellectual powers and elastic capabilities, health is natural and disease unnatural. Disease is the result of unnatural and sinful acts, while pain is but the alarm sounded by abused organs, a warning uttered to deter us from continued acts of violence. "Do thyself no harm" is the voice of the sick-room, so often heard as to remind us that our original stock of health is nearly exhausted, our integrity of the physical organism nearly obliterated. Indeed, by far the major part of almost any community are making daily attacks upon health, resulting in disease and death.

Prominent among these causes of illness among females, particularly the young, those whe specially control the health of posterity, is the gratification of morbid appetites. While males adopt foolish and fatal habits connected with the use of tobacco and spirits, far too many of our sisters and daughters are gratifying numerous unnatural cravings and fancies, more or less injurious, adopting the general idea that the stomach is a great central sun, around which our desires and impulses revolve with striking constancy and fidelity. From some cause or causes, far too many of our misses have a fancy for slate-pencils, clay, chalk, charcoal and similar foreign articles, all unfit for the human stomach, and scarcely allowable as the food of that omnivorous and unfastidious creature, the ostrich. It is quite possible that some of these may be craved as the natural result of the acidity of the stomach, and others by the existence of certain forms of disease, yet their use under any circumstances is not only unnecessary, but injudicious, to employ no harsher term. They afford no nourishment, add not a particle to the necessary elements of the muscles, and in no respect increase the strength of the body. A part of them are partially changed in the stomach, but none of them are properly digested. They necessarily remain as irritants, inflaming the stomach and preparing for the introduction of diseases of the same organ, to say nothing of the derangement of some of the more important glands. Dyspepsia, another name for a jaded and exhausted stomach, is but the summing up of such items of abuse, if long continued, as certainly as effects follow causes. Indeed, not a few of these "sinkings at the pit of the stomach," these "faint feelings," these "all gone" sensations, are attributable to the presence of foreign substances in this abused "what-not," this universal receptacle of all delicacies, of which labor is demanded at any and all times and under all circumstances.

It is quite certain that some of this class devour these articles, not to gratify a morbid craving, but to add to personal beauty (?), producing a delicate countenance, a beautiful paleness. Is this beauty? Then the pallor of death is beautiful, the vacant expression of features—cold and tintless, the bloodless cheek and the rayless eyes of the *corpse* are beautiful! That it is quite sure to produce the desirable expression is frankly admitted; but this change is effected by a destruction of the health, partial or complete. It is a wasting away of the vital powers, the removal of the tinge of the blood-suffused cheek, the flush of real beauty, the glow of health, by such a derangement of the internal organs that the blood is withdrawn from the surface, resulting in an over-supply to those organs. In other words, just as far as the health is destroyed, the coveted whiteness and delicate paleness are secured.

But the use of such articles is prefatory to the employment of other and still more injurious articles of food, so called. They prepare the stomach or create an appetite for stinging condiments, mustard, pepper, vinegar, pickles, radishes, etc., and then a morbid appetite positively demands rich and greasy pastry, lard-saturated cakes and crusts, almost as difficult of digestion as the food of the ostrich, and last, though not least, that "sum of abominations," fat pork, or pork of any kind. (In connection with the use of this latter article it may be incidentally remarked, that the beauty (?) obtained by the employment of the other articles is generally supplanted by the appearance of unsightly blotches, pimples, and a general greasy appearance, resulting as a natural consequence, as remote from beauty as the east is from the west.)

Now, it is not supposed that these latter habits are peculiar to young ladies and girls, yet the use of some of the former articles, clay, slate, etc.—those provocatives of morbid appetites—is nearly or quite confined to that class, preparing for the introduction of supplementary evils. And let it be distinctly understood that the free use of such articles as food, or a substitute for it, necessarily impairs or destroys the health of females, sooner or later, particularly of the frail and delicate. A large ratio of the long catalogue of human ills have their origin in the abuses of the stomach. Many, many a "sour disposition" is traceable to a sour stomach, one in which a suspicious compound of food is thrown which it is unable to digest, but which, like food in any warm place, ferments, sours and *putrefies*, contaminating the whole system and irritating the brain. It is safe, therefore, when the child—old or young—rises in the morning peevish, fretful and unhappy, to seek the cause of such unnatural feelings in the quantity and kind of the last meal or lunch at bedtime. Indigestion is certainly a fruitful cause of the "crossness" so often apparent in the morning and at other times.

These morbid cravings result legitimately from a diseased condition of the organism. Only plain, simple and substantial food is demanded by a natural appetite. Such alone can promote health in the best possible manner. Such alone contain nutrition in the most natural proportions, precisely meeting the wants of the system, promoting health, strength and vigor, and most favorable, indeed, to long life and physical happiness.

An humble-bee has been known to distance a locomotive going at the rate of twenty miles an hour, and a dragon-fly to escape from a swallow after an hour's chase. A few burying-beetles will place a mole under the earth in an hour, which is a feat equal to as many men burying a large whale in the same space of time.

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Shall We Eat Pork?

BY M. L. HOLBROOK, M. D.

I HAVE before me at this moment the reports of four medical gentlemen of the Academy of Sciences of the large and rapidly growing western city of Chicago concerning trichina in pork, with their advice regarding its use. The object of these investigations was to determine whether there existed in the hogs of this country any of those animalculæ which have done so much to excite the popular mind, and, if so, what was to be done about it. To the first of these questions they gave the following answer:

"By these tables it will be perceived that we have found trichina in the muscles of 28 hogs out of the 1394 examined. We may therefore conclude that in the hogs brought to Chicago one in fifty is affected with trichiniasis in a greater or less degree. We must confess our surprise at arriving at this result, which indicates, with little doubt, that trichiniasis in pork is even more common in this country than in Germany, where it caused so much suffering and death. For instance: In the city of Brunswick, where a most careful inspection of 19,747 hogs was made in the years 1864–5, only two were found to contain trichina in their muscles —the proportion being 1 to 10,000 against 1 to 50, as before stated, in our country.

"It will be also observed, by consulting these tables, that the specimens examined show great variation in the number of the worms infesting them. We have given, indeed, only an approximation to the number existing in a cubic inch in each specimen of muscle, but this approximation is sufficiently near the truth for our present purposes. Our method has been to count the trichina occurring in the several different portions of muscle each a cubic tenth of an inch in size, and to multiply the average number by 1,000 to find the number to a cubic inch. By this method we find that only three of our specimens (Nos. 10, 11 and 23) contain over 10,000 to the cubic inch, and are, therefore, as densely infested with the worms as the pork which has occasioned the disasters in Germany. The remaining 25 are infested in a comparatively slight degree, viz., from 48 to 6000 to the cubic inch. The specimen most thickly infested contains 18,000 to the cubic inch, and we have calculated that a person eating an ordinary meal of this pork, in a raw state, would speedily become a victim to the ravages of not less than a million of young trichina. In certain cases of death from trichinasis, the number found in the muscles of man has been two millions."

The result of this investigation to ascertain the danger of eating pork is highly important. If people will but stop to think for themselves one moment, they can hardly fail to arrive at the conclusion that, whatever may be said of other meat, at least pork should be banished from our bills of fare. Looking as the public naturally do to the words of advice of those high in authority, they will be a good deal disappointed to learn that the medical gentlemen connected with the Academy of Sciences at Chicago have not pronounced against the use of meat so fatted and diseased that many of them contain millions of little animalculæ which, if eaten alive, will propagate themselves in the human body and produce the most torturing death. But no. They say:

"But we have in our power simple means of insuring safety in the consumption of pork. It is simply necessary to cook it thoroughly, so that every portion of the meat shall have experienced a temperature of at least 160 degrees Fahrenheit. We can not insist too strongly upon this point. Again, by properly salting and smoking the meat for a period of at least ten days, the trichina, should they exist, will be certainly killed. Simple desiccation of the meat, if continued for a period of sufficient length, will also kill them. They will never be found alive in old hams, for instance. On the other hand, mere pickling appears to have very little effect upon these worms."

For our own part, we do not hesitate to believe that this committee are either grossly ignorant of correct ideas concerning the laws of health and physiology, or else, possessing this knowledge, their decision was in the interest of the trade in pork, instead of the interests of humanity. This trade is a very large one in the Great West—millions of hogs every year consume and waste millions of bushels of corn, pollute the air with the stench of their filth, demoralize the thousands who are called upon to butcher them. Farmers make a great deal of money raising hogs, drovers as much more buying and selling them, and provision dealers a living in selling to their customers. The trichina disease has produced a panic. New Yorkers are properly refusing to eat pork, so they are in other towns and cities all over the land. The trade stops; somebody is losing money; somebody must stultify the public, and make them think that by proper cooking diseased pork can be eaten with impunity, that the trade may go on. Who so well calculated to do this as the physician? Hear their soothing words:

"It has, therefore, become necessary that the subject should be thoroughly investigated, in order that the people, by familiarity with the danger, and confidence in their understanding of its character, may not be the prey of superstitious fears. The panic which now prevails is unfounded in reason, senseless and greatly injurious. We do not allude to the commercial aspects of the question, a matter of small moment compared with the great importance of pork, as the kind of meat diet upon which nine-tenths of our agricultural population, North and South, mainly depend. In our view, it would be folly to discard this kind of meat from our list of articles of food, when all possibility of injury attending its use may be avoided by the most simple means. Let the people but understand that only one hog in forty-eight contains trichina at all; that only one in three hundred contains them in sufficient numbers to cause considerable danger, and that even in these cases the worms are rendered innocuous by proper smoking, drying or cooking, and we imagine that few sensible persons will refuse pork as food, if it suits their convenience to use it.

"(Signed) E. ANDREWS, M. D.,
J. V. Z. BLANEY, M. D.,
HOSMER A. JOHNSON, M, D.,
WILLIAM STIMPSON, M. D., *Secretary.*"

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For our own part, we demur from such prostitution of talent or such ignorance in high places. In either case it will react against so-called science, and, as it ought, bring disrepute upon its authors. We propose to test in a perfectly rational way these medical gentlemen. We propose that they shall be fed on a full allowance of trichina pork, well cooked, once a day for six months, with, of course, the usual allowance of vegetables, but no meat other than well-cooked pork, which shall have been found by microscopic examination to contain the very animalculæ they contend there is no danger in using. We do not believe these gentlemen would submit to the test.

We have but one word of advice to the public, and that is, eschew pork at all times and under all circumstances, whether it contains trichina or not.

How to Make a Filter.

In districts where good water is scarce, by the use of a filter rain water may be purified and made into the purest and best of drinks. The following rule for making filters has high recommendation:

Mr. Thompson of Cayuga, N. Y., before the Farmer's Club, described his method of making a filter. He divides a deep wooden tub by a tight vertical partition through the middle, perforating the partition at the bottom with numerous small holes. The tub is nearly filled on both sides of the partition with granulated charcoal made from sugar maple, and screened through a mesh of one-sixteenth of an inch, the fine dust being separated by bolting. The foul water enters the tub on one side at the top, passes downward and through the small holes in the partition, and rises upward on the other side, leaving its impurities, both solid and gaseous, in the charcoal.

Mr. Thompson stated that one practical difficulty that he had encountered in filters was the adhesion of the water from cohesive attraction to the walls of the filter, down which it flows in narrow channels without passing through the purifying material. To remedy this he now surrounds the filter on the inside with a series of narrow ledges sloping downward and inward, which conduct all the water into the body of the charcoal.

The best wood for making charcoal for filters is boxwood, but it is impossible to obtain enough boxwood for the purpose. The wood that comes next to this in excellence is sugar maple, and this, consequently, is employed. It must be burned twice, once under turf, and afterward in a tight retort or cylinder, the combustion being continued till all the gaseous products are expelled.

Charcoal is far better to catch the solid impurities in water than sand, or even than broken quartz. If carefully burned and granulated, so as to preserve the fibrous structure, each one of the little pores may be seen under a microscope surrounded by a serrated edge, presenting the best surface possible for arresting any matter floating in the water. As in addition to this power of mechanically separating the solid impurities, charcoal possesses in the highest degree the power of absorbing the gases held in solution by water, it is, unquestionably, the best of all materials for filters.

Mr. Thompson said that his filters would occasionally become fouled, and the water for a few days would be unfit to use; the filter would become clear again and the water would be as sweet as ever. He asked for an explanation of this action.

[The explanation is doubtless this: The solid organic matter collects in the filter until it has accumulated in sufficient quantities to induce decomposition, when it gives off carburreted and sulphurreted hydrogen, and the other offensive gases which are the usual products of animal decay.—*Editors of Scientific American.*]

Professor Everett remarked in relation to the method of preparing the charcoal, that if Mr. Thompson would examine the mode followed by powder makers, he would find it more simple than the one that he had described.

Dr. Parmelee observed that the best filtering is soft brick.—*Scientific American.*

Economy a Virtue.

Not many days ago, a small boy carried to a country store two pounds of dried apples, saying that his mother wished some crackers for them. The following day a finely dressed, hair-scented young man entered the same store to have his tobacco-pouch filled. In a lofty manner he inquired his "indebtedness to the concern," and, having been informed, he threw down some "stamps." The clerk passed him back a penny, and, with an air of offended dignity, he threw the coin away. Behold the mother and son! What strange contrasts are found in the same family circle! What different ideas of respectability! The young man, beneath whose dignity it was to pick up the mite that rightfully belonged to him, scruples not to spend day after day of the fairest portion of his life in carousing with dissipated companions at low groggeries, and, at the same time to draw his rations from his hard-working, economical mother's pantry. We admire the heroism of the man or woman who scorns not to do trifling things for honor's sake. Economy is not littleness. Would want and suffering find a readier response in the prodigal son or saving mother's heart? The woman who carries an egg to market to exchange it for a darning-needle, shows a nobleness of character that is wanting in the man who supports a princely mansion in his wife's name to keep it from the hands of his creditors. To exhaust one's income in follies, without providing for one's necessities, is the beginning of crime. Fraud, theft and forgery are the legitimate children of extravagance. Would you aid in lessening vice, use your influence to destroy the causes. Christian punishments seek not revenge, but to prevent crime. To destroy the false ideas that clothe with respectability inchoative crime, is a more potent preventive than to confine the developed criminal in dismal dungeons away from the purifying influences of air and sunlight.

L. D. B.

Chenango County, N. Y.

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The Wholeness and Holiness of Health.

BY GEORGE W. BUNGAY.

IDEAS of freshness, sweetness, symmetry, beauty, strength and purity are associated with health; a closer and more critical analysis of the subject reveals other attractions. In its freshness we see the rosy glow of Nature, indorsing obedience to her laws; in its beauty the stamp of divinity, which marks the perfect development of manhood; in its purity that approximation to holiness, without which no man shall see the Lord. Those who look at the surroundings of nature through eyes of lust and an ungoverned appetite, do not look through nature up to the God of nature; their vision is clouded and limited, and that sphere, which should be a hemisphere of stars above and of flowers below, is a narrow basement, whose shelves are stored with luxuries for the gratification of animal appetites. The reader must not suppose that I intend to provoke a theological discussion, nor that I advance any new theories in regard to religion. I do not undervalue the "salvation of the soul," but I insist on the salvation of the body. We have ten thousand good and able men who uphold the former, but few to speak a word in behalf of the latter. Every Sabbath we are told with great unction that we have immortal souls to save and a great destiny to attain in the after life; and of this I do not complain; it is our bounden duty "to make our calling and election sure." But we must not neglect the saving of the body. He who created the soul created the body also, and *it* must be saved—from sickness, from disease, from premature old age and untimely death.

A soul is of little use in this life without a body; the healthier and stronger the body, the more useful and powerful the soul can be if well poised and well directed. Health is of more value than money or fame or honor; it is the highest and greatest of all temporal blessings; with it men can win wealth and distinction; without it they can not enjoy the advantages that are purchasable nor the honors that may be showered upon them. Can a man whose nerves are unstrung by sickness, whose brain is fired by fever, whose stomach is the receptacle of food which it can not digest, whose days are filled with pain, and whose dreams are peopled with demons astride of nightmare, enjoy the ovation which follows fame or the luxury which waits for the command of fortune? Ill health is an interdict on happiness. It spoils the taste of wholesome food. It shrinks from the all-embracing and vivifying atmosphere. It shudders at the touch of water. It refuses the consolation of forgetfulness in sleep. It annoys and torments its victim, until he grapples with it and ousts it from his system, saying: "Get behind me, blue devil." This he must do, or it will hasten him to his narrow bed in the graveyard. This he can do in ninety-nine cases out of a hundred, if he has resolution, "grit," perseverance, common sense and good advice, with courage sufficient to follow it. This it is his duty as well as his privilege to do, for he has no right to allow his life to be a failure—no right to set the bad example of sickness—no right to die before his time—no right to leave undone the good he might have done but for his indisposition. More than half the misunderstandings which ripen into angry discussions and quarrels and war—personal and national—may be traced to the distorted impressions made upon sickly minds in unhealthy bodies. For lack of unclouded vision, they can not see the fair and beautiful proportions of truth and justice and true piety. Living men and women, who stand up for right and liberty and justice, are to them either frightful ghosts in a fog, or real enemies to be put down and silenced. Sickness never fails to warp the judgment, to dim the fancy, to vitiate the taste, to impair the passions, and to make the mind the medium of faint and imperfect ideas of civilization, of culture, of politics. If the poet is ill, his verses will be blue; if the editor is ill, his paper will be blue; if the preacher is ill, his sermon will be blue; if the doctor is ill, his patients will get blue pills. The orator who wishes to move his auditors with touches of pathos and humor and fiery logic and peals of eloquence should have a healthy soul in a healthy body. He will then have power to mold the minds of his hearers, to shape their thought and emotion, and impress their hearts with the eagle stamp of his own genius. He will feel the hearts of his hearers beating against his own and in unison with his, and he will prove himself a man of power, while the feeble and faint utterance of the speaker who is only half alive will lull the listener to sleep or provoke unpleasant suggestions. There is a good wholesome flavor in the well considered speech of a man or woman of robust health. The words fall like drops of balm upon the ear, and not like drops of distasteful medicine from the mouth of a vial. The former are pleasant and never refused—the latter are swallowed with closed eyes and a wry face. The public should utter its protest against the habit of writing books when the mind and body have been prostrated by over-work or over-indulgence of appetite. How often are we invited to read the dyspeptic productions of men who have not strength enough to do any thing but wield a pen, and who think they have the requisite qualifications for authorship, simply because they can link letters in syllables and marshal words into paragraphs. That we have good books written by invalids is a fact not to be disputed; but they are the exceptions to the rule, and there can be no doubt that the books would have been written better had the authors felt the vigorous pulse-beat of healthy blood throbbing from the heart to the finger-tips and palpitating on the paper. If the poet would give his parish of readers thought, feeling, imagination, fused with judgment and taste, as flame is fused with flame, he must not shut himself up in an air-tight garret, and refuse to write until he has exhausted the oxygen in his apartment; he must knock a sky-light through the roof and let in the sun and air, and look up at that blossom of blue and gold—the sky—and breathe into his lungs the atmosphere which is the breath of life. His poetry will circulate the better if he has a healthy circulation of his own. Columns of namby-pamby versification come from the pens of men and women of culture and talent, aye, and genius, because they write at the call of money, when the muse has not been

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consulted, when the financier has had more influence than the fancy. There will be unsteady pulsation in the poetry of writers who are the creatures of circumstances, and who pen verses when they should be going through the muscular movements of health.

Thomas Carlyle, who is a hale old man of seventy and a hard worker, recently made a speech before the students of Edinburgh. The following extract not only gives a specimen of his style but is pertinent to the subject of health:

"Finally, gentlemen, I have one advice to give you which is practically of very great importance. In the middle of your zeal and ardor—for such, I believe, will be sufficient in spite of all the counsels to moderate it that I can give you; I have no doubt you will have among you people ardently bent to consider life cheap, for the purpose of getting forward in what they are aiming at of high—but you are to consider throughout, much more than is done at present, and what it would have been a very great thing for me if I had been able to consider—that health is a thing to be attended to continually—that you are to regard that as the very highest of all temporal things for you. There is no kind of achievement you could make in the world that is equal to perfect health. What to it are nuggets and millions? The French financier said: 'Alas! why is there no sleep to be sold?' Sleep was not in the market at any quotation. It is a curious thing, that I remarked long ago and have often turned in my head, that the old word for 'holy' in the German language—*heilig*—also means 'healthy.' And so *heilbronn* means 'holy-well,' or 'healthy well.' We have it in the Scotch hale; and I suppose our English word whole—with a 'w'—all of one piece, without any hole in it—is the same word. I find that you could not get any better definition of what 'holy' really is than 'healthy'—'completely healthy'—*mens sana in corpore sano.* A man with his intellect a clear, plain geometric mirror, brilliantly sensitive of all objects and impressions around it, and imagining all things in their correct proportions—not twisted up into convex or concave, and distorting every thing so that he can not see the truth of the matter without endless groping and manipulation—healthy, clear and free, and seeing all round about him. We never can attain that at all. In fact, the operations we have got into are destructive of it. You can not, if you are going to do any decisive intellectual operation—if you are going to write a book (at least I never could)—without getting decidedly made ill by it, and really you must if it is your business, and you must follow out what you are at—do it sometimes, but at the expense of health. Only remember at all times to get back as fast as possible out of it into health, and regard the real equilibrium as the centre of things. You should a ways look at the *heilig*, which means holy, and holy means healthy. Well, that old etymology—what a lesson it is against certain gloomy, austere, æsthetic people, that have gone about as if this world were all a dismal prison-house. It has indeed got all the ugly things in it that I have been alluding to; but there is an eternal sky over it, and the blessed sunshine, verdure of spring, and rich autumn, and all that, in it too. Piety does not mean that a man should make a sour face about things, and refuse to enjoy in moderation what his Maker has given. Neither do you find it to have been so with old Knox. If you look into him you will find a beautiful Scotch humor in him, as well as the grimmest and sternest truth when necessary, and a great deal of laughter. We find really some of the sunniest glimpses of things come out of Knox that I have seen in any man; for instance, in his 'History of the Reformation,' which is a book I hope every one of you will read—a glorious book. On the whole, I would bid you to stand up to your work, whatever it may be, and not be afraid of it—not in sorrow or contradiction to yield, but to push on toward the goal; and do not suppose that people are hostile to you in the world. You will rarely find any body designedly doing you ill. You may feel often as if the whole world is obstructing you, more or less; but you will find that to be because the whole world is traveling in a different way from you, and rushing on in its own path. Each man has only an extremely good will to himself—which he has a right to have—and is moving on toward his object. If you find many people who are hard and indifferent to you in a world that you consider to be unhospitable and cruel—as often, indeed, happens to a tender-hearted, striving young creature—you will also find there are noble hearts who will look kindly on you, and their help will be precious to you beyond price. You will get good and evil as you go on, and have the success that has been appointed to you."

Carlyle, naturally a stout, hearty man, acknowledges bravely his own violations of the physical laws by his overwork. In his dyspeptic moods he has said harsh things of this country. He said that our civil war was only the burning out of a foul chimney; that America is a nation of bores, and intimated that no body reads an American book; and yet the eminent and scholarly old grumbler wrote a preface to Emerson's works when they were printed in England. He is a cynic when his stomach is out of order, but he stands erect and speaks out manfully after a journey from the fogs of London to the "wind-beaten hills" of Scotland. There is the odor of early violets and the freshness of the waterfall in his speech before the enthusiastic and applauding students. Fifty years ago he graduated there. Since that time he has struggled up, in the face of adverse circumstances, into fame—toiling day and night, in season and out of season—now smiling, now scolding—now a philanthropist, then a cynic. A philosopher could trace his history by his works as easily as the geologist can trace the history of the earth by the different strata of rocks revealed by his explorations. Now he had overtasked himself and was ill, so he spurns at his dislikes, and shams and humbugs are trampled in the dust; now he has regained his health, and is as pleasant as a balmy day in June.

FECUNDITY.—A female ant lays ninety thousand eggs per day, the queen bee between five and six thousand, and the wasp about three thousand. A single plant louse will in the fifth generation have a progeny of six billions of lice, and be living at that time.

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Physical Culture.

BY CARRIE S. BURNHAM, M. D.

GRANTED, my young friends, that by quick-discerning mental vision you appreciate the necessity for Physical Culture to insure not only bodily health, beauty and happiness, but also intellectual and moral energetic action; but I hear you say: "How and where can we witness 'the practical demonstration of these principles?" We are ready to make long pilgrimages to Mecca or to the Holy Land, if need be, to gain the promised reward. We care not for the time, the expense, the trouble, nay, we are ready to do burnt-offerings and sacrifices if by this alone the terrible god of physical and mental infirmities, suffering and disease can be appeased. Whither shall we do pilgrimage? How shall we obtain the information necessary to enable us to incorporate these principles into daily practical life, that we may reach the acme of physical health and thus increase our capability for efficient intellectual labor?"

Follow me, dear reader, for a few minutes and I will conduct you upon your pilgrimage. Perchance we shall find that the way is neither long nor tedious. First, array yourselves in loosely fitting garments, that no organ of the body shall be compelled to remain dormant and inactive for want of space in which to perform its part in this new labor. Every muscle either of the arms or legs (do not be shocked at this good old Saxon word) must be perfectly free in all its movements.

This is not a difficult task for you, my young brother, for it is a right conceded you, not only by nature but by society everywhere, to have your garments, pants, coat and vest, constructed with reference to practical action of the chest, upper and lower extremities, as the highway to fame, all-absorbing to Young America, and to your young heart already foreshadowed in bright hopes and dreams, is paved by practicality. But for once lay aside your long coat, your vest also, and instead substitute the knit-woollen jacket, which is equally loose, lighter and more expedient. You are now ready to commence your pilgrimage; wait a little for your sister. More laborious, my blue-eyed maiden, is your preparation, for in accordance with long stereotyped public opinion and prejudice, your garments, long and closely fitting, oblige you to be impractical, inefficient and inactive, all of your movements being within a constrained, prescribed limit. In your early childhood, when first you began to use those tiny feet, your mamma, as good common sense would suggest, laid aside your long swaddling clothes and wisely adapted your garments to the more perfect freedom of muscle and limb. But you are a young lady now, and prefer to sacrifice wisdom, convenience, and even gracefulness, which you almost worship, rather than be thought eccentric, and endure the unpleasant, wearying gaze of both acquaintances and strangers. With this I do not find fault, while you sit quietly with your books, piano or needle, or recline upon the sofa; but now, as we attempt something by way of practical physical culture, these garments must be laid aside, and a dress adapted to the free exercise of the entire body be donned.

Let me guide you in this, lest you mistake in its preparation. It is best made of flannel or merino (the color as suits your taste and complexion), which curls closely to the form, and which will prevent too rapid evaporation from the surface of the system when heated from exercise, and also the sudden check of perspiration. A yard or two less than you require for the ordinary dress will be sufficient.

Make the waist loose, of Garibaldi form, save short upon the shoulder, reaching only to the point where is placed the union of the arm with the body, a little above which should be the entire fullness of both the back and front part of the waist in two plaits of an inch each in depth. The waist should be made long, so that when the arm hangs by the side it falls over a couple of inches. This gives freedom in raising the arms without lifting the skirt. The belt into which this fullness is gathered should be so loose that when the lungs are fully inflated the abdomen will of course then protrude; it can be brought round the body and lap one inch.

Well would it be for both the present and future generations if this rule was observed by all mantua-makers. We would not then need to fear the extinction of the American people. The sleeves are best made straight, and gathered iuto the arm-size, also into a band about the wrist. The skirt, in which the especial eccentricity of the dress consists, needs to be about two-thirds as wide as the ordinary dress, and, in length, should come just below the knee, so as not to restrict in the least the free movements of the feet and limbs.

The pants of the same material as the dress, very loose and long about the body, the lower part twenty-seven inches in width, and gathered into a ruffled band about the ankle, else into an elastic band around the calf of the leg, the surplus length drooping according to the Turkish style of pant. The latter is more artistic in style, and will not be objectionable in the mind of your brother as too nearly approaching his mode of dress.

You can make the costume still more attractive by trimming the band upon the shoulder, the skirt, the outer side of the pants, and other parts of it as suits your taste and convenience. Now, with your standing collar and plain linen cuffs, your costume is complete, and adapted to dancing, skating, bathing, gardening, climbing of mountains, fishing excursions, etc.

While in Massachusetts, in July a year ago, I, with a couple of friends, visited Mt. Holyoke. The day was exceeding fine and company agreeable. We rode to the foot of the mountain, and then attempted to scale the height for

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ourselves. And while the lady friend with me, with her long, heavy skirts, was soon wearied, I, as I had taken the precaution to dress myself in the costume just described, toiled, rather run, lightly up the four hundred and ninety-one steps, turning aside only once, and that for the purpose of culling flowers and enjoying the wayside beauties of this glorious old mountain.

During the whole day I roamed about upon the mountain, drinking in the glorious and wondrous beauties of Nature here so lavishly displayed, and availing myself of all possible means of enjoyment, not excepting the swing. It was a day to be remembered for many long years, and never before had I appreciated how much free and convenient clothing contributes to the pleasure of mountain excursions. But especially is this costume adapted to the gymnastic exercises for which we are making ready.

One word about your under-garments; they too must undergo a slight—perhaps a radical change, before you are equipped for our pilgrimage. First, they should be so constructed that but one is necessary to cover the entire system from the neck to the ankles. This may be made of cotton or hosed-flannel, according to the climate and season. The pants should be supported from the shoulders by suspenders, just such as your brother wears, one inch and a half or two inches in width. To these, also, the underskirt, which is made of flannel of a darker hue than the dress, and six inches shorter, should be buttoned; or if the season demands a second under-garment, this skirt should be fastened to the under-waist by buttons or otherwise. I speak to you thus plainly because of the prevalent habits of young ladies of fastening their clothes about the waist, as though Nature designed the hips of woman as horns upon which the clothing of the lower half of the body was to be hung. I do not suppose that you are one of those young ladies, but it is best that you should be well forestalled in this matter, lest you might meet them, and be turned aside from your otherwise sensible course, and by-and-by feel to well-nigh curse your ignorance. Do not fail to protect the lower limbs by placing the hosed-flannel drawer, which reaches to the ankle, inside of the stocking. To be sure this increases the apparent size of your ankle; this does not matter. If it were the real ankle you might be proud, for with it would come the glow of health upon the cheek. I need not say that your shoe should be loose, soft and as broad as the foot. This lack of breadth in the sole of the shoe is why "the shoe pinches," and why so many at the present day are tortured with bunions and corns. Do not forget your anklets of patent leather else your warm woollen leggings, if you chance to go out upon a wet day, or take an early walk with this costume. You are now ready to accompany your brother.

"But you have said nothing about our crinoline nor corsets." And why should I? Have I not dressed you throughout? What would you think of the man who, in harnessing his horse to do an hour's brisk work before the plow or the carriage, should, instead of, or in addition to the usual necessary harness, place a certain portion of his body in a vise, or put around him a machine, constructed with bones and braces so stiff that he could not turn either to the right or left? What would you think of your brother, if you saw him prepared for a game of base-ball, skating or other exercise, with such a garment about him, or even attempting to learn his Latin or geometry? You would judge him to be either a dolt or a madman. Expect nimble, graceful and useful movements of brain or muscle when the muscles and breathing are thus restricted and constrained! Do men gather grapes of thorns or figs of thistles? Ah! but you say: "This is not a parallel case." You wear the corset with its stiff bones and braces, but you do not lace; your body is not in a vise, instinctively drawing in your breath and slipping your fingers under your waist, and raising it, showing the space between your body and dress. I dare say! I would rather search for the seven wonders than for the woman who laced. But let us see. Unbutton your dress, lay aside your corsets, and inflate your lungs with pure air to their utmost capacity (I grant this is not much, if the aforementioned garment has long found a place in your wardrobe). Now bring your dress around you, still keeping the lungs inflated, and behold your capacity one and a half inches greater than that of your dress. But your next objection: "I should all fall to pieces without my corsets. Oh, I should feel so! I could not hold myself up."

Ah, my young sister! in no other way could you so thoroughly and effectually express the sore straits to which the use of this unnatural relic of barbarism has brought you. The abuse of any faculty or power is most potently expressed by its gradual but constant wasting away and destruction. The Spanish lady, with her white, bloodless hands, made so by having them fastened to a pole above her head at night; the Chinese, with her wooden-shoed, tiny feet, do not afford evidence of such striking and foolishly absurd inappreciation of the use of the material body and the object of earth-life, with such a shocking lack of fitness for its duties, as the contracted waist and nervously flushed cheek of the American belle. God placed your bones inside of your muscles, as an inclosure and protection for the delicate organs within, which bones, together with your muscles should give you power to hold yourself upright in God's own image. Why suggest that He has not done His work well, by borrowing the bones of the whale to form an outside artificial support? Your corsets you must lay aside, else worse than fruitless will be your efforts to secure physical development and energy of body or mind. But let us on our way, lest your brother becomes weary in waiting. I wish now to conduct you through the

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hall, up the winding staircase into the back p arlor, which we will suppose is situated upon the second floor, and is without carpet, and unfurnished, save the piano in one corner, and an occasional divan or chair for your convenience when weary. The room is but slightly warmed, well ventilated, and lighted with the glorious sunshine. It is ten o'clock A. M., or perchance seven and one-half P. M., about two hours after the last meal of the day, when your father and mother (what if the hair is silvered), and a half-dozen other friends, all dressed in similar costumes, are ready to join you in the active exexercise, which you will find but pleasant and exhilarating amusement.—*Arthur's Magazine.*

A New Tonic—A New Pathy.

SOMEBODY who writes for The Circular, under no signature, speaking of our use of mathematics as a Hygienic agent, says :

"I noticed in a late Circular an article from THE HERALD OF HEALTH recommending mathematics for use in Hygiene. I have so much faith in this medicine that I think there is room enough for a new pathy, and if ever I turn physician I think I will be a mathematicopathic doctor.

"I will advertise to cure all disorders of the nervous system—weak head, weak eyes, weak back, sleeplessness, irritable sensibilities, morbid imaginations, tendency to insanity, etc. etc., by a course of mathematics, instead of a course of water-treatment or gymnastics, or any kind of bodily exercise.

"I will employ arithmetic, algebra, geometry and the higher branches, according to the constitutions of my patients.

"They shall take the medicine in doses of twenty minutes at first, if they are too weak to bear more, and increase the dose as they improve, for they certainly will improve.

"Now some may think that study of any kind is a queer remedy for weak head and weak eyes. Well homœopathy is full of paradoxes, you know, and my system shall have this grand paradox, that study is the best cure for a weak head.

"I knew a lady once whose nervous system was utterly disordered; her head and eyes were so weak that a very little reading would bring on distress, and she would tire of the hearing of a book in half an hour. She had the headache so much that she certainly thought her brain was softening, and was not only in fear of insanity, but what is worse, idiocy! Her whole health was very much affected. Well, a scientific friend, who saw that her attention ought to be powerfully diverted in some way, persuaded her to begin the study of thorough-bass, which as a science may be considered a department of mathematics. She wished to please him, and took Marx's Musical Composition and kept it on her bed, and studied it by minutes at first—a half an hour perhaps in all day. It won upon her appetite very fast, and her eyes and head improved in proportion, and she fairly wriggled out of a complicated nervous derangement by following the dominant seventh to its resolution, and meandering through the keys with the chord of the diminished seventh.

"I myself have suffered with weak eyes, and I have found that while the study of the languages strains and taxes my eyes, the study of algebra strengthens them. My philosophy about it is this: mathematics is the true brain-tonic, and the eyes grow strong with the head. At the same time, according to my own sensations, there is less excitement of the nerves of the eye in the processes of mathematics than in the committing of words. This would seem to agree with the phrenological theory of the location of the organ of language.

"It would be impossible to tell how many diseases originate in egotism, in the life eating up itself through morbid introspection or unsatisfied ambition. Not only nervous diseases, so called, but dyspepsia and various disorders resulting from indigestion may often be traced to the false action of the attention, ever working over one's thoughts and sensations and experiences. Now you can not conceive of any thing further from this vicious self-reference than mathematical science. It is as pure as crystal and as the very azure of heaven; high as the stars, above the tarnish of human imperfection. The sin of Adam has not breathed on it. You can not give it your attention without being drawn out of self and purified in your life.

"Let a person whose thoughts have spun around himself till he is shut up in a cocoon, and is sick for want of sunshine and the breath of heaven, once set himself resolutely to the study of mathematics, and I can promise he will find himself emerging from his murky closet, and a miracle going on in his health right off. 'The truth shall make you free;' and though we can not call mathematical science the truth 'par excellence,' yet set off against sickly moodiness it is saving truth, health-giving to mind and body."

Of course, in making our recommendation of the study of mathematics by chronic invalids who had a taste for it, we meant no specific, but that it was a very important branch of Mental Hygiene. One great difficulty in treating such cases is inability to labor. The mind, left to its own morbid reflections, runs wild, and leads to many excesses. Now, if by any means the mind can be kept in a regular state of healthy activity, it does very much to prevent and cure a morbid, restless nervousness. Mental occupation, while it might be a specific in some cases, should never be indulged in to an unnatural extent, nor take the place of proper food, clothing, exercise and rest.

M. L. H.

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physicians of Bellevue Hospital that they will prove more amenable to this treatment than to any amount or kind of dosing, have placed all such cases upon an island in the middle of the East River, where they are lodged in pavilions which admit of the most perfect ventilation. The experiment has been tried under the judicious care of Dr. A. L. Loomis of this city, and to show you its results, I read a statement received from him in reference to it: 'I have had charge of the typhus fever cases,' says Dr. Loomis, 'for five months; during this time not a particle of medicine and no stimulants have been employed, and the results have been one death in every sixteen and two-third cases; while, as you are aware, the per centage under the old plan was one in six. Dr. Murchison, a late English writer, states them in England as one in five.' These facts are certainly most astonishing, yet here they stand in bold relief as facts, presenting themselves so prominently that he who runs must read.

"But why prolong the list? The tendency of the vast majority of diseases is to recovery and not to death. A few (as, for example, cancer, consumption, Bright's disease, hydrophobia and cerebral affections) show no such benign tendency; but what rational and unprejudiced physician of to-day will pretend that there are any medicines which accomplish in these affections one-half of what is effected by air, exercise, diet and rest?

"These are only the gross results obtained by the study of the natural phenomena of diseases; there are many others which will be noted; and when, guided by the knowledge thus gained, we resort to medicines in similar conditions, we will be able to appreciate their results by the comparison of the duration and progress of aided and unaided cases.

"Without such knowledge we are blinded by our own efforts, and employing the too common reasoning of 'post hoc, ergo propter hoc,' attribute to them credit which is not their due. I remember some years ago a report being made to the Imperial Academy of France by a sincere and industrious member, who had, for a length of time, been using a remedy with great success in a certain disease. After reading a number of carefully noted cases, he came to the conclusion that by the proposed treatment the disease could be cured in sixteen days. The essay was much commented upon, and a committee appointed to investigate the matter. At a subsequent meeting its chairman reported that the remedy had been fully tested; a number of cases had been treated by the proposed plan, and an equal number left without any treatment. Those subjected to the treatment had, as the truthful member had related, recovered in sixteen days, but those left to Nature had all recovered in fifteen.

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"Some of my most difficult daily tasks are preventing patients from dosing themselves. The duty of our high calling is to prevent and cure disease—not to dole out medicines. A patient comes to you with palpitation of the heart, and you tell him to desist from the abuse of tobacco; another with an irritable stomach, and you restrict him in the use of alcohol; another with dyspepsia, and you advise the removal of decayed teeth and the introduction of artificial ones; another with persistent headache, and you advise him to sleep in fresh air instead of foul; another with intestinal disorders, and you recommend his desisting from the constant use of medicines which are injuring him; a pale young lady presents herself in cadaverous beauty, and you order animal food of which she takes none, exercise which she has neglected, and a diminution in the amount of green tea that she is in the habit of drinking; a mother brings a restless, sleepless, aggravating baby, of which she has made a miniature De Quincey, and you advise a supply of proper nourishment to the starveling; are you not performing a higher duty than drugging them, and would you not be more successful?"

To the Hygienic practitioner such results are by no means uncommon. Indeed, often are they applied to after the drug doctor has given up the case, and frequently with wonderful results. Such words ought to sink deep into the understanding of every one, and to give confidence to those who are doubting and fearful. The world ought to thank Dr. Thomas for these words of progress. If a few thousand more medical lecturers would take a similar stand, and maintain it through good and evil report, the world would be the better for it. H.

ALCOHOL AS A MEDICINE.—Alcohol is good or bad in and of itself. Moreover, alcohol is put forward as a medicine, on one ground that is not claimed for any other article in the Materia Medica, viz., a supporter of vitality. If this claim is just, if this doctrine be true, then alcohol ought to continue in the front rank, and at the very head of the Materia Medica. But if, on the contrary, it is not true, then its place in the Materia Medica ought to be a good way below the foot.

Physiologists admit that alcohol is inimical to every thing that has life; that no living thing, in its normal state, does or can tolerate its presence unharmed; that its contact enfeebles, blights and withers every living structure of the vegetable kingdom, and devitalizes every seed, bud, blossom, leaf, rootlet and fibre of every plant; that its application irritates, inflames and destroys every organ and every tissue of every one of the lower animals; and that its presence paralyzes, disorganizes, intoxicates, diseases and maddens every vital instinct and every mental power of human beings. Experiments tried on plants, animals, and man, have uniformly resulted in disease, delirium, debility and death.

—*Alcoholic Medication.*

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Medical Progress.

Prof. Thomas, in his introductory address before the students of the College of Physicians and Surgeons, made some interesting remarks relating to the use and non-use of drugs:

"In 1536, Ambrose Pare, then an unknown youth of nineteen, was appointed by Francis I. of France a surgeon in his army. Anxious to learn, he gave strict attention to the work of experienced and eminent surgeons, and saw them always pour into the fresh wounds occurring in battle boiling oil. One evening he had under his care a number of wounded, and into their lacerated bodies diligently poured the seething pitch, till all was used. Then his mind was much disquieted, for a number of wounds remained into which no boiling oil had been poured. The next day, to his surprise, he found that the poor neglected fellows had done better than their more fortunate but scalded neighbors. Instantly the genius of the man seized upon an accidental discovery, and by his efforts he abolished the practice in future. Now, the surgeons, who had for years used boiling oil in this way, were sincere but certainly mistaken men, and their mistake arose from not finding out how wounds behaved when let alone. Chance taught this to Pare, and hence an improvement in his art. You may suppose that a parallel drawn between this occurrence and any of those now taking place would be exaggerated; but it would not. There are hundreds of sincere practitioners to-day, who are, in my judgment, pouring boiling oil into wounds, which, if watched as Pare watched them, would be found to do better without it.

"Let me more clearly lay the matter before you by reference to some experiments to which many of you were witnesses during the past winter. I have been in the habit in clinical teaching (as many others have done in different parts of the world of leaving a certain number of cases, which I felt that I could conscientiously allow to progress without interference, to run their courses, that the students might appreciate how much Nature could do in effecting a cure. I shall not now weary you by particulars, but merely give you the gross results to which such experiments lead.

"If fifty cases of pleurisy (the disease for which Sydenham prescribed so vigorously) be placed in bed, carefully nursed, dieted, guarded from deleterious influences, and receive not a particle of medicine of any kind, the probabilities are that not one case would end fatally; all would likely recover, unless some peculiarity of constitution, the unfavorable age of the person or accidental complication should alter the result.

"The ancients supposed that inflammations of the heart, pericarditis and endocarditis would always prove fatal unless checked by treatment; we know by experiment that this is a mistake; both diseases are in a vast majority of cases recovered from, leaving the heart more or less crippled, it is true, but still not destroying life as primary acute attacks. Pericarditis will, as a very general rule, run its course and eventuate in recovery without any resort to medication; and endocarditis so often does so, that its existence is commonly not recognized at all; the only evidence of its ever having existed being found in its effects on the valves of the heart.

"Tonsilitis, or quinsy, is a fearful disease to watch through its course; for, when at its height, it appears to the looker-on that death by strangulation or starvation must soon put an end to the patient's suffering. The sufferer struggles for breath, gasps wildly, and swallowing is often for days a matter of utter impossibility. For this affection, in times gone by, the lancet and other equally active means were always resorted to; and what wonder when we look at the results of the plan; all the cases thus treated recovered; so did all the wounds into which Pare poured boiling oil. And mark the parallel further: when Pare omitted the oil, still the wounds got well, and I assure you with reference to the worst cases of tonsilitis, that if they be left without medicine, none of them (unless in some exceptional case, as of an old or very weak person) would end fatally. They look as if they would die, but they do not do so; they recover.

"Scarlet fever of simple form, measles and even varioloid, in the vast majority of cases, will end in recovery without the slightest medication.

"But of all diseases which excite terror in the minds of bystanders, none does so more markedly than convulsions in children. Of course, the dangers will generally depend upon the cause of the seizure; but even in this dreaded disorder the majority will recover, even if no interference be practiced. Another disease worth instancing in this connection is cholera morbus, a pathological series made up of a succession of efforts on the part of offended Nature to free itself from disorder. In this effort Nature generally, nay, we may almost say always, succeeds in effecting a cure, unless in the extremes of age or in a very debilitated patient.

"You all know what dreaded scourges exist in typhus and typhoid fevers. The vacant seats at thousands of hearths throughout our land stand solemn witnesses to their ravages. Read in the literature of the past the list of remedies at various times regarded as specifics for these fevers, and you will wonder at its length. Were I to write the drugs advised during the last century in their management upon the walls before me, space would be wanting to accommodate their names. Within the last year, the Commissioners of Public Charities in this city, advised of the fact that pure air and nourishment are the appropriate remedies for these affections, and assured by the

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Cholera, Water and Quarantine.

We some time since referred to the importance of pure water in the treatment of cholera, and gave a number of facts in illustration of the position we then assumed. Since then the matter has attracted attention in other quarters of the country, and we particularly notice an able article by Dr. Louis T. Pim, in The Saint Louis Republican of the 18th instant. The basis of the article in question was an experiment made during the prevalence of cholera at Saint Louis, in 1849, with a view of ascertaining what kind of insect life water, under different circumstances, was likely to produce. Six bottles, being thoroughly cleansed, were filled as follows :

"1. With hydrant water only.

2. Hydrant water, admixed with charcoal.

3. Hydrant water, admixed with lime.

4. Hydrant water, admixed with wood ashes.

5. Rain water, as taken from the cistern.

6. Hydrant water thoroughly filtered through sand and gravel.

"All the bottles were uncorked, with a gauze covering to protect the necks from the admission of insects.

"1. Became thick and of a dark green hue in 24 hours.

2. The same.

3. Not so much deteriorated, lasting 36 hours before becoming offensive.

4. About the same as No. 3.

5. Became black and putrid in 40 hours.

6. The hydrant water filtered through sand and gravel was as sweet at the expiration of 17 days as when first exposed.

"This experiment simply proved that rain water did not become putrid so soon as hydrant water from the Mississippi, and that hydrant water, filtered through sand and gravel, remained good about ten times as long as unfiltered rain water placed under similar circumstances.

"The theory adopted by Dr. Pim is that the changes in the color, consistence and odor of the water tested arose from the decomposition of animal or vegetable matter, or both, and that this foreign matter was one of the causes of cholera. In the case of the filtered water these substances were removed, and the gentleman who made the experiments declared that the filtered hydrant water was used exclusively in his family during the cholera seasons of 1849 and 1851, and although he lived in a neighborhood where the scourge raged with great virulence, there was not a case or symptom of cholera in his family during that time. It is admitted by the writer that infusoria as well as vegetable matter may be seen in water after it has been kept at rest in the sun's rays for a period of twenty-four hours and exposed to the atmosphere, but the quantity of decomposable matter found under ordinary circumstances is regarded as wholly insufficient to account for the sudden changes noted in the above table.

"Glancing at the recorded history of cholera since it first made its appearance in an epidemic form, and following its course around the globe, the fact is deduced that water is the medium by which it is transported from place to place. Its line of march is chiefly confined to large bodies of water, and its movements are "explained by the myriads of ova or eggs that are borne by currents of air, which, falling into water, the proper matrix for their development into animalcular life, become the poison to that element, and cholera is the result of its use. In the vast aerial ocean that surrounds the globe there are counter currents of air which carry the eggs to different parts of the globe simultaneously ; and while the substratum deposits its contents in a continuous line along the earth's surface, the superimposed currents bear them to remoter regions and in opposite directions. Water is essential to the existence of animal life, and, whether used in the desert or on the mountain-top, on ship-board or on the banks of the Mississippi, when filled with these dead and putrid animalcules cholera will surely be the result."

Assuming that cholera is caused by the use of an impure water, rendered poisonous by peculiar forms of insect life in a state of putrefactive decomposition, "how," asks the Doctor, "is it possible that any system of quarantine can be made effective against the ravages of the disease ? May we not with the same propriety, and with equal prospects of success, establish a quarantine to prevent the diffusion of diseases that are the result of atmospheric vicissitudes or miasmic influences ? Quarantines are established to circumscribe contagious diseases, such as small pox, ship fever, etc., and not to arrest the progress of epidemics over which they can have no control. Epidemics have their origin in the atmosphere or in the water, or in both ; while contagious diseases are the result of emanations from the bodies of those affected by them. The former are general and widely diffused, while those of the latter are local and confined to definite limits. Cholera is not contagious, and the uselessness of quarantine in arresting its progress is obvious." Our conclusions in the premises are, that cistern water of ordinary purity is an almost certain safeguard against cholera, and if that can not be had it is proper to boil, filter or otherwise purify water before drinking it, especially when cholera is about. All sanitary measures are proper in view of the approach of the dread Asiatic scourge, but we must be particularly cautious as to what we drink.—*Ex.*

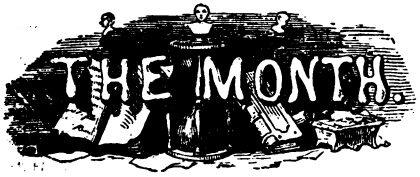
Some promises broken, while trust was twining its tendrils round them, seem like a mighty oak blasted by a lightning flash, with blackened vines clinging to it, its bare arms reaching upward in its agony.

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Apples Our Most Useful Fruit.

Now LET me show you what intelligent practical men say of the value of the apple as an article of food for man and beast. L. B. Langworthy of Monroe County, New York, says: "It is said by some persons that two bushels of apples are equal to one bushel of potatoes, and that two bushels of potatoes are equal to one bushel of corn for feeding, though this estimate is only an approximation" (Ag. Rep., 1851, p. 207). Collins Gardiner of Livingston County, New York, says: "More worth of first rate fruit can be grown on an acre of ground than there can be of any kind of grain. I consider good apples worth equally as much for feeding cattle as potatoes, and more, if both are in the raw state. It seems strange, when we consider the many ways that apples can be used profitably, that farmers do not raise more. But apple trees require care and attention to do well, and this a great many do not understand. They seem to think they require as little care as the trees in the woods, and, with such, apple trees are not very profitable. The many ways they contribute to the comforts of the kitchen gives them a decided prominence in my estimation" (Ag. Rep., 1852, p. 217). William Perry of Burlington County, New Jersey, says: "Many people have found that a few trees of the best selected fruits planted around the house and yard, have yielded more profit than as many acres of land cultivated with ordinary crops. If proper care be taken in the transplanting and after-treatment for a few years, until the trees get established in their new location, it will be fully repaid by the additional quantity and quality of fruit produced" (Ag. Rep., 1850, p. 203). L. E. Berkmans of New Jersey, says: "The successful fruit-grower knows that a fruit tree requires no more trouble or extra care than a few cotton plants or a cabbage—pays better, lasts longer, and, in a compared series of seasons, has paid five times more for the place occupied than the very best of his market produce, with perhaps not half the expense" (Ag. Rep., 1858, p. 373). Henry Little of Bangor, Maine, says: "With us the apple is the most useful of fruits. Its value is greatly enhanced by its long keeping qualities. When the cultivator plants trees of varieties that will ripen in succession, he has this fruit in perfection the whole year. It is not only valuable for the dessert, but for culinary purposes, even in a dried state. Sweet apples are a wholesome food and should be cultivated more extensively. I think that our farmers would find it much to their advantage if they would cultivate a greater proportion of sweet apples for culinary purposes as well as for feeding stock" (Ag. Rep., 1853, p. 267). Simon Brown of Concord, Massachusetts, says: "Of all fruits grown in the Northern States, the apple is the most easily raised, the cheapest, the most durable, is capable of being used in more ways than any other, and is probably the most wholesome and nutritious. Every family uses apples to a greater or less extent. Where sweet apples can be had at low prices, they are used as commonly on the table as potatoes, and since the high prices of the latter have prevailed, have been even more extensively used in some districts. Sweet apples require no sweetening, and stewed, baked or made into puddings or pies, are delicious and nourishing food. One acre in well selected varieties of apples will yield more food to the farmer's family than the same amount of land in corn or potatoes, with half the outlay in money and labor" (Ag. Rep., 1863, p. 350). J. J. Thomas of Macedon, New York, says: "As an article of food, fruit, and more especially apples, has been proved of great value. Some farmers save annually, in various ways, from fifty to one hundred dollars by the use of green and dried fruit upon their tables—not merely by the amount of aliment, but adding to the variety and to the list of luxuries, enabling them to reduce the amount of other and more costly articles. By planting rich and high flavored sorts for culinary purposes, instead of those of an inferior grade, a great saving may be made in sweetening and spices. The amount of sugar and other ingredients used for making bad apples good is often more than enough to buy good apples, sugar and all. By a free use of the best sweet apples through autumn and winter for baking and for puddings, some families have avoided large expenditures. Apples, especially the richer, sweet varieties, are fully equal to potatoes as food for cattle, and some of the most careful trials already made indicate their decided superiority, being as about seven to five. The chemical analyses of these two productions show the superiority of the apple in the aliment it contains, and also prove that some sorts excel others in richness and value. Hence the importance of ascertaining, by careful trial, those sorts best adapted to feeding and fattening" (Ag. Rep., 1850, p. 82). B. Summers of Erie County, Ohio, says: "From experiments made this fall and previously, we think apple orchards are very profitable" (Ag. Rep., 1852, p. 247). Christian Dale of Centre County, Pennsylvania, says: "I consider good apples the most wholesome of all fruits. Where a farmer has not a good supply of fruit, a great deal of money is carried to stores to purchase molasses and other substitutes not so good or so wholesome for a family of children" (Ag. Rep., 1851, p. 242–3). George Buchanan of the same County and State, says: "There is no other labor to be done on a farm which will, in due season, remunerate our farmers better than that expended in fruit culture. How many hill sides and rough portions do we see which might, with but very little expense and a proper share of care, be covered with rich fruit" (Ag. Rep., 1854, p. 376). Timothy Dudley of Adams County, Illinois, says: "There is probably no food more natural to mankind than a good ripe apple. It is anti-dyspeptic and anti-bilious, and if the people in this great valley of the West would eat less corn bread and bacon, and drink less strong coffee and whisky, and eat more of those rich, juicy apples, cooked or uncooked, we should see, hear and feel less of those bilious complaints, fevers, agues and chills which every one is more or less subject to every season. Every young farmer can very easily start an orchard, at trifling expense. If he only has the will he may be sure to find the way" (Ag. Rep., 1848, p. 543). And now, reader, do you not see the very great advantages that you will derive from the planting of choice apple trees, and the folly of delaying this work any longer?—*Home Weekly.*

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NEW YORK, JUNE, 1866.

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."

TOPIC OF THE MONTH.

BY R. T. TRALL, M. D., EDITOR.

SALT.—When we adopted the principles of Hygeio-Therapy—just a quarter of a century ago the present month—we discontinued at once the use of all seasonings which did not possess alimentary properties—salt, mustard, pepper, vinegar, etc. For a year we did not taste of them, and then we began to realize what food was, as God designed and Nature produced it. We found it to possess gustatory properties which we had never before been conscious of. We could make a luscious meal on bread, apples, potatoes, cabbage, beets, parsnips, spinach, or almost any thing else that was properly eatable, with no particle of condiment, with more pleasure than we formerly could on all the complicated dishes of a first-class hotel, with the addition of all the seasonings of a first-class restaurant. Afterward, when we occasionally tasted of them by way of experiment, or partook of them from the necessity of the case when absent from home, the effect was invariably more or less disturbance of the digestive organs, with thirst, feverishness and other symptoms of *poisoning*. We have studied and observed the effects of seasonings upon people generally, but more especially upon invalids, for twenty-five years, nearly all of which time we have had one or two houses full of patients, some of whom used a little salt, while others used none, and our conclusion has been strengthening every year that salt is an exceedingly pernicious article.

As our connection with THE HERALD OF HEALTH terminates with the present issue, and as we shall never again address the friends of Health Reform through this medium, we will on this occasion call their attention to what we consider the greatest obstacles in the way of a Health Reformation among the people, and these are those articles which are popularly known and almost universally employed as seasonings. We believe their dietetic employment is the chief *primary* cause of gluttony, intemperance and debauchery. We are well aware how radical and ultra (and all truth is both radical and ultra) these opinions will be regarded by those who can not relish food without salt, and by a medical profession whose only rules for interpreting the volume of Nature are their own morbid appetences and the kitchen of a fashionable restaurant. Very few persons of the present day can enjoy food of any kind without the addition of salt, mustard, vinegar or pepper; and a majority of those who are regarded as "good livers" (and who are sure to have torpid livers and irritable kidneys) seldom take a dinner without using all of them. Butter is almost as commonly used as salt. Thousands of American children are taught to eat almost as much butter as bread, and the result is seen in bile-humors, scrofula and erysipelas. The quantity of salt, butter and sugar consumed dietetically by the civilized world is immense; and although the great majority of people regard them as indispensable—especially salt—they would be vastly better off if there were no such things in existence. They are not only useless, but pernicious; indeed, they are a fruitful source of disease and premature decay. The effect of all seasonings—and this remark applies with a special emphasis to salt—is to render the mucous surfaces dry and inflammatory, the blood putrescent, the secretions deficient and depraved, and the fibres rigid and inelastic. In this condition there is more friction, more wear and tear of the organic machinery. If they do not induce fatal disease, they cause the vital structures to wear out sooner. Indeed, no person can by any possible effort perform as much bodily or mental labor while using seasonings as he can (other circumstances being equal) without them. So far as we can judge from individual experience, had we continued the dietetic employment of seasonings as formerly, for the last twenty-five years, we verily believe that we could not have accomplished by the utmost endeavor one-half the amount of labor; nay, we are as fully convinced as we are that we are now living that we could not have lived to this day, even if we had done no work at all. This statement may not seem so very extravagant when we add that nearly all of our literary work (which some persons think has already amounted to a pretty fair life's work for one person, not one-third of which, however, has been published) has nearly all been

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done (after a full day's work in other vocations) in those hours which a majority of persons devote to sleep—from 9 P. M. to midnight, and often continued till 1 and 2 A. M.

The direct cost of these articles is an insignificant item in comparison with the loss of health and strength and the abbreviation of human life which they occasion, and the many other unphysiological and pernicious habits to which they lead. The desire for intoxicating drinks and for all fictitious beverages, mineral waters, root beer, tea, coffee, etc., is chiefly attributable to morbid thirst induced by salt and other seasonings. This subject has an especial importance with Vegetarians, who are striving to induce the people to return to "the natural food of man," for salt is apt to be the article that they hold on to with more pertinacity than to any thing else which is not in some sense food. A few words, therefore, on the scientific aspect of the question:

Salt is a mineral poison. This fact alone ought to settle the whole question of its dietetic use or abuse. But, unfortunately, led on by the false teachings of the medical professions, the world has come to regard poisons as useful, nay as indispensable, not only as medicines, but as victuals and drink. Witness alcohol, cod-liver oil, preparations of iron, etc. Salt is in no sense food more than is alcohol, arsenic or corrosive sublimate. It is wholly indigestible. It can supply no element to the tissues. It can not be assimilated. It is passed through the system unchanged, as are other indigestible and poisonous substances. We do not here forget the constant iterations of medical authors and physiological scribblers that salt is useful, necessary and indispensable; that it supplies an element (chlorine) for the formation of the hydrochloric acid of the gastric juice; that it supplies the soda of some of the secretions and excretions, saliva, bile, etc.; but as these statements are nothing but statements—mere assertions without a particle of proof—and susceptible, moreover, of absolute disproof, we will not here argue the points involved. We will do better. We will give the reader a rule which will enable him to determine for himself, to a positive demonstration, whether salt belongs to the category of food or of poison. He has only to take a meal of bread at one time, a meal or dose of salt at another, and a meal or dose of arsenic at another. He will find that the effects of the salt are in all respects analogous to those of the arsenic, and in no respect analogous to those of the bread. Arsenic, in appreciable doses, occasions thirst, heat, pain, redness and swellings. These are symptoms of disease—inflammation. And this inflammation, in degree, intensity and danger, corresponds always and precisely with the quantity of the drug taken, be it arsenic or salt. Arsenic, in very small doses, is regarded as a beneficial tonic—a supporting and strengthening agent, which, by the way, has never been claimed for salt. Bread will not occasion these symptoms of inflammation, taken in any quantity.

It has been known for centuries that salted aliments were conducive to acrid humors, a putrescent state of the blood and scurvy. In putrid fevers, and in all diseases in which there is well-marked putrescent tendency in the fluids, the use of salt has long been prohibited by intelligent physicians. Nearly all medical writers of respectability condemn salted meats for dyspeptics, and, generally, for all chronic invalids. How, then, can salt be wholesome for well folks?

The thirst which salt occasions demands the drinking of large quantities of water; but the salt so inflames the mucous membrane, and so paralyzes the normal sensibilities of the organic instincts of the digestive viscera, that pure water is flat and insipid, thus making the way for something stronger. Food, also, "has no taste," unless rendered pungent or rank and unnatural with seasonings or gravies, of which salt and grease are the leading ingredients. The salivary secretion is rendered deficient in quantity by the constant irritation of these acrid poisons, so that its solvent properties are diminished or lost. The gastric and pancreatic juices are affected in the same way, and every secretion of the body is more or less depraved. "Follicular inflammation," or sore throat, which is becoming as common as dyspepsia, is as much to be attributed to salt as to any one thing that can be named. And this tender and painful condition of the mouth, throat and alimentary canal, render mastication unpleasant, and proper mastication impossible, so that food is washed down with hot coffee in the morning, cold water at noon, and warm tea in the evening, thus adding insult to injury, and not unfrequently stronger and worse beverages are taken with the victuals. Under these circumstances there is a tendency to substitute soft dishes and spoon-victuals for solid food, and a large proportion of people can hardly make a satisfactory meal without toast, shortened biscuit, soup, mush, or slop or slush of some kind, and the result is they lose their teeth. If any one will notice the swarms of *young persons* of both sexes who are thronging the dentists on every block for artificial teeth, he will know that something extraordinary is

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working the ruin of those very useful as well as ornamental parts of the osseous structure. If this rotting process goes on with the teeth for a few generations longer, as rapidly as it is now proceeding, nothing less than a miracle can save the generations of a not very distant future from being constitutionally toothless. The teeth will run out. And if we were to name the article that contributes more than any other one article to the wide-spread and wider-spreading destruction of the human teeth, we should say—SALT.

Nothing more surely conduces to morbid cravings and perverted appetences than the use of salt. It provokes the desire to eat even when the stomach is filled to repletion, and thus is the sure precursor to gluttony. Children who are fed on unsalted food are always satisfied with the plainest food, and never incline to overload their stomachs, except in cases where they have inherited abnormal conditions. Those who can not see it their duty to forego the use of salt, or who are not willing to crucify the acquired appetite in themselves, ought so to teach and train their children that they will prefer food without it.

In conclusion, we have to remark that in keeping "Cures" and "Homes" for invalids, we have found salt the worst enemy of our patients. Many practitioners, not being able to reason with their patients, and not wishing to contend with them, have yielded to their clamors and provided salt. The question has two sides, for although the patient is better pleased for a time, the physician secures a longer customer. If the physician yields his principle he finds his interest, and so both parties are satisfied. But let others do as they will, much experience and close investigation have brought us to the conclusion that all genuine, earnest Health Reformers ought to banish the article from their tables. The sacrifice is not great, at most only a temporary inconvenience, and rewarded a hundredfold in the higher health and better enjoyment of food for all the future life. And, for ourselves, we wish it distinctly understood by patients all over the world, who meditate a visit to either of our Hygeian Homes, that salt and all other drugs are excluded from the establishment.

GOOD BYE!

NO BIRD can fly with the rapidity of an insect, or for so long a time. The butterfly has the best constructed wings known to science, and they are made upon the plan which civil engineers have unanimously declared to possess the greatest lightness and strength.

Miscellaneous.

Spurgeon and Tobacco.

"SPURGEON has stopped drinking beer, but will not give up his tobacco 'for no man.'"

Spurgeon is the Beecher of London—he is the pulpit star to which the people flock like particles to a magnet; like Beecher, the animal and the angel of his nature are well developed; he has the same self-possession, the same firmness verging on obstinacy, the same resolution leading to electric energy; but he lacks the culture, the fine imagination, the nice taste, the love of the beautiful, the magnetic eloquence so characteristic of our Brooklyn thunderer. Yet Beecher will stick to Johnson as Spurgeon does to his tobacco, and roll the unsavory morsel under his tongue. He will give up slavery, but he won't give up the President for any man.

Spurgeon has stopped drinking beer. Why? Not because it was distasteful, not because it was expensive, not because it was uncustomary to use it, but because he was disinclined to countenance by his example the dangerous habit of drinking beer—a habit which grows with one's age and strengthens with one's weakness, and becomes more powerful as its victim becomes less inclined and less able to break its chains. But why not give up the tobacco? Smoking and chewing are unnatural, nasty and disgusting habits. They are habits which belong to the bar-room and the ale-house, and not to the study or the church or the pulpit. Tobacco is an acrid poison, which stains the teeth, pollutes the breath and cracks the voice. Cleanliness is next to godliness. The use of tobacco is a practice of utter filthiness without a redeeming trait. Paul said, in substance, if eating flesh or drinking wine cause my brother to offend, I will eat no flesh, I will drink no wine so long as the world stands. Suppose Paul had said: "I will give up drinking wine, but I will not give up my meat for any man," what kind of an effect would such a sentiment have had upon the world? We are to pluck out right eyes if they offend. Mr. Spurgeon says he won't take out his pipe, even. We ask him to put the above facts in his pipe and smoke them. Now Mr. Spurgeon believes that sinners will smoke enough hereafter, and for the purpose of leading them from dangerous habits he should discourage their smoking here. The habit of chewing and smoking lights a flame in the throat which water can not quench, so the chewer and the smoker try beer and gin and other stimulants. Those who chew and smoke are apt to exclude themselves from the refining influence of woman, and to cut loose from the restraints of good society, making their descent aloug the broad way to ruin natural and easy. Those who smoke and chew tobacco countenance a custom which prevails among men who are the victims of other and more dangerous vices. Because some good and wise men smoke and chew, it is not a sufficient reason for others to do so. They would be better and wiser without the use of tobacco. R.

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Defense Against Noxious Insects.

Nature has done every thing for creation, when we look from a philosophical stand-point; but there is a point of division between Nature and Art when we take a critical view, and from this point Nature and Art are required to perfect creation. It is the object of the study of nature to teach us how to read correctly the language of the physical world. Without a knowledge which this study gives there is much that is mysterious and unaccountable; but when the alphabet of nature is opened to us, we find symmetry and harmony prevail where before all was apparently confusion. How nature prevents the multiplication of certain noxious insects is a matter little understood by any except the naturalist, as will be seen by a quotation from the writings of Kollar, a German philosopher. He says:

"Many appearances in nature, even such as at first cause anxiety and care, on account of their injurious consequences, are found to be in many respects highly beneficial and salutary, although we may not always understand them. Thus, continued rain, which in many respects is extremely hurtful, contributes greatly to diminish the number of noxious insects, and for a series of years renders them entirely innocuous. This continued rain may, for example, take place at the pairing time of certain insects, which will greatly obstruct them; or at the time when the insects are in the caterpillar or larva state, when thousands die in consequence of bad weather, and our fields, orchards and woods are cleared of a dangerous enemy for many years.

"Thus, in the spring of 1832, after incessant rain, I saw the caterpillars of the white-thorn butterfly, which for many years had not only stripped all the hedges, but also done considerable injury to the fruit-trees, dying by thousands, as if of a dropsy. The caterpillars swelled, became weak and died. If they did attain the pupa state, they suffered from the same evil, and the perfect insect was very rarely developed, on which account our gardens in the following years were entirely spared.

"Late frosts are also very beneficial, as they entirely destroy many insects in their larva state. I had an opportunity, early in the summer of 1833, of observing great devastation on the fir-trees in the neighborhood of Vienna, by a species of saw-fly. The larva of this insect had attacked certain parts of a young forest of Scotch fir, and the question was how their ravages were to be prevented from increasing next year. Fortunately, in the month of May a moderate frost set in, and thousands of these larvæ were seen hanging to the twigs as if scorched In this manner their increase was limited for the future.

"A multitude of insects are also destroyed by inundations, particularly such as undergo their transformations in the earth, or live upon it in all their stages, more especially if the inundation happens when they are near their final transformation. In meadows the different species of May-bugs suffer by this means; in kitchen gardens the mole-cricket; in orchards the pupa of the small winter-moth, when the water overflows the gardens late in the autumn, at the time when the moth is usually developed from the pupa lying in the earth.

"Beside the means of preserving the equilibrium by storms, and the effects of the elements, nature employs a multitude of others, although not so speedy and efficient, to the same end.

"To these belong the enemies of the destructive insects which we meet with in all classes of the animal kingdom. Among the mammiferous animals the bats hold a conspicuous place for their destruction of insects. We only see them flying about in the twilight, precisely at the time when many moths leave their hiding-places and hover round the flowers. As they live almost entirely on insects, they no doubt devour great numbers of the hurtful sorts. And perhaps it is to be ascribed to this circumstance that fruit-trees standing near houses, churches, barns, etc., suffer less from insects than isolated trees. They do not confine themselves to moths, but eat beetles which fly about in the evening; among others, some weevils, injurious to the flowers and buds of fruit-trees, as the *Curculio pomorum* and *pyri*. These creatures, as they do no injury, should, therefore, be carefully preserved.

"To the insectivorous mammalia also belong various sorts of mice, the mole, badger, hedgehog, squirrel, fox and wild swine. Whether the benefits derived from them in this way counterbalance the mischief which many of these creatures cause, it is difficult to determine.

"Birds contribute much more than the mammiferous animals to the destruction of injurious insects.

"Many caterpillars know instinctively how to conceal themselves from the birds which prey on them; in many their covering of stiff hair acts as a protection against their enemies. Others remain all day between rolled up or flatly united leaves, and only go out to feed at night. Others find sufficient protection in the buds, into which they soom penetrate. Gregarious caterpillars live while they are changing their skin, and when they are going into the pupa state, in webs, in which they are inaccessible to birds. Others live under the bark of trees, and even deep in the wood.

"Notwithstanding these and other obstacles, a great number are yearly devoured by the birds, particularly during the breeding season. In winter a multitude of birds, driven by hunger into the villages, diligently search the branches of trees for the eggs of many sorts of moths that are glued to them, and which yield a scanty sustenance to these frugal animals.

* * * * * * * * *

"It is a wonderful provision of nature that exactly at the same time that the insects, injurious from their great numbers, appear, the greatest number of the insectivorous birds have hatched their broods, and their voracious young are ready to be fed upon them

"Insectivorous birds are also sometimes graniverous, and feast readily on our fruit, particularly cherries; but the injury they cause in this respect is not to be compared to the use they are of in destroying insects. At least we never hear

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of universal devastation caused by birds, though we do by insects.

"From what has been said, it will be sufficiently clear how strongly it should be inculcated by the authorities to forbid the capricious persecution of these useful birds.

"Among amphibious animals, which destroy insects, lizards hold a conspicuous place. Grasshoppers are the favorite food of many species. Frogs and toads also devour many insects.

"Beside mammalia, birds and amphibious animals, nature, to restore the equilibrium among her creatures, and particularly to prevent the preponderance of some sorts of insects, makes use chiefly of insects themselves, namely those which feed upon others, and which by degrees obtain a superiority over those that are hurtful to us.

"Thus, many sorts of beetles, particularly of the family of ground beetles, destroy a multitude of the pupæ of moths lying in the earth. Many flies, allied to our house fly, but much larger, lay their egg in living caterpillars and destroy them. But the most useful are the Ichneumonidæ. The females of this numerous family, 1300 species of which Prof. Gravenhorst has described in Europe alone, lay their egg entirely in the bodies of other insects.

"The manner in which these Ichneumonidæ accomplish their work of destruction is highly curious and interesting. All the species are furnished at the end of the body with an ovipositor, composed of several bristles attached together, with which they pierce the larvæ of other insects, and introduce their eggs into the flesh of the wounded animals. In some this sting is longer than the body, sometimes more than an inch long, namely, in those species which seek the object of their persecution in the interior of trees or wood that has been much and deeply perforated by the insects which reside therein. They perceive, either by their sense of smelling or by their atennæ, that their prey is at hand, and introduce their eggs, not without difficulty, into the bodies of the larvæ living in the wood. Some attack caterpillars feeding openly on plants, others perforate the various excrescences, or gall-nuts, which also contain larvæ; there are even many species, scarcely visible to the naked eye, which lay their eggs in the eggs of other insects, such as butterflies, and thus anticipate their destruction.

"The eggs are hatched within the body of the living insect, and the young parasites, in the most literal sense, fatten on the entrails of their prey. At last the wounded caterpillar sinks, the enemies escape through the skin and become pupæ; or the caterpillar, notwithstanding its internal parasites, enters the pupa state, but, instead of a butterfly, one or more ichneumonidæ appear. To these wonderful animals we often owe the preservation of our orchards, woods and grain.

"Beside the above-mentioned ichneumonidæ, ants, field or tree bugs, and many sorts of spiders, contribute greatly in extirpating various insects."

Invalids will always find the study of nature exceedingly valuable to their health, if pursued in the open air, reading at times such works as will keep them in the right track of investigation. Many a man might gain knowledge when he is half sick, and get health too, by pursuing the study of insects. I remember some years ago being called on by a feeble young man for advice regarding his health. At the time mentioned the army worm was very abundant, and the farmers were in a panic, fearing total destruction of their crops. My prescription for his health was that he should at once set about studying the nature, habits and enemies of this worm. He did so, and in a week he began to mend. Beside recovering his health, he discovered several enemies to the worm, which were then preying upon them, and which in a short time had destroyed thousands of this terrible ravager. I remember his coming to my office, after a week of study, with a worm he had taken from a field of corn. This worm appeared to be nearly crazy, and acted very strangely. On examination he had found the cause of his apparent insanity. A small parasitic worm, almost invisible to the eye, was eating into him from a point near what, in worms, answers to the spinal cord. In a few hours he had killed him. The study of these few facts from nature soon restored the young man to health, and he is now an ardent student of entomology. H

NEW METHOD OF SAVING PERSONS FROM DROWNING.—A person may be saved from drowning by the proper use of a man's hat and a pocket handkerchief, which (being all the apparatus necessary) is to be used thus: Spread the handkerchief on the ground, and place a hat with brim downward, on the middle of the handkerchief, and then tie the handkerchief round the hat as you would tie up a bundle, keeping the knots as near the centre of the crown as may be. Now, by seizing the knots in one hand and keeping the opening of the hat upward, a person, without knowing how to swim, may fearlessly plunge into the water with what may be necessary to save the life of a fellow-creature. If a person should fall out of a boat, or the boat upset by going foul of a cable, or should he fall off the quays, or indeed fall into water from which he could not extricate himself, but must wait some little time for assistance, had he presence of mind to whip off his hat and hold it by the brim, placing his fingers within-side the crown, and hold it so (top downward), he would be able by this method to keep his mouth well above water till assistance should reach him. It often happens that danger is descried long before we are in the peril, and time enough to prepare the above method; and a courageous person would, in seven instances out of ten, apply them with success.—*Land and Water.*

STRAWBERRIES.—Keep the soil moderately rich, and give the plants plenty of water, and a fair crop will never fail.

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Ministers and Tobacco.

BY REV. JOHN PIERPONT.

Men called of God to expound the laws,
With all your powers of tongue and pen,
Called to his courts to plead the cause
Of virtue, with your fellow-men,
Hope ye to make that cause succeed
The rather by a poisonous weed?

Are ye when, with the adoring throng,
The Almighty Spirit ye invoke,
Made, in the strength of God, more strong,
By memories of tobacco-smoke?
Think ye the incense of your prayer
The sweeter, that it taints the air?

Baptized in the Redeemer's name—
The holy and the undefiled—
When ye administer the same
Baptism to a new-born child,
Findeth your inner man a use
For baptism in tobacco-juice?

When, on the table of your Lord,
The consecrated bread is laid,
And ye are serving at His board,
Say, are your lips more holy made,
More fit to do as ye are bid,
By your "preparatory" *quid*?

When parents stand with weeping eyes,
And ye kneel down beside the bed
Whereon a dying maiden lies,
With thin, white hands and drooping head,
Think ye ye make that bed of death
More calm by your tobacco-breath?

"Air."

Death, to vast numbers of the human race, comes creeping along our path, insinuating noiselessly and silently his seeds of poison into the air-cells of the lungs. A slight cough and quickened respiration are our earliest monitors of his work. We do well to give early heed to these warnings. Tubercular material will, where the tendency exists, be early deposited, if the lungs are not sufficiently brought into activity to keep distended all the cells that are so minutely distributed throughout their substance.

Take warning, then, all ye who find these symptoms coming to visit the citadel of life. Breathe fully, breathe deeply, breathe free air. Close not thy windows at night; shut not out from thy resting-place the life-giving air, but let it be thy companion in its purity through all thy life.

Now there are multitudes barely existing on this green, flowery, rock-built earth, full of poetry, song and music, that do not half live; they only stay amid the attractions of nature, so rich in pleasures, so abundant in beauties. The fresh open air that surrounds our hilltops they never inhale; the broad-spread riches of the vales below they never enjoy.

To enjoy health we must feel refreshed in spirit, so that our very thoughts shall be music and exertion refreshment. The birds of song utter their purest notes on the hillsides and in the groves in the fresh virgin air of the morning. The beasts of the forest are active, and the cattle upon a thousand hills bestir themselves to enjoy the life-giving influence of a new day just coming into existence.

Shall rational humanity lie stupid in confined rooms, and never enjoy the inspiring influences of an early walk to the green, fresh fields or hillside groves? Shall irrational existences only reap the glories and life-giving spiritual influences of a summer's morn? Shall the leaves of the forest be refreshed by the inhalation of a new morning, and man refuse to be blessed and cheered by such fresh gifts as come new from the hand of God to enliven and make glad our hearts, to crimson and deepen the current of life—to send new inspiration into the soul? O man! how artificial are thy habits! how depressing the influences gathered about thee! how dark and cheerless thy life! how gloomy and dismal thy soul, imprisoned in its diseased casket! how thy spirit longs to be free! Break away, then, from the restraints imposed by civilized and so-called enlightened society, and ascend the hills; scale the mountains; go free as the antelope o'er the plains; clear thyself from all fetters; take large draughts of the free air, and the sluggish life-current shall be quickened, carbonic acid shall be set free from thy poisoned blood, and new life given thee; new inspiration, new hope and fairer charms shall adorn thy exhausted body and cheer thy soul.

Many a one that has gone to an untimely grave, mourned over by dear and loved ones, might this day have been spared to shed sunlight and joy along the pathway of cherished friends, if they had but learned to battle against the silent influence of deposit in the cells of the great organs of life-giving force. So long as air enters perfectly into all the millions of minute sacs, so long gaunt, lean-visaged consumption can be kept at bay. But the moment these vesicles are left useless in large numbers—as they often are in those who take but little exercise—that moment consumption begins to plant its seeds in these unused cells, which in due process of time will ripen into destruction of the delicate tissue of the lungs, and death will be the result.

OLD CONTRIBUTOR.

Madison, 1866.

Effects of Training.—"Training" affects men very differently. To some it is a period of intense mental as well as bodily activity; it exactly agrees with their constitution, and they are thoroughly happy under it. To others it brings a sort of heaviness, which is only shaken off during exercise, and which turns every evening in the shape of drowsiness. Other men, again, who at other times have the sweetest and most unruffled tempers, are so pettish and touchy that they can only be approached with the extremest caution—they have probably rather over-trained. And the bondage is at its height when the crew is in the boat; they are the absolute slaves of him who is "coaching" them; they must go fast or slow, stop and start just when he pleases, and occasionally they must be prepared for a torrent of invective from an energetic coxswain if a vagrant eye wanders from the back of the man in front to the most interesting object on the bank, or if an oar is in the water a fraction of a second too long, or if any other such misdemeanor is committed. Lastly, let us record the noble sacrifice that has to be made, when, as often, the hard and unyielding rowing-bench claims a tribute of human skin. Then self-denial has its work cut out for it indeed, and mind has to triumph over matter.—*Ex.*

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Health and Temperance.

THE Temperance demonstration at the Cooper Institute on the evening of Wednesday, the 9th of May, was in the fullest sense of the word a success. The attendance was large, filling the immense hall from the platform to the entrance. The speaking was eloquent, kindling the utmost enthusiasm in the hearts of the delighted auditors. Bishop Janes, a model presiding officer, occupied the chair, and managed the meeting with his accustomed skill and courtesy. After prayer by the Rev. Dr. Dowling, and singing by the Tremain brothers (three-men brothers, there are three of them), Theodore L. Cuyler, D.D., made a brief and happy introductory address, in which he spoke of the origin of the organization, its success, its prospects, and its influence in correcting public sentiment. The quiet Sunday, marked as a white day in the year because the Board of Health had shut up the liquor shops, was a theme of comment and congratulation, and if crowds of thirsty bibbers had crossed the river to slake their throats in New-Jersey,

"By all true patriots be it understood,
They left their country for their country's good."

[Laughter.]

Doctor Charles Jewett, one of the earliest and ablest apostles of the cold water cause, was the next speaker. He referred to the drunkenness of Noah and Lot, and the commands given to the priesthood, and then proceeded to give his hearers a short sketch of his personal experience. Though upward of sixty years of age, he found himself hale and hearty and cheerful, without the use of intoxicating drinks. If any one had a doubt of his physical strength, he was welcome to come forward and test the matter. [Laughter and cheers.] He did not, even at his time of life, allow any man to push him from the sidewalk. [Renewed cheers.] In the social circle, surrounded by youth and beauty, and song and music, he could be as cheerful and merry as the merriest madcap in the company; indeed, he needed to put the brakes on almost constantly to keep his cheerfulness within proper bounds, and this cheerfulness did not arise from intoxication. He had raised a family of two daughters and six sons—two of the latter were dead; one died at home of a fever, the other died on the bloody battle-field; but his children—those who were dead and those who still live, never tasted a drop of rum, never used tobacco in any form, never caused their parents a moment's pain by any act of immorality. The Doctor then inquired if there was a family in the city of New-York, consisting of six sons brought up in the opposite course, accustomed to drinking beer and wine and brandy, who could say as much. Doctor Jewett, whose eyes are as bright and whose hair is as black as it was twenty years ago, sat down amid the heartiest applause of his auditors. The announcement of the name of General Howard was the signal of a storm of cheers, which was accompanied with the waving of hats and handkerchiefs.

General Howard came forward, and in a calm, modest, earnest speech, gave a number of thrilling facts and incidents connected with his college and military experience; each fact and incident a potent argument in favor of the virtue of Temperance. He was one of four boys brought up under the care of a good father, now in his grave, and had been taught by precept and example from childhood to manhood, to avoid the use of stimulating beverages. When told by one of his classmates that he would never be anybody if he did not drink, he replied that he then preferred to be nobody. The student who gave him the advice to drink died a drunkard, as did some other members of his class who imbibed an appetite for rum in their collegiate life. While at West Point he persuaded an accomplished officer who had gone to the foot of the hill of dissipation, to abandon his cups to swear that he would not drink again until he had seen his mother. He kept his pledge, became reconciled to his father, from whom he had been estranged, and grew to be a useful and honored member of society. General Howard's remarks in regard to the use of liquor in the Army deserve a full report, but we have not space to spare for that purpose. He bore the banner of total abstinence alongside the stars and stripes through all his campaigns, and proved himself doubly a hero, conquering himself while he helped to conquer the enemy of his country. He is a well-poised and pleasant speaker, in the prime of life, and his eloquent empty sleeve gives force to his correct and graceful utterance.

At the risk of being charged with invidiousness where all did exceedingly well, we will venture to say we had the best of the *wine* at the last of the feast in the speech of Mr. Henry Ward Beecher; not that that gentleman gave us any thing *intoxicating*, although his remarks were very *spirited*. Mr. Beecher's strokes of eloquence and wit are as vivid but unlike the flashes of lightning; you can not tell where he will strike, for he will not follow the conductors even though they point to heaven from the church steeple. He insisted that Americans had enough natural stimulus, and were the last people in the world who could afford to fire their burning brains with alcohol. No man had a right to crowd forty-eight hours' work into a single day, and he who put on steam for the accomplishment of such a task would wreck the machinery. For his own part, with bread and mutton and cold water, and plenty of sleep, he found himself equal to his labor. Unless he had plenty of sleep his hearers would sleep; when he had enough of it they kept awake. He deprecated the use of liquor on New-Year's days and on marriage days; such poisons at such times debauched the year. He thought the Temperance work would last for ages; its success was like the flowing and ebbing of the tides—the ocean was always full, although some of the bays were not. He would like to see it come in as the tide did in the Bay of Fundy, making a wall of thirty feet in height. The family was the place in which to begin the reform. Mothers should understand that a hawk was in the air, and they should give the note of warning, and gather their chickens under their wings. The Church should take a deeper interest in the cause; temperance was not religion, but it was a door of entrance to it.

We have not attempted to follow Mr. Beecher in the exact order of his remarks, nor to report him or the other speakers *in extenso*—one might

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as well attempt to report chain lightning as to attempt to put Mr. Beecher's magnetism in type. He concluded with compliments to the Legislature for giving us the Board of Health, and the Board of Health for the manner in which it discharged its duties. The speech was off-hand and exceedingly happy—now melting the hearers to tears with touches of pathos, and then making them shake their sides with bursts of merriment. J. W.

The War and its Fatalities.

INTERESTING STATISTICS.

Of the grand total of deaths from all causes, (280,420) there died, in action and of wounds, 157 officers and men of the regular army, and 5,064 of other white and colored troops, and of disease, 83 of the former and 2,238 of the latter, making an aggregate of 7,542 officers. Of the enlisted men comprised in the above grand total, there died, in action and of wounds, 90,888, and of disease, 182,010.

From this it appears, first, that of killed in battle and of wounds there was one officer to every eighteen enlisted men, showing greater suffering from the chances of battle of officers, who, with full ranks, constitute about a twenty-fifth part of the army, than of enlisted men. Secondly, it appears, on the other hand, that only one officer to every ninety men has died of disease. The several causes of this remarkable disproportion are evident. Officers are better sheltered than enlisted men.

Their food is generally better in quality and more varied in kind. They are not so much crowded together in tents, and are therefore less subject to contagious and epidemic diseases. They have superior advantages in regard to personal cleanliness. As prisoners of war, too, they are generally treated more leniently. Another favoring and by no means least potential cause, of a psychological nature, is the superior elasticity of spirit and moral power of endurance which is given to a man by investing him with a commission and its accompanying authority, responsibility and hopes of advancement.

EXTRAORDINARY MORTALITY FROM DISEASE AMONG COLORED TROOPS.

A very noteworthy feature of the above tables is the extraordinary mortality among the colored troops from disease it exhibits. It is seen that, while but 2,997 died in action and of wounds, the enormously large number of 26,301 died of disease. Among the white troops, the proportion of deaths in action and from wounds to the deaths from disease is about as one to two; among the colored troops as one to eight. About 180,000 colored men were enlisted in the army during the war, of whom accordingly nearly one out of every seven died of disease. The general proportion among white troops is one to fifteen.

These figures indicate conclusively that the negro, in the condition in which the war found him, was less capable than the white man of enduring the trials, physical and moral, of military service. It may be assumed that where one died of disease at least five others were seriously sick, so that a large proportion of the colored troops must have been constantly upon the sick list. A close analysis of the causes of this difference of physical fitness for military service in the two races, however, would no doubt show that they were in the main of a psychological character, that the great susceptibility of the colored man to disease arose from a certain lack of mental activity and buoyancy of feeling, and that a higher moral and intellectual culture would diminish the defect. This view is sustained by the professional opinion of medical authorities.

PROPORTION PER THOUSAND CONTRIBUTED TO THE TOTAL OF DEATHS IN ACTION AND FROM WOUNDS BY EACH LOYAL STATE.

Maine	44.37	New-York	35.68
New-Hampshire	47.27	New-Jersey	25.21
Vermont	58.22	Pennsylvania	31.75
Massachusetts	47.76	Delaware	25.63
Rhode Island	22.34	Minnesota	25.33
Maryland	17.04	Iowa	45.44
Ohio	36.55	Kansas	61.01
Indiana	30.01	California	12.34
Illinois	34.80	West Virginia	37.90
Michigan	44.82	Kentucky	25.10
Wisconsin	42.01	Missouri	21.74
Connecticut	35.48		

Arranging the States in groups, the average proportion is in the New-England States, 44.76; in the Middle States, 31.79; in the Western States, 36.81, and in the border States, 25.32.

It appears from the foregoing, that as a rule, the mortality from battle ranged highest in the northernmost States, both Eastern and Western. The high ratio of New-England, 44.76, corresponds to that of Iowa, 45.44; of Michigan, 41.82, and of Wisconsin, 42.01. A remarkable deviation from this rule, however, is presented by Kansas, which is the highest on the list.

The excessive mortality in battle in the troops of that gallant State, is no doubt due to the warlike spirit kindled in its population in the early days of its existence, and nourished since. The same singularly martial disposition that induced more than half of the able-bodied men of the State to enter the army without bounty, it may be supposed, led her troops to expose themselves most valorously to the risks of battle.

PROPORTION PER THOUSAND OF DEATHS FROM DISEASE IN THE SEVERAL STATES.

Maine	85.67	Connecticut	61.64
New-Hampshire	76.30	New-York	43.00
Vermont	91.81	New-Jersey	44.13
Massachusetts	62.62	Pennsylvania	34.24
Rhode Island	50.37	Delaware	17.54
Maryland	20.48	Iowa	114.02
Ohio	46.83	Kansas	61.01
Indiana	69.28	California	40.11
Illinois	77.88	West Virginia	37.92
Michigan	97.01	Kentucky	35.10
Wisconsin	76.86	Missouri	21.74
Minnesota	69.83		

With the States in groups, we have an average proportion for the New-England States of 70.45; Middle States, 31.79; Western States, 36.81, and border States, 25.32.

The variations of mortality from disease resulted in part from the nature of the respective services required of troops drawn from different localities.

An undue proportion of New-England troops was used in the unhealthy Atlantic and Gulf States of the South, and to this circumstance

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may be attributed in a measure the fact that 70.45 per thousand of the men from the Eastern States died of disease. The men from the West served in the fever-breeding valleys of the Mississippi and its southern tributaries, and this aided no doubt in swelling their mortality list. The troops from the Border States served mainly in the same regions, and suffered from the same cause. All their ratios are higher than the general ratio of the loyal States, which is but 59.22.

Again, the Middle States, whose men fought to the larger extent in the Army of the Potomac, lost only 37.88, which is 33.67 below the ratio of the Western States, and 21.34 below the general ratio. Virginia was a healthier field of service than the bottoms of the Tennessee or the lowlands of Louisiana, Mississippi and South Carolina, and it can not be denied, moreover, that the Army of the Potomac was always by far the best provided of all our large armies.

SUMMARY.

From the foregoing table it appears that of the total number of troops reduced to the three years' standard furnished by the several States, there was lost by death in action, from wounds and disease, in

Maine	1 in 7	Indiana	1 in 8
New-Hampshire	1 in 7	Illinois	1 in 7
Vermont	1 in 6	Michigan	1 in 6
Massachusetts	1 in 9	Wisconsin	1 in 7
Rhode Island	1 in 11	Minnesota	1 in 8
Connecticut	1 in 10	Iowa	1 in 5 (nearly 6)
New-York	1 in 12	Kansas	1 in 5
New-Jersey	1 in 12	California	1 in 20
Pennsylvania	1 in 12	West Virginia	1 in 9
Delaware	1 in 20	Kentucky	1 in 10
Maryland	1 in 26	Missouri	1 in 9
Ohio	1 in 9		

Comparing the relative mortality from all causes in the regular forces and volunteer troops, we find the following ratios and proportions per thousand men furnished (the regular army numbered about 67,000 officers and men during the war :)

	Killed or Died of Wounds.	Died of Diseases.
Regulars	30.55	42.27
Volunteers	35.10	59.22
Colored Troops	16.11	141.39

The foregoing statistical statements comprise only officers and men who died in the service, and not the tens of thousands who were discharged for disability contracted in the service, from the effect of which they subsequently died in private life.

"A Fatal Mistake.—Two lads—one fourteen and the other seven years of age, sons of Mr. James Harmen of Elmira, New York—went in search of sweet Sicily root in the woods near that city a few days ago. By mistake they dug up and ate a quantity of Indian poke or white hellebore, a virulent poison, from the effects of which they died in a short time."

Children ought to be taught that nearly all the roots and herbs growing wild in the forest are more or less poisonous and are to be avoided. Put a stop to using decoctions of these substances in your homes as medicinal agents, and such incidents will be less frequent. H.

Influence of Light on Plants.—The Academy of Sciences has received from M. Duchartre a highly interesting communication on certain well-known plants called creepers, because their stalks, too weak to support themselves, tend to twine round the nearest objects. They generally do this from left to right, that is inversely to the motion of the sun, but some species turn in the contrary direction, and it is impossible to make either one or the other change its direction. Palm, Von Mohl, Dutrochet, and latterly Charles Darwin, have successively expressed the opinion that light was the cause of this tendency, but further experiments being wanting to confirm this theory, M. Duchartre, who had discovered that the Chinese yam could live a long while in the dark, resolved to try the effect of absence of light upon it. At the end of May last, he placed one in a pot, and as soon as it showed its stem above ground, he took it down to a cellar, where it remained in complete darkness until the 2d of August following. The stem, in the course of seven weeks, grew to the length of a metre and a half. It looked withered and whitish, but was upon the whole strong and even stiff, and perfectly straight, showing nowhere a tendency to twine itself round the stick which had been placed there for its support. Another yam was planted nearly a month later, and left exposed until daylight, until it had twined itself twice round its stick. It was then taken and placed in the cellar, where its stem, still obeying its natural tendency, went round once more, but in a more vertical direction than before; after which it grew straight up along its pole, to which it was fastened as it grew. It was now again taken up into the garden, where it immediately began to twine round again, making five close turns; and when it was once more taken down into the cellar it continued its growth again in a straight line, and so on, according as it was alternately in the light or in the dark. The same phenomenon was observed, not only in the yam or *Dioscorea Batatas*, but also in the *Mandevillea suaveolens;* but on the other hand the bean and the *Ipomœa purpurea* continue to twine round their supports in the dark.—*Galignani.*

Jefferson's Idea of Medicine.—Jefferson had no confidence in Materia Medica. While a resident in Paris, his daughter was seized with typhus fever, and an eminent physician was sent for. He came, examined the patient, gave directions about nursing, and departed without giving or leaving any medicine. The same course was pursued on the second and third days, when Mr. Jefferson said:

"Doctor, you don't appear to be doing any thing for my daughter. What is the reason?"

"The reason is I want her to get well. I had supposed you knew what my system of practice was."

"No; what is it?"

"To have the most careful nursing, leave the disease to wear itself out, and let nature do the rest, but I give no medicine."

The result was the daughter recovered with an uninjured constitution, and for thirty years after Jefferson followed the system of the French physician.

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The Education of a Prince.

QUITE recently a French paper published a very long account of the course of home education of the young Prince Imperial of France. In the United States where all are princes, and where education is as free to the child of poverty as to the child of wealth, we can hardly understand why this young child deserves so much more attention than the children of the peasant, but we must remember that in France every body in Government employ must be honest that the Emperor may do all the stealing; so is it also a fact that the children of poverty must go ignorant that the children of the rich may be over-cared for. There are, however, many points in the education of this young heir to the throne of France which are truly admirable, and might be easily adopted in any American school or family. Indeed, the same plan is often practiced among those who have ideas of education most in harmony with the nature of the child's mind. We quote a paragraph most in point:

"M. Monnier (his teacher) more particularly instructs his pupil during the walks which they take together. The studies at home at the desk are but a small portion of the sum total of the instruction which he imparts, and the most profitable lessons are those given during those quasi-peripatetic lectures. In a wood, for instance, he would explain how it is that the lungs feel more at ease in the middle of a full supply of oxygen, and point out different plants, giving them their Greek or Latin names. If the Prince raised his eyes toward nightfall, the conversation might turn on the stars; so of natural history, geology, chemistry and mathematics. This system is proved to be excellent by the fact that, although the Prince is only ten years old, there is not any science upon which he has not already considerable information."

"He is a handsome, well-formed boy, extremely active, both in mind and body; and though surrounded by all the observances of etiquette, really leads a simple and laborious life."

We hope the day will soon arrive when every child, be he prince or peasant, boy or girl, shall have an education in harmony with its nature and with the occupation to be followed. It has been said that the largest room in the world is the room for improvement, and this statement might be applied to the American school system. Grand as it is in many of its appointments, it has serious and grave defects. One of these is in not making physical culture as important, and in young children more important, then mental. The ancient Persian nation in the days of King Cyrus had a curriculum of culture which if enlarged and adapted to the present age would present a system full of practical wisdom. It consisted in "riding, drawing the bow and speaking the truth." Riding and drawing the bow made the young men brave and strong, to which add truthfulness, and you have by no means a meagre education.

We need in our schools, in this and every other country, to cultivate more of the spirit of bravery, particularly intellectual bravery. Not that Americans have little of this; but they need much more. This can only come through right physical and intellectual culture combined. That system of education which undermines the health, either wholly or partially, will produce a nation without a healthy future. The whole theme is full of suggestions, which we hope may be enlarged upon at some future time. H.

TRICHINA.—At a recent scientific meeting in Germany, Professor Virchow addressed the meeting, and urged the necessity of instituting a microscopical examination of all pork. At the conclusion of his speech, he handed to the president a piece of smoked sausage and a piece of meat from a pig which had been recognized as trichinous. Thereupon a veterinary practitioner, named Urban, rose and combated all that science has acquired during the last five years as an unfounded illusion. "Trichina," he said, "are the most harmless animals in the world. It is only doctors without practice who make a noise about them, in order to create some occupation for themselves," etc. [Great interruption.] The president is obliged to stop the veterinarian. Drs. Virchow and Mason demand an apology from M. Urban. Dr. Mason challenges Urban to eat some of the sausage on the president's table. [Great applause.] Urban wishes to explain. The meeting calls upon him to eat, "He had not spoken of Berlin doctors ['Eat, eat!'] but of those at Hedersleben. ['Eat!'] He would first see whether the sausage contained trichina." [Great laughter and continued shouts of "Eat, eat, eat!"] Whereupon M. Urban suddenly seizes the sausage on the president's table, bites off a piece, eats it, and leaves the hall forthwith, amid the applause and laughter of the assembly.

A German newspaper reports that five days later the veterinarian Urban was confined to his bed, and his arms and legs were paralyzed. His illness was caused by trichina contained in the sausage he had been badgered to swallow, and, as might be expected, the result was fatal.

NARROW-MINDED men who have not a thought beyond the little sphere of their own vision, recall the Hindoo saying: "The snail sees nothing but its own shell, and thinks it the grandest in the universe."

A NEW JERSEY lighthouse-keeper put out the lights at midnight. on the ground that he thought all vessels ought to be in the harbor before that time.

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INFANT'S BRAINS.—The new-born infant usually has that part of the brain most largely developed which is specially necessary for the maintenance of the animal functions. The base of the infant brain is relatively much larger than the superior part. Nature, true to herself, economizes in every possible way. Since only a part of the infant brain is necessary to be well developed at birth, and since the intellectual and moral organs are not required during the helplessness of infancy, and since extra largeness of brain would be a great inconvenience, nature kindly denies them at first any development of brain which can be avoided. Hence the little, low, narrow forehead, the germ and only the germ of the intellectual organs being needed, only these seem to be given. The middle part of the head, that presides over the bodily functions, is more amply developed. As a child increases in age, and begins to notice external objects, and becomes old enough to understand, and strong enough to do, it is marvelous to note how the front or intellectual part of the brain expands—*A. P. Journal.*

IF you would have a faithful servant, and one that you like, serve yourself.—*Franklin.*

Publishers' Department.

This Number.—With this number a few of our subscribers' term of subscription for THE HERALD OF HEALTH AND JOURNAL OF PHYSICAL CULTURE expire. The usual note giving this information will be sent in THE HERALD to such subscribers, together with the form of renewal, so that those who wish for our monthly will only have to write their names and addresses in the blanks, inclose the money and forward to us. We need but say to our readers that we hope and expect that most or all of them will send in their names for the coming year, and that many of them will obtain a goodly number of new subscribers for THE HERALD for the next year. We are making arrangements by which our sphere of usefulness will be greatly extended, and are engaging the assistance of many able writers, who will make THE HERALD broad and liberal in its tone and sphere, and just what every family needs. THE HERALD OF HEALTH in any family for a series of years would save many times its cost, by constantly reminding the reader of the laws of life and health, inducing them to "throw physic to the dogs," and depend on wise Hygiene for the cure of disease and the preservation of health. We do not believe that a mother rearing a family of children whom she would save from feebleness, drunkenness, gluttony, wine-bibbing and tobacco-chewing, would run the one-hundredth part of the risk with the monthly visitations of our HERALD that she would without it. We shall ever be the foe of every thing that mars the face and debases the body of human beings; ever the friend of all that makes men physically more perfect, brave, heroic and healthy. We want every one of our present subscribers to send in their names and subscriptions at once. The List of Premiums on the last page of the cover will be good for the year commencing in July.

Counterfeit Money.—Please be particular about sending good money; much of the currency afloat is counterfeit.

A Wise Act.—Mr. Smith of Geneva sends his check for $75 for 50 copies of THE HERALD OF HEALTH for one year, and is entitled to a Premium of one of Weed's $60 Sewing Machines. THE HERALDS are to be given to his friends and patrons, unless they are willing and able to pay. By this means he gets an excellent machine at the price he would have to pay for it, had he bought it of the Company, and 50 subscriptions to THE HERALD for 1866. If this is not cheap enough we do not know what is. If this is not a great inducement to agents we know not what would be.

Giving Credit.—Our exchanges often copy our best articles, those which cost us much money, giving no credit, or perhaps only the name of the writer. They will please bear in mind that all articles originally published in THE HERALD they are at liberty to use, but, beside giving credit to the writer, they should give credit to THE HERALD. We are now paying large prices for what we publish, and think this simply but an act of justice.

The July Number.—The July number will be issued early. We have imported a fine article of paper from London, in quantity sufficient for the next six months, and shall frequently give double numbers. The July number will be a large double one, on fine paper, and contain an unusual variety of most interesting matter. Subscriptions should be sent in at once. Look over our Premium List and see what you want in it, and send Clubs accordingly.

National Longevity.—We have in preparation an article on this subject which will appear in the July number. This is a subject of interest to all, and it can not fail to attract the attention of those who have been interested in saving our nation from disruption during the late civil war. The article will be written by one of our best writers, and will discuss the effects of habits, health culture, government, etc., upon national destiny and national longevity.

Shall We Eat Pork?—This subject is discussed in this number. In our next we shall have an illustrated article on Trichina, with more arguments why pork should not be eaten. The warfare against this dietetic abomination will be kept up in THE HERALD as long as hogs are more plentiful and expensive than bread, and as long as they are allowed to spoil so much good food by converting it into their own abominable flesh.

R. Wynne, Sydney, New South Wales.—Your package was sent by a sailing vessel last autumn, and has no doubt reached you ere this. We could not send by mail without paying more postage than all the money you sent us, nor by express without doing the same. Hence, we sent by private party on sailing vessel. THE HERALDS go by mail. THE HERALD is sent regularly to you by mail.

Lecturing.—Dr. U. E. Traer is lecturing in Iowa with success. He has with him our publications, which he will supply at our prices. Those in Iowa who want a good lecturer to visit their place should address him at Lyons, Clinton County, Iowa.

Premium Book.—It will be noticed that we give as a Premium to each subscriber who sends us 6 cents for postage, WILSON'S work on the "Turkish Bath," with an Appendix by M. L. HOLBROOK, M. D. The work contains 75 pages and is a very interesting and valuable book. Don't forget to send the 6 cents postage.

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Premium Picture.—The beautiful work of art which we offer in our Premium List for 8 subscribers is universally admired. Letters from all quarters come to us speaking of it in terms of the highest praise. Here is one:

"Messrs. MILLER, WOOD & Co.—*Sirs:* Yours of April was received in due time. The picture came all safe. I am very much pleased with it, and my friends all say it is beautiful. I am more than paid for my labor in getting subscribers for THE HERALD. I hope to get more as soon as the roads are passable.

"Truly, MISS E. G. SAWYER, Minnesota."

Ladies' Suspenders.—We are now prepared to fill orders for Ladies' Suspenders. Their object is to support the skirts over the shoulders, instead of on the hips as heretofore, much to the detriment of women's health. We are sure there are thousands of women in America who will welcome them as an invention giving them great relief, and doing much to secure to them a healthy condition of the internal organs. Woman's curse in America is weakness in the sides, back and chest. Secure to her strength here, and you secure to her one of the greatest blessings she can enjoy. We recommend these skirt-supporters to the intelligent and cultivated women of this country as one of the most important inventions regarding woman's dress of the present age. Price $2.

This Number.—In this number we commence a series of articles by MOSES COIT TYLER of London, which can not fail to attract attention. Mr. Tyler sustains the same relation to Physical Culture in England that Dr. Lewis does in this country. These letters will be continued throughout the year. Mr. Tyler is an easy and graceful writer, and has long been a correspondent of several of the leading newspapers in New York. What he has to say of the attitude of Englishmen toward innovations will be read with exceeding interest.

Sexual Physiology.—Our new work on Sexual Physiology is already meeting with a rapid sale. Agents wishing to canvass for it should address us for particulars. The price of a single copy by mail is $2, which, considering the style of binding and the large number of engravings which illustrate the work, is very cheap. We are very sure that no person ordering a copy will ever find reason to regret it.

Physical Culture.—By reference to our advertising columns those interested in Physical Culture will learn that the Normal Institute of Physical Culture at Lexington, conducted by Dr. Lewis, will hold its next session in July, August and September. Dr. L. writes that there is promise of a large class.

Circulars.—Those of our subscribers who wish to aid us in extending the circulation of THE HERALD, should obtain our circular to exhibit to their friends. Every invalid who will send a stamped envelope shall receive in it one of each of our circulars for THE HERALD, Books, and Baths.

Notice.—Subscribers changing their residence must not expect us to duplicate the numbers sent them at their old post-office, unless they inclose 15 cents for the same.

Syringes for Children.—We have now on sale syringes for children, with tubes for eye, ear and shower attached, which are very perfect and complete; price by mail, postpaid, $2 50.

Canada Subscribers should send 12 cents extra for postage. Many thanks to Canada friends for fine clubs.

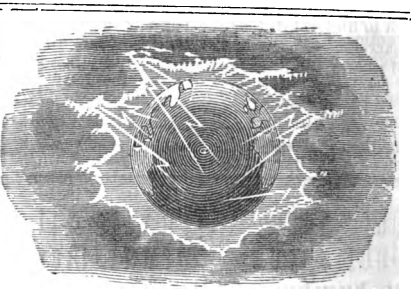
Book on the Cholera.—The Cholera—its Cause, Prevention and Cure by Water Treatment. Price, by mail, 50 Cents.

Now that this disease is likely to spread over more or less of the country during the present year, this little book by Dr. SHEW should be extensively read.

Address MILLER, WOOD & CO., 15 Laight Street, New York.

Advertisements.

☞ ADVERTISEMENTS of an appropriate character will be inserted at the following rates: Short advertisements, 25 cents per line; thirteen lines, for three or more insertions without change, 20 per cent. discount; one-half column, $12; one column, $22; one page, $40. All advertisements must be received at this office by the 10th of the month preceding that on which they are to appear.



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Is prepared to give Hygienic treatment, including Swedish Movements, at his office, or to attend to general practice in city or country; may also be consulted by letter, by stating fully the patient's symptoms and manner of living, and inclosing $5 for prescription. Office hours from 8 to 10 A. M., 1 to 3 and 5 to 7 P. M. je-3t*

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THERAPEUTIC COLLEGE, wishing to locate in this or some one of the neighboring States would like to correspond with parties knowing of a suitable locality. Address HYGIENIC PHYSICIAN, Cincinnati, O. je-1t*

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Sent FREE to any address, on receipt of a two-cent stamp (to pay return postage), by EDWARD M. RICHARDS, Yellow Springs, Ohio. je-1t*

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The "Granite State" has now become widely and favorably known as one of the best Hygienic establishments in the land.

Through its great success in treating disease for the last fourteen years, the perfect homelike atmosphere that has ever pervaded the institution, the moderate terms upon which patients have been received, the care that has been taken to insure their recovery, and to return to them the largest equivalent for the money they have expended, this institution has been built up into a large and flourishing establishment. It is not too much for us to say that patients from all parts of the country, from our large cities and from interior towns, have been enthusiastic in their praise and in recommending our institution to their friends.

The following points have attracted attention:

1. Our accessibility: the cars stop within a few rods of our door.
2. Our location, amid pleasant and romantic surroundings.
3. The purity of the air and the excellence of the water.
4. The dietary: the variety, the exceeding simplicity of preparation, and yet the palatableness of the food.
5. The careful attention bestowed on patients and the specific directions given to insure their recovery.

To all invalids, living far off or near, in the city or in the country, who wish to find some pleasant resort for the spring or summer months where they may recuperate their wasted energies by placing themselves, physically, mentally and socially, in the most perfect health-conditions, the "Granite State" will be found perfectly adapted and will doubtless give satisfaction.

We wish it distinctly understood that this institution is not a fashionable resort, but a *home* and *cure* for the invalid.

We have had a large and very successful experience in treating the special diseases peculiar to the sexes, and patients of this class may be assured that they will receive the most skillful treatment.

We have greatly enlarged and improved our buildings, and shall be able to accommodate many more within the Cure than heretofore. When we can no longer do this, good rooms will be provided at a little distance, as has been done with so much acceptance in the past.

Ministers of the Gospel, dependent on their salaries for support, will be taken at a reduced rate.

The reader is referred to the April number of this JOURNAL, where he may see what our patients say of us.

☞ No drug poisons are ever given in this establishment.

*** The Hot-Air Bath, a modification of the Turkish, is used in some cases.

☞ We shall be glad to send circulars giving particular information concerning our establishment to all inquiring friends who will inclose stamp for postage.

je-tf W. T. VAIL, M. D., Hill, N. H.

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The Summer Term of this institution will be held in Lexington, ten miles from Boston. The class will be trained in the open air under a simple roof, while the members will board in Dr. Lewis's Health Establishment. Not less than seven able teachers will be occupied with the class.

The Term will open on the 1st of July, and continue eleven weeks.

The terms will be as heretofore, $80 for the Tickets; 25 per cent. less for females.

Board, $5 50, which includes room and lights. ap-tf

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The Hygeian Home is pleasantly situated on the Eastern slope of Cushion Mountain, one and a half miles from the Wernersville Station, on the Lebanon Valley Railroad, and is easy of access by railroad from all parts of the United States. The climate is mild and pleasant. The scenery is truly grand. Dr. Weeder says it surpasses any thing I have ever seen in Europe or America. Hon. Judge Jones says that language can not describe its grandeur. Hon. Judge Strong says the air and scenery are as fine as any in America. Hon. Judge Woodward says, I can not conceive of any thing more beautiful in scenery than that from your door. The walks are dry and clean. The mountain air is pure and bracing. The bathing facilities can not be surpassed. The *water* is not only soft but absolutely *pure*, and the physicians, Dr. A. Smith, Mrs. Dr. C. Smith and Miss Dr. P. Draper, have had great experience and success in healing the sick. They pay especial attention to giving the Swedish Movements and Light Gymnastics. With all these natural advantages, the Hygeian Home stands pre-eminently superior as a Health Institution to any other similar establishment in America. Thus all who place themselves under our care, may feel assured of all that professional skill and personal kindnss can accomplish to aid them in the recovery of health. Terms moderate. Send for our Circular. Address all letters to A. SMITH, M. D.,
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Special attention is given to Spinal Curvatures, Round Shoulders, and deformities of every description; Incipient Consumption, Narrow Chests and Weak Lungs; Uterine Diseases and Displacements, Imperfect Circulation of the Blood, Coldness of the Extremities, Nervous Diseases, Paralysis, Dyspepsia, Liver Complaint, Constipation, etc.—Communications relating to the Movement Cure should be addressed to MILLER, WOOD & Co., 15 Laight Street, New York.

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a my-1y ISAAC TABOR, M. D.

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Will be ready to receive patients or boarders, April 1, 1866. Electrical, Medicated Vapor, and Hydropathic Baths are used. E. F. HENDRICK, M. D.
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CHRISTIAN HEALTH REFORMER'S COLONIZATION COMMISSION:

Organized at "Our Home," Dansville, N. Y., February 20, 1866.

The object of this Society is to secure to each one of its members a good home, in which he may enjoy all the independence and responsibility usually belonging to the head of a family, with the addition of superior neighborhood advantages.

Information thankfully received concerning:

1st. LOCATIONS,

which combine, as far as possible, these advantages;

Land—fertile, easily worked, cheap in price, with good natural drainage, and well adapted to the profitable raising of the largest variety of Fruits, Grains and Vegetables; Climate mild and healthful; Markets good, with facilities for manufactures, commerce and all the industrial arts.

2d. THE PEOPLE

Who would like to secure Homes in a place possessing many of the above advantages, and who will help to build up a neighborhood where ALL shall have encouragement and support in living simple, pure and true lives, with increased opportunities for Intellectual, Literary and Social Culture, and for spiritual growth; where WOMAN can have life out of doors, and the privilege of wearing a healthful dress; and where CHILDREN can attend schools conducted on Hygienic Principles, and be largely exempt from the vicious associations of ordinary society.

Persons desiring thus to co-operate should inform the Society fully in regard to themselves, their occupation, and the amount of capital which they would invest in lands, manufactures or other business.

Information concerning all similar movements heretofore made and now being inaugurated will also be gratefully received.

A synopsis of the facts thus collected will be published from time to time, and immediately forwarded to all full members of the Society.

To pay the expenses of printing and postage small voluntary donations are received. Persons sending to the Treasurer fifty cents, with their names and addressess, are considered members in full. Smaller sums, and all letters of inquiry and information, may be sent direct to the Secretary and General Agent.

REV. OTIS B. WATERS, *President*, Oberlin, O.
T. M. COBB, M. D., *Treasurer*, "Our Home," Dansville, N. Y.
T. GROW TAYLOR, *Secretary and General Agent*, Milford, Del. my-1t

TURKISH BATHS

AT

THE WILLOW PARK WATER-CURE!

We are busily engaged erecting a complete suite of these *famous Baths* in our Cure. One suite of rooms for ladies and another for gentlemen, complete and separate. We intend they shall be ready for use by the 15th of March. We will assure all invalids who read this that our Baths shall be equal to, if not better, than any now in use in the United States of America, and shall be administered on the most careful and scientific plan. We will also state that we have engaged the services of ELLEN H. GOODELL, M. D., for the last two years Female Physician at the Laight Street Institute, N. Y., and whose reputation needs no comments. She will be with us the first of March. Address, inclosing stamp,

mh-tf DR. J. H. HERO, Westboro', Mass.

WOMAN'S DRESS; ITS MORAL AND PHYSICAL RELATIONS.

By MRS. MATTIE M. JONES, M. D.—This is the most interesting and instructive essay that has yet appeared. It gives plain and definite rules for making a physiological dress of exceeding beauty, a chapter on the Gymnastic costume and how to make it, and a great variety of interesting matter. The whole is illustrated with numerous cuts done in the finest style, of different patterns of dress, with patterns for the instruction of those who wish a guide to work out the best results. It is printed in the best style, and sent by mail for 30 cents. Address MILLER, WOOD & Co., No 15 Laight Street, New York.

TURKISH BATHS,

AT THE HYGIENIC CURE, TORONTO, C. W.

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September 11, 1865. oc-tf

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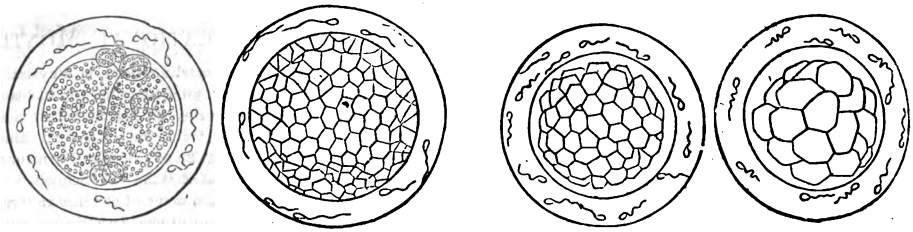
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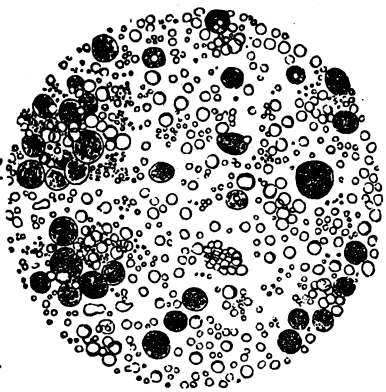
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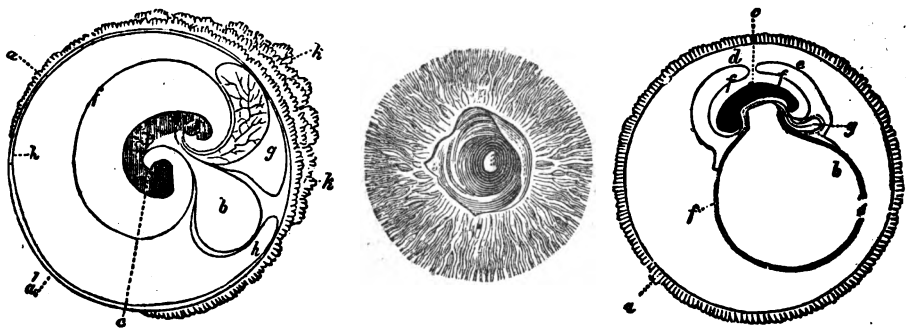
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AND

JOURNAL OF PHYSICAL CULTURE

FOR THE YEAR 1866.

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2. The Care of Children, so that instead of four-fifths of them dying before they attain five years of age, a majority may be preserved to beautiful, happy and useful lives.

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