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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

Vol. I. WERNERSVILLE, NEAR READING, PA., MAY, 1878. No. 1.

The True Healing Art.

By Robt. Walter, M. D.

Adhesion to Principle. The widest experience and the soundest reason have combined to commend adhesion to principle. A man is reliable, whether in religion, politics or business, to the extent that he is grounded on sound principles, but in whatever degree he operates from expediency he is unreliable. No man can possibly be successful who trusts to the inspiration of the moment, to expediencies suggested by present appearances, to the temptations and allurements of the time being, without reference to the principles involved in the action. Something is necessary more than *apparent* results in order to hold a man to the line of rectitude. There is a delusion in man's affairs constantly operating against him which principle alone can control. In religion there are allurements from the path of rectitude, in business temptations are continually pressing, while in politics or the general affairs of life, expediency is being urged with a plausibility that inevitably ends in acceptance, unless the man is thoroughly grounded in principle. To be a man of principle is a high recommendation, and one which augurs for the possessor, power, influence and success; while to be unprincipled is known to be a weakness so dangerous that no capacity or talent can atone for it. Mediocrity with principle will ever surpass talent and even genius without it.

But if principle in the moral world is readily conceded to be very valuable, how much more apparent is that value in the scientific world. A mechanic can be successful only to the extent that he comprehends and applies mechanical principles; if destitute of these he can accomplish nothing. The patent laws of our country recognize these facts. Discoveries or inventions to be patentable must be of new principles or new modes of application of principle, and a single discovery of this kind is often worth untold millions. A fact may be valuable, but when compared to the value of a principle is of little consequence; one principle being of more value than ten million facts; because given the principle the fact may be produced and repeated *ad infinitum.*

In the experimental sciences the value of principle is not one whit less. One correct principle, well comprehended and applied may be of more value than all the facts of a system—than all the details of a practice. Eminently is this true in medical practice, where facts are so numerous that they serve in the absence of principle, only to confuse; where phenomena are so deceptive that unless grounded in principle the practitioner will inevitably be led astray; where appearances are so delusive that no man can trust to act upon them. If there is in life, with all its varied activities and multiplied forces, a sphere in which men cannot afford to be destitute of scientific principles, cannot afford to operate from expediency, present appearances or momentary impulse, that sphere is medical practice. The phases of disease are well nigh as innumerable as cases are, and as varied and changing as the lights of a kaleidoscope, so that any physician, not grounded in the principles of practice who is, therefore, compelled to prescribe by rote, is unsafe. Human life is too sacred to be entrusted to such hands.

But it is not enough for the physician that he is conversant with the principles of his practice, *these principles must be true.* To operate from false principles is certainly worse than to operate without principle; the veriest empiric is safe in comparison with him who is educated into a false system. Education is valuable if it be education into truth, but education into falsehood is worse than ignorance.

That men know little in comparison with what they ought to know, is proverbial. In the workshop of nature, material and tools are lying at our feet in endless confusion, and it were a wise man, who out of these materials, and with these tools, can construct the true and the beautiful. And, yet, discoveries have been made, truth has been formulated, principles are established, and all these in sufficient number and variety to serve as guides to other discoveries. Given this we can determine that, having discovered this law we may formulate that principle, which when verified by all the facts and found to be true, will serve as the basis for other conclusions.

It is seldom, however, that men make a discovery of truth by conscious processes of reasoning. Accident, fortunate concurrence of circumstances, peculiar opportunities, are usually entitled to receive a large share of the credit; but no matter by what means we have arrived at the truth, once it is clearly perceived, it can be logically proved. Proving it, however, does not necessarily render it acceptable. Though Harvey demonstrated the circulation of the blood, he was, nevertheless, denounced as an imposter, and deprived of his practice.

The principles of the True Healing Art have long been known to the profession, perceived clearly or dimly according to the degree of intelligence of the individual; but these principles have never been combined in a system. They are given to us in the form of admissions, the logic of which the profession steadily refuses to accept, being, indeed, too revolutionary to be seriously considered After describing the true idea, the late Professor Chapman of the University of Pennsylvania, in his Materia Medica, declares: "Exhibited in this light, the profession of medicine becomes exceedingly debased" and he of course refuses to accept "this light." To do so would be to destroy or greatly impair the importance of the profession, and the *esprit du corps* in all professions is strong. "Can we consent to this degradation?" he further exclaims, to which we answer, yes! you will be compelled. The facts cannot always be denied; the truth is becoming more and more apparent from day to day. False theories, whereby is maintained an inherited practice, born in the superstition of the dark ages, nurtured in past ignorance, and which thrive only by deluding the senses, will by and by fade away, as does the snow before the rising sun.

Esprit du corps may be strong, but systematic truth is stronger. Indeed a true system is the most charming and successful thing in nature. It is not only beautiful, but is harmonious as well; in fact its beauty consists in its harmony. Made up, as it is, of innumerable facts and principles, each one in complete harmony with every other one, each fact explained by its principle, and each principle resting securely upon its facts, a place—a beautiful niche—for all, the system becomes enchanting in the highest degree, so that human prejudice cannot long withstand its loveliness.

Furthermore, we urge that a true system has many fundamental principles, each of which when logically applied, leads us irresistibly to the same conclusion, and innumerable facts each of which, when understood, becomes the basis of the same effort. These principles and these facts we propose to examine. From month to month we shall take up separately the acknowledged fundamental principles of medical and hygienic science and trace them to their legitimate conclusion. The most rigid rules of scientific interpretation shall be insisted upon; the *a posteriori* as well as *a priori* methods of reasoning shall be applied, and every precaution against error observed. And we shall not flinch in the application. Where the truth leads we propose to follow; and in conclusion, the truth shall be duplicated and verified by a reference to facts innumerable.

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The Care of the Health. No. 1.

By Robt. Walter, M. D.

1st. Breathe Only Pure Air.

See that all apartments which you occupy are well ventilated. If the house is not constructed for proper ventilation, then a window must be lowered at the top, and if possible also at the bottom. To prevent the air from striking directly on the person, have a piece of board fitted across the window sill as high as the window is raised, so that the air shall strike upon it and receive an upward impulse, thus mingling with the higher stratas. But now a days a house without hot air ventilating flues is a barbarism.

Let there be no sources of contamination within the house that can be avoided. All sleeping apartments and beds should be well aired daily, and abundance of sunlight should be admitted into them. Sun and air are cheap, but effective disinfectants that should be permitted everywhere. Be sure that the cellar is not damp or mouldy, and that rotting vegetables or other decaying substances are not in it. Perfect cleanliness, with frequent whitewashing is important.

If there are water closets, sinks, bath tubs, &c, in the building, see to it that they are properly trapped, and that the drain pipe is open from one end to the other, the end at the house being carried through the roof, so that currents of fresh air may continually pass through it, to dilute all noxious gases, and carry them away.

Sink holes outside should receive extra care. All drainage, kitchen slops, wash water, should be carried many rods from the house, say to the barnyard, and kept thoroughly disinfected by continually mixing with dry earth, which may be used in the garden or on the farm.

Stables, cow-sheds, barnyards should not be less than 40 rods from the dwelling, and should be on the opposite side from the prevailing winds. Manure should be frequently carted away to large heaps or immediately buried beneath the soil. Spreading it and allowing it to lie exposed to sun and air is a great source of typhoids. It should not be allowed to be spread around the barn yard, but should be covered in a reservoir and the yard be kept clean.

Stagnant water should not be permitted in the vicinity. Clay soils should be thoroughly drained, a clay sub soil from holding water being particularly a serious cause of disease. Dwellings also should always be built on rising ground, the higher the better, so as to be above infecting causes, and have opportunity for abundant sunlight in all occupied rooms daily. Too much shrubbery close to a dwelling is a source of disease that should not be permitted. Air and sun should freely reach all parts.

Keep also the mouth and nostrils clean. Decaying teeth will contaminate blood and breath to a serious extent. "Catarrh in the head," is also a frequent source of contamination. Decaying food, wedged between the teeth, is quite as bad. Decayed teeth should be extracted or properly plugged, and all teeth should be brushed carefully daily or twice a day, always at night, using good castile soap, and in the morning precipitated chalk for a dentifrice, and a quill tooth-pick should be employed after each meal.

For offensive catarrh a very weak solution of permanganate of potash, say two grains to four tablespoonfuls of warm water, the solution to be inhaled through the nose, or injected with a syringe, is desirable as a disinfectant.

The best syringe for this purpose is the Fountain Syringe, which runs a continuous stream, and if the head be held forward and the nostril closely pressed against the tube, the solution will run in a gentle stream through one nostril and out of the other, without getting into the mouth or throat. The solution should not be strong enough to cause any pain or aching in the parts, and at first great care should be used not to have the solution too strong.

Breathing.

Having secured pure air in abundance, we must now breathe it. To do this the lungs must be of sufficient capacity, and the breathing muscles sufficiently active. In both these points the great mass of the people are deficient—neither the lungs themselves nor the breathing muscles being fully developed. But it is only by use of the latter that the former are developed, the lungs themselves being a passive rather than active agent in breathing. Air presses upon all parts of a human body, including the air cells of the lungs, with a pressure of about fifteen pounds to a square inch, and hence the lungs are compelled by this pressure to fill precisely the cavity of the chest. The chest is a casing, chiefly bony, held together by muscles, and these muscles, by alternately contracting and relaxing, increase and diminish the capacity of the chest, in this way performing the function of respiration.

Among all the muscles of respiration, the abdominal muscles are the most important. The diaphragm, a musculo-fibrous septum, which separates the chest from the abdomen, is the floor of the lungs, which has for its foundation the contents of the abdomen. Thus the lungs rest upon the diaphragm, the diaphragm upon the stomach and bowels and other abdominal organs, while these rest upon the abdominal muscles. Now if the abdominal muscles relax, the abdominal contents descend with them, the diaphragm follows, and the lungs, being pressed upon from above, enlarge and correspondingly press downwards, causing inspiration of air. This inspiration is greatly increased by *simultaneous* contraction of the muscles between the ribs, called *intercostal*, which raises these so as to greatly enlarge the cavity below. Inspiration having taken place, expiration follows by reversing the operation; by *contraction* of the abdominal muscles which carry the contents of the abdomen upward, so pressing upon the diaphragm and lungs, and forcing the air out; at the same time the intercostal muscles relax and allow the ribs to drop down, and so reduce still further the capacity of the chest.

Breathing, therefore, is carried on almost wholly by muscle, and it is hence important that these muscles, and (inasmuch as all muscles are connected sympathetically,) that the muscular system in general, shall be active and vigorous. The purest air of any mountain side will be comparatively useless to us unless the breathing muscles are sufficiently active to enable us to breathe it.

In the light of these facts how feeble is the effort to increase the breathing capacity by any appeal made directly to the lungs. Breathing tubes, spirometers, special breathing efforts, &c., are of small account, and what they do accomplish is done through the influence of the will operating on the muscles, and not as is generally supposed by pressure of the air from within.

Vigor of muscle, it is well known, is dependent upon exercise of muscle; if for any reason exercise or free motion of a muscle or set of muscles is interfered with, corresponding debility is the result. I do not propose to preach a sermon against tight lacing. It is not necessary, in order to debilitate the muscles of the abdomen and chest, that a person shall lace; all that is necessary is that the clothing fit closely enough to allow the abdomen and chest to rest upon it. If part of the weight the muscles are intended to carry, is held up by clothing, these will grow weaker from day to day, for want of natural exertion. The evils of woman's dress, corset or no corset, are frightful to contemplate. Want of active labor, by which the muscles would be strengthened, allows the difficulty to greatly accumulate. From these causes the abdominal muscles grow weak, if they have ever been developed, the abdominal contents gravitate downward, pressing the uterine organs out of place, breathing becomes feebler and feebler, for this cause digestion fails, circulation is obstructed, nutrition prevented and nervousness, *ennui*, and a whole train of serious symptoms follow. All these without tight lacing, but when this is added, is it wonderful that the vigor of American women is below par? Human life is tenacious or the race would be extinct. The cure is found in a removal of the causes. Tight lacing must be foregone. The clothing must be made so as not to press upon the abdomen. All skirts,

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under-clothing, &c., must be suspended from the shoulders instead of tied around the waist.

Special exercises suited to the individual case are important. To persons in moderate vigor chopping wood, not enough to be fatiguing, is excellent. Hoeing, rowing, horse-back riding are all good. Climbing the mountains is far superior in these cases to walking on level ground, unless the patient is feeble. The Movement-cure however offers the only rational ground of hope in serious cases. It is a system of exercises adapted to every conceivable case. I can mention but one or two plans that are desirable for everybody, and worth more to a feeble person, male or female, than all the nostrums that were ever invented. Thus, knead the abdomen as you would knead bread, following the course of the bowels, down the left side, across and up the right side, and continue from one to three minutes daily, or twice a day, followed by gentle percussion of the same parts equal time. A person must commence very gradually or the soreness which is usually present will increase rather than decrease as it should do. We have taken many patients who were so sore at first that they could bear little, and relieved all tendernesses in a few days. Lying on a couch, with the hips near the edge, and raising the feet to an angle with the body three to five times once a day immediately preceding kneading, is an excellent exercise. Dumb bells, if used slowly and steadily, instead of in the jerking manner of the gymnasts, are useful. Indian clubs, if not violently used, are not to be despised.

We are called upon, however, to deprecate violent motions of any kind. Happy day it will be, when people learn that the way to health is not through unpleasant, abnormal, violent, forcing processes, but by supplying the conditions for health and allowing the vital instincts unobstructed operation. The same force that brought us into being, that maintains us in existence, that heals the broken bone, or the torn flesh, must restore us if we ever recover; to purge or puke, to bleed or starve, to soak or strain, is not to aid nature but to oppose her. This at least is common sense, as we understand it.

Diphtheria.

By J. A. Tennet, M. D.

This is not a new disease, as many suppose, but it was not called by its present name or described as a distinct disease until about the year 1825. Before that time it was considered by some as a variety of scarlet fever, and by others as identical with croup. But it differs from scarlet fever, in that it lacks the scarlet efflorescence which goes with that disease, and also there is a membranous formation in the throat in diphtheria, from which the disease takes its name, which scarlet fever has not. Diphtheria resembles croup more closely, yet there is this difference in the two diseases: Diphtheria is generally an epidemic, and is a disease of the blood, the patient sometimes dying before any disorganization in the throat has taken place; while croup is only dangerous from the formation of the membrane in the throat, which obstructs the breathing.

Diphtheria sometimes shows itself by acute feverish symptoms at the outset, but generally it commences insidiously, with dizziness in the head, or a feeling of general prostration. The question arises, "how shall we know diphtheria when we see it?" The answer is,

If a person is taken sick suddenly and becomes greatly prostrated within a few hours, and with this there is a chilliness of the whole surface, and a brown coat on the tongue, it is safe to treat it as diphtheria.

But we do not treat *names* of diseases, but *conditions*. It is not at all necessary to know the name of a disease in order to treat it successfully, any more than it is needful to know the name of the patient. The same condition may exist in a dozen different diseases, and of course require the same treatment in them all; and often the conditions of the same disease in two persons are so different, as to call for entirely opposite plans of treatment. Thus a condition exists in the early stages of diphtheria requiring a certain kind of treatment, as set forth in this article, which would not be called for at all in the later stages of the disease.

Diphtheria is a disease of the blood; if a person has pure blood, no such disease can exist. Scrofulous people are most likely to have it, for their blood is like a powder magazine, ready to explode from trifling causes. A cold, caused by a little over-exertion or undue exposure, will so add to the poisons already accumulated in the blood, that the system becomes intolerant of their presence, and an effort is made to expel them through the mucous surfaces of the body; and the violence of this effort threatens these surfaces with disorganization. The dangerous character of the disease is generally in proportion to the degree of irritation in the throat.

In every kind of congestion to the mucous surfaces, indicated by chilliness and inward irritation, heat should be applied to the whole surface of the body. The circulation will follow the application of heat, as is proven by placing one's hands in hot water; when the blood will flow into the skin, causing a reddened and full appearance. In the first stages of diphtheria, the hot treatment should be energetic in proportion to the violence of the disease. Any effectual method of applying heat to the surface and extremities will answer, but moist heat is the best, for it is most likely to induce free perspiration.

The sitz-bath (described elsewhere) at 105 degrees—the tub being full when the patient is in it—is the simplest and most efficacious method A foot-bath should be prepared of the same temperature as the water in the tub, and the patient caused to sit down in the tub, with his feet in the foot-bath, and be well covered with a comforter, or two or three blankets, so as to retain all the heat possible. This bath should continue fifteen minutes, or until the patient feels perfectly warm and perspiration is induced. Then he should be taken out and put in a pack, wringing the sheet out of water at 100 degrees. The patient should be enveloped in this as quickly as possible. For directions how to give packs, the reader is referred to an article on that subject in this number.

It should be added that the bath should be given in a warm room; but when the patient is done up in the pack, the windows should be thrown open, and the pure air allowed to come in in abundance. The pack should continue one hour, when the patient should be taken out, the windows having been closed and the room warmed again, when he should be washed down in tepid water and put to bed, with cloths wet in ice water to his throat; or if the inflammation is intense, pounded ice may be folded within a towel and put upon the throat, not forgetting to keep hot applications to the feet.

The object of the hot bath is to induce the blood to flow to the surface of the body and so relieve the mucous membrane of congestion. The pack purifies the blood, the skin absorbing the water and giving out a great amount of poisonous matter which is the cause of the disease; while the cold applications to the throat, if applied persistently enough, will render disorganization impossible.

If these directions are implicitly followed from the time the disease first shows itself, not one case in a thousand will ever die of diphtheria.

The Comparison.

Forty years ago, if a man were bilious, dull, rheumatic, dyspeptic, with headache, loss of appetite, debility, &c., he was bled and relief generally followed: to-day he is fed on a diet that he cannot appropriate, and so loses flesh, strength and vigor, but his troublesome symptoms disappear, because of the depletion, and he supposes he is benefited.

Forty years ago he was purged to be purified: now he is soaked for the same purpose. In either case he is relieved because he is depleted—the principle of practice being the same, though the methods seem to be very different. It *may* be better to give a man food that he cannot make into blood, than to draw the blood from his veins after it is made; it may be better to devitalize him by excessive soaking than by calomel and the like; but our objection is to the principle more than to the details of practice. Depletion, no matter what the means employed, we hold to be always wrong: revitalization or building up is always right. Disease is cured on the former plan as well as on the latter; but in the one case the patient, being devitalized, soon suffers from some other disease: in the other case, he is well and stays well. Improvement in the one case is a delusion, in the other a reality; and the two systems represent the practice of all the schools and of all physicians since the world began. The one comprises the use of stimulants, tonics, sedatives, purgatives, chologogues, &c., by the drug-schools, and the water- and diet-cure of modern reformers: the other is represented by the term Nutritive Cure.

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The Laws of Health.

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Editor & Publisher.

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Wernersville, near Reading, Pa.,

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Health by Good Living.

There is a wide-spread distrust of drug-medicines among the best informed of the people, a distrust which is also shared by the medical profession. The surest way to health is not to get sick, an ounce of prevention being better than a pound of cure, or if one is sick, how to get well without swallowing poisons, or depleting the system in any other way, is among the most important desiderata. To recover health, if it can be accomplished, by employing only such means as keep you well, is a fitting climax to nineteenth-century discovery. The times are ripe for truth on this subject; the old systems, proved to be false, are passing away, and a New Philosophy of Disease and its Treatment is now in order; and a new practice founded upon it—a practice as different from those of the schools, as air differs from arsenic, water from alcohol, or food from strychnine, is to be set forth in this Journal. We have a discovery to promulgate, but no patented compound to offer; truth to urge, but no secret combination to sell. We deal only in ideas; but we offer you a Journal brimful of thought. If our rhetoric be lame, our facts shall be sure, and the conclusions drawn therefrom, if not poetical, shall at least be logical.

And we are in earnest. "This is truth though at variance with the teachings of ages," describes the situation, and "the truth shall be told though the heavens fall." This Journal will make you a visit, if you desire, twelve times each year, and its cost will be fifty cents for the whole 96 pages. The matter will be original and the ideas largely new, which we predict will be the beginnings of a mighty revolution in medical practice. The thoughtful and intelligent people are vitally interested, and the profession not the less so; the people that they may learn how to keep well, as well as to get well, and the profession in order to take advantage in practice of any suggestions that may seem wise, or be able to combat what may seem erroneous. Whoever reads will discover something more than crack-brain speculation, or wild conjecture; or if he cannot we will welcome to our pages his objections, criticisms or arguments.

Having spoken our word, we send forth our Journal on its mission of light.

Our Anniversary.

The issue of this Journal, May 1st, celebrates the fourth anniversary of the founding of the Mountain Home, and the first anniversary of our occupation of the new Institution. Arriving at Wernersville a little over four years ago, strangers in a strange country, far away from kindred and friends, with only stout hearts and willing hands, with the world our field, and Providence our guide, but with a great truth burning within us, and clamoring for utterance, we have been greatly prospered. Taking possession of a large institution, not then in successful operation, we nevertheless succeeded in establishing a reputation, and building up a prosperous business; to save which we were compelled to build a new Institution; and one year ago it was finished and equipped, and we moved in, one and all, from the least to the greatest. We have found it all that could be desired, except that it has been proved too small. Sick people all over the land, from Maine to California, and from Oregon to the West Indies have found us out, and we have been crowded. But the new building is now nearly ready. The plasterers, carpenters and painters are busily engaged putting on the finishing strokes, and by June 1st, if all is well, we will have doubled our accommodations.

This Journal is a fitting memento for an anniversary. It marks progress. Three years ago when we ventured to issue our Hygienic Treatment; What Is It?—intended to combat errors from which we had suffered, and to set forth a true system of hygiene—we did so with trembling hands, feeling that if the ideas we urged were true they might be of service to the people, if not to us, (for prejudice is often strong enough to make the greatest truths very damaging to its advocates), while if they were only partly true, or really false, we were certainly ruined. The pamphlet has caused us trouble, has excited enmity and prejudice in great degree. It has excluded our advertisements from health journals, curtailed our efforts and injured our influence in other directions, and were it not that our methods have proved themselves overwhelmingly successful, we would have been crushed by the opposition it aroused. Personally we have been attacked by influential opponents; but it is right to say that no author, known or unknown, has chosen to attack the principles or practices there advocated. These speak for themselves, and the truth is more powerful than the *ipse dixit* of any authorities, and the people have been able to receive the truth, and it gives us satisfaction to know that erstwhile opponents are wheeling into line and striving to adopt the practices, though they still fail to perceive the principles. We believe we are right in saying that this pamphlet has done more toward modifying hygienic practice than has any single publication in the last decade; and we rejoice that it is so, for we believe there are better days for all, both patients and proprietors. One or two grave errors, being urged by positive but impracticable men, were fast rendering the system of hygienic medication odious, and frightening the anxious people from its borders. Let those be removed, and that success which must follow, will prove itself stronger than human prejudice or the supposed interests of a powerful profession. The country is full of sick people, all anxious to be cured; and our experience is that good news spreads wonderfully fast, and though men are wedded to the very gods that have made them sick, they will, nevertheless, surrender them if they know they can be well. THE LAWS OF HEALTH will continue the good work that has been begun, and other anniversaries will mark the progress that is to be made—will discover foot-prints on the sands of time,

> "Foot-prints that perhaps another,
> Sailing o'er life's solemn main,
> A forlorn and shipwrecked brother,
> Seeing, shall take heart again."

Which Shall it be, Monthly or Quarterly?

was the question which seriously agitated our minds. We believed ourselves competent to produce in a given time a certain amount of interesting reading matter, but whether that should be offered to the public in monthly or quarterly installments, was the question we found hard to decide. If a quarterly, a finer, larger and more compact Journal could be produced, but it would be but four times a year; while a monthly, though smaller and less pretentious, could be produced twelve times We have finally decided on the monthly, and the form, size and style are before you. It will be filled with new and original matter; which we believe will be found worthy of careful consideration, and that no man who gives his attention to it will cease to subscribe while the Journal is published. The present number alone is worth to many all that the Journal will cost for the year, and each number will contain something for everybody, and we invite our friends and the public to send in their names and subscriptions promptly. We publish five thousand copies of this number, and do not want to circulate a less number each month; another year we expect to double it.

Nutrition and the Nutritive Cure.

Vigor and life come only through nutrition, and the nutritive cure is a system of curing invalids by causing them to nutrify. But what is nutrition and how shall it be improved? is the question of the utmost importance, and which we shall undertake to solve in succeeding numbers of this journal. Every man who would become strong, vigorous and healthy, should read it carefully, when he will discover that nutrition implies something more than eating.

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The Reason Why.

Dr. William A. Hammond, President of the New York Neurological Society, in an opening address some time since, spoke of "*the alarming increase of nervous diseases*"—a fact which none will dispute; but how to explain the fact seems to be beyond the reach of Dr. Hammond. The writer of this claims to have succeeded, and will without circumlocution proceed to the explanation.

Thirty years ago there was an alarming increase of liver and bowel diseases, which of late years have wonderfully decreased, especially the latter. The explanation of this fact will help us in the solution of the other. In those days bleeding, calomel, purging and puking were the means generally employed to cure sick people. Liver, stomach and bowels were daily, hourly, and all the time doctored, and liver, bowel and blood diseases became almost as frequent as pills and powders.

At length, under the influence of Thomsonianism and Homœopathy, an intense antipathy was aroused against blood-letting, calomel and purgatives, and lo, the diseases which these medicines seemed to cure, became less frequent; and to day, the cholera and cholera morbus, which formerly frightened us out of our senses, if they now appear, as readily disappear. But as physicians are numerous, and something must be done, other methods of treatment came into vogue, and alcohol, strychnine, arsenic, bromides, chloral, opium and other nervines have been and are used with increasing frequency. Indeed, the reliance of the profession to-day is almost wholly upon medicines which affect chiefly the nerves. The Thomsonians rendered odious the use of calomel, the Homœopaths have ridiculed purging, and popular prejudice has been excited against bleeding, so that instead of depleting a man by these means, when suffering from fevers, inflammations, or almost any other ailments, they stimulate him with alcohol. Formerly they insisted upon reducing the disease by reducing the patient; now they cry, "sustain the patient," and brandy is the resource. Martin Paine, M. D., LL. D., a learned author, declares, "we do but substitute one morbid action for another;" and *the alarming increase of nervous diseases is evidently largely due to the alarming increase in the use of nervines.* One nervous disease is cured by substitution, and lo, another follows; requiring additional doses of nerve medicine. "Medicines operate," says Dr. Paine before quoted, "in the same way as do the remote causes of diseases;" and hence that which will produce nervous disease in the first place is an excellent medicine wherewith to treat it. Truly did Dr. Abernethy, "the good," declare. "There has been a great increase of medical men of late, and upon my word diseases have increased accordingly."

Fish or Brains; Which is it?

As a man is, so he shall eat.

Our hygienic friends have criticised us quite freely for professing to have made discoveries and improvements in hygienic treatment. A physician writing to me says: "I opine that your merit is not in having made a discovery, but in applying faithfully what is already known. That you have been successful is undoubted, but I think it is to be credited to your mode of application rather than to any originality of idea."

That our system is new in comparison with drug-medical systems will not be doubted. We not only practice on different principles, but the means we employ are entirely different, making the systems to differ both in the invisible and visible appliances; but that we have made discoveries or improvements in the hygienic system, we agree is not so evident. We use the same appliances as all hygienic physicians advise, if they do not employ; and hence as far as visible means are concerned, there is no difference. But the truth that has taken possession of us, and impresses itself more forcibly upon us from day to day, is, that *it is not more important what means we employ than how we employ them;* in other words, a system is made up of principles of action quite as much as of materials for use. The difference between our practice and that of the hygienic school generally, is well indicated by the motto at the head of this page, when placed in contrast with the mottoes of eminent hygienic authors. We affirm that *as a man is*, so he shall eat; *as a man is*, so he shall bathe; *as a man is*, so he shall exercise; and so on through all the functions of life, we insist upon it that the dead material shall be made to accommodate itself to the wants of the living system, and not the living system to the conditions of matter. "As a man eateth, so is he," is the testimony of the schools, thus making the living organism subordinate to the conditions of matter. The editor of this journal repudiates the idea that matter makes the man; that fish makes brains; that bran makes muscle. If this were true, unlimited brains could soon be produced, and there would be no end to muscle; because fish and bran are abundant, and our editors and authors would be able to see clearly, if they would but eat the salmon that should appear on their tables. The difference is precisely the difference between making the coat for the man and making the man for the coat; between hewing the foot to fit the boot, and making the boot to fit the foot. When a man declares that "as a man eateth, so is he," he proves the scarcity of fish in the composition of his brains, and as Mark Twain has suggested, a pair of medium sized whales, if properly cooked and eaten, would undoubtedly enable such persons to perceive this matter in its true light.

Scrofula.—No. 1.

By J. A. Tenney, M. D.

Although the term scrofula is a household word, there is very little true apprehension of its nature in the popular mind. Scrofula arises from a deficiency in the blood-making power. Digestion is an imperfect process, and as a consequence the material of which the blood is composed is not thoroughly vitalized, and it goes the round of the circulation largely composed of matters whose tendency is towards putrescency rather than capable of building up the system. As vegetable matters in water tend to sink to the bottom and form a sediment, so the system deposits these devitalized materials in the blood, on some of the internal or external surfaces of the body. This deposit takes place in the form of tubercles in the lymphatic glands of the neck, in the lungs, liver and brain; enumerating these organs according to the relative frequency of its occurring in them.

Tubercles are little cheesy particles, generally about the size of a millet seed. They are most likely to be deposited in the organs which have the most to do in expelling morbid matters from the blood; hence the lymphatic glands, lungs and liver are most liable to be affected. In the great strain of their overwork, they make up part of their own structure of this imperfect material. Tubercle is not essentially different from the ordinary tissues, except that it is greatly deficient in vitality. But it is this deficiency that makes it break down before the proper time.

There are many signs of the scrofulous condition or habit of body, among which are, a large head, with large lustrous eyes, swelling of the abdomen, flabbiness of the muscles, etc. A frequent pulse goes with this condition, because the circulation is feeble, and the heart tries to make up in frequency what the general circulation lacks in force.

Besides the formation of tubercles, there are other local expressions of the same trouble, namely, suppurative inflammations of the joints, commonly known as white swellings, softening of the bones, and various skin diseases, especially those which affect the head and face; also, chronic catarrh, ulceration of the ear, chronic enlargement of the tonsils, chronic inflammation of the lining of the eyelids, etc., etc.

Causation.

Scrofula is a hereditary condition, one generation being hardly sufficient for its development. Many suppose that certain habits and practices mentioned in this article are harmless because the effects are not always apparent in the lifetime of the person who is addicted to them. But this is one of the gravest of mistakes. It is a peculiarity of a strong constitution that it can bear great abuse and not break down. The system accommodates itself to bad conditions, wasting the power that

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would otherwise be used for the development of the individual and to fortify himself against the causes of disease; so he is unable to transmit to posterity the qualities of constitution that would enable them to develop physically, taking up the course of development where the parents laid it down; and scrofulous conditions are the result.

Whatever depresses or depletes the organism of the parents tends to entail the scrofulous condition upon the children. Among these causes may be enumerated, the use of liquors and tobacco, drug poisons, bad food, want of exercise, defective ventilation, deficiency of light, impure water, excessive mental or physical labor, want of sleep, sexual excesses, inharmonious social relations, depressing emotions, &c. Each of these causes, and also each particular form of scrofulous disease, will form the basis of a future article under this head.

Treatment.

It must be evident that a condition requiring a lifetime for its development, needs all the hygienic appliances to reconstitutionalize the patient, as well as treatment suited to each particular form of the disease. "Cease to do evil and learn to do well," is written all over the heavens for the scrofulous patient. He should quit the use of tobacco and stimulants, discontinue the use of drug poisons and bad food; he should take proper exercise, breathe pure air, live in the sunlight, drink the purest water, and avoid all excesses either of body or mind. Baths should be given to equalize the circulation, but not to that extent to exhaust the patient. The movement cure is the sheet anchor of those who have the scrofulous habit. This system of cumulative exercise should be practiced diligently every day until vigorous health is the result. The processes of administering this king of methods for the treatment of chronic disease will be set forth in this Journal from time to time. The treatment of each particular form of the disease will be explained in future articles.

Curing Diseases vs. Curing Patients.

The reader, if uninitiated into the mysteries of medical practice, will suppose that curing a disease is not essentially different from curing the patient.

The people should know that there is a distinction with a remarkable difference.

We quote from standard authors and regular physicians.

"Medicine, even the mildest, is essentially a poison, and effects a desired result in proportion to its poisonous qualities. It cures by setting up a disease greater than the original which it seeks to cure," says Dr. Hall, in "Health By Good Living;" and says Martyn Paine, A.M., M.D., LL.D., Medical College Professor, "We do but substitute one morbid action (disease) for another;" but our object is not to argue this matter at length, having done so in our "Plain Facts for Thinking People;" but rather to emphasize the truth of these statements by a single case, which is not essentially different from hundreds we have treated.

L. A. P., an intelligent and educated lady, the wife of a Minister of the Gospel, came lately under examination and treatment; of vigorous constitution, and formerly in excellent health, two years ago while a nursing mother, was called upon to nurse her husband through an eight months' course of fever and medicine; became quite debilitated, with continuous headaches. The family physician suggested uterine ailments, but no examination was made; headaches continued; uterine difficulty again suggested, and patient under protest submitted to examination fifteen months ago; a single ulcer was discovered; caustics and astringent washes applied, and ulcer healed. The patient was not well, and three months thereafter was declared to have severe uterine congestion; treatment by internal medicines followed, and the organ became so enlarged that the condition was mistaken for pregnancy, and so declared by an educated physician. The result proved the diagnosis to be erroneous; but soon after while suffering from a severe cold, had administered to her a heavy dose of morphine, which was immediately followed by ague or chill fever. This was treated, in addition to other appliances, with cathartic medicines, which greatly relaxed the abdominal and pelvic muscles, and uterine displacement followed; the patient was unable to walk. Pessary or internal supporter is now employed, and the patient comes to us suffering agonies from its use; after much effort it is finally removed, while the patient exhausted, worn-out and nervous is allowed to rest. Each time the disease has been cured, the patient has been rendered worse, and soon, under this treatment, another grave would have opened to swallow its victim. We are trying the building up processes and will certainly restore her to health.

We have made no attempt to describe the agonies a sensitive woman has been compelled to endure through these trying ordeals. Would it be wonderful if hysteria, melancholy, mental derangement should follow, and a whole family in all its broad ramifications be made to mourn? Would it be wonderful if a poor pastor should be bowed down and burdened by extravagant medical charges?

This is not malpractice. The law has decided that it is not malpractice; the profession is bound to sustain what has been done by all the weight of its influence, and educated medical men are repeating the operation from day to day. They are employed by the people to cure diseases, and all the facts go to show that they succeed, while the patient is left in the hands of his God; "if he recovers," as Dr. Dunglison, a standard author says: "a case of cure is recorded; if he dies the event is ascribed to the will of the gods." Truly did Prof. N. Chapman, professor of the Institutes and Practice of Physic, &c., in the University of Pennsylvania, and President of the Philadelphia Medical Society, declare in his Materia Medica, vol. 1, page 31: "Medical conclusions differ very widely from every other species of evidence. We cheat ourselves by a thousand illusions and are imposed upon by still more deceptions. It is not necessary that I should enforce this remark by the enumeration of any examples. No one who is conversant with the practice of physic need be told how often his own deductions have proved erroneous, or how little credit is to be reposed in those pompous recommendations with which medicines are daily promulgated."

The Wet Sheet Pack.

To give a pack, a bed should be stripped of everything down to the mattress, except one or two pillows. Two comforters should be spread out smoothly upon the mattress, and these should be covered with two blankets, which are not so easily injured by the wet. The upper edge of the comforters and blankets should rest about half way up the pillow. A sheet wrung out of water at a temperature of from 90 to 105 degrees, according to the nature of the case, should be spread out quickly upon the blankets, and the patient being undressed should place himself upon it, holding up his arms while the attendant laps one side of the sheet over his body and lower limbs and tucks it in nicely the whole length. Then the patient's arms should be dropped at the side, and the remaining side of the sheet brought over so as to include the arms, using care to double the upper corner of the sheet underneath, and bring it snugly around the neck. Then each side of each blanket and comforter should be brought one by one neatly and smoothly over the patient, being careful to make it fit snugly about the neck, for cold air coming in contact with the wet sheet will chill the patient and destroy the good effect of the pack. Each fold of the blankets and comforters should be neatly tucked under the whole length of the patient's body and limbs.

The feet should not he enveloped in the sheet, but a hot bottle or freestone placed to them instead. A cold wet towel should also be placed upon the patient's head. From half an hour to an hour is long enough to let the patient remain in the pack in any case, when he should be taken out, washed down, wiped dry and allowed to put on his clothes, or go to bed, as the case may be.

The Full Bath.

Houses with modern improvements contain tubs for taking full baths; but for such as do not have such conveniences, a box may be made by any carpenter, which will answer every purpose. It should be long enough to enable the patient to lie down comfortably, and deep enough to contain eight inches or more depth of water. Water is poured in at a temperature to suit the case in hand, varying from 90 to 100, and even 105 degrees in extreme cases. It should be noted that baths at extreme temperatures should not ordinarily be taken, except by the advice of a competent physician. The patient should undress and lie down in the bath, immersing the whole person except the head, and be rubbed briskly by an attendant for one or two minutes, rarely longer than five, when he should be taken out, enveloped in a sheet and rubbed dry; when he can sit up or go to bed, as is most comfortable.

The Sitz-Bath.

Sitz-bath tubs are a great convenience in every family, but a common wash-tub may be made to answer the purpose. If a wash-tub is used, a stick of wood placed under the back side of the tub so as to elevate it three or four inches, will make it more comfortable. The water should ordinarily be used from 90 to 95 degrees temperature, but varying in extreme cases. The patient may undress and sit down in the tub, being covered with a dry sheet or blankets. If there is the slightest tendency to cold feet, a foot bath at 100 degrees should be taken at the same time. The bath should be continued about five minutes, when part of the water should be dipped out and replaced with cold water, so as to lower the temperature five to ten degrees, and the patient allowed to remain about five minutes more; when he should be taken out, wiped dry and allowed to do as he pleases.

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Lebanon Valley.

Fair Lebanon! outspread as far as eye can see,
In all thy forms so beautiful and grand,
Encircled by the far-off lines of misty hills,
Whose peaks like sentinels around thee stand;
How can we clothe our reverential awe in words
When gazing on thy changeful light and shade,
How can we tell to others that which we but feel,
How paint the thrill thy loveliness has made?

How beautiful thou art when morning's first faint ray
Creeps up the eastern sky, and opens wide
Those gates which swing on golden hinges noiselessly,
And let the sunshine in—a rosy tide.
Its flush rests, like a prophecy of joy to come,
On every lofty spire and cottage low;
Its beams tint Nature's face with beauty bright and rare,
And give to green-hued dawn a brilliant glow.

The hours, swift messengers of good or ill, pass on;
The morning flush has paled, and in its stead
The golden glare of Summer noon is over all,
As steadily the sun rides overhead.
But thou art fair, as mid-day throws her dazzling light
Upon the meadows green and farm lands brown,
Thy orchards where we know cool shadows lie asleep,
On scattered country homes and busy town.

But still more fair to us thou art, O Lebanon,
As falls, at close of day, the evening hour!
The morning's radiance more beautiful may be,
But evening lends to these a quiet power
Which steals into the burdened life with comfort sweet,
And brings the thought that we, at close of day,
May come, like thee, to know the holy calm of peace,
When life's bright noontide glare has passed away.

And even in the restful hush of night there comes
A lesson which from thee, we still may learn,
As through the valley's length the lights, like guiding stars,
In many a home of sweet contentment burn.
So may our lives, though in the shadows sometimes led,
Give forth from happy hearts a cheerful ray,
To guide the wanderer in paths of peace and rest,
And make e'en sorrow's night as bright as day.

Fair Lebanon! how many eyes have gazed on thee?
How many hearts have known thee with a thrill?
Now, all too soon, our lives must wander far apart,
But we thy memory will cherish still.
From many a clime our footsteps here have turned for rest—
That rest which more than wealth may prove to be—
And though in other homes are ties more strong by far,
Yet sad the task to say "good bye" to thee.

ESTELLE THOMSON.

Drs. Walter's Mountain Home.

Questions Answered.

BY DR. WALTER.

GALVANIC BELT. I have read your little pamphlets, and wish I could put myself under your treatment, but am unable. I have suffered twenty years from genital weakness, which annoys me very much. I have come across an advertisement of Galvanic Belts, which claim to be a certain cure for such as I, but as I cannot afford to throw away twenty dollars, I would like to know your opinion of their efficacy.

Answer. The man who claims that Galvanic Belts are *a certain cure* for seminal weakness, is, on the face of it, an impostor. Specifics are not known in nature, except such as kill the patient. If you kill a man, you cure him of his diseases with absolute certainty.

There is such a thing in law as proving too much; equally true is it in medicine that there is such a thing as claiming too much. Galvanic Belts are not superior to the laws of the universe, and the first law of nature is, obey and live; or disobey and suffer the consequences. There is no cure for you except in obedience to the laws of health, this would-be philanthropist to the contrary notwithstanding. It is a fact which may be absolutely proven by a reference to the laws of science, as set forth by Bacon, Newton, Herschel, and others, that vitality or vital force is the only curative power in existence. It heals the plant, restores the broken bone, repairs damages, preserves and repairs the organism to the full extent of its ability. It is equally true that the rapidity and certainty of cure depend as much upon the amount of vitality, as upon any other consideration. Your trouble is evidently caused by a deficiency of available vitality, and the only way to health is to increase the vital stock. This is done by reducing expenditure and increasing manufacture. Vitality is manufactured through breathing, digestion and circulation. It is expended by thought, impulse, will. The true way to recover, then, is to rest in mind, rest the will, be removed from impulse and strong feeling; while such means are employed as may be employed to improve the circulation. If we improve the circulation, we will have better digestion, will breathe more fully and freely, will gain flesh, strength, vigor, activity, and life will be a joy forever. Perhaps we have not dipped into all the mysteries of a mysterious world, and so have not explained the why and the wherefore of electric belts; but

"We know what's what, and that's as high
As metaphysic wit can fly."

OFFENSIVE CATARRH. A young lady in my family is suffering much from a very offensive catarrh; she is vigorous and otherwise apparently healthy. Could you give any advice for the management of her case?

Answer. Catarrh is a constitutional disease with a local manifestation. Almost invariably it depends upon a scrofulous condition of the system, and to be cured requires that all the hygienic agencies shall be employed to build up the general health by improving circulation and nutrition. Breathe only pure air, drink only pure water, eat only good food, exercise abundantly in the open air, have abundance of sunlight around and upon the person, and employ two full baths a week at 90 degrees temperature, continued for two minutes, preceded by hot fomentations over the stomach and liver for 15 minutes. Two other days in the week have sitz-baths at 85 degrees for ten minutes, being thoroughly rubbed and manipulated after each bath. Other days in the week, exposure of the person to the direct rays of the sun for 15 minutes, while the flesh, particularly of the extremities, is rubbed, kneaded and rolled by the attendant, is desirable. Daily kneading of the abdomen (as one would knead bread), for two minutes followed by percussion for equal time is excellent.

For food, eat unleavened Graham bread, fruit, and oatmeal mush for breakfast. For dinner, of the same bread with peas or beans, potatoes, and a little flesh-meat or fish.

As a disinfectant to the nostril, snuff up or inject the solution of permanganate of potash, described in our article on The Care of the Health. If these means, in connection with obedience to the laws of health in general, be followed for a few months, a marked change will certainly take place, and cure should follow.

THE PHRENOLOGICAL JOURNAL AND SCIENCE OF HEALTH.

If it be true, as we urge in this Journal, that the man is of more consequence than the matter around him, that the life is more than the meat and the body than the raiment, it follows as a corollary that knowledge of the man is of more consequence than knowledge of any other thing. Knowledge is power, and to know one's self is to give power over one's self; and greater is he that ruleth himself than he that taketh a city. The sad failures in life which are everywhere to be seen are not, we affirm, the result of ignorance of *things*, but of ignorance of men. Men are the active forces of nature, mind forever controls matter, and the future is wrapped up in the doings of man. He who can read character, can read destiny, whether of himself or others; and for this reason the study of man becomes one of the most instructive, and knowledge of human character the most valuable.

Will I succeed? is the question that is agitating all minds; and the answer is, that depends upon whom you are, and how you conduct yourself. The elements of success or failure are *in you*, but they may be modified or changed if you but know yourself sufficiently to bring upon you the proper influences. Some men are born great, some achieve greatness, while some have greatness thrust upon them; but the latter are very few, so that if we wait for greatness to be thrust upon us, we will likely wait till the end. Let us then be up and doing, acquainting ourselves with ourselves, so as to be able to take advantage of circumstances as they occur. The *Phrenological*, we believe to be the only Journal in the land that teaches the science of mind, and no wise man or woman can afford to be ignorant of its teachings. It is a large illustrated Journal, of 48 pages, at only $2.00 a year, with one of the most liberal premiums to every subscriber, as can be seen by a reference to the advertisement in this number. The *Phrenological Journal* clubbed with our LAWS OF HEALTH can be obtained from us, for only $2.00, with twenty-five cents additional for boxing and packing the premium. Thus by subscribing to the *Phrenological Journal* for one year through us, on the terms of the advertisement, you will receive the LAWS OF HEALTH for one year free.

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A New Philosophy of Disease,

and its Treatment. Its editors are men of the widest experience in the treatment of sick people by purely hygienic agencies, and are competent because of this experience, as well as because of general attainments, to speak intelligently on the subject. A practice of many years has taught us that the prevailing methods of depleting or reducing sick people either by drugs, water or diet, in order to restore them to health, is not in accordance with the principles of a True Healing Art, and hence this Journal may be said to be the exponent of a system which hopes to succeed only by

BUILDING UP PROCESSES.

Invigoration, not by stimulants, tonics, or nervous excitements of any kind, but alone by nutrition, the only source of strength, vigor or life, comprehends the idea. It is essentially *a new practice* that has been overwhelmingly successful, and yet that is only in its infancy. To teach the people how to live so as to avoid sickness, or if sick to recover without being depleted, reduced or having the constitution in any way injured is our mission. Many of the ideas here set forth are new and we believe are all true, and no person can read them without feeling that he has learned something, and that something retained and added to twelve times a year, will prove a system of knowledge whose value cannot be estimated. Can the reader spare 50 cents to obtain this knowledge? Address,

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Editor and Publisher,
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which we have adopted, whereby in one word to describe our system. All processes, and only such, are employed to build up, invigorate and strengthen. Depletion, whether in the guise of *water-cure, diet-cure* or *drugs*, is not permitted. It is not unusual for our patients to gain fifteen or twenty pounds in as many weeks, and some have added to their weight of good solid muscle and nerve sixty and even seventy-five pounds. This is not done by stuffing or high feeding however, but by processes that improve and regulate the circulation of the blood, wherein all nutrition takes place. To this end,

THE WATER-CURE is used in great moderation, avoiding its excesses and repudiating its extremes.

THE MOVEMENT-CURE is relied upon as an important appliance, and is employed daily as an essential part of the treatment, and in all cases *free of extra charge*. All feeble ones have free and thorough rubbings, not with cumbersome machinery, but with the hands of healthy, vigorous and skilled persons.

THE DIET-CURE. Good food and plenty of it, and such as will be serviceable in building up and invigorating, describes our ideas of diet. We believe in neither starving nor stuffing but in eating to supply the wants of the organism.

SUN-BATHING. To supply in abundance to all persons this most important of health agencies, we have sun-bath rooms supplying

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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. I. WERNERSVILLE, NEAR READING, PA., JUNE, 1878. No. 2.

The True Healing Art.—No. 2.

BY ROBT. WALTER, M. D.

The Relations of Living and Dead Matter. Herein is the fundamental problem of all medical and hygienic science. To discover the exact truth on this subject and rigidly adhere to it in all our dissertations and discussions, as well as in all practice, will do more toward a correct system, and a correct application of it, than all the theories that have ever been promulgated. In this is involved the Nature of Disease and the Modus Operandi of Medicines, those two fundamental problems of all medical science, about which medical men have long exercised themselves, but have given up in despair of ever arriving at the truth. "Of the Essential Nature of Disease nothing is known," says one. "The Modus Operandi of Medicine is not understood; our practice is purely empirical," says another. And yet without these a science of medicine cannot exist. Systems there are, but science is unknown while these problems remain unsolved.

Do medicines, food, drink, &c., act upon the living organism, or do the vital organs act upon the dead matter? is the fundamental question. Medical nomenclature invariably leads us to infer the former. The action of medicines is everywhere assumed, and innumerable volumes have been written to explain it. The action of food and drink is also asserted, and nearly every system of dietetics is established upon the idea. The action of contagion, which is forever insisted upon, carries the same notion. In truth, medical practice in all the schools, and medical teachings in all the colleges, rest upon these supposed facts, which upon close examination will be found to be no facts at all.

The relation of this problem to medical science is so clear, and its importance so great, that it would seem impossible for it to be ignored. No close reasoner or scientific investigator could study the principles of medical practice for even a short period without stumbling upon it. The doctrine of vitality necessitates its recognition, and every fact of life is wrapped up in its existence.

Medical authors are therefore not silent on the subject, as some have supposed. Prof. N. Chapman, late Professor of Institutes and Practice of Physic in the University of Pennsylvania, surely an authority, states what he calls the only doctrine of vitality "at all well founded, and consequently deserving our attention," in these words:

"It presumes that every animated body, animal or vegetable, is endowed with a *primordial principle of life*, and which, resident in the ova of animals, and the seed of plants, constitutes the power by which, in the first place, the various organs are moulded, developed, and perfected, and by which, afterwards, the animal economy is defended against the action of mechanical and chemical laws."

and immediately out of this very correct doctrine of vitality he draws the following conclusion:

"It would hence, really appear, that instead of matter, whether aliment, drink or medicine, acting on the living system, as is commonly imagined, it is, on the contrary, the living system that operates on these matters."

"As is commonly imagined," he says. Why is so false an idea "commonly imagined?" Is it not because it is everywhere taught in the nomenclature of medical systems? This statement by this eminent college professor and author occurs in a work of two volumes, devoted to the *modus operandi* or mode of operation of medicines, where after declaring that medicines do not act at all, but that the very opposite is true, he goes on to show how they act—a strange inconsistency, which is explained on page 31, of the same volume, in these words:

"Medical conclusions differ very widely from every other species of evidence. We cheat ourselves by a thousand illusions, and have imposed upon us still more by deceptions. It is not necessary that I should enforce this remark by the enumeration of any examples. No one who is conversant with the practice of physic need be told how often his own deductions have proved erroneous, or how little credit is to be reposed in those pompous recommendations with which medicines are daily promulgated."

The explanation is sufficient, but it is lame as an excuse. It is poor consolation to a dying invalid to know that his physician is the victim of a delusion, imposed upon by a deception, and has therefore succeeded in dosing him to his death. Medicines operate on the living organism or they do not, and as Prof. Chapman has decided the latter, his attempt to show how they operate is inexcusable, though it well illustrates the force of example or the power of popular opinion. Other professors have written works to show how medicines operate, and he must do the same; popular opinion is in favor of the idea that medicines act, and he, being one of the people, must echo the idea; he is hired and paid by the college trustees to teach the rising generation of doctors how medicines act, and he is too honorable a business man not to fulfill his agreement. That all the facts, and all the principles, prove to his best judgment that they do not act at all, but that the very opposite is true, is not sufficient to cause him to break away from the beaten paths and become "a renegade" from the honorable profession (?)

We are called upon to exclaim: How mighty are the people! Are they not the source of all law and all power? Do not the President, and Congress and Governors and Assemblies represent them, and are not the professors and practitioners simply weather-cocks to indicate the direction of public opinion or the extent of popular ignorance? May we not be dosed to suit our own whims, and will not learned professors explain to our satisfaction "how not to do it."

"I have tried your methods of treating sick people without medicine, and always with good results, but the people are not satisfied, and I am compelled to prescribe drugs or lose my practice," says a physician in a letter to me of late date. Says another who had been incapacitated for professional labor for ten years by reason of serious illness: "I have followed your prescription quite strictly for the past six months, and it has been of great service to me, so that now I am able to return to my practice. I employ hygienic measures where I can, but the people will not be content without medicines."

Truly the leaders are led, and the teachers are the servants. In other words, "bread and butter" first, and the truth afterwards.

Scrofula.—No. 2.

BY J. A. TENNEY, M. D.

Liquors and Tobacco. Intemperance is universally considered to be one of the greatest evils that weaken individuals and nations. Great efforts have been put forth to diminish the evil, and great good has been the result; for the multitude lie under the porches by the pool of truth, waiting for some one to trouble the water and put them in. Much of the effort put forth has been misdirected however. The temperance reformers have seemed to act upon the idea that if we remove the *effect*, the *cause* will cease. They have directed their efforts to reclaiming a wanderer here and there, and in other ways have tried to remove the effects of the evil, while they have left the causes undisturbed.

The real cause of intemperance lies in the great needs of unbalanced or depleted organizations. When people feel the lack of mental or physical vigor, they demand whatever promises to supply their needs; and it is not strange, if in the greediness of their grasp they forget the consequences of their possible miscalculation. The peculiar tendency among people to live entirely in the present without regard to the future, is nowhere more manifest than at the bedside of a patient suffering from acute disease. The demand is for something

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that will relieve present distress, without regard to the after consequences. So people often take poisons that are causes of suffering for years, rather than bear pain for a few hours or days. But if it were not for this feature in human nature, the doctors would starve.

The seeming is not always the real. We say the sun rises, the chimney draws the smoke, the pump draws water; but the sun never rose, and it is atmospheric pressure that forces water through a pipe into the pump, and the smoke up the chimney. For hundreds of years it was supposed that a man could add to his stock of vitality and lengthen his days indefinitely by taking some foreign substance into his circulation. But there is only a trace of that fallacy remaining at the present day; and that is in the idea that alcohol supports vitality.

Alcohol is the active principle in all intoxicating liquors. In all wines, beers, gin, brandy, whisky, etc., it is the alcohol that "makes them good." The effect of alcohol upon the human organism is an artificial exaltation of the nervous system, which is followed by a corresponding depression. The excitation is an exhausting process, and the subsequent depression is its sign. Besides this effect upon the nervous system, all the functions of the body are more or less interfered with, especially the expulsion of waste matter from the system. So, instead of supporting vitality, it prevents in this way, one of the most important of the vital processes To call the retention of worn out matters in the tissues "supporting vitality" is getting terms a little mixed, to say the least.

It will be said in answer to this, that many have lived to a good old age who have used liquors all their lives. This is true; and it is also true that where one lives to a good old age under such circumstances, one hundred die prematurely from the same cause. This proves the terrible nature of alcoholic poison, and also proves that under certain circumstances people's nervous systems can stand great abuses and yet have life continue.

The temperament of the person will account for the difference. Those who have large brains in proportion to their bodies will wear out rapidly under the influence of spirituous liquors; while those who have very strong constitutions, and whose habits of life are calculated to cultivate the animal powers instead of the mental, may stand the strain a great many years, and the effect never show itself in any marked degree, except in the feeble constitutions that they bequeath to their children.

There are many who are ready to admit that alcohol is a poison, but who do not see that tobacco is very injurious. But it is a more insidious and deadly poison than alcohol. Alcohol produces its effects rapidly and is expelled from the system in twenty-four hours, while tobacco remains a long time in the system and poisons it through and through; although it has a less *apparent* effect, because it does not intoxicate. Yet it is one of the most fruitful causes of heart disease, insanity, apoplexy, epilepsy, rheumatism, and a long catalogue of diseases that depend upon nervous exhaustion.

"Tobacco and insanity are closely connected. It is stated upon the best authority that those who become insane from the supposed use of spirituous liquors, eighty-seven per cent. also use tobacco. Two Belgian physicians, Drs. Grishaw and Hagan, have, after careful collation of facts, stated the following as the proportion which the consumption of tobacco bears to insanity in Belgium. From 1818 to 1830, the consumption of tobacco was twenty million kilogrammes, and ten thousand insane persons annually:

TOBACCO.		INSANE.
In 1832,	80,000,000 kilogrammes,	15,000
In 1852,	112,000,000 "	22,000
In 1864,	180,000,000 "	44,000

Harper's Weekly.

The same conditions that enable people to grow old in spite of the habitual use of liquors, also hold good in relation to tobacco. If a man feels so full of vitality that he hardly knows what to do with himself, and wastes no more than his surplus vitality, he will live many years, and only check his development into what he might otherwise become, and rob his children of their just physical inheritance. Many devote their lives to laying up material wealth for their children, while at the same time they are indulging in practices that will certainly rob posterity of all capacity to enjoy material wealth or anything else. Many have yet to learn that human development extends beyond the confines of a single generation. There is an ascending and a descending scale of development, which extends through many generations, and those who use liquors and tobacco, voluntarily place themselves in the descending scale just to the extent that they use them. They exhaust human health and vigor more than any other known cause; and the fact that like produces like, has passed into an axiom.

The life of all organisms commences in what is termed a cell. It consists of a small granule, visible only through a microscope, and this granule is enclosed in a sheath or cell-wall. The whole varies from $\frac{1}{2500}$ to $\frac{1}{1000}$ of an inch in diameter in different parts of the human organism. These cells have the power within certain limits to produce other cells like themselves, and so the complete organism is formed. Some cells string themselves along in rows, fasten themselves together, and by the breaking through their walls, a canal is formed. Thus are developed the blood-vessels and other passages of the body. The muscular fibres are formed by the connection of cells together, and their aggregation forms the more solid portions of the body.

It is a singular fact that each one of these cells is a centre of nutrition, just as the cion is a centre from which we can produce a sweet apple on a sour apple tree. The spur of a fowl has been grafted upon the ear of an ox, and grew there for eight years, attaining to the length of nine inches, and weighing nearly a pound. So the tail of a pig has been transplanted to the back of another animal and still retained its sensibility. These facts in physiology prove that individual cells are centres of nutrition.

The latest theory of development, called *pangenesis*, supposes that these minute cells are not only capable of reproducing cells like themselves, but that they also produce still smaller granules or *gemmules*, each of which is capable of forming a cell like its parent. These *gemmules* are supposed to exist throughout the system in great numbers; and are all supposed to be capable of being transmitted from the individual's ancestors. Whether this theory be true or not, there must be some similar way by which the qualities of parents are transmitted to posterity.

Says Dr. O. W. Holmes on this subject: "there are people who think that everything can be done if the doctor be only called in season. No doubt; but *in season* would often be a hundred or two years before the child was born, and people never send so early as that. Each of us is only the footing up of a double column of figures that goes back to the first pair. Every unit tells, and some of them are *plus* and some *minus*. If the columns don't add up right, it is commonly because we can't make out all of the figures."

Liquors and tobacco are brought into contact with every fibre and cell of the person's organism who uses them, depleting its vitality, and so rendering it incapable of the best development of vigor in itself or transmitting it to others; and hence these substances are among the greatest causes of scrofula.

He Can't See It.

A correspondent fails to understand our statement that matter does not make the man—that fish does not make brains, &c. He says "if a man is not made out of matter of what is he made?" We do not deny that man is made out of matter, but we do deny that matter is the maker. The actor is very different from the thing acted upon. Mortar and brick will not make buildings but buildings can be made out of mortar and brick. Fish is very different from brains, as well as very inferior to them, and the power that changes one into the other ought, at least, to receive some consideration. The workman is quite as important as the work done, and to confound the two, is indefinite, to say the least. Does the horse draw the cart or the cart drive the horse? "Who cares?" says the man who fed the cart to make it stronger and whipped it to make it move faster.

To Die Without Medical Aid

is one of the unusual occurrences of life, and in the minds of the great majority of people is a heathenish practice; while to die with abundant aid, and by swallowing poison, is neither unusual nor unfashionable. For ourselves we prefer a natural death to an artificial one, even though it be unfashionable.

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Care of the Health.—No. 2.

By Robert Walter, M. D.

2nd. Admit Sunlight freely to Dwelling and Person.

Throw open the shutters, pull down the heavy curtains, and allow the warming, drying, vivifying rays to enter. If the windows must be draped, let it be with white lace or white cambric, but never with dark colored or heavy material. The former will admit the rays, while the latter will not; with the former we may have light, with all its magnetic, cheering, cleansing, disinfecting influences; while with the latter, mould, damp and other causes of disease will exist.

Bed rooms, especially, should have an abundance of sunlight, as well as of air. Their windows should be thrown open daily, and all clothing bathed in these great disinfectants, by which they are rendered clean, dry and wholesome.

Rooms without sunlight are unfit for occupation, and if such exist they only prove ignorance or incapacity on the part of their architects. We sometimes hear of north rooms in hospitals and private houses that are deprived of this great blessing, but such rooms are unnecessary. A building with an eastern exposure and which fronts to east or west can have sun in all rooms daily, but buildings facing north or south are unfit for dwellings, certainly for hospitals; because in the summer the south rooms become over-heated, while at all seasons the north rooms are deprived of sunlight. Let no man build, therefore, a dwelling which faces either north or south; if possible, let him choose an eastern exposure, so that the morning sun, as it peeps above the horizon, shall enliven and cheer, as well as warm and purify the various rooms.

Shrubbery should never be near enough or sufficiently dense to obstruct the passage of the rays of light to the rooms; and dwellings, hospitals, health institutions, &c., should if possible, be on high ground, so as not to be easily shaded, as well as to be permitted abundant drainage.

Sunlight should be admitted to the person as well as to dwellings. To this end light-colored clothing is a great desideratum. Black clothing obstructs completely the passage of the light, while white or light-colored clothing allows the light to enter quite freely. If the lawns, or flowers of the garden, or shrubbery be covered with black clothing, they will grow pale, wither and die, while if covered with white material, of the same texture, no appreciable effect will follow, as we have proved by numerous experiments. Is it reasonable, then, to suppose that a human skin will be as healthy under circumstances that will allow vegetables to die for want of light, as it would be where vegetable life is preserved by the light. We say to all then, throw off your black coats and dresses, and don a more reasonable attire. Navy blue is preferable, and it is not unfashionable, but light tweeds, or in summer, white duck, is still better. In such attire one will be cooler in summer and warmer in winter, for the very quality—black—which transmits heat to the body and excessively heats it when in the blaze of sunlight, transmits heat from the body and chills it when subjected to low temperature.

Sun-Bathing.

The people, as a rule, have allowed the skin, the largest, and if possible, the most important cleansing organ of the body, to become debilitated by exclusion of the sunlight, and hence to restore to it vigor, the use of sunlight in special degree is suggested. Bathing the body in the direct sunlight, we have found to be excellent as an adjunct in the treatment of chronic diseases and diseases of debility. The cold and bloodless surface is thereby warmed, and gradually, a better circulation and nutrition is established, as indicated by a deeper color, and improved vigor. The bath should not be continued more than fifteen to twenty minutes at first, but after a week or two it may be lengthened to thirty minutes and finally to one hour if the person be vigorous. Feeble persons should be very careful not to overdo this matter, as they are very apt to. At first the body should be covered, while lying in the sun, with a white sheet to protect against scalding, and in all cases let the head be shaded, and usually have on it a wet towel. The blue glass serves an excellent purpose in moderating the heat of sunlight while the magnetic and electric effects are undiminished. I have discovered no other value in the "Blue Glass" practice than that it moderates temperature, preventing the transmission of heat in excessive degree when the sun is shining very brightly, and preventing its radiation from the room when it is absent. Indeed blue glass is a warm casing or covering to a room, while white glass is always a cold covering to it.

Questions Answered.

Dr. Walter: I have been living very strictly for a long time, using no salt, meat, fish, eggs, etc., but I am very weak, and would like to know your opinion as to whether I may expect to improve under this regimen. I suppose I am following out your teachings.

Answer. You are certainly *not* following out our teachings. I take it that you have been drawing your inspirations from the very source of radicalism which has destroyed hundreds, if not thousands, and rendered the hygienic system odious to the majority of the people. If you were following our teachings, you would be getting stronger instead of weaker, for we judge of the propriety of a man's course by its results. If a man grows stronger, vigorous and hearty under a certain plan, we think it is a good plan. If he grows feebler under it, it is evidently *not* a good plan. Of course, we are required to discriminate between stimulation and strength, and hence, in order to prove the propriety of a man's course, his strength and vigor must be real and not apparent. To live without salt, meat, fish, exclusively, is an extreme which is as injurious as the other extreme to which it joins. We advise you to avoid the use of meats, fish, etc., that are preserved in salt; but we do not consider that people generally can abstain entirely from the use of fleshmeats or common salt, without being depleted and injured thereby. The moderate use of food suitable to the needs of the organism expresses our idea of diet, and *the previous habits must be considered* when we undertake to prescribe. Salt is not food, but long continued use of it by all classes of men have so re-constitutionalized the human organism, that it cannot subsist in vigor after complete and sudden abstinence from it. Violent changes in any respect are opposed to hygienic practice. If the Hottentot should be translated suddenly to Greenland, he would suffer; and if a Greenlander were sent to Liberia, he would also suffer, and such practice would be opposed to the principles which we preach. Equally do we condemn sudden changes of diet from one extreme to the other. It requires years to acclimate northern people to southern climates, or southern people to northern climates, and there is always suffering and danger in the process—a process which should be avoided if possible; and yet the change is not as great as some would-be reformers attempt to impose upon us in order to gratify their absurd whims. Radicalism has probably damaged the hygienic system quite as much as the radicals have ever done it good.

Prevention of Pitting in Small-Pox.

I have used many applications to prevent pitting in cases of small-pox, but none from which I have derived such manifest good results as from common linseed meal poultices assiduously applied to the face from the moment the eruption shows itself until the fever begins to decline. Among the many advantages that the poultice possesses over other applications, is the by no means unimportant one of softening and determining to the skin, and thus aiding the development of the pustules, and in this way relieving the system of the strain placed upon it. Any one who has seen much of small-pox must have learned to look with anxiety for the appearance of well-thrown-up pustules on the face, knowing well the likelihood of a coincident relief to respiration and decline of temperature. This the poultices hasten, I had said almost effect; while, more than this, they exclude the light and completely prevent subsequent pitting. My mode of proceeding has always been to have a saucepan with linseed meal and water on the fire in the bed-room, and so soon as the poultices dry on the patient's face—and this, in really severe cases, they do very speedily—I direct the attendant to take some of the linseed-meal paste from the saucepan and apply it as a fresh poultice. In this way the poultice is always ready. It may be said that this application would be offensive; but let any one try it in a really serious case of commencing confluent small-pox, where the skin of the face burns with the deterioration of blood caused by the effort to throw out the eruption, and I am sure that, however disagreeable it may appear in description, in practice it gives almost heavenly relief. I do not question the advisability of bathing the face with a carbolic acid wash between each poultice; but, contrasted with the poultice application, I doubt if carbolic acid alone would be equally satisfactory.—*Dr. Cooper in British Medical Journal.*

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The Laws of Health.

Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

J. A. TENNEY, M. D.,
Associate Editor.

Wernersville, near Reading, Pa.,
JUNE, 1878.

It Takes.

The people are anxious to learn the truth on these great subjects, and THE LAWS OF HEALTH is a welcome visitor in a thousand families. "I am pleased with the Journal," is the testimony that comes pouring in to us every day, and we are gratified and encouraged to work early and late that the good news may spread. We know we have the truth, and we feel like working, as the miner does, who has suddenly discovered a mine of wealth. If the reform moves slowly, it moves surely, and with an increasing impetus, that betokens a mighty revolution. The people are awaking to the fact that they have been deluded into a false security. The cry of "peace, peace, when there is no peace," has long deceived them. The staff upon which they have leaned is being shivered to atoms, and they are casting about for some new hope. To such, THE LAWS OF HEALTH comes as a beacon light, to warn from slippery rocks and dangerous shoals, and guide safely into the port of health. Our ship is manned with experienced hands, and guided by skillful commanders; and it will leave the old systems as far in the rear as the steam-ship has outstripped the sailing-vessel, or the locomotive the old stage-coach. We have just started. There is room for more, and we extend to you, reader, a cordial invitation to join with us, and continue for the year, feeling confident, that once you have embarked an earnest voyager, you will never desert the colors.

They Don't Do it.

Our water and diet-cure friends are very strenuous in their denial that their system of diet and bathing is a depleting system, and in any respect to be compared to purging or bloodletting. A lady just arrived from such an institution, the proprietor of which is just now earnestly answering us with the cry of Quack, Quack, lost only twenty pounds in weight in two weeks; but then you know it was bad flesh, and she ought to lose it. Aye, but who will measure the strength—the actual vitality lost with it? The scales will give us the weight, but how shall we measure the loss of vigor to mind as well as body? Is it wonderful that our friends should fail to see the point, seeing that they are so mentally depleted?

Bleeding from the Lungs

is usually symptomatic of organic lung disease, but whatever the condition, sound reason, as well as common instinct, suggests that it be arrested as soon as possible. To do this a short consideration of the existing conditions will greatly help us.

In all cases there is unequal distribution of blood throughout the body, the blood-vessels of the surface and extremities being insufficiently supplied, while the internal and central vessels are perhaps engorged. The blood-vessels of the surface of the body, and particularly of the legs, feet, hands, and arms, having been subjected to a temperature below that of the body, become contracted—temporarily reduced in size—while the internal blood-vessels, being heated often to a hundred degrees temperature, while they are weak sympathetically with the system in general, become relaxed and enlarged in calibre, which allows the blood to accumulate in them, until, often it escapes through their relaxed walls, or in case of ulceration of lungs, the vessels are destroyed and the blood flows out. The first step toward relief is to change these conditions. The internal organs are overloaded with blood, while the external are suffering for want of it, and this largely because the internal organs are suffering from too much heat, (as in case of consumption), while the external are chilled from exposure.

TREATMENT. Place the patient in a hot full bath, 105 degrees, or if this cannot be done, in a hot sitz-bath with a hot foot bath. (See Baths in May No.) Place upon his head and chest towels wet in cold water, and re-wet every two minutes, on the chest being covered to protect the clothing from the wet. He may sip also ice water or eat pounded ice. But most important, he should be rubbed, and the flesh squeezed and manipulated especially along the limbs. He can remain in the bath from five to ten minutes, when coming out he should be wiped dry, put to bed, and two persons, should rub him under the bed clothes, one taking a leg and foot, and grasping the flesh on each side, commencing at the thigh, squeeze and rub, moving downward toward the foot; while the other, commencing at the shoulder, follows the same process downward to the hand. Two other persons may operate on the opposite limbs in the same way if the patient be strong, or the same persons, when one side is thoroughly warm and dry, may treat the other side in the same manner. Let five minutes be spent on each limb, or more if necessary, and such a determination of blood to the extremities will result, that the pressure having been relieved at the lungs, the bleeding will usually cease without any further treatment. I have succeeded heretofore in this manner in producing entire relief in a case that had baffled the skill of several physicians for months, and the difficulty never returned.

FOR CONGESTION OF LUNGS

this treatment, without the ice, acts like a charm. I have taken a case, where the patient was speechless, and fearfully oppressed in breathing, as well as prostrated in general strength, and in one hour entirely cured him, so that the next morning (the attack occurred in the evening) he was as well as ever. His testimony was that he had previously had an attack, and was leeched and blistered, *secundum artem*, recovering only after six months of such processes; but that this one from which he had recovered in a night, was much the severer. He had had another less severe attack and was treated with wet sheet packings, &c., (Water-cure), and recovered in three weeks. Being a minister of the gospel he preached for us an eloquent sermon three days after his last attack, and had no relapse.

FOR INFLAMMATION OF LUNGS

follow the hot bath with a pack (see May No.), for 40 to 60 minutes, followed by tepid wash-off, and manipulations as in the other cases. In all cases keep on a wet compress over the lungs, but it need not be changed except to re-wet it in any but cases of bleeding.

FOR PLEURISY.

The hot bath, followed by pack, if there be much general heat, by manipulations always, and by hot fomentations instead of cold compresses, to the chest. Try this plan and see for yourselves the effects. They will not do harm if they do no good, provided the patient is not very feeble. The vigor of treatment should correspond to the strength of the patient. Feeble persons must be treated gently and in such manner as to save strength rather than reduce it.

False Facts versus False Principles.

"Error is worse than Ignorance."

"In the science of medicine—in every science—those (facts) that merit the epithet of *false*, are numerous," says Dr. Dunglison, a standard medical author, Materia Medica, page 23.

The truth of this statement will not be doubted. Most patients who have passed into the hands of physicians, and are yet alive, can bear testimony to its truth. "False facts," saving the contradiction of terms, are not only as numerous as medicated patients, but are multiplied with every dose of medicine. We hold, and can prove conclusively, that the ultimate effects of medicines are delusive, deceiving both physician and patient; and therefore that every dose represents what merits the epithet of a "false fact."

But our criticism of the medical systems is not so much of "false facts" as because of false principles. One false principle, entering into the composition of a system, will produce more mischief than ten million so-called "false facts." A fact is a thing that is done, and there its power

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as a fact ends; but a principle is a power that produces, repeats and reproduces facts in endless variety and multiplicity. Principles are the bases of action, and false principles are fecund with evil—unlimited reproduction being the chief characteristic. Truth is plain, orderly and easy to be understood; but a false principle serves to make "confusion worse confounded." One false principle can disjoint a system, can confuse and bewilder and render mysterious the truth until every conceivable absurdity is accepted, believed and acted upon.

We do not charge upon the profession either ignorance or dishonesty. We are prepared to accord to them a just meed of praise for their intelligence, earnestness and learning; but we do insist that they are operating from erroneous principles. Were they simply ignorant it were well; were they destitute of principles of action, human life would be comparatively safe; as it is our experience daily confirms us in the truth, that destruction of human life is in very close ratio to the rigidity with which the profession adheres to its principles. These are not only false but in the majority of instances the exact opposite of the truth, and the practice usually corresponds; and this explains the existence of innumerable disappointed seekers after health.

Food and Exercise.

There is a homely old proverb which says: "He that will not work shall not eat." It is equally true that the amount of food eaten should correspond to the amount of exercise taken. While a man is engaged in active labor, causing him to breathe deeply, perspire freely, and thereby exhaust tissue rapidly, he should eat sufficiently whereby to repair the waste, and as the waste is considerable, he will be a hearty eater. But should he continue to eat thus heartily long after he has ceased from vigorous exertion—after he has retired from active business, or changed his occupation from active to sedentary, he will become diseased, probably dyspeptic, from over eating—from taking into the system more nutritive material than can be disposed of. Obstructions will be established, the depurating organs, notably the liver, will fail to perform their functions, and unless loss of appetite shall follow, serious disease will be established.

Loss of appetite, so common among the sedentary, and among listless and inactive women, who know nothing of exertion in body or mind, is a desirable condition, as long as the causes remain, and the attempt, so common among physicians, to improve appetite by the use of tonics and stomachics, is to be deprecated as directly tending to the production of serious disease. Appetite is the language of nature—instinct—calling for material wherewith to build; if building processes are not going on, as is often the case, both in acute and chronic diseases, it is the height of folly to pervert the natural instincts by stomachics, which induce the stomach to call for and force into the circulation material that cannot be appropriated. There is but one way to properly improve appetite, and that is by making a demand on the part of the vital organs for more material. Use appliances which will cause the building up of new tissue—muscle and nerve—and appetite, normal appetite, the language of unperverted nature, will immediately result. The great majority of our patients come to us suffering from loss of appetite, but it is a rare thing that this condition continues a week after going under treatment, and that without using any stomachics either. This change is produced by the use of appliances to improve the capillary circulation, whereby the blood is made into tissue, causing a demand for new material. The patient begins to gain flesh and strength, he eats heartily because he appropriates vigorously, by which means available vitality, vital vigor, *vis medicatrix naturæ*, or the curative powers of nature, are greatly increased in volume or intensity, whereby cure is performed with certainty and rapidity. If, instead of destroying or silencing symptoms, physicians would but regard them as the language of nature, and learn to read them correctly, and devine their meaning, a great revolution in medical practice would take place.

But there is another important point in the relations between eating and working which we wish to emphasize; and that is, that labor shall correspond to the amount of food eaten. It is folly to undertake improvement through dieting while labor continues. This is a mistake that has been frequently made in hygienic practice. A dyspeptic is induced to believe that change of diet, perhaps close dieting, is advisable for a time, and the advice may be good, if work shall cease at the same time. So, too, fasting for a day has been recommended as a cure for "a cold," and it is good treatment in the majority of cases, if the patient will rest absolutely in bed. To exhaust vitality with labor while refusing to supply material by eating, is very depleting, and depletion is always wrong. The object in fasting during a cold is not to reduce the patient's available vitality, but to increase it, or rather render available for the purpose of cure what already exists. For instance, a man has become chilled and "caught cold," obstructions having taken place that can be removed only by vitality or vital force. Now, there is abundance of vitality in the organism, but a large amount of it is being employed in digesting and vitalizing the food that is eaten, so that if we eat less food for a day or two, resting meantime, this vitality, not being employed in vitalizing new material, may be used to remove the obstructions, and establish the circulation. If, however, we work or worry while we are fasting, we are spending vitality in this way, and so will gain nothing by severe abstemiousness, but will rather lose.

In prescribing a line of conduct, or predicting results therefrom, numberless influences are to be taken into consideration, and he is a wise man, if broad enough in his views, to realize that specifics are unknown, and that no positive and reliable prescription can be given that does not take into consideration all the facts in the case. Who would be successful must needs learn how to steer between Scylla and Charybdis.

Moderation versus Extremes.

Moderation in the use of things good, and total abstinence from all that is bad, we urge as the Golden Rule of Health, and we declare that all the wonderfully valuable results of hygienic living and treatment, which have been recorded from time to time in hygienic journals, have been the results of moderate and not of radical practices. The extremes to which many have gone have "pierced them through with many sorrows." Look at the representatives of the radical system. They commenced with fine promises; they argued exemption from disease, and almost from death to those who would be faithful; they promised long life and happiness.

What are the facts? Let every man who knows answer to his own conscience. Where are these leaders themselves? Where is the stalwart race that was to come from their loins? Have they not nearly all departed, died in childhood or in the prime of life? Husbands, wives, parents, children, one by one they have left us, with scarce a representative to tell the tale of their misfortune, and such as do remain have returned to the fleshpots of Egypt.

But if radicalism is a failure, see what a moderate hygiene will do. We might quote the testimony of hundreds from our own practice, but the testimony of our opponents is all we need to destroy the very practice it is intended to sustain. We copy the following from the Health Reformer of May, 1876:

What Hygienic Living will do.—Mrs. E. S., of Virginia, writes: "Your valuable pamphlet has been sent to me by a brother. I see that the subscription has expired, and in renewing the same, I feel it my duty to say a word in favor thereof. Three years ago I was in very poor health, suffering from inflammation of the stomach and intestines. I was also troubled with tetter, very bad, in the hands. I employed a doctor who gave me drug medicines and salves until he grew tired and gave up my case. I then employed one of the most popular physicians of Petersburg, who gave me medicine four months, telling me all the time that I was *improving very fast.* At the end of four months I found myself weighing 84 pounds, and so weak that I could not stand up in the morning long enough to put on my clothes. About this time I received a few numbers of the Health Reformer. * * * * I immediately dismissed my drugs, tea and coffee, and a number of unwholesome articles of diet. I have taken no medicine since, drank no tea nor coffee. I use Graham flour, and weigh 110 pounds. Ten days of hygienic living imperfectly practiced, cured my tetter of three years standing. * * * Circumstances render it impracticable for me to live strictly hygienic at present, but I intend to improve as my circumstances will admit. I do not think hygienists are extremists, because they advocate the best way of living; and although I am compelled to live principally the better way, *I strongly advocate the best way,*" &c., &c.

We may suppose that this testimonial is selected out of hundreds that might be given, if we are to believe the statements of the proprie-

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tors of that journal, because it is a strong one in favor of their system; but any sensible man can perceive that it is no testimony to the value of their practice at all, for the writer does not claim to have followed it strictly. On the other hand we are led to conclude that the hygiene she practiced was the system that is urged in this journal, viz: a moderate, common sense system, from which radicalisms and one-idea practice is excluded. She was not a vegetarian, and we have no reason to believe that she adopted any other of the score of outlandish practices that have been in vogue in institutions.

There are too many, like this lady, who having been greatly benefited by a moderate course, are enthusiastic over the merits of hygienic treatment, but being misled by their teachers, would adopt the extreme measures were it convenient.

Fortunate it is for such that the opportunity to be radical does not present itself, and even more fortunate when his common sense is stronger than his faith. But while we can see good reason for this lady's enthusiasm, we cannot commend her in preaching a system she has never practiced. She knows what the moderate measures have done for her, but of the value of the ideal system to which she refers she knows nothing. If men would but practice what they preach, and preach only what they are testing, they would become safer guides and more illustrious teachers.

Chronic Rheumatism.

By J. A. Tenney, M. D.

This disease manifests itself under a great variety of conditions. It may be confined to the joints, or it may affect only the muscles; or, as sometimes happens, both varieties may exist at the same time. When it is confined to the joints it is called *articular* rheumatism, and the other variety is termed *muscular* rheumatism. In the muscular variety the muscles of the loins, those between the ribs and of the shoulder are most likely to be affected, although very few muscles in the body seem to be free from liability to it. In articular rheumatism the pain may travel through nearly all the articulations in succession, but it generally becomes seated in one or more particular joints, where it is likely to remain. Sometimes the pain is continuous, and in other cases there is no pain except when motion is induced in the part affected. This is especially true of rheumatism of the intercostal muscles. It causes pain to take a deep breath, and many who were troubled in this way have been greatly frightened because they supposed the difficulty to be seated in the substance of the lungs, and hence concluded that they were the victims of pulmonary consumption.

Chronic rheumatism sometimes follows the acute form called *inflammatory* rheumatism, but not often. It is more likely to come on gradually with a slight pain in some joint or muscle, and seemingly as a consequence of general debility with which it is most generally associated. But sometimes the local affection is the only apparent difficulty, the digestion and nutrition being to all appearance unaffected. The disease is not dangerous to life; but unless it is properly treated, it is liable to continue for a long time, and be a great source of annoyance to the patient; and in bad cases there may be a deposit of earthy matter about the joints which sometimes destroys their mobility. For these reasons it is a disease of no small importance.

The common idea is that rheumatism is caused by exposure to cold; but this is true only in a very limited sense. Cold is an *exciting* cause, but the *real* cause of the disease lies farther back. This is proved by the fact that many can endure the greatest exposure without being at all liable to rheumatism. The cause of this class of affections is generally conceded by medical writers to be a morbid principle in the blood, but they are puzzled to say just what the nature of the morbid principle is; but it is generally supposed to be an excess of lactic acid; hence their treatment has been to administer alkalies, on the same principle that they would give a solution of Bi-Carbonate of Soda for acidity of the stomach. But, although the soda will neutralize the acid in the stomach at the time, it does not remove the *cause of its formation*. The acidity continues in spite of it, and if a man persists in drinking the soda, he will have a chronic inflammation of the stomach which it will be very difficult to get freed from. So, by saturating the system with an alkali, the acid contained in the blood will be neutralized for the time being, if any such acid exists; but the presence of acid in the blood, it must be remembered, is only a supposition, and such treatment is hardly worthy of confidence; although it has the negative excellence of not being so liable to do injury as many other methods.

Rheumatism is essentially a nervous disease, depending upon a low state of vitality; and hence the first indication is to invigorate the general health. Excessive labor, either physical or mental, night watching, the use of liquors and tobacco, and everything that exhausts the vital powers should be carefully avoided. The patient should be in the sunlight as much as possible. Changing from a cold, damp atmosphere to a warm and dry climate will often do wonders. A malarial atmosphere should be especially avoided, for it is a great cause of the disease.

For treatment, the patient should take two full baths a week, at 95 degrees, and also take a thorough course of movements; for there is nothing in the world like them to relieve the brain and nervous system, and strengthen the nutritive powers. It is impossible to describe the processes of the movement cure within the limits of an article like this, but the reader can learn the whole system in *Taylor's work on that subject. The dietary should be plain and nutritious, consisting of unleavened bread, good beef or mutton, and a variety of fruits and vegetables in their season. Sugar, fine flour bread, milk and butter, should be excluded.

Local treatment should be used to relieve pain. Hot fomentations and electricity are the best local applications for this purpose, but it must be remembered that their effect is mainly temporary. The cure depends upon constitutional treatment. But the local symptoms sometimes remain after the cause has been removed from the blood, and then local treatment becomes useful in effecting a complete cure. Electricity will relieve pain in this affection, and make the joints more supple. It also promotes absorption when there is a morbid deposit. Hot fomentations will relieve the pain, and there is the advantage connected with them that they can be applied in any house at short notice.

Pleasant surroundings, and faith and cheerfulness on the part of the patient are indispensable; for in these cases the cause of the trouble has been accumulating for a long time, and must necessarily require time to eradicate it. No class of ailments require so much patience on the part of physician and patient as nervous diseases; for they almost always afflict those who are naturally deficient in blood-making power, and hence recuperate slowly. But time and patience, with appropriate treatment, will, in the majority of cases, work the desired result.

* The Movement Cure. By G. H. Taylor, M. D. Price $1.50. For sale at this office.

Faith and Works.

The disease-stricken body is the counterpart to the sin-stricken soul, and the means to be employed for restoration are similar in all important respects. Wrong doing is the cause of suffering in either case, and right doing is the essential condition to health. "Cease to do evil and learn to do well," is the first step toward cure, and the second, "Patient continuance in well doing," is like unto it.

The first suggests "Works," while the latter necessitates Faith; and to reconcile these two has been the task of inspired minds in the past, as it is the effort of all good men in the present. "Without faith it is impossible" to do right, and yet faith without works is dead. "Show me your faith without your works, and I will show you my faith by my works," I would say to the drug poisoned invalid. I will repent and do works meet for repentance -I will abstain from the causes of disease, and supply to myself the conditions or health, trusting in God, who operates through the laws of nature, to be healed. I do not expect health as the result of my works —they have no healing power in them; to expect to be healed on the other hand by piling sin upon sin—to be relieved of the effects of our transgressions by adding to them—to cure diseases by adding to their causes, is the teaching of Pagans, Barbarians and Heathens.

"To cure one disease by producing another" as the Professors declare to be the true way, is like committing murder to conceal theft, or swearing falsely to hide adultery. Quacks and charlatans may sell their indulgences and prescribe their penances, thus deluding to destruction the ignorant multitudes, but the truth lives nevertheless, that "He that sins without the law shall also *perish* without the law," &c., &c.

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Our "Mountain Home."

Think of a day most stilly fair,
A beauteous day in June;
No stir—save breezes faintly blown
To keep the earth in tune;
Save fresh winds wandering down the heights,
And through the glens along;
The gentle whispering of leaves;
The wild bee's drowsy song;
The squirrel's chatter in the woods;
The voices of the birds;
And, heard afar, the tinkling bell
Which warns of grazing herds;
While swaying boughs soft music make,
Till all the summer air
Seems pulsing with a reverent thrill—
Sweet Nature's wordless prayer.

Think of a scene where mountains bold
Uprear their rugged forms,
Whose wooded heights for centuries
Have braved the winds and storms;
Of fertile valleys spreading wide
Their fields of waving grain;
Of sunny hillslopes slanting down
To meet the verdant plain;
Of clover lands with pink abloom,
Whose fragrance fills the air;
While blossoms gem the woody glens
With beauty sweet and rare;
Of hamlets cradled 'neath the hills,
And cities dimly seen;
Of cottages in rural taste,
With meadows broad between;
Of far-off lines of misty hills,
Their summits crowned with blue,
And nearer slopes in robes of green,
Presented to the view.

Let fancy do her perfect work
To form the picture well,
Then something of the charming *real*
This crude *ideal* may tell.
Oh! be it ours, in coming years,
In every clime to roam,
Our thoughts will ever fondly turn
To thee—our "Mountain Home."

ESTELLE THOMSON.

Drs. Walter's Mountain Home,
Wernersville, Pa.

Two Letters and the Answer.

March 20, 1878.

DR. WALTER—I have read some of your books with great interest, and being a physician, and believing firmly in hygienic treatment, I am induced to inquire further. For two years I have been studying in Europe, and also have been practicing the hygienic system, but find it hard work sometimes to inspire my patients with the necessary faith. I have seen a good many persons get well by using means similar to those which you employ, but most of them have become weaker and lost flesh at first. I see that your "common-sense system" claims to restore the patient without reducing him, and I desire to get more light on this subject, for it is an important point in practice. I am about to open a small sanitarium, and if you can send me anything to read that will help me, I will be truly grateful. I feel that you are doing a great work and rejoice in your success. J. C. W.

March 21, 1878.

I have been troubled with constipation, congestion of the brain, loss of memory, etc., for years, and have been taking treatment at water cures for a long time, but having read some of your pamphlets, I am desirous of inquiring wherein your treatment is different from that usually employed at water cures. A. C.

Answer. The above letters, reaching us at about the same time, make important inquiries, and suggest equally important ideas which are properly included in the answer. Here is a physician, treating sick people after the usual water and diet-cure formulas, who finds great difficulty in inspiring faith in her patients; and desires to know how we succeed in this important matter.

First, let me say that we inspire faith in our patients by no other means than by the actual results obtained. An invalid knows well when he suffers, and he knows also when he is relieved. He knows when he is weak, and he knows if he becomes stronger. When thin in flesh he knows it, and the scales will show him if he gains in flesh; and hence every patient has in and around him the sources of doubt or faith. The usual hygienic plan of reducing the patient in flesh and strength, on pretense of purifying his system, is, according to our view of it, destructive practice, and such as puts far off the day of recovery if ever it comes.

Under such plans it is not wonderful that the phyician finds it hard to inspire faith in his patients; neither is it to be wondered at that nine-tenths of all physisians who have undertaken to treat chronic invalids in this way have failed of decided success, while the other tenth have succeeded, not so much because of the facts as because of some peculiar qualities of mind, which have enabled them to make the patients believe they were improving in spite of the facts. The writer has had a peculiar experience in this matter, having been an inmate of hygienic institutions for nearly twenty years, during which time we have watched the course, progress and termination of thousands of cases under so-called hygienic management; and as a result, some five years ago, became convinced that the treatment was erroneous in two important respects.

In the first place, water-cure affects the patient's conditions by appealing directly to the nervous system. Baths were said to be stimulating, tonic, sedative, narcotic, derivative, alterative, rubefacient, diuretic, cholagogue, sudorific, etc.; indeed, the vocabulary of the old systems was drawn upon, if not entirely exhausted, in attempting to describe the virtues of water-cure. In other words, water-cure was a system based upon the same principles of practice as the drug-systems, and the fault which we find with it to-day is that it still adheres, in a greater or less degree, to the principles and formulas of drug medication.

The hygienic system, as we understand it, is the out-growth of principles which are diametrically opposed to those of the prevailing schools, and the use of water, air, light, exercise, or food, should be on principles equally opposed to the prevailing systems, and not in agreement with them. The baths which we employ are not employed for their stimulating, tonic, derivative, or sudorific effects, but for entirely different objects. Hygienic water treatment is not calculated to excite the nervous system to activity, but is used for other purposes.

The other great fault of the water and diet-cures is that of depleting the patient. A suffering invalid, already exhausted, nervous, excitable, has too often while undergoing treatment, steadily lost flesh, until in many cases one-third of the body has disappeared. So convinced were we that this is not the legitimate result of hygienic treatment, that we undertook to establish a system which should retain all the benefits that were supposed to be obtained, while these evils should be obviated. In investigating, experimenting and reasoning upon this matter, we have made, as we believe, important discoveries, and have succeeded in formulating a system which we hold to be true in fact, logically demonstrable, and in which the results are more than satisfactory. We neither stimulate the patient nor deplete him; and in these respects our system is different from the principles of the drug schools on the one hand, and from the practice of the water and diet-cures on the other. For four years we have practiced this system, have advocated it in our pamphlets, and the results have been so overwhelmingly conclusive, that we have built a new institution for the purpose of producing the facts, and have established this Journal that we might more fully elaborate the theory.

The True Theory.

All diseases are peculiar vital actions, as the result of abnormal conditions or causes; and a change of symptoms, and consequently of the disease, is always effected by a change of conditions or causes, or a reduction of the vital forces. Hence, there are various ways of curing diseases. One is by removing the morbific causes—that is by changing the conditions from unhealthful to healthful, and another is, by adding to or varying the causes of disease, as with drug-poisons, or other violent measures, and still another by destroying the vital power on which the disease (action) depends.

Hygienic treatment operates solely on the former plan; cold water practice, drug medication and other empirical systems, are based on the latter ideas, that of varying the causes or changing the conditions, at the same time that the vital power is reduced. The idea is to cure the disease, no matter what becomes of the patient. If in the process of treatment his pains are relieved, fever reduced, &c., the result is held to be satisfactory without any further inquiry as to *modus operandi*.

The hygienic system has a deeper philosophy. It is not satisfied with apparent results, but examines into the "why and the wherefore," and refuses to "do evil that good may come." It asserts that to poison a patient because he is sick, or to shock or derange his organism by any other violent processes, is to place the practitioner in the category of those, in the words of St. Paul, "whose damnation is just." If men would but learn that good cannot come out of evil, they would cease their health destroying plans of curing one disease by producing another.

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BUILDING UP PROCESSES.

Invigoration, not by stimulants, tonics, or nervous excitements of any kind, but alone by nutrition, the only source of strength, vigor or life, comprehends the idea. It is essentially *a new practice* that has been overwhelmingly successful, and yet that is only in its infancy. To teach the people how to live so as to avoid sickness, or if sick to recover without being depleted, reduced or having the constitution in any way injured is our mission. Many of the ideas here set forth are new and we believe are all true, and no person can read them without feeling that he has learned something, and that something retained and added to twelve times a year, will prove a system of knowledge whose value cannot be estimated. Can the reader spare 50 cents to obtain this knowledge? Address,

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which we have adopted, whereby in one word to describe our system. All processes, and only such, are employed to build up, invigorate and strengthen. Depletion, whether in the guise of *water-cure, diet-cure* or *drugs*, is not permitted. It is not unusual for our patients to gain fifteen or twenty pounds in as many weeks, and some have added to their weight of good solid muscle and nerve sixty and even seventy-five pounds. This is not done by stuffing or high feeding however, but by processes that improve and regulate the circulation of the blood, wherein all nutrition takes place. To this end,

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THE DIET-CURE. Good food and plenty of it, and such as will be serviceable in building up and invigorating, describes our ideas of diet. We believe in neither starving nor stuffing, but in eating to supply the wants of the organism.

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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. I. WERNERSVILLE, NEAR READING, PA., JULY, 1878. No. 3.

The New Theories.

DISCOVERY. As long as human efforts are faulty and success uncertain, so long will opportunity for discovery, as well as invention, present itself; and in close ratio to the energy displayed, the talents employed, and the experience obtained, will be the number and value of inventions and discoveries. That men are having better opportunities, larger experience, and display greater energy in the pursuit of truth, is also apparent, so that inventions and discoveries are multiplying with a rapidity not greater than are the discoveries wonderful. The discovery of the power of steam, and the invention of the steam engine were the merest droppings of what was to be—the stepping-stones to lofty positions in the future. Telegraphy was not less valuable than marvelous, a discovery so great that we hardly hoped for anything beyond, until the telephone and phonograph startle the world with their importance and magnificence.

The number and value of these discoveries, when taken in connection with the fact that in the beginning they were always ridiculed, ought to make men more liberal with regard to new ideas, and induce them to investigate before denouncing. And such is the case with reference to mechanical inventions, or discoveries in physical science, simply because they are being so continually repeated that no man can afford to laugh at a new machine, until he has carefully examined it. The most unlikely things have been proved to be true, and the most unreasonable claims proved to be just, until the skeptics are put to the blush and silenced. What greater stretch of human credulity is possible than that induced by reports of the Phonograph. We smiled incredulously at the Telephone, until we were compelled to believe, but immediately exclaimed, Now they have reached the climax in this direction! but to be called upon to believe that a machine has been invented, which will treasure up the sound of a man's voice, whether speech or music, for centuries, and by turning a crank, will repeat, thousands of years after he is dead, the intonations—the music that enchanted us while he was alive, is certainly taxing to the credulity of the most credulous. Fortunately the inventor has the means for ocular and auricular demonstration, and we cannot deny the evidence of our own senses. The claim seems preposterous, but it is true nevertheless. Crazy Howe, with his sewing machine, was not so crazy after all, nor Fulton with his steamship. Field was an enthusiast, but who does not know that the contemplation of the glorious things to follow a discovery, will make any man an enthusiast. "Give me a fulcrum on which to rest my lever, and I will move the world," exclaimed the enthusiastic Archimides. All discoverers are enthusiasts, but do they make the discovery because they are enthusiastic or are they enthusiastic because they have made the discovery? Who will tell us which is cause and which effect? One fact remains: What were once the wild dreams of crazy one-ideaists, have become the sober facts of every day life, and men are glad to profit by what they once ridiculed.

Discoverers are always rated, if not soundly berated, as enthusiastic egotists; and for the reason that their claims always imply that they know more than their fellows. The claim thus becomes disagreeable, not only to the world at large, but to the claimant; and if the discovery be such as is likely to crowd out or destroy the interests of other parties, opposition will be aroused, and epithets, ridicule, and misrepresentation, will be the least harmful of the means employed to crush "the boasted discoverer."

And the opposition aroused, and the odium attached, will be in close ratio to the importance and value of the discovery. If Harvey's discovery of the circulation had been of little consequence, he would not have been ruined financially by his claim; but being so great, and the revolution that must follow so wonderful, the whole profession rose in arms as one man to crush this "vaunted discoverer;" and it is declared that no physician over forty years of age at the time ever admitted the truth.

Harvey suffered the loss of everything through his discovery, because in the minds of the practitioners he was the most unlikely of all men to make it. Everybody reasoned that if a discovery was to be made, it should have been by learned Professor So-and-so, and that this unheard-of egotist should be laying claims to the discovery was more than human nature could stand. To lose his practice was the least punishment he was entitled to suffer.

WHAT CONSTITUTES A DISCOVERY. According to the Patent Laws of our country, any new principle or any new application of known principles, or new combination of principles, by which new and valuable results are obtained, are patentable. In other words, any original formula of ideas which will insure valuable results not before obtained, is entitled to be ranked as discovery. In one sense there is "nothing new under the sun," and discoveries are very seldom, if ever, of principles never before dreamed of; but, on the contrary, usually consist of a formal presentation and application of what, though dimly perceived by some one in the past, has yet never been practically applied or scientifically urged.

After Harvey had made his discovery of the circulation, and the evidence of its truth become overwhelming, the profession, after having, through jealousy, denied that the blood did circulate, now suddenly veered around, and declared that the idea was not new after all, and that the sole merit of this vaunted discoverer was in having "circulated the circulation." There is, indeed, no doubt, but that vague and indefinite ideas of the circulation existed in the minds of many practitioners, as well as writers, at or about the time of Harvey's discovery. Shakespeare, a quarter of a century before Harvey, expresses the idea in these words of *Brutus* to *Portia*:

> "You are my true and honorable wife;
> As dear to me as are the ruddy drops,
> That visit my sad heart."

But Harvey, nevertheless, was the first to assert definitely the circulation of the blood, and to give the facts and arguments which proved it. Hence, he is entitled to the credit of discovery, for the truth was not known in any such shape as to be of use until he urged it.

It is impossible to conceive that men were entirely unacquainted with the power of the lever, previous to the discovery of Archimides; but Archimides having formulated the truth so as to make it serviceable to man is, nevertheless, entitled to the credit of discovery.

A DISCOVERY, then is constituted out of

1st. A clear perception of a principle never before formulated or made of practical service; or

2nd. Of a new application of a principle, whereby we have new and valuable results; or

3d. Of a new combination of principles, by which new and important results are had.

Use, it will be seen, is the criterion. What is serviceable and valuable, if not before applied, is entitled to credit. Human well-being is the object, and he who can make "two blades of grass grow where one formerly did," is a benefactor, and if no one else knew how, a discoverer.

To sustain our position, therefore, it is not necessary that we have discovered a new principle. Indeed it may be doubtful whether there are any new principles

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yet to be discovered. It is not shown that any principle in the telephone, or the phonograph, or the new microphone, is absolutely new; on the contrary, they seem to be simply new applications and combinations of principles well known to science; but they are important discoveries nevertheless. We shall undertake to show in successive numbers of this journal that though the principle may not be new, we have made a new application of it, and have obtained results not obtained elsewhere. The facts, viz.: the effects of our system we know, and human prejudice cannot blink them; it is equally certain that these effects have grown out of new practices, and that these, when in competition with the old plans, as far outstrip them as the steam-engine does the old stage-coach.

Scrofula.—No. 3.

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Drug Poisons. The process of recovery from disease is very similar to the growth and development of the body in health. It is a system of *building up*, while disease is a process of starvation and depletion. These facts are sufficient in themselves to indicate a true plan of treatment. Whatever favors nutrition, favors recovery, and whatever diminishes the patient's strength, puts his recovery so much farther off. We shall endeavor to show that the administration of medicines only varies the process of starvation, and tends to fasten debility upon the invalid and develop scrofula in posterity.

The notion is almost universally received that in some way medicines increase a person's strength. But they *always* diminish vitality, whatever may *seem* to be their effect. The only thing ever said in their favor is, that it is possible for them to be the least of two evils under some circumstances; and this seems more like an apology for their use than a reason why they should be employed. We should choose such agents to relieve our distresses as are not followed by injurious consequences; which always follow the administration of medicines.

To illustrate our idea that medicines always deplete the system, suppose we take a dose of cathartic pills for constipation. A violent digestive disturbance is occasioned and temporary relief obtained. But in a few days we find that the trouble is not diminished but rather increased. As the tides ebb and flow and leave the depth of the ocean ever the same, so these disturbing effects of medicines upon the system fail to work lasting benefit; but there is a lack in the comparison, for the system does not come back to its former degree of vigor. If another dose is taken, it must be increased to produce the former effect, which shows conclusively that the drug has wasted so much strength.

If we take a narcotic like morphia, the effect which follows is a tendency to sleep. The nervous centres are paralyzed, and sleep follows to enable them to recover from the exhaustion. After the sleep has passed away, the patient feels a sense of languor for days and even weeks in some cases. If another dose is taken, it must be a little larger to produce the same effect; and there seems to be scarcely any limit to this rule. After a while a very large dose will scarcely induce sleep at all. Every physician knows that the system fails to "respond" to medicines after they have been used for a time, so he follows a routine of poisons which in turn spur the system into a false activity. As every one of these medicines exhausts the patient, he must have so much more time for nature to establish itself and enable him to recover from this depletion.

Fifty years ago, the first of these plans of treatment was almost universal. Physicians relied upon cathartics to relieve the majority of the diseases of that period, thus placing the digestive organs, for the time being, in a similar condition to that which exists in an attack of cholera. In this disease the danger lies in the determination of vital force toward the digestive organs, threatening them with disorganization. Cathartic medicines do the same thing, although perhaps in less degree. *They* direct vital force toward one class of organs, and if they do not threaten it with disorganization, they certainly are a source of terrible depletion from which it is exceedingly difficult to recover.

But the day of calomel and blood-letting has gone by, and improved systems of murder have taken their places. If we deplete the organs most remote from the nervous centres it is bad enough; but modern art has discovered how to use up the patient's strength in the shortest possible time by directly depleting the nervous centres themselves. The ordinary practice of the present day is to administer stimulants, tonics, narcotics, etc., and so, by aiming a blow at the very seat of life, exhaust the patient by the most improved methods. Tonics and pain killers are in great demand, and the supply is fully up to the need. There is only one improvement to be made upon the present condition of things; and that is to so arrange matters that there shall be no sensitive nerves in the system, and then we can violate the laws of health with impunity as far as pain is concerned, and die before we know it.

Many people will readily agree that cathartics and narcotics are depleting, but they are not quite so ready to admit that all medicines have a similar effect. Take the tonics for instance; they *seem* to give strength, and it is a little difficult to see how they do harm. But if we study their effect carefully, we shall see that we are obliged to increase their dose to produce a constant effect. They bring latent vitality to the surface, so to speak, and so waste it. In low fevers for instance, when the patient sinks in delirium, if we give him a stimulant like brandy, it will raise him out of the delirium and make his conditions appear to be improved. We have doctored the minds of his friends, and actually depleted the patient and made his recovery more doubtful, if there is any doubt in his case at all.

This treatment is altogether analogous to the experiment of applying electricity to a decapitated frog to make him jump. If we take a frog and cut off his hind legs, being careful to include a portion of the spine, and then apply electricity to the part twelve hours after the beheading process has been performed, the frog's legs will jump as naturally as in life, showing that the muscular life is not entirely exhausted. But after they have been made to jump once, they will not go quite so far the second time, and so the power will decrease until it cannot be excited at all. This shows conclusively that the excitant exhausts the vitality remaining in the part. This can be still farther proven by applying the electricity very soon after the frog has been beheaded, when it will be found that all motive power can be destroyed in a short time, while without the excitement the nervous contractility would remain many hours; in a word, the electricity *kills* what life remains after the animal is deprived of his head. So we hold that tonic medicines only make the patient's powers visible, and so relieve the minds of his friends, while their tendency is to diminish his chances of recovery.

But the question will naturally arise, "Would you never give a poison to relieve pain?" With a good deal of qualification, yes. When the pain and nervous shock would be likely to destroy the patient, or would be likely to do more harm than the poison, as in amputation of a limb or other severe surgical operations, it is well to choose the least of two evils. But there is no sort of reasonable excuse for the indiscriminate use of deadly narcotics which generally prevails when a person chances to have a little unusual distress, that might be relieved by ordinary hygienic measures. The sum and substance of administering so-called remedies at the present time, is to supply courage to those who cannot bear a little pain. Physicians know perfectly well that in a majority of cases it is far better to endure the pain than to take their prescribed poisons, but they are limited by the patient's demand for relief. It is a most potent argument in the mind of the physician at such times, "If I do not give the medicine some one else will," and one that few can be expected to resist. What is needed is a little education on the part of the people with regard to the true relation of these things, so that they will not require an intelligent physician to treat a man contrary to his best judgment. If patients and physicians would agree never to take or administer medicines except when it is reasonably certain that they are the least of two evils, it would bring about as great a revolution in medical practice as has taken place in regard to the use of intoxicating liquors within the last seventy-five years.

Organs must be exhausted before they can become diseased; indeed, all diseases are the result of depletion. And there is nothing in the known world that will exhaust the general system like those medicines that appeal directly to the nerve centres, as narcotics and stimulants. If we add to the exhausting processes of overwork and disease, by the administration of poisons when we get sick, we are trying to put out fire by pouring on oil,—to remedy debility by adding to its causes. Whether we give larger

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doses to produce a former good effect, or whether we stir up the system by the frequent introduction of a new enemy to the vital powers, the result is the same. Languor and exhaustion invariably follow the use of these so-called remedies; but in the case of tonics and narcotics, the exhaustion is so far removed from the *apparent* good effect of the drug, that we fail to connect the two; and so the process of depletion is multiplied over and over again. We get sick, and take tonics to remove the weakness that attends the condition; and these, in turn, add still further to our debility; and so we go on wearing out our life powers, and bequeath the results of our mistakes to our children, in the form of organizations debilitated and ready to take on the diseases depending upon depletion, whose name is legion.

Dieting for Dyspepsia.

That depends both upon the kind of dyspepsia and upon the cause of it. If a patient is of good constitution, and is yet strong and vigorous, but suffers chiefly from heart-burn, water-brash, sour stomach, flatulence, furred tongue, &c., and particularly if his trouble has been caused by luxurious habits of living, dieting is a very important point of his treatment. He could afford to eat only hard Graham biscuit, made of wheat meal and water, and apples, but twice a day, and sparingly for a week or two, to be followed by little a more liberal diet, which shall include oatmeal mush, baked potatoes and a little steak, in addition, at one of the two meals. At the same time the patient should have complete rest, being freed from all labor and care; should have a full bath twice a week in water at 90 degrees for two minutes, and sitz bath also twice a week, 90 degrees for ten minutes. He should have thorough kneading and percussions of the abdomen daily, continued at first for one minute, and extended as the parts become strengthened, to five minutes, by which the bowels will be aided in their work. Walking, horseback riding, hoeing, chopping wood, &c., are all good exercises, but while dieting closely, he should be careful not to exercise too much, not enough to get fatigued. He should sleep all he can, and in a well-ventilated room. Such prescription continued judiciously for some weeks, if the patient be vigorous, will cure very severe cases.

There are other kinds of dyspepsia that will not bear this treatment. If the patient is debilitated, emaciated, pale, nervous, with palpitations, distress after eating, loss of memory, perhaps flatulence, caused by hard work, mental worry, &c., he should by no means rely on close dieting. In such a case, the patient should eat whatever least disagrees with him, within the range of healthful food; he should eat enough of it, even if it does cause distress, and should rely upon rest, freedom from care, and all other hygienic influences in proper combination for recovery. Such person should be under the care of a competent physician, and be treated by a careful course, including the Movement-cure. Neither free bathing nor close dieting should be permitted. Sun-bathing, in which the patient is stripped daily, and lies under the direct rays of the sun for 15 to 25 minutes, and be rubbed and manipulated by a healthy attendant is important, and fulfills all the requirements for bathing unless it be one washing for cleanliness.

There are few diseases that require better discrimination than this one of dyspepsia. I have sometimes found it advisable to cause the patient to abstain entirely from food for two or three days; but nervous dyspeptics I advise to eat freely of good, plain, hygienic diet, avoiding the use of salt, sugar, butter and milk, and have had excellent success. It is a fallacy to suppose that food easy of digestion is desirable in ordinary cases. Dry, solid, wholesome food that requires chewing is much superior to soft or starchy substances, even though the latter are easy of digestion.

Dyspepsia is not chiefly a disease of the stomach; the difficulty is caused more frequently by obstructions in the circulation than by noxious causes in the organ itself. There is an exception to be noted in respect to chronic inflammation of the mucous lining of the stomach, caused by the use of drug medicines, alcohol, &c., Dyspepsia may be caused by any one of the multitudinous causes of disease, if sufficiently long continued, but the causes usually are bad habits of eating and drinking, overwork, worry, irregular hours, sedentary occupations, indulgence of the passions, want of cleanliness, of pure air, &c. The use of drug-medicines are powerful agents in the production of this disease. Thousands owe their dyspepsia to the cure of some other disease by these means. Remove the cause or causes and the effects will cease; but it is folly to expect good health while the causes of disease remain.

What our Friends Say.

DR. WALTER;—I have returned to my home of late to find your neat and truthful little Journal of Health, with which I am highly pleased.

I have been warring the extreme doctrines of the Extremists for years, and supposed I was alone, but happily find in you and your Journal, a kindred spirit and a confirmation of the truth of my teachings and practice. You hold the helm of the Health Reform ship, and I trust you will hold her up close along the line of truth.

I shall do all in my power to introduce your Journal in the west, for I consider it the most correct enunciation of principles that has eminated from the Reform Press in America. May its wings waft the truth to every fireside in our famous country.

I will send you subscriptions whenever I can obtain them.

Yours, fraternally,
PROF. G. W. GIBSON,
Fair Play, Colorado.

It is a paper of which you may well feel proud.—*E. C. Elwood, Lyons, Iowa.*

Enclosed please find $2.50 for seven copies of the "LAWS OF HEALTH."—*C. H. Blackman, Chicago, Ill.*

I think the article on Diphtheria alone, in the first number, worth ten times the price of the paper for the year.—*S. W. Cook, Lewiston, Me.*

Bread.

Fine flour bread is an inferior article of diet for two reasons; when the coarse flour is sifted out, it is deprived of an important and nutritious portion of the grain; and what remains is partially destroyed by the process of fermentation or raising.

Of the different substances used to raise bread, yeast is the most objectionable, because it decomposes sugar, one of the most important elements in flour, changing it to carbonic acid and alcohol. The carbonic acid raises the dough, and the alcohol is evaporated. A similar result may be obtained by using cream of tartar and sour milk; in which case carbonic acid is set free by lactic acid. Another common method of raising bread is to use bi-carbonate of soda and chlorohydric acid, the soda being stirred thoroughly into the flour, and the acid being put into the water used in mixing. This combination leaves common salt in the bread, and the dough is raised by the setting free of carbonic acid, as by other processes.

Cream of tartar is extensively adulterated, and commands a high price; which has caused search for a cheaper and surer article; and Prof. Horsford claims to have found it in acid phosphate of lime, which combines with soda, setting carbonic acid free, and leaving phosphate of soda and lime in the bread. All these articles for raising bread are objectionable, because the gas is set free too suddenly to produce the best effect, and because destruction of the flour is involved to a considerable degree. They destroy the sugar, and make the bread insipid, and to an extent, innutritious.

Grinding grain breaks up the organic arrangement, and makes it liable to absorb water and become deteriorated by time; hence the flour should be fresh ground, and should be preserved as dry as possible.

Unleavened bread is always the best, because it preserves in the best manner the nutritious qualities of the grain. It cannot be made in loaves, but is baked in small pans made for the purpose. The best pans are composed of half a dozen or a dozen oblong cups, three inches long by two wide and five-eighths of an inch deep. These gem pans may be found in all hardware stores.

The unleavened gems are made in this manner: Take Graham meal, from which the coarsest bran has been sifted, and wet it up with cold water until it stirs smooth. Have the pans sissing hot, and drop into each cup a little mutton tallow to keep the gems from sticking to the pans; pour in the batter until the cups are full, and bake immediately in a very hot oven. The large amount of water in the batter requires the oven to be very much hotter than is needed to bake ordinary bread; so if there is a failure at first to make light gems, it may be set down as due to a want of heat in the oven. Bake twenty minutes and the gems are ready for the table, light, palatable, and the most nutritious bread that can be made.

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yet to be discovered. It is not shown that any principle in the telephone, or the phonograph, or the new microphone, is absolutely new; on the contrary, they seem to be simply new applications and combinations of principles well known to science; but they are important discoveries nevertheless. We shall undertake to show in successive numbers of this journal that though the principle may not be new, we have made a new application of it, and have obtained results not obtained elsewhere. The facts, viz.: the effects of our system we know, and human prejudice cannot blink them; it is equally certain that these effects have grown out of new practices, and that these, when in competition with the old plans, as far outstrip them as the steam-engine does the old stage-coach.

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Dieting for Dyspepsia.

That depends both upon the kind of dyspepsia and upon the cause of it. If a patient is of good constitution, and is yet strong and vigorous, but suffers chiefly from heart-burn, water-brash, sour stomach, flatulence, furred tongue, &c., and particularly if his trouble has been caused by luxurious habits of living, dieting is a very important point of his treatment. He could afford to eat only hard Graham biscuit, made of wheat meal and water, and apples, but twice a day, and sparingly for a week or two, to be followed by little a more liberal diet, which shall include oatmeal mush, baked potatoes and a little steak, in addition, at one of the two meals. At the same time the patient should have complete rest, being freed from all labor and care; should have a full bath twice a week in water at 90 degrees for two minutes, and sitz bath also twice a week, 90 degrees for ten minutes. He should have thorough kneading and percussions of the abdomen daily, continued at first for one minute, and extended as the parts become strengthened, to five minutes, by which the bowels will be aided in their work. Walking, horseback riding, hoeing, chopping wood, &c., are all good exercises, but while dieting closely, he should be careful not to exercise too much, not enough to get fatigued. He should sleep all he can, and in a well-ventilated room. Such prescription continued judiciously for some weeks, if the patient be vigorous, will cure very severe cases.

There are other kinds of dyspepsia that will not bear this treatment. If the patient is debilitated, emaciated, pale, nervous, with palpitations, distress after eating, loss of memory, perhaps flatulence, caused by hard work, mental worry, &c., he should by no means rely on close dieting. In such a case, the patient should eat whatever least disagrees with him, within the range of healthful food; he should eat enough of it, even if it does cause distress, and should rely upon rest, freedom from care, and all other hygienic influences in proper combination for recovery. Such person should be under the care of a competent physician, and be treated by a careful course, including the Movement-cure. Neither free bathing nor close dieting should be permitted. Sun-bathing, in which the patient is stripped daily, and lies under the direct rays of the sun for 15 to 25 minutes, and be rubbed and manipulated by a healthy attendant is important, and fulfills all the requirements for bathing unless it be one washing for cleanliness.

There are few diseases that require better discrimination than this one of dyspepsia. I have sometimes found it advisable to cause the patient to abstain entirely from food for two or three days; but nervous dyspeptics I advise to eat freely of good, plain, hygienic diet, avoiding the use of salt, sugar, butter and milk, and have had excellent success. It is a fallacy to suppose that food easy of digestion is desirable in ordinary cases. Dry, solid, wholesome food that requires chewing is much superior to soft or starchy substances, even though the latter are easy of digestion.

Dyspepsia is not chiefly a disease of the stomach; the difficulty is caused more frequently by obstructions in the circulation than by noxious causes in the organ itself. There is an exception to be noted in respect to chronic inflammation of the mucous lining of the stomach, caused by the use of drug medicines, alcohol, &c., Dyspepsia may be caused by any one of the multitudinous causes of disease, if sufficiently long continued, but the causes usually are bad habits of eating and drinking, overwork, worry, irregular hours, sedentary occupations, indulgence of the passions, want of cleanliness, of pure air, &c. The use of drug-medicines are powerful agents in the production of this disease. Thousands owe their dyspepsia to the cure of some other disease by these means. Remove the cause or causes and the effects will cease; but it is folly to expect good health while the causes of disease remain.

What our Friends Say.

DR. WALTER;—I have returned to my home of late to find your neat and truthful little Journal of Health, with which I am highly pleased.

I have been warring the extreme doctrines of the Extremists for years, and supposed I was alone, but happily find in you and your Journal, a kindred spirit and a confirmation of the truth of my teachings and practice. You hold the helm of the Health Reform ship, and I trust you will hold her up close along the line of truth.

I shall do all in my power to introduce your Journal in the west, for I consider it the most correct enunciation of principles that has eminated from the Reform Press in America. May its wings waft the truth to every fireside in our famous country.

I will send you subscriptions whenever I can obtain them.

Yours, fraternally,
PROF. G. W. GIBSON,
Fair Play, Colorado.

It is a paper of which you may well feel proud.—*E. C. Elwood, Lyons, Iowa.*

Enclosed please find $2.50 for seven copies of the "LAWS OF HEALTH."—*C. H. Blackman, Chicago, Ill.*

I think the article on Diphtheria alone, in the first number, worth ten times the price of the paper for the year.—*S. W. Cook, Lewiston, Me.*

Bread.

Fine flour bread is an inferior article of diet for two reasons; when the coarse flour is sifted out, it is deprived of an important and nutritious portion of the grain; and what remains is partially destroyed by the process of fermentation or raising.

Of the different substances used to raise bread, yeast is the most objectionable, because it decomposes sugar, one of the most important elements in flour, changing it to carbonic acid and alcohol. The carbonic acid raises the dough, and the alcohol is evaporated. A similar result may be obtained by using cream of tartar and sour milk; in which case carbonic acid is set free by lactic acid. Another common method of raising bread is to use bi-carbonate of soda and chlorohydric acid, the soda being stirred thoroughly into the flour, and the acid being put into the water used in mixing. This combination leaves common salt in the bread, and the dough is raised by the setting free of carbonic acid, as by other processes.

Cream of tartar is extensively adulterated, and commands a high price; which has caused search for a cheaper and surer article; and Prof. Horsford claims to have found it in acid phosphate of lime, which combines with soda, setting carbonic acid free, and leaving phosphate of soda and lime in the bread. All these articles for raising bread are objectionable, because the gas is set free too suddenly to produce the best effect, and because destruction of the flour is involved to a considerable degree. They destroy the sugar, and make the bread insipid, and to an extent, innutritious.

Grinding grain breaks up the organic arrangement, and makes it liable to absorb water and become deteriorated by time; hence the flour should be fresh ground, and should be preserved as dry as possible.

Unleavened bread is always the best, because it preserves in the best manner the nutritious qualities of the grain. It cannot be made in loaves, but is baked in small pans made for the purpose. The best pans are composed of half a dozen or a dozen oblong cups, three inches long by two wide and five-eighths of an inch deep. These gem pans may be found in all hardware stores.

The unleavened gems are made in this manner: Take Graham meal, from which the coarsest bran has been sifted, and wet it up with cold water until it stirs smooth. Have the pans sissing hot, and drop into each cup a little mutton tallow to keep the gems from sticking to the pans; pour in the batter until the cups are full, and bake immediately in a very hot oven. The large amount of water in the batter requires the oven to be very much hotter than is needed to bake ordinary bread; so if there is a failure at first to make light gems, it may be set down as due to a want of heat in the oven. Bake twenty minutes and the gems are ready for the table, light, palatable, and the most nutritious bread that can be made.

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The Laws of Health.

Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

J. A. TENNEY, M. D.,
Associate Editor.

Wernersville, near Reading, Pa.,
JULY, 1878.

The Health Reformer's Notice.

We have received for notice a copy of a new journal entitled, "The Laws of Health," edited by Dr. Robert Walter. The journal contains many good and true things; but in spite of its claims to advocate and elaborate "a new philosophy of disease and its treatment," we are utterly unable to discover any new principle or fact, or any truth which we have not been actively teaching for several years. Most of the so-called "discoveries" of the age are old truths dressed up in new forms. Here is one of the chief failings of nearly all reformers in this direction. They have arrogated to themselves too much and too superior wisdom; and have made their claims too preposterously large, so that while fascinating and dazzling a certain class of minds, they have in general excited only contempt and disgust on the part of the more intelligent classes in community. Why not be sensible and reasonable, and be content with a recognition of our real merits, without attempting to pass ourselves off for more than we really are?

We hope to excite no enmity by a frank statement of our feelings. We speak from a sense of duty. We believe that the Doctor will accomplish good, and that he would be capable of still greater good if he would put himself on a better basis, a foundation consisting less of self, and more of science; less of "discovery," and more of common sense.—*Health Reformer, June, 1878.*

We are pleased to receive from the Editor of the *Health Reformer* so candid an expression of his "feelings," though we will be pardoned for saying that the evidence that he "feels" rather than reasons on the subject of his criticism, was sufficiently plain without his acknowledgment. We can assure him, however, that he does not excite in us any enmity by this frank statement of feeling, but on the contrary has our most hearty thanks for calling the attention of his readers to our claims, even though they seem to him "too preposterously large," which is not to be wondered at, when we consider that the greatness of a man's conceptions, depends at least a little upon the man.

Further we would remark, that in laying claim to discovery, our first inquiry was not, Will the Editor of the "*Reformer*" enlarge sufficiently to take it in? or even will the people receive the new ideas? but

Are they True?

This was the question that agitated our minds, and caused us long and anxious labor, until having decided in the affirmative, we are now waiting to see if this Reformer, or any one else, will undertake to disprove them. We confess that we also inquired what the effect would be upon ourselves, and found only one answer, viz: that the claim would damage us in public estimation. Nevertheless we had such an abiding confidence in the power of truth, and faith in its success, that we were willing to lay ourselves open to the charge now brought against us, and place ourselves at great disadvantage before the critics, and still hope to succeed. And that we have succeeded even the *Health Reformer* will not dispute, notwithstanding our advertisements, though at first promised admission, if we would forbear to mention our publications or our peculiar theories, have nevertheless been excluded from the *Health Reformer*, and lo! we still live.

Our critic acknowledges finding "many good and true things" in our journal, but claims to have been himself "actively teaching" them "for several years." We suggest that we have cited in the one number of our journal then published, comparatively little of the truth which we hold, that unlike the case of the *Health Reformer*, we have enough left for several years to come; indeed that the smallest modicum of it has reached the public ear in any shape, but that nevertheless enough of it has been printed, if the *Health Reformer* could have taken it in, to have rendered unnecessary, by a speaker at the dedication of the new Sanitarium, the following *Confession*, while speaking of "The Progress of Health Reform" among that peculiar people, given in these words:

> "We have to confess that this reform movement, like all other good causes has its drawbacks. Some of its early advocates were no doubt too radical. A water-cure of twenty-five years ago was a place where nothing but water was used as a remedial agent. * * * Others have been inclined to be too radical in their diet, not making allowance for different constitutions. These things hurt the cause, but our motto is 'live and learn.'"

Had the Health Reform Institute not been ignorant on these points, we would never have been called to treat one of its patients, who had been reduced to the most complete skeleton we ever beheld, by its processes, and though a small woman, was only restored to health after gaining thirty-five pounds of flesh under the new methods. We have photographs of this case preserved, which give the most remarkable evidence of starvation on the one hand, and of buoyant health on the other; and we advise our quondam friend not to allow his patients to stray this way.

But enough of criticism. The question now before the people, emphasized by this notice of us, is, Have we made a discovery? and to the answer we address ourselves, prepared to stand or fall on the merits of the case. But it is not a matter that can be stated and proved in a paragraph, but like other true systems would require volumes to do it justice. Nevertheless, under the caption, "*The New Theories*," we commence elsewhere in this number of our journal a statement of the principles and arguments upon which we ground our conclusions, and hereby call upon the editor of the *Health Reformer* either to accept or disprove them.

Prompt Treatment for Many Diseases.

We treat conditions and not primarily diseases, and inasmuch as the initial conditions are similar in a great variety of diseases, the treatment of the patient at the beginning is essentially the same in all of them. Here is a child, youth or grown person, who has lately come to feel ill, having headache, lassitude, weariness, with chilly sensations alternating with flashes of heat, the skin continues to grow hot and dry, the patient is drowsy and listless, the pulse full, strong, perhaps hard, there may be some soreness of throat, &c., and perhaps patient and friends think he has a severe cold. The truth is, the patient may have a cold, or croup, diphtheria, scarlet fever, measles, small-pox, typhoid or almost any other acute disease, being developed; but no matter; the conditions indicate the treatment to be employed, and the following will be found *the precise thing every time:*

1st. A hot bath, either full bath, or sitz and foot bath, continued from five to ten minutes, according to the vigor of the patient and the degree of heat. If the patient be chilly without great heat, and is also of vigorous constitution, the bath may be continued ten minutes or even more, until perspiration follows if possible, or until the heat becomes well distributed throughout the body. If free perspiration is induced, follow with a full bath of tepid water, in which the patient is immersed all over, and rubbed vigorously for two minutes, then on coming out, have a dry sheet thrown over him, and be rubbed dry, and then go to bed. During the hot bath, nausea and perhaps vomiting may occur; if nausea, to prevent vomiting, sip ice-cold water and have upon the head a towel wet in cold water and re-wet frequently. If vomiting, let the patient drink abundantly of hot water, which will either settle the stomach or cleanse it of biliary impurities.

If free sweating do not follow the hot bath, then a wet sheet pack, in which the patient is enveloped in a wet sheet, covered with several blankets drawn closely around the neck, as described in the May number of this journal, and continued for thirty minutes to one hour, according to the severity of the case and the strength of the patient, to be followed by the tepid full bath and rubbing as before, and rest in bed. The patient who has heretofore been eating freely, no doubt, should now abstain from food for several hours, or, in extreme cases, for several days, this point to be regulated somewhat by the appetite and capacity to use food.

These symptoms generally occur in the evening, and the treatment should not be

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postponed till next day, but should be promptly administered, and the patient will need no more attention in the majority of cases till next morning. Through the day following, if the case is still in doubt, the patient may rest in bed, simply waiting, eating little or nothing, but in the evening, if the conditions are unchanged, repeat the operation of the night previous. The second day from the treatment, which will be the third or fourth of the disease, will certainly determine what the case is, which must then be treated on its own merits.

If it was simply a cold, and the patient has been judiciously managed, he will be well; if croup would have followed, it was probably prevented by the prompt treatment, or if it did actually appear, the coldest application to the throat should be used in addition to the other treatment, and repeated every few minutes to maintain the temperature at about the normal point, and so absolutely prevent the formation of a membrane. The same treatment for diphtheria. If measles or scarlatina follow, the characteristic rash will, under this treatment, invariably appear in due time.

The same may be said of small-pox or any other exanthema. If it be typhoid or other such fever, it may continue in spite of the treatment, but if similar treatment be judiciously persevered in, the worst fevers will become comparatively harmless.

One point, which must never be forgotten, is, that the treatment should always be administered at, or just before the fever reaches its highest point. When the fever is declining this treatment might cause injury.

Pneumonia will be indicated by oppression of chest, difficulty of breathing, great heat and pain about the chest, which will demand a wet compress, made of four thickness of linen wet in water, and laid on the heated parts and covered by dry cotton cloths, and never left on to get dry, but should be often re-wet as long as the heat continues. Similar application to the throat, or any other part that is heated, is appropriate and often absolutely necessary.

Under this treatment it is surprising how satisfactorily the eruption will appear in measles, scarlatina, small-pox, &c., and the oppression, and other severe symptoms be relieved, and the beauty of it all is that this treatment is beneficial in all cases, no matter what the disease, provided the fever is present. It is treatment for the fever, whether it be idiopathic or symptomatic, and always right when the fever, under whatever name, is present.

Philosophic.

"Fish makes brains," cries one; "as a man eateth so is he," cries another; "if you eat pork it will make you hoggish," says another; all of which is as philosophic as the boy's reply to the gentlemen who said:

"My boy, your corn don't seem to be doing well. It looks yellow."

"Very likely," replied the boy. "Dad planted yaller corn."

Desperate Prescriptions.

"Aristides, we are told, was the dupe and victim of the Asclepiades, for ten successive years. He was alternately purged, vomited and blistered; made to walk barefoot under a burning sun in summer, and in winter doomed to seek for the return of health by bathing his enfeebled and emaciated body in the river. All this severity of treatment, he was made to believe, was exercised toward him, by the express direction of Esculapius himself, with whom he was persuaded to fancy he held converse in his dreams, and frequently beheld in nocturnal visions. On one occasion, the god, *fatigued by the importunities of Aristides* ordered him to lose one hundred and twenty pounds of blood, which he very judiciously took the liberty of declining."—*Dunglison's Materia Medica.*

This, we believe, is not the only instance in medical history, in which the physician has been wearied "by the importunities" of the patient, nor in which a desperate prescription has followed. It is human nature to repeat our entreaties for relief when suffering, and it is equally human to employ desperate measures if the more moderate fail. The case is obstinate, the patient moans out his entreaties for relief, the friends implore, while the physician, resolved to "make an impression," doubles the doses, and not always with the success recorded in this case. Four hundred and eighty grains of calomel, we are informed by the authorities, have been administered in a case of cholera, enough to kill twenty persons in health, and yet the patient—died—of the cholera we suppose. Sixty grains of morphine have been given a very young child in croup, notwithstanding that two grains is a dose for an adult. But, then, table-spoonful doses of calomel, or sixty grains of morphine, are not as obviously alarming as one hundred and twenty pounds of blood would be. The latter would strike the imagination very forcibly, while the former would frighten only those unprofessional minds who were yet cognizant of the facts. Truly, if Esculapius had known how to concentrate his powerful remedies into small white powders, to be administered from the point of a pen knife, he would not need to have lost his patronage by an obviously unreasonable prescription. There is a difference, however. Aristides recovered and returned thanks; the cholera patient died, and did'nt.

When the patient scowled at the doctor for stealing his blood by opening the vein, the doctor consoled him with the statement that it was bad blood, and he was better without it.

When the patient fretted over his loss of flesh under treatment, the doctor urged that it was bad flesh, and he ought to lose it.

Aye! but the patient might retort: "It's the best blood of the kind I have, and bad blood is better than none." So our starved and soaked patient might reply: "It's the best flesh I have, and I would rather be a well clad invalid than an unclad skeleton."

Moral: Never steal a beggar's jacket until you have furnished him with a coat.

Getting Mixed.

We notice by a late Phrenological Journal that our quondam friend, Aaron Smith, continues to follow us very closely, and now advertises a new physician added to the medical staff, and a new journal already published; but at the same time we copy from a local paper the following advertisement:

ASSIGNEE'S SALE OF PERSONAL PROPERTY.—Will be sold at public sale, at "The Mountain Home" near Wernersville, on

Wednesday, June 26th, 1878,

at 1 o'clock, P. M., a large lot of household furniture, comprising beds and bedding, bureaus, washstands, tables, chairs, carpets, sofas; also a grey HORSE, sets of harness, wagons, phæton, barouche, sled and farming implements, and other useful articles.

Sold as the property of the assigned estate of Dr. A. Smith. Conditions will be made known on day of sale. W. B. GRIESEMER,

Assignee.

To the ordinary reader this seems somewhat mixed. Ah! Friend Smith, it is not the promises one makes, but the work he performs, that tells the story. We shall welcome to our exchange list the Mountain Home Health Journal, *when* it is published (?), and we hope it will enable its publisher to secure his patients before they arrrive at the Depot at Wernersville. Switching them off the track at this point may be fun, but if one-half the energy had been displayed in treating intelligently the boasted ten thousand in the past, that is now displayed in misleading another man's correspondents, our quondam friend would not now be in the straits he is. Virtue has its own reward and—so has vice.

Nicotin.

One of the latest inventions in tobacco manufacture is *nicotin*, which is a highly concentrated extract, usually made from the refuse and sweepings of tobacco factories. It is intensely strong, and is used, it is said, to convert cabbage leaves and such-like vegetables into genuine tobacco leaf. It does not seem to be hailed by chewers and smokers with that unmixed delight that has attended the announcement of some other discoveries. For our own part, we see no reason why artificial tobacco, well impregnated with nicotin, should not be just as good as the natural article; and its general adoption would be a fitting tribute paid to modern science. It is the nicotin that the consumer craves, and this he gets in either case. Not being experienced in the use of the weed, however, perhaps we ought not to be too positive. At any rate, the customs officers of London do not seem favorable to the new invention, having lately stopped an importation of twenty-three gills from Hamburg, and, after subtracting a small quantity for their own use, returned the remainder to the shippers.—*Sanitarian.*

Uncle Sam's Servants

have proved themselves very careless or very much interested in the LAWS OF HEALTH, for it would seem that one-half of the first issue never reached its destination. We are continually receiving postal cards, asking if the journal has been published, from parties to whom the first number was sent two months ago. We re-mail to all such, and would further announce that any post master desiring to know more of this journal can have specimen copies sent freely to him upon requisition.

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Dysentery.

By J. A. Tenney, M. D.

Dysentery is an acute inflammation of the large intestine, attended with mucous and bloody evacuations. In mild cases, the inflammation is confined to the rectum; but in severe cases, a large portion or the whole of the large intestine is involved, becoming progressively congested, swollen, softened, and in fatal cases pulpy and ulcerated. But in the severest, as well as in the mildest cases, the inflammation is greatest in the rectum. In the mild form of the disease the patient will recover if no treatment is administered; but if the right things are done, the recovery will be accelerated. In the worst cases the utmost effort should be put forth to prevent disorganization of the tissues involved, for in their destruction lies all the danger; and wise treatment may avert a fatal result.

The disease may be ushered in by a violent fever, but it usually comes on in the form of an ordinary diarrhœa. As the disease progresses, the evacuations consist of mucous mixed with more or less blood. Not very much blood is usually lost at one time, but the discharges are apt to occur as often as once an hour, and even oftener; for there is intense activity in the lower bowel, occasioning often a constant desire for defecation, and giving great inconvenience and distress to the patient. He should be quieted with the assurance that the constant inclination to evacuate the bowels is only a result of the inflammation, which causes a morbid sensitiveness in the parts affected. This is, however, often entirely wanting, and never goes with fatal cases. Colic pains are almost always present, and constitute the greatest source of discomfort in this affection.

Many suppose that dysentery is caused by eating unripe fruits, crude vegetables, or by some other indiscretion. But probably these are only exciting causes, if indeed they have any influence in producing the disease. The fact that it is most likely to occur in hot climates, and in temperate climates at the season of high temperatures, seems to show that heat has something to do in the development of the disease. But without doubt, the real cause is farther back, and depends upon a long course of physiological transgression. The cause of the trouble exists in the blood, and certain external circumstances favor its expression in the form of dysentery. Weakened digestion fills the blood with half vitalized substances, and it is known that it is the tendency of nature to deposit these morbid matters on some of the internal or external surfaces of the body. It would seem perfectly natural that this effort should be directed toward those organs whose weakness was the primary cause of the difficulty; and we think this explanation will commend itself to every thinking mind.

In temperate climates dysentery is rarely fatal, unless the patient is exhausted by the use of alcoholic stimulants, or weakened by dissipation of some sort. In tropical climates abscess of the liver may occur as a sequel of the disease, but in our latitude it is very rare.

The first indication of treatment is to evacuate the large intestine of its contents. The profession in general rely upon saline cathartics to effect this purpose; but we hold that these have a tendency to irritate and still further weaken the coats of the intestines, which are already so weak that they cannot hold the blood they contain. The best way to relieve the large intestine of its contents is to give a full injection, say a quart of water at about 96 degrees for an adult. This will also soothe the inflamed surfaces, and allay the irritation. Small injections should also be given and retained after each evacuation. The patient should be advised not to repeat the acts of defecation on account of the morbid sensation of fullness in the rectum, for constant straining is injurious. Cold wet clothes should be kept on the bowels and changed often, so as to permanently reduce the heat which is always present. If there is pain, hot fomentations should be employed, followed by the cold, wet compress. If the whole surface is feverish, packs should be given at 100 degrees.

The diet of the patient should consist of those substances that are absorbed before they reach the large intestine, as fine-flour gruel, corn starch, arrowroot, etc., and these should be limited in quantity at the commencement of the disease. After a few days weak broths, beef tea, milk, etc., may be given with benefit. Care as regards diet will do very much towards a speedy and satisfactory convalescence.

Constipation of the Bowels.

The legacy of an eminent physician, bequeathed to posterity, as the result of long experience and a successful career, is described in these words: keep the feet warm, the head cool, and the bowels open, and you will have no need of a physician. These are certainly words of wisdom, and worthy to be repeated from generation to generation, as one of the most important hygienic, if not medical maxims. Warm feet is both an evidence of, and an aid to, good circulation, and consequently good nutrition; to keep the head cool is to quiet excitements, allay the passions, and prevent congestions; but to keep the bowels open, active, vigorous, free, is of more consequence than either or both of these. The bowels are among the principal cleansing organs of the body, through which impurities in great degree are eliminated; and if these are active and vigorous, so much is done toward pure blood, and abounding vitality; but if feebleness, inaction, constipation, be the condition, impure blood and all the numerous train of evils must follow. It is difficult to exaggerate the importance of free evacuations from the bowels; and while we cannot agree with the violent purgings of past practice, we do not agree with a class of physicians, lately arisen, who say: "let the bowels alone." It is as important to have active bowels as to have active liver, or strong lungs or good kidneys; and there is likely to be failure in the one just as truly as in the other.

And as there are various degrees of torpidity of liver, of feebleness in breathing, of inaction of kidney, so there are *degrees* of torpidity or constipation of bowels. It is a mistake to suppose that a man's bowels are always right, when he has a daily evacuation. One of the most serious cases of ulceration, in which the septum of the nose, the palate, and the whole roof of the mouth was being eaten away, was dependent upon constipation of bowels, of which the patient never dreamed, because he had a daily evacuation. At the first examination, the constipation was not suspected, because the patient assured us that his bowels were regular, but in applying treatment to invigorate the bowels, as we do in all cases, whether there be apparent constipation or not, we discovered the actual condition, and in a few days our patient had not only the daily evacuation, but more frequently, until the bowels were thoroughly relieved, and their vigor restored, and immediately following this improvement, the ulceration began to heal, and in a few weeks, say five or six, the patient was entirely well.

Irregular action of bowels, in which the stools are less frequent than once in twenty-four hours; deficient evacuations, by which the bowel is not emptied of its contents, though desire and straining be considerable; occasional evacuations, sometimes only once in several days, are certainly evidences of constipation, and as it is well known that constipation is one of the most frequent and persistent causes of disease, all intelligent persons readily become anxious if these conditions are upon them, and seek for relief; but the condition in which the evacuations are regular, of the proper consistency and apparently free, is a condition not less to be dreaded, if the bowels are, as they may be, nevertheless sluggish, moving their contents very slowly through the canal, so that what should have passed through in one day, has been slowly moving for several days. This condition is more common than is generally imagined. Persons of sedentary habits and indoor occupations, having feeble digestions, and torpid livers, are liable to it; and many persons are in failing health, as the result of this condition, who never suspect it.

Treatment.

We treat persons and not primarily diseases. Every chronic invalid suffers from torpid vital organs, and good treatment will operate to increase their vigor and activity. In nearly all cases, torpor of bowels is evident, and treatment to strengthen them, and enduce them to perform their functions more vigorously, is always in order. For temporary relief, use tepid water injections, filling the bowels as full as they will hold, and allowing it to pass away after the bowel has been cooled and the feces softened. For this purpose the Fountain Syringe is the best instrument in use, and is infinitely more important in any family than all the pills and powders of all the drug shops.

To permanently strengthen the bowels and radically cure constipation, the movement-cure exercises are the *sine qua non*, particularly, thorough kneading and percussion of the abdomen, daily, by one's self or by an attendant, by the attendant of course being the more efficient way. At first there will often be soreness about stomach and bowels, but it is surprising how soon this soreness will disappear under judicious manipulation. We have succeeded in curing cases of constipation of many years standing in a few days, or at most, weeks, and of course, cured on this plan, the patient stays cured, which cannot be said of all so-called curative processes for constipation.

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* A Message.

Only a cluster of blossoms,
Dewy and fresh and fair,
But the dim old woods seemed brighter,
When I found them growing there.

And I gathered them, gladly thinking—
I've a friend whose heart 'twill cheer,
To know what dainty beauties,
With the summer time are here.

I send them with my wishes
That the story they may bear,
Of the moss bank where I found them,
And of all the sweet scents there;

Of the waters murmuring ever,
In careless, happy flow;
Of the wood-path flecked with sunshine,
And the breezes whispering low.

Go, little blossoms, bearing
A smile in each flower face!
You, with your bloom and fragrance,
Can brighten the loneliest place.

* Lines accompanying a bouquet of summer flowers gathered by one of our patients for an invalid unable to search the woods for them.

Drs. Walter's Mountain Home, Summer, 1878.

Breathing Through the Nose.

There are various reasons for considering the nose the natural outlet of the lungs, and hence various advantages to be derived from breathing through the nose.

1st. If we breathe through the nose we will be enabled often to detect the presence of noxious odors in the air we breathe, and so be warned of danger in time to prevent it.

2d. The internal nose is studded with hairs, which in some degree at least prevent the ingress of noxious matters with the air we breathe. Dust is strained out; and it is confidently asserted by persons who have tested the matter, that miasms are prevented from entering the blood if one breathes only through the nose. Some persons have lived in malarious districts, slept on the banks of malarious rivers, etc., for years, and yet have escaped all the forms of fevers which usually followed a residence in the country, who have ascribed their exemption solely to a settled habit of breathing only through the nose.

3d. By breathing through the nose, little if any air passes into the lungs until it has come in contact with the membranes of the nose, which are supposed to possess some power of neutralizing malarious and even contagious poisons.

4th. By drawing our breath only through the nose, the air is warmed by contact with the membranes before it reaches the lungs, and so inflammations and congestions of those organs are avoided.

Per contra, the habit, so common, of breathing through the mouth has many disadvantages. In this way a great volume of air is quickly taken in, loaded with dust, malarious or contagious impurities, etc., of which we are utterly unconscious, until the blood has been poisoned and serious, and perhaps fatal, disease been inaugurated. The cold air being taken in, in great volume and with great rapidity, chills the lungs, whereas if breathed through the nose, it would be warmed before reaching the lungs.

The habit of breathing through the mouth is caused largely by weakness of the respiratory muscles, and one excellent method of strengthening those muscles is to breathe through the nose. It is certainly as wise a plan as sucking air through a silver tube, so often recommended. Then breathe through the nose, as nature indicates, if you would have good health.—*Robert Walter, in Science of Health.*

Questions Answered.

By Dr. Walter.

The success of your institution is remarkable, and I do not wonder that you are very enthusiastic with regard to your enterprise and your ideas; and being myself a physician, I am much interested in what you have to say. I perceive that you call your system the nutritive cure, and I would like to enquire if that term describes a doctrine which you think is of universal application?

Secondly, I would like your opinion of the value of quinine upon malarial diseases. Nearly everybody supposes it to be of much service, and I would like to know if you do not think it valuable as an adjunt in the treatment of ague, even if you do not consider it a specific. J. G. S.

Answer. The term *nutritive cure* is employed by us to describe, in a word, a system which is peculiar to ourselves, and I believe it to be the best and most comprehensive term we can employ. I like the term *Hygienic* very well, and would be disposed to employ it, were it not that it has been used so frequently to describe a system which is the very opposite of ours. Though using the same appliances that we do, they are used on the principles of the drug-schools, namely: to cure disease by destroying the vitality upon which it depends. Our system uses the Hygienic agencies, but in a manner and to a degree which vitalizes, strengthens, builds up the patient, but never depletes him. In our view, whenever a patient is depleted, whether by drugs or hygienic agencies, such depletion is destructive to his best interests.

Second, as to Quinine, I would say that its effect on the ague patient is properly comparable to the effect of alcohol on the feeble one; and both drugs are terribly delusive in their character. Alcohol undoubtedly gives to those who use it apparent vigor; so quinine apparently invigorates the liver and other organs of the body; but the ultimate effect of these medicines is the very opposite of the apparent effect. Alcohol is one of the most exhausting medicaments, and quinine is another. Quinine will cure fever and ague in a sick man, but will produce the ague condition in a well man; and for this reason we consider the cure as bad as the disease, if not worse.

Question. In using a flesh brush to promote capillary circulation, is it better to employ it just before meals, or an hour or two afterward? M. W.

Answer. The better time to employ the flesh brush is on rising in the morning. I know of no particular objection to other times, and I know of no use for it at other times. We advise dry-hand rubbing, or rather manipulations, in preference to the flesh brush for promoting capillary circulation. These are far preferable to any other plan with which I am acquainted.

Question. Will you please give me your opinion as to the medical virtues of Holman's Pad. J. T. A.

Answer. This gentlemen has repeated the question of numerous correspondents, many of whom have sent us an apparently very candid lecture by a Dr. Farchild, in which the Dr. inveighs very strongly against the internal use of medicines, but just as strongly urges what he calls "cure by absorption," and Holman's Pad as the great cure-all. But the doctor does not condescend to inform us what it is that is absorbed from Holman's Pad, nor explain the difference in effects between medicines swallowed and medicines absorbed through the skin. There is no essential difference. Opium is known to be a poison, whether taken by mouth or injected through the skin; so is calomel and so are any other medicines. The ultimate results upon the organ are not essentialy different when absorbed through the external skin, than when absorbed through the internal skin, if in either case they are absorbed. Holman's Pad seems to be a medicated appliance, whose virtues are claimed to be absorbed through the skin, and our objection is to medicine of any sort or kind, no matter what the process of application. If the learned lecturer will condescend to explain the *modus operandi* of Holman's Pad, he will do something that he has never done; and until he has made such an explanation, we are warranted in saying that its virtues are imaginary.

Question. What is the best time of day to bathe children when teething, especially if they are restless and wakeful at night?

Answer. A warm bath just before retiring should have a soothing effect, and so induce sleep. Once a day is sufficient to bathe any child, and three or four times a week is enough for most children.

Question. Should a baby be bathed more than once daily in the summer, and what temperature should the water be?

Answer. Once a day is abundance, and the water should be of a pleasant temperature. The old plan of sousing the screaming child in a cold bath is a great mistake. Bathe the child in a way that is pleasant rather than abhorrent to the vital instincts.

Question. Is it safe to use the wet sheet pack if there is no fever?

Answer. No, not as a rule. Wet sheet packing is excellent, but where there is no great excitement or fever, but the system is in a reasonable equilibrium, packing is not desirable. My pamphlet entitled "Hygienic Treatment, What Is It?" will explain this matter more fully.

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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. I READING, PA., AUGUST, 1878. No. 4.

The True Healing Art.—No. 3.

BY ROBERT WALTER, M. D

THE LOGICAL SEQUENCE. Logic and mathematics are closely related. Two and two make four, and four times two make eight, are logical as well as mathematical propositions, and the conclusion absolutely correct. Logical reasoning upon any other subject in nature will bring us to the truth with the same certainty, provided we are acquainted with the facts and steadily adhere to them—in other words, provided our premises are correct. So, also, will illogical reasoning, or even logical reasoning from false premises, necessarily bring us to wrong conclusions, and consequently failure. Dr. Chapman acknowledges that "instead of matter, whether aliment, drink, or medicine, acting on the living system, as is commonly imagined, it is, on the contrary, the living system that operates on these matters," and he is called upon in order to the truth in theory, and to success in practice, to keep this fact always clearly in view. All propositions should include it; language should be employed that will convey the correct impression; looseness of expression and vagueness of idea should be avoided. The mathematician who would say, twice two or three make six, or four times five or six make twenty, or following the example of our medical authors, reverse the truth, and say five times ten make two, would be justly ridiculed; but not more justly than the profession who after admitting that "aliment, drink, or medicine," does not act at all, but is acted upon by the living organism, nevertheless continually speak of the action of medicine as though it really did act. When a physician knows that the liver acts upon the calomel, why should he mislead his audience, and perhaps deceive himself by speaking of the "action of calomel"? Why write books to explain the *modus operandi of medicines* when they have no *modus operandi?* We affirm that a change in the use of terms would soon cause a change of ideas, and these would re-cast the whole Science of Medicine, causing the profession, as now constituted, to disappear in the revolution.

In almost every department of human life, do we have erroneous ideas, because of this loose use of language. Physiology, in innumerable ways, is affected by it. Particularly on the subject of food do we perceive its influence. All sorts of opinions are afloat with regard to what we shall eat and what we shall not eat, and hardly any two persons agree. The most diverse opinions are advocated, and the most absurd practices indulged, until earnest men, not possessed of the key to the problems, become bewildered and discouraged in the multiplicity of conflicting theories and practices. "Fish makes brains" cries one, who has reasoned the matter out clearly to his own satisfaction, notwithstanding every fact of universal existence disproves the statement. Molasses and butter, sugar and fat, make heat, another has demonstrated, and yet the cold and bloodless one, eats each and all in abundance, and yet daily grows colder. Dr. Bellows, a reputable physician of Boston, (now deceased), has written a large work: THE PHILOSOPHY OF EATING, in which he conclusively proves that these absurdities are truths, which work is sold and endorsed by respectable physicians, calling themselves hygienic. "Is your old grand-father dull, sleepy and stupid, feed him on fish, Graham bread, beans, lentils, &c., and he will become active, lively, and startle you with his jokes; on the contrary is he nervous, irritable and restless, give to him abundantly of molasses, sugar, butter, and he will become quiet, and gentle, as of yore," says this philosopher on eating.

Now, Dr. Bellows writes thus in substance in answer to a beautiful theory; had he ever tried it, he would have known better. He has assumed that the food makes the man, and hence the character of the man will be immediately changed by a change of food. And he is not the only one, old school, new school, or hygienic, who is advocating similar nonsense because of the same fundamental fallacy. The truth is that the character of a man is dependent infinitely more upon the inherent tendency of his organism, than upon anything or everything else in nature. If a man is born to be puny, all the beans in creation will not make him muscular; if born stupid, all the fish of the ocean will not make him otherwise; and to advocate the use of this, that or the other food on the ground that it will give strength, feed particular organs or develop peculiar characteristics, is to advocate error. To use food from such standpoint is unhygienic, unscientific and will end in disappointment. Food is a dead substance, and therefore has no power to make living organisms It cannot act but is acted upon, and what the system needs is used and all else is rejected. Fish or Graham bread may be good food if the brains are being wasted rapidly by exertion, but more than enough to supply the waste is worse than useless. Beans may be good food to supply waste of muscle, but muscle, as well as brain, and all other organs are to be developed by exercise, not by stuffing. Some would have us believe that the presence of phosphates in the blood will stimulate the brain to activity or will cause the brain to grow rapidly,—that nitrates in the blood will develop muscle, &c., but we have failed to discover extra brains in fishermen, or Herculean muscle in those who eat largely of peas or beans.

The truth is, food is to be used only to supply the needs of the organism, and what it needs is determined by its original constitution, and the work that it is performing; and there are but two kinds of food in the universe, healthful and unhealthful. That which is needed in any particular case is healthful, and what is rejected by the normal vital instincts is unhealthful. What may be good for one, therefore, may not be good for another; and what is useless to one may be useful to another. No man can with absolute precision determine for another the exact quality or quantity of food. Approximately he may, if he is well versed on the subject, but absolutely never. Normal vital instinct is the criterion. Appetite is the guide. And what a normal appetite craves should be furnished. If one would become muscular, or of active and vigorous brain or nerve, let him not suppose that it can be done by eating, but only by action. Exercise is the great developer and strengthener, and food is to be used only to supply the waste caused by exercise. As a man is, and as he is working, so he shall eat, is the scientific statement, notwithstanding the fundamental absurdity of the schools that, "as a man eateth so is he."

Scrofula.—No. 4.

BY J. A. TENNEY, M. D.

WANT OF EXERCISE. It is a fundamental law of our being that no organ can be properly developed without vigorous exercise. This is a fact so evident that it would seem unnecessary to mention it, were it not that so much invalidism, caused by a lack of exercise, surrounds us on every hand, showing that the attention of the people needs to be continually called to this subject. If all our powers were exercised proportionately, we would never become sick. All our mental and physical ailments are caused by the *misuse* or the *disuse* of some of the organs of the body, thus destroying the balance of their action; for pain is, so to speak, an expression of disappointment on the part of the system, because it is unable to perform its functions harmoniously.

There are two classes of actions in the system; the *voluntary* and the *involuntary*. The action of the heart and arteries, the respiratory muscles, those of the alimen-

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tary canal, etc., is not entirely under the control of the will, nevertheless the voluntary muscles are the main spring upon which all the other actions of the body depend.

The voluntary muscles constitute more than one-half of the bulk and weight of the body. They are composed of fibres bound together in bands, and attached to the bony frame work of the system. These fibres are composed of minute cells, about the $\frac{1}{18000}$ of an inch in diameter, which are possessed of a quality called *contractility*, or the capacity to shorten themselves in one direction, and of course become correspondingly wider in the other. It is the combined shortening of the muscle-cells that produces all the actions of the body.

As the volutary muscles constitute so large a portion of the human frame, it is plain that their development is a matter of very great importance; for, as we shall endeavor to show, the best performance of those functions which are involuntary, are indirectly, but none the less utterly, dependent upon the proper action of the muscles under the control of the will.

Voluntary muscular contraction is one of the greatest sources of the circulation of the blood. The contraction of the muscles forces the blood they contain out into the veins towards the heart, in a manner that may be compared to squeezing out the contents of a wet sponge. The valves in the veins prevent the blood from returning, and the vacant vessels are refilled with pure blood. The distinguished philosopher, HELMHOLTZ, has shown conclusively by a series of ingenious experiments, that during contraction of the muscles, their absorption of oxygen and exhalation of carbonic acid is nearly doubled. The pressure of the contracting muscles upon the arteries in their course is also very great, and necessarily accelerates the flow of blood through the whole system. This stimulates the absorbents to remove worn-out material, and supplies that which is newly charged with vitality to take its place. The limit to the beneficial effects of exercise is reached, when it expends more power than the nutritive system renews, and beyond that point it becomes exhausting.

As the circulation is increased, more blood passes through the lungs in a given time, and these organs are stimulated by its presence to greater activity that it may be purified; so the respirations become deeper and more frequent. As the blood is more thoroughly vitalized, it supplies the waste of the system with new material more fully charged with vitality than was the former supply, and and thus the person's available power increases, almost without limit.

Muscular contraction increases the circulation in other ways. When a man intends to strike a heavy blow he holds his breath for a moment, which forces the air contained in the lungs into the minutest air-cells. This pressure brought to bear upon the membranes of the lungs favors in a marked degree the transmission of oxygen to the blood and the exhalation of carbonic acid, and thus the purification of the blood is effected more perfectly than it would be otherwise. This action is better than all the spirometers that were ever invented, for developing the lungs, and it is not open to the dangerous consequences which attend the careless use of those instruments.

The abdominal muscles are partly involuntary and partly under the control of the will, and respiratory power depends more upon their integrity than upon almost any other influence. If these are well developed, breathing will be carried on with perfection without our giving the matter any thought. But if their action is weakened, the process of breathing will be imperfect to that degree. People cannot be expected to think every time they breathe; but make the respiratory muscles perfect in their action and then let the breathing take care of itself. The abdominal muscles can readily be developed by a little well-directed effort of the will, as will be hereafter explained.

As the processes of respiration and the circulation of the blood underlie the whole system of nutrition in the organism, it is evident that whatever increases the vigor of these functions, tends to fortify the person against disease, and promotes long life; and also enables a man to bequeathe constitutional vigor to posterity. And whatever weakens these functions, not only renders the individual more liable to take on diseased conditions, but also entails debility and the tendency to scrofula upon future generations.

The American people are inclined to use their brains to the expense of their bodies. They seek sedentary employments, and give very little play to the voluntary muscles. In this way nearly all the action that is allowed to go on is centred in the brain and spinal cord. The change which takes place in these organs of the nervous system is very great, while it is not balanced by a corresponding action in the circulatory and respiratory systems. Inharmony is one of the vital characteristics of disease, and congestions begin to take place in the nerve centres, and the person "breakes down" under the one-sided strain upon the system. Then he goes to a physician and gets something that will temporarily excite activity in some other part of the system so as to divert the action from the seat of the difficulty; but which is only temporary in its effects and increases the difficulty in the end. "Robbing Peter to pay Paul," in this way, may hoodwink the person who tries it, but nature never forgets an injury of that sort; and sooner or later she calls us to an account.

But if the man is so fortunate as to escape congestions and other forms of positive disease, his brain may become developed disproportionately to the rest of the organism, and this tendency is transmitted to posterity in the form of large brains, flabby muscles, and the nutritive powers so weak as to be utterly unable to supply vitality as fast as the abnormally large nerves will expend it. Two generations are amply sufficient to fasten scrofula in a marked manner upon the offspring.

Fresnel, the great French philosopher, says that when four generations succeed each other without manual labor, the children who constitute the fifth generation die with diseases of the chest; showing that the action of the arms is necessary to the proper development of the lungs. But it is a conceded fact that the lungs do not become diseased until the secretions in general are thoroughly depraved; and a life of physical inaction is as sure to break down all the involuntary functions as it is to cause pulmonary disease.

But it must not be inferred that intellectual labor necessarily tends to shorten life. Many of the world's greatest thinkers have lived to a great age. Kant, who was one of the most eminent of rationalistic thinkers and writers, and who lived and studied to a great age, says that "Intellectual pursuits tend to prolong life." It is only when intellectual exercise is divorced from a proper balance of physical developement, that debility and disease are induced by a lack of physical exertion. People who have fair physical organizations do not need to give up sedentary occupations, for exercise may be taken by every one who feels obliged to follow such pursuits, that will enable the muscular system to keep pace with the intellect, and entirely prevent any injurious consequences that might arise from a lack of such exercise.

It is here that the system of Swedish movements finds its best and fullest play. Half an hour a day devoted to these exercises will do more to preserve the balance of the organism and compensate for the drafts made upon it by the nervous system, than all the nerve tonics in the universe; with the added advantage that these exercises are permanently beneficial in their effects. Kneading the bowels with percussions five minutes each day will do more for the breathing power by strengthening the abdominal muscles, than all the spirometers and inhaling tubes that were ever invented. The kneading should be given gently at first and increased as the tenderness diminishes, which is almost always present. If the Swedish movements are prescribed with intelligent system and practiced carefully, they are even better than an out-of-door occupation; for most kinds of outside employment only call into play a certain set of muscles at one time, while the Swedish movements give all the muscles exercise alike, and in a manner which causes the good effect to increase from day to day.

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The Care of the Health.—No. 3.

By Robt. Walter, M. D.

Food.

Food is properly eaten only to supply natural wants, and the wants of the organism differ as persons differ, as occupations differ, and as seasons come and go, and habits change. What is good food for one is not good food for another, and what is good for a person at one particular time may not be good at another time. Nevertheless there is great similarity with men as to constitution, habits, &c., and within certain limits a bill of fare may be prescribed out of which food may be selected to suit each case. There are certain facts, however, to be remembered, and results to be applied, that are of more consequence than any mere list of foods can possibly be; indeed if these facts are well understood and properly appreciated there will be little difficulty in obtaining a supply of food to meet the demands of every case. What we shall *not* eat will become more urgent than what we shall eat, and to this end the following will be found truly philosophic:

First. The stomach is in sympathetic connection with all parts of the organism, and its conditions are imposed on the general health to a greater extent than those of any other organ. If the stomach is strong and vigorous, there will be a feeling of vigor, courage, endurance, displayed in every part. If the stomach on the the other hand be feeble, there will be feebleness of action everywhere. Liver, bowels, kidneys, skin, will be inactive, but above all the mind will be feeble, fickle, irresolute, the man discouraged, hopeless and despondent. Hence, while we use food as material for the building up of structure, it should be such as will at the same time develop vigor in the stomach. Exercise is the great strengthener, and good food for a well person, while it is the material needed by the organism, will also call forth action on the part of the stomach to prepare it for use.

Foods, therefore, that are absorbed instead of digested are to be avoided. Even if they contain the necessary material for making structure, which they usually do not, they nevertheless allow the stomach to become debilitated for want of normal exercise.

Butter, and other fats, are such substances. Grease is not made into tissue, nor is it subjected to the ordinary processes of digestion. It passes through the stomach unchanged, forming an emulsion with the pancreatic juice, which is gradually absorbed. We do not deny the necessity of oily matters in proper degree, but it is very apparent from all experience and sound reason, that the use of pure fat is unnecessary and injurious. It serves to burden the system with material that is not needed for use, and so obstructs and interferes with the vital processes. Often it is stowed away in great quantities in the cellular tissues, causing the person to grow fat, heavy, obstructed and burdened with carrying around in him fifty to one hundred pounds of matter that is of no possible use to him. Such a man is as truly a slave as though he were compelled to go through life with a two bushel sack of wheat strapped to his back.

Sugar is another substance which is not made into tissue, and is very easy of digestion, and inasmuch as nearly all food contains it in greater or less degree, the use of crude or manufactured sugar in the degree which is common is to be deprecated. It tends to thicken the blood, and hence often obstructs its passage through the minute capillary vessels, where all nutrition takes place, thus hindering this important function of the organism. It is a great mistake to suppose that food is nutrition, or that it gives strength; food is the material out of which strength may be evolved, but it must pass through certain processes, which are quite as important to nutrition as the food is; and inasmuch as nutrition fails not usually because the food is insufficient in quantity or poor in quality, but because the processes are obstructed, from some cause, it is wise to abstain from such food as will increase the obstruction.

Common salt is another substance that is not made into tissue, and performs no service in the organism whatever, except to obstruct the organic processes, particularly the processes of endosmosis and exosmosis. Salt, indeed, is not properly food at all, inasmuch as it undergoes no change in passing through the system, and the only justification for using it *is habit*, so long continued that it has become constitutional, and so cannot be suddenly broken up without injury. Salt may be used sparingly, but fish, meats and other substances preserved in salt are not fit for use. They are well known to be productive of scurvy, scrofula and other such diseases; and hence should be avoided.

Spices of all kinds are to be rejected. They are not food at all, and serve no useful purpose whatever. They irritate and inflame the vital tissues, exciting to action it is true, but such irritation is very undesirable.

Eggs and Milk are to be used, if at all, sparingly. Eggs are too easy of digestion, as well as too concentrated, and though occasional use may be admissible, they are not the most desirable food if one would develop vigorous digestion. Milk is partly absorbed without being digested at all, and hence the organism is very often burdened with material it does not need. If more solid food, such as bread, is eaten, than the system needs, it is simply passed through the bowels without causing obstructions in the circulation, but milk, being absorbed, serves greatly to obstruct and derange the vital organs, especially the liver, and so becomes a cause of disease. Milk is intended for use by the young, but it is not good food for the adult, and is not to be used in crude form by the dyspeptic or bilious, or by persons disposed to these conditions.

Rich Food. All human experience has proved the injuriousness of what has been called rich food, especially if eaten freely, and it is the substances which we have named which make such food. Rich food is injurious because, in addition to its containing materials which are not appropriable, it is also either not digested at all, or very easily digested, and so great quantities of material are introduced without inducing proper exercise of the digestive organs. The result is, feeble digestion, loss of appetite, and, sympathetically, feeble action of the heart and other circulatory organs, while the circulation is yet burdened with material; feeble action of the organs of exertion by which the impurities are failed to be removed; so that great and serious obstructions and diseases soon follow. Good, wholesome food, and an abundance of it, is requisite for good health, but rich and highly seasoned foods, especially such as are not required by the wants of the organism, are to be refused.

Times of Eating. Food should be eaten to supply the needs of the organism as fast as they occur; but also in such manner as to develop the greatest vigor in the digestive apparatus. If one is using up tissue very rapidly as in laborious occupation, food may be eaten three times a day; but where exertion is not great, the demand for food correspondingly feeble, and the digestion slow, to eat abundantly twice a day is much better than to nibble a little oftener. When a man eats he should eat a full hearty meal of good, solid food, which shall demand vigorous action of the stomach to dispose of, and then abstain totally until hearty appetite shall show that he needs more. Even a sedentary worker will have good appetite for food twice a day, whereas if he ate three times he would have feeble appetite, feeble digestion and poor health. The gymnast, who succeeds in developing the greatest degree of power, exercises himself to the fullest extent once or twice a day and then has long rest, while he who is always at light work, with little rest, never gets truly vigorous. Let a man treat his stomach as a gymnast treats his muscles, (for the stomach is largely muscular) and he will develop vigorous digestion; but if he eat "little and often," he will have correspondingly little vigor.

The Quantity of food is not a question to be decided absolutely by intellect. Appetite is the language of nature, and if unperverted by false habits, is our best guide. I hold to the opinion that a man in health should eat all his appetite calls for, if the food is of the right quality. The idea so often urged that one should rise from the table while yet hungry is not in accordance with reason. Let a man not eat till he is hungry, then let him eat good, plain, wholesome food, and he may eat till he is fully satisfied. This is nature and this is reason.

Our New Contributor.

We are greatly pleased to be able to introduce to our readers the article entitled, Prevention *vs.* Cure, by Prof. Jas. S. Cooley, M. D., of Sandy Hill, N. Y., the first of a series on Heredity and the care of children and youth so as to make healthful men and women. The doctor has long been devoted to the education and training of the youth, and being also a thoroughly educated physician, as well as a man of large observation and experience, is able to speak with authority on this important subject. We congratulate our readers and the Laws of Health on the acquisition.

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The Laws of Health.

Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

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READING, PA., AUGUST, 1878.

The New Theories.—No. 2.

Do we have effects without causes? Can something be had out of nothing? Are functions performed without organs, and do organs operate without force?

To all of which we answer, no! Particularly do we insist that adequate force must always be employed in the performance of given functions; and we hold it to be among the first principles of a Science of Medicine—of the hygienic system—that the accomplishment of vital functions, demands the use of vital power. Mechanical actions are obtained only through mechanical forces, and chemical actions by chemical forces, so that logically we conclude that vital actions demand the use of vital forces.

But what is vital force? We are aware that the critic may be found who will insist that the term "does nothing more than furnish an empty name for a thing unknown." To such we reply, that our knowledge of vital force comes in the same way as does our knowledge of mechanical or chemical forces. It is known by its effects. Attraction of gravitation is the most important mechanical force in nature, notwithstanding it has never been seen—has no tangible existence. Let the caviler on this point ascend in a balloon to a great height, and then jump overboard, and afterward express to us his doubts. He could not see the force, but we believe he would feel it; at any rate its effects would be readily perceivable by the bystanders. Who will deny the expansive force of heat; but is heat a tangible existence? Oxygen is an entity and so is carbon; but the power which causes them to unite chemically is properly denominated chemical force.

Force and matter are entirely distinct, as we understand from Herbert Spencer, and other noted scientists. Indeed the distinction is so clear that we are surprised that the Editor of the *Health Reformer* in his "Plain Facts," has undertaken to deny the existence of vital force on the ground that it is not an entity. "The theory of a peculiar vital force, *a presiding entity*, present in every living thing, vanishes into thin air," he says; which is true. But this *presiding entity* of which he speaks, is a man of straw of his own rearing, for no thinker confounds force with entities—using the word entity in the sense of tangible existence—real being. The oft repeated effort of the late Dr. Trall, and the one in which he was signally successful, was to show that disease is not an entity, but an action—a mode of motion, and that it represents force.

We are justified in asserting then, the existence of a force or forces in every living organism, through the aid of which the organs perform their functions, and by which all the wonderful operations of life are carried on. And we are not alone in this opinion. We doubt if there is a medical author of any repute from Hippocrates down, who has expressed any contrary opinion. For ages the existence of the *vis vitæ, vis medicatrix naturæ, vis conservatrix naturæ*, vitality, vital power, nature, &c., has been recognized, and for the editor of the *Health Reformer* at this late day to sneer at the fact is presumptuous to say the least. Dr. N. Chapman, a reputable author, and formerly Professor in the University of Pennsylvania, urges pointedly in his Materia Medica the "doctrine of vitality"—"*primordial principle of life*," "which constitutes the power by which in the first place the various organs are moulded, developed and perfected, and by which afterward the animal economy is defended against the action of mechanical and chemical laws." Dr. Dunglison, a standard medical author, declares in his Materia Medica, the existence of the living principle,—the *vis medicatrix naturæ*, "which," he says "can no more be denied than the existence of life, of which we know nothing except by its results." Dr. Martyn Paine, "Institutes of Medicine," declares the "Vital Principle" to be the basis of medical and physiological truth; as "indispensable to the perpetuation of organic beings * * belongs to plants as well as animals." "This is what I mean by nature," he says, "and the *vis medicatrix*." We might quote authors without number to prove the same truths, but to do so would be to waste time in trying to disprove the statements of a solitary individual, whose efforts are evidently devoted more to prove materialism than to prove the truth.

The existence of the vital principle, then, we believe is overwhelmingly established, and on it, rest the system we practice and the principles we advocate. We wish to make a further statement with regard to this principle, viz.: that it is the only healing force in nature. That same force that brought us into being, that sustains us in existence, that has caused us to grow through all the phases of life from childhood to manhood, the power that heals the wound, restores the broken bone, enables us to move, act, think, is the power that must heal us if any thing does.

This truth also, is acknowledged by all respectable authors of all schools. "All healing power is inherent in the living system," is the first principle of the hygienic system as asserted by all its reputable writers. "It is an element of the properties of the vital principle that they possess an inherent tendency to return to their natural states," says Martyn Paine, before quoted. "All is the work of physiological processes," in the brute creation, he also says; and all authority and all observation go to prove the truth, that the vital principle or vital force is the only curative force in nature.

So far the system which we advocate is in accord with all other reputable systems of medication in existence. We differ from them only in application. We insist upon carrying this fundamental principle to its logical conclusion, not being willing to accept truth on theory and deny it in practice; but through a rigid adherence to it, have been compelled to modify hygienic teachings in many respects, and have obtained results, we believe, that have never before been obtained through any system or by any practitioner. In succeeding numbers of this Journal the new theories and practices will be fully elaborated.

The Heated Term

is upon us, and its debilitating effects are everywhere perceivable. Those who have been long ailing are liable now to become positively sick, and especially those who have been sustaining themselves upon stimulants are likely to be suddenly prostrated. These sudden attacks—"mysterious providences," about which we have heard so often, will come to such persons, for it is the "last straw that breaks the camel's back." While the conditions for life and health were favorable, we were exhausting our life-powers by stimulating poisons, and it is not wonderful now that the conditions are unfavorable, that no aid will immediately avail.

The late Dr. Jennings of Oberlin, Ohio, in his time a very successful physician, whose medicine consisted of bread pills and colored water, furnishes one prescription for all diseases; which is "patience and warm flannel." Warm flannel, we know, is often serviceable, though it may sometimes be injurious; but patience is always desirable; and to those who are now suffering with the heat, who are dyspeptic, nervous, sleepless and irritable, we have to offer the prescription of patience. Eat carefully, drink cool, but not ice water in moderation, sleep all you can, clothe lightly and avoid exertion of body or mind. Be content to float along through the dog-days until the coming fall shall bring to you again strength and vigor. It is madness to hope for relief through hot slops, whiskey punch and the like. A few hours' rest in the cool breezes, under the green trees will prove of value, while an appeal to the drug-shop will certainly be disastrous. Though temporary relief may often be obtained in this way, it will always be at

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an expense to the organism that no man can afford, and no wise man permit. A rest of a few hours, or days, or weeks, now that the vital powers demand rest, will allow needed invigoration in preparation for months of toil to come; but forced exertion at this time, will usually necessitate enforced idleness hereafter, and as two to one, in degree and extent. Recreation is better than poison.

Manufacturing Drunkards.

We have often had occasion to say, that the chief stumbling block of the temperance reformation is the medical profession; and we are incited to repeat the statement, because of the manifesto of eminent New York physicians, lately published, who advise parents, during the heated term, to feed their children upon milk into which a sufficient quantity of whiskey has been introduced. These men are intelligent as well as learned, and honest as well as respectable; and their teaching in this respect is but another evidence of the wonderful power of a false system to debauch the mind and produce untold misery. No matter that tens of thousands yearly fill a drunkard's grave, outcasts from society and debarred from happiness hereafter—no matter that soul as well as body is immured in sin and evil, beyond the power of even God himself to remove—our learned college professors and university graduates still indulge in the pastime of turning innocent childhood into debauched manhood. The appetite for strong drink, engendered by feeding a sensitive child upon it, grows with his growth and strengthens with his strength, until self-control is gone, and the miseries of eternal woe are staring him in the face. Our would-be philanthropists are educated to preach what they too often practice, and the world is thereby cursed by the deepest and deadliest foe to humanity. Let a *science of medicine* once be established, and the temperance reformation will soon succeed in shutting up the gin-shops and reducing infinitely the number of prisons and police courts. The Dr. who prescribes, in bad latin, alcohol for the child, is deserving of even deeper condemnation than the rumseller who steals the dry morsel from the mother's mouth. Better, infinitely better, that the child should die and find a peaceful grave than live a drunken life.

"Too Much of It."

Scribner's Monthly for July has a very truthful editorial, entitled "Too Much of It," in which the writer complains of the excess of intellectual aliment supplied through the newspaper press. He says:

"No man can read one of our great New York dailies through and digest its contents, and have time or strength left for other duties. It is a huge jumble in the main of unimportant facts. Now any newspaper man knows, that the essential matters in his columns can be crowded into one-tenth of the space that they occupy."

In establishing our Journal of Health we had these facts plainly in view, and endeavored to avoid the error of the newspapers not only, but too often of monthly journals. They are made up frequently of much material which is a waste of any man's time to read. The editor says: "Who will give us a newspaper that will print only that which is worth reading, reducing it all to its compactest form?"

We are trying hard to produce such a journal. It is the easiest thing in the world to publish a large journal, say of thirty or fifty pages; but to boil the same matter down to one-fourth the space is laborious business. "The late Samuel Bowles, editor of the *Springfield Republican*," says Scribner, "probably came nearest to doing this thing of all who have undertaken it. He was often known to apologize for a long article, on the ground that he had no time to write a short one." Yet how few people appreciate an editor's efforts in this respect! The journal is apt to be measured by the number of its pages, and not by the quality of its matter. Our little health-journal has seven pages devoted to original reading matter, and we ask any reader to compare it with the thirty-two paged monthlies, and answer whether it does not contain quite as much solid and valuable truth as any of them. We do not mean to make our journal larger very soon, but we hope, when the heated season has passed, and strength and vigor are redoubled, to make it correspondingly better. Our aim from the first has been quality rather than quantity, and so it shall continue. "Boil it Down," is our motto, for the American people have not time to wade through endless verbiage to gather a few ideas. It is facts and principles that we want, not words. Should any man think that the size of our journal is not great, we would remind him that it is not ink that he desires when he subscribes, but the truth that ink and paper convey. "One page of a small paper," says Scribner, "is enough to furnish a record of any day's news, of everything that is desirable to say or remember;" and just so, a small eight page journal of health may convey all the matter monthly that people will read and digest. And the latter is quite as important as the former. Literary gormandizing is quite as injurious as epicurean, and about as common; and literary dyspeptics are not confined to the daily press.

Drinking at Meals,

or immediately after eating, is an injurious practice, no matter what the character of the drink; but drinking cold water at such times is particularly so. The cold water theories of thirty years ago have proved themselves fallacious in many respects, and this is one of the cases, though we admit not the worst. How many persons, while escaping from the evils of tea and coffee drinking, fell into this, an equal if not worse error, we never can know, but that they are to be counted by thousands, is undoubted; and hygienic living and treatment is to-day suffering because of a prejudice justly established against cold water, which is still, unjustly however, considered properly hygienic.

The drinking of cold water and especially ice water at, or soon after meals, is greatly promotive of dyspepsia. It lowers the temperature of the stomach, arrests digestion, and often produces positive irritation, if not inflammation of this organ not only, but of the nerve centers that control the general vital operations, in which case it produces a more decided irritation and injury than either tea or coffee. Tea and coffee as well as other drinks, are undesirable at meals, because they are used to wash down half masticated food, and dilute the gastric juice; when warm they do not immediately interfere with digestion, but when cold they do. Even hot drinks are not as bad as cold drinks on a full stomach. But the chief objection to tea and coffee is because of their secondary influence upon the nervous system, which they excite to abnormal activity, thereby inducing undue expenditure of power; while cold water may cause not only this injury, but directly arrest digestion, and during the hot months may prostrate the vital organism.

To supply fluid to carry on the vital operations drink sufficiently of water on rising in the morning, an hour before breakfast, an hour before dinner, and before retiring at night, but resist all desire to do so immediately after a meal. Those who live healthfully will have little thirst. It is the use of salt, spices, sugar, &c., all of which should be avoided, or an inflamed condition of the mucous surfaces, caused by such bad habits, that induces this condition. Fruits, grains and vegetables, properly cooked, will supply about all the fluid necessary; and hence drinking is, in general terms, a doubtful expediency.

Prevention versus Cure.—1.

By Jos. S. Cooley, M. D.

The world moves. Society is slowly, but surely advancing, and the race is steadily progressing towards a higher and truer development. Let croakers and disappointed enthusiasts say what they may, and fill the future with the dread images called up by their unhealthy imaginations, the dawning of a better day draws near, and already the mountain tops are lighting up with beams that are but a forecast of what is yet to come.

In no direction has the student of progress greater reason for encouragement than in the increased care and attention paid to primary education. This is, indeed, a necessary and an all-important matter, and the names of Pestalozzi and Froebel will stand in History as the exponents of a better and a truer system of homoculture.

The central idea of the Kindergarten, an institution which represents the foremost ideas of primary training, is that of development. The child, like the plantlet, is to be surrounded by proper influences, protected from adverse agencies, and furnished the necessary material for physical, mental and moral growth. The

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ceaseless activities of his being, like the flow of sap and the osmotic processes of the plant, are made instrumental to his development. This is as it should be, and every educator is in duty bound to use these natural methods of instruction.

But this is not enough. We must go still farther, and take our stand yet nearer life's beginning would we solve the vexed questions of human weal and woe. Granted that the child, just entering the Kindergarten or primary school, is a germ, to be cultivated and trained with utmost care and patience, that it may come to maturity, full of precious fruit; it yet remains true that all germs are not alike. Children differ widely from the hour of birth, in physical, mental, and moral characteristics. No skill in training, no care or devotion on the part of parents and teachers is sufficient to overcome the disadvantages which result from influences that antedate the natal hour, and all through life, many of us are weighed down with the burdens of past generations.

Dr. Holmes was once asked, in reference to a certain man who had recently died, whether he could not have been cured, if he had been attended to in time. His reply was, "yes, but 'in time' may have been a hundred years before he was born." The principle herein recognized is one that can no longer be ignored by the physician or the social reformer. Here and there are those who are fearlessly lifting up their voices in behalf of this principle, and urging men to take heed how they sow carelessly the seeds of life.

Called by the very necessity of mankind, physicians, philanthropists, and humanitarians, must first give their attention to the requirements of the weak and sickly bodies and minds of frail and suffering humanity. But there lies upon them, in no less degree, as they see with clearer eyes than others the causes of these evils, the duty of proclaiming the way of prevention.

He who is successful in curing the sick, and in restoring to their places of activity, those whom violation of law has rendered helpless and despondent, is esteemed a public benefactor, and is followed by the benisons of all. Shall not equal benedictions rest upon him who shall teach the sacredness of natural law, and show how, by observing them, disease, premature decay, and death may be prevented, and the infant, born free from all ante-natal disadvantages, may grow up to maturity, strong in body and mind—a fit likeness of his Maker?

The LAWS OF HEALTH has set out upon a mission of mercy, and its columns are a fitting place to set forth some of the principles that may serve to guide parents and others towards better and truer living, and give to the nestlings of the flock a fairer start in life. Inasmuch as only good can come from discussion, the writer of these articles would invite free and fearless criticism, and is ready to answer all who may honestly question the positions assumed.

SANDY HILL, N. Y.

Scarlet Fever.

BY J. A. TENNEY, M. D.

This disease is ordinarily caused by infection or contagion, from germs which are capable of being carried in the atmosphere. We say *ordinarily*, for it must be evident that it is possible for the disease to originate in the individual, else it would never have originated at all. But the most common cause is a specific contagion. The germs which are the causes of the disease may be carried in the clothing to a great distance; there being cases on record where it was known to be transported in this way a distance of fifteen miles in the winter time. The disease has been contracted by those who have moved into houses where the disease had existed several months before, and in the meantime the rooms were vacant. These facts, and many others of the kind that might be cited, go to show that scarlet fever is as contagious as smallpox, and too much care cannot be taken to prevent its spreading.

The time between the exposure to scarlet fever and the development of the disease is much shorter than it is in other eruptive fevers, it being rarely more than six days, while it has been known to develop in twenty-four hours. Three or four days may, perhaps, be considered a fair average.

The affection usually commences with a chill, followed by severe feverish symptoms, which increase for several days. The pulse is very frequent, and there is often great prostration of the muscular system. Vomiting is a very prevalent symptom. There is usually redness in the throat, with soreness, and swallowing is attended with pain. The eruption usually appears in about twenty-four hours from the time the first symptoms of the disease show themselves.

In small children the eruption is often ushered in by a slight convulsion, which, in this stage of the disease, is of little consequence. The rash usually appears on the body and limbs before it shows itself upon the face and neck, but generally spreads over the whole body within twenty-four hours. The first appearance of the eruption is in the form of minute dots or specks. These run together and form patches of different size and shape, with irregular margins. Their color is vermilion or scarlet; and if pressure is made upon the surface, the redness momentarily disappears. The feet, and indeed the whole surface of the body, are swollen to some extent, being puffed out by the eruption, which arrives to its height about the third day.

The feverish symptoms do not diminish, but rather increase after the appearance of the eruption. The pulse varies from 100 to 140 to the minute, and in severe cases it may rise even higher. Restlessness is almost always present, and delirium is common, even in mild cases. In the milder forms of the disease there may be no throat affection; but generally redness of the tonsils appears at the outset. The tongue is coated, but in the course of a day or two the coating disappears in a measure, and the enlarged papillæ project through it, causing the tongue to present the appearance of a ripe strawberry. This appearance of the tongue is peculiar to this disease.

When the eruption begins to decline, the skin commences to come off, either in the form of branny scales, or in pieces of greater or less size. Sometimes the whole skin which covers the hands and feet may be stripped off like a glove. The degree and extent of this process are usually proportionate to the severity of the eruption. In favorable cases the feverish symptoms progressively diminish from the time when the exfoliation commences, and the patient advances rapidly toward recovery.

The foregoing is a description of the disease when it is not complicated, and of a mild or only moderately severe character. But some cases are attended with great danger from the outset, as shown by a pulse that may run as high as 140, 150, 160, or more to the minute, twitching of the muscles, a haggard countenance, coma and convulsions. As a rule, the severer the case the greater will be the soreness and ulceration in the throat, threatening its membranes with disorganization.

The treatment of scarlet fever should be directed towards balancing the circulation and quelling the fever in the first stages, and also to prevent disorganization in the throat. To quell the fever and purify the blood a pack should be given at 100 degrees, and the patient allowed to stay in it for half an hour. If the heat and restlessness return, repeat the pack in two or three hours, or oftener, and so on, until the heat of the body is brought nearer the normal standpoint. The throat should be treated according to the severity of the irritation; if it is very great, the throat should be packed with pounded ice, within the folds of a towel, for it is next to impossible for ulceration to take place if the part affected is kept cool. If the bowels are constipated, warm enemas should be given. These may be given at any stage of the disease, without fear of doing the patient any harm. If the patient is not too young the throat should be gargled with a solution of chlorinated soda or permanganate of potash. The latter should be used in the proportion of half a grain of the salt to four ounces of water. These preparations neutralize the poisonous exudations in the throat, and prevent their being re-absorbed into the system. If the child be too young to gargle the throat, the preparation may be applied by a sponge, if the resistance is not too great.

The old plans of treating this disease, practiced in almost every household, were mostly useless, and many of them pernicious. Giving teas of snakeroot and saffron "to bring out the rash" had no use except to quiet the minds of the friends into thinking that something was being done. The use of active purgatives has often killed the patient outright. If given at the time when the eruption should appear, they are dangerous in the highest degree. Injections

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of warm water will accomplish all that is needful in this direction, and are perfectly harmless.

Scarlet fever has various complications and sequels. The worst complication is the development of convulsions, coma, etc., from what is termed *uræmic poisoning*, which is consequent upon a failure of the kidneys to eliminate urea from the blood. In case there is a liability to this complication, the wet sheet pack is the best possible remedy, as given at the outset of the disease. It promotes activity in the skin, and thus relieves the kidneys of part of their duty. Probably nothing could be done to accomplish the object so well. If convulsions occur, the patient should be put into the hot full bath promptly, and sweating should be induced. The bath should be given at 100 degrees and increased to 105, the patient remaining in it five minutes or longer, so that the skin is excited to activity, and copious perspiration established. Fomentations should also be applied to the loins. Ulceration of the ear is apt to occur as a sequel, and if neglected, permanent deafness may result. Cleansing the ear daily with injections of tepid water and soap will generally arrest the ulceration and perform a cure.

Throughout the course of scarlet fever care should be given to the matter of diet. While the feverish stage continues with intensity, the dietary should be scanty in quantity, and should consist of the simplest foods, such as barley water, rice gruel, oatmeal gruel, etc.; when the feverish symptoms begin to subside, broths, beef tea, and more solid food may be given gradually until convalescence is firmly established.

Cooling the Wrists.

Bathing the hands, and particularly the wrists, in cool or cold water, or wrapping a wet compress around the wrists at night on retiring, during the heated term, or during the heat of the day, has been found very efficacious in cooling the fevered system, allaying abnormal thirst, and often inducing quiet and refreshing sleep. Try it, ye heated, restless, sleepless, thirsty ones.

Wit and Wisdom.

How to take life easy—be careless with kerosene.

If you wish to keep in good flesh, do not hurry at meals. Haste does not make waist in such cases.

Patrick's description of a fiddle.—It was the shape of a turkey, and the size of a goose; he turned it over on its back and rubbed it with a stick, and och! St. Patrick! how it did squale!

Man is physically as well as metaphysically, a thing of shreds and patches, borrowed unequally from good and bad ancestors, and a misfit from the start.—*Emerson.*

"Cut this out—it may save your life," is the heading of a patent-medicine puff in numerous country papers. We have clipped it from every paper we have seen, and are yet alive.

What nobler eulogy could any one ask for than that bestowed on Faraday by his biographers? It was his aim through life "to seek to say that which he thought was true, and to do that which he thought was kind."

Questions Answered.

By. Dr. Walter.

Question. Can I learn from your pamphlets how to treat female complaints?

Answer. We have not given special directions in our pamphlets for the treatment of any diseases, but we have given directions, which, if followed, will enable the person to build himself up in strength and vigor, and if he succeeds in this, all diseases which afflict him will disappear as does the mist before the rising sun. A man cannot be diseased and yet strong and vigorous, having pure and equally distributed blood. We do not practice ourselves nor undertake to teach others to cure diseases, but rather to make sick people hearty and vigorous.

Question. Have you private works for sale?

Answer. No.

Question. I have been advised to try electricity; would you advise me to buy a machine, or could I not construct a battery for myself?

Answer. In these days you can find a thousand persons to advise a thousand different remedies, because there is an absurd notion abroad that panaceas and specifics do exist. The truth is, that electricity, though an important health-agent, is oftener applied to damage the patient than to benefit him. Electricity is a powerful agent, and to do good, must be used with very great care and discrimination, and how to use it is more important than anything else connected with it. It is evident that you know little of your conditions, and less about electricity, and hence would use it in the blindest and most haphazard manner, and would likely be injured rather than benefited. What you need is a hygienic physician who understands your conditions and how to meet them; and if he does, he will not rely upon one nor a dozen agencies, but upon everything in nature that is applicable.

Question. Is it advisable to wear flannels?

Answer. I know of no objections. When worn next to the skin they are liable to be irritating to it, and hence a person might exercise some judgment in deciding whether he receives benefit or injury from their use. Flannel is good clothing when properly worn. The most important point in clothing the body is to keep the limbs and extremities warm, while the trunk is not overburdened with clothing, and the great fault of people under the advice of so-called educated physicians, is in clothing the central portions of the body excessively, while the limbs are insufficiently clad.

Question. What is the cause of roughness of the skin, in which the skin comes off in flakes, and when scratched, a watery substance oozes out?

Question 2nd. Can you cure fistula without cutting it out.

Answer. The roughness of the skin, the watery substance and the fistula are all symptoms of a depleted or scrofulous condition of the organism. What needs to be done is to restore vigor to the vital organs. The patient has depleted organs of manufacture and very active organs of expenditure, so that he expends vitality as fast as and probably faster than he manufactures it. What he needs is to change the conditions; invigorate the manufacturing organs, and restrain the activity of the organs of expenditure. And this is to be done through the operation of the principles of the nutritive cure as explained elsewhere in this Journal, under the caption of "The New Theories." A surgical operation for fistula is as good as cutting a man's hand off to cure a wound upon it. The person says he has lived very regularly, and has lived hygienically from his youth up, and asks, "What lack I yet?" We are firmly convinced that if he reads this Journal for one year, he will discover that he lacks many things.

My daughter is fifteen years old and yet has not developed into womanhood. She is having active life on a farm in a healthy location, plain food, etc., but she is a strict vegetarian, having an abhorrence for flesh-meats, and her food consists of vegetables, fruits, bread and butter, eggs, milk and the like. She was never sick to speak of, but is smart and active. I see many young ladies growing up in idleness, but I am one of the workers myself and preach that doctrine, and my daughter will overdo. What shall I do about it?

Answer. That your daughter is not developed into womanhood prematurely is evident, but I think you have no cause to be alarmed on that score. I am afraid, however, that you preach activity too persistently, and that your daughter is perhaps too active. What you need to do with her is to restrain the activity of the brain and general nervous system, whereby vitality is expended, and cultivate, or rather invigorate the muscular system by appropriate exercises, including thorough manipulations of the whole surface of the body; and kneadings and percussions of the abdomen are important. If in this way you can develop the organs of digestion, breathing, and circulation, while you restrain the activity of the organs of thought and feeling, your daughter will certainly become vigorous and healthy.

The average of human life is growing longer. Accurate registers have been kept in Geneva since 1560. The average of life was then only twenty-two years and six months; it is now over forty years, or nearly double. Four hundred years ago, the annual mortality in Paris was one in sixteen; now it is one in thirty-two, which shows about the same rate as in Geneva. In England, two centuries ago, the annual mortality was one in thirty-three; now it is one in forty-two. It is pleasant to know that the world is improving in physical vigor, and it is a matter of great interest to teachers of hygiene, that the limit of longevity is shrouded in doubt.

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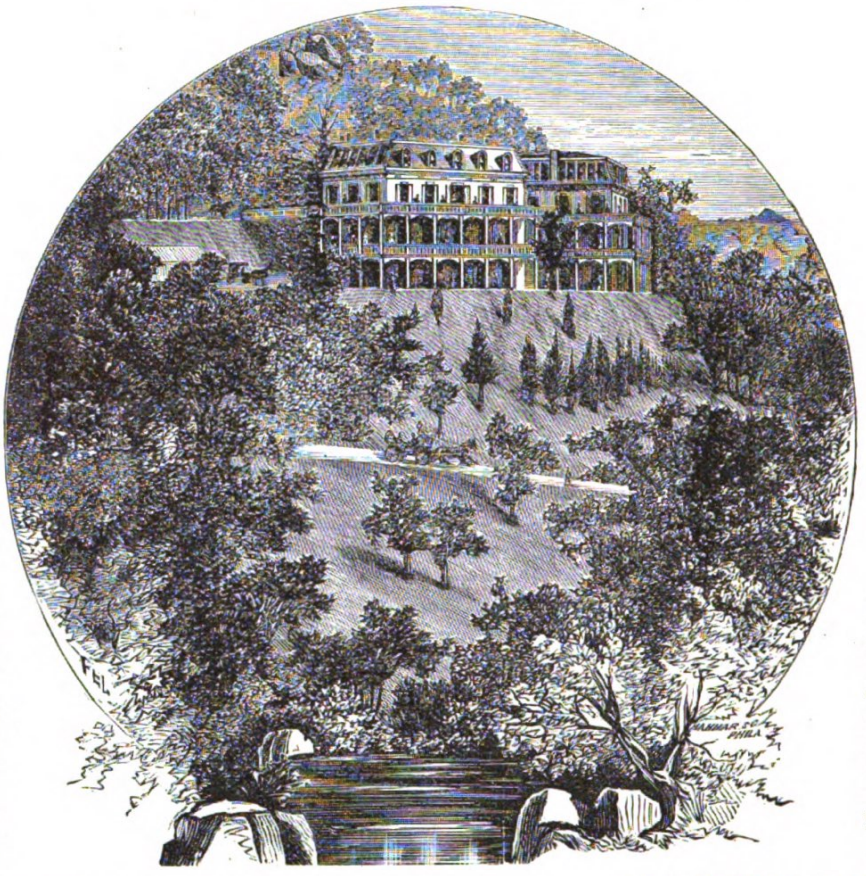
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J. A. TENNEY, M. D.,
SARAH FULLER, M. D., } Assistant Physicians.

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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. I READING, PA., SEPTEMBER, 1878. No. 5.

The New Theories.—No. 3.

We hold it to be established, therefore, beyond question or cavil, as a

FIRST PRINCIPLE of the True Healing Art, that vitality, otherwise termed vital force, vital principle, *vis medicatrix naturæ*, &c., is the only healing force. Let us follow this principle to its logical conclusion.

THE SECOND PRINCIPLE is deduced therefrom, viz.: "The rapidity and certainty of cure depend upon the amount of vitality—the vigor of the vital principle—as well as upon its distribution."

Can this be a principle of practice; and if so, is it new? Will our critics either dispute its truth, or will they show where, in the writings of medical men, it has previously been formulated and applied?

That it is true, we believe, is demonstrable. It is the outgrowth of one of the plainest rules of science. *Increased or diminished intensity of effect invariably follows increased or diminished intensity of cause*, is declared by Sir John Herschell to be one of the fundamental rules of science, as set forth by Bacon, Newton and others. Increased intensity of curative power must, therefore, be followed by increased intensity of curative effect; contrariwise, diminished intensity of curative power will be followed by diminished curative effect. To increase the sum-total of a man's available vitality—his curative power—therefore, is to increase the rapidity and the certainty of his cure; while to diminish the same, is to diminish his chances for cure.

What a wonderful change would take place in medical practice if this principle was everywhere recognized and invariably applied! If the patient's vital power—his living force—was always increased but never diminished by the physician's appliances, what a difference of result would be obtained! If hygienic practitioners—those who employ only health agencies—would refuse to employ them except to increase, certainly never to diminish, the patient's vigor, what a different reputation before the world hygienic practice would have! And if our practitioners, even at this late day, would but surrender their pride, and recognize that good can come out of Nazareth, and so be constrained to accept the principles of the Nutritive-cure, how the soaking and starving processes would disappear.

Obstructions in the circulation, causing an unbalanced condition of the vital forces, is found in greater or less degree, in all cases, and treatment is properly employed to restore the balance; but we insist upon it that the methods employed shall be such as shall, if possible, *at the same time increase, certainly never diminish, the vital powers.* Depletion, whether in the shape of blood-letting or purging, soaking or starving, is always disastrous practice. No matter, that the patient is relieved. He will feel better from being depleted just as truly as from being nutrified; but his feelings are not reliable. Physicians have been deceived, and bad practice commended by too close watch of symptoms; for we insist that symptoms are relieved by destroying vitality just as truly as by increasing it. Calomel is one of the most powerful depletants, and for this reason it had obtained a wide popularity; but its disastrous effects are at length recognized. Blood-letting was second only in importance, but to-day it is equally discountenanced. These measures obtained excellent repute because both physicians and patients were deluded by the marked mitigation of symptoms that followed their use; to-day we insist that water in excessive degree, has been as successful as calomel, and close dieting as popular among those who have tried it, as was bleeding. *And for the very same reasons.* Relief—the mitigation of symptoms was obtained, and patient and physician thus deceived by appearances.

But the critic may deny that our principle is new because physicians of the drug schools now deprecate depletion as strongly as we do, and in its place urge stimulation. But will any one show that they advocate a similar principle to this one—that indeed they have *any system* of developing power in the organism. Is it not true that when they urge to "keep up the patient's strength," they mean apparent and not real strength? and the means they employ are destructive to vitality, and not recuperative? Are not alcohol, strychnine, arsenic, quinine, &c., the substances used, and are not these irritative poisons, and so exhausting medicaments? Poison and vitality are diametrically opposed, and to use poison to increase vitality is a dangerous solecism. To build a man up by using that which tears him down, is the same practice that cures disease by adding to its causes—that cures one disease by producing another. Neither will stuffing the patient with concentrated foods answer the purpose. Vitality is to be produced and sustained through the operation of principles which will be hereafter explained, but not by the use of destructive expedients.

But the water and diet cures do not even pretend to "keep up the patient's strength." On the contrary, depletion has been practiced and urged with a unanimity and persistency that is comparable only to the same unanimity and persistency of the bleeding and purging schools. One of the first ideas of the practice that we remember to have been urged, is, that the patient must "get worse before he can get better;" and again, that "he must be pulled down before he can be built up;" and it was generally admitted that "the processes of treatment undoubtedly served to reduce permanently the patient's vitality."

Every reader, who knows anything of hygienic treatment, knows that this has been both the practice and the teachings of this system, and hence that it is certainly opposed to the principle we are advocating.

The Nutritive-cure implies the *accumulation of vitality*, through an increase of production and a restraining of expenditure, and not the expenditure of vitality by causing an exhibition of it. Every time a dose of medicine, or a stimulating bath, is administered, there is increased expenditure of vitality, corresponding to the increased exhibition of it, and hence the stimulating or so-called sustaining practice of all the schools, is the very opposite of the system we advocate, and not in agreement with it.

The true principles of invigoration will be explained in our next, and will, we doubt not, prove to be not only new, but true.

Scrofula.—No. 5.

BY J. A. TENNEY, M. D.

BAD FOOD. Most of the lower animals are confined to one or two kinds of food, and many will die if compelled to make a change. But man's capacity for variation in this respect is almost unlimited. He can live exclusively upon the flesh of the deer or the blubber of the seal, as he must in the Arctic regions, or he can subsist entirely upon the vegetables and fruits of the torrid zones; or he can adapt himself to a mixture of all kinds of food, as he does in temperate climates. But with variety of choice comes added responsibility, and liability to mistake; and this distinguishes man from the brutes, that he can choose between the right and wrong, even when they are so closely connected that it is difficult to discriminate between them.

The best food must be first, nutritious, and second, digestible. By nutritious foods we mean such substances as are capable of being made into good blood; which will uniformly and permanently give the greatest amount of muscular and brain power to a person of good digestive powers.

There are many substances used as food which are not food in any sense, such as sugar, salt, butter and all animal oils.

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Salt is an inorganic substance and hence cannot be appropriated by the system; and when sugar crystallizes it becomes as truly an inorganic substance as salt or any other mineral; and the animal oils are not digested at all, but are absorbed into the blood in their crude state. Dr. Dalton of New York, as well as many other physiologists, has proved this in relation to fats by experiments upon the lower animals. Dogs may be fed upon different foods, and killed in every stage of digestion, and the process watched; but a better way is to etherize the animal and make an incision into the part to be observed, inserting a silver tube with flanges upon both ends. The parts around will heal, and the tube can be closed with a cork, which can be removed at any time and the process of digestion noted. In this way Dr. Dalton has proved that fats are not changed at all in the digestive organs, but are simply absorbed into the blood undigested; hence they are impurities and not foods. He also found that dogs fed upon sugar or the animal fats would not live longer than they would if fed upon nothing at all, which proves that they are not foods in any true sense.

There are other substances which come under the head of foods, but which are not sufficient to sustain health in the person who uses them. Fine flour, rice, eggs, etc., come under this head. If used to the exclusion of other foods which contain more waste matter, they cause constipation and a thousand consequent evils. The bowels need distention in order to perform their work in the best manner, and it is a mistake to use exclusively as food these substances that are absorbed into the blood before they reach the large intestine. Then in sifting out the coarse flour a very important element of the food is wasted. But people are well aware that the rejected portion makes first-rate food for the lower animals.

"To eat the worst we most incline,
And feed the best to filthy swine."

But food may be adapted to strong stomachs and yet be very poor for weak ones. And here the vegetarians have made a great mistake. They have argued, that as vegetable diet is the best for a man in an ideal state, therefore it is the best for him under all possible circumstances. They have placed every person, whether sick or well, upon the bed of Procrustes, cutting off those who were too long, and stretching all who were too short—in all cases making the person fit the theory. People often find themselves in conditions where animal food is the only kind that can be digested; for it is much more easily assimilated than vegetable foods, and hence is not only desirable for the sick, but is often even necessary to recovery. Many an invalid has been starved to death by vegetarian practitioners upon vegetable food, which was as indigestible as chips under the circumstances, when animal food might have been appropriated and the person saved; but to make the change would ruin a previously conceived theory, and hence was out of the question.

It is a generally received opinion in relation to physics, that theory should be the result and outgrowth of facts. But we are sorry to say that much of the teaching of the vegetarians never had such origin. They have assumed a theory, and heaven and earth must conform to it; like the potentate who sat in a chair on the beach and commanded the tides to go back, but who was obliged to remove himself, so those who try to contradict the arrangements of nature, will only reap the sad fruits of their rebellion in the end.

Suppose that vegetarianism is the best condition for the ideal man; it is not of so much importance what is good for him in an ideal state, as it is to know what to do with man as we find him. We cannot ascend up into heaven and learn what relations he shall sustain there, and then make him rigidly conform to them while here. But the question is, what will best suit his present circumstances? And especially, what is the most successful diet for a sick man? For success is the only thing a reasonable man allows to turn the balances of his judgment.

Vegetarianism, followed as a blind theory, has done much to induce the scrofulous condition. It has not done so much in this direction as pork eating and the use of other animal fats, for it has not been followed as extensively; but, by filling weak stomachs with articles of food they could not digest, because of that weakness, the blood has been charged with crude material which was entirely unfit to make good bone and muscle, and in this way the blood is adulterated. Sound, healthy tissue can only be made from blood whose every cell is charged with a high degree of vitality; and when partially digested vegetable food is received into the blood, there is little difference between the effect produced, than when indigestible pork fat is absorbed in the same manner. In either case, every fibre of muscle, and every cell through the system is weakened in its texture and function; and this state of things *constitutes* the scrofulous condition.

If the blood is filled with crude material, the brain is not properly nourished, and the poor victim becomes nervous, sensative and erratic, as most people have seen illustrated again and again. The tendency of all this is toward mental activity and physical weakness, and these are the two distinguishing evidences of the scrofulous condition. Thus the vegetarians often bring about the very state of things they are most anxious to prevent.

We do not wish to be understood as asserting that no people can live upon a vegetarian diet, for many have done so without any appreciable inconvenience; but we do affirm that people who have weak digestive powers cannot do so to advantage, and many, if not most, are injured by such change, and as we are a nation of dyspeptics, and the nervous temparament predominates, there is no prospect that vegetarianism can become general in this country without decided disadvantage.

To avoid producing scrofula by our habits of diet then, we should eat abundantly of nutritious and digestible food, not discarding good beef or mutton once a day, except in the hot weather of summer, and being careful to include in every day's dietary a sufficient amount of such foods as are not absorbed before they reach the large intestine, such as bread made of Graham flour, a variety of garden vegetables with some kind of fruit; being careful to take into account the condition of the person's digestive organs as well as the wholesomeness of any particular article of food, and rejecting everything which would not be readily digested and appropriated under the existing circumstances. If this plan were followed by those of weak, as well as of strong digestion, scrofula would not gain ground as far as diet is concerned.

Pregnancy and Child-Birth.

Health is always desirable, but during these periods, more so if possible, than ever. How to manage a prospective mother, so that she shall have easy delivery and rapid recovery, is a subject of interest to many others than the correspondent who asks our advice.

Vital vigor is the security against suffering or accident, and all plans or processes that can invigorate the general health are to be brought into operation. Health with elasticity is the idea. First, the pregnant woman should eat only healthful food, and drink only pure, soft water. Anything that can excite, irritate or inflame the blood and tissues must be religiously avoided. Tea, coffee, spices, fats, common salt, sugar, and even milk are substances which are, for this reason, to be abstained from, or the latter three used in great moderation. Cooling fruits and vegetables, with wholesome bread and a very moderate quantity of lean meat, is the proper food. A general tepid or warm bath twice a week will serve to cleanse the skin, and also render it more active, while an occasional sitz bath, at 90 degrees, say twice a week, for ten minutes, will invigorate the digestive system and strengthen the abdominal muscles. The sitz bath may be employed daily toward the end of the pregnancy. Constipation, that curse of pregnancy, must be relieved by daily enemas of warm water, if necessary. And when labor commences, a thorough cleansing of the bowels in this way is desirable. Walking, to the full capacity of the person's strength, is an invigorating exercise; and all invigorating processes should be persistently followed during the whole period up to the commencement of labor.

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When labor commences, employ the hot sitz-bath, frequently repeated, until delivery. We have found this wonderfully efficacious to ease the pain, relax the parts and exert a generally soothing influence upon the mother. After childbirth, rest in a recumbent posture, the continued use of the wet abdominal bandage, light and easily digested food, are proper measures. But no food should be taken from the actual commencement of labor until its completion. The practice of filling the stomach with all sorts of slops, is not only foolish, but injurious. Of course, a skillful midwife or accoucheur should be employed.

Treatment for the Babe.

After having been detached from the mother, washed and dressed, which should be promptly done to prevent chilling, it should be put in the warm bed, and immediately to the breast, both for the benefit of mother and child. Thereafter it should be fed as frequently as nature calls for food, say at intervals of from two to three hours. It is particularly important that the child shall be kept warm, especially the extremities. To allow the feet to become cold is often to induce violent colics. If bowel difficulties should present themselves, in the way of constipation or diarrhœa, frequent injections of warm water to clean them are in order. If troubled with colic, a full hot bath is often serviceable, or hot fomentations to the abdomen; and the wet abdominal bandage will be useful to allay irritation or inflammation.

In the treatment of an infant, experience is very desirable, and we are sorry to acknowledge that the prevailing ideas on the subject are often erroneous. We would advise our correspondent to read carefully the Laws of Health, and gather therefrom the principles that we advocate, and apply them to the best of his ability.

Fever and Ague.

By J. A. Tenney, M. D.

Fever and ague, or more properly intermittent fever, is distinguished from other fevers by its recurring in paroxysms at regular intervals, and between the paroxysms there is a complete intermission of all feverish symptoms. It is not ordinarily dangerous to life, although occasionally it is rapidly fatal; but this article will describe only the mild and most common form.

Generally the disease comes on suddenly; but sometimes it is preceded by headache, loss of appetite, and general lassitude. It is marked by three distinct stages; the cold, the hot, and the sweating stage. It commences with a sensation of chillness in the loins, which extends over the back and limbs. Sometimes it is slight, but in other cases it is violent, causing the patient to shake violently, his teeth chatter, his nails turn blue, and there is every indication that he is suffering from severe cold. The extremities are abnormally cold, but a thermometer placed in the arm-pit will show that the temperature of the blood in the body has increased.

The cold stage may continue only a few minutes, or it may last an hour or two. It generally recedes gradually and gives place to the hot stage. In this the blood comes back into the surface, the pulse, which was oppressed and weak, becomes full or even bounding, and the blood increases in temperature to 105 degrees or more. This condition may exist from two or three, to eight hours, when it is succeeded by the sweating stage. The heat gradually disappears, and the patient usually falls to sleep, when the paroxysm is ended.

There are three distinct types of the disease, which are named the *quotidian*, *tertian* and the *quartan* type; taking their names from the interval of intermission. In the first variety, the attack recurs in about twenty-four hours. In the second it occurs on the third day, and in quartan ague it does not appear until the fourth day. The last form is rare, however.

Enlargement of the liver and spleen are quite liable to occur in this disease, and without doubt, as a result of the violent internal congestion which constitutes the first stage. The blood leaves the surface and is concentrated internally, distending the blood vessels in the liver, spleen and other organs, and leaving the surface deprived of blood, and the warmth which depends upon good circulation. Pallor of the face and great general weakness are also incident to the disease, especially if it be of long duration.

The cause of intermittent fever is a peculiar influence called *malaria*, which arises from low, moist grounds and marshes in certain localities. It is heavier than the air, as is proven by the fact that people are sometimes affected by it in the lower stories of a dwelling, while those who occupy the upper rooms escape; and in the worst ague districts, those who live upon a rise of ground are free from the disease.

There is little doubt that malaria consists of spores that arise from a species of plants called *palmellæ*, which belong to the lowest known vegetable organisms. This theory is supported by the fact that marshy districts are not necessarily miasmatic. Intermittent fever is not known to be contracted north of Southern Connecticut; but the liability to contract the disease in certain localities increases from that latitude to the Gulf of Mexico. But this view of its causation is still further strengthened by examining the mucous secretions of those who are affected with the disease, and also of persons who live in ague districts, with the microscope, when these spores are uniformly found to be present; while they are not found in similar examinations elsewhere. But the proof seems to be conclusive that this idea is correct, from experiments which have been made, of carrying the surface soil containing this species of plants, and placing it in the sleeping rooms of persons who had not been liable to take the disease in any other way; and such persons contracted the disease. These experiments have been made so carefully, that it seems hardly possible that there should be any error of observation.

If this view of the cause of ague is correct, it would seem possible to destroy these vegetable organisms by preparations sown upon the ground; and it is claimed that a free use of lime as a fertilizer is the surest means of killing the spores which cause the disease.

Ague is a nervous disease. Its periodicity is a peculiarity which goes with nervous diseases, and it is known that great nervous excitement will often prevent a chill. Certain drugs which affect the nervous system powerfully, are relied upon to prevent the paroxysms. Strychnine, arsenic, chlorohydric acid, Prussian blue and opium were formerly used to accomplish this result; but since the discovery of the virtues (?) of Peruvian bark or its extracted salt, quinine, as an anti-periodic, it has taken the place of all other remedies for this disease; excepting perhaps, salicin, which is extracted from the bark of the willow. Quinine will so confuse the system, so to speak, that the paroxysms are broken up by its use. But the drug causes great derangement of the nervous system, and does not give actual relief from the causes of the difficulty. It is better to rely upon hygienic measures, especially as they are efficient, than to introduce a poison into the system to chase another already present. The drug will change the manifestation of vitality, just as a burglar will excite a sick man to rise from his bed to fight and expel him; but such an effort will not relieve the invalid of his disease.

The person affected should, if possible, leave the malarious district, for it is hard to remove the difficulty as long as its causes are in operation. The best treatment consists in efforts to balance the circulation and purify the blood of the poison. When the chill comes on, the patient should be put into a full bath at 100 degrees, and the temperature raised to 105. He should remain in the bath until the chill is relieved. When the hot stage comes on, the patient should be put in a pack at 95 degrees, and if the fever is violent, the sheet should be doubled and only partially wrung out, so as to contain all the water possible without dripping. If the patient heats up rapidly, take him out and wring the sheet out of the water again, place him in it, and so continue until the fever is quieted. If the third or sweating stage succeeds, wiping the patient with flannel will be found to produce great comfort; but if the treatment be prompt, the third stage will not be of much moment. Very often it will be found that the disease will pass off with one paroxysm; but if it continues, and this treatment is persevered in, it will be found effectual in a short time; and no bad effects can possibly follow.

Errors.

"Mistakes will occur in the best regulated families," has often been affirmed; but when a glaring grammatical error is repeated we are mortified, and particularly when it appears in the first and leading article of our journal; but "Let him who is without sin cast the first stone," &c.

Read carefully the little article on page 39, entitled "Take Notice," and obey its teachings.

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The Laws of Health.

Monthly, 50 Cents a Year.

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Editor & Publisher.

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OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging, stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids, therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems, special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

"Physician Heal Thyself."

A wise saying, and one which we commend to the attention of patients who are seeking health, and of physicians who are offering it. The healthful physician speaks much better for the system that he practices than an unhealthful one. One of the anomalies of the water and diet cure practice, is, that though it is claimed to embody the acme of perfection in healing, it is nevertheless represented almost wholly by invalids who have themselves failed to recover. Of course all manner of excuses will be afforded to explain away the solemn fact, but it remains nevertheless. That system which, after ten or twenty years, has failed to restore its most ardent practitioner, is a system that a reasonable man will hesitate to adopt, and the plea of being incurable is a very poor one. Of course he is incurable by these methods, but the methods are not thereby commended.

Ten years ago the writer was reduced from comparative vigor to chronic invalidism of the worst kind, by this very water-and-diet cure, but he has nevertheless been restored fully by the Nutritive-cure, and during the past four years has restored many other persons who had been pronounced incurable by these long-haired disciples of Preissnitz and Graham. I would not be unjust to this class, but I must insist that a system that has utterly failed to restore health to its most ardent advocates after years of trial, is a poor thing to offer to a sick man who would recover health in a few weeks. If these persons had been even somewhat benefited it would be of some consequence, but when we know they have been steadily growing thin "by degrees and beautifully less" we are rendered still further incredulous as to its merits.

The system we practice has none of these draw-backs. Out of the utmost feebleness has come good health, and out of nothing but truth an institution has been built up within four years, and a practice established that bids fair to outstrip all its competitors; and among the highest merits claimed is, that *we practice what we preach, and preach what we practice.* There is often but a step between right and wrong, success and failure, and that step we took when we left behind the practice of the Water-and-Diet Cures, and established in its place a true system of hygiene—a system founded upon correct principles, and which is successful in practice—one which restores the invalid in as many months as it requires years under the former practice, even when it could be done at all.

Yellow Fever

Is a filth disease. It occurs only in populated towns and cities, where human beings are crowded together, and where there is insufficient means for the removal of waste. Badly constructed sewers, uncleansed streets, &c., are a great cause of it; but perhaps not greater than are bad habits of eating and drinking, sleeping and working, &c. Seaport cities, or towns on the low banks of rivers, where the air is infected from decaying vegetable and animal matters are mostly afflicted. Dampness and heat, those two great agents of decay, are necessary to its production. It is apt to follow a prolonged season of hot and otherwise debilitating weather; while the frosts, by stopping decay, and particularly by restoring tone to debilitated organisms, is fatal to its existence.

It is not properly contagious, and no persons who are in vigorous conditions of health, and whose habits of life have been correct, need fear it. Only the impure, the overworked, the improperly fed, the denizens of foul places, need tremble at its approach. Pork and pickles, tobacco and whiskey, and all debilitating habits are in league with it. Cess-pools, hog-pens, and privies; low tides, drying mudholes, sluggish rivers are powerful agents of it. The debilitating heat of southern climes is a factor in its production, while the quinine, calomel, &c., of the schools must bear their fair share of the responsibility. Quinine is one of those substances that "cures one disease by producing another,"—cures ague and fever by establishing the conditions for yellow fever.

THE CURE.—Get out of Sodom; flee to the mountains; discard your evil habits; and return not again. Let New Orleans and Memphis and Grenada clean up their dirty alleys, flush the sewers and enlarge their capacities. Let them also shut up the rum-shops and tobacco stores; which are not less pestilential than the slaughter-houses and vile privies. Dancing saloons, pretty-waiter-girl establishments, the dark holes and slums of city life, have not for the first time brought the judgments of God and nature upon erring man. "He, that being often reproved, hardeneth his neck, shall suddenly be destroyed, and that without remedy."

TREATMENT.—First, purification; second, invigoration. The bowels should be thoroughly cleansed by full and copious injections of warm water. Hot water should be drunk abundantly to wash away the offending matters from the stomach and to dilute the circulating fluids. The sipping of ice water may be also indulged to advantage. By these means the vomiting may be prevented or allayed. The fever claims important consideration. The cooling wet-sheet pack to reduce the temperature of the body is the appropriate appliance. Let it be repeated daily or twice a day as is necessary to keep the temperature of the body down to 100 degrees if possible. Cold affusion—the pouring of cold water on the head—will often be very serviceable in quieting the nervous system, reducing the pulse and the temperature, and relieving much suffering. If the patient be of vigorous constitution, cold affusion to the whole body while the fever is high may be employed. Of course the vigor of the treatment must correspond to the vigor of the patient and the violence of the fever. In this and all other diseases, keep the head cool, the feet warm and bowels open.

Total abstinence from all food should be insisted upon, until the fever has abated, the pulse been reduced in frequency, appetite returned, and the stomach able to receive food.

The patient should rest in a recumbent posture, in a cool, airy room, with pleasant surroundings and associations, and every means employed to preserve his strength of body and courage of mind. After the subsidence of the fever and during the second and third stages, when the gastric symptoms are prominent, warm fomentations may be applied to the stomach, continued for fifteen minutes, to be followed by wet compress or wet abdominal bandages according to the vigor of the patient. Thereafter all the processes of the Nutritive Cure should be employed, whereby to invigorate and build up the depleted organism. Bathing is not in order after the subsidence of the fever, but rubbings, manipulations, &c,, will be very serviceable.

Of course in this short article there has been no attempt at minute or scientific analysis, but only a general view of the case from the hygienic standpoint.

Exercise for Teachers.

Through reading a short article in a late health journal, entitled "Health for Teachers," we are incited to a few remarks. The writer advises for teachers moderate walking, but with so many restrictions and expressions of doubt however, that it is readily perceivable she has

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little faith in it. She speaks more encouragingly of carriage riding, particularly if the teacher—who is supposed to be a lady—owns her own horse; which is to be "spirited, intelligent and affectionate," &c., &c. But again the inevitable if, *it is expensive.* Of horse-back riding she speaks very disparagingly for the ladies, unless they can ride as the men do. "Gardening is excellent with qualifications," she also says; in fact, we find so many ifs and ands, buts and restrictions, that it is all simmered down to this, *lady teachers spend so much strength in their vocation that they have little or none to spare for out-door exercises.*

Twenty years ago the writer was a teacher, and a broken down one at that, and he knows all about the exercises and their ifs and ands. After a long experience in its varied forms, we discovered that we must relinquish our vocation or continue an invalid. For long and weary years we felt ourselves deprived of the ability to work with our brains and yet maintain health, and should be in this condition to-day, were it not that the movement-cure, a system of exercises peculiarly adapted to the sedentary and the invalid, has enabled us to devote ourselves with might and main for long hours in the office, and yet maintain good health. The movement-cure is the *sine qua non* of exercises for teachers. It is the cheapest system extant; the most efficient and desirable, and fulfills all the requirements for healthful motion. It is a pity that this system is not taught in every town and hamlet in the country; but as it is not, we must be satisfied with the next best thing, namely, become conversant with the system through a book of several hundred pages, entitled "The Movement Cure," by George H. Taylor, M. D., which is for sale at this office, price $1.50. We are glad to be able to say also that every person who seeks the benefits of our institution, is at the same time trained in the use of this system of exercises, and so not only gets well, but is taught how to keep well, and that with almost absolute certainty.

Cleanse the Bowels.

No more important advice has ever appeared in this journal. The bowels are themselves cleansing organs, and like a sewer to a great city, if they become obstructed, and fail to empty themselves, the most disastrous results must follow. The contents of the lower bowel particularly are exceedingly objectionable, and if not removed daily, are liable to be reabsorbed, and poison the blood with vilest impurity. When in health the bowels readily cleanse themselves, but unfortunately, few people are in good health, and no organs, perhaps, sooner fail in the proper performance of their functions than the bowels. Constipation is a household disease. Three-fourths of all people, sick or well, we believe have lost the capacity to thoroughly cleanse the bowels without artificial aid. Reason must come to the rescue. Intelligence must aid instinct. He who is in perfect health, and eats only proper food needs no brush to clean his teeth or douche to wash his nostrils; and yet many persons would be considered careless and even filthy who neglect to cleanse these avenues to breath and blood. So with the bowels; a filthy, uncleansed, lower bowel is a fault concerning which the people need to be instructed.

It is a misfortune, also, that a daily evacuation is no evidence that the bowels are properly cleansed. Constipation just as truly exists where there is simply sluggishness as where there is almost total inactivity. The difference is one of degree, not of essence.

Pure soft water is the proper diluent and cleanser, and it is as right and proper to wash out the lower bowel as to cleanse mouth or nostrils. To use vile, drastic, griping purges, or any other internal medicament for this purpose, is worse than folly; it is wicked. And yet it is strange how many people will readily tear out and destroy the vitality of these organs in this disastrous way, who have a horror of a little warm water. Four-fifths of the body is water, and water is one of the most common and necessary of nature's provisions for life and health, and may be introduced into any external opening without injury.

"Were ignorance bliss it were folly to be wise." But ignorance is not bliss, and the people are being destroyed for want of knowledge. How much misery might be forgone if the people knew that to wash out the lower bowel, when it needs it, is just as reasonable as to wash out one's mouth. What a boon to dyspeptics! How those suffering from dysenteries and diarrhœas could be soothed and even cured by the use of a little soft water. How pregnant women might be benefitted by a daily cleansing of the lower bowel, and what agonies would be removed from the constipated child, who, suffering from a feverish and irritated state of the bowels, and consequently dried and hardened fœces, needs only to have the cooling, soothing, softening, cleansing injection.

An injection of warm, soft water into the bowels at any time, and under almost any circumstances, can do no harm. True it needs to be done properly, in order to do good. The piston syringes, so long in use, are a monstrosity. Even the force pump syringe of Mattson is a poor affair. The true way to cleanse the lower bowel is to allow water to run in by force of gravity in one continuous stream until the bowel is full, when it will naturally be forced out, carrying the contents of the bowel with it. For this purpose the Fountain Syringe is a necessity, and is superior by all considerations to any other ever invented. It is valveless, cannot get out of order, and will not wear out in a life time, we believe.

And, as we have said, it can do no harm. If a man were to employ this method every day in the year for a thousand years the LAWS OF HEALTH would not hesitate to be answerable for the results.

Let it be understood, however, that injections are no cure for constipation. They will cleanse the lower bowels, but will not remove the matter from the convolutions above. To cure constipation, good food and all other hygienic agencies must be employed; but chief and most important of all, kneadings and percussions of the abdomen daily. If the bowels are sore, commence lightly at first, and the soreness will soon disappear. Then knead and rub and percuss, and keep up the action day after day, till all the muscles, both voluntary and involuntary, have been increased in their power to contract, whereby the contents are steadily moved onward. In this way the best action can be had and maintained without the use of any abnormal excitants whatever.

Prevention versus Cure.—2.

BY J. S. COOLEY, M. D.

Rev. Dr. Cuyler, of Brooklyn, in a recent address, strongly urged the necessity of cleansing the dark and terrible stream of intemperance, which sweeps through our beloved land, by beginning at the fountain-head and damming up the tide of death at its source.

This is well; and were every child thus forearmed against the terrible foe which lurks around the pathway of youth, the work of the temperance reformer would be half accomplished. But wholly to eradicate this, as well as all other forms of excess and morbid activity, the secret springs of life must be touched by some healing wand, and the unseen fountains of existence must be purified. Many a youth enters the pathway of the sensualist or the drunkard; many a victim of disease drags out a weak and miserable existence—a burden to his friends, and a libel on his Creator—through the sinful and ignorant lives of his parents, who, in the hour of his conception, stamped upon their offspring the impress of their own wrong doing.

So long as children are begotten in darkness and lust; so long as men and women, wearing the hideously deformed image of God, take upon themselves the responsibilities of parentage, with scarcely the faintest conception of what those responsibilities are; so long as the fathers and mothers of the race think only of indulging their depraved and morbid appetites, and defile their bodies with unwholesome food, steep themselves in alcohol, befoul the pure, sweet breath of health with the reeking fumes of tobacco, and harbor base and unholy passions, and sordid ambition, so long will intemperance find no lack of victims, and premature decay and early deaths abound.

The student of social science, as he looks abroad, asks himself these questions:—Why are vice and crime so prevalent? Why, when so much more is being done, than formerly, to avert the evils of intemperance, does this foe to personal and

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national safety attain such gigantic proportions? Why is there so much youthful depravity, and such disregard for moral law, in the midst of public schools and sabbath schools without number? The physician too, is perplexed with similar inquiries. Why does the death-rate decrease so slowly? What unseen power keeps down the average duration of human life, in face of the untiring devotion and ceaseless efforts of talented and experienced men to prolong the period of existence?

Alas! Is not the answer to be found in the fact that children are robbed of their birthright, and brought into the world with imperfectly or feebly developed bodies, dwarfed intellects, and depraved moral natures? Evidence is at hand, sufficient to convince the most skeptical, that physical, mental, and moral characteristics are all alike transmitted from parent to child.

Says Dr. Elam, an eminent English physician and writer: "All intellectual endowments and aptitudes, every formation of body, is, or may be, transmitted from parent to child. Not only is the natural constitution of the parents inherited, but the acquired habits of life, whether virtuous or vicious. Not only is an evil tendency transmissible, but what was the simple practice, the voluntarily adopted and cherished vice of the parent, may become the almost over-powering impulse of the child."

This principle of transmission has long been recognized by breeders of choice stock, who are able to produce a race of animals, in every way superior to the original, by a wise observance of this law of heredity. Shall greater heed be paid to nature's teachings, in the breeding of horses and cattle, than in homoculture? But, alas for the wisdom of mankind! The most favorable conditions, and the best combination of qualities are sought for by the stock-breeder; while our children, who are to be the future citizens of our country, and are gifted with a capacity for endless happiness or misery, are conceived in thoughtlessness and utter disregard of all principles of transmission.

This is an evil of such magnitude, that all other evils seem insignificant in comparison; and it is to awaken attention, and direct the thoughts of parents to this matter, that these articles are written.

In obeying the command, "Be fruitful and multiply," it is desirable that our little ones, so far as is possible, shall inherit our good qualities only, and in physical vigor, mental capacity, and moral sensibility, be more gifted than ourselves. To this end, let fathers and mothers understand that their child will be what they make it; that their habits of life; the thoughts and feelings which they cherish towards each other, and towards the unborn babe; the passions they indulge or deny; the aspirations which they feel, and the motives by which they allow themselves to be actuated, both before and during the ante-natal life of their child, will as surely mould and establish that child's form of body, and mental and moral character, as day follows the night.

If the parents are weak and effeminate, with stomach disordered by false modes of life, and blood impure from wrong living; if they inflame and irritate their nervous systems by stimulants and narcotics, or give themselves to excessive indulgence of passion—cherish hateful and resentful feelings towards each other, or are so controlled by an inordinate desire to amass property, that they neglect the amenities of life, and become harsh, fretful, and fault-finding, they must not be surprised, if the child, on whom they place so many bright hopes, shall sadly disappoint them, and go to an untimely grave, fall a victim to sensuality and rum, or become a hard-hearted and avaricious misanthrope.

Nay more. If parents, against whom we can charge none of these mistakes, and who appear to the world as models of right living, shall, in a moment of blind impulse and thoughtlessness, create a new life, and as a result, an immortal is born, undesired and unsought; that child will forever bear the impress of those parents' sin. How often are the children of the gifted and the great far inferior to their parents, who, in blindness or wilfulness, transgressed nature's law, and failed to transmit their genius!

How, then, shall parents best promote the welfare of the unborn child? To answer this question, will be the aim of the next paper.

SANDY HILL, N. Y.

Local Treatment.

Local diseases and pains, unless they arise from accident, are but the expression of a diseased condition of the general system, and do not have their origin in the part affected. Such troubles may be compared to the daisies, which do not appear when fields are highly cultivated or in wet seasons; but in dry summers, or when the land is starved, in a sense, for the want of fertilizers, they will become prominent. So local diseases show themselves as a consequence of general exhaustion. Romberg, an eminent medical writer, says that "pain is the prayer of a nerve for good blood."

Dr. Dio Lewis has compared the common methods of treating diseases locally, to the plan of hauling down a flag floating at half-mast, to relieve a ship's crew of their distress. Most people apply some local remedy as soon as they get sick, feeling that there must be some enemy in the part affected that must be poisoned out; and so they tinker away on the effect, while the cause is left in full operation.

In diphtheria, for instance, the general practice has consisted mainly in the treatment of the throat with caustics. Brettonneau, Trousseau, and many other eminent physicians and authors have relied almost entirely upon the astringent preparations of iron, alum, sulphate of copper, chlorohydric acid and the solid stick of nitrate of silver, applied locally. In this disease the whole vital energy is directed toward the throat, similar to the pressure of water in a river upon a weak portion of a dam. How would it seem for a man to go below the dam with a roll of cotton batting and a walking stick, and try to stop the leak from the lower side? Yet it would not be more unreasonable than to think of removing a similar condition in diphtheria by caustics applied to the surface of the throat. But if the blood is drawn away from the part affected and caused to circulate evenly, by the application of heat to the whole surface of the body, and kept away while the blood can be relieved of its impurities, then the difficulty is truly remedied.

Purify the blood and invigorate the general system, and most local troubles will disappear. But if the local effect of the disease has existed for a long time, and become a fixed habit in a sense, it may continue after the general condition has been improved; and in such cases local treatment finds its true play, hastening recovery in the part affected.

Questions Answered.

BY. ROBT. WALTER, M. D.

Question. Do you consider the movement cure superior to indian club exercises? If so, what is the price of the book on movements, and the cost of the apparatus?

Answer. We *do* consider the movements superior to any other forms of exercise, and the beauty of it is that no apparatus is required, at least, only such as any person can construct. Taylor's Movement Cure, sold at this office, costs $1.50.

MRS. G. H. M. *Question* If a person has stomach worms, what is good to kill them?

Answer. They are indicative of indigestion, and are to be properly got rid of by restoring health. I know that this is sometimes difficult, but I should try every means of building up the general health, before I would swallow poison. Increasing the activity of the stomach and bowels by kneadings, manipulations, etc., is much better than castor oil or other drugs. I do not know but I would be tempted to poison the worms if I could not succeed in any other way; but we have always been able to relieve the difficulty by thorough kneadings of the abdomen, and the application of general health agencies.

Question 2nd. If you see one worm, is that an indication of others in the stomach?

Answer. Not necessarily. The failure of the worm medicine and castor oil to bring more, would seem to indicate that others were not there.

Question 3rd. I use paregoric for my children's bowels, but after reading your Journal, feel like throwing away every drop of medicine, but what should I do for the children's bowels when they are loose?

Answer. Let them be loose. The disease in this respect is very much more desirable than the cure. Feed your children properly and the bowels will take care of themselves; while feeding them paregoric is sure to derange their nervous systems, and induce early disease and perhaps death. It was not intended in the

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economy of nature that children should require paregoric in order to be healthy. I should remove the cause of the difficulty, feeling sure that the effect would cease; but would not undertake to add to the causes in the way of giving paregoric, and yet hope for good results. Paregoric will temporarily torpify the bowels, but will permanently render the patient more nervous and irritable than before. The great evil of drug medicine is, that it temporarily relieves diseases by the very processes that permanently increase them, as I have explained in my journal heretofore.

Question 4th. Do you think one gets exercise enough by doing house work and taking care of two small children? My husband thinks I do not get exercise enough, though I feel tired most of the time, and my feet and limbs ache severely.

Answer. I do not agree with your husband. You are engaged in the most wearing of occupations, and though it may be true that muscular exercise is insufficient, the tax on the general system is really too severe for you. If it were possible, you ought to have help in the house, and then devote yourself to building up the general health by specially adapted treatment. I am afraid if you keep on, you will become badly diseased, and be compelled to go to an institution to get invigorated.

Question. What is the why or philosophy of a positive or chemical poison?

Answer. A chemical poison tends to the destruction of tissue, because of an affinity between the elements of the matter composing the poison and the elements of the tissue. When we bring poison in contact with the tissues, vital resistance takes place to prevent a union, but if the affinity be stronger than the vital resistance, disorganization takes place, which means chemical union in spite of the vital resistance.

Question. What is the hygienic teaching as to the nature of miasmatic influences, or what is your idea?

Answer. I do not know what the hygienic teaching is, and I am afraid I am hardly sufficiently clear in my own ideas to satisfy my readers.

Question. What are the governing influences that develop one form of disease at one time of year, and another at another time, in the same locality; and makes one form in one locality and another in another locality, in the same season of the year?

Answer All diseases are the result of a conjunction of agencies, the morbific on the one hand, and the vital on the other; and hence any change in the causes or conditions will tend to make a change in the disease. Given the vital influence always the same, the disease will be different in hot weather from cold weather,—in damp weather from dry weather,—in one electrical condition from another; just so, given the morbific causes the same, the disease will differ in different persons because of difference in constitution, in other words, any change in the factors which go to make up the disease will cause a change of disease.

Question. What can be done for cystorrhœa, scanty and too frequent urination, with thickening and hardening of the neck of the bladder, etc.?

Answer. Cystorrhœa is a copious flow of mucous from the bladder, passing out with the urine, and dependent upon an inflammatory condition of the lining membrane. Difficult urination is usually connected with it. I have treated within a year one case of a very serious character, and the patient has been restored to quite comfortable health, and is steadily improving. The treatment has been general and not local, whereby the blood has been purified and the general system invigorated. In this case there was constant desire to urinate with straining and pain. We employed hot sitz baths to relieve the irritation, but in other respects we relied upon rubbings, manipulations, movements, the abdominal bandage, hygienic diet, pure air, rest, etc. The patient has been in this condition for 15 years, and had been subjected to the treatment of many of the most skillful physicians of New York City. She is enthusiastic over her improvement, and has no doubt about her complete recovery. Such a case cannot be cured, except through a persevering course at a good institution—treatment administered on the principles of the Nutritive Cure. Any depleting or exhausting methods will do more injury than good.

Question. What is the best book published on physiology?

Answer. Either Dalton's or Carpenter's works are perhaps as good as can be obtained. They are scientific rather than popular, however.

Question. I am badly troubled with catarrh, and two years ago employed a physician, who treated me with medicine for six months, which seemed to effect a cure, but a few months afterwards I found myself as bad with catarrh as ever. Will you please tell me, first, can catarrh be cured? Second, do you call a case of four years' standing *chronic?* H. B., Burlington, Iowa.

Answer. Catarrh is entirely curable, provided the patient has constitutional vigor to recover, as well as the opportunity to purify and invigorate the blood. Your case is chronic, but I believe not incurable. I have succeeded in very much more difficult cases than yours, and I have no doubt that you can be cured by our methods not only of your catarrh, but be rendered vigorous, and hearty in other respects. There is one thing certain; if a man is cured of any disease by the Nutritive Cure, he is improved in all respects at the same time, that is, his constitution is invigorated, by the same processes that cure the disease. In this respect our system differs from every system with which I am acquainted. All drug medical systems, as well as the water cure and diet cures, *per se*, undertake to cure diseases by processes which deplete and debilitate the constitution, rendering the cure seldom permanent. Your experience in this respect is not an isolated one, for the great majority of patients who seem to be cured by drugs are only temporarily relieved—the same disease or some other soon following the cure. My advice to you is, commence now a correct system of invigoration, and continue it for years if necessary, not only to be rid of this disease, but of all others, whereby you may hope for long life. Don't allow this catarrh to continue. It is very apt to run into throat or lung disease if the general health is allowed to deteriorate, which may be prevented if the proper means are employed. Read this Journal carefully and follow its teachings, and you will improve.

Take Notice.

"THE vitiating effect of burning gas, oil, or candles in nurseries and sleeping-rooms for several hours before retiring at night is probably one of the most fruitful sources of disease to civilized households."—*Sanitarian.*

But worse, many persons who are somewhat ailing insist upon burning such lights all through the night, on the supposition apparently that darkness is dangerous. Invalids should retire with darkness and rise not before the morning light, and in the meantime all incentives to restlessness, among which is a burning light, should be withdrawn. And if business and professional men would read and study less by artificial light, they would be none the less successful, nor indolent women any more ignorant because of the suppression of gaslight novel reading.

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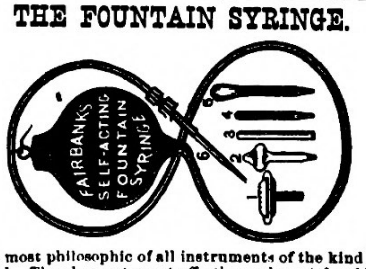
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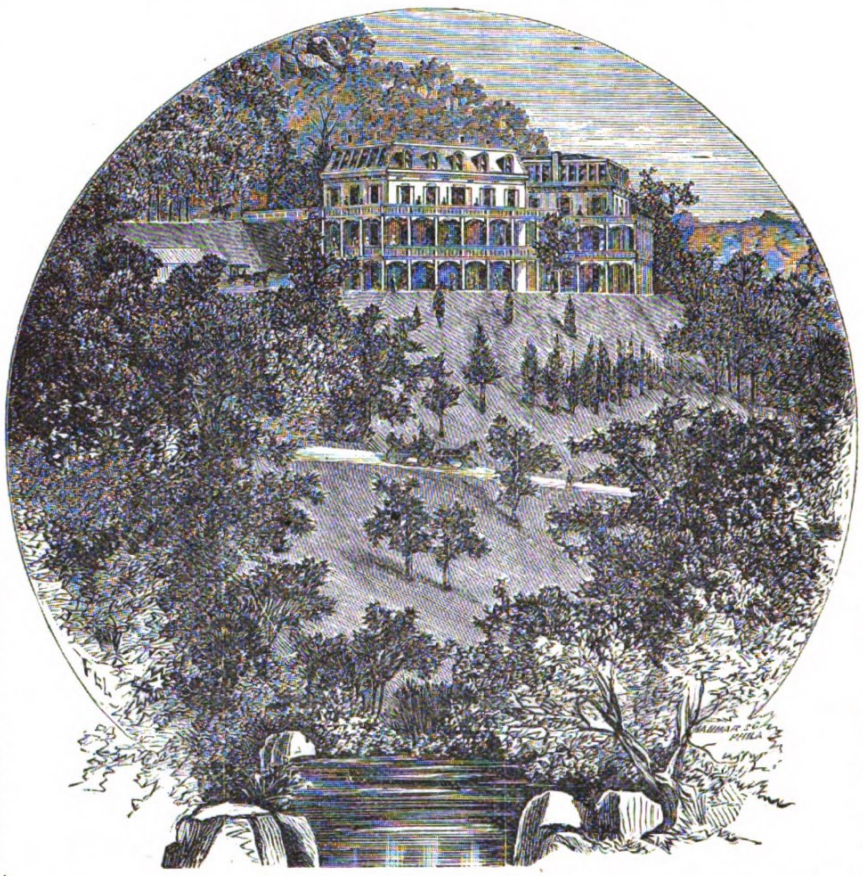
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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. I READING, PA., OCTOBER, 1878. No. 6.

The Accumulation of Vitality.

The New Theories No. 4. It can be accumulated. Vitality or vital force is a fluctuating product. The vigor of morning differs materially from the exhaustion of evening; the depletion of invalidism from the strength of the strong man eager to run a race; the freshness of abounding health from the wasted energies of feeble convalescence. Does not all human experience prove conclusively that vital vigor fluctuates from hour to hour and from day to day?

The very fact of its fluctuation proves the possibility of its accumulation. No matter that it is not an entity. Material existences are not the only things subject to natural laws. Heat is not an entity; neither is cold; and yet who will dispute that they may be increased or diminished? So may light, electricity, magnetism, sound; so may disease, and yet none of these are entities. On the other hand they are forces, and correctly to be compared to vitality or vital force; and the same principles of operation that will increase or diminish the one will increase or diminish the other. This brings us to

THE THIRD PRINCIPLE. To increase production and restrain expenditure is the true way to accumulate vitality, or any other force. This principle is at the basis of all commercial, national and individual prosperity. When production exceeds consumption the nation is growing rich; when receipts exceed expenditure the individual is laying by accumulated wealth; so in the operations of physical life, when production exceeds expenditure, vitality, vital force, vital vigor, and all that this implies is being secured.

If this be a correct principle and it can be brought into operation, what wonderful results may be obtained! Not alone does vitality, properly employed, secure to a man health, and all the enjoyments that naturally flow therefrom; but it is the power which has made the wilderness blossom as the rose—which has rendered not only possible, but actually accomplished all the wonderful triumphs of mind over matter. And, *pari passu*, great achievements require powerful forces. It is concentration of power that *tells*. Feeble men are drones in the workshop of life—incapable if not inactive; but the highly vitalized, the robust, he who is brimful of power, exerts it with a positiveness, a will and a vigor that overcomes all obstructions and all opposition. Herein is the power of the orator, and the statesman—of all men in all professions. Vital power, other things being equal, means leadership, and lack of vital power, slavery. Out of vitality comes thought, feeling, will, and as the vitality so the thought. The common-places of life, the averages of production are the result of common-place forces and average intelligences; but the great, the noble and sublime originate with corresponding forces. It may be low and coarse as in the street corner agitator, or fine and clear as in a Wilberforce or a Bryant, a Longfellow or a Tennyson; but it is always abundant. It is vitality that moves the world. It has shaken it from center to circumference in the person of a Napoleon or a Cæsar, a Hannibal or Alexander—it has rocked society to its foundations through a Luther, Melancthon, Whitfield or Wesley—through Washington, Franklin and Adams. It has made great men in the past and sustains great men in the present. More precious than gold because gold is obedient to its requests; more to be desired than rubies, it is all things to all men. What might a man not give for vitality, and what could compensate for a permanent loss of it? Vitality is life and the greater the vital force the more a man *lives*, and the more he can accomplish.

And vitality is represented in quality of action as well as in quantity. Who can divine the degree necessary to the production of a great thought, a new conception, or an original principle or combination. In the minds of the philosopher, the poet, the scientist, do we not behold it refined and concentrated into essential forms?

To accumulate and concentrate, therefore, is the highest wisdom; and this is to be done by *increasing production and restraining expenditure.* Both invalidism and incompetency result from or are represented by depletion, of which we have all grades. The organs of expenditure, being unduly developed—easily excited to action on the smallest occasion and incapable of being restrained under even slight vital pressure, do not permit that accumulation which is necessary to great achievement in the healthy or to recovery of the sick. Were we speaking of heat we would say that it is radiated too readily to allow of sufficient intensity, and non-radiating surfaces would be employed whereby to accumulate.

The brain and nervous systems are the great organs of expenditure, and to reduce expenditure of vitality we are to restrain activity of these. And manufacture is, at the same time, and by the same processes, to be increased. The digestive, breathing and circulatory organs are engaged in the production and preparation of vital power, and to increase the vigor and activity of these, (not activity by reducing vigor but by increasing it) is necessarily equivalent to increased production. To change the relations, therefore, between production and expenditure, increasing the one and restraining the other, we hold to be the *Ne plus ultra* of medical wisdom. No art, no science, no skill can surpass this. With accumulated vitality, obstructions will be removed, disease stayed and death vanquished; and with accumulation continued, and energies properly directed, a useful and honorable career will be opened up to the individul. When diseases are cured in this way, the patient is not ruined, but while relieved of his disease, he is at the same time rendered vigorous, hearty and happy.

And more. He is not only relieved of his ailments, but is insured against future disease. Relapses are absolutely unknown under a system based upon these principles. The power that can restore health can with certainty maintain it; for the greater always includes the less. The patient not only recovers but stays well, which is a feature both marked and wonderful in practice, and worth all that it costs.

The application of this principle both to the care of the sick and the education and training of youth, opens up possibilities that are hardly conceivable. If instead of curing invalids by reducing them which is the popular way, we do it by developing and accumulating vital vigor; and if in place of training and educating youth after plans that excite the brains and debilitate the muscles, we train them into processes that develop power in all parts—by plans which, while inducing the use of power increases its production, may we not look for greater and nobler achievements than ever before? If instead of laboring until our capacities for labor are reduced, we labor only to increase our capacities, what different results we would obtain? If student or author, instead of burning out his brains over midnight oil, would recognize and obey the laws of health, how his capacities to learn or instruct would be greatly enhanced?

In our next we shall undertake to apply these principles.

AN Irishman who was reported as "fatally injured" by a railroad accident, and afterwards reported all right, thus explained himself: "I was among the fatally injured, but I did not die because I am temperate in my habits and have a splendid constitution naturally."

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Scrofula.—No. 6.

By J. A. Tennet, M. D.

Imperfect Ventilation. Until within a few years it was supposed that the blood was purified by the direct union of oxygen with carbon in the lungs, forming carbonic acid. But it is now known that no such change takes place in the lungs during respiration, and it is held by the most eminent physiologists, that such a change does not take place anywhere except in the substance of the tissues themselves. But however this may be, it is settled that the blood is not purified by the union of oxygen with its substance. This is proven by the fact that either oxygen or carbonic acid can be abstracted from the blood by means of an air pump, showing that these gases are simply mixed mechanically with the blood and not chemically.

But some substances have the power to induce changes in others merely by their presence, without any chemical union of atoms. Thus if the casein of milk is exposed to a warm atmosphere, it changes the sugar in the milk to lactic acid. There is no addition of any other substance, and lactic acid has precisely the same chemical composition as sugar of milk. The process of stomach digestion is precisely similar. The gastric juice mixes mechanically with the articles of food and digests them by its presence alone,

astric fluid is absorbed by the stomach in the same condition ty in which it was secreted.

little doubt that the union of oxygen with the blood occasions a similar change. But it also unites with the worn out, and consequently dead particles of the tissues, forming carbonic acid. But the amount of carbonic acid expelled does not contain all the oxygen which disappears in the lungs, and it has puzzled physiologists to account for this disappearance. But the skin is a breathing organ also, and some of the oxygen is without doubt expelled by the liver and bowels in the form of carbonic acid. There is certainly no evidence whatever that inorganic matter can be appropriated by living tissues.

The injurious effects of breathing in a confined space will at once be seen. The oxygen in the air becomes deficient, and carbonic acid accumulates in the atmosphere and in the blood. A wet sponge will not absorb water, neither will air that is saturated with carbonic acid absorb that gas from the blood. So it accumulates, poisoning and weakening every tissue in the body as scarcely any other agency can. Probably no other influence has so much to do in producing scrofula as this, for properly ventilated dwellings are the exception in this country as well as in Europe, and imperfect ventilation is the rule; and the various methods of producing scrofula, set forth in previous articles, will cause this condition in two or three generations, but breathing impure air is so much worse than all the rest, that it will produce it in its worst forms in a single generation.

It is well known to stock raisers, that if sheep are confined in close pens, tubercles will very soon be formed in their lungs. It is by no means the fact that these animals take on such conditions more easily than human beings, except from the fact that they are liable to huddle close together and thus exclude the air. When carbonic acid exists in too great a quantity in the air, the air-cells of the lungs contract to prevent the entrance of the poison, and this contraction soon becomes permanent; and it is an established fact that tubercles are almost inevitably formed in closed air-cells.

It has recently been demonstrated that when the tubercles are once formed, they are capable of reproducing themselves in other persons; so it is not safe for persons in health to be intimately associated with those who have tubercles in their lungs. Prof. Buhl of Germany, took five perfectly sound dogs, selecting these because they are less liable to take on the tuberculous condition than other animals, and confined them in a box which was so constructed that he could exclude the outside air for any length of time at pleasure. Some sputa was obtained from a person suffering from consumption of the lungs, which was mixed with water and so pulverized as to be thoroughly mixed with the air in the pen. The dogs were compelled to breathe this mixture every day for an hour or more. At the end of six weeks, upon killing the animals, they were all found to have a decided tuburculous condition of the lungs, liver and kidneys; thus establishing the contagious character of this condition beyond dispute.

Most people suppose that climate has very much to do with the formation of tubercles, but this influence is greatly overestimated. The great German Anatomist, Langenbeck, says on this point:

"Pulmonary diseases have very little to do with intemperance, and much less with cold weather, but are nearly exclusively (if we except tuberculous tendencies inherited from *both* parents, I say *quite* exclusively), produced by breathing foul air * * * * If I should go into practice and undertake the cure of a consumptive, I should begin by driving him out into the *Deister*, (a densely wooded mountain range of Hanover,) and prevent him from entering a house for a year or two."

The rate of consumption is highest in the factory districts of New England and the crowded cities of the Middle States. In Great Britain the rate is highest in Glasgow, where, as Sir Charles Brodie says, "The windows are opened only one day for every two in Birmingham, and every three and a-half in London." But if we go north of Glasgow, where the climate is colder, the rate of consumption diminishes, so that before the northern shore of Scotland is reached, the percentage sinks from 23 to 6; showing that breathing foul air is the cause of the trouble and not climatic influence.

It is not safe to trust our instincts in the matter of ventilation, for it is one of the most prominent characteristics of our constitutions that they are able to conform to every kind of circumstance; and the vitiation of the atmosphere in a room is so gradual that our senses become blunted, and we poison our blood without being aware of it. The only safe way is to build our houses with such ample means of ventilation that it will be impossible to render the air impure by our staying in them. Every house should be made with ventilating flues in each chimney, so that its warmth will cause a draft and the impure air will go out. Formerly it was thought that ventilators must be at the top of a room, because cold air was considered pure, and impure air was believed to be warm; but that idea was a false one. The temperature of the air has nothing to do with its impurity, and ventilators at the top of the room take away the warm air, pure and impure, and leave the cold air, which is pure and impure mixed together also. Ventilators should be at the bottom of the room, so that the warm air rising up, which should be pure air, will force that which is at the bottom of the room to go up the flue. In this way perfect ventilation is secured and the room kept warm.

Most people are afraid of the outside air in winter, because it takes fuel to warm it. But fuel is cheaper than Doctors' bills and funeral expenses, not to mention other considerations. Houses are advertised in these days 'with all modern improvements," that have no means of ventilation except the doors and windows, and a family that will not live in such a house is as much of a "rarity as Christian charity;" but such a house, in view of the alarming prevalence of consumption, should not be considered inhabitable. But as the result of the prevailing ignorance which exists upon this subject, air-tight houses are sought for on the score of economy; but such economy is similar to that of the man who "wished he was dead, and had the money for his clothes."

It is impossible to ventilate a house properly that is warmed by stoves. They are an abomination as far as health is concerned. But if some way could be invented so as to bring in the outside air, and warm it while it is coming in, as is done in all properly made furnaces and indirect steam radiators, they would be admissible; but in any case, they cannot be as perfect as other methods of heating.

If furnaces are used they should be made of wrought iron, for coal gas will go through heated cast iron as water will run through a sieve. It is important that a pipe should connect the bottom of the furnace with the outside air, so that the air when heated shall be as pure as possible. Then as warm air naturally

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takes up more moisture than cold air, a basin to hold cold water is placed in all furnaces that are properly constructed; else the over-dried air will irritate weak lungs by abstracting too much moisture from the blood. Care should be taken that hot-air furnaces do not become overheated, or they will destroy the oxygen in the air and make it unfit to breathe.

Heating by steam is one of the best methods known. The old way of circulating the steam directly through the house, however, is a worse method than almost any other, except the use of stoves. But indirect radiation of steam heat is about as free from objection as anything that will give warmth, except sunlight. By this apparatus the air is heated by contact with steam pipes, and the air, instead of the steam, is carried through the house.

The fact that any man, however vigorous, can develop tubercles in his lungs by breathing foul air, shows that we cannot be too careful to have perfect arrangements for ventilation; which shall not depend upon our instincts or impressions merely, but shall be in themselves sufficient to give us the purest air at all times; and thus guard us against the worst forms of disease that afflict the human race.

Temperature as Affecting Health.

By Robt. Walter, M. D.

Care of the Health.—No. 4.

The good or ill conditions of human life and health are largely the result of causes, agencies, or influences that are constantly present and ever operative, affecting life for good or ill, according as we are properly or improperly related to them. Temperature is one of those agencies that constantly affects us. No human being can for a moment be relieved of its influence. Wherever air, light, or life exists, there temperature of some kind is always found. When it is of the right kind, so much is done toward health; but when of the wrong kind, so much is done toward ill-health. Inasmuch, therefore, as not only temperature, but our own conditions, are constantly varying, and these variations constantly affecting us, we can readily perceive how attention to this subject of temperature is of consequence to whoever would recover health; or, having recovered it, maintain it.

A study of this subject of temperature involves, first, the question of climate. Without going beyond America we can have great extremes—from torrid heat to frigid ice; from the dry, cool air of our mountain side to the damp and oppressive atmosphere of the valleys—any extreme to suit the most fastidious taste. But the true hygienist dislikes extremes. "Moderation is the golden rule of health;" and moderation in climate, as well as in everything else, is the true rule. If there is one thing more certain than another, it is that invalids cannot stand extremes of temperature of climate. The cold chills and exhausts vitality, while heat relaxes and lowers the standard of the circulation. In either regard the invalid is injured. Well persons, especially those of strong vitality, will stand extremes better, but even these are injured rather than benefitted by exposure. I would not advise the cold of Canada nor the heat of Louisiana to either sick or well; for continued residence during all seasons of the year the most temperate part of the temperate zone would be preferable. Florida is an excellent Winter residence for the greatly debilitated, but very poor for the Summer; Minnesota is good for Summer, but poor for Winter; while Pennsylvania, New Jersey, Virginia, Tennessee, California, etc., are pretty good, as far as temperature is concerned, the year round.

But the temperature of the atmosphere is greatly modified in its influence upon us because of its humidity. Damp air evaporates heat from our bodies very rapidly in comparison with dry air. The air of Minnesota at 40° below zero does not seem any colder than sea-side air at zero; the air at a mountain-top is perceptibly different from air of the same temperature in a well-watered valley; inland air, like that of the great prairies, is totally unlike air surrounding great bodies of water; the atmosphere of England is very different from that of our own Rocky Mountains.

Dry air is toning, stimulating, bracing, and usually quite pure; damp air, on the other hand, is relaxing rather than otherwise, while the vapor in it absorbs noxious gases and renders it impure. On high lands and in dry atmospheres, fevers and agues are comparatively unknown, while they thrive in the low and damp places. Let every invalid, therefore, seek an equable climate free from mouldy vapors, from noxious miasms, away from sluggish water-courses, low lands, or heavy clay soils. For consumptives, dyspeptics, bilious patients; for the scrofulous, asthmatic, sluggish; for the hopeless, desponding, inert—the mountain or prairie air is superior; but for invalids with excessively sensitive nerves, the milder climate of the Southern seashore, if to be had free from miasms, is preferable. Consumptives, too, are often benefited by a trip South; but the dyspeptic and bilious, I believe, should not go South.

The subject of temperature involves, also, the question of clothing; but as this will be discussed elsewhere in this journal, I will simply remark, *en passant*, to keep the limbs warm, the head cool, and the general system well and evenly clad, answers the indications on this point.

And yet again. Temperature has been and may be made one of the most important and ready means of controlling the circulation of the blood, and mitigating or relieving suffering. Health depends upon a good circulation; disease is shown in an unbalanced circulation; so that any agency that can be readily used to control the circulation in living organisms becomes an important instrument in the hands of a physician. One-half of the value of water-treatment consists in its being a ready means of applying various degrees of temperature from 32° up to 115° to the animal organization. And it is these varied degrees of temperature that modifies or improves circulation, and thus health.

In most forms of acute diseases, especially in fevers, inflammation, etc., there is found very great vital activity, and this vital activity develops heat in excessive degree. The term fever means "a great heat," and restoring the invalid to health in cases of fever, and all other cases where heat is excessive, is to be accomplished not by stopping the vital action on which the heat depends (for to stop vital action is, too frequently, to cause death), but to radiate the heat as fast as it becomes excessive, and allow the vital action to continue until it has accomplished its work. To evaporate the heat by means of water is the best way to reduce temperature. Wet sheet packing where the heat is general, or local compresses where the heat is local, are the usual appliances. We prefer these, for they accomplish the double purpose of evaporating heat and also moistening the skin. This latter we consider quite as important as the former, because the skin, in such cases, becoming dry, is incapable of performing its natural functions for want of its natural moisture. Water-treatment, therefore, as will readily be seen, offers a ready and sure means of controlling the temperature of the body, and a really perfect means of doing so, as long as the temperature is above the normal standard. When the heat of the organism is below the natural point, water may still be used in various forms; but it is not, by any means, so efficacious in *developing* heat as it is in *evaporating* it. In cases of lack of vital heat, other means, such as friction, exercise, etc., are far superior to water processes. The water cure, in acute diseases, has its chief significance in controlling temperature; in chronic diseases it is not used so much for this as for other purposes beyond the scope of this article. The water-cure does not, by any means, constitute the whole hygienic system of treatment for sick people; all other influences that effect health are brought to bear for this purpose. And it is a proper arrangement and combination of all those agencies that may be made to affect us healthfully, that constitutes the hygienists' *materia medica*; and a scientific application of these constitutes hygienic medication. Water has no curative power in it whatever; nor has air, nor sunlight, nor food, nor exercise; but, if these are properly supplied, they are used by the vital organism to build itself up into normal conditions.—"*Science of Health.*"

With Privilege to Use.

The *Nutritive Cure* is evidently becoming popular, and, because of it, new claimants for public favor have appeared. This time a cotemporary has discovered, as he supposes, the "original man," and claims to have been taking lessons from him. His words are:

"We have recently had the pleasure of a personal visit from him, (Dr. Laroy Sunderland) and of receiving from himself full explanation of his methods, (The Nutritive Cure), with the privilege of employing them in our own practice, so far as we may see best."

We are glad that Dr. Sunderland has been called upon to perform so meritorious a work; but by what right he claims to give permission to use the Nutritive Cure we are not informed. Is it a patented compound? And does he undertake to dispose of "rights"? We offer no objections, but simply remark that the Nutritive-Cure of Laroy Sunderland is not the system advocated in this Journal. That may be fully learned from its apt teacher in a few days, but we doubt if this will be comprehended in as many years, by even this very earnest pupil.

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The Laws of Health.

Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

J. A. TENNEY, M. D.,
Associate Editor.

☞ All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., OCT., 1878.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging, stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids, therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place, increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems, special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.

e-cure embraces these principles, and by ntific combination of exercising, breath-g, sleeping, resting, clothing, &c., is the tem of medication in existence.

Mind and Matter.

The connection between these is closer and more important than is generally imagined. Mind is dependent for its operations upon matter, and matter is constantly operated upon through mind. What a man thinks depends largely upon the character and quality of his brains, and the quality of his brains is determined largely by what he thinks. Thus the mind acts upon the body and the body upon the mind, so that we have action and reaction in bewildering variety. As a man "thinketh in his heart so is he" and "the spirit of a man beareth his infirmities" are the declarations of Holy Writ, and all human experience goes to show that a man can do largely what he thinks he can do. If he thinks he is an invalid he is one; if he thinks himself feeble he is feeble; if he thinks himself incompetent, he certainly is incompetent, and so throughout the list, as a man thinks in his very heart—down in the innermost recesses of his nature—so he is.

On the other hand if he is bold, courageous, confident, so much is done toward success. Courage is the important agency for conquest in all the affairs of life. Faith will enable us to remove mountains; hope will sustain us in every trying ordeal—with a spirit bold, firm and resolute, we will overcome difficulties, obstructions, disease and death. To be irresolute, doubting, hesitating, is to be on the road to destruction. One-fourth of the fatality of Yellow Fever is the result of the hopelessness and despair that seizes its victims. And in any other disease, hopelessness is a dangerous complication. Irresolution has slain its millions, and fear its tens of millions, that courage, will, resolution would have saved.

"Never give up, 'tis the secret of glory,
Nothing so wise can philosophy teach;
Think of the names that are famous in story,
Never give up is the lesson they preach."

To all the desponding, hopeless, despairing ones we commend these words. Wake up and encourage in yourselves a noble ambition to be free. Disease may be removed, death driven back, and life and health sit enthroned where now is pain and suffering. A new way has been opened. "Patient continuance in well doing" will reward us with health. "The constant dropping wears the stone." Bad habits will bring disease; but "Remove the cause and the effects will cease." Drink deeply from the perennial waters of Hygeia, and health will be yours. Even the ailments of the chronic invalid will melt away like the ice before the burning sun, if the laws of health are obeyed.

"Let us then be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labor and to wait."

Another One Offended.

JULY 29, 1878.

Robert Walter, Dear Sir:—I have received the first two numbers of your paper; have had some of your publications before; have been mortified, wounded, wrought up and, at times, have felt like blowing you up generally, but have put off writing till now, feeling that I did not want to lay my hands (or pen) violently on any man. Now I wish to say briefly what I feel at this time. I have read what you have written, as far as I know, and have not much fault to find with it; have always considered you sound in principle, but in all that I have seen of what you have written I have not found a single new thought. The principles taught by Trall, Graham, Jackson, Combe, Fowler, Wells, Gifford and others, long before you got your eyes open, are well presented in some of your articles, yet why you should claim to have discovered a new system seems strange to say the least. * * * * * As to myself I have made no great pretentions to knowledge, yet I think I know about what is known of the hygienic philosophy, and think I have made some interesting discoveries in some branches. Have been practicing fifteen years in the flats of Indiana; have not given nor prescribed a single dose of medicine; neither have I tried or claimed to cure disease in all that time; neither warred on or directed treatment against the working of disease, nothing more than to regulate it. I have not taught one thing and practiced another. * * * * * * * I do not starve nor stuff; I do not freeze nor boil my patients; I do not strike them with thunder and lightning and do not recommend them to live as fish in water; I have done no great business, average about 100 cases per year; about fifteen families depend upon me principally. I commenced without health, money, friends, and have made some friends, but money I cannot get out of it; don't know why; perhaps it is not in it (in the system) in its purity; anyhow I am moneyless, but my patients get well. Yet most of the people would rather die in the popular way than step out of the rut to get well. And then it is easy to reason that patients cured hygienically were not much sick.

I do not say these things with any unkind feelings. I have looked upon you for years with a good deal of interest; think you understand the hygienic philosophy. There are some questions about which I would like some more information, for I have not seen them answered by any writer," &c., &c.

——, M. D.

(The questions were answered in our last number).

THE REPLY,

dated August 16, 1878, was substantially as follows, since which time our wounded friend has not been able to meet the challenge. Perhaps at some future time, he (and who knows but the editor of the *Health Reformer*, that other wounded critic), may pick up sufficient courage to meet us in friendly contest over the truth. If we are wrong in our claims we are exceedingly anxious to know it; while if we are right we think the world will be greatly benefited for being proved right. But to the answer:

My dear Sir: I have received and read your letter, and have but a few moments in which to reply. That you may know just exactly what our system is, and what we claim, I mail you my "Outlines of a Common-Sense System," and beg you to read carefully that pamphlet from page 8 to page 27; and then if you can, please be kind enough to *cite me to the publication which advances the same ideas. If you can find the author who lays down, as important principles of practice, the second and third principles which I have laid down, and prescribes the methods resulting therefrom, I will frankly acknowledge that I have not made a discovery.* If you will find me the author who has ever before urged that "the rapidity and certainty of cure depend upon the amount of vitality as well as upon its distribution; and that the true way to cure invalids is to "distribute the vital forces to their appropriate channels by means which shall increase but never reduce the vital vigor;" and who also argues that "the true way to increase vital vigor is by processes which shall increase production and restrain expenditure"—by developing the organs of production and soothing and quieting the organs of expenditure;" and who advocates and intelligently applies means to this end, I will frankly surrender all my claims. That Trall, Jackson, and Gifford have been hovering around these truths for many years, I will not now dispute; but I do deny that they, or either of them, have ever advocated them; while I charge that some of them have persistently violated these principles in practice. If the systems of Trall and Jackson were not systems of depletion, then there never were such systems.

I am glad that you appreciate the fact that I am sound in principle; the editor of the *Health Reformer* makes a similar admission, and claims to have been teaching the same for years; other hygienic physicians are wheeling into line, and claiming that "it was all known before," (as the unwilling converts did in the

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time of Harvey), and that "the sole merit of this boasted discoverer consists" not "in circulating the circulation," as they said of Harvey, but in "presenting" in good form hygienic truth. We are happy to receive even this testimony, though grudgingly bestowed; but we shall nevertheless not be content until our critics openly and frankly meet the challenge heretofore made. Let us have chapter and verse without circumlocution, and we will print them for the benefit of our readers. In admitting my soundness as to principle am I to understand that you at the same time admit the unsoundness in practice which has been so general among your fraternity?

I am glad that you have been successful in the treatment of your patients; but sorry that you have failed to get at least some money out of your practice. After fifteen years of effort it still seems to be quite limited, which hardly agrees with the idea of success in practice. My experience is that on an average from every patient cured at least two additional ones spring up, and during the five years of our practice it has doubled each year, until last year, when we were compelled to continually refuse applications, thereby greatly restricting our influence and patronage. Out of this we have received some money, notwithstanding the prices charged are less than the advertised rates of any good institution, not excepting your own. In five years we have built a new institution and established a large and lucrative practice, and that unaided and alone except by those who have been cured.

There is one important difference here between the two systems, and you do not seem to understand it. Let me offer a few suggestions: The value of any combination of agencies is determined by the rapidity and certainty of operation as well as by the quality of the work done. Granted that Trall, Jackson and Gifford have done excellent work, has not the time required, as well as the expense and uncertainty attending it, been so great as to destroy the popularity of the system. What if the patient did get cured, it took two years and one thousand dollars to accomplish it, while one-half of all who tried never even partially succeeded, though they still live monuments of failure, beacon lights pointing to disaster, or tossing wrecks to warn from dangerous shores. Truly the machine has, in some cases done the work, but it has failed so often, or while succeeding, has done it so lazily, tardily, and with so much expenditure, that the practical American people are not disposed to invest. Now suppose that another combination, similar in many of its features, but divested of many faults, does the work, with rapidity and certainty greatly increased, and expenditure correspondingly lessened, how ridiculous would be the cry that the old machine is as good as the new; and how foolish the jealousy that would reject it simply because its author claimed to have applied one or two new principles by which the faults of the old were overcome. If we have been foolish in announcing our discovery, that is no good reason why you should reject it; and if you, and J. H. Kellogg, M. D., and *The Health Reformer*, and all the powerful influences which the old machine can find to sustain it, with talented editors, authors and physicians, are unable to disprove our positions, it were well for you to acknowledge the fact, or at least, cease combating what you do not understand. I speak thus with all kindness, and have but one object in doing so, viz.: that the truth shall be known. The world is dying for want of it, and you and I, and all physicians and writers whose minds have been turned in this direction, are in duty to suffering humanity called upon to use all legitimate means to this end. If I am likely to be proved right, false pride should not deter you; while if I am wrong, the interests of all will be served in exposing that wrong. Discussion is the legitimate means, and thousands are waiting to hear what the hygienic fraternity have to say on these subjects. Will they speak out?

Yours for the truth,

ROBERT WALTER.

Prevention versus Cure.—3.

By Jas. S. Cooley, A. M., M. D.

Parentage is a sacred privilege. So weighty are its responsibilities, and so far-reaching its consequences, that those who become the authors of a new life have need of special fitness, and careful preparation. Would that fathers and mothers understood this, and realized more truly than now, that the highest and holiest mission which can come to any human beings, is to be the progenitors of pure, large-hearted, sound-bodied, and strong-brained sons and daughters. Alas! who is sufficient for these things! Somewhere in the on-coming future, the true nobility of parentage shall be appreciated, and children shall be trained, from infancy, not only for the ordinary duties and responsibilities of mature life, but also to become the parents of a better and a nobler race. Cheered by anticipation of the time, when fatherhood and motherhood shall be regarded in their true, regal aspect, we have courage to persevere in labor; while we strive to point the fathers and mothers of to-day to a truer and better life than the one they have blindly followed.

Each parent has a share in determining the character of offspring. How often is this illustrated in children whose faces are a strange blending of the features of both father and mother! But inasmuch as there are nine months of intra-uterine existence, during which the mother's power over the growing life is almost absolute; while the father's influence is momentary, and ceases at the instant of conception, except so far as his sympathy, or the want of it, may indirectly affect the child, through the mother, it would seem that her influence in moulding the new being, is greater than that of her husband. During the less intimate, but impressible period of nursing, also, and through all the earlier years of life, the mother, generally, has more to do than the father, in shaping the character of her infant.

Although the father's influence is confined to a comparatively short period, it may be of such potency, as to predominate over all other agencies. The material which he furnishes, that shall vivify the ovum, which, for months, has been slowly maturing in the ovary of the mother, like all other secretions of the system, is affected by his mental and physical condition during its secretion. As has been his inner life, therefore, for weeks before the consummation of the act by which a new life is begun, so will be the characteristics transmitted to the child of his loins, modified, it may be, to some extent, by his thoughts and feelings at the moment of conception.

He who would transmit to his child the best conditions for life and happiness, who would entail upon his offspring no disease, or physical weakness, nor beget children with passions unsubdued, and propensities ungovernable; who would escape the bitterness and sorrow which have been the portion of so many homes, on account of a wayward and disobedient son, or a willful and disrespectful daughter, must so prepare himself for the sacred office of fatherhood, that no impure or evil habits of thought or life, shall find expression in his child.

If he has been addicted to the use of tobacco; or, to a greater or less extent, has indulged in strong drink; he must abandon these filthy, narcotic poisons, and give his system time to rid itself of their baleful influence. The child begotten of parents wholly free from these, or other harmful stimulants, will pass, unscathed, through the temptations of youth and early manhood; while he, whose father used them, may enter life with an almost irresistible tendency to excess. Common observation will afford abundant instances that establish the truth of this principle.

What is true of the use of rum and tobacco, is also true respecting any other evil habit. Only by banishing the impure thought; shunning the association of the profane and vulgar; overcoming the hasty temper and fretful disposition; cultivating a spirit of kindness, charity and love, in the place of unkindness, hatred and jealousy; and subduing all greed and selfishness, can the father give to the new life its full birthright; and he must do all this, not in any pharisaic spirit, which makes clean the outside only; but with an earnest purpose to live a pure and upright life before his Maker.

He who is suffering from any wasting or hereditary disease; whose system, from any cause, has become weakened or debilitated; who is perplexed and worried by business cares and pursuits; who is tortured by any secret trouble; who has no desire for offspring, thinking only of the gratification of his animal nature; who fears that conception may result from his

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indulgence, and, in some way interfere with his own pleasure; in short, he who is not, physically, mentally, and morally, in the best and truest sense, a man, has no right to bring into existence a being who may, from him, inherit a burden that shall curse him forever.

Understand, O father! your child that is to be, has a right to expect, at your hands, the best possible inheritance you can give him; not of land, or gold, or a great name; but of purity, integrity, intellectual capacity, and physical vitality. Is the course thus marked out too difficult? Is the standard too high? Is flesh unequal to the attainment of such a fatherhood? It cannot be. The gospel of generation, like that of regeneration, shows a narrow path; but those who walk unfalteringly therein, will be led into regions of peace and happiness, unknown to the crowds that rush heedlessly along the road of thoughtless parentage.

But in the generation of a new life, there should be complete harmony between the parents. No bickerings or jealousies; no lack of perfect sympathy and mutual love; no cherished secret, or hidden heart-history, guarded with jealous care, lest the other should suspect its existence; no want of accord respecting property, or friends, or home, or work in life, should cause the least shadow to fall between the married twain. Wholly and [illegible], the true father and mother [illegible]emselves to each other, in a [illegible] perfect union.

[illegible]s before conception, while the ovum, which is to take on a new and mysterious process of development, is slowly reaching maturity, the life of the mother should be one of preparation. The same course which has been marked out for the father, in respect to all evil habits, and false modes of life, should carefully be pursued by her.

That woman who is wholly absorbed in the frivolities of fashionable life; who is more concerned about her dress and external appearance, than about the cultivation and exercise of her intellectual faculties; who spends her time in reading the sensational and sentimental literature of the day, and wastes her sympathies upon the imaginary woes and hardships of fictitious heroes; who has become so narrow-minded and selfish, that her only aim and ambition is to accumulate money; who is fretful and fault-finding; who is over-burdened with the care of children, or other duties demanded of her by her circumstances in life, is unfitted for the mother's work.

If a weak and sickly childhood has left a woman with a deformed and narrow pelvis, she has no right to endanger her own life, and that of her offspring, by incurring the risk of conception. If she has inherited the seeds of consumption, or is the unfortunate recipient of a syphilitic taint, she must forego the pains and pleasures of maternity, or rob her children of their rightful heritage—sound bodies. If, by unwise counsel, or heedless indifference, she has lessened her breathing capacity, and lowered her vitality by wearing corsets; or has acquired that national disease, dyspepsia; she must delay her marriage vows, until, by truer modes of dress and life, she has regained her lost vigor and digestion.

O sacred trust of motherhood! For shame, that men should be so lost to a sense of true manhood; so blind to the best interests of mother and child, as to lay this precious burden upon unwilling shoulders, and compel the wife, they have promised to love and cherish, to become the mother of an undesired and unloved infant! It is the birthright of every child to come to those who will welcome it with eager, outstretched hands, and receive it as a holy trust. For shame, that woman should be willing to assume this greatest of all responsibilities, with so limited an understanding of its meaning, and so poor a preparation for its requirements! For shame, that mothers should suffer their daughters to enter the holy relation of marriage, without advising them of the duties and dangers they must encounter.

Verily, we are yet far from land, and are tossing upon the dark and troubled waters of ignorance and sensuality! Here and there, bright beacon-lights are flashing out into the darkness, and happy are they whose rudders are yet able to guide their frail barks whither the light of truth points out a peaceful haven!

To answer some objections that may be urged against the principles herein advanced; and to show the effects of different modes of life upon the child during the progress of intra-uterine growth, will be the purpose of the next paper.

SANDY HILL, N. Y.

Pneumonia.

BY J. A. TENNEY, M. D.

This disease usually seems to be the consequence of taking cold; but it is a question whether this is anything more than an exciting cause. The real causes of most diseases lie farther back than the apparent causes to which they are generally referred.

Without doubt Pneumonia is the effort of the lungs to do the work of the skin when that organ fails to do its duty. In this effort the lungs become exhausted, their blood vessels become distended because of this exhaustion, and hence the blood remains in them in too great a quantity, producing pain and inflammation. Sometimes the pressure of blood is so great as to produce hemorrhage; but ordinarily this trouble does not occur. When it does, it probably prevents suffocation.

After the condition of congestion has existed for a short time there is deposited a substance called lymph, which becomes solid, and so fills up the air-cells that they cease to contain air, and the function of the affected part is suspended for the time being. There is almost always pain in a particular locality, which has reference to the part affected. This pain is usually thought to be in the substance of the lungs, but such is not the case. The substance of the lungs is never the seat of pain, any more than the hair or finger nails. The pain is in the membrane which envelops the lungs, or *pleura*, and is the same condition which exists in Pleurisy. It may be discriminated from that disease, however, as the pain in Pleurisy is general, and in Pneumonia it is circumscribed. The pain in this affection is merely sympathetic in its character.

In the majority of cases the termination is favorable. The lymph in the air-cells is absorbed and the patient recovers. But in case the patient has a scrofulous constitution, or has been very intemperate in his habits, the lungs may ulcerate, in which case death speedily follows. But it should be borne in mind that some of the worst cases get well, even after abscesses have formed and discharged.

Pneumonia usually commences in the same way as other fevers, with a chill followed by feverish symptoms. The severe pain, before mentioned, goes with the congestion in the first stage of the complaint. Cough is usually prominent, and is sometimes distressing in its severity. The disease affects the bronchial tubes in most cases, and the cough gives a sensation as though the patient had a thousand fiddle strings in his throat. He generally raises a kind of adhesive mucous, which adheres to the bottom of a vessel when its contents are poured out. The disease, as it progresses, is accompained by a frequent and somewhat hard pulse, and the frequency of breathing is also accelerated. This is caused in part by the pain, and partly by the obstruction in the lungs. They try to make up in frequency of action what is lost by the reduction in their volume.

When the lung becomes solidified the pain ceases. The feverish symptoms continue, but with less intensity. The pulse usually becomes feebler in this stage, for nothing will reduce the force of the pulse with more certainty than obstruction in the pulmonary circulation. If the disease has a favorable termination, the fever ceases, the cough grows less, the respirations become less frequent, the appetite returns, and the patient becomes convalescent. But if ulceration takes place, the pulse becomes more and more frequent and feeble, the patient raises large quantities of offensive matter, and dies from weakness. But the disease is rarely dangerous except when complicated with Malaria or Scrofula. These make any disease more difficult to manage than it would be without them.

The general treatment of pneumonia should be like that of ordinary fevers. The chilly stage is best treated by the hot full bath at 105 degrees for five minutes, or longer if necessary. When the heated

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stage appears, the patient should be put into a pack at 95 degrees, and kept in it half an hour, when the patient should be washed off and put into bed. When the pain occurs, hot fomentations to the back, and cold compresses to the front of the chest are the best processes of local treatment. If this treatment is given promptly, the severity of the disease will be greatly checked. The most important thing to be accomplished in the first stages of the disease, is to prevent the severity of the congestion, and to diminish the amount of exudation in the air-cells. After the pain has ceased and the inflammatory symptoms have subsided, there is little to do but to keep the patient comfortable, to save his strength by the let alone plan, and wait for nature to effect his restoration. Allopathic physicians generally discard drugs which cause expectoration, in the treatment of this disease in these days, and the administration of such remedies as hepar sulphur by the Homeopaths, to promote absorption of the exuded matter, is only serviceable to make the patient content because there is a show of something being done. Perhaps a little deception is harmless if it serves to steady the mind.

As in all fevers, the diet in pneumonia should be scanty as long as the inflammatory symptoms are present. But after the fever has subsided, solid food may be used without any fear of a relapse; for such a result is not as liable to follow pneumonia as it is other forms of fever.

Boils and Carbuncles.

Question. We have been having quite a time with boils and carbuncles, and would like to have you give me your ideas on their causes and treatment. S. R.

Answer. Boils are usually indicative of curative operations going on in the system, and are thus evidence of vigor, and often of improved conditions. Very feeble persons seldom have boils, because there is not sufficient vitality to produce them. More vigorous and hardy people, if suffering from impurities in the system, are often relieved in this way. A carbuncle is evidence of a more depraved and enfeebled condition of the system than an ordinary boil; in other words, a boil becomes a carbuncle because there is not sufficient vitality to promptly relieve the system. After boils or carbuncles are really established, the treatment is very similar to that of other acute diseases. First, rest. Business and pleasure must be foregone. Second, diet. A plain, simple dietary alone must be permitted. Third, bathing. A warm, or even hot bath is in order, whereby the circulation shall be equalized and the nervous system quieted, to be followed by a pack for thirty to forty minutes, if there be feverishness. Hot fomentations to the boil or carbuncle, whereby it will be soothed, softened, and the process of suppuration quickened, will be found serviceable. Poultices of slippery elm or flax seed, or bass wood root bark are important to aid suppuration. In the meantime all sources of impurity must be removed, the patient breathing pure air, drinking pure water, eating pure food, etc. The bowels should be attended to. Constipation should not be permitted. Hot fomentations over the stomach and liver are often desirable, for these organs are usually deranged. But above all, patience, even the patience of Job, is the most important point. I think your friends who have been thus afflicted, will have better health the coming year.

Question. I am studying and teaching, and if I study hard, I get a kind of roaring in my head, or ringing in the ears, more in the back head than in front. I do not mind it till I lie down. Should I give up study? J. B.

Answer. I take it that the roaring in your head indicates a congested condition of the brain, and probably, more or less inflammation in the membranes. You ought not to study late at night, indeed, you ought not to study as much as you have been doing, but should have rest, recreation and outdoor exercises. The question with you is simple enough. When you study hard and are confined, you have an unpleasant buzzing in the ears. Cease to study as you have been doing, and the effect will cease. You should be careful also to give attention to the laws of life and health in every respect, so as to improve the conditions of the nutritive system.

Question. What shall we do for worms in children?

Answer. The answer to this will be found in the September number.

Question 2nd. My wife is troubled with whites or fluor albus, and also with a film growing over her eyes. What can be done for her?

Answer. Your wife is to be restored to health only by obeying the laws of health in every respect, and following out a course of treatment which shall build up the general health. The diseases which you mention are the result of depreciated vitality, and she needs to invigorate the organs of production, and restrain the activity of the organs of expenditure, whereby vital vigor shall be obtained.

A Sample Letter and the Answer.

SALEM, O., Sept. 25, 1878.

Dr. Walter:—I am making arrangements to come to your place for treatment, but wish to bring one or two companions with me. Two ladies talk of coming. One of them says she wrote to you sometime ago, but you were full and could not accommodate her; so she started for the Water-Cure at R——; remained five weeks, suffered intensely all the time, came home to die, but has since recovered somewhat. Since I saw her she has been looking into your works, and has decided to try your treatment; for she now sees a great difference in the two places. Can you accommodate us and cure us, &c, &c., &c. A. M. L.

Answer. We have regretted exceedingly our inability to care for all applicants; but have been working intensely to that end, until we now certainly believe that we are prepared for all who may apply for the coming year at least. The new building, finished a few months since, doubled our accommodations, and though it has been full during the summer, it is not likely to be crowded for some months to come. The lady is right in discovering a great difference between our place and treatment and those which she tried, and she will find on further investigation that the difference in results is quite as great as the difference in treatment. During the past four years we have restored to good health scores of persons who had failed to receive benefit in the best water-cures or hygienic institutions in the country, and many of them had been pronounced incurable by so-called hygienic practitioners. If this lady had recovered at the water-cure to which she repaired there would be no use for her coming here, and were it not for innumerable disappointed seekers after health there would be no use for my pamphlets and no room for our institution. On the other hand its remarkable success, a success as two to one against any system or institution in existence, argues that there is probably something in the new system not found elsewhere, a fact which we shall be glad to demonstrate in the experience of this lady. We believe she can be cured by our methods, no matter what water-cure has failed to do. R. W.

Home Prescriptions.

Hundreds of persons might be immeasurably benefitted by a careful practice of the principles advocated in this journal; but to this end they need advice and prescription suited to their individual cases. Here is what one man says:

"I have tried your prescription and lived pretty close to your common-sense system, and now enjoy the best of health. I weigh about 60 pounds heavier than when I wrote you. I send you six subscribers," &c., &c. J. F.

To such persons as may be benefitted by home treatment I will give prescription and full advice, and my charge will be $5.00 for first prescription, and $1.00 for each subsequent one. One five dollar note thus used, in connection with the reading of this journal, will often double a man's vigor without further advice.

ROBERT WALTER.

To Our Readers.

The present number will be sent to a large number of persons who are not subscribers, hoping that they will read it carefully and promptly send in subscriptions. We have had no reason to complain of tardiness in this respect, but it is still true that hundreds might gain lasting benefit—might add to their stores of knowledge—by having this Journal sent to them regularly. And we are anxious, as soon as subscription lists will warrant, to increase the the amount of matter furnished each month. To many we send extra numbers that they may call the attention of their friends to it. It is to be a live, wide-awake journal, full of vitality, as it should be to represent the principles it advocates.

50 cents a year; 3 subscriptions for $1.00; 10 subscriptions for $3.00. Less than $1.00 may be sent in postage stamps at our risk.

Address the Editor, at Wernersville, near Reading, Pa.

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The Laws of Health.

It speaks for itself;
Founded upon definite principles.
And the exponent of peculiar ideas,
It has so far had a happy and prosperous career.

It was neither born in thoughtlessness,
Nor reared in mental inertia,
But has grown with the months, and
Developed with the seasons, until
Though a babe in stature it will be found a giant in strength.

The healthy offspring of healthy brains,
Its prospects for strong and vigorous manhood
Are unexcelled by any journal of its age on the continent.

To the invalid it acts as a balm of life,
A cordial sweet to the mind diseased,
And while teaching the sick to recover without medicine,
It instructs the well to maintain health by healthful living.

Its writers are men of experience,
Educated, talented, wise,
Speaking boldly what they know,
And testifying only what they have seen.

All the wide-awake read it,
The thoughtful earnestly ponder it;
While wise men everywhere preserve it for reference.

In a word,
It lives, moves and has a being,
And is surely destined to leave its mark
Upon the generations of men.

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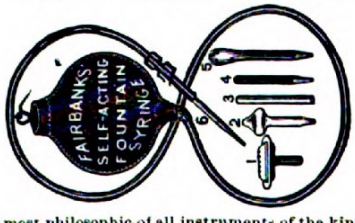
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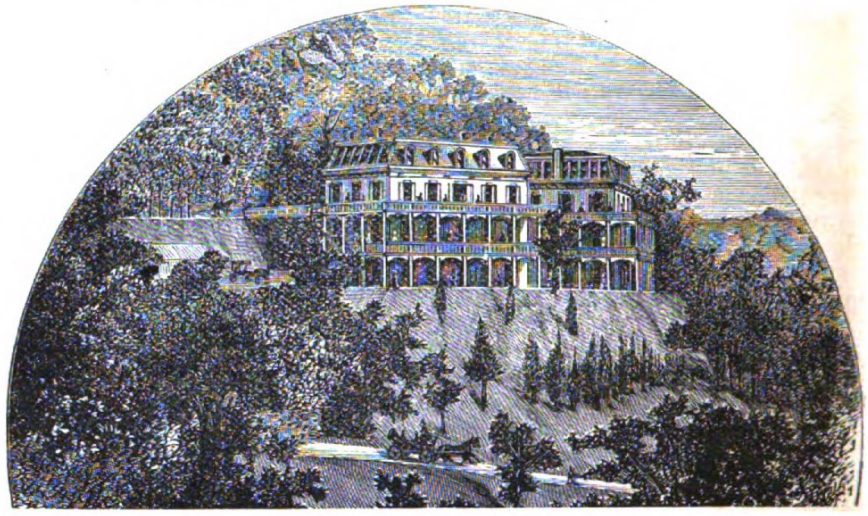
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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. I. READING, PA., NOVEMBER, 1878. No. 7.

How to Accumulate.

The New Theories No. 5. Vitality, we have seen, is life; and hence is everything to every man. Its accumulation, therefore, is one of the most important earthly considerations, while its diminution is one of the greatest evils. Out of the one comes vigorous health, with all its glorious achievements; while from the other is invalidism, with its attendant sufferings. The important question therefore, is,

THE MODUS OPERANDI OF ACCUMULATION.

FIRST PROPOSITION. *The brain and nervous systems (cerebro-spinal and organic) are the chief organs of expenditure; while the circulatory, breathing and digestive systems are the chief organs of manufacture.*

SECOND PROPOSITION. *The organs of expenditure are almost wholly nervous, while the organs of manufacture are chiefly muscular.*

Let us examine these propositions in order, whereby we may test their correctness, and arrive at proper conclusions.

First. The brain and nervous systems. These are properly considered together; because in both structure and functions they are essentially alike. The nerve filaments of the cerebro-spinal system are not essentially different from those of the organic nervous system; and the garglionic nerve centers are naturally classed with the brain And it is not difficult to show that it is through these that vital power in human beings is chiefly put forth. By common consent the functions of brain are looked upon as of the highest order, indeed that the operations of all the other organs are for the purpose of supplying power for its use. The body is organized for the mind; the animal for mental and moral; the lower functions for the higher ones. The brain is therefore intended to receive and use, and by virtue of power received produce thought, feeling and will. It is impossible to conceive that a noble thought can come out of nothing, or that the exercise of feeling or will requires no exertion. On the contrary, is it not proved by all experience that thought, feeling, and will, require for their production, vitality, and that in no small degree? Intense emotions are always very exhausting. So are religious, social or political excitements, anger, hate, jealousy, not only, but even joy and hope; both pain and pleasure are known to be exhausting to the vital powers. Fear is a powerful depletant. Men's heads have been known to "grow white in a single night" from fear, and others have grown old by ten or twenty years in a few hours of intense suffering. Anxiety and worry are also wonderfully debilitating. That "it is worry that kills and not work" has come to be proverbial. The nervous, fretful and irritable always fail of recuperation, while the easy, good natured, contented, grow fat and rotund, whether it be man or beast. On the contrary, exhaustion and even sudden death may result from intensity of nerve action in any respect, and yet, without destruction of the nerve. Not so with muscle however. No amount of muscular tension, pure and simple, short of destruction of the structure, will reduce muscular power. On the contrary, strength, invigoration, increase of vitality, is the result of muscular taxation, when nervous effort is not called forth.

We have now seen how power is chiefly expended, let us turn our attention for a few moments to its manufacture or production. It is conceded that the food we eat, the water we drink and the air we breathe, is the raw material out of which organisms are constructed, and all vital manifestations evolved; so that breathing, and digestion, along with circulation, which carries onward and so brings air and food in contact, are the great processes by which vital power is produced. Do we need further argument on this point? Who doubts that the capacity to produce vital power is in exact correspondence to the perfection and vigor of the breathing, digestive and circulatory functions?

An important fact, however, must not be neglected at this point, viz: that manufacture and expenditure are not absolutely disconnected. There is always more or less expenditure involved in all processes of manufacture, and no doubt in all processes of expenditure, there is some slight compensation by way of production. The function of breathing, for instance, requires the use of some power, so of digestion and circulation. As in the cultivation of the soil, or in the manufacture of iron or woolen goods, or in any other productive industry; there must be some expenditure in order to production. Just so in all the operations of a living organism, expenditure as well as production is continually taking place, and it is the physician's care to see to it that expenditure shall not exceed production—that indeed it shall not if possible equal it. In the operations of the organs of manufacture it is certainly of great consequence that the work shall be done economically—that the expenditure shall be the least possible, while the production shall be the greatest. In health we have this condition. The machinery works with the least possible friction, and given good food, good water and good air, we have the best results. But in disease we have the reverse. Excessive friction is the ever present condition. The work is done wastefully as well as inefficiently, and if it is thus continued physical bankruptcy is inevitable.

Our second proposition will aid us in solving the problem, how to carry on vital operations economically; in other words, how to obtain the greatest results with the least expenditure. It says: *The organs of expenditure are almost wholly nervous, while the organs of manufacture are chiefly muscular.* The former we have already shown to be true, and the latter can hardly be doubted. Muscular contraction and relaxation, as in the heart, and with the capillaries, is the great force of circulation; stomach and bowels perform their functions largely from the same cause, and breathing is almost wholly a muscular work. It follows, therefore, that any function is wastefully performed to the extent that nervous effort is employed, and economically performed in ratio with absence of nerve action. If the breathing muscles are vigorous, if stomach and bowels are muscularly developed, if heart and general muscular systems, voluntary and involuntary, have abundant power of contraction and relaxation, the functions will be performed easily, efficiently, and without undue nervous effort and consequent expenditure; but if, on the other hand, the muscles are weak and incapable of themselves to perform the necessary work, extraordinary effort of the nervous system will be required, and induced, too often, by the application of stimulants of some kind. Feeble muscular development, therefore, inevitably results in feeble processes of manufacture; and expenditure corresponds to effort, excitement or stimulation through the nervous systems to induce muscular action over and above what would properly take place by virtue of the muscular development.

Invalidism, but more particularly chronic invalidism, represents and is dependent upon this condition. The vital processes are carried on both feebly and wastefully, because muscular power having become reduced, the nervous efforts have been correspondingly increased. Nervous activity—nervousness, restlessness,—with debility is the condition, and the longer it continues, and the more tonics or nervines are employed, whether these be in the form of stimulating baths, food or drink or of medicines, the feebler the patient becomes. Stimulated action

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is always wasteful action; excited effort is exhausting; every form of medication that appeals to the nervous system is an exhausting process, the daily expenditures of vitality being greater than the corresponding manufacture; so that if continued, exhaustion and early death are inevitable. Chronic invalidism is the result of a condition of the organism in which expenditure exceeds or has exceeded manufacture; any form of stimulation only increases the difficulty; the cure must come by changing the relations between production and expenditure, increasing the former and restraining the latter; and to this end the breathing, digestive and circulatory systems must be *invigorated*, by processes which shall at the same time sooth, quiet and reduce activity of the brain and nervous systems. What these processes are and how the work is to be accomplished will be subject for our next.

Scrofula.—No. 7.

By J. A. Tenney, M. D.

Deficiency of Light. Plutarch tells us that when the warrior Alexander visited Diogenes at Corinth and asked the philosopher if he could do him any service, Diogenes replied, "only stand a little out of my sunshine;" intimating that the beneficial effects of sunlight were worth more than anything the great conqueror had to give. It is true without doubt that the ancients regarded the invigorating influence of sunlight more highly than do we of modern times. The ancient Greeks spent much of their time in the sunlight, regarding it one of the best means of physical development, and the old Romans had terraces on their roofs, or balconies on the southern side of their dwellings, where they gave themselves up to the influence of sunlight a portion of their time, considering it a preventive of disease.

But there is no doubt that sunlight was used largely as a restorative agency in the treatment of disease. Hippocrates prescribed exposure to the rays of the sun for chills and fever, and sunlight was especially recommended for dropsy, inflammation of the kidneys and paralysis. Celsus used to advise those who were troubled with weak digestion to live in a house "well lighted, having the winter sun." Probably the solar influence in the treatment of disease had an influence in causing the sun to be deified by so many of the nations in ancient times. At the present time the most noted scientists are practically deifying the sun as the god of forces, as far as our solar system is concerned. Thus Prof. Tyndall writes: "There is not a hammer raised, a wheel turned, or a shot thrown that is not raised, turned, or thrown by the sun. And it is also true that no perfection takes place in the growth of plants or animals that are even partially kept away from the sun's influence.

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Dr. Jonathan Perreira, in his great work on Materia Medica, published in 1848, places sunlight among the recog nized remedies. After stating that the sun's influence is necessary to development and nutrition, he says: "In maladies characterized by imperfect nutrition and sanguification, as scrofula, rickets, and anæmia, and in weakly subjects with aedematous limbs, free exposure to solar light is sometimes attended with the happiest results." And again he says: "Exposure to the solar rays, or as it is termed, insolation, may be employed as a stimulant to promote circulation and warmth in the old, debilitated, and paralytic. It is also valuable in anæmia and scrofula, and as a restorative after lingering and painful maladies."

We quote these statements to show that the solar influence has been recognized as a restorative agent by eminent practitioners of both ancient and modern times. But the question will arise, "How does sunlight produce its effect upon either animals or plants?" There are many of such final questions that cannot be answered fully until the real nature of vitality and light are known. No one can tell why the gastric fluid digests the food by its presence merely, or why the oxygen in the lungs purifies the blood. But we do know that sunlight is a force that moves with great rapidity, is the cause of chemical change in most substances, and is one of the greatest sources of purification for all odors and contagions in existence. Malaria is scarcely operative in the day time, and the contagions and foul odors of a sick room are dispelled by the penetration of the solar rays. Probably the sun exerts its influence in a measure upon the skin in the same manner, destroying the poisonous character of the excretions, and so preventing their reabsorption into the circulation, at the same time that it produces its peculiar invigorating effect upon the skin. This effect is undoubtedly similar to that which takes place from the union of oxygen with the blood in the lungs. Certain it is that light is essential to the highest and best development of physical and mental vigor.

It is well known that even the hardiest plants will be puny and sickly looking if grown in a cellar, while many kinds of plants will die if they are even kept in the dark corner of an ordinary room. So if people live in dark alleys, or if they are forced to live in darkness by reason of occupation, as mining, etc., they cannot have the highest development either of body or mind. Dr. Forbes Winslow, in his valuable work on "Light, its Influence on Life and Health," says:

"It may be enunciated as an indisputable fact that all who live and pursue their calling in situations where the minimum of light is permitted to penetrate, suffer seriously in bodily and mental health. These pathological phenomena are principally observed among those confined in dark mines and collieries, holds of ships, factories, prisons, narrow streets, garrets, or cellars. The total exclusion of the sun's beams induces an impoverished state of the blood, muscular debility, dropsical effusion, softening of the bones, nervous excitability, irritability of the heart, loss of appetite, consumption, physical deformity, stunted growth, mental impairment, and premature old age. The offspring of those so unhappily trained are often deformed, weak and puny, and are disposed to scrofulous affections."

So it has been found that those who follow mining for many succeeding generations are not eligible to military duty on account of arrested physical development or positive deformity. On the other hand, exposure to the direct rays of the sun tends to perfection of development physically. The testimony of the philosopher, Alexander Von Humboldt confirms this fact. He says:

"Deformities and deviations from healthy physical development are exceedingly rare in certain races of men, especially those who have the skin strongly colored, and who wander about naked under the brilliant light of the tropical regions. These have muscular, fleshy bodies, rounded contours, and present none of the deformities so frequently observed among the inhabitants of other climates."

It is well known that even a white screen over plants will arrest their development and vigor in fruit bearing, and a black screen will kill them utterly; so the question naturally arises, how can we have good health if we cover ourselves with clothing, and especially that which is colored black, which is impervious to sunlight? We can see no solution of the question except to have sun bath rooms in our houses and expose our bodies to the direct solar rays some part of each clear day, as did the ancient Romans and Greeks. The sun bath room or *solarium* should be at the top of the house, so that the roof may be made of glass, and the light and air can come in from all sides. If the glass is blue it will not transmit as much heat into the room in summer, or radiate as much furnace heat in the winter as transparent glass, and it is pretty certain that blue glass will favor the growth of plants and animals more than any other color. Dr. D. P. Gardner made a series of experiments in Virginia in 1843, by which he found that the yellow ray was most active in producing the green coloring of plants, while the violet or blue was what caused them to turn towards the light. Flies' eggs will hatch under any colored glass, but afterwards they will thrive best under violet or blue. These facts are only interesting as answers to scientific curiosity, and are not especially valuable in a remedial point of view. Blue glass answers a useful purpose in cutting off part of the heat, so that it shall not affect unpleasantly those who are unaccustomed to the direct rays of the sun, while it retains nearly all the chemical power of sunlight, so if any shading is necessary, screening with blue glass is certainly the best thing; but if possible, the whole body, with the exception of the head, should be exposed to the fullest

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sunlight. But there is a class of patients whose nervous systems are so sensitive from being deprived of light, and other sources of nervous disease, that they cannot bear the fullest exposure to the sun's rays; in such cases screening is necessary to any beneficial effects from this agent. Dr. Ponza, an Italian physician, found blue light very quieting to the insane, and in one instance he cured an insane person in one day with violet light. This result could not be effected by the color of the light, but was undoubtedly owing to the fact that the over-wrought nervous system of the patient was soothed by the milder influence of screened rays.

The fact that exposure to the sun's beams will increase the number of red corpuscles in the blood, thus showing it to be a true tonic, and that it is an agent of so great value in the treatment of all scrofulous diseases, many of which cannot be readily cured without it, shows that if it were used more as a preventive of these diseases we would be comparatively free from them. We ought to make it a business to have our whole persons as dark as our hands. A bronzed condition of the whole surface of the body can hardly co-exist with disease whether scrofulous or otherwise; so it can hardly be controverted that no physical education can be in any sense complete unless this condition of the whole surface of the body is maintained from childhood, the time when such influences are most needed to promote physical development.

The Fallacies of Water Cure.

An article in the *Herald of Health* for October entitled "Popular Fallacies concerning Water-Cure," ought to have been headed "The Fallacies of Water-Cure;" for, looked at from the stand-point of this journal, the faults of water-cure are conspicuously set forth. And yet the article is approvingly translated from the German of Dr. Angel of Graeffenberg.

After referring to the "popular opinion which is shared by physicians," that "cold water-cure" is not adapted to patients "reduced by disease, and whose blood is poor," it goes on to show how great the mistake, and asserts that "no other treatment is so well indicated." True, the treatment "is usually attended during the first few days with a loss in the total weight," but "after four or five weeks duration the weight is usually restored."

And again: It is rare that a patient improves uniformly throughout a course of treatment.* * * Rheumatism and nervous pains, with or without evident material cause, are increased; catarrhal affections become troublesome, sleep and appetite are disturbed, and new affections not seldom appear. Even when the beginning seems in all respects favorable, there will usually occur, sooner or later, a disturbance of the system, though this may not be so considerable as to deserve the name of *bath fever*.

Truly water-cure cures one disease by producing another; and this article by this learned physician admits of water-cure all that we have ever charged against it. Hear him; "an important factor of the water-cure is its influence upon the mind. Its *severe requirements* demand courage and endurance. He must *plunge bravely* into the bath (at 58 degrees Fahrenheit) and must, regardless of the weather, climb the mountains, and walk vigorously for hours at a time. Self-sacrifice is, indeed, the chief thing" and "a good bath makes heroes of such invalids."

This reminds us of a little circumstance; a physician was called to treat a desperate case, and after inquiry, learning that the previous physicians were the noted professors from the various colleges, affirmed with an oath in the patient's presence "If they could not kill him, he could not."

So, we affirm, If the patient can endure this treatment and live, he ought to get well. Violence has always been a characteristic of water-cure; and in this respect is opposed to the nutritive cure of this journal. What becomes of the patient who is not cured by these violent processes we are not informed, but we suppose, of course, that he dies. The process is a kill-or-cure-one, and one thing or the other must happen; and the killing effect has been quite as common in practice as the curative one.

But bad as this showing is, a worse one is conveyed to our mind by the following:

"*The influence of the water-cure is felt most directly upon the nervous system,*" &c.

This, we hold, to be its most objectionable feature. We have shown heretofore, that the nervous systems are the great organs of expenditure, and that depletion corresponds to the activity of the nerves. That water-cure excites these to greater activity we know; and that it, therefore, not only directly depletes the patient, but leaves him with the prominent causes of depletion permanently established; not only exhausts his vitality but leaves him with the conditions of exhaustion firmly fixed, is equally true.

There is an immense difference between an organism which performs its work economically—that is, produces the most with the least expenditure, and one which works wastefully, producing or accomplishing but little, even when the expenditure is great. The latter is the case to the extent that the nervous system is excited, and the former is the condition of vigor without nervous excitement. Cold water-cure inevitably induces the condition of wasteful expenditure, and hence is to be avoided. The ultimate effects will be found to be unsatisfactory, no matter what present appearances would indicate. Not long since we had the pleasure of conversing with a water-cure patient, who, though never under Preissnitz' care, was, nevertheless, under Preissnitz' processes by a cotemporary physician, and was well acquainted with Preissnitz' practice. We inquired, particularly, as to the results, and were informed "that patients did not continue in good health after leaving the establishment, but were soon back into conditions of chronic invalidism which usually continued during life." An experience by ourselves of water-cure, and among water-cure patients numbered by thousands, convinced us that the system was a destructive one, and the fact is now well established that instead of health from water-cure came simply a new and improved form of stimulation and depletion. Water-cure patients may be enthusiastic because men are always enthusiastic over new excitements.

The judgment of a water-cure patient is biased in favor of water-cure in the same way that that of a dram drinker is biased in favor of his indulgences, and thousands have been enthusiastic over benefits that no one could perceive but themselves. How often it has been true that a pale, thin, cadaverous specimen of humanity—made so by these processes, has urged them enthusiastically on his friends, each one of whom knew that water-cure had not improved his appearance, and each of whom were skeptical of its merits because of his example. The influence of water-cure is felt most directly, upon the nervous system," and in this respect it agrees in its effect precisely with alcohol, opium, tobacco, and though perhaps not quite as destructive as these, it nevertheless produces results in the same manner.

The nutritive-cure is directly opposed to them all. Its influence is not upon the nervous systems; instead of exciting these it quiets them, not by direct action on them, but by action through the muscular systems, and instead of excited enthusiasm to commend our system, we have ocular demonstration as to its merits, and therefore when a nutritive-cure patient speaks, he speaks to some purpose; for "facts speak louder than words."

What They Say.

Enclosed please find subscription to Laws of Health for one year. I find it is just what I want; it perfects my idea of proper hygienic treatment for the sick, and the true idea of right living to prevent sickness. I want all the numbers. E. H. M., M. D.

We frequently receive from correspondents such expressions of admiration for our paper, and they give us great encouragement. Here is one, the writer of which, without solicitation, permits us to use.

FORESTDALE, R. I.

Dear Sir:—Permit me to express my admiration of your paper, the LAWS OF HEALTH. I like it exceedingly well, and think it the best health journal published, making some allowance for its size. I have been a reader of health journals for many years, as also has been a friend of mine to whom I sent your journal; and he says, "I like it better than the journal I have been taking." I am acquainted personally with most of the physicians of this reform, and have been treated in five or six water cures; but if I ever go to any other, I shall go to yours.

JAMES THORNLEY.

If our friend should do so, we have the abiding confidence that he would not need to go to half a dozen others before he was cured. I believe it would be a difficult matter to find a patient in any other institution, who had previously been treated by the methods which we employ. Cured by the principles of the nutritive cure, he stays cured; and once an inmate of our institution he is not likely ever to become an inmate of any other.

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The Laws of Health.

Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

J. A. TENNEY, M. D.,
Associate Editor.

☞ All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., NOV., 1878.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging, stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place, increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems, special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing, eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

They Give no Sign.

The Editor of the *Health Reformer*, J. H. Kellogg, M. D., and T. V. Gifford, M. D., of Kokomo, Indiana, have both undertaken to severely criticise us for laying claims to discovery. They acknowledge in general terms that our system is correct; but declare that it was all known before. They, themselves, indeed have been teaching these truths for years, if we may trust their statements.

To test this matter fully we stated succinctly in our last issue what we claim to be our discovery, and challenged these parties to cite us to the author or work in which the same principles are systematically taught. We have said that if the author can be found who has ever before urged the second and third principles of our system, and advocated or applied the methods resulting therefrom, we will frankly and publicly withdraw all claims to discovery, and admit that we are simply engaged in applying what others have taught.

But we hear no response. Silence is all along the line. Perhaps they are taking time to make their answer a crushing blow to boasted discoverers. We anxiously await developments. In the meantime

"Ring out the old; ring in the new;
Ring out the false; ring in the true."

Intemperance.

Wars and human oppression are but temporary, while intemperance is a constant evil. Before this giant curse upon civilization, war, pestilence and human slavery dwindle into insignificance. These continue for a few months or years and are overcome by time or a sudden uprising of public sentiment. But intemperance is so constant an evil that our senses are blunted to its terrible ravages upon life and property. The remarks of the Earl of Derby are in point. He says:

"People talk very loudly about the waste of lives in war; I wonder to how many people it has occured what is the waste of lives in peace. I doubt if the most sanguinary battle that was ever fought in ancient or modern history has carried off nearly as many human beings as die in England every year from purely preventable causes. Now that is the state of things around us; of course we cannot change it in a day, but we can modify it."

Dr. Edward Young, chief of the government bureau of statistics at Washington, in his report of last May, gives the worth of liquors annually taxed in the United States as amounting to more than $595,000,000. This must fall below the true statement, for a great deal of liquor is made and sold that the tax collectors never know anything about. But this estimate gives an average of more than thirteen dollars for each man, woman and child in the United States, and the aggregate amount would pay off the entire national debt in considerably less than four years.

Wars almost always accomplish some good, notwithstanding the terrible evils which attend them; but where is the good resulting from drinking habits? And when we consider the fact that 60,000 annually fill drunkard's graves in this country, the question comes home with fearful power, *where is the return for all this enormous expenditure of life and property?*

Typhoid Fever.

BY J. A. TENNEY, M. D.

This disease generally comes on so gradually that the patient can hardly fix the date of its commencement. It is generally preceded by lassitude and debility for several weeks or even months. The patient has usually been "run down" for a long time, on account of some long-continued transgression of physical law.

It may be so slight that it does not confine the patient to the bed. When this is the case, it is of comparatively little importance; time and ordinary care being sufficient to effect a cure. But when the disease is severe, it is one of the gravest affections, and the nicest care is of great importance in promoting rapid recovery.

In addition to the feeling of languor and weakness, there is usually headache, and pain in the back and loins, in the commencement of the disease. Neuralgia in the head and face is not uncommon. Diarrhœa occurs quite frequently, and in such case the patient usually recovers more rapidly than when it is absent. The feeling of debility increases upon the patient, and in severe cases, he is soon compelled to take his bed.

At this time the symptoms usually are: chillness of the surface and extremities; a frequent pulse, often rising to one hundred and ten or one hundred and twenty beats to the minute, pain in the head, deafness of greater or less severity, and difficulty in concentrating the patient's mind upon any given course of thought. The tongue is coated, and its color ranges from white to brown and even black. In the severest cases, dark or black matter called *sordes* collects upon the teeth, and in such cases there is more or less liability to hemorrhage. As the disease progresses the incoherency of ideas relapses into quiet delirium, and if the case is very severe, twitching of the muscles takes place. If this is very prominent it is an unfavorable symptom; but I have seen cases where the twitching was very severe and yet the patient recovered. The abdomen is likely to become swollen and tender upon pressure. There is usually a rose colored eruption which is generally confined to the trunk, and which is a characteristic of this disease. These feel rough when the hand is passed over them. The eruption is often confined to the back, and is sometimes entirely wanting, both in severe and mild cases. In all cases of typhoid fever the peculiar condition which is ever present is a determination of blood internally, irritating the nervous system, which shows itself in delirium and restlessness, and leaves the extremities robbed of their normal amount of blood.

Typhoid fever is usually caused by bad habits of eating, working, sleeping and breathing, and other irregularities which weaken the whole system for a long period of time. After the system is thus debilitated, a severe cold caused by undue exposure will often cause the disease to appear. There is no doubt but typhoid fever is sometimes caused by drinking bad water, especially if it is tainted with organic impurities. Cesspools sometimes become connected with wells and cause all the inmates of a household to become affected. A sewer pipe will sometimes become defective and cause this disease to be contracted by all in the house. But probably the poison which produces the disease in the majority of cases is generated within, on account of weakened digestion and assimilation, which render every tissue devitalized. The fever is always an attempt upon the part of the system toward purification.

It should be noted that very few die from the severity of the disease. When death does occur it is usually after the fever has subsided. In such cases the whole system has become so impure and devitalized that after the process of purification is accomplished there seems to be

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little left with which the vital powers can start anew. In that event the patient dies from weakness. Yet sometimes patients die during the progress of the fever, and in such cases death is preceded by active and persistent delirium, great prostration, or coma.

The regular profession give the sulphites to kill the germs, which they suppose are the cause of the disease. After this, the common practice is to give opiates, quinine, salicin, etc.; to quiet and tone the nerves, and to "support vitality" they give brandy and other alcoholic stimulants. But the disease does not consist in poisonous germs, but the difficulty is that the blood and all the solids of the body are surcharged with useless and worn out material. The blood has been filled with undigested and unvitalized substances, which can never make strong tissue, and after a while a process of purification takes place in the form of typhoid fever. Quinine and salicin will make the nervous system appear stronger, and brandy will cause the patient to be raised out of a state of delirium; but all these doctor the minds of the friends by wasting the powers of the patient. A draft of air will cause a candle to give a more brilliant light, but it will not make it last so long as it would without it; so to the extent that these poisons are given the chances of the patient's recovery are diminished. They bring latent vital power to the surface where the friends can see its exhibition; but it would be wiser to let the system work in its own way without interference, than to hinder it with such treatment.

In the first stage of the disease a hot pack at 105 degrees should be given to warm up the patient and purify the blood. This measure is beginning to be recommended by prominent practitioners in every school of medicine. Says Dr. Flint of Bellevue hospital, New York:

"As an effective measure for diminishing increased heat, reducing the frequency of the pulse, tranquillizing the nervous system, and perhaps, promoting elimination by means of copious perspiration, the wet sheet demands a fair trial at the hands of physicians in typhoid and typhus fever as well as in other affections."

After packing, the patient should be allowed to rest. When restlessness comes on again sponge baths should be given to the whole surface of water as hot as can be borne, at least twice a day, and oftener if the disease is at all severe. This should be done in a warm room, and afterwards the patient should be rubbed dry with a towel and then rubbed briskly with the dry hand. If there is diarrhœa it should not be checked but rather favored by injections of warm water once a day; it will purify the system much faster than any other means. If there is delirium the injections will be found to relieve it and promote sleep to a much greater degree than brandy, and without any injurious consequences. "Supporting" the system with brandy and tonics is always a means of depleting the patient, while temporarily causing an exhibition of vital power.

The greatest care should be paid to ventilation, cleanliness, and regulation of temperature. The sick room should be large and well ventilated, for it is a noteworthy fact that patients are more likely to recover in tents than in even well ventilated rooms. The bed clothes should be changed every day in severe cases. The diet should be of the mildest character, consisting of eggs and milk with the addition of the fluid farinaceous foods at intervals of from two to four hours. Beef tea and the animal broths are of great service. Drinks of lemon juice and water, apple tea, etc., are very refreshing to the patient.

Let this treatment be persevered in, and the patient will soon become convalescent. Great care should be taken in regard to food and exercise after the fever subsides, for over feeding or too much exercise may cause a relapse of the disease which may prove fatal. The instincts of the patient cannot be trusted in relation to such matters; but care should be taken that the dietary should be enlarged very gradually, and that foods that are difficult of digestion are not accessible to the patient. With proper care and treatment scarcely any need die of this disease.

A Great Cure-All.

The world has gone crazy before now over great cure-alls. Calomel, bleeding, alcohol, cold water-cure, etc., etc., have each had their day; but I am about to offer to my readers a practice that has been employed with success in a quiet way for many years; and if there be any such thing as a cure-all, this is one. For the dyspeptic, the sedentary, the thinker, indeed for all men not engaged in laborious occupations, it is the *sine qua non*. It consists in

KNEADINGS, RUBBINGS, AND PERCUSSIONS OF THE ABDOMEN.

These are among the most important appliances known to medical art for the improvement of digestion, breathing, assimilation, and of circulation even, those functions of the organism upon which all vital vigor depends. Thorough manipulation of the parts will do wonders in improving the vigor of the vital organs herein situated.

Constipation, that forerunner of many diseases, can not exist in the face of this plan of treatment.

It is more potent to increase breathing capacity than all the chest exercises that have ever been in vogue.

It causes a healthy action of the lacteal glands and venous absorbents, so that food is assimilated as well as digested. Try it. It is all that is claimed for it, and if discreetly employed it can do no harm to anybody. The pregnant woman, or the ruptured man might be excepted, or require to be very careful; but all other persons in ordinary condition, may consider themselves proper subjects for this method.

Prevention versus Cure.—4

BY JAS. S. COOLEY, A. M., M. D.

Last month, I endeavored to set forth, in the strongest possible light, the sacred privileges of parentage, and the true dignity of fatherhood and motherhood. It was my purpose to impress upon parents in the most emphatic manner, the idea that they hold in their own hands the power of determining the physical, mental and spiritual characteristics of their, as yet, unbegotten child; nay more; that they are already, by their daily habits of thought and feeling, moulding the character of the child whose existence has not yet begun. In view of the obligations and responsibilities growing out of this formative power, I urged the duty of such preparation for parentage, and such care over the heart and life, that the new being, from the moment of its conception, shall be free from the consequences of parental thoughtlessness and sin which burden so many of our race, and shall give the new soul its full birthright of physical vigor, and of mental and moral uprightness.

But is the ground thus taken tenable? Is it true the all-wise Creator has thus delegated to parents the power of determining the characteristics of their children? It is a very pretty theory; it answers very well as an argument to enforce parental responsibility; but can it be sustained? If the generation of a new life is an act of such grave importance, so modified by antecedent habits, and so far-reaching in its consequences, why has so little attention been given to it by those who have presumed to be the teachers of mankind?

These, and other queries, perhaps, will arise in the minds of many of the readers of THE LAWS OF HEALTH. To those who raise these questions merely as excuses for their indolence, or unwillingness to enter upon such a preparation as has been marked out, I have nothing to say. But for the benefit of honest doubters, who are earnestly seeking the right way, and are willing to make any sacrifice of ease or selfish indulgence, that they may best fulfill the ends of existence, I submit the following particulars:

First. The generation of a new life, mysterious as it indeed is, like all other natural phenomena, is always in accordance with law. This law may not be easily discovered, or well understood; but that the inborn characteristics of every living creature are, and must be, derived from its parents, in strict conformity to some unvarying law of transmission, cannot be denied, without denying the whole doctrine of cause and effect. This principle of hereditary influence is well known to breeders of domestic animals, who, by wisely combining the superior qualities of

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different individuals are able to produce a race, possessing in the highest degree the excellencies of its progenitors. Why, then, deny the workings of this law in the human family? He who supposes that the character of his unborn child is to be decided by some uncertain or inscrutable chance does so in direct opposition to facts of every day experience. He who blindly expects that the Creator, by some mysterious and unknown manifestation of his power, will fashion in secret, the physical and mental structure of his offspring, is doomed to certain disappointment; for God works no miracles where there is an adequate natural cause in operation. It is little less than blasphemy thus to make God the author of such imperfect and unsatisfactory workmanship. All science points unmistakably to the truth that children are born just what their parents, knowingly or ignorantly, have made them.

Second. The cell-germ which is developed in the mother's uterus into a living, sentient being is formed by the union, in some as yet unknown manner, of the male and female elements of generation; the former possessing the power of vivifying the latter, and at the same time, impressing upon it certain qualities derived from the father. These elements are the result of cell proliferation and development, in organs designed for that special purpose, and are the most complete and perfect products of mature life. As such, they are necessarily influenced by the condition of the individual, and modified by the physical and mental states during their development. It is a well established truth, that the nervous system, pervading, by the vasa-motor fibres, as has been shown by Brown-Sequard, every part of the circulation, has a definite influence over every secretion, and over every part of nutrition, and cell-growth. Hence, these elements of generation, the most perfect of all the secretions, subject to the universal law that the most highly organized structures are most sensitive to external influence, must carry to the new life the ineffaceable impress of the thoughts and feelings of the parents.

Third. In further proof of this doctrine of nervous influence, and transmission, I bring the opinion of eminent scientists, who have made thorough investigation of this matter. Brown-Sequard, in a course of lectures on the nerves, said; "The secretions may be very powerfully affected by the influence of the mind over the body. There are many facts which show that the secretion of milk may become poisonous for a child, from a mere emotion in the mother. The secretion of bile; the secretion of tears; and the secretion of saliva, are very much under the influence of the nervous system."

Carpenter, the eminent English physiologist, after referring to the effects of emotion upon the secretion of milk, says further; "It is probable that this influence is not at all peculiar to the milk, and that we only recognize it the more readily in this case, because the digestive system of the infant is a more delicate apparatus for testing it, than any which the chemist can devise." Again, in explanation of the individual differences between offspring of the same parents, he says: "We seem justified in attributing these differences to agencies operating unostensibly upon the parents, either previously to their intercourse, or at the time of coition, or in the female during the period of utero-gestation." "The influence of both parents," I quote again from Carpenter, "is strikingly manifested in the tendency to the hereditary transmission of perverted modes of functional activity which may have been habitual to either. The predisposition may have been congenital on the part of the parents, or it may have been acquired by themselves; and in no case is this more obvious, than in the influence of alcoholic excesses on the part of one or both parents, in producing idiocy, a predisposition to insanity, or weakness and instability of mind, in the children, especially where both parents have thus transgressed."

Again he says: "Of all the predisposing causes of insanity, habits of intemperance on the part of either or both parents are among the most frequent. It does not seem requisite for the production of very imperfect offspring from the intermarriage of near relations, that any decided taint should exist in the parents. The same danger results when there is any strong personal or mental idiosyncrasy."

"There seems good reason to believe that the attributes of the germ are in great degree dependent, not merely upon the habitual conditions of the parents which have furnished its original components, but even upon the condition in which those parents may be at the time of sexual congress."

"On the whole we seem entitled to conclude that the attributes of the embryo will be influenced in a most important degree, by the entire condition, as relates both to the organic and psychical life of both parents at the time of sexual congress."

Such is the unchallenged testimony of science to the truth of the principles of transmission which have been advanced. Daily observation will afford the thoughtful parent many illustrations of the operation of these principles; and many cases which at first may seem to contradict the law of transmitted influence, on closer examination, will be found to verify it most emphatically.

In this view, let all who are, or hope to be parents, prepare themselves for their holy office, and see to it that no child of theirs is conceived in sin or uncertainty. Here, at the fountain head of existence, let the stream of life be purified, and the race delivered from the burden of disease and sin which results from ignorant and unhallowed parentage. The task is a mighty one, and there is no modern Hercules who will cleanse these worse than Augean stables. But if those who read these pages, and catch a glimmer of the true light, will do their duty, these little rills of humanity, as they find their way into the broad river of human life, will carry purity and health that shall, in the on-coming years, permeate and sweeten all about them.

In my next article I shall endeavor to show how the welfare of the child may be best promoted during intra-uterine life.

SANDY HILL, N. Y.

Hay Fever.

Two years ago we treated our first case of Hay Fever: A lady who had been an intense sufferer for eighteen years, and whose testimony appears in our "Outlines" in these words: "After I had left your Home I had only a slight cold, and no Asthma at all. It was the first time I had escaped it entirely for eighteen years."

This fall we have treated a severe case, (with several minor cases at various times—all successfully,) and her statement, sent to us unsolicited, is as follows:

"My sister and I had a pleasant journey home. At this time my sister is feeling pretty comfortable, whilst I am in the enjoyment of excellent health. I am glad to be able to testify to the superiority of your mode of treatment over all others to relieve Asthmatic sufferers. For more than twenty years I have yearly sought relief from this distressing disease, but have failed to find it, until September, 1878, when I was marvelously cured by hot fomentations, &c. For more than twenty years I have not passed through the hay fever period so comfortably as this year, thanks to your mode of treatment.—*Mrs. Rev. M. W. Fair, Salona, Clinton Co., Pa.*

This lady was no stranger to water-cure, and many persons will remember her husband, the Rev. M. W. Fair, as having passed away in spite of water-cure if not because of it, a year or two since. The sister mentioned is suffering from chronic disease of long standing, and could only be somewhat benefited in the short stay with us.

TREATMENT OF HAY FEVER.

We treat this disease, as we do all others, not by name, but according to the conditions. In the beginning, if the patient is vigorous, a hot pack for thirty to forty minutes is often serviceable, to be followed by tepid bath of three minutes. Then rest in bed, abstemiousness as to food, &c. The person should during the hay fever period have complete rest from business, and if possible mountain air. For oppression in the chest, difficulty of breathing, &c., apply over the chest flannel cloths, four thicknesses, wrung out of hot water, and covered deeply with dry flannel cloths. These should be employed immediately previous to the commencement of the spasm, and be continued until it has subsided. The surface and extremities must always be warm before the fomentations are applied, and to this end a hot bath of ten minutes is often useful.

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In cases where this disease is apparently a prolonged "cold," take a hot bath three times a week, be careful as to diet, rest abundantly, and wait. To prevent a recurrence of the disease is better than to wait for its advent, and to this end all processes of invigoration and purification should be systematically employed.

It should never be forgotten that after all baths, thorough rubbings, manipulations, kneading of the flesh, &c., must be had. If this is neglected after a hot bath, relaxation, cold and even debility may result.

One of a Thousand.

Here is from the feeblest invalid in our Home nine months ago, confined to her room and bed, and unable to eat anything but gruels, beef tea and the like. She has been at home for several months, and writes:

"I walked nearly five miles yesterday chestnutting, and feel as well as usual to-day. I have just received a letter from a clergyman's wife in Ohio, who writes as follows: 'I have heard of your wonderful cure and write to ask all about the place, physicians, methods of treatment, etc. Is it a water-cure where you are soaked, steamed and showered almost to death? I have been sick all summer, and have thought a good many times that a cure of some kind might be a benefit.'"

We take the liberty of saying to the enquiring ones, that Mrs. E. H. Blair, of Williamsport, Pa., can give more information of her wonderful cure. Or, if they desire it, we offer to give the names and addresses of at least a score of as wonderful cures performed within the last two years.

Apropos of this statement was one made a few days ago by a late water-cure patient to a friend: "In my travels I am continually hearing of wonderful cures that have been performed at Drs. Walter's Mountain Home. They seem to have an unusual success."

Words like these encourage us. It is comforting to be assured that one's efforts are appreciated. We have long labored earnestly and alone; and in opposition to all previous practice and teaching, but down in the innermost depths of our nature we have been so convinced of the truth of this system, and that this thing cannot be hid in a corner, that we have boldly placed ourselves before the people in no uncertain attitude. We do not claim simply to be successful physicians, but to have made a discovery which will as certainly revolutionize, not only hygienic practice, but the medical practice of the whole world, as that the sun shines, or that water runs down hill. Prejudice, the blindest prejudice, even the prejudice of our critics and would-be teachers, cannot forever blink the facts.

Homeopathy.

Our friend Kellogg of the *Health Reformer* is of the opinion that "Homeopathy is rapidly waning, and scarcely exists more than in name," which proves him to be a very observant writer (?) He has never noticed the rapid increase of homeopathic physicians throughout the whole country, nor the fact that the treatment is successful as two to one over his loved allopathy. Not that we endorse all the principles of this system, but that we know it to be a great step in advance of the "dead-shot" practice of the "regulars" which he approvingly quotes. To be sure, the glittering show of power through a profession legally entrenched, may have had as great influence to blind the eyes of the President of the Homeopathic Society of New York, and cause his defection from the ranks of homeopathy, as it had on our worthy editor, to cause his defection from the hygienic system; but all that proves nothing. Systems are not necessarily overthrown because of their betrayal by erstwhile advocates.

Questions Answered.

By Robt. Walter, M. D.

Question Are oysters healthful food?

Answer. I suppose that fresh oysters, properly cooked, and eaten in moderation, are not particularly injurious; but the canned oysters that are sold are not fit to use, and the way oysters are cooked makes them decidedly unwholesome. If a man can eat oysters without condiments, I do not know that he will receive injury. But salt, pepper, spices, butter, etc., are decidedly injurious; and if oysters are to be eaten, they should be without these condiments. Stewed oysters and plain oyster soup may be unobjectionable.

Question. Is the moderate use of ice cream injurious?

Answer. Ice cream is food that may be made into blood, but not into muscle or nerve. Therefore, though it taxes the organs of secretion, as well as the organs of excretion, it serves no purpose to build up or invigorate the constitution. If a man has power to spend in any indulgence which can do him no good but may do him harm, I should say that ice cream is as good as many of the habits that are indulged; but if he needs his strength for other purposes, he had better not use the ice cream.

Question. What do you think of Blanchard's Tonic Extract of Wheat?

Answer. I think about the same of it as I do of any other tonics, composed of morbific agents. It is probably as good as whiskey or beer, but most certainly is not to be mentioned in the same category with good wheat. A man who undertakes to compress a bushel of wheat into a quart of something, must know, if he is intelligent, that he has completely changed its character and qualities, and instead of a bushel of wheat, he has a quart of poison. This extract will be found to possess the same characteristics as medicines in general. It is a tonic, that is, it excites the nervous system, thereby reducing its power, so that while it seems to give strength, it is actually causing weakness.

I will not say that this medicine has never seemed to help patients, but I challenge Blanchard or the world to produce one case that has been cured out of fifty that have taken the tonic. I have already been called upon to treat patients who had previously given Blanchard glowing testimonials to the virtue of his tonic. If the patient was cured he did not stay cured.

Question. Which book would do me the most good, the Movement Cure, or Handbook of Hygienic Practice?

Answer. That depends upon a variety of considerations, most of which I am unacquainted with in your particular case. You ought to have both of them.

Question. How can "a man employ this method every day for a thousand years," as suggested in your article on cleansing the bowels?

Answer. This question reminds me of Mark Twain standing before the statue of Columbus in Genoa. After looking at it intently for a quarter of an hour, he said to the guide, "Is he dead?" The guide replied, "Yes, been dead three hundred years." "Parents living?" "No." "What did he die of?" "Don't know." "Small-pox likely?" "Don't know." "Measles may be?"

Question. What is the proper method of checking deafness in a young person of temperate habits, the cause being unknown?

Answer. To my mind the only hope is in discovering the cause through the aid of a competent physician or aurist, and removing it. The idea of checking it when the cause is unknown may do with medical men, but it will not answer from the hygienic stand-point.

Question. In the June number of your journal you say that "the contagion of disease was forever insisted upon." I wish you would tell me in what sense you understand that diseases are not contagious?

Answer. I did not say what you ascribe to me. My words were "the action of contagion, which is forever insisted upon, carries the same notion." Therefore I have never said that diseases are not contagious. The idea intended to be conveyed is that contagious matter does not act upon the vital organs, except mechanically by contact, but the vital organs act upon the contagious matter. Contagion does not propagate itself, but is propagated by contact; and it is the action of the person, or of the vital organs that causes the contagious disease, and not the action of the germs.

Question. What is the best method of increasing and equalizing the circulation of the blood?

J. F. S.

Answer. A correct application of the principles of the nutritive cure is the best and only successful method. A true system of treatment undertakes to heal all diseases by doing this very thing. If a man has a good and equally developed circulation, he is in health, and with a poor circulation he is in poor health. The movement cure is one of the best means employed for this purpose. It should be supplemented with moderate bathing, proper diet, proper clothing, and indeed, all other hygienic agencies. How these are to be employed will be explained in this journal from time to time.

Question. Do you advocate the use of coffee and tea, and do you use them in your health institute?

Answer. Coffee and tea are injurious to all persons because they excite the nervous system to undue activity; and whatever excites the nervous system causes excessive expenditure of vital power. Tea and coffee are therefore not only nervines but depletants, and the effect of their use is to exhaust vitality and destroy health. We do not prescribe them for our patients, nor do they use them.

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different individuals are able to produce a race, possessing in the highest degree the excellencies of its progenitors. Why, then, deny the workings of this law in the human family? He who supposes that the character of his unborn child is to be decided by some uncertain or inscrutable chance does so in direct opposition to facts of every day experience. He who blindly expects that the Creator, by some mysterious and unknown manifestation of his power, will fashion in secret, the physical and mental structure of his offspring, is doomed to certain disappointment; for God works no miracles where there is an adequate natural cause in operation. It is little less than blasphemy thus to make God the author of such imperfect and unsatisfactory workmanship. All science points unmistakably to the truth that children are born just what their parents, knowingly or ignorantly, have made them.

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SANDY HILL, N. Y.

Hay Fever.

Two years ago we treated our first case of Hay Fever: A lady who had been an intense sufferer for eighteen years, and whose testimony appears in our "Outlines" in these words: "After I had left your Home I had only a slight cold, and no Asthma at all. It was the first time I had escaped it entirely for eighteen years."

This fall we have treated a severe case, (with several minor cases at various times—all successfully,) and her statement, sent to us unsolicited, is as follows:

"My sister and I had a pleasant journey home. At this time my sister is feeling pretty comfortable, whilst I am in the enjoyment of excellent health. I am glad to be able to testify to the superiority of your mode of treatment over all others to relieve Asthmatic sufferers. For more than twenty years I have yearly sought relief from this distressing disease, but have failed to find it, until September, 1878, when I was marvelously cured by hot fomentations, &c. For more than twenty years I have not passed through the hay fever period so comfortably as this year, thanks to your mode of treatment.—*Mrs. Rev. M. W. Fair, Salona, Clinton Co., Pa.*

This lady was no stranger to water-cure, and many persons will remember her husband, the Rev. M. W. Fair, as having passed away in spite of water-cure if not because of it, a year or two since. The sister mentioned is suffering from chronic disease of long standing, and could only be somewhat benefited in the short stay with us.

TREATMENT OF HAY FEVER.

We treat this disease, as we do all others, not by name, but according to the conditions. In the beginning, if the patient is vigorous, a hot pack for thirty to forty minutes is often serviceable, to be followed by tepid bath of three minutes. Then rest in bed, abstemiousness as to food, &c. The person should during the hay fever period have complete rest from business, and if possible mountain air. For oppression in the chest, difficulty of breathing, &c., apply over the chest flannel cloths, four thicknesses, wrung out of hot water, and covered deeply with dry flannel cloths. These should be employed immediately previous to the commencement of the spasm, and be continued until it has subsided. The surface and extremities must always be warm before the fomentations are applied, and to this end a hot bath of ten minutes is often useful.

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In cases where this disease is apparently a prolonged "cold," take a hot bath three times a week, be careful as to diet, rest abundantly, and wait. To prevent a recurrence of the disease is better than to wait for its advent, and to this end all processes of invigoration and purification should be systematically employed.

It should never be forgotten that after all baths, thorough rubbings, manipulations, kneading of the flesh, &c., must be had. If this is neglected after a hot bath, relaxation, cold and even debility may result.

One of a Thousand.

Here is from the feeblest invalid in our Home nine months ago, confined to her room and bed, and unable to eat anything but gruels, beef tea and the like. She has been at home for several months, and writes:

"I walked nearly five miles yesterday chestnutting, and feel as well as usual to-day. I have just received a letter from a clergyman's wife in Ohio, who writes as follows: 'I have heard of your wonderful cure and write to ask all about the place, physicians, methods of treatment, etc. Is it a water-cure where you are soaked, steamed and showered almost to death? I have been sick all summer, and have thought a good many times that a cure of some kind might be a benefit.'"

We take the liberty of saying to the enquiring ones, that Mrs. E. H. Blair, of Williamsport, Pa., can give more information of her wonderful cure. Or, if they desire it, we offer to give the names and addresses of at least a score of as wonderful cures performed within the last two years.

Apropos of this statement was one made a few days ago by a late water-cure patient to a friend: "In my travels I am continually hearing of wonderful cures that have been performed at Drs. Walter's Mountain Home. They seem to have an unusual success."

Words like these encourage us. It is comforting to be assured that one's efforts are appreciated. We have long labored earnestly and alone; and in opposition to all previous practice and teaching, but down in the innermost depths of our nature we have been so convinced of the truth of this system, and that this thing cannot be hid in a corner, that we have boldly placed ourselves before the people in no uncertain attitude. We do not claim simply to be successful physicians, but to have made a discovery which will as certainly revolutionize, not only hygienic practice, but the medical practice of the whole world, as that the sun shines, or that water runs down hill. Prejudice, the blindest prejudice, even the prejudice of our critics and would-be teachers, cannot forever blink the facts.

Homeopathy.

Our friend Kellogg of the *Health Reformer* is of the opinion that "Homeopathy is rapidly waning, and scarcely exists more than in name," which proves him to be a very observant writer (?) He has never noticed the rapid increase of homeopathic physicians throughout the whole country, nor the fact that the treatment is successful as two to one over his loved allopathy. Not that we endorse all the principles of this system, but that we know it to be a great step in advance of the "dead-shot" practice of the "regulars" which he approvingly quotes. To be sure, the glittering show of power through a profession legally entrenched, may have had as great influence to blind the eyes of the President of the Homeopathic Society of New York, and cause his defection from the ranks of homeopathy, as it had on our worthy editor, to cause his defection from the hygienic system; but all that proves nothing. Systems are not necessarily overthrown because of their betrayal by erstwhile advocates.

Questions Answered.

By Robt. Walter, M. D.

Question Are oysters healthful food?

Answer. I suppose that fresh oysters, properly cooked, and eaten in moderation, are not particularly injurious; but the canned oysters that are sold are not fit to use, and the way oysters are cooked makes them decidedly unwholesome. If a man can eat oysters without condiments, I do not know that he will receive injury. But salt, pepper, spices, butter, etc., are decidedly injurious; and if oysters are to be eaten, they should be without these condiments. Stewed oysters and plain oyster soup may be unobjectionable.

Question. Is the moderate use of ice cream injurious?

Answer. Ice cream is food that may be made into blood, but not into muscle or nerve. Therefore, though it taxes the organs of secretion, as well as the organs of excretion, it serves no purpose to build up or invigorate the constitution. If a man has power to spend in any indulgence which can do him no good but may do him harm, I should say that ice cream is as good as many of the habits that are indulged; but if he needs his strength for other purposes, he had better not use the ice cream.

Question. What do you think of Blanchard's Tonic Extract of Wheat?

Answer. I think about the same of it as I do of any other tonics, composed of morbific agents. It is probably as good as whiskey or beer, but most certainly is not to be mentioned in the same category with good wheat. A man who undertakes to compress a bushel of wheat into a quart of something, must know, if he is intelligent, that he has completely changed its character and qualities, and instead of a bushel of wheat, he has a quart of poison. This extract will be found to possess the same characteristics as medicines in general. It is a tonic, that is, it excites the nervous system, thereby reducing its power, so that while it seems to give strength, it is actually causing weakness.

I will not say that this medicine has never seemed to help patients, but I challenge Blanchard or the world to produce one case that has been cured out of fifty that have taken the tonic. I have already been called upon to treat patients who had previously given Blanchard glowing testimonials to the virtue of his tonic. If the patient was cured he did not stay cured.

Question. Which book would do me the most good, the Movement Cure, or Handbook of Hygienic Practice?

Answer. That depends upon a variety of considerations, most of which I am unacquainted with in your particular case. You ought to have both of them.

Question. How can "a man employ this method every day for a thousand years," as suggested in your article on cleansing the bowels?

Answer. This question reminds me of Mark Twain standing before the statue of Columbus in Genoa. After looking at it intently for a quarter of an hour, he said to the guide, "Is he dead?" The guide replied, "Yes, been dead three hundred years." "Parents living?" "No." "What did he die of?" "Don't know." "Small-pox likely?" "Don't know." "Measles may be?"

Question. What is the proper method of checking deafness in a young person of temperate habits, the cause being unknown?

Answer. To my mind the only hope is in discovering the cause through the aid of a competent physician or aurist, and removing it. The idea of checking it when the cause is unknown may do with medical men, but it will not answer from the hygienic stand-point.

Question. In the June number of your journal you say that "the contagion of disease was forever insisted upon." I wish you would tell me in what sense you understand that diseases are not contagious?

Answer. I did not say what you ascribe to me. My words were "the action of contagion, which is forever insisted upon, carries the same notion." Therefore I have never said that diseases are not contagious. The idea intended to be conveyed is that contagious matter does not act upon the vital organs, except mechanically by contact, but the vital organs act upon the contagious matter. Contagion does not propagate itself, but is propagated by contact; and it is the action of the person, or of the vital organs that causes the contagious disease, and not the action of the germs.

Question. What is the best method of increasing and equalizing the circulation of the blood?

J. F. S.

Answer. A correct application of the principles of the nutritive cure is the best and only successful method. A true system of treatment undertakes to heal all diseases by doing this very thing. If a man has a good and equally developed circulation, he is in health, and with a poor circulation he is in poor health. The movement cure is one of the best means employed for this purpose. It should be supplemented with moderate bathing, proper diet, proper clothing, and indeed, all other hygienic agencies. How these are to be employed will be explained in this journal from time to time.

Question. Do you advocate the use of coffee and tea, and do you use them in your health institute?

Answer. Coffee and tea are injurious to all persons because they excite the nervous system to undue activity; and whatever excites the nervous system causes excessive expenditure of vital power. Tea and coffee are therefore not only nervines but depletants, and the effect of their use is to exhaust vitality and destroy health. We do not prescribe them for our patients, nor do they use them.

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The Laws of Health.

It speaks for itself;
Founded upon definite principles,
And the exponent of peculiar ideas,
It has so far had a happy and prosperous career.

It was neither born in thoughtlessness,
Nor reared in mental inertia,
But has grown with the months, and
Developed with the seasons, until
Though a babe in stature it will be found a giant in strength.

The healthy offspring of healthy brains,
Its prospects for strong and vigorous manhood
Are unexcelled by any journal of its age on the continent.

To the invalid it acts as a balm of life,
A cordial sweet to the mind diseased,
And while teaching the sick to recover without medicine,
It instructs the well to maintain health by healthful living.

Its writers are men of experience,
Educated, talented, wise,
Speaking boldly what they know,
And testifying only what they have seen.

All the wide-awake read it,
The thoughtful earnestly ponder it;
While wise men everywhere preserve it for reference.

In a word,
It lives, moves and has a being,
And is surely destined to leave its mark
Upon the generations of men.

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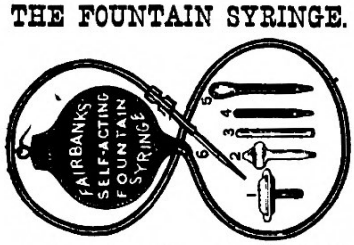
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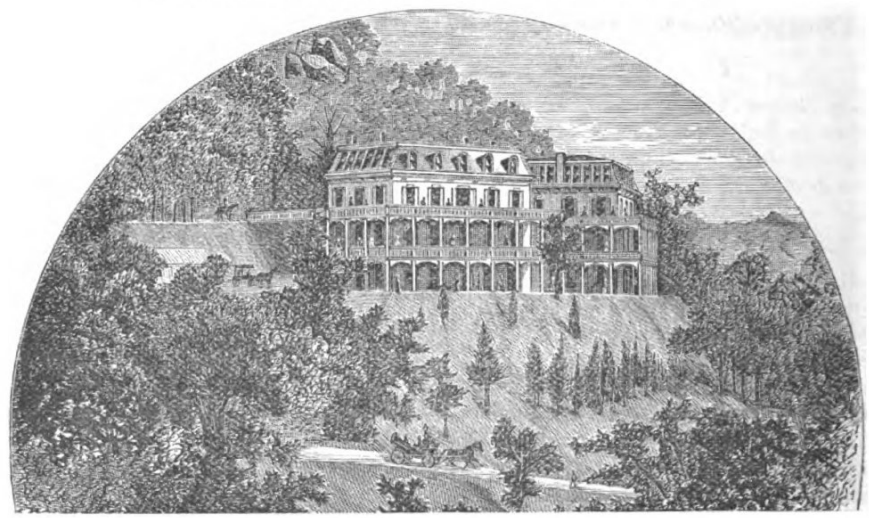
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CARRIAGE-RIDING. We have added for this winter carriage and sleigh-riding as important parts of our treatment, and free to all patients. No extra charges for fire, lights, treatment of any kind, carriage; but only for first examination fee, $5.00, and meals in room, or extraordinary nursing or night-watching in cases of severe illness, and then to cover actual cost.

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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. I. READING, PA., DECEMBER, 1878. No. 8.

Some Startling Conclusions.

The New Theories No. 6. The nervous systems, we have seen, are the great organs of expenditure, and hence, in general terms, depletion corresponds to the activity of these; is it not, therefore, an alarming fact that nearly if not all systems of medical treatment undertake to produce results by an appeal to the nerves? By exciting these to activity there is such apparent gain in improvement of function that physicians and patients seem to be satisfied not to inquire further; or if they do, they are content with present appearances at the expense of future suffering. The primary effect being apparent invigoration, they have lost sight of the fact that the secondary, but more real; effect is depletion, which being continued inevitably results in exhaustion.

This is certainly true of all nervines, (and we include in the classification stimulants, tonics, sedatives, narcotics, anti-periodics, &c.,) and hence the truth that has come to be proverbial, that these agents lose their effects by repetition. Though a small dose will occasion very marked effects at the beginning of treatment, it must be doubled, trebled or quadrupled, in order to secure equal effect after long-continued use. While the vitality is abundant it responds vigorously to any irritant, but the response being exhaustive, the irritant must be increased to induce equal response, until finally no degree of medicine can be effective.

That excitability of nerves and debility are closely connected is proved by the facts of nervousness. The feebleness of the nervous patient is always connected with susceptibility, excitability, restlessness; what would have little influence upon a person in health will often cause a feeble person to go almost wild with excitement. The muscular man will labor long and hard without exhaustion, because the action is of the muscles, and manufacture will consequently equal if not exceed expenditure; but the same labor will readily exhaust the one who puts forth chiefly nerve power because nervous action is exhausting.

The use of nervines, therefore, is an exhausting process; and it is equally true of all medicines. They are all poisons, and "the most violent poisons are our best remedies," says Dr. Martyn Paine, a noted author. And largely because they all produce their effects by an appeal to the nerves; and this in spite of conflicting theories as to whether medicines "act by sympathy" or "through absorption." Though medicines are absorbed, it is certain that their presence is recognized by the nerves which control the functions of the organ supposed to be acted upon, and hence these nerves act vigorously and exhaustively.

With these facts before us, will anybody suggest that the principles we advocate are in agreement with the "sustaining" or "building up" processes of the schools? Do they not undertake to "build up" by the very processes which break down; to sustain by exhausting; and do we not here have the key to the fact that he who undertakes to preserve health and strength most surely loses it? It has been in the past too often and too woefully true, that

> "The surest road to health say what one will,
> Is never to believe we shall be ill;"

and so make no provision for the future and exercise no care for the present. In times past both theory and practice favored depletion; at present the *theory* of the schools is "build up," but the practice is "break down." It was direct and intelligent depletion then; now it is indirect and unintentional depletion.

COLD WATER-CURE is an excellent illustration of the latter. It depletes by stimulating, and this because it is one of the most powerful excitants of the nervous systems. Who doubts it, may try a cold shower bath, or a cold douche—say a two-inch stream direct from the reservoir, with a pressure of twenty pounds to the square inch, to fall on the naked body on rising from the bed on a winter morning. This may be an extreme illustration, but all cold water-cure practices are the same in kind, if not in degree. Packs, sprays, sitz-baths, full baths, cold compresses, &c., are all exciting and consequently exhausting processes, and scarcely, if at all, less so than alcohol, opium, arsenic, strychnine, calomel, quinine, &c. Dr. Angel of Graeffenberg, Germany, who is cited as authority in *Herald of Health* for October, 1878, declares of water-cure: "Its influence is felt most directly upon the nervous system;" and because it is so, if our theories are correct, it is a powerful system of depletion. The milder temperatures are comparatively less effective to exhaust, but are not essentially different in quality; and hence water-cure must be used discreetly, and always in proper combination, if good results would be obtained. To employ water-cure appliances for their nervine effects, as is the usual custom, is an excellent method of pleasing the patient while depletion of both pocket and constitution are going on, but the day of reckoning inevitably comes, and somebody fails to give a joyful account of deeds done. Water-cure in acute diseases for evaporating heat, softening dried tissues, diluting circulating fluids, equalizing temperature, &c., is all-important; but in the treatment of chronic invalids, except for cleanliness, it has proved as great a source of disappointment to those who know it best, as any system of treatment ever did. Water-cure appliances are valuable auxiliaries in hygienic treatment, but they must be discreetly combined with muscular motion and other influences

VEGETARIANISM, under the guise of diet-cure, has been proved another wonderfully depleting system. In the first place, it withholds much material from the organism that it has been accustomed to, and so, can appropriate; while at the same time it permits or causes a wonderfully sensitive condition of the nerves. Touch, taste, smell, &c, are all known to become extremely acute where it is exclusively employed, while in addition what would seem to be a sixth sense, as represented by intuitions, mind-reading, clairvoyance, trance, &c., is developed or rendered exceedingly active. Thus it exhausts at both ends; it fails to supply what can readily be appropriated, and it induces that super-sensitive condition that expends with extreme rapidity.

True, the vegetarian will argue that vegetable food is more nutritious than animal food—will demonstrate by his reasoning that he *should* grow strong, vigorous and hearty; and when he grows to the opposite condition, he excuses himself on the ground that he never had much constitution, and so shifts upon God and nature and parentage the burdens of his own errors. Just so, though the water-cure patient "feels so good" after his bath, and sees abounding health and glorious capacities but a short way off, he nevertheless trudges along his weary way, and finding daily that the longed-for goal is receding from his view instead of approaching, he charges the fault upon his constitution and not upon his practices. Is it not true of persons who are striving to recover from chronic invalidism by the stimulating processes of the prevailing systems, that they are

Always getting well, but never get well?

That they are following a Jack-O'Lantern through miry bog and treacherous quicksands, which will sooner or later engulf them beyond redemption? Let the reader call to mind the hopefulness of the patient as well as of the physician, who through weary months of chronic invalidism was planning for bright days to come, but who, though generally improving under skillful (?) care is nevertheless numbered among the dead.

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Scrofula.—No. 8.

By J. A. Tenney, M. D.

Impure Water. Water is the most important agent upon our planet, it being the first condition of all organization. It works itself into the crevices of rocks, becomes congealed by cold, and by its expansion breaks them in pieces, crumbling them into soil and thus forming the first condition of organic life; so the term *ground* is a fit name to represent the process by which it is formed. Water rises from the ocean in the form of vapor, is condensed and falls upon the land as rain, watering the soil, and then returns to the sea, turning all manner of mechanical industries in its course. It has also an important part in governing the weather and climate. The ocean and lakes hold the accumulations of heat received during the summer, and give it out gradually at the approach of winter, thus mitigating the shock of cold, which would otherwise be too severe for living organisms.

Water is composed of eight parts of oxygen by weight to one of hydrogen, or by bulk one of oxygen to two of hydrogen. When it is ordinarily pure it contains no animal life, hence the common opinion that all water contains living organisms is erroneous. But stagnant water contains more or less of what are termed *bacteria*, or minute animalculae, which are not only harmless in themselves, but are the means of making the water that contains them more wholesome; for they act the part of scavengers and eat the decaying matter which the water contains, leaving only carbonic acid, water and ammonia. In the river Thames in England, no less than 23 species of these organisms have been found.

But decaying vegetable matter is but one source of impurity in the water we use, and comparatively an unimportant one. It is, perhaps, the uppermost in the popular mind, while other and more important sources of contamination are lost sight of. Our senses will very soon tell us whether water contains vegetable impurities, but they are not so keen in detecting other injurious substances. Animal and excrementitious matters are most destructive to life and health, while mineral impurities come next; and water impregnated with vegetable matters comes last in the order of being injurious.

It is remarkable how small a quantity of animal matter in a state of decay in drinking water will cause the most dangerous maladies. It has been shown that it may contain nothing that can be detected by the aid of the microscope, and present no evidence of impurity to the senses, and yet be capable of producing typhoid fever in those who drink the water, if it chances to be in the immediate vicinity of a leaky privy vault. Thus in the city of Rochester, N. Y., two years ago, it was noticed that in one portion of the city typhoid fever was very prevalent, while all other localities were comparatively free from it. Upon examination by the authorities, it was discovered that a certain well supplied water for nearly half the families who lived in this district, and about thirty feet distant from this well was a privy, the vault of which was not water-tight; and although the water in the well was entirely free from unusual taste or odor, yet chemical analysis detected chloride of sodium, which pointed to defective sewerage. It was found that forty families, consisting of 219 persons, used water from this well, while forty-seven families, consisting of 273 persons, did not use the water. These comprised all the families living in the district. Of those who used the water, twenty-three had typhoid fever in a given period, and one had diphtheria; while among the forty-seven families who did not use the water of the well, there were only two cases of the fever in the same period of time. The well was immediately closed, and no other case of typhoid fever appeared in that section for two months. These facts show that we cannot be too careful in placing privies far away from all sources of drinking water.

Thus excrementitious matters are known to produce acute diseases. But it is undoubtedly true that water may be contaminated with such matters to so slight a degree, that it may be insufficient to cause acute disease, and yet be a prolific source of chronic ailments that shall undermine the constitutions of those who use it. Typhoid fever is never developed in a short time, but its causes are operative for months before the fever shows itself. The system throws off the poisonous matter as well as it can, but it will accumulate if it exists in any quantity. So it is very probable, that if the poison is not quite sufficient to cause a violent disturbance of the bodily functions, it may yet be virulent enough to produce chronic invalidism to a degree that it may be inherited as a constitutional condition, and the parties so affected may not be aware of the cause.

But water charged with mineral impurities is a much greater source of weakness and disease than that contaminated with excrementitious matters, for the reason that the use of water containing mineral poisons is so universal, and with no thought on the part of those who use it as to its disease-producing tendencies. Indeed, many think that water impregnated with mineral poisons is even beneficial to health; hence the regular visits of so many people to the mineral springs. Of these, perhaps the celebrated Congress Spring of Saratoga is as bad as any. According to chemical analysis, this spring contains 611 grains of mineral impurity to the gallon, in the following proportions:

Chloride of Sodium, ...	390,246 grains.
Iodide of Sodium and Bromide of Potassium, ...	6,000 "
Carbonate of Soda, ...	9,213 "
Carbonate of Magnesia, . .	100,941 grains.
Carbonate of Lime, ...	103,416 "
Carbonate of Iron, ...	1,000 "
Silex and Alumina, ...	1,036 "
Total Solid Contents,	611,852 grains.

Thus it will be seen that this water contains nearly an ounce and a quarter of mineral impurity to every gallon. It is no wonder that its effect upon the digestive organs is the same as that of cathartic poisons; but thousands of people are ignorant enough to suppose that such water is of real and lasting benefit to their health. But, fortunately for the people, Congress and other mineral waters are attended with expense and are difficult of access, or more would be harmed by them.

Water composes more than three-fourths of the weight of the human body. Its use is to carry out the old, worn-out material from the body, and to bear newly vitalized material to take its place. If all the fluids of the body are made imperfect by the admixture of some foreign chemical element, they must be hindered in their work. The most common form of mineral impurity in water is that which makes it *hard*, and this is almost universal. It is made impure by the salts of lime, chiefly the sulphates, one grain of which will make 2,000 grains of soft into hard water. The tendency of these salts of lime is to interrupt all the vital processes, for the vital forces are constantly called upon to resist their chemical action. There is no doubt that it is one of the greatest causes of the formation of internal calculi, as gravel, stone in the bladder, etc., as it is well known that such diseases abound most in the limestone regions. They are most common in Kentucky, Virginia, Tennessee and Ohio, in this country, while New England is remarkably free from them. The base or nucleus of stone in the bladder is commonly oxalate of lime, or phosphate of lime and magnesia, the latter combination entering most generally into its formation.

But the formation of calculi is only a small part of the mischief resulting from the use of hard water. Many persons who go from regions where the water is soft to where it is hard, find themselves troubled with the form of mucus ulceration known as canker in the mouth, which shows that hard water is a source of corruption of the blood. It weakens every cell of the blood, and so devitalizes every tissue of the body. If it is used continuously by families through succeeding generations, it will tend to fasten the scrofulous diathesis upon their posterity; for a poison that will cause morbid deposits and ulceration, will cause the constitutional deposit of tubercles in the lungs, and will also favor their breaking down in the process of ulceration. The disease-producing effect of any poison habitually used accumulates from generation to generation.

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The remedy lies in discarding any but the softest water, which can be done in any locality. Sandy and granite soils usually abound in springs of soft water; but where the water is hard on account of coming in contact with clay, limestone, or other minerals, its injurious effects may be avoided by the use of filtered rain water. Filters can be procured at a moderate expense anywhere in the country, and filtered rain water is as nearly pure as anything but distilled water can be.

Measles.

By J. A. Tennet, M. D.

This disease is generally supposed to be the result of specific contagion. Further than that our knowledge does not penetrate, and the ultimate cause of this class of diseases is unknown. It has been shown that the *fomites* that give rise to the disease can be carried in the clothing in the same manner as the causes of small-pox.

The period of time elapsing between the time of its contraction and the first symptoms of the attack, ranges from one to twenty days, the average time being from six to ten days. The first symptoms resemble a common cold or influenza. Sneezing, a peculiar cough which is dry and painful, acrid discharge from the nostrils, and intolerance of light, are the prominent symptoms at this stage of the disease, which usually lasts about four days; but it may be shorter or longer. The first eruption usually appears upon the forehead. In a few hours it extends over the head and neck, and in from twenty-four hours to two days it becomes diffused over the entire surface. At first the eruption is in the form of minute dots or specks, resembling flea bites. Their redness disappears upon pressure. After a time they coalesce and form large blotches with curved borders, their color being a deep, dull red. When the eruption reaches the feet it commences to fade. If the disease is not complicated with other disorders, the patient recovers rapidly from this period.

The foregoing is a description of the disease when it is free from complications. But if the patient be very scrofulous, or if the case is complicated with malaria, the disease may become dangerous in character. It may also be complicated with several diseases, the most important of which are pneumonia, diphtheria, bronchitis, etc. These are sources of trouble with children more than with grown people. One form of measles is called *black measles*, which is characterized by a tendency to hemorrhage, and is accompanied with dark colored spots beneath the skin. This is a putrid, and generally fatal form of disease; but fortunately, it is of rare occurrence. In the majority of fatal cases, the danger is owing to complications rather than to the disease itself. But it should be remembered that danger in this disease is very rare, and in the great majority of cases the patient will get well without any attention more than good nursing. In scrofulous patients, such sequels as inflammation of the ear, or enlargement of the lymphatic glands occasionally occur, but such affections are not common. Weakness of the eyes may follow the disease, especially in old people.

In the treatment of this disease, Dr. Flint of the Bellevue Hospital Medical College, New York, and a renowned medical author, says: "In ordinary regular cases, the disease calls for nothing but palliative measures and attention to hygiene." It is a common notion that such herbs as saffron in infusion have a tendency to "bring out" the eruption. This idea is perfectly groundless, but the saffron will not harm anybody. Great anxiety is generally felt through fear that the eruption will "strike in;" so they carefully shield the patient from the air, and cause more trouble than they seek to avoid, through bad ventilation. But the disappearance of the eruption is an effect rather than a cause, and it recedes, if it does at all, because of some complication.

The fever connected with this disease should be treated in the same manner as other fevers. The hot full bath should be given in the shivering stage, to balance the circulation. No treatment should be given to bring out the rash; for nature will take care of that matter if the conditions are right. After the patient is made warm he should be made comfortable in a room of an agreeable temperature; but care should be taken that it is well ventilated. Too much stress cannot be laid upon this measure in all eruptive fevers. The room should be moderately darkened to alleviate the intolerance of light, and full baths at 95 degrees may be given every day to advantage. No fear need be felt that these measures will cause the eruption to recede.

The complications should be treated as though they were distinct diseases. Bronchitis, diphtheria, and pneumonia, as complications, should be treated as stated in former numbers of this journal. The variety of the disease called black measles requires the most careful attention and nursing. The greatest attention should be paid to ventilation, and packs should be given at 100 degrees twice a day. Every effort should be made to assist the blood in purifying itself, for the disease cannot exist if the blood is pure, and cleansing the blood is the first thing to be done. It should be treated in every respect like putrid typhus fever.

The sequels that sometimes follow the disease are best treated with cold applications, electricity, etc., to promote absorption. If the trouble is in the ear, electricity should be used with wet compresses; but in case the lymphatic glands are swollen, the application of ice for a short time every other day and electricity on alternate days will cause absorption of the morbid matters which they contain. In the great majority of cases there are no sequels to treat, but the patient recovers health rapidly.

Questions Answered.

By Robt. Walter, M. D.

Question. Will you please give the cause of catarrh, acute and chronic, also symptoms, and observations as to diet, etc.?

Answer. Catarrh is a discharge of fluid from a mucus membrane, as the result of a passive inflammation of it. Running at the nose and eyes, and hawking up of mucus from the back passages of the mouth, a feeling of heaviness over the eyes, ringing in the ears, a sense of obstruction in the nasal passages—are all symptoms of catarrh. Sometimes this mucus becomes dried and in a state of putrefaction, causing an offensive odor to be exhaled from the nostrils.

The causes of catarrh are first, impurity of blood, as the result, usually of torpid liver and inactive skin. Secondly, there is an obstruction of the external capillary circulation, caused by changes in temperature, want of cleanliness of the surface, or deficiency of vital power. Whatever will cause a determination of these impurities to the mucus membranes, instead of to the natural excretory organs, may be a cause of catarrh.

Treatment. Hygienic diet, pure air, moderate bathing, and all other processes to build up and invigorate the constitution are the proper measures of treatment. Catarrh is essentially a disease of depletion. It is to be cured through invigoration. A practice of the principles advocated in this Journal is the true way to be relieved of this unpleasant disease.

Question. Will you please give me your opinion of the medical virtues of calomel? M. S.

Answer. Calomel is a mineral poison, peculiarly destructive to the vitality of the liver, and hence, when introduced into the circulation, causes violent action of that organ. This violent action causes secretion of the bile to an extraordinary degree, and so the profession have been led to believe that calomel is a proper cure for inactive liver. Calomel will temporarily increase the action of a well vitalized liver with very great certainty, but it destroys the vitality with just as great certainty; and hence it tends to temporarily relieve the disease by the very process that fastens it upon a man. It increases the activity of the liver at the same time that it reduces its power to act. Your experience is but a sample of what has been had in hundreds of thousands of cases in a few years.

Question 2nd. Can a person get rid of mercurial poisons?

Answer. If there is vitality sufficient in the organism, and the proper means are employed, mercurial poisons may be eliminated; though it must be confessed that they are more difficult of elimination than many others, and the effects are more likely to remain than after many other poisons.

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The Laws of Health.

Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

J. A. TENNEY, M. D.,
Associate Editor.

☞ All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., DEC., 1878.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.

2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.

3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.

4. Bleeding, purging, stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.

5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.

6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.

7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.

8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.

9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while

10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.

11. All processes are to be employed to invigorate the muscular systems special and general, while at the same time they tranquilize the brain and nervous systems thus producing quiet, content and rest.

12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing, eating, sleeping, resting, clothing &c., is the only scientific system of medication in existence.

To our Friends.

Please read the offer made on our last page to new subscribers. Would any one hesitate to pay 50 cents for twelve numbers of our journal and receive the Nutritive Cure free as premium? It seems very important to the success of the new journal that our subscription list shall be greatly increased. We are bearing an onerous burden in its publication, but judging from the testimonials to its worth which we are daily receiving, it will be a great success. Who will help in a good cause?

Hold! Enough!

Our friend Kellogg, of the *Health Reformer*, "throws up the sponge." He wants no discussion. In a letter to the editor he tries to be indifferent with regard to us; is too busy to notice anything we say; has passed the point of existence where "if we prick him he bleeds, if we tickle him he laughs." With painful dignity he withdraws from the contest inaugurated by his own assaults. Six months ago he wrote thus:

"They have arrogated to themselves too much and too superior wisdom; and have made their claims too preposterously large, so that while fascinating and dazzling a certain class of minds, they have in general excited only contempt and disgust on the part of the more intelligent classes of community," &c., &c.

In answer to this and much more in the same strain, we have undertaken to state succinctly as well as fully our positions, and have called upon this man either to substantiate or retract. We believe we have made them so plain that a wayfaring man, though a Kellogg, need not err therein, and we have hoped that he would manfully admit his error, or bravely sustain his charges.

To-day he meekly writes:

"As to discussion I would say that I have no time and no liking for personal quarrels with any body. You are entirely at liberty to say about me and my writings whatever you please; I neither feel grieved nor injured by your remarks. I am much obliged for the copies of your papers sent me; shall take pleasure in perusing them when I have time to examine them," &c.

Very well, friend Kellogg, you shall have your way, as we dismiss the subject, desiring only to enter our protest against the attempt to consider it a personal quarrel. It is nothing of the kind, and the attempt to creep out of the difficulty through so small an opening is neither dignified or creditable. We care as little for Kellogg, or what he says, as he does for us; but we differ from him in that while we are anxious for the truth of these matters, he is quite as anxious to avoid it. And could our positions be proved erroneous, he is not the man to hesitate to do so, as his former haste in denouncing us well proves. But at that time he spoke without thinking; while now he thinks without speaking, well illustrating the principle that

"He who fights and runs away,
May live to fight another day."

GIFFORD SPEAKS.

Since writing the above we have received a long, rambling letter from T. V. Gifford, M. D., in answer to our challenge. We have no room for any part of it except that which is devoted to the subject in hand. We have said to this man:

"If you can find the author who lays down as important principles of practice, the second and third principles which I have laid down, and prescribes the methods resulting therefrom, I will frankly acknowledge that I have not made a discovery."

The following is his answer, *verbatim et literatim et punctatim*, and the whole of it that is devoted to the subject. The reader will perceive that he evades completely the question in dispute. He makes no sort of attempt to show that these principles are not new, or that they are untrue, but on the contrary admits substantially all we claim:

"In reply to your letter I can say I have carefully read what you referred me to and am astounded when I see how ably you have discussed the general principles of life and Health as taught by the originaters of the Hygienic system and read how foolish you write about having discovered a new system. I fail to find a single thought that is not fairly presented in every work of Dr. Tralls where the subject of health is discussed. In his published principles on a circular I find it all in a nutshell (and) in the following works of his Noble Pen where everything you have taught in the truth and more too clearly and elaborately, The True Healing Art, Water Cure for the Million and the True Temperance Platform."

After much more equally lucid, in which we are criticized for not inserting his former article verbatim, he winds up with the following peroration:

"I would say I have not denied that you have learned something new or got a new thought growing out of what you learned from others have not called that in question. But my criticism was on your proposition that you had discovered a new system of cure when really there is nor can be but one system of cure which is Vital Abnormal Action Which is the Discovery of R. T. Trall on which all true management of the sick must be based.

Respectfully
T. V. GIFFORD, M. D."

Alas! inadvertently he admits the whole. We "have learned something new,"—have discovered two new principles and applied practices growing out of them; but no where have we ever claimed to have "discovered a new system of cure?" In our advertisements we have claimed to be engaged in the "advocacy and elaboration of a new system," but we have never denied that that system is essentially and truly the hygienic system, and though we claim to have made improvements and even revolutionized it, we are not desirous of decrying or denying the aid rendered by R. T. Trall and others in its establishment. We do not dispute Trall's theory of disease, but we do charge that he fell into a grievous error of practice whereby patients were often depleted to the loss of life.

Can our critic see the point? We claim to be *advocating* a new system, called the Hygienic; but to have discovered one or two missing links by which the system, heretofore largely unsuccessful, has been so modified as to scarcely exist as its former self. And our practice is based upon the idea of nutrition, in contradistinction to that of depletion.

Is it New?

AND IF SO, IS IT TRUE?

One of the keenest and most comprehensive thinkers whom I have lately met, but an invalid who, though always "getting well" has never got well; writes as follows:

DR. WALTER:—Your letter of 30 ult. and back Nos. of journal came duly. I confess you have taken from under my feet what I thought was *terra firma*. I find myself in the "slough of despond" where I have been most of the time for 25 years since I first heard of water-cure. In the winter of 1853, I was presented with four numbers of the water-cure journal, and I was soon in communication with Trall, Shew, Taylor, and others. Then came soaking and starving. Nothing but my faith kept me out of the coffin. But deeper acquantance with Nature led me to distrust my hydropathic oracles.

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Then came Jackson. He was my deity for a while. He could write like a Gabriel as if he were plenipotentiary of Heaven in matters of health. I visited him at Glen Haven, remained six weeks and thought at one time I would find my grave there. In 1871 was at Dr. ——— for 8 months, and though disgusted with the man I stuck to the bath tub at the rate of three and four ablutions per day.

For 25 years I have been vibrating between conflicting theories as regards the true philosophy of life. I am hungry for the truth but with Pilate I must still press the agonizing question, "What is truth?" I have tried vegetarianism, but lately have been governed in my eating habits by the views of Dr. Bellows of Boston, but you knock even that away from me with a will. You make a clean issue and bring to light *many startling points*. I have found a few planks that I have grasped with all the energy of despair, but I cannot yet construct a basis broad and compact enough to commit myself fully," &c., &c. Thank you for the journals. They are ORIGINAL, WEIGHTY and FASCINATING, but I am in the ruts up to the axle and need a long, earnest pull to get on the right track. Yours, C. H. B.

Since the publication of my Hygienic Treatment; What is it? four years ago I have received letters from a score of persons in just such conditions. For years they were students and victims of water-and-diet-cure. Commencing with ill-health, they continued in ill-health; always getting well, they never got well. Struggling with desperation for sweet life, they nevertheless were sunk the deeper through every struggle, until, well nigh exhausted and strangled, they cry out in the agony of despair for relief.

That relief we have been able to furnish in almost every case, and have published from time to time testimonials thereto, and we add one more for the encouragement of our friend.

Some months ago an intelligent and thinking man wrote me from Wilmington, Del., asking for advice. He had been a reader of the "*Health Reformer*" and other health publications, and was trying to live strictly to their teachings, daily bath, vegetarian diet, &c.; and though he had felt well for a while he was losing flesh and strength, and his friends were alarmed at his evident failure in nutritive capacity. On reading our journal he was incited to the inquiry if he were doing just the right thing. He obtained my pamphlets and I gave him advice. The following will show with what progress.

May 18th, 1878.

I have finished reading your little pamphlet, Nutritive-Cure, and must say that it contains more good, solid common-sense than all the works I have read on the subject. The soaking and starving processes had begun to tell upon me, but since your letter and pamphlet I have improved decidedly.

GEO. C. MARIS.

MAY 30, 1878.

I am constrained to congratulate myself on the success I have realized from the suggestions you have given me by letter, and your little books. From following the teachings on diet as I understood them from others, I was destined soon to become a wreck, as I was rapidly losing flesh and vitality so that my body became a burden to carry around. I am now doing nicely.

OCT. 21, 1878.

"You are welcome to anything I have said or can say in favor of the principles you are promulgating. I am sure that I am to-day enjoying better health than I have for years, and friends and family are united in saying, "How well he looks." During the spring and early summer I and my friends for me, became alarmed less I should go into a decline, but by adhering to your doctrines I am now becoming plump, fleshing up, feeling well all the time, and feel that life is becoming worth living for. I thank the Lord and Dr. Walter for my present conditions. GEO. C. MARIS.

NOV. 7, 1878.

I don't know where I should have been had I not been headed off (from water-and-diet-cure) by your pamphlets and teachings. I deem this one of the most important years of my life. I am glad you are receiving encouragement in your work; but

TRUTH WILL ALWAYS PREVAIL.

GEO. C. MARIS.

Freezing Out Fever.

This, we believe, is the latest development of water-cure. A veteran water-and-diet-cure physician, in November number of *Laws of Life*, in answer to the question "How shall fever be treated?" declares:

"Always by keeping the body *till the fever abates decidedly, or ceases entirely*, at so low a temperature that the decaying tissues, or tissues already become effete, cannot be affected by any specific virus introduced into the circulation."

"LOW TEMPERATURE. There is a point at which decay of vegetable or animal tissue cannot take place. If a person sick with any fever, however deadly, can be kept in such temperature he cannot die of it. If he dies, it must be of some disease which would have killed him had he not had fever."

Is this not a wonderful development of water-cure. At or below freezing point animal or vegetable tissue will not decay, though it will at any point above; so that all we have to do to prevent a man dying of fever is to keep the temperature of his body at or below freezing point. Then "decay cannot take place" and therefore he cannot die of the fever. If he dies it will be because he has been frozen to death, not because of the original disease; which is truly a bold and startling proposition.

But the writer continues:

"If a sick person cannot be kept in an atmospheric temperature as low as this, then keep his body in a low temperature—say to its natural standard—maintain this at all hazard and the patient cannot die. A natural temperature of the body is thorough security against death from malarious, or parasitic or germ disease."

True; if by natural temperature is meant normal temperature. No man can die as long as he has the temperature of health. Health is a sure cure for disease, and while a man shows forth the indications of health he is not dead and cannot die. He dies only when health disappears. But the fun consists in keeping the temperature of a dying man at the normal point. Somehow he will get cold in spite of water at 45 degrees. And again, if the temperature of the human body (98 degrees) is low temperature, what shall we call a high temperature. Surely the theory is beautiful; now for the practice:

"The best regulator of bodily temperature that I know is water. If it is as cold as 45 degrees all the better. Keep the patient wrapped up in sheets and these wet in water. Keep the feet warm, head cool, bowels open, and the surface at normal standard, and give fluid foods of which healthy cow's milk is the best that I know, and unless the patient lacks *staying power*—bodily stamina—he will not die of any kind of fever."

All of which would be amusing if it had not its tragic side. If human lives were not continually being sacrificed by low temperatures and other heroic processes we would hesitate to speak. As it is we must clear up this dark corner by letting the light of common-sense shine upon it.

Suppose it is true that excessive heat is the great danger in any fever, is it not true that this heat exists in greater degree in the interior than on the surface? Indeed who does not know that the surface may be comparatively cold and bloodless, as in typhoids and other low fevers, while the interior is burning with heat. Now if the cold water could be applied to the internal parts and the heat radiated therefrom, 45 degrees temperature might be tolerated, but when it is to be applied to the surface, which is perhaps not excessively heated, what then? Shall we apply water at 45 degrees temperature to the part which is already comparatively cold, while the portions that are excessively heated cannot be reached?

Would not the result be disastrous? Who does not know that unbalanced temperature is quite as bad as high temperature. This writer himself admits it, indeed, when he says, "keep the feet warm, head cool and bowels open." Why keep the feet warm any more than the general surface, and why keep the head cool if not to balance the temperature and thus improve the circulation.

But it may be said that this heroic temperature is not intended for low fevers, but only where external heat is excessive. But even then it will not answer. Suppose one keeps the patient in water at 45 degrees temperature, will not the external heat soon be radiated while the internal heat remains, and so both temperature and circulation be rendered still further unbalanced?

We affirm the treatment to be irrational. Bathing is important and wet-sheet packing one of the best appliances, not chiefly to keep the body cold, but to moisten the skin, cleanse the pores, dilute the circulating fluids and render the elimination of impurities through the skin possible. Without water this cannot be done. Water is the great means of transportation for impurities from the body, and fever

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is dangerous largely because the juices of the body become dried and so the means of transportation injured. To moisten the skin is to enable it to radiate heat, to soften and lubricate the sweat glands is to open them up for the passage of impurities; to dilute the circulating fluids is to fit them for circulation through the minute vessels; but to accomplish all these, warm or tepid water is infinitely superior to cold water.

Hot-water baths, indeed, have been proved most efficacious in the highest fevers, and can be used without danger, while extremely cold appliances are always of doubtful expediency. Cold water has long been lauded without rhyme or reason, but the age of reason and common-sense will show the milder temperatures to be infinitely superior. The idea of preventing the propagation of specific causes of disease by reducing the temperature of the body below the point of fermentation or decay is too absurd to deserve further notice. Freezing a man will cure the fever just as truly as will bleeding, but we object to both because, while the disease is being cured the patient is being killed; and the life of a patient is of more consequence than the success of a physician.

Who says that the days of heroic water-cure are past?

Prevention versus Cure.—5.

By Jas. S. Cooley. A. M., M. D.

Having considered the obligations involved in prospective parentage, and shown that the lives of parents, previous to the conception of a new being, as well as their condition at that time, have much to do in determining the character of offspring, it is in order to examine the influences in operation during the nine months of intra-uterine life. An ovum, cast off at maturity from the mother's ovary, having been vivified by contact with the male element of generation, finds a secure resting-place in the uterus, and, under the impulse of forces within itself, now enters upon a process of development, that is to continue, unless interrupted by accident, until the full stature of a human being is attained. This minute germ, measuring not more than the one-hundredth of an inch in diameter, is the dwelling-place of immortal life, and freighted with immeasurable possibilities. From the first moment of conception, there is life, and they who impiously seek to destroy the growing organism are guilty of murder. We may never know all the hidden forces which have combined to produce a Shakespeare, a Franklin, or a Webster; the origin of life is a problem which may remain forever unsolved; yet we may be certain that the differences between men are the result of influences extending back to a period before their existence began.

Conception having taken place, the direct influence of the father upon the new life ceases. Henceforward all impressions from him must be through the mother. By kindness, sympathy, and tender solicitude, he may lighten her burdens, sustain her ofttimes drooping courage, and brighten her daily life; aiding her in giving to the child he has begotten the best possible conditions for healthful development. On the other hand, by harsh treatment, cross words, and heartless manner, he may fill her life with bitterness and sorrow, and implant in the unborn child a bias, that shall manifest itself, later on, in insolence and disobedience. Who shall say how much of the irreverence and disrespect prevalent among young people is due to lack of sympathy and mutual good-feeling between parents, during the ante-natal life of their children!

Be that as it may, however, the influence of the mother is most important. It is in her power, if she will wisely use the means at her command, to overcome many of the adverse circumstances, which threaten to injure her offspring, and to give birth to a child physically and mentally the superior of its parents. In view of this, every mother in whom a new life has commenced should enquire, most seriously, "How shall I make the most of my child?" Instead of repining over her condition, she should enter upon a systematic course of life, and seek, in every possible way, to surround the growing child with the most favorable circumstances. In this plan of life, the two-fold nature of her child must not be forgotten, and provision must be made for the proper development both of body and of mind.

Her own physical condition must be her first care. If she is debilitated from any cause, and assumes the burdens of maternity with an exhausted stock of vitality, her child will suffer in consequence, and unless she can regain her lost vigor, will come into life with a feeble frame, and fall into an early grave. It is said that from one-fourth to one-half of all who are born, die in infancy. This fearful rate of mortality cannot have been intended by Him who ordained the laws of reproduction. Sinful indulgences and careless habits, in so many instances, have robbed the mother of her strength, until she is able to give to her child sufficient vigor to linger but a few days or weeks, and succumb to the first adverse breath.

During the first half of her pregnancy, this attention to the physical condition of the mother, as affecting the bodily development of her child, is most important. Her diet should be nutritious, and easy of digestion. She will lessen, very materially, the pains of maternity, and at the same time relieve the constipation which so often accompanies the whole period of gestation, by subsisting very largely upon ripe fruits, rice, vegetables and young meats, avoiding all articles of food that contain much earthy matter. She should take enough exercise, every day, to keep the functions of life in activity, without fatigue or exhaustion. Her skin should be kept in its normal condition, as an organ of excretion, by frequent baths. The air of her chamber should be rendered pure and wholesome, by appropriate ventilation; and last, but not least, she should retire early, and sleep at least eight hours out of every twenty-four.

One word here, as to the effects of undue labor, during gestation. We often here it spoken of, that Mrs. So-and-so brought up a large family of children, and did all the work for her growing household herself; and regret is expressed that the mothers of the present generation are getting so lazy, or so sickly that they cannot do the same thing. A little observation will show that the children of that hard-working mother, whose industry is so much extolled, have, somehow, never been as strong as she was, or have always been "constitutionally tired;" her weariness, and excessive toil being reproduced in a lowered tone of the system, and in a disinclination to labor.

Under a regimen such as has been described, avoiding all occasions, so far as possible, of undue excitement, as being exhaustive of vitality, and striving to obey in all respects the law of moderation, the young mother may look forward to her confinement with glad anticipations, confident that her child will enter life with a fair prospect of reaching maturity. The strange longings which many pregnant women experience will give little annoyance to her who lives correctly. Whatever she desires that she may properly have, she obtains, and spends no time in nervously longing for what she cannot get or ought not have.

As the expectant mother enters upon the last half of her gestation, the mental and moral development of her unborn babe demands attention. Cheerfulness of disposition, hopefulness, regular and orderly habits of life, and avoidance of pride, jealousy, anger and all other baleful passions, are of importance from the outset, to insure the best results. But now, the wise mother will renew her determination to live a pure and upright life, and to dwell continually in the sunlight of contentment and happiness. The principle which underlies this whole subject is this: The child in the womb is influenced, not by the momentary emotions and transitory feelings of the mother, but by the faculties that are in active use during gestation, and by her habitual frames of mind. Just here, then, is where every mother may do much for her child. Whatever quality of mind she deems desirable, and wishes to see reproduced in her offspring, let that quality be cultivated in herself. All habits of untidiness and disorder, either in the care of her person or in her surroundings should be resisted and overcome, and she should strive to acquire habits of neatness, order and regularity. The constant effort in this direction, even against great disadvantages, will surely result in good to her child. Would she give to that child an

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aptitude for any particular pursuit in life, or implant a taste for reading, mathematics, science, or the languages, let some portion of every day be devoted to study and thought in that direction, and though she may not attain to proficiency herself, she cannot fail of giving direction to the mind of her child.

Has she a decided taste for music, or art, and are her circumstances such that she must forego the cultivation of these branches? Let her not repine that her gifts are rusting out in idleness, and thus cast a cloud of sadness and disappointment over the young life within her. Many a woman has talents given her for her children's sake, and not her own. Let her cherish these inborn aspirations, and though she may never realize them in her own life, she shall see them blossom and bear fruit in the lives of her children. Nay more! Has the mother been denied gifts of mind which she would gladly possess, or transmit to her children? By pondering often upon this desire, and exercising what mental force she has in these directions, she may bestow upon her child the very talents she does not possess.

But the child is to be a moral being, as well as an intellectual one. As such, he will be accountable for the use made of his faculties. The first requisite for such a being is the power of self-government. To live a successful life, one must have such self-control that he will persevere in a course of rectitude and honesty despite all the allurements of temptation. Alas! How many moral wrecks lie stranded all along the shores of Time, which owe their ruin to a lack of self-control!

Mother! Your unborn child will be exposed to the same dangers. Would you bestow upon him the surest safe-guard against such disaster? Then carefully and persistently discipline yourself to habits of self-control, and strengthen what will-power you now possess, by a determined effort to overcome all adverse circumstances.

Whatever moral qualities are desirable, they are the ones to be habitually cherished by the mother, and her offspring will be truthful or deceitful, selfish or generous, avaricious or charitable, according to her own habitual feelings. Reverence for authority, and respect for a Supreme Being will find expression in the child of a reverent and God-fearing mother, whose religion is a vital reality; while the irreligious and Sabbath-desecrating woman of fashion, who lives only for self, need not be shocked to see her own character reflected in her child

As was said in the outset of this article, the father's co-operation is important in all this maternal work. But how often is this withheld? How often must the burden of motherhood be borne by woman, uncheered by the sympathy and love of him who has forced it upon her! Is there no relief for these weary and sad-hearted ones? Or does this law of transmission doom them to be the mothers of children who shall forever suffer the consequences of their father's sin? Far otherwise. You, O heavy-burdened mother, if you will rise above your adverse surroundings, and wisely employ the means at your disposal, may so impress your own hopeful, truthful, determined character upon your child, as to surpass even your most ardent wishes. May we not say, in conclusion, that the mothers make the men, and that no higher, holier ambition can fill a woman's heart, than to be the mother of a healthy, pure, and noble-minded child?

SANDY HILL, N. Y.

Home Treatment for Chronic Diseases.

In our May number we gave a description of the wet sheet pack, full bath and sitz bath. But for chronic diseases only the latter of these is often useful in home treatment. An excellent form of bath for the invalid at home is

The Hand Bath. This is administered by an attendant, the patient lying on a couch on a sheet and blankets, which are drawn over him. The attendant dips his hands into warm water, and seizing the arm of the patient near the shoulder, rubs and squeezes the flesh, rewets his hand once or twice until the whole arm is wet; and it is rubbed while wet not more than ten or fifteen seconds, when it should be immediately rubbed dry with a towel or sheet, and then thoroughly manipulated with the dry hands of the attendant from the shoulder downward to the fingers for one or two minutes. The process of manipulation is, to seize the flesh in the palm of the hand and rub and squeeze it until it is warm. Of course it should be done gently, so as not to cause pain or suffering to the patient. Cover this arm warmly, and do the same with the other arm. Then the legs one by one, then the chest and abdomen, and finally the back. Each part should undergo the process of rubbing with the wet hand, then with the towel, and then with the dry hand, the whole time occupied not being more than ten or fifteen minutes. When the process is completed the patient should be put into a warm bed, covered up, and left to sleep. The feet should be thoroughly warmed before the beginning of the bath, and if necessary, warm bricks should be applied thereto during and after the bath. This is one of the best forms of bath for home treatment, inasmuch as it requires but little water and little machinery; a healthy, kind, magnetic attendant, in a warm room, being the essential points.

THE DRIPPING SHEET WITHOUT AN ATTENDANT.

To accomplish this have a wash tub half full of warm water. Stand in it, and have a long cotton or linen night gown, which dip thoroughly in the water and put on dripping wet. Rub yourself thoroughly, arms, legs, and chest for two minutes. Pour over you a pail of milk-warm water and rub again for half a minute. Then drop off the wet gown, step out of the tub, and throw over yourself a dry sheet or gown. Wipe thoroughly dry and go to bed for a nap.

TEMPERATURE FOR BATHS.

For chronic invalids, as well as most other persons, warm baths are almost always serviceable; indeed, I do not believe that one out of a thousand will be benefited by water colder than 90 degrees, which is about milk-warm. Cold bathing is always of doubtful expediency, while warm bathing has everything to be said in its favor, while at the same time it can never do harm, if not used with too great frequency. Cold water cure has about disappeared from intelligent practice, while warm and tepid baths have been correspondingly adopted.

TIMES FOR BATHING.

Three hours after breakfast is about the best time for invalids. But if a bath cannot be had in the forenoon, then at night, just before retiring, say at eight o'clock, is an excellent time, provided the person is not fatigued by labor or excitement of body or mind. A bath in the evening for persons of sedentary habits, invalids as well as any others who are not engaged in laborious occupations, is often of great service. The cool morning bath is a great mistake; though it excites the nervous system and stimulates to activity of the mental functions, it nevertheless tends to reduce the circulation in the surface and extremities, derange the digestion, and interfere with the general functions of life. Morning baths and cold baths are a piece of the same practice, and are to be discarded upon the same grounds. The warm bath, and in the evening if necessary, will be found in accordance with the truest wisdom and the widest experience.

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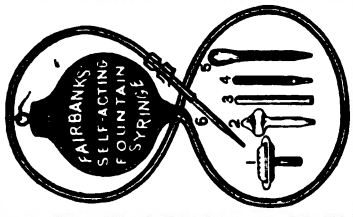
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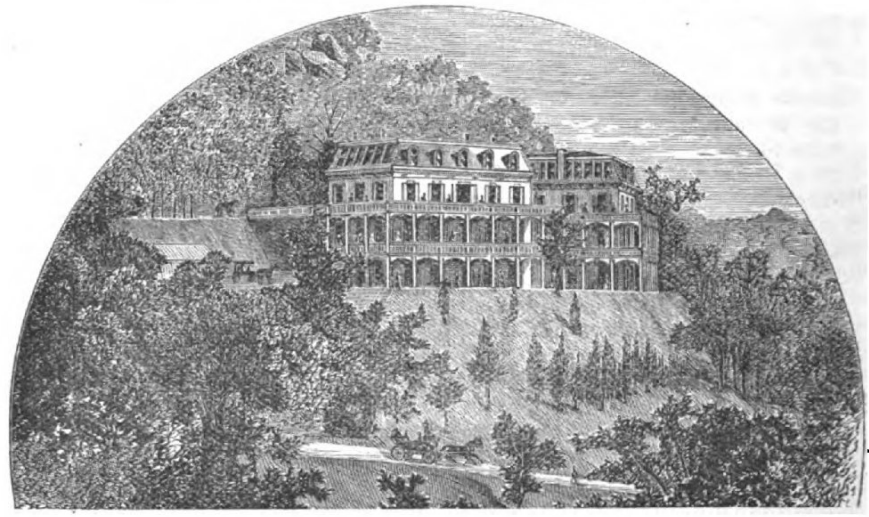
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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. I. READING, PA., JANUARY, 1879. No. 9.

Invigoration without Stimulation.

The New Theories No. 7. All physicians of all schools, agree that invigoration is an important point of practice, especially in the treatment of chronic invalids. To sustain, "build up," invigorate, is an element of practice not often neglected, and our criticism upon the schools, is not for a failure to make the effort, but for making the effort in a way that must end in failure. They have mistaken stimulation for invigoration, when in reality, as we have shown, it is the opposite—depletion. By appealing to the nervous system, the attempt at invigoration defeats itself, because the nervous system or systems expend vitality in ratio to their activity, and though the patient temporarily feels stronger, he is nevertheless hourly being depleted. Vitality is put forth, exhibited, under the spur of the medicament, but that very exhibition is equivalent to its loss. For in this, as in other things, we cannot put forth and yet preserve; use and yet have—"we cannot eat our cake and keep it too."

In these respects we advocate a new system. *Invigoration without Stimulation*, and consequently, invigoration that is permanent. We would invigorate solely through improved nutrition, and not by excitement of nerves; and the improved nutrition to come by way of invigoration of the organs that make and purify and vitalize the blood, which represents the life.

By doing this we have very different results from those obtained by the schools. A correct illustration of all drug and other varied processes of stimulation is that they build up as it were by the use of material dug from the foundations; they make a man stronger (apparently) by weakening the organs that produce strength; they bring to the surface and expend the latent energies of the system, so that too often there is sudden and violent collapse or relapse. Relapses are the frequent attendants on the medicating processes of the schools, while they are absolutely unknown under the processes we advocate. We do not dig up the foundations but strengthen them; we refuse to lift a man up higher than the organism can readily sustain; we would have exhibition of physical energies only to the extent of the possession of physical power; an invalid's strength should rise as a boat would rise on the surface of the water because of a great accumulation of it, and not as on the crest of a wave because of disturbance of it. Under processes of medication he is up to-day and down to-morrow; rising on the crest of the wave he is necessitated to sink correspondingly into the trough of the sea; while through nutrition on the other hand, he rises only as the vitality accumulates, and all exhibitions are of real and not fictitious power. Action by stimulation necessitates equal reaction; we sink below the natural level to an extent corresponding to the previous elevation; but action as the result of nutrition is action without reaction; elevation without corresponding depression; a steady, even, gradual rise to health, which once obtained, is permanently established. The important question is now before us; how shall we accomplish so desirable a result? We answer through the application of new and valuable principles.

If the nervous systems, organic and cerebro spinal, including the brain, are the great organs of expenditure, it is just as true that the muscular systems, voluntary and involuntary, are the great organs of manufacture. Breathing, digestion and circulation are carried on chiefly through contraction and relaxation of muscle, and to invigorate the muscular systems, and especially the muscles more particularly engaged in the performance of these functions, is to produce all that we claim. When the voluntary muscles are well developed, voluntary muscular labor is easily performed, as witness development and performance of pugilists, gymnasts, pedestrians, boating men, &c.; just so when the involuntary muscular system is developed and vigorous, the functions dependent thereon, are easily performed; that is, manufacture or production takes place in great degree with but quite moderate expenditure. It would be very exhausting to a feeble convalescent or depleted dyspeptic to perform the feats easily performed by gymnast or pedestrian. And not alone the voluntary feats but the involuntary. As he would fail to compete in lifting or walking with gymnast or pedestrian, so he would equally fail to eat or breathe or circulate blood as he can.

Does it not become evident, therefore, that the manufacture of vitality is to come through a proper development of the muscular systems, voluntary and involuntary, but particularly the latter. All observation shows this to be true, that the muscular man is the strong man; and we affirm it to be absolutely impossible that vitality or vigor can co-exist with feeble involuntary muscles. If the muscles of chest, including the diaphragm, of the abdomen, including those of stomach and bowels, and of the heart, are weak, flabby, inert, it is utterly impossible for vital vigor in good degree to exist. These functions must be performed vigorously in order to rapid production, and vigorous function can come only through vigorous organs. In order to invigoration of the whole organism, therefore, we are to invigorate or develop the muscles upon which breathing, digestion and circulation depend; in a word, chiefly the involuntary muscular system.

How shall it be done? Through nutrition of course; and hence any processes whereby the muscles of chest and abdomen, and indeed all the muscles of the body, are made to grow strong and active, are to be employed. Let not the reader jump to the conclusion that exercise is the only means, and so make the mistake often made; exercise is an important agency of development and vigor, but not by any means the only one. Rest is also important, but rest alone will utterly fail; bathing has been lauded by many, but bathing as a cure-all is very delusive; neither will eating or drinking; but any and every means that will improve the circulation of the blood in the parts is to be employed. Exercise is good to the extent that it does this and no further; so is rest, so is bathing, &c.; and hence the kind and quality of the exercise, of rest and of bathing, are very important.

How shall we determine these? We have a principle to guide us in this matter that is not generally known, and hence by applying it, we are led to quite different conclusions and practices from those in vogue. As we have seen in former articles, the great majority of invalids are so because of over-action and consequent excitability of the nervous systems, too often induced by wrong medical treatment, and as the nervous systems are the organs of expenditure, while the muscular systems are, in general terms, the organs of manufacture, it follows that in order to the best results, all appliances must be such as will quiet the nerves while they develop the muscles. Exercise that does this is good exercise; if while we are developing the involuntary muscles by this means, we are, at the same time, reducing activity of the nervous systems, we are gaining in two ways—we are both saving and making. Bathing that does this is also valuable, while that which excites the nerves correspondingly to any increase of muscular development, is comparatively valueless if not positively injurious. Rest which quiets the patient, and allows proper distribution of the blood is valuable, but enforced idleness, which causes the invalid to fret and chafe will not be greatly serviceable. Food and drink are to be used also with a clear conception of this principle. That

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which excites the nervous system must be rejected, while the digestive, breathing, circulatory and other organs shall be taxed only by material that can make good blood and good tissue.

In a word, all exercises, material or appliances that produce muscle, and especially the involuntary muscles, without corresponding increase of activity on the part of the nervous systems, are to be employed; while all that excite nerves equally with muscles are to be rejected. Proper exercise, bathing, rest, &c., soothes, quiets, and renders easy and comfortable; while those which are improper soon make the invalid more wretched than before. Hence indiscriminate exercise, so often advised, soon proves itself both injurious and unpleasant, and so is relinquished. Bathing is tried with like results. Diet is equally proved a failure; and the wretched invalid too often sinks into despair. And yet he could enjoy and be benefited by the right exercise, or by the proper bathing and diet, if his physician but knew how to prescribe.

Invigoration of the organism, as we have said, is to come through nutrition; and all nutrition takes place in and corresponds with the circulation. Whatever will improve circulation, therefore, is good treatment, and vice versa. Now we are to remember that blood flows to a part corresponding to the taxation of the part, and hence that every invalid whose nervous system has been unduly taxed has congestion, or excessive flow of blood to the nerve centers, while the muscular systems are correspondingly suffering for want of blood. Exercise or bathing, or dieting, therefore, that taxes the nerves equally with the muscles does no good; if it taxes the nerves more than the muscles it does positive harm, because the congestion is increased rather than relieved, and so general nutrition is impaired rather than improved. Inasmuch, therefore, as the nervous systems of all invalids are unduly taxed and the central organs congested, all treatment to be valuable, must relieve taxation there, and increase it in the mucles. Exercise while it taxes muscle, therefore, must not correspondingly tax nerve, but rather relieve nerve, and because ordinary exercises fail in this, are they to be discarded. Boating, gymnastics, lifting, &c., have been proved valuable exercises for persons in health, but for invalids must be used with great care, and with especial reference to this principle.

It is here that the Movement-Cure comes into play. It is a system of exercises peculiarly adapted to the feeble, but particularly a system that can be used, as no other single system can, to develop power in the muscular systems without corresponding taxation of the nervous systems. Indeed, while it increases vigor and activity of the muscles, it reduces activity of the nerves, and so balances the circulation, improves nutrition, reduces expenditure and increases manufacture. But there is another and important advantage in the Movement-Cure over and above gymnastics or other voluntary exercises; these tend to develop chiefly the voulntary muscular system, while the Movement-Cure is specially adapted to the invigoration and development of the involuntary muscles. The kneadings and percussions of the abdomen, and the manipulations of the whole surface, administered on the principles of the Movement-Cure, in connection with auxiliary movements, are of more consequence, we believe, than all other exercises combined; for they not only increase power in the parts but they at the same time induce present activity of the breathing, digestive and circulatory muscles, whereby vitalization of the whole system is produced. But we must defer till another time for a fuller exposition.

Scrofula.—No. 9.

By J. A. Tenney, M. D.

We have shown in a previous article that perfect action of the involuntary muscles depends upon the normal action of those which are voluntary, and that the worst forms of scrofulous disease are the direct result of an indolent life physically. A proper balance of all the bodily functions is necessary to the greatest exhibition of health and strength. This rule holds good even in matters that seem to be of minor importance, and consequently are overlooked by the great majority of people. We have it on no less authority than Dr. Brown-Sequard, that the use of the right hand to a greater degree than the left, which is so universal, tends to cause a class of nervous diseases that are confined to one side of the body, because of unequal development. In his lectures in the Lowell Institute in Boston, a short time since, he advocated "the equal training of both sides as an urgent necessity."

No proper development can be reached without severe exercise. It is a mistake to suppose that very severe exercise is injurious, in itself considered. But the time of its continuance should be in inverse ratio to its severity. When exercise is prolonged so as to encroach upon the proper hours of rest, or so severe as to waste vital power faster than it can be supplied, it becomes a source of injury. It does not harm trotting horses to go at the very top of their speed, if the exercise is not too long continued; indeed, stretching their powers of speed to the utmost tension tends to promote their development. We saw Miss Bertha Von Hillern walk 360 miles in six consecutive days, and the next day after it was over she ran down three flights of stairs and walked to church. So well had she learned the relations between exercise and rest that she could perform such seemingly extraordinary feats with no apparent permanent loss of vital vigor. Indeed there is every indication that such exercise improves her health. But she takes an abundance of rest, and walks fifteen miles a day between times. When we speak of excessive labor therefore, we refer to that which exhausts the system beyond its ability to recuperate in the intervals of labor. It then depletes the system beyond its power to supply the waste, and permanent weakness or a condition of starvation is established. It is very possible for people to work themselves to death, as has been illustrated in the factory, in the workshop, and on the farm, a thousand times over.

Many farmers in this country rise at four o'clock in summer, and at five in winter, working continuously, with the exception perhaps of half an hour at each hurried meal, as long as they can see; say from fourteen to sixteen hours a day in summer, and perhaps ten or twelve in winter. In cold weather the exhaustion is much greater than in summer, on account of the added effort necessary to protect the system from the cold. When they get home at night they take strong tea or coffee to keep them awake, or are obliged to go to bed from extreme exhaustion. Many use stimulants stronger than tea or coffee. These excesses may or may not produce scrofula and consumption in the individual, according to his natural powers of endurance. But if he is ever so strong, when the spring comes a great languor comes over him, and he is fortunate if he escapes without a severe term of sickness. If he begets children under such circumstances, they will inevitably be born tired, and the chances are ten to one that they will inherit a tendency to scrofula as a result of the parental depletion. Like produces like, and although it is true that general characteristics are transmitted independent of outside circumstances, yet in many cases the conditions affecting the parents at the time of conception have everything to do in deciding the question whether the children shall or shall not take on the tendency to scrofula and all its train of diseases.

In the factory the operatives are often confined in a filthy atmosphere, especially in woolen mills, where ventilation is considered out of the question on account of its damage to the running of machinery; the proprietors never thinking of the machinery of life which is thus being exhausted with frightful rapidity. The operatives are often made to breathe such an atmosphere eleven or twelve hours in the twenty-four, with scarcely any recreation, unless it should encroach upon the hours of sleep. Labor can never be sustained so long with impunity in the unventilated room as in the open air, for the labor breaks down the tissues of the body, and they cannot be supplied ordinarily well unless the blood is continually purified. So it is very easy to explain

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the fact that consumption prevails in the factory districts of New England to a greater extent than in any other locality in the country. Let farmers, and those who work in the factory or workshop, take more rest and work less hours. It would more than be made up to them in added vigor and freedom from sickness in the course of the year.

Mental labor, in itself considered, is not at all prejudicial to health; indeed, it favors vigorous health and long life. But when a man comes to regard himself as only a mind that can study and think, and ignores the fact that the voluntary muscles are the mainsprings in the machinery of life, he will eventually become sick from over-mental stimulation, which is often as destructive to the nervous system as the use of stimulating liquors.

While people are in the body they cannot successfully disregard its needs. They cannot work their brains sixteen hours a day with any sort of impunity. If it is attempted, the brain will soon come to have more than its share of blood, and will also become a reservoir for an undue amount of nervous force. This will increase nutrition in the brain and urge the breaking down of its tissue as waste matter. This becomes greater and greater and more out of proportion to the changes wrought in the system in general, and after a while the attempt to work is like trying to run a clock after the temper is taken out of the springs. The body refuses to nutrify the brain as fast as it becomes worn out, and nervousness, sleeplessness, and congestion of the brain render it impossible to think at all.

Nothing is better settled, than that each individual is limited as to the physical power he or she can put forth. There is no doubt that the amount of mental force which any person is able to manifest and develop is subject to a similar limitation. If we try to exceed the natural limit, we contradict our own efforts, and may lose what we have acquired. Says Dr. M. L. Holbrook, in his admirable work on the "Hygiene of the Brain," just published:

"There comes a time when knowledge decays in our brains, and we forget what we once knew well. This may be caused by weakness, or deficiency of brain substance. All our powers are required to retain what knowledge we have, and if we acquire more, we must forget something we already know. We lose at one end as fast as we gain at the other. There is not room in the brain for all knowledge, and the hygiene of the nervous system demands that we do not burden ourselves with that which is useless. We must know the limit of mental power. If we think there is no limit, we deceive ourselves and do harm. If, on the other hand, we know the extent of our powers, we can work within such limitations as are safe."

Thus we see that nervous exhaustion from over-strain is a prominent cause of scrofula, and should be fully considered in enumerating the agencies that tend to fasten this condition upon two or three successive generations. The only proper remedy for this state of things so far as it is caused by over-work, is to make it a rule never to work so as to make it impossible to get completely rested in the intervals of labor, unless it cannot possibly be avoided, for a short lapse of time. Our systems of labor are constructed upon the unfortunate principle of making the powers of the strongest the standard for all in the matter of compensation, and so are in strict accordance with the doctrine of the "survival of the fittest," which in this connection is best rendered the "survival of the *fightingest*." All our industries are open to this objection, that they force a large class to live too fast for their best mental or physical development. It is better to be in moderate circumstances, than to be sick or depleted through life, and to be liable to bequeath to posterity the ruinous inheritance of a scrofulous constitution.

The Holidays at the "Home."

The fifty-odd persons resident at Dr. Walter's Mountain Park Home, seeking recuperation and health, many of them far away from family and old-time friends, have proved themselves not destitute of the capacities for enjoyment. During the holiday season they have entered into its spirit with much enthusiasm. The Thanksgiving turkey was devoured with appetite, and the social and religious services of the morning were all that could be desired. But at Christmas they outdid themselves. In the first place we have had good sleighing, and all have enjoyed the merry jingle of the bells through the frosty air and over the frozen snow. A great event was the tree on Christmas-eve, which for a week had been in preparation. The children especially were on a tip-toe of excitement for many days, while the children of a larger growth were also interested in what was to come. At the hour of half-past six all assembled in the spacious parlors, and the ceremony of exposing to view the well-lighted tree laden with gifts of all descriptions, and their distribution was gone through with. Several hundred were handed out during the evening, and many a jest was heartily enjoyed by all present. After the children were well laden, and the little mementos were distributed to all, for no one was forgotten, some richer presentations were made. We need not mention the chairs, hobby-horses, books, etc. Each of the helpers received a handsome present from the Drs. Walter, and the physicians were equally well remembered by those under their care. On Christmas-day we had a very fine discourse from the Rev. J. Wood Miller, one of our number, and the singing of Christmas carols by Dr. Tenney was also a notable feature of the forenoon. In the evening all assembled in the parlor to join in sacred music, or to hear read excellent selections of prose and poetry. On the Sabbath following, Dr. Walter preached an eloquent discourse on the Rejection of Christ by the Jewish Nation, from the text "Is not this the carpenter's son?"

And so the days wing their rapid flight, bringing to our "Home" as much of peace and true enjoyment as is to be found anywhere else in the world, we believe. To be sure some of us here find time to get acquainted with ourselves, and though the acquaintance may not be always entirely satisfactory, we are nevertheless improved by it, and could wish that we had had the opportunity before. But better late than never.

Which Pays, Hygiene or High Living?

We have seen the straits to which Spurgeon is driven at 45 years of age. Let us compare with him Dr. Eliphalet Nott, President of Union College, N. Y., a great temperance man, who, between the ages of twenty and thirty, was threatened with death by consumption, and so was compelled to adopt varied hygienic measures, whereby to preserve his health. He died a few years ago at the age of ninety-six, I believe. Now compare William Cullen Bryant, the poet, with Bayard Taylor, both of whom have lately passed away. Bryant, the cold water drinker and the hygienist in and about all his habits, and Taylor the beer drinker, addicted to high living generally. One dies more than eighty years of age, and the other under fifty. These are modern instances. We do not need to go back to Cornaro, who at thirty was on the verge of the grave; but by careful habits attained to the age of one hundred years. Beer guzzlers may seem to prosper for a time, bnt unquestionably, they soon reach their end. We had almost forgotten Hon. Thurlow Weed, who, now over 80 years of age, is actively urging the temperance cause among the people, in comparison with Edgar A. Poe, the poet, who died at 30, or Robert Burns at 38, both addicted to strong drink.

News from the Home.

Health Conventions are the notable feature of the present winter. Every Thursday evening is devoted to the discussion of health topics chiefly by Drs. Walter and Tenney, in answer to any questions that may be handed in during the week. Each meeting has so far been both profitable and pleasurable, and we anticipate much therefrom during the weeks to come.

Dr. Walter is just now giving a series of exceedingly interesting lectures on The Science of the True Healing Art, which are duly appreciated. He had just closed a series on The Science of Mind, much to the enjoyment and instruction of a large audience.

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Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

J. A. TENNEY, M. D.,
Associate Editor.

☞All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., JAN., 1879.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be charged and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging, stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan.—the plan of depleting the system.
5. The Nutritive-cure on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems special and general, while at the same time they tranquillize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing, eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

Christmas Greeting.

BY ANNA L. MUZZEY.

Greeting, O founders of the "Mountain Home,"
The Christ, whose life we celebrate to-day
Stands at your doors, and smiling down the way,
Drops benedictions upon all that come!

The law of miracle is here revealed,
And every suffering, disordered soul,
Drawn hither by the wish to be made whole,
Believes, obeys, rests happy, and is healed.

For the Laws of Health.

The New Year.

BY ESTELLE THOMSON.

We have bidden farewell to the twelve months just past,
Let us give the new-comer good cheer;
Let us work with a will that the future be bright,
Let us plan something grand for the year!

Let us pledge with our hearts, let us pledge with our hands,
Let us pledge with our voices as one,
That we will not refrain, while we've health as our own,
From any good work to be done.

We will live down oppression, false habits and wrongs,
Will remember the poor as our brother;
We will simplify life, make it nobler each day,
And through all we will *help one another.*

Mourning for the Dead.

We are pleased to note that influential divines in the cities of Philadelphia and Reading have taken up this subject, and, seconded by the newspaper press, are making an impression upon public opinion that will be felt for good. Ten years ago we took occasion to express ourselves quite fully on this point, and have found no reason to change our opinions. The present methods of mourning for the dead are, to say the least, barbarous. It seems strange that men and women professing to believe in eternal existence beyond the grave, should yet be so devoid of good sense as to render themselves objects of commiseration because of having suffered the loss of a friend. Surely, if we believe in the life beyond, and in Christ as the Saviour of men, we need not go mourning all our days because one of our brethren has been called up higher. But even if there is real cause for mourning, for anxiety and sorrow, how senseless the plan of arraying ourselves in a forbidding costume, and one which is unquestionably injurious to physical health!

The mourning costumes of our day are particularly oppressive on woman. We pity the widowhood of a Hindoo woman, and marvel at the superstition that can cause her to become the victim of the suttee, but when we know the truth, it becomes as reasonable as the practice of her christian sisters of this fair land. For she expects to meet her husband and enjoy his companionship in a better life, while we of the christian world mourn without rhyme or reason. Why whine at the hand that guides our destinies? Rather let us put on bright robes and cultivate faith and joy when one has fallen asleep in the Lord, when his trials and troubles and sorrows are over. He has only gone a little before to the land to which we soon must follow; and if we believe as we profess to, it is unreasonable to adorn ourselves in hideous garments, whereby to keep alive our sorrow, or to give notice of our bereavement.

But there is another and more practical aspect to this case. Funeral costumes and funeral cortege, rich adornments and foolish trappings, in the attempt to show our respect for the dead, or to "keep up appearances" in the neighborhood, but mark that "pride which goeth before destruction." It is bad enough when the husband and father, the bread-winner, is taken away, leaving the family behind, perhaps in precarious circumstances; but it is worse if, in addition, debt and poverty must follow a senseless attempt to be as good as our neighbors. Why cannot the practical christian people of this country learn to be more reasonable in their funeral display or mourning habits? Why subject the whole female sex to a dismal adornment because a member of the family has been removed? The crape on a man's hat, or a badge on the sleeve is altogether sufficient, and if the ladies can so far forget custom, and respond to the opinions of the wisest, as to be content without so much exhibition of grief, a great step will be taken in the morals, as well as the comfort of the people of the country. Grief is not a desirable quality of mind, and to take means to keep it alive, and even cultivate it, is in opposition to all reason, as well as to religion. Let all reformers countenance this reform, and all lovers of humanity discountenance these follies and fashions of the day.

"THE London Temperance Hospital has had five thousand cases under treatment without alcohol, and has demonstrated that the sick can be cured better without the use of that fiery liquid than with it."—*Exchange.*

Undoubtedly; and we assert far better without any other fiery liquid or destructive compound. The world is waking up to the existence of a fearful delusion, which has dragged millions to an untimely end, but the proscription of alcohol is but the beginning of a revolution that will overturn and overturn until the idea of making a sick man well by the use of means that would make a well man sick, will be looked upon as one of the barbarisms of the dark ages. Truly the warfare between common-sense and superstition is a tedious one, and the hold which the latter has upon even intelligent minds is best exemplified in the medical practice of the day, whose wisdom is summed up in the declaration that that which is known to destroy is the proper agency to save—that which kills is the power that cures.

Mr. Spurgeon is only forty-five years old, and yet it is greatly to be feared that his work is almost finished. He has worked too constantly and too intensely, and has grown prematurely old. The topic of a late address of Mr. Spurgeon before the Baptist Union at Leeds was "Drive on." It seems he has driven on too fast, and now this most remarkable man of the age finds that he would have been able to live longer, and work longer too, if he had taken more rest.—*Exchange.*

True, and when a few years ago Mr. Spurgeon announced himself as the advocate of wine-drinking in moderation, because he had found it necessary to his own health (as he supposed), we predicted the end. Alcohol will spur a man up to extraordinary efforts, and as long as vitality holds out, he may imagine that he is gaining something through its use; but the end will come. Truth, like murder, will out. The delusion is finally unearthed, but too often only when the moderate drinker has become, as in this case, the immoderate one, and health and usefulness have departed. Paul's advice to Timothy to "take a little wine for thy stomach's sake," has been a rock upon which, not Spurgeon alone, but thousands of others have shipwrecked, and all because they recognized not the

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difference between wine that is unfermented and that which is fermented. The lapse from the pure, unfermented, blood-red juice of the grape, to the wine that is the product of decay—to that "which biteth like an adder and stingeth like a serpent," was a veritable *multum in parvo*—an apparently slight step but fraught with fearful consequences to countless thousands. When will men learn the impropriety of doing evil that good may come—of swallowing poisons whereby to sustain vigor not alone for worldly pursuits, but to preach the gospel it may be with due unction. Mr. Spurgeon is credited with saying that some ministers "mistake perspiration for inspiration;" we believe it to be equally true that some mistake the "spirit unbottled" for the spirit of God. Since writing the above, the following has come to our notice:

NEAL DOW ON SPURGEON.

I know a famous London preacher; he's exceedingly fat; his face is big and flabby with as much expression as if it were a mass of dough or putty. He eats like Dr. Johnson, the frontal veins swell out with intense eagerness, as he leans over his plate. He wants strong beer with his dinner, and nothing less than a quart will suffice, with a stiff glass of brandy after, and a couple of cigars. He says emphatically:—

"I can't eat my dinner without beer."

This was at a teetotaler's house; the host said: "We have none, we are temperance people."

"But I can't eat my dinner without beer."

Instead of saying, "Go then, for your dinner where they keep beer, for you'll have none here," my friend lost his head in the presence of this great London preacher, and, looking at his wife, stammered out, "My dear, won't you send for some beer?"

"But we can't send to a grog shop for beer. It will be all over the town in an hour."

"But you had better send for a bottle."

"Send for two bottles," said the famous London preacher, and they did so. This guest remained at my friend's house to breakfast the next day—three meals—and consumed in that time four quart bottles of strong beer, a pint of brandy, and a pint of sherry, and my friend was so deeply ashamed of his poltroonery that he has not forgiven himself to this day.

In the morning he was asked to pray, and he did, in a tone of familiarity I never heard before. He prayed and prayed and said a loud "Amen." Then without rising from his knees, he reached forward to the grate, struck a match and lighted his cigar. The call for charity in this case, it seems to me, is tremendous, and if we have not the quantity in stock necessary to cover all that—what then, are we to be considered uncharitable?

He justifies his personal habits by saying that he cannot keep up to his work without brandy and beer, and he's sick with plethora and gout half the year, and is off to the south of France to macerate himself on wine and tobacco—wine being a very light tipple for him. He defends drinking and smoking in his pulpit, and the people bear it!—*Letter to New York Witness.*

OUR NOVEMBER NO. is exhausted and full sets cannot be had unless our friends have some spare copies they can send us. We mailed a great number of that month as specimens, and if any person can return us a copy or copies in good preservation, we will send either three numbers free, as may be selected, or a copy of our Philosophy of the Health Reform, worth ten cents. Who can mail a copy or copies?

254 N. HOWARD ST.,
BALTIMORE, NOV. 14, 1878.

Robt. Walter, M. D.:

DEAR SIR:—I sympathize with you in your efforts to place the treatment of disease upon a basis other than that of drugs, and agree with you as to the novelty of the view set forth by you in relation to the vital force, so far as its absence from books of contemporary medicine is concerned. Allow me to call your attention to the following:

"Werdig, a German physician, born at Einsiedeln in 1648, published at Hamburg in 1673, his "*Nova Mendicina Spirituum*," which spread his principles over all Germany. He supposed the existence of a vital spirit which pervaded the whole universe, reminding us of the *Magnale Magnum* of Von Helmont. He pretends that this spirit sustains life not only in the animal, but in the vegetable kingdom. His ingenious theory represents this spirit as now penetrating, now receding, from bodies; now expanding, now concentrating; now circulating, now radiating; by which he explains life and diseases, the power of curing or of causing maladies," &c. "Maxwell, in his work "*De re Magnetica*," published in 1679, says that there exists a universal remedy, no one can doubt. If, in strengthening the particular vital spirit of any affected organ, you will restore its natural functions, disease is altered. There is no disorder which has not sometimes disappeared by the natural action of this spirit alone, without any medical help. Universal medicine is nothing else but the action, diminished or increased, of the vital spirit in the best proportion. In all diseases the chief point is to fortify, multiply, and regenerate the vital spirit; in so doing you will be able to cure all kinds of disorders." (*Animal Magnetism*, by Theodore Leger, p. 254, D. Appleton & Co., 1846).

If I do not mistake, this is the curative force of which you speak in "THE LAWS OF HEALTH," I believe with you that this force, call it what you will, vital force, *vis medicatrix naturæ*, or magnetism, can be accumulated in the body by natural means; and I also believe that it may be transferred from one person who may have an excess of it to another who may stand in need of it; thus affording a rational explanation of a mode of cure which has existed from the earliest times, and which the regular school of practitioners seem to be on the point of recognizing. (See Parson's *Vital Magnetism*, 1878). So long ago as the time of Pliny, this was the opinion of the chief natural philosopher of his age. He says: "There exists some men whose bodies are eminently curative; and I positively believe that the will of the operator, and his intention of relieving the patient, impart to the *emanations which come from him* a beneficial and remarkable power."

Do not these extracts sustain your view as to cure by means of vital force and the accumulation of that force; and does not your theory of its *modus operandi* logically necessitate the admission of the cure of certain disorders by that force transferred from other persons—of which there are many examples?

I am not a practitioner of medicine of any school, but above all schools and systems would place the *truth*.

Very respectfully,
GEO. WENTZ, (M. D.)

We thank our friend for calling our attention to these views of the German physician, for though they do not represent correctly our ideas on the subject of vitality or vital force, they do nevertheless in some sense strengthen our positions. We cannot agree that the vitality of an animal is essentially the same as that of a vegetable, nor that the whole world animate and inanimate is pervaded by this vitality or vital spirit. On the contrary our system urges that the vitality of an organism, animal or vegetable, is generated within that organism through its operations, and that it is only within the organism that this vitality is designed to operate.

But we agree with Maxwell that there is a universal remedy, and that that remedy is the vitality of the organism, and that all diseases are to be cured not by destroying the vitality, as is the usual way, but by developing the vital forces and regulating their circulation. Men do not become invalids from an excess of vitality but from depletion of it, and a proper increase and distribution of the vital forces will cure all diseases.

But we think our friend mistakes in confounding magnetism with vital force. Is he not aware that some persons have strong magnetic powers who are deficient in vital vigor, and that others who are exceedingly vigorous do not possess magnetism in any great degree. Magnetism is developed out of vitality, but is not vitality we believe; and it may be transferred from one person to another and often to the cure of disease, but we do not believe the vitality itself is transferrable; in other words the vital spirit of one man cannot transfer itself to the organism of another man so as to cause that organism to perform its functions, if otherwise it would not perform them.

Magnetism is a power possessed by all in some degree, and by some in great degree, and can be used often to the production of marvelously beneficial results, as one of the curative conditions, but it is not vitality or life, but only one of its products. It operates in the cure of disease much as electricity or sunlight does, and perhaps is superior to either, but it has no power to vitalize a dead organism. And in this respect it differs from vitality. If vitality were transferable from one organism to another, a few highly vitalized persons in conjunction could not only prevent death in a given case, but could bring to life that which is already dead. And so the facts disprove the theory.

Epilepsy.

BY J. A. TENNEY, M. D.

The term epilepsy signifies a sudden seizure. It is applied to a paroxysmal affection which occurs suddenly, and often without warning, and is characterized by a total loss of consciousness, and convulsive movements of a part or all of the voluntary muscles. In a minority of cases there is warning beforehand of the approach of the attack, which sometimes gives the patient time to prepare for it. But in the majority of cases there is no such warning, and there is no recollection of it afterwards. The spasms are liable to occur at any hour of the day or night, and generally recur periodically, the lapse of time between them varying from a few minutes to a year or more. In many cases the frequency and severity of the paroxysms

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increase, in which case the disease may safely be prononnced incurable; while, on the other hand, a progressing lessening in the severity of the attacks, and a lengthening of the time between them are favorable indications.

At the moment of the attack the patient usually utters an unnatural and piercing shriek, the face becomes pale, and he falls, usually upon the face, when the convulsions commence at once. The voluntary muscles contract violently and become rigid for a short time, not more than half a minute to a minute, when they present violent contractions and relaxations for a similar length of time. The breathing is partially interrupted, and a peculiar quackling noise accompanies the acts of respiration. Foaming at the mouth succeeds, the convulsive movements are less rapid, the patient usually draws a deep sigh and the paroxysm is ended.

The disease shows itself in all degrees of severity, from a slight dizziness and momentary loss of consciousness, to the most terrible convulsions, which leave the patient in a comatose state for an hour or more. There is always complete inability on the part of the patient to tell what transpired during the paroxysm.

In regard to the cause of this complaint, Dr. Hammond of New York thought he had found an explanation a few years ago in the fact that after the death of an epileptic patient, the spinal cord where it is connected with the brain is found to be disorganized; but this explanation was not generally received, because convulsive action will produce such disorganization, and so it appears as a consequence instead as a cause. But aside from this softening of the nerve tissue, there is no sign left after death to show that any disease had ever existed. It is known that epilepsy is induced by external causes, as over-work, indigestible food, certain animal poisons, etc., and so it has been supposed that in the cases where the causes are not definitely known, they are seated in the nerve structure, and are called "centric;" but where they are known, they are named "eccentric," or "centripetal."

But a better theory has been proposed by Dr. Todd of England. He attributes the affection to the accumulation of nerve force in the brain in a manner analogous to the charging of a Leyden jar with electricity. After the jar is charged up to a certain tension, it is discharged; and so the nervous system gets rid of its accumulated nerve force in epileptic convulsions. He holds that where it is not known what causes the disease, the poisons that produce it are ingenerated. This view looks the more reasonable because it is known that a deficiency of action on the part of the kidneys, and the introduction of certain animal poisons into the system, will often produce the disease in those who have never been affected by it.

The remedies usually recommended in this complaint are nitrate of silver, the preparations of zinc, digitalis, opium, belladonna, bromide of potassium, etc., etc. But as the profession do not encourage patients to hope for recovery by these means or by any other in difficult cases, it is not well to place any reliance upon such remedies. The only way to remove the trouble is to improve digestion and assimilation. Good blood and epilepsy cannot exist together. A thorough course of the movement cure is the surest method of arresting the disease and preventing its recurrence, by removing its causes. Of the appliances for this purpose, kneading and percussion of the bowels are the most effective. Kneading should be administered daily by an attendant, who stands in front of the patient and kneads the abdomen as one kneads bread, for a minute or two, when the bowels should be well shaken, and percussed by the palms of the hand for half a minute or more. Dr. Evans of Boston, who has written several valuable works upon the treatment of nervous diseases, through mental agencies combined with what the French call *massage*, or the movement cure, recommends thorough shaking of the abdomen to ward off a fit when it first commences, giving instances where such treatment performed cures. I have cured one of the worst cases I ever saw by trying his method. The ordinary remedies are acknowledged by the profession to be powerless to cure the disease, and this certainly has the advantage of not being liable to do any harm; and if it cures one case in a hundred, it will do what the ordinary remedies have never done.

The Laws in Foreign Countries.

A correspondent writing from 28 Balley Gunge, Circular Road, Calcutta, India, November 22nd, says: "I am very much pleased with THE LAWS OF HEALTH. I have read the *Science of Health*, and some of Dr. Trall's works, and am to some extent acquainted with hygienic principles. There is much that is new and very interesting in your paper. It is full of precious truths, clearly set forth. Its teachings ought to be comprehended by all. You may rest assured that so long as THE LAWS OF HEALTH is published, and I am able to subscribe for it, I will. One of the two copies that I get, I make over to a local news room. I hear from the Secretary that the paper is very much liked. This says a good deal, for hygienic principles are not much, if at all, known in India, where allopathy reigns supreme. Your paper bears truth in every line, and must be attractive to all who are candid. W. JONES."

FROM ENGLAND.

"Your paper I always read with profound interest. You send me three copies and I wish to subscribe for seven more, making ten in all; and send the bill to my daughter in Maryland, who will promptly pay it. I have to report my health very greatly improved.

REV. HENRY BLEBY,
Plymouth, England."

Here is another from 33 Edbrook Road, Harrow Road, London, England: "I am much interested in your LAWS OF HEALTH, having been a subscriber to American Health Journals for a good while. I herewith send one dollar for three copies, Vol. I. I wish you every success. WM. A. CLARK."

I am highly pleased with the Journal and am becoming more and more satisfied that you are giving us new and important truths not published before. J. F. FLORY, California.

Electric Lighting.

Discoveries which have recently been made are destined to work a revolution in our methods of lighting streets and dwellings. The great obstacle to the general use of the electric light has heretofore been the seeming impossibility of dividing the lights so that they shall be conveniently small and not too brilliant. This difficulty Mr. Edison feels sure he has been able to remove, so that all dwellings can be lighted much better than by any other means, and at a comparatively trifling expense; so that instead of paying $2.25 per thousand feet for gas, a light for a similar length of time and far superior in every other respect, can be furnished for fifteen cents! He thinks that the old gas fixtures can be utilized to contain the wires used in the new process.

But not the least among the good results of this mode of lighting will be its influence upon the health. It is a fact that one kerosene or gas burner will consume or render unfit to breathe as much air as a man, while carelessness and inattention to lamps often renders them fruitful sources of disease; and some notion of the destructive influence of gas can be formed by considering the fact that many plants are killed in a room where much gas is burned. As a sanitary measure we hail the day when the electric light shall be used, as no doubt it will, in every dwelling.

Disinfectants.

There is a mistaken notion abroad that the use of such substances as carbolic acid will prevent the spread of contagious diseases, if they are used to disinfect sick rooms. Carbolic acid is merely an antiseptic, that is, it prevents the decay of matters with which it is brought in contact, in the same manner in which solutions of salt, saltpetre, sugar, etc., preserve animal and vegetable substances placed in them. Antiseptics are effectual in removing foul odors in drains, and in holding animal and vegetable substances from the reach of decay until they can be removed by other means; but it is a mistake to depend upon such an agent as carbolic acid to remove sources of contagion. If anything will remove these, the preparations in which chlorine is a component part, as chloride of lime, etc., will do as much as anything; but it is a question whether anything has been discovered that will destroy morbific germs by uniting with them chemically.

Carbolic acid has been used as a disinfectant in diphtheria, scarlet fever, smallpox, etc., but its use tends to spread contagion instead of controlling it, because it preserves the disease-producing germs, thus holding their deadly properties ready to exert their influence much longer than they would otherwise. The best agent with which to disinfect a sick room is an abundance of hot steam; but this is not always at hand. But there is always a plenty of pure air and sunlight, and these alone are far superior to all other agents in the world, if used without them. Sunlight is the best disinfectant. Malaria, for instance, which is one of the most difficult things to contend against, is dissipated when the sun shines, and exerts its pernicious influence at night.

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Questions Answered.

By Robt. Walter, M. D.

Question. Is Peppermint or Jamaica Ginger good to give children in Wind Colic?
MRS. G. H. M.

Answer. These are stimulant medicines, and like other stimulants, sometimes relieve by processes which render a return of the difficulty much more likely and easy. A hot bath, or hot fomentations to the abdomen is much better than internal medicines. Rubbing is often serviceable, but above all, see that the feet and general surface of the body are warm, made so by the hot bath if necessary.

Question. What is the reason that I always take cold when I take a bath?

Answer. I do not know. Perhaps you take a bath in a cold room, perhaps you are not thoroughly rubbed after your bath, or perhaps the bath was too cold. If you take a bath from 90 to 95 degrees, have the body fully immersed and thoroughly rubbed for one or two minutes, then immediately on coming out have a dry sheet thrown over you and be rubbed dry with it, to be followed immediately by the dry hand rubbing for three or four minutes, until the whole surface of the body is warm, I think you will not take cold. I should be sure, however, before going into a bath, that the feet and general surface of the body are warm.

Question. I have lived on the hygienic diet for several months, and yet have been troubled for weeks with an eruption something like hives every morning for a few hours. Then it disappears, and at times I feel sick at my stomach after the eruption has disappeared. Are sulphur and cream of tartar good to take?

Answer. Sulphur and cream of tartar are not good to take. The eruption on the surface indicates increased action at the surface, and usually improved conditions. Its disappearance and the consequent sickness show that it recedes to the mucus membrane. The proper cure is by invigorating the general system, by which the impurities are thrown to the surface, or carried off by the other organs of excretion. We do not advise taking anything for such difficulties. The disease is a general one, and is to be relieved by general treatment. There are no specifics, and the swallowing of sulphur and cream of tartar is folly.

Question. What is good to take when a person feels faint or sick at the stomach?

Answer. A glass of hot water is sometimes serviceable, and sometimes a few sips of cold water; but warm water should not be used. This condition is a symptom of general ailments, and the cause should be removed. To doctor symptoms without reference to the causes is empiricism.

Question. Do you treat persons who have cancers?

Answer. Yes.

Question. If the water of an enema is retained in the bowels, will it cause injury? Mrs. E. H. B.

Answer. No, no more than would the same amount when retained in the stomach. It is as well to introduce fluid through the rectum as to introduce food; and physicians have undertaken heretofore to sustain life in this way.

Question. Will you please state what is the purest grade of molasses, if there be such a thing?

Answer. That last clause is well put in and very important. I presume that the purest molasses in *appearance* at any rate is made of sulphuric acid and sawdust, or old boots, rags, or other filthy material, with the addition of some such deadly poison. Such a thing as pure molasses is unknown. But if you wish to get the purest, seek out that which seems to be the least purified. Golden syrup, and most of the higher grades, are usually unfit to eat, because of being simply vile chemical compounds. Maple syrup, sugar house molasses, or that direct from the sugar beet or sorghum will be the least injurious. But molasses is not food in any proper sense, certainly not healthful food.

Question. What do you think of Glenn's Sulphur Soap, so highly recommended for all skin diseases? M. S.

Answer. The soap may be all right, but the claim that it cures all skin diseases is all wrong. Of its merits as a soap I know nothing; but as to its merits as a curative, I have opinions at any rate. If it should cure a skin disease, I venture to say that it would leave the patient in a worse condition than it found him. Curing one disease by producing another, however, is the so-called scientific way; and Sulphur Soap is probably as good as any other medicine.

Question 2nd. Who is the author of Human Life Prolonged?

Answer. A. H. Platt, M. D., of Philadelphia, the author of several works, is the man. It is a large book, full of good matter, and wonderfully cheap.

Question. Is it injurious to eat soon after rising in the morning?

Answer. I know of no objection to eating after the person has been up and moved around sufficiently to get his blood in active circulation. I should think an hour after rising would be better than five minutes after.

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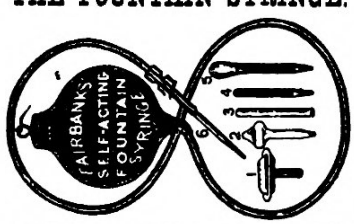
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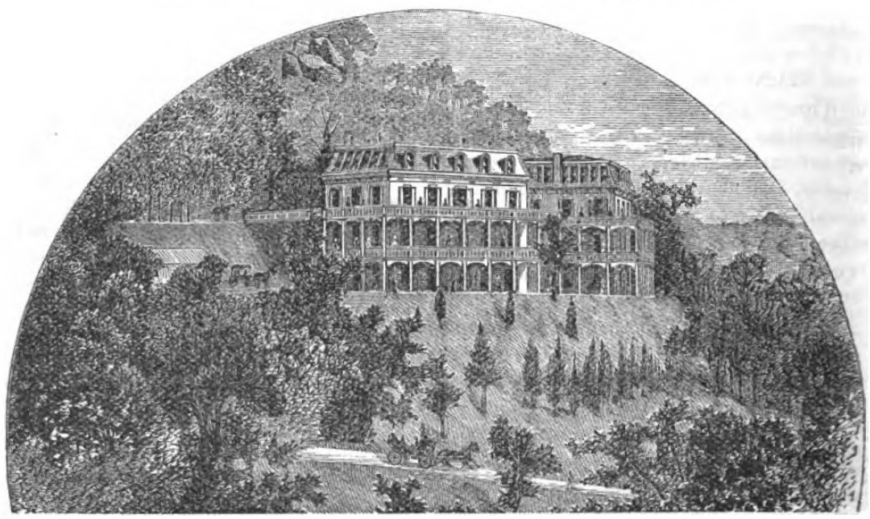
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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. I. READING, PA., FEBRUARY, 1879. No. 10.

Invigoration through Digestion.

The New Practice No. 1. It is not what one eats that invigorates him, but what he digests and appropriates, and hence how to improve digestion is much more important than what to eat. Good digestion will make better blood and more vitality from very poor food, than poor digestion can make out of the best food; a fact which explains that other fact, that he who feeds on "hog and hominy," is often quite as vigorous and healthy as he who is devoted to "fruits and farinacea." He is not healthy because of the pork, but in spite of it, as the other is not feeble because of using a peculiar diet, but because he does not properly digest and assimilate it. Hence if the subject of digestion were studied more, the desire to talk about eating would become perceptibly less.

Digestion is both a mechanical and vital or vito-chemical process, largely dependent upon contraction and relaxation of certain muscles. The first process takes place in the mouth as the result of mingling saliva with the food through the operations of jaws, tongue, &c., as moved by muscle in the act of chewing. The partly digested food is then swallowed by another muscular action; but the second great process of digestion is that which takes place in the cavity of the stomach, by mingling gastric juice with the food swallowed. This gastric fluid is the important agent of stomach digestion, but as in the first process, the fluid is freely poured out and mingled with the food only through contact with the membranes of the stomach caused by contraction and relaxation of its muscles, and which by continual motion induces a thorough mixing of the food and juices. When this process is completed the product (chyme) is passed on to undergo still further changes through the operation of pancreatic juice, bile, &c., when it is prepared for absorption into the blood-vessels, where it becomes a part of the "blood which is the life."

"The process of absorption," say the physiologists, "is also hastened by the peristaltic movements of the intestine"—"a slow, continuous, creeping motion of the intestine is produced by successive waves of contraction and relaxation, which follow each other from above downward. * * * * By its action the substances which pass from the stomach into the intestine are steadily carried from above downward, so as to transverse the entire length of the small intestine, and to come in contact successively with the whole extent of its mucous membrane. During this passage the absorption of the digested fluid is constantly going on * * * so that at the termination of the small intestine, there remains only the undigestible portion of the food, together with the refuse of the intestinal secretions. These pass through the ileo-caecal orifice into the large intestine, and there become reduced to the condition of feces."—(*Dalton's Physiology*). The feces are thence conducted through the bowel and from the body.

It will thus be seen that the whole process of digestion, from mastication to absorption, is dependent upon muscular contraction and relaxation, and that the perfection with which digestion is carried on is dependent upon the action and vigor of the muscles. If the food is not properly masticated, the saliva will not be freely poured out and mingled with it; if the vermicular motion of the bowels, caused by contraction and relaxation of their muscles, is not efficiently performed, the process of absorption will be correspondingly faulty, as shown by the physiologist; equally true is it that if the stomach does not contract upon the food introduced into it, and by successive contraction and relaxation of its walls, bring all parts in contact with the food, the gastric fluids will not be freely poured out and mingled with the inert mass. Still further is it certain that if the large bowel, containing impurities under the name of feces, does not contract and force the contents, first, upward through the ascending colon, then across through the transverse colon and downward to the rectum, these impurities will remain, liable to be partially re-absorbed, and so to produce untold mischief.

The quality of the juices poured out from stomach, pancreas, &c., undoubtedly have much to do with the vigor of digestion, but as that can be improved only by invigorating the varied vital functions, we are restricted in our *direct* efforts to improvement of the mechanical functions, whereby indirectly we are enabled to invigorate the vital or chemico-vital processes.

But motion in the alimentary canal is not wholly due to the muscles of the contained organs, but very largely to the external muscles of the abdomen—the muscles of which its walls are chiefly formed. When in health these muscles go through a complete process of contraction and relaxation about eighteen times per minute, viz.: with each respiration; so that every organ in the abdomen, liver, stomach, spleen, pancreas, bowels, kidneys, &c., is moved, or pressed upon from without, each time, and is thus excited to and largely aided in the performance of its functions.

The importance to digestion of vigorous abdominal muscles, therefore, can hardly be over-estimated; and yet we are prepared to affirm that in nearly every case of dyspepsia or innutrition, and indeed of all manner of chronic ailments, there is weakness and consequently feeble action of these muscles. Particularly is this so among women.

In the first place they usually dress so as to prevent these muscles from working unobstructedly; and secondly their labors do not usually call forth exertion of these parts.

It is brain and nerve, and perhaps hands and arms that are called upon to action, while the abdominal muscles are simply carried about as carefully and tenderly as possible. Of course weakness necessarily follows, and by and by the abdominal contents, being unsustained, gravitate downward, and pressing upon the pelvic organs, help to produce displacements of various kinds, from which three-fourths of the women of the country suffer. To relieve this trouble the physician is called in, and with unaccountable thoughtlessness, stupidity, or dishonesty, prescribes mechanical supporters. Perhaps he advises the external supporter, which is really a band fitted tightly around the abdomen so as to somewhat sustain the contents, thus relieving the abdominal muscles of their tension. Any one can see that the difficulty is really aggravated thereby. It is the old and well-tried plan of procuring apparent relief by the application of means that permanently aggravate the trouble. This was originally caused by weakness of muscle, as the result of inaction—want of exercise; now what little exercise of muscle remained is taken away, and of course complete exhaustion follows. I have treated cases in which the muscles were as good as paralyzed from the use of the supporter, there being little or no power of contraction. Of course the supporter will partially sustain the organs, and so give apparent relief; but it is evident that digestion, absorption and defecation, as well as respiration—in a word, the more important processes of nutrition are wofully hindered. Not only do the muscles of the abdomen grow feeble for want of exercise, but the whole system becomes enfeebled because of faulty nutrition thereby. Internal supporters, pessaries, &c., are only partially open to the same objections, but to worse ones, though beyond the scope of this article.

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But women are not the only persons who suffer from abdominal weakness and displacements. Sedentary men are subject to the same difficulty. Muscle will become weak in the absence of exercise, and there are thousands of men who seldom or never perform any work, or subject themselves to any exercise, that is calculated to develop these muscles. They exercise the legs in walking, the arms and hands in lightest labor, the back in stooping forward, the chest perhaps by special exercises, but the abdominal muscles, the most important of all, are simply carried about, or are feebly active in respiration. This is particularly so as the person becomes dyspeptic. The internal organs having become partially inflamed, "sore," instinctively avoid being moved, and the muscles becoming correspondingly feeble, even the respiratory movements are reduced to a minimum; being performed chiefly or wholly by the muscles of the chest. The abdominal muscles are properly the chief respiratory muscles, but it is a woful fact that the great majority of persons scarcely use them at all in this vital act.

The nature and causes of the difficulty having been discovered, we are now prepared to suggest the proper treatment. This must be such as while it secures temporary improvement in function will at the same time secure increase of vigor and hence *continued* functional activity.

Applied motion is the only appropriate means. Inaction is both the cause of the debility and the effect of it, and hence it follows as a logical necessity that action is the true means of cure. By motion applied from without we secure temporary improvement in the functions of the contained organs not only, but we develop the surrounding muscles, and so provide for continued improvement of function. We thus get not only a necessary immediate effect, but an important permanent one; we not only improve digestion of the individual, so as to secure better blood and more of it, but we provide for a continued increase in the same direction. No treatment ever invented can equal kneadings and percussions of the abdomen, in connection with certain other movement-cure exercises. By these means stomach, liver, pancreas, bowels, &c., are all excited to activity, while at the same time they, along with the surrounding muscles, are invigorated.

Still further we observe that improved digestion demands increased breathing, and as we will show, these motions, whether inherent or applied, improve the one at the same time and in the same degree that they improve the other.

Scrofula.—No. 10.

By J. A. Tenney, M. D.

Want of Sleep. Sleep is a cessation of all the bodily functions that are under the control of consciousness. It does not affect all the functions of the body, for the processes of nutrition, the circulation and respiration go on during sleep, though in less degree. The question naturally arises, why do not these need rest as much as the voluntary powers? The only answer is, the involuntary functions have power to recuperate through the resting of the voluntary powers, or the sleep of consciousness.

The involuntary functions are dependent upon a set of nerves which are situated on each side of the spinal column and in front of it, which is called the *sympathetic system*, or the nerves of organic life. This network of nerves terminates in the brain at its upper extremity, and is connected with nearly all the cranial nerves, thus being connected indirectly with consciousness and the voluntary functions of the body.

It appears that the sympathetic system receives its powers and recuperation from the voluntary functions, for several reasons; In the first place when a person is asleep, the involuntary powers, as respiration, the circulation, etc., are carried on with less force than when he is awake. Second, the involuntary functions never sleep; and third, if an injury happens to this system of nerves, it does not show its effect for some time. Says Dr. Dalton, in his standard work on Human Physiology, page 517:

"The great sympathetic is endowed both with sensibility and the power of exciting motion; but these powers are less active here than in the cerebro-spinal system, and are exercised in a different manner. If we irritate, for example, a sensitive nerve in one of the extremities, or apply the galvanic current to the posterior root of a spinal nerve, the evidences of pain, or of reflex action are acute and instantaneous. On the other hand, experimenters who have operated upon the sympathetic ganglia and nerves of the chest and abdomen find that evidences of sensibility are distinctly manifested here also, but much less acutely, and only after somewhat prolonged action of the irritating cause."

These facts seem to show, that the sympathetic system is a reservoir, which collects and retains nerve force during the hours of wakefulness and voluntary action, as the spring of a clock is wound up, and runs for a time after the power that turns the key is withdrawn. So exercise of the voluntary muscles seems to be the key which winds and keeps in motion all the machinery of life.

The great importance of sleep, as well as of exercise, will at once be seen; and anything that is so vitally connected with the development of the individual, and the transmission of increased vital power to posterity, as sleep is known to be, should not be passed over lightly. All the conditions that affect our sleep should be studied with great care, and everything that has a tendency to disturb it should be religiously avoided; and to cultivate sleep up to the full measure of each individual's necessities should be made a constant aim by every one.

One of the most important items to take into consideration, to make sleep a process of restoration, is ventilation The reader will find this subject set forth at length in a former article under the head of "defective ventilation;" but we would say here that few people breathe air that approximates to the outside atmosphere in purity for one-third of their lives, which is the time ordinarily spent in sleep. The air in a sleeping room should be so constantly changed at night, that the sleeper shall not inhale the exhalations of his own body; for if these are breathed they will produce an effect which is even worse than that arising from wakefulness.

The soundness of sleep is very much modified by the nature of the bed. It should not be so hard as to be disagreeable, and if it is too soft the sleeper will sink into it, and heat will be generated so as to be very debilitating. For this reason the feather bed is an abomination, and also for its power to absorb the exhalations from the body, which are liable to be reabsorbed into the system and so produce mischief. Mattresses of excelsior or husk are cheap, and serve the purpose of a mattress well, if they are used upon a spring bed, and often aired; but undoubtedly the hair mattress makes the best bed for all seasons of the year.

Much has been written of late upon the proper position to be maintained in bed. Some advocate lying on the left side because the gall duct is not a muscle, and therefore cannot eject its contents, while others contend that it is best to lie on the right side to favor the exit of the digested food from the stomach; some say it is best to lie on the back to keep the spine warm, while others urge that by so doing the stomach presses upon the great blood vessels and hinders the proper flow of blood; and so they advocate lying upon the face. The truth is that they are all right and all wrong. Lying upon the back is only injurious to people in an abnormal condition, and so should not be prohibited for well people. Gravitation has a great influence upon nutrition without doubt, and for this reason the normal instincts cause the sleeper to turn over at night so as to favor every organ in the body. The greater the fatigue the more frequently does nature call for a change of position, and without doubt, not only does every organ demand this help that gravity gives, but also every tissue and the minutest cell demands its aid. The best rule to follow in this matter is to let the vital instincts entirely alone, even in thought, and let them manage the entire matter. Of course this refers to cases where the vital instincts are normal.

The best time for sleep is at night, for obvious reasons. As to the time for different people to spend in sleep, there can be no arbitrary rule given. We could as easily tell what every man should eat, or how much work he should perform. There is and should be variation in all these matters, suited to the individual's

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capacities and needs. Some require ten hours sleep in the twenty-four, and some can live comfortably upon six hours, or even less. The best rule that Americans can follow is to get all the sleep possible in ordinary cases, and get as much as possible of that before midnight; as experience shows that sleep obtained at this time is much more sound and refreshing, and so better calculated to restore the wasted energies of the system, than that taken later at night.

The first ill effects that arise from prolonged watchfulness are irregularities in the great nerve centres, shown by nervousness, paleness of the countenance, and incapacity for exertion; these are followed by impaired digestion and debility of every organ in the body and if the cause is continued, by extreme nervousness, great emaciation and insanity.

But if the enforced wakefulness be carried on only to a limited extent, the consequences will not come so suddenly as to warn the person against this wrongdoing, but debility will steal upon him so imperceptibly that he will not even know to what his ailments should be referred. Debility of the muscular system is first to show itself, and after a time the involuntary powers fail to receive from the voluntary the rest and strength they require; and so they perform their work with less and less perfection as the time goes on, thus failing to nutrify the system, until the consequences of the universal debility break out in some particular locality in the form of apoplexy, heart disease, paralysis, rheumatism, or some one of a hundred different diseases which depend upon a debilitated condition of the nervous system. But the worst effects come upon posterity. Children are born that inherit weakened nervous systems, as a direct result of this kind of transgression on the part of parents, and instead of being an improvement upon the original stock physically, they live only to drag out a miserable existence for a time

The best rule to be followed by the average American as regards sleep is to go to bed as early as nine o'clock in all seasons, and to sleep as much as possible between that time and six in the morning; or until the person feels like rising, because he is refreshed to the extent which sleep can recuperate his energies.

Another Physician's Views.

The following is a marked example of truth and error commingled:

DEAR SIR:—A few words in regard to *New Theories*, or your views presented in your article on this subject.

You assert that *vitality* can be accumulated and that it is a fluctuating product. Now that depends upon what you mean by the word *vitality*. You consider it synonymous with vital vigor and vital force. The vital forces can undoubtedly be augmented or accumulated as you say, and diminished according to circumstances. You can't accumulate this vital force or vigor without you first have a living organism. You can augment heat, sound, cold, electricity, etc., and diminish these same forces without life or any arrangement of matter analogous to it. It seems that your analogy fails in this comparison to make the idea clear, but leaves us in as much confusion as ever. Do not all the facts that pertain to this subject go to prove that vitality or the power to live is inherent in the living organism, and that it is greatest at birth and greater in the early than it is in middle life or the decline of life? If it is inherent in the organism it is nonsense to talk about augmenting or accumulating it. These changes which you call increased and diminished vitality, are they not only differences of manifestation of vitality? It seems to me if it can be accumulated, death is unnecessary. Heat, cold, electricity are never born, nor do they ever die, but they can be continued indefinitely according to circumstances. Not so with vitality or life. Life or vitality has a definite existence and it matters not what human agencies or means are employed, this terminus or fate cannot be averted. It has its laws and conditions, and of course the better these conditions are supplied and laws obeyed, the better will be the manifestation of that life or vitality. But where is the evidence of any addition to the unreplenishable fund or stock of life or vitality? The better the conditions and circumstances of the organism, the more force will there be shown; but this cannot be called increased vitality, but only its manifestation.

2. "To increase production and restrain expenditure is the true way to accumulate vitality or any other force."

This assertion assumes that vitality can be accumulated. Even if we admit the truth of this primary premise for argument's sake, is this the true way in the treatment of disease? It assumes that all diseases are conditions of debility.

This is the old Thompsonian theory of disease or pathology. The nearer there is a balance of the integrating and disintegrating processes of the organism the nearer that organism approaches a condition of perfect health. This being true, isn't it absurd to consider all diseases as too much expenditure of vitality and establish this as a basis of therapeutics that in all diseases this expenditure must be restrained. Vitality is just as much engaged in this expenditure, as you call it, as it is in this accumulation, now how do you know that when you increase the production of vitality that this production is not in the line of expenditure as well as accumulation.

I really think that I hardly know what you mean by accumulation and expenditure of vitality. In malarial fever, or in any fever, would you restrain expenditure and increase production as you call it by good feeding and restrain the organs of excretion? Or do you mean that you would restrain expenditure by giving proper attention to the functions of excretion.

Now I can but think that your practice is far superior to your theories. They seem novel yet in reality they are not new. I don't write you this in order to get into a controversy with you but because some of your views seem to me as a "much to do about nothing," and thought it an easy matter to present some objections if not an answer to some of your arguments.

Yours for truth,
JOHN G. STAIR, M. D.

You are right, my friend, when you say, "The vital forces can undoubtedly be augmented or accumulated and diminished according to circumstances;" and "you can't accumulate this vital force or vigor without you first have a living organism;" but you are wrong when you say that "vitality" (being "inherent in the living organism") is greatest at birth and greater in the early than it is in middle life or the decline of life; and again when you say, "If it is inherent in the organism, it is nonsense to talk about augmenting or accumulating it."

Does it not seem a little inconsistent to first admit, as you do, that "the vital forces can be accumulated," and then almost immediately assert the opposite. Had you ever read carefully our positions, you would not have fallen into so gross an error. We never have claimed to augment or accumulate the "inherent vital capacity of a man," but only to accumulate or increase his available vitality. "Inherent vital capacity" is chiefly determined at or before birth, but to assert that the vital vigor of a puny child, a feeble youth, or depleted convalescent, is as great or greater than that of a vigorous man is greater nonsense than you charge me with. I doubt not, however, but you and I agree precisely, the only difference being in the use of terms. Vitality or vital vigor can be produced only to extent of the person's vital capacity; beyond that it is impossible to go. If the child is born with capacity for vigorous manhood and old age, then these may be secured to him, but if with capacity only for feeble existence and short life, we can do nothing more for him than to secure them. The organism, under favorable circumstances, can be made to produce vitality up to its full capacity, but as we have before said in answer to Dr. Wentz, it cannot be communicated from one person to another. It is produced only in the living organism for the purposes of that organism; and when we claim to accumulate it, we do so of course with the understanding that the organism operated upon is depleted below its natural capacity. Ninety-nine hundredths of all people are less vigorous than their natural capacities warrant, and hence, vitality or vital vigor may be accumulated in those persons, but not in the other hundredth.

But we are also criticized, for urging increase of vitality as the true way to cure. We cannot enter into the arguments here. If the writer will subscribe for our journal he will get all the arguments, and will find that though we believe in vitality as the only healing force we are not necessarily committed to the idea that all diseases are conditions of debility. Most of them are, and increase of vitality will improve the conditions in nine-tenths of all cases; but nevertheless we do not claim that accumulation of vitality is the only or most important point of treatment in acute diseases, such as fevers to which he cites us; but in the treatment of disease in general is important, and in chronic diseases always so. Though an acute attack may possibly exist without depletion, chronic invalidism is always dependent upon it, and hence accumulation of vitality is the true way to the cure of the vast army of debilitated humanity.

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The Laws of Health.

Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

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☞ All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., FEB., 1879.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging, stimulating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan.—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems, special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

For the "LAWS OF HEALTH."

O, Be my Valentine!

BY ESTILLE THOMSON.

O, be my valentine, sweet Health,
And I will lay
Rich tribute down before thy feet,
And only pray
That thou wilt leave me nevermore,
But ever stay
And be my guide, my comforter,
My friend alway.
When other earthly joys are naught,
Thine is the ray
That lures us on to noble ends,
Turns night to day;
Life holds rich promises if we
Thy laws obey;
O, be my valentine, sweet Health,
Nor still delay!

FEB., 1879.

Something to Say.

"Your paper has given me more practical knowledge (of health) than I have ever gleaned from all other sources beside." So says a well-read correspondent who has been earnestly studying the hygienic system for over twenty years. Almost every day brings similar statements, much to our encouragement in this new and important enterprise.

It has been asserted by thoughtful men that the only justification for the establishment of a new journal, is that it shall have something to say that is not well said by any other. This is a rule which would undoubtedly exclude three-fourths of all the journals published, not excepting health journals; and yet we believe it may be applied to the LAWS OF HEALTH without detriment. Each number, while entirely new and original as to form of presentation, has also many new and valuable ideas, which so thoroughly commend themselves to the most careful and intelligent of its readers, that they become enthusiastic each month over new and valuable acquisitions. The principles set forth are true, as well as new, and hence their beauty cannot be hid.

And they are the beginnings of a revolution in medical and hygienic practice that shall be productive of greater results to human society than has any revolution or reform that has taken place in ten centuries. The beginnings may seem insignificant, but revolutions never go back. The little rivulet, wending its way over rock and through dell, opposed here and struggling there, anon lost to view, is nevertheless, through confirmations and reinforcements, gradually growing—assuming unexpected proportions, until, becoming the great river, grand, majestic, mighty, it moves on to the sea with resistless power, carrying often the burdens of nations upon its bosom. The millions are anxiously inquiring for the truth, and new ideas are wonderfully contagious, and while reflecting the light from the divine, they will glow with a radiance to dazzle and a power to charm that know no equal.

The journal is a success, and the secret thereof is that its editors have *something to say.* Its columns are not poverty-stricken; it is not a nut whose meat is worm-eaten or a kernel decayed with age. We have a high opinion of the value of our readers' time, and the necessity that is upon them for substantial and satisfying food; and as in the past, so in the future, it will be given "pressed down, shaken together and running over."

Mr. Spurgeon's Defense.

In justice to Mr. Spurgeon we print the following letter addressed to a friend, Mr. L. C. Glazier of Hartford, Ct., who had sent Mr. Spurgeon the article of Neal Dow:

NIGHTINGALE LANE, Balham Surrey,
Dec. 24, 1878.

Dear Sir:—If Mr. Neal Dow knew the truth, he would not make such charges against me. My manner of life is before the world. Ask them that know me. Whatever faults I may have, I have been preserved at all times from excess, and I have given no ground for any one to accuse me of it. I use *no* alcoholic drink as a beverage, but I am an habitual abstainer, and, as a rule, a *total* abstainer. "Beer," of which Mr. Dow speaks, I never touch, and I never thought, much less said, that I could not keep up to my work without brandy and beer. I do not believe that these or any other stimulants are a help to any man.

Yours truly,
C. H. SPURGEON.

It does seem a little strange that two reputable men such as Spurgeon and Dow should tell such opposite stories; and we suggest the explanation is found in the fact that though Mr. Spurgeon does not use alcoholic drink *as a beverage*, he does use it *as a medicine*, and he has been very much slandered for many years if he has not defended from the pulpit the use of wine, and his words "preserved at *all times from excess*" surely mean that he has *indulged in moderation.* His denial is not clear and full, even when he says he is "as a rule, a total abstainer," because it is well known that the total abstinence pledge does not inhibit the use of alcohol in varied forms for medical purposes. And herein the Temperance reformation is lame, and will never be truly successful until established on a more scientific basis. Just as long as it is admitted that under certain circumstances alcohol is preservative of life and health, not only will Mr. Spurgeon but the great masses decide for themselves when the circumstances arise. If alcohol is good to cure a sick man, why is it not good to preserve health in the well man; or if it is useful as a medicine, why should not Mr. Spurgeon, who is always ailing, be continually medicating therewith. We wish he could have said that he never drank alcoholic liquors for any purpose whatever; the qualifications that he has introduced into his statement, used as they are by a man who well knows the value of words, are unfortunate to say the least. A false medical system, however, is to be charged with this as with many worse evils.

Crises.

The doctrine of crises was early set forth by practitioners, but it remained for the water-and-diet-cure fraternity to elevate them to a most important position in the process of cure. These have supposed that the patient could not recover unless sudden and violent reactions became manifest in the case; and so not only did they recognize the existence of crises, but plans were used for the direct purpose of producing them, under the supposition that with the crisis would pass away the disease. The physician seemed to forget that the patient might die in the crisis, as well as be relieved; and that he did die in innumerable cases we know to be true. Let the true meaning of a crisis be once understood, however, and the whole practice will soon be changed.

A crisis is known to be an active disturbance of the vital forces, in other words, an acute and often violent operation, whereby the causes of disease

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are removed, or the vital forces are exhausted in the effort. This disturbance unquestionably means that the work to be accomplished is as great as, or greater than, the forces can perform, and hence they are aroused to a desperate struggle for success. The water-cure physician produced the crisis by stimulating these forces, and too often, by reducing them at the same time, so that though the conflict was inaugurated by his treatment, the power to make it successful was correspondingly reduced. Our practice differs from this in that we never seek to produce crises, and as a rule do not have them. We commence with the patient diseased, of course, but instead of stimulating the vital forces to increased activity, we cause the organism to nutrify, and so add to the vital forces; and when these are abundant, the cause of the disease is carried away without effort or struggle, and hence the patient recovers from his disease just as he would from a wound. The process of healing is a gradual and silent, but steady action, and when the patient is cured, he is vigorous and hearty, not depleted and worn out. We have passed through the crisis under water treatment ourselves, and the process is too terrible ever to allow us to force it upon another. To put on a wet bandage and cause a patient to wear it continually over the stomach and bowels, until the external cuticle is destroyed, and the flesh inflamed and irritated, in the hope that in the struggle that is thus to be precipitated, the patient may fortunately come out of the contest right side up, is disastrous practice. We prefer the more gradual and silent, if less demonstrative and obvious, processes of nutrition, if for no other reason than that we have discovered that the same patient can be restored in one-half the time, and with three-fold more certainty. The reader who has attentively perused this journal since its first issue, has come to perceive unquestionably, that there is an immense difference between the process which cures by invigoration, and that which undertakes to cure by stimulation or depletion. The crisis is both a process of depletion and an evidence of its existence, and is to be deprecated rather than encouraged.

How Is It?

A correspondent asks for an answer to the following question:

When alcohol is introduced into the blood it extracts water from the red corpuscles; this seems as if the alcohol acted upon the blood, and yet you assert that the drug does not act upon the body, but the body acts on the drug?

Answer. Inertia is the ruling characteristic of matter, and action the ruling characteristic of life; now when dead matter, for instance alcohol, is brought in contact with living blood, and action follows, which is it that acts, the living thing or the dead thing? Does the alcohol act on the blood and extract the water, or does the blood—the living, acting substance—throw out its water for the purpose of diluting the alcohol? When we introduce an emetic into the stomach and vomiting follows, is it the stomach that ejects its contents, or does the emetic draw out the contents? How is it when a cathartic is introduced and purging follows, or a cholagogue, and violent action of the liver, or a stimulant, and excited action of the whole system? Does the dead drug act, or does the living system act? When you introduce alcohol, it may be true that water is given out by the blood. When you lay a hot iron on your hand, water is given out and forms a blister; but does the heat draw out the water, or is the water thrown out by the vital tissues in an effort towards self-protection? Can the reader not perceive that it is the living, sentient, acting system that feels and acts with reference to the causes, and not the dead, inert, lifeless thing that acts upon the living structures? Our proposition at the beginning is the complete answer to all questions of the kind. When action follows contact between an inert substance and an active substance, the action is to be ascribed to that which can act, and not to that which cannot act. We do not dispute the action of contact—mechanical action, nor do we deny the possibility of chemical affinity in the living tissue, and chemical action when the vitality is destroyed; but we do deny that the action following the administration of a drug is the action of the drug.

Malpractice.

Physicians are lately making serious complaints because of frequent suits at law for malpractice. It seems that the people are beginning to doubt the wisdom of the profession, and hence are disposed to hold them to strict account for their doings; which is as it should be. A case in point: A little boy, the son of Robert B. Jackson of Long Island, New York, while playing with a playmate had the corner of a dull hatchet driven into his knee. The mother, who had been a patient of ours, washed out the wound, drew it together and wrapped it in wet cloths; but feeling incompetent to the needs of so important a case, she called in a physician, who tore off the wet cloths, sewed up the cut and bandaged the leg from knee to ankle as closely as possible to prevent swelling. As a result heat was greatly accumulated, inflammation was increased, and finally suppuration took place. The matter began to ooze out from under the strips of adhesive plaster, when the doctor admitted that the case had not gone as he expected. After weeks of torture—the child reduced to a skeleton, the knee, though healed, still greatly swollen, and a stiff joint thought to be inevitable—the case was brought to us. We commended the treatment originally employed by the mother, while we can find no words too strong to condemn the management on the part of the physician. A wound necessitates increased action, and increased action makes increased heat, and increased heat will cause disorganization of structure, if it is allowed to accumulate. The doctor proved himself ignorant of these first principles of vitality when he tore off the wet bandages and substituted dry adhesive plasters. The wet cloths would have maintained the temperature at a point favorable to healing, and the wound probably would have healed by first intention, and months of severe suffering and attendant expense been avoided. The treatment of the physician, on the other hand, would unquestionably have ended in a stiff joint and a crooked limb for life. The parents, however, knew something of a better way, and so brought the child to us in July, 1878.

Our treatment consisted of hot fomentations, wet compresses, hot and cold douching, and occasionally electricity to the knee, whereby to induce absorption, and general plans to invigorate the system, including rubbings, sleep, freedom from nervous irritability, etc. After a few weeks he was able to be out on crutches, and returned home to continue the treatment; and to-day, January 6th, Mr. Jackson writes as follows: "He has been walking without his crutches for more than a month, and now he can run as well as walk. He has just the least perceptible limp, but the limb is just as straight as the well one, and the swelling has entirely disappeared. When we contrast his present condition with his condition at the time when we took him to you last July, we feel that we have great reason to be thankful. Every day of my life confirms my belief in your system, and diminishes my faith in the efficacy of drug medication."

Of course the physician who treated this boy has a good defense. He followed the teachings of the professors, and that the results were bad was not his fault, but the fault of the system under which he practiced. And yet the system, born of ignorance, reared in superstition, and grounded in public prejudice, is able to exist in spite of such woful failures; while one which has none of these advantages must walk much more straight.

Prevention versus Cure.—6.

By Jas. S. Cooley, A. M., M. D.

Blessed is the child who has been well-born; whose ante-natal life has been free from all untoward influences; whose parents receive it into eager, loving hands! To such a child, existence is a delight, and life possesses a charm, which sorrow and adversity may lessen, but cannot destroy. Evil companions, and corrupt

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associations may threaten ruin, for a time, but the congenital impulses inherent in its very being will surely assert themselves and claim supremacy.

In the light of the principles set forth in these columns, parental responsibility begins very early; even before conception has taken place, and at birth, all the tendencies and predispositions of the new being, physical and mental, have been irrevocably fixed. How important that this matter be more generally understood! How necessary to the future good of the race that no rude shocks disturb the quiet of intra-uterine life, and no perverted or harmful influences be borne on the umbilical pulsations, which transmit so faithfully every emotion of the mother to her unborn child!

All parents desire happiness for their children, and would have them escape the sorrows and sufferings which they have themselves encountered. By a faithful observance of these laws of transmisson which we have attempted to point out, they may leave to their offspring a legacy, unspeakably more precious than bonds and gold, and endow them with a heritage of health and happiness which shall remain with them forever. "Let us live for our children" is the epitaph upon the marble slab that marks the last resting-place of Germany's greatest teacher, Froebel. Thrice blessed those parents who apply this thought in all its bearings, and in daily self-denial and patient, cheerful self-sacrifice, cultivating wisely every faculty, and restraining every evil passion and desire, live again in their children.

But while so much depends upon prenatal influences, and while, at birth, the general traits of character have already been determined by these influences, so that all subsequent development, physical or mental, must be within certain fixed limits, which no external circumstances can change, the formative period, during which the mother's moulding power is very potent for good or evil, continues until the child is weaned. Short-sighted are those mothers who lightly esteem these most precious months of early motherhood; or who seek to escape what they deem the irksome duty of nursing the young life entrusted to their care. Unless she is unfitted for this duty by ill health, or has been denied by nature the capacity for performing it, that mother is guilty of gross negligence, that is little less than criminal, who avoids this opportunity of giving her offspring the best possible start in life.

We have the deepest sympathy for those mothers who cannot nurse their children. We have seen women weep over their inability to be, in this regard, all that a mother should be. But for those women who will not do it, or who cannot give up the frivolities of fashionable life until her child is of suitable age to be weaned, we have only words of rebuke; while our hearts bleed for the innocent victims of parental neglect, left to the cold and heartless care of hirelings. We believe that some mothers do this in ignorance of their true responsibility in the matter; and to those who honestly desire to know and do their whole maternal duty we commend the remainder of this article.

The female breasts were wisely intended to furnish the infant that nutriment which is best adapted to the necessities of its being. Their proper development has always been regarded as essential to beauty of form, and no one having young girls in charge should permit them to wear closely-fitting garments or padding that will interfere with mammary development, and perhaps lessen, very materially, their capacity for nursing.

Like other secreting organs of the body, the breasts remain passive, unless brought into activity by their appropriate stimulus. This stimulus is afforded by the process of utero-gestation, which occasions, as soon as established, a corresponding activity of the breasts. At the close of the nine months of pregnancy, and sometimes before, such a stage of development has been reached, that they are prepared to furnish the food necessary for the new-born child.

As has been already shown, in the course of these articles, every secretion of the system is affected by the mental and physical conditions attending its secretion. This is especially true of the milk, and the sensitive organism of the infant will be modified to a greater or less degree, by the qualities which the mother has imparted to the mammary secretion.

This effect may be for good or evil, and may be felt both by mind and body. The wise mother, who has sought to obey the laws of transmission during her pregnancy, will spare no effort to surround her child, while at the breast, with the same pure and ennobling influences that have watched over its ante-natal existence.

The same diligence in maintaining a cheerful, contented disposition, in avoiding all occasions for hateful and revengeful feelings and in cultivating those qualities of mind and heart which she desires to see reproduced in her offspring, is necessary now, to render the impressions already made, more enduring, and less easily perverted.

There is abundance of testimony as to the effect of evil influences exerted upon the child through its mother's milk. Dr. Carpenter, the eminent physiologist, says: "A fretful temper lessens the quantity of milk, makes it thin and serous, and causes it to disturb the child's bowels, producing intestinal fever, and much griping. Fits of anger produce a very irritating milk, followed by griping, with green stools. Grief has a great influence on lactation. There is evidence that the mammary secretions may even acquire a poisonous character, under the influence of violent mental emotion." Sir Ashley Cooper says: "Those passions which are generally sources of pleasure, and which, when moderately indulged, are conducive to health, will, when carried to excess, alter, and even check the secretion of milk."

Dr. Seguin declares that loss of mind is produced by an altered state of the mother's milk. Dr. Boerhave asserts that "The milk of an angry mother has caused epilepsy." There are repeated instances on record, of the sudden death of infants as the result of some violent emotion on the part of the mother, which had poisoned the milk.

If the fearful results just indicated are possible from the exercise of baleful propensities and passions; if the excesses of the mother thus influence for evil the child at her breast, it is also true that an opposite course of life would result in a like opposite and salutary effect upon the child. As a cross, peevish and fretful mother will find her child reflecting her own unhappy condition, so will the contented, hopeful, generous-hearted mother see reproduced in her babe the same desirable traits of character.

Much of the difficulty experienced in rearing children is due to some abnormal conditions of the digestive organs, produced by improper feeding. This derangement is often induced at the very outset, and a few practical directions may not be out of place, in closing this article. As soon as the child has been washed and dressed, after birth, and the mother has recovered a little from the fatigue of her labor, the child should be put to the breast. Usually, the breast contains, at this time, a small amount of a fluid known as *colostrum*, which, though differing materially from the milk that will fill them a few hours later, is exactly adapted to the necessities of the infant's system. There are other reasons for placing the child to the breast at this time, equally weighty, which need not be mentioned here. This *colostrum* will act as a slight laxative, and no dosing with oil is called for, as too many nurses suppose. Although there will be no milk of any account in the breasts until the third day after delivery, the child, as a rule, requires no food whatever before that time except what it can get from the breast. A spoonful of cool water, given after it has been washed, and this repeated every morning, will clear the mouth, and lessen the liability to soreness. If undisturbed, it will usually sleep most of the time, and there is no occasion for catnip tea, or any of the numerous things often advised and administered, under the mistaken idea that the child is hungry. Very often, this unnecessary feeding, before the milk comes into the breasts, causes months of suffering, and results in serious illness, if not death.

When the flow of milk is once established, let the child be nursed regularly,

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and not too often. During the day once every two or three hours is generally sufficient. At night, the mother's sleep should not be disturbed to give the child the breast, more than once. This can usually be arranged with a little care, and both mother and child will be the better for it. As the child grows older, it will require less frequent nursing, and if the mother is judicious in her diet, maintains an even and cheerful temper, and keeps herself free from colds and other derangements of the system, the growing infant will thrive rapidly, and the foundation of a strong and vigorous maturity will be thoroughly implanted. Next month we propose to give some hints as to the care and management of infants in other respects.

SANDY HILL, N. Y.

Questions Answered.

BY ROBT. WALTER, M. D.

Question. What do you wish to know of a person's conditions before giving a home prescription? J. B. S.

Answer. We need to know sex, age, weight, and how much reduced in flesh, if any, married or single, occupation, former treatment, all the symptoms, and if convenient the name of the disease, conveniences for bathing, exercise, rest, etc. In fact, we should know as much as possible about a person's habits; whether he smokes, chews or drinks, and all about him.

Question. What treatment would you prescribe for prolapsus uteri, attended with pain and soreness in the back, and what do you think of external supporters in the disease? S. A. H.

Answer. Prolapsus uteri is the result of enfeebled abdominal and pelvic muscles, and is properly cured only by restoring those muscles to vigor. External supporters will temporarily take the place of the muscles, but in doing so the muscles are weakened still further, and the difficulty is increased. I have seen cases in which the external supporter had been long used, where the muscles seemed almost paralyzed, and the patient's conditions had become desperate. The pain and soreness in the back are the result of a falling down of the abdominal contents, and can be relieved only by replacing these organs, and retaining them in place by vigorous muscles. An enfeebled condition of the abdominal muscles is a great cause of dyspepsia, liver complaint, deficient breathing, and indeed, of deficient vitality generally. The muscles of the abdomen are the most important of the organism, and to allow them to become weak and inactive is a process of opening the grave to receive its victim. Misery is the only word that can describe the condition of the woman who is in this state. Kneadings, rubbings and percussions of the abdomen, such as are described in the November number of the Laws, are important methods of treatment, but should be used in addition to all the appliances of the nutritive cure. The true idea is to invigorate the abdominal muscles, and through them the whole system.

Question. In order to keep the feet warm in cold weather is it a good plan to bathe them in cold water?

Answer. That depends entirely upon the vigor of the patient's circulation. Some persons' feet would be made so much colder, and others would be made warm. Anything that will improve the circulation is proper treatment, and a shallow cold foot bath, followed by thorough friction and a vigorous walk of a mile or so, is often serviceable. But if the patient is feeble, and unable to get complete reaction after a cold foot bath, it will do him or her harm. Movement-cure appliances, say swinging of the leg back and forth, rising slowly on the toes, rubbing or rotating the feet, etc., are far superior to water treatment. Hot treatment unaided is worse than nothing for this purpose.

Question. What course of diet would you recommend for acidity of stomach and enfeebled digestion, particularly the former?

Answer. I should recommend the use of unleavened Graham bread largely, made into hard, dry crackers, and chewed very thoroughly. Vegetables, mushes, sauce, and the like are more likely to favor acidity. You can eat raw apples with the bread; a little beef steak once a day would also be proper. But it is foolish to rely upon the diet to cure this or any other form of dyspepsia. My first article in this journal will give you more important methods.

Question. What would be your advice to a young man of hygienic habits about marrying a lady of common faith and habits?

Answer. Why, marry, of course. Single blessedness is liable to end in single cussedness. The natural condition is the duplicated.

Question. How much clothing is needed for health in this climate at this season, male and female, each article? F. B. G., Mass.

Answer. I am hardly a judge for others than myself. Everybody, however, should wear an under-suit of some loosely woven material from the ankles up to the wrists and shoulders. The arms and legs should be double thickness, and the garment should be made all in one piece, and should be left off at night and thoroughly aired, and changed at least once a week. Tight fitting underclothing is a great mistake. Over that should be worn the usual garments, of sufficient quantity to keep the person comfortable, particular care being had to cover well the arms, legs, feet, and when outside, the hands. The practice of covering heavily the throat and chest is a bad one. The tendency of the people, male and female, is to cover the central portions of the body excessively, while the extremities are insufficiently clad. This is a great evil, and should be overcome. I mean to write an article on the subject of clothing soon, giving further statement.

Question. How shall I construct a sun-bath for family use? S. G. M.

Answer. A large window, a bay window on the south side of a building, or a sash of size to suit, set into the side of a mansard roof, will give all the sun that is necessary for a private family. The kind to be employed is such as is used over hot-beds. We prefer to introduce one-half to one-third blue glass, for the purpose of regulating the temperature of the room. The blue glass will not allow the room to become so cold when the sun does not shine, nor so hot when it does shine. Any ingenious mechanic should be able to construct a sun-bath. Nevertheless I would advise that the family live continuously in well-lighted and thoroughly ventilated rooms, without the sun-bath, rather than to have a sun-bath and be shut up on the north side of a house, where the sun does not enter. Better have a perpetual sun-bath than an occasional one.

Question. Please tell me how a person, who chills to the marrow when the cold winds come, can overcome the sensitiveness. E. A. W.

Answer. In the first place, be well clothed, especially the extremities. The ladies are very faulty in this matter; they do not put on enough clothing, but shiver and freeze, and complain of the cold weather. Second, do not keep your rooms too warm; 70 degrees is warm enough. Third, have a full bath at 90 degrees twice a week, or hand bath given by an attendant, and be thoroughly rubbed. In other respects follow out the principles advocated in this journal. You ought to have all the numbers of the journal from the beginning, because they contain knowledge of incalculable value to such as you. Inasmuch as you have not given any special order, we commence your subscription with the January number, but I advise you to send thirty-seven cents for the back numbers. They are worth ten times that amount to you.

Question. I mail you the *Boston Journal*, containing the account of a miraculous cure by prayer, which I think should be attributed to the leaving off of medicine. What is your opinion?

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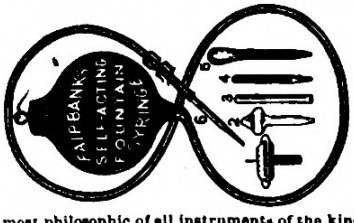
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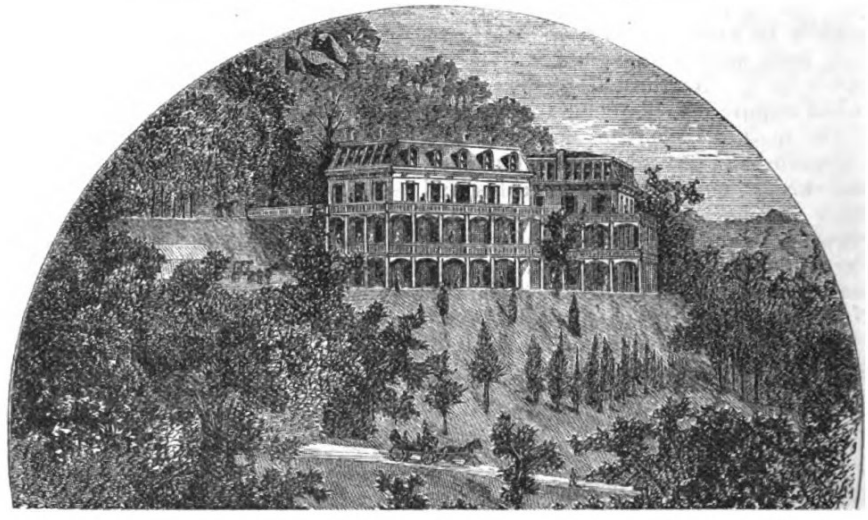
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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. I. READING, PA., MARCH, 1879. No. 11.

Invigoration through Respiration.

BY ROBT. WALTER, M. D.

The New Practice No. 2. Air, food and water constitute the material out of which living organisms are made, and the quality of the material is very important; but not more important than the process of using it. We have already seen that good digestion is quite as necessary as good food, and how to digest as important knowledge as what to eat; equally true is it that efficient breathing is not less desirable than pure air, or how to breathe less important than how to ventilate. We may live in dwellings scientifically ventilated, on the mountains and enjoy the most delightful breezes, but if we fail to breathe the air it will be of little service.

Respiration not only furnishes important material wherewith to build up, but it is the great process of purification. Hence, though, we can live for weeks without any digestion of food, we will die in a few minutes if we fail to breathe air. Every pulsation of the heart brings a considerable amount of dark, venous blood, dark because laden with carbonacious impurities, to the lungs, so that every few minutes the entire volume of the circulation reaches them, where, by contact with the air in the air-cells, the blood is immediately changed to a bright scarlet color, by giving off its carbon and absorbing oxygen. This change greatly favors circulation to the surface, and so when the functions are carried on vigorously, the complexion will be of a bright and healthy color, indicating vigor, elasticity and activity of body and mind. On the other hand, if the breathing is suspended for a few minutes, the blood, and hence the complexion, becomes immediately darker, and as the circulation is correspondingly obstructed, the blood receding from the surface, congestion, debility, and death, with its peculiar paleness, as well as freedom from suffering, follow. In the same manner if the breathing is only obstructed or partially suspended, the same effects follow only in less degree, as is seen in the case of consumptives. The first symptom is a dark color of blood and complexion, which, as the difficulty increases, comes to be of a peculiar bluish pale color, debility follows, and as the disease advances, dullness, almost stupor, and freedom from much suffering, become apparent. This half dead condition is not uncommon, while similar conditions in less degree are apparent in the great masses who are habitually confined within doors. As men die for want of breath, so they become partially dead—feeble, inert, torpid, cold, blue, bloodless, from insufficient breathing.

How to Breathe

is, therefore, an important subject; and an examination of the process will aid us materially in discovering the appropriate means whereby to improve this important function.

The lungs are no doubt the essential organs of respiration, but it is nevertheless true that they are passive rather than active agents thereof. They consist of a light, spongy, porous substance, highly elastic, made up of blood-vessels on the one hand and air-cells on the other, with a membrane between them so thin as to permit a free interchange between the carbon of the blood and the oxygen of the air. This is the purpose of respiration, and hence the importance of having lungs in a perfectly healthy condition. If from any cause the membrane becomes thickened, the breathing is correspondingly obstructed, as we behold in bronchitis, asthma, &c.; or if tubercles are deposited, as in consumption, the elasticity of the lungs is destroyed, as well as the air-cells filled with solid, cheesy particles. Of course under such circumstances the capacity of the lungs is greatly reduced, breathing soon becomes impossible, and death ensues.

Healthy lungs are, therefore, of ut most importance; but of themselves they cannot breathe. Respiration includes alternate inhalation and exhalation of air, whereby constant change is kept up; but this inhaling and exhaling process is solely the result of muscular contraction and relaxation, by which the thorax or chest is alternately increased and diminished in size. This thorax or chest is a casing of bone and flesh, perfectly air-tight in all directions but one, viz: the trachea or windpipe, through which air presses, with the usual atmospheric pressure, of 15 pounds per square inch, into the lungs, which being spongy and elastic, yield to this pressure in every direction, by which every air-cell is filled, and every available nook and corner of the chest is crowded to its utmost capacity with lung-substance inflated with air. The lungs, therefore, correspond in size and shape to the cavity of the chest, and the process of breathing is, therefore, dependent upon the motions of the chest. As the chest expands, air presses in, and as it contracts, the air is crowded out; and hence by alternate relaxation and contraction, producing alternately increased and diminished capacity of thorax, is the process of breathing carried on; and this process of breathing is essentially nature's method of ventilating the lungs.

In any attempt to improve one's breathing, therefore, the first and most important step is to improve the motions of the chest. Change of air is as necessary as abundance of it; motion in the chest quite as important as size of chest, while with both of these, the lungs being supplied constantly with pure air, lung disease becomes next to impossible. It is now asserted that impure air is the great cause of consumption, but this impurity is the result of inefficient breathing—poorly ventilated lungs—quite as much as of poorly ventilated dwellings.

The thorax or chest is conical in shape, large below, and tapering to the top, and its sides are composed chiefly of ribs about one inch apart, held together by short muscles, so that when these muscles contract the ribs are raised, and the capacity of the chest increased in ratio to the degree of contraction. But this increase from this cause is utterly insufficient, and hence additional and more important agencies are brought into play. The diaphragm, which is the floor of the lungs, in connection with its supports, is altogether a more powerful agent of breathing. It is a broad, thin, musculo-fibrous septum, concave upward and convex below, an arched floor to the lungs, so that when it contracts it descends, allowing the lungs to be inflated with air and descend with it, and when it relaxes, it rises, crowding the air out again. The movement of the walls of the chest takes place at the same time. As the diaphragm contracts and descends, the intercostal muscles contract and the ribs ascend, causing thereby greatly increased capacity of chest, and hence inspiration of air. The expiration of the air is the result of the operation reversed.

But the diaphragm being thin and broad, is unable to exert its power to any great extent, unless supported by active organs below it. It rests upon the stomach, liver and bowels, and these are held in place and moved upon by the walls of the abdomen, composed mostly of muscles. When the abdominal muscles relax, the bowels, stomach and liver descend, and the diaphragm, and lungs inflated with air press down accordingly; and when they contract the whole operation is reversed. About 18 times per minute this operation is repeated, and the degree of perfection with which it is done, is the measure of the man's respiration.

Breathing, therefore, is wholly a process of muscular contraction and relaxation—muscle being the only substance that can contract and relax, and the abdominal muscles are the most important ones engaged in the process. They correspond to the handle of the bellows, the chest being the bellows—by alternately

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contracting and relaxing, the capacity of the chest is correspondingly increased and diminished, and the air let in or crowded out, whereby the organism is supplied with oxygen and the blood relieved of its carbon.

In our last article it was seen how important vigorous abdominal muscles are to digestion, is it not evident that they are even more important to breathing? Indeed these two great functions of life are dependent very largely upon this set of muscles for their performance; and when we consider how little care is taken to keep or make them vigorous, is it wonderful that vitality is at "low water mark" in the majority of people. If digestion is feeble and breathing inefficient, how can we expect the functions of vigorous manhood, either mental or physical? It is strange how apathetic the people are on this subject; strange now little rational and consecutive thinking is displayed by hygienist and physiologist on so important matters. They talk long and learnedly of the kind and quality of food and of air—on the subjects of eating and ventilation—while digestion and breathing are left to care for themselves. Thus they "strain at a gnat and swallow a camel." They dress so as to enfeeble these muscles; their labor gives them little or no exercise of them, and when the functions fail they adopt abdominal supports, &c., which, by taking off what little exercise remained, adds to the difficulty.

General chronic invalidism, if it does not always begin with feeble abdominal muscles, invariably results in this condition; and hence any treatment for the great army of debilitated or chronically ailing humanity, must consider this, if it would be successful. Dyspepsia, Constipation, Liver Derangements, Bowel and Lung Consumption, Nervous Debility, Uterine or Bowel Displacements, and many other derangements connected with them, need not hope to be permanently cured by any treatment that fails to invigorate specially the abdominal muscles Hygienic treatment that does not apply rubbings, kneadings, percussions, special exercises, &c., to these parts, is a misnomer, and does not deserve the confidence or patronage of the invalid; for failure to permanently relieve the great majority is inevitable. For what can take the place of exercise in the development of muscles. We affirm that hygienic treatment is not simply a system of diet and bathing; and that all human experience proves exercise to be even more important, and *special exercises to meet special cases.* But more anon.

Scrofula.—No. 11.

By J. A. Tenney, M. D.

Sexual Excesses. The abuses of the sexual function are among the most destructive of all vices. Their effect is exerted upon the nerve force primarily, wasting it faster than any other influence, and so exhausting the source of all vital power. Of all the sexual vices, masturbation is the worst, prostitution comes next, and marital excess ranks third in its pernicious consequences upon the individual; but it is far more general than any other form of excess except masturbation, and like it, is practiced without restraint or thought of evil consequences. Masturbation is the most blighting influence upon the development of the youth of our land, stunting physical, mental and moral growth. Prostitution, while it is a source of physical disease, is still less harmful in this respect than solitary vice; but its worst effect is seen in its blunting intellectual and moral sensibilities; and marital excess is one of the greatest causes of inharmonious relations among the married, and a great source of physical debility, and of the transmission of scrofula to posterity.

The only true sexual relation is based upon so strong spiritual attraction between the sexes that physical nearness is consecrated to the most complete exaltation of the higher nature. Our physical organisms are only the instruments for the development and expression of the spirit within, and when the sexual nature is exercised in any way that is not subservient to the higher nature, the soul is robbed of its true expression, and its recoil upon itself is always degrading to the moral nature, and productive of physical disease All such relations that are destitute of the highest spiritual attraction are lustful and debasing, while true sexual relations are the sweetest and truest sources of the development of everything that is good and beautiful in man or woman. Instead of the gratification of the sexual instinct being considered as an end or object in itself, it should only be regarded as a means to spiritual and physical development. So the sweetest friendship is the foundation of the true sexual relation, and mutual care, and in a sense, mutual dependence, seem necessary to perpetuate it. Hence the marriage relation arises out of the constitution of things. The wisest and best men have taken this view of the case in all the years of civilization, and there is a feeling in the human breast that is deeper than reason, which responds to such a regulation.

The sexual instinct should be regarded with as pure feeling as should any other function. The great fault in society consists in leaving it out of its place. A weed has been defined, a plant out of place. Put it in its proper relations and it becomes of value and a thing of beauty. Thus the plant called hardhack, which is considered a vile weed when it overruns a pasture, ltivated in some parts of the co the *spiral flower*, and its beaut es of purple arouse a feeling o: in the souls of those who behold it. But they who have never seen it except as a weed, never think of it in the exalted sense; to them it is always a useless thing So most people regard the sexual instinct as something indelicate, see only its perversion, when it should be regarded as the highest and holiest of all the life processes. Thinking of this function with feelings of horror is in itself a prolific source of sexual disease.

The sleep of the sexual nature during the period of childhood and youth is necessary to develop and ripen it for its truest exercise in after years, as all experience has shown; and youthful vices are a destructive interference with this ripening process. Masturbation depletes not only this, but also every power of the victim's physical, mental and moral nature. It impairs digestion, retards the circulation, impoverishes nerve tissue and makes one stupid, bashful, and lacking in moral sensibility; and the victim of this vice is fortunate if he or she is not overtaken by the worst forms of nervous disease, as St. Vitus' Dance, Epilepsy, Apoplexy, Consumption, or Heart Disease. The effect of this practice is shown more in the form of weakness than in any other way; for it usually grows out of ignorance, and so does not harden the moral nature like prostitution, which is a sin of willful determination.

Such a habit once fastened upon a young man or woman is almost sure to be continued through life, unless it gives place to prostitution, or is cured by a true marriage. Prostitution, which is the exercise of the sexual function without any attendant spiritual exaltation, is less harmful than masturbation in its effects upon the physical constitution; but it hardens the moral nature from the fact of its being a sin of willful determination. As Burns says:

> "I waive the quantum of the sin,
> The hazard of concealing;
> But oh! it hardens all within,
> And petrifies the feeling."

But this vice may be the cause of physical ruin. It is not uncommon for its victims to contract diseases which are the most loathsome, and are attended with the most suffering, of any that afflict erring mortals. It may well be questioned whether those who contract the worst forms of disease that grow out of social vice, ever can be wholly freed from their disastrous effects upon the physical constitution. It is certain that they produce scrofula in posterity to a greater extent than any other known cause.

Marital excess is still farther removed from masturbation in its evil consequences, unless it occurs where no mutual affection exists between the parties, when it is the same as prostitution. But in any case such excess is debilitating to the married, and productive of scrofula in their offspring. This evil is very general, and most of its victims are utterly ignorant of the con-

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sequences of such excess. Their nervous systems are exhausted; they are always tired; and their children are born into the same condition. The origin of all this trouble is generally the habit of masturbation in the young contracted through ignorance. The nervous system not only becomes accustomed to the constant drain made upon it, but it demands its continuance; and so the perversion of the sexual function often follows a person down to the close of life, without his once suspecting the cause.

The young should be taught, as early as they begin to ask questions, the evils of the perversion of this most important function of being. As a safeguard through life, they should be taught what constitutes personal purity. We apprehend that the common notion of purity consists in blindly obeying the mandates of society, confining it to outward acts, rather than looking upon it as a grace of the heart and mind. So from the private nature of the marriage relation, anything is considered right which can happen within its pale. But Jesus taught that the sin consisted in regarding lustfully *any* woman; that is, without the complete subserviency of the animal to the spiritual nature. If the young are taught these principles, they will not need to be watched to keep them from going wrong. But if they are only taught to avoid that which is frowned upon by society, they may fall into habits in marriage that will inevitably ruin their health, and fasten the tendency to scrofulous disease upon their offspring.

Man has been called a "bundle of habits." He easily drifts in any direction, and may be so influenced by the guiding currents about him, that he may die from the consequences of an evil habit, and yet be ignorant of the cause. How many of the brightest and sweetest of earth's sons and daughters have been wrecked because there was no beacon to warn them of their danger! We take great pains to instruct the young in matters which are not likely to ever directly concern them; we teach them indiscriminately Latin and Greek and mathematics, as we say, to discipline their minds, and we give little or no heed to the canker which is most likely gnawing at the very heart of their mental, moral, and physical vitality. A habit once formed by the purest in their innocent ignorance, may so weave its spell about them, that there is no power on earth that can liberate them. A long continued drain upon the nervous system becomes such a fixed habit, that very few have the mental strength to break away from the moral incubus which has taken possession of all their faculties. Intemperance is a great evil, which is sending down thousands to their graves every year, but its fetters are not more secure than those which bind the fairest and sweetest of young men and women when they have once become the victims of sensual indulgence. If the young could be kept from this evil, and all the powers of manhood and womanhood developed and ripened as they should be, they would not be liable to drift into prostitution or marital excess after maturity, and their lives would be filled with added usefulness to an incalculable degree. In the majority of cases a little wholesome instruction would be everything that is needed to bring about such a desirable result.

The evils arising from a laxity of sexual purity are felt chiefly in the nervous system. The vital forces are slowly but surely drained away from their fountain, until not enough is left to run the vital machinery. Mental and physical inability sooner or later tell the tale of devastation, until perhaps some vital organ weaker than the rest succumbs, and death ensues. Sometimes it is the brain that suffers, as in softening, in epilepsy, in apoplexy, or a score of other nervous diseases; or it may be the lungs that will suffer in the form of tubercular consumption; or some other vital organ may fail to perform its proper function, and so throw disaster upon all the vital operations.

But the worst effects of such transgressions are not strikingly seen in the individual, but are exerted upon posterity, giving them scrofulous constitutions, which are likely to wholly unfit them for taking a stand by the side of their fellows in the great work of life. These transgressions are so powerful to deplete the nervous system that they often produce scrofula in a single generation.

Let the young be taught to restrain the animal and cultivate the spiritual; to avoid all association that can lead them from the path of personal purity, and to mentally dwell upon the true relations and action of all the bodily functions; striving to be freed

> "From more than elemental fire,
> The *soul's unsanctified desire*;
> From *sin itself*, and not the pain
> That warns us of its chafing chain."

The Cold Morning Bath.

Among the evils which water-cure brought upon many people, the cold morning bath is not unimportant. Thousands of persons who were not prepared to accede fully to the water-cure ideas, were nevertheless incited to practice this item of its teachings, and physicians and laymen, men and women, have become habituated to this form of nervous stimulation; and yet we are prepared to affirm that its influence in ninety-nine cases out of every one hundred is positively injurious, and in the great majority of cases destructive to the health of the person. We have had large experience and observation in this direction, and hence believe ourselves competent to speak advisedly on the subject. We have seen men rendered insane by it, and men debilitated by the morning bath are among the constant habitues of water-cure institutions.

A friend, writing to us, wishes to inquire why a person, fifty years of age, who has taken a cold hand-bath in the morning a good share of the time for years, is so sensitive to cold, and has so little power of resistance to it, that putting on a cold boot, or exposure in the least direction, causes him to chill decidedly, and having fallen on the ice four weeks ago and injured his hip and shoulder joints, without the least swelling or pain, he is yet lame without any improvement.

We have to charge this largely, if not entirely, upon this very morning bath, and we advise our readers not to habituate themselves thereto. Not one person in a hundred has power to secure perfect and complete reaction therefrom, especially if the water be cold. Hard working men engaged in muscular labor might tolerate the bath, but the nervous, sensitive and sedentary, whose reactive power is comparatively slight, can not but be injured by it. It is a stimulant, however, and so the party is deluded into the belief that he is strengthened by its use, and often continues it in spite of its evil effects. Two tepid (90 degrees) full baths per week is ample for cleanliness for any but quite vigorous and active persons, and cleanliness is the only proper object in their use for reasonably healthy people. Invalids should be treated according to their conditions; but even the majority of these will do better on two baths than more frequently.

The Turkish Bath.

Frequent inquiries are made for our opinion upon this mode of treatment, and we have to say the Turkish bath fills a place as a hygienic appliance, and is not to be absolutely decried; but when used as a great cure-all, as it generally is, the people are greatly injured. An occasional Turkish bath is desirable for many persons, and in some cases quite frequent repetition would be permissible; but as a rule it is a violent process, not indicated by the necessities of ordinary cases. When feeble patients are heated excessively, as by this mode, and douched and showered, it is usually to the loss of vitality, which they may sorely need at some future time. We opine that the rubbings and manipulations employed constitute a large share of the value of the treatment, and, if had without the heating, better results would be obtained. In this case, as in many others where varied appliances are had, credit is often given where it is not due, and withheld where it is due. The Turkish bath has long been lauded without rhyme or reason by persons who have been anxious to establish a lucrative business, and its use has been greatly overdone. We question if it is better than a good steam bath in a majority of cases where sweating is indicated.

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The Laws of Health.

Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

J. A. TENNEY, M. D.,
Associate Editor.

☞All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., MARCH, 1879.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging, stimiating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

The Temperance Question.

Intemperance is the crying evil of the times, but it is not confined to the use of alcoholic liquors. Alcohol, to be sure, is the king among destructive stimulants, yet opium may be said to be queen, tobacco an elder brother, while tea, coffee, and spices come tripping along as merry children. Alcohol being king, is the most obviously destructive. Its baleful influence hangs over society like a dread nightmare, burying too often beneath its dark pall the fairest of our sons and daughters. Surely the reason must be clouded, the instinct benumbed and the intelligence stupefied, that cannot perceive its evils.

The temperance reformation is making some headway, but it has the serious fault of not being founded upon correct principles. As a practice, total abstinence is unimpeachable, while, as a system, it lacks the true basis. Hence, though ever so good, it fails of the success it deserves, because human reason is not satisfied where principles are not clearly established. As long as alcohol is considered beneficial when prescribed by a physician, it will be believed useful when prescribed by the patient. And yet, why is not alcohol just as useful for medicine as opium or strychnine or arsenic, or any other deadly poison? Success to the temperance reformation means revolution of medical systems, and the temperance men will find after all that a substantial foundation in theory is necessary to success in practice. Why not discard at once and forever the absurdity that that which kills is good with which to cure?—that which destroys health excellent wherewith to preserve it.

A NEW VIEW OF IT.

Life has various gradations, particularly in the human being. There is body and brain, physical and spiritual, instinctive and moral; and alcohol or any other poison will affect the man, not merely in one department of his nature, but in all departments. The first and lowest order of life is known to be the nutritive, and is common to vegetables and animals; next is the sentient nature belonging to animals, then the intellectual, and finally the moral, which are peculiarly human. Moral perception we hold to be the highest expression of human power. Next below the moral is the intellectual. Still lower is the sensational, and last of all, the nutritive. These capacities result from vital power, and the lowest order, nutrition, is the first produced, because it requires the least degree of vital power, and is hence the last destroyed. The highest order, moral perception, is the last produced, because it requires the highest order of vitality, and is hence the first destroyed. It follows as a necessary consequence, therefore, that any substance, habit, or action which is destructive to the vital powers of the individual, reduces, first, his capacities for moral perception; following that, his intellectual abilities; then the senses become benumbed, and finally the nutritive powers are destroyed, and death follows. The man who boasts that he maintains good health while he is yet indulging in alcohol, tobacco, opium, or other abnormal agencies, forgets that the first effects are upon his moral nature, and that the physical is weakened only when the higher faculties have succumbed. A leak in the reservoir will not be discovered first by a lack of liquid at the bottom of it, but by a gradual lowering from the top; so the evil effects of stimulants, tonics, or any other morbific agents are not to be seen, first through any diminution of physical power, but through a failure of moral, intellectual, and sentient capacity.

THE PROOF.

That alcohol (we will not now include opium, tobacco, &c.,) is destructive to the moral perceptions and intellectual capacities of those who indulge, would seem evident from its continued use in spite of the facts. There is no greater crime against good government, against society, against all that is noble and true, than the use of this substance; and it is a crime so monstrous that it would seem the blindest devotee might see it; and yet the moderate drinker does not. It is a fact established by overwhelming testimony that four-fifths of the crime of our country, four-fifths of the evils which threaten to overwhelm society, begin in the use of alcoholic liquors. The country groans under taxation, laid upon us to secure us from the fruits of liquor dealing; human souls by the tens of thousands are dragged down to the most loathsome death by the liquor traffic; children are rendered homeless, wives are clad in rags, and reduced to starvation; poverty, sorrow, misery and degradation everywhere stare us in the face, and nearly the whole of it due directly or indirectly to this abominable drink. And yet the drinking man is too dull in his moral perceptions to perceive his duty with regard to it. He knows that the ranks of the drunkards are recruited from those of the moderate drinkers; he knows that if his class would unitedly abstain out of deference to the weakness of human nature, the woe and degradation of society would be immeasurable diminished; yet he is unable to perceive his duty. Surely his moral perceptions have become obtuse; and his intellectual faculties greatly demoralized, if he can not see the monstrosity of his practices. Has not his sentient nature also become so dull that the pure, the clean and the sweet, the true, the noble and the good, have no attractions for him. And yet he prides himself on the fact that he is yet able to eat and drink and enjoy himself, too often leading a life of indulgence; with scarce a thought beyond that common to the better class of brutes.

R. W.

Can You?

Can you cure prurigo without medicine? How would you?

Answer. We undertake to restore sick people to good health by building up the organism through the process of nutrition; but we do not cure diseases in the manner usual among physicians. If a man is restored to health his diseases disappear as readily as they come, and the man is not only relieved of them but he is well and hearty. Physicians follow the very opposite plans when they undertake to cure diseases by means which are destructive to the health of the patient, and if they succeed in curing the disease the patient is often worse off than before the cure. We would not undertake to cure your prurigo, but we would undertake to restore you to vigorous health, whereby you would have pure blood, strong muscles, steady nerves, a clear head, and sound stomach. Having done this you would have forgotten that you ever had the prurigo. The plans are explained more fully in our work called "The Nutritive Cure."

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How Often Shall I Eat?

"Eat little and often" is advice frequently urged upon the patient, and which he follows nearly as often perhaps for years, but still continues to suffer from feeble digestion and all its innumerable train of evils. Is it good advice?

Does the horseman who wishes to cultivate speed in his horse exercise him little and often? Does the gymnast get strength in his muscles by exercising them little and often? Certainly not. Windship, the gymnast, developed his power until he was able to lift 2,700 pounds, but he did it by exercising once a day, or at most, twice. Who ever knew of a horse attaining to great speed by being continually on the road? Who would go to the farmers, laborers, mechanics or merchants who are always exercising and expect to find them representatives of the greatest physical vigor? Just so with thinkers. No man ever succeeded in developing great power for thought by reading and studying "little and often." On the contrary, it is he who compels himself to extraordinary efforts, who rouses up all his powers to accomplish the greatest feats, and then gives himself ample time to rest and recuperate, that succeeds. The man of business who goes around on a dog-trot all day long is the same who grows thin and feeble, while he who works like a Trojan while he does work, and rests correspondingly, is the man who develops great power.

These same ideas are applicable to the stomach. By exercising it little and often we will produce or maintain a feeble and delicate organ, while on the other hand, if we give it all it can do, say twice a day, and then allow it abundance of time to rest and recuperate, we will get vigorous digestion, and from it the most glorious results. The stomach is the great organ of sympathy, all the other organs sympathizing with its conditions. With weak stomach we have feeble action of liver, bowels, skin, kidneys, and above all, of brain and nerves. The dyspeptic stomach makes the dyspeptic mind, with feeble thought, cowardly impulse, indefinable fear, babyish fret and worry,—while courage, ambition, resolution, the ability to do and to dare, depend upon the opposite condition. And this is to be obtained by exercise, the same as in any other organ. Does the arm grow strong by light and continuous exercise or by powerful exertion?

But here we will be met by the ever-recurring objection: "I feel uncomfortable whenever I eat very heartily, and I also feel very uncomfortable when I go beyond a certain time and do not eat." But is not this objection raised by persons who have long been eating "little and often," so that a habit has been established? By eating frequently the stomach is kept continually but feebly at work, with little time to rest, so that the person feels uncomfortable whenever the stomach is empty, and equally uncomfortable whenever it is really full; and the same objection would apply to thousands of other habits. If the tobacco-user or dram-drinker were to say "I feel well when I indulge, but miserable when I abstain," we would say that his feelings are not to be trusted—that he is the victim of a delusion; just so he is the victim of delusion who because of his feelings eats "little and often," and thereby strives to gain health. The teamster would be considered a simpleton if with a given amount of goods to haul he chose to carry but half a load and go twice as often; the laborer would be quite as wise who with 100 bushels of grain to carry should take but a peck at a time, and so go the oftener; the expressman would be a fool if he refused to receive but a parcel or two at a time and so went oftener; but none of these would be more foolish than he who eats half a meal—who always rises from the table hungry—for fear he will over-eat. Our rule is: Eat all you want, and then wait till you need another good meal, in the meantime giving the stomach time to rest. "The back is broadened to the burden" is proverbial; so is the stomach developed to its labor; with light labor is feeble power; but with heavy labor vigor correspondingly is brought forth.

Let no man bring up the silly excuse that he feels more comfortable while indulging past habits; it is an excuse that will hardly hold water in the presence of a little common sense.

Of course changes should be made wisely, often slowly and gradually, with opportunity to make it successful; but he is not a wise man who expects to get cured of dyspepsia by eating "little and often," even if it does make him *feel* better. But while diet is an important element in the cure of dyspepsia it is not by any means the most important; and he is not a wise man who relies on it.

R. W.

Prevention versus Cure.—7.

By Jas. S. Cooley, A. M., M. D.

The proper care and training of children is a subject requiring earnest and thoughtful consideration. The true parent or teacher, who would wisely do his whole duty to the child entrusted to him, divested of any preconceived opinions in reference to the methods to be adopted, must conscientiously pursue the course which experience, viewed in the light of science and revelation, shall point out. Although the real formative period is ante-natal, and, at birth, the leading traits of character and disposition have been fixed beyond recall, these predispositions and implanted forces are, as yet, undeveloped, and the years of infancy and childhood afford a period of growth and development, perverted or otherwise.

The seed from which grew the giant oak that stands steadfast amid the storms of a hundred winters, contained a minute plantlet, made up of the very parts, which, increased in size, and multiplied in number, now form the mighty monarch of the forest. Under favorable conditions, the tiny plantlet has become the sturdy, erect, well-formed tree. Under other, and unfavorable surroundings, its growth would have been stunted, and its form, ill-shapen and ungainly. It is now, what it was when wrapped up in the tiny seed, an oak at heart. It would still have been an oak, under any circumstances, and no amount of care, or patient culture could have developed it into a maple. So the infant is a human germ, gifted, at birth, with unchangeable predispositions, and peculiarities, but whose development, like that of the young oak, may be greatly modified by the conditions under which it comes to maturity.

Two questions are at once presented for consideration. What constitutes a true and symmetrically formed character, and how may a result so desirable be attained? The heart of every mother, as she looks into the face of her infant, goes out in strong desire for its future welfare. She fondly hopes that it may escape the sickness, sorrow, and care that are so commonly the portion of men, and fervently prays that it may never fall into the ways of sinfulness and evil, into which so many have fallen; but how little does she realize that her own hands are even now shaping the future of her child! If her life has been narrowed by poverty, or if, deprived of early advantages, her education has been meagre, how untiringly does she toil that her darling may have more of this world's goods than was her portion, and deny herself even the necessities of life that she may feed, clothe and school her boy; forgetting that there are possessions more valuable than money or a finished education, without which the money and education are comparatively worthless.

While parents are seeking to do so much *for* their children, how often do they fail of doing *with* them, what is of far more importance? Children have been placed by Providence under parental care and parental authority for the evident purpose that the course and character of their future lives may be chosen for them by those of ripe experience and mature judgment. Born under the varied circumstances which make up human life, at present, there are inherited weaknesses and tendencies to evil in every child. Upon the parents from whom have come these transmitted qualities, is laid the responsibility of correcting them. Yet how many children grow out from under the restraints and hallowed influences of home with no fixed principles and no definite aim beyond the acquisitions of property, or the earning of daily bread? These objects are proper, in

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their place, and a necessary part of many lives; but they are in no sense to become the end and aim of existence. They are but means by which other and higher ends may be reached.

The idea of development is never to be lost sight of. It is the growth and expanding of a germ, and not the creation of a character, that is to be accomplished. Evil tendencies are to be restrained and controlled; good impulses to be fostered; harmful influences warded off; proper material for mental and physical growth supplied; and all this done with loving solicitude, and wise forethought. The child has a three fold nature, composed of matter, mind and soul. These are interdependent, and their development must be harmonious, and to some extent, simultaneous. The heathenish notion of an antagonism between body and soul is no longer tenable, and methods of education built upon it, must be wholly discarded.

The body and all the physical functions are sacred, and their divinely appointed use is to form the abiding place and furnish the means of culture and growth to the immortal spirit within. Health and vigor of body are desirable, and are to be sought and maintained, not for their own sake, and not alone for the enjoyment that Hygiea confers upon her votaries, but for the greater good of the mental and spiritual life. The bodily appetites and propensities all have their place, not to domineer over the soul; not to furnish, in the pleasure of gratification, an end of existence; not to be ignored and crushed out, as evil; but to subserve the important ends of caring for the body, maintaining it in vigor, and perpetuating the race. In a harmoniously developed character these very appetites and passions which in a preverted nature are so productive of evil become the fundamental elements of strength and power.

The various intellectual powers are not to be employed in devising evil, or developed to the neglect of the higher and nobler attributes of the soul, but in all things are to be the servants of these. Every power, whether of mind or body, is to be made obedient to the behests of will, and that will taught its own dependence upon, and responsibility to a higher intelligence.

The practical details of such a development, must, necessarily, depend upon the circumstances of each case. The position in life which the individual is to occupy will demand certain lines of training. But the days of infancy are enough, and the means at his disposal of sufficient potency, for the sincere and earnest parent to set the tides of life for his child permanently in the right direction. "More is done to affect or fix the moral and religious character of children before the age of language, than after. Let every father and mother understand when their child is three years old, that they have done more than half of all they will ever do for his character."

Enough has been said to show the importance of parents forming for their children, an ideal development, and of so caring for and training them, that they may make that development certain. They will so clothe and feed their bodies, that the highest degree of health and vigor may be maintained, without unduly stimulating, or precociously developing any propensity. They will so determine their hours of rest and sleep, that their physical systems may have abundant opportunity for growth and repair. Their exercises and play will be such as shall give control of the muscles of both hands, and of feet and limbs, that these may be the ready servants of the mental powers. The sense of touch will be trained to delicacy and acuteness, and the special senses made far more sensitive than now. The intellectual training will be such as to awaken thought and accustom to habits of accurate memory and observation, rather than the memorizing and parrot-like recitations of the schools. Always and ever, the principles of truth, honesty and charity will be impressed by loving example and kindly precept, while in wise forbearance, and firm but loving power, habits of self government and self control will be implanted in the very depths of the child's nature.

Next month, I propose to answer the second question, How to attain this perfect development, and to offer some practical hints as to the early management of children, in its influences upon health and morals.

SANDY HILL, N. Y.

Heart Disease.

BY J. A. TENNEY, M. D.

There are two varieties of this disease, one of them purely functional in its nature, depending upon nervous derangement, while the other is structural, and therefore dangerous to life. The former variety is quite common, while organic disease of the heart is comparatively of rare occurrence.

Organic disease of the heart commences with alteration in the structure of some of its valves, producing the following forms: *First*, Contraction of the external orifices of the heart, impeding the outward flow of blood; *Second*, Alteration which hinders the closure of the valves, and so allows the blood to regurgitate into the heart cavities; and *Third*, A morbid growth which causes a murmuring sound in the heart by producing a ragged surface over which the blood flows. The first and second of these varieties may exist at the same time. Of course, the last named form is of no consequence as far as danger is concerned.

In either of the first two forms of valvular disease, the heart is compelled to make extra exertion in order to expel the blood which accumulates within its cavities. After a time nature tries to provide for the extra work to be performed by increasing the nutrition of the heart-walls; so they grow from a thickness of a third of an inch to an inch or more, and the organ often weighs four or five times what it does in health. But there is a limit to all nutrition, and after a while this thickening of the heart-walls ceases; but as the cause continues, the walls become weakened by the great strain upon them, and so they give way little by little, and dilatation commences. This process goes on for years, until finally the walls burst asunder, or the heart becomes paralyzed by over distension, and the patient dies. In the first stages the heart is much heavier than it should be, and in the latter, the organ increases in size but decreases in weight.

The first sign of valvular disease is a deficiency of breath after severe exercise; but this symptom is common to a great many diseases. In heart disease, however, it increases progressively until the patient is obliged to discontinue active exertion. The pulse is weak in proportion to the amount of regurgitation of blood into the heart cavities, but generally is strong in the beginning of its beat and then immediately recedes. There is little pain, but there is an indefinable feeling of distress in this region. The enlargement is usually confined to the left side of the heart; but if life is prolonged, the right side may become involved, and in that case the patient will suffer from general dropsy. It is not uncommon for the patient to be unable to lie down for weeks or even months before final dissolution takes place. As before mentioned, this result generally arises from paralysis by over distention, or from bursting of the heart walls.

In health the heart present two sounds; the first is soft, and is caused by the contraction of the heart upon the blood it contains, forcing it into the arteries. The second sound is sharp, and is caused by the closure of the valves after the blood has passed through. If the valves are imperfect, the blood will regurgitate, and if the ear is applied at the base of the heart near the sternum or breast bone, a murmuring sound will be heard, like water running through a pipe. If the murmur is heard at the first sound of the heart it may be due to obstruction, or it may be referred to ragged orifices, which cause murmurs as the blood passes over the rough surfaces. These sounds depend upon disease in the valves which belong to the *aorta*, or the artery which supplies the general system with pure blood.

But there may be diseases in the valves which close the pulmonary artery, especially after disease in the left side of the heart has been of long standing. When this occurs, there is a murmur heard with the first sound of the heart, between the second and third ribs, and near the left margin of the sternum. By comparing the second sounds produced by the valves in each side of the heart's base, it can be determined to what extent they are diseased. If those of the left side are imperfect, there will be no healthy, sharp second sound on that side, and if the right side of the heart is enlarged because of disease in the left side, the sound of its valves will be correspondingly sharp and decided.

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Dilatation of the heart is determined by the altered position of its apex, and also by the sound heard upon applying the ear to this part of the heart, which will be loud and booming if there is enlargement, and weak and short if dilatation exists to any degree.

The treatment for organic disease of the heart should consist in processes which invigorate the general system and aid the circulation. The Movement-Cure, if judiciously prescribed and administered, will so aid the circulation that life may often be prolonged to an indefinite period. All excessive mental emotion and severe exertion should be avoided carefully, and every hygienic agency used to preserve the general health. Heart disease is not always fatal even in its worst forms, many living to old age without special inconvenience, while many die from the intervention of some other disease.

The majority of those who suppose themselves to be affected by this disease are merely troubled with the functional variety, which depends upon derangement of the organs of digestion and the nervous system. Such are much more likely to fancy themselves in a dangerous condition than those who have actual organic disease, for fatal diseases are rarely attended with dread. When the trouble is functional, the true plan is to build up the vital powers by all the hygienic agencies, including movements, and especially by vigorous kneading of the stomach and bowels to increase digestion, when the difficulty will disappear. Impaired digestion in either case will increase the morbid symptoms, and in organic disease will hasten death, while improved digestion and circulation will do wonders in the worst cases, and cure functional heart disease without difficulty. The heart is not the prime cause of the circulation, and increasing the vigor of the muscular system will relieve a diseased heart of its extra effort more than is usually imagined.

Questions Answered.

By Robt. Walter, M. D.

"Give to him that asketh"

Question. Which is the healthier food, salted beef or fresh chicken or other fowl?

Answer. The fowl, of course. Beef from healthy cattle is good food, but when salted its qualities are injured. I know of no choice between fresh beef and fresh fowl, though perhaps beef is superior as a staple article.

Question. Can you tell me why I am troubled with dreams during my sleep, which seem to continue through the night? I am engaged in sedentary work, and have a good appetite and am quite careful as to diet. I have a bad taste in my mouth in the morning, and a thickly coated tongue all the time, which I can not account for, as I avoid all rich food.

Subscriber.

Answer. Your dreams are the result of disturbance in the brain and nervous system, and this chiefly because you have the dyspepsia. Avoiding rich food is not sufficient to cure a case like yours, nor even to prevent it, provided you are in an occupation which causes the digestive organs to become depleted. Read the first article in the February Laws, and see if it suits your case.

Question. Do you think raw onions are wholesome? E. C.

Answer. We think that they are not very desirable food.

Question. What is the best food for consumption, and what quantity is best; also with regard to exercise and bathing, or anything you think a person should know? E. Leonard.

Answer. This gentleman has not read our journal very carefully or very long, or he would have discovered that we do not treat diseases, but only patients. If we knew the patient, and all about his conditions, we could tell about the food, exercise, bathing, etc. Cases differ much, and what is good for one might not be good for another. If the young man will describe his case fully, and send me my fee for home prescription, $5, I will give him advice that will be worth much more than $5 probably.

Dandruff.—I am greatly troubled with dandruff, at the same time that I am losing my hair. What can be done?

Answer. Give the scalp a thorough rubbing every morning with the tips of the fingers, frequently wet in cold water. Go over the entire head, giving thorough friction, and you will find the dandruff will be removed, and the hair invigorated.

Question second. Are oils and other preparations for the head beneficial?

Answer. No. Some of them stimulate the scalp, but friction is far better for this purpose.

Honey.—I would be pleased to know your opinion of honey as food.

Answer. I believe honey to be superior to sugar, yet it must be eaten in great moderation. The danger of these concentrated substances consists in using them to excess. A very small quantity is often excessive.

Question. Is there any such thing as an increase of physical endurance at the age of fifty-three to a broken down blacksmith, temperate in all things but that of work?

J. N. Semple.

Answer. Yes. If your physical powers are below your capacities, as I suppose they are, you can be built up and made to be strong and vigorous, but you must be temperate in work as well as in all other things. Hygiene for you means a season of rest. It is foolish to suppose that you can build up and yet continue the plan which has run you down. You say that you have improved by a change of work; that change is hygienic. Go on doing all that you know how to do, and you will improve. Read The Laws of Health carefully, and God bless you.

Question. Can you draw the edges of such a cut sufficiently together to heal with nothing but a wet bandage? E. C. W.

Answer. That is to be decided by the facts. If you draw the parts together and keep them there they will heal. Sometimes it can be done with a bandage, and sometimes a few stitches, or sticking plaster, is necessary. We make no objection to the sticking plaster or stitches. All that we criticised in the case of the child was the bandaging the leg from knee to ankle in dry cloths, drawn tight to prevent swelling. The cloths should have been wet, whereby the heat could be radiated. Your subscription expires with the April number.

Question. Ever since I can remember I have been subject to bilious headaches, and they grow more severe; otherwise I am strong and healthy, except that I am constipated. What will cure or prevent these attacks? Mrs. W. C. E.

Answer. Your constipation is largely the cause of your headaches, and most certainly the headaches will not disappear while the constipation continues. If you will follow out the plans advocated in back numbers of the journal for the cure of constipation you will find relief. Diet will not cure in your case, but recuperation of vitality will. You are depleted from some cause, and can only be cured by invigoration. Get vigorous digestion, and active liver and bowels through processes of nutrition, and your headaches will disappear. In the meantime relieve the bowels daily by injections of tepid water, if necessary, but not by physic.

Question. What do you do for third-day chills?

Answer. We undertake to restore the general health and relieve the patient of the causes of the chills. In the meantime, however, get warm by artifical heat if necessary. Our article on Fever and Ague in the September number of The Laws will tell you more about it.

Question. What would you do for enlargement of the thyroid gland which has slowly progressed for twelve years, until it is the size of a hen's egg.

Answer. Restore the general health first, and then apply hot fomentations, cold douches, electricity, etc., to produce absorption if possible. A wet compress worn over the parts continually will be serviceable. Sometimes such diseases as these will be cured by removing the causes, and sometimes only by the knife.

Question. Is it better for a person with weak digestion to abstain from eating butter, fats, sugar and milk? Can a man keep up animal heat in winter without them?

Answer. You should abstain from the use of these substances, and it is all nonsense about your not being able keep warm without them. I venture to say that they do not warm you one whit, notwithstanding all that physiologists may say on the subject. Of course, by suddenly changing one's habits in this respect without adequate care and treatment, he may fail somewhat in *circulation*, and if he does he will be cold; but otherwise he will be just as warm without them as with them. It is circulation out of which comes nutrition that warms a man, and not abnormal food.

Question. At what age is it proper to get wisdom teeth?

Answer. Whenever you can. They usually appear at about twenty-one years of age, sometimes later, sometimes earlier, and seldom all at once. They do not affect the intellect in any way whatever.

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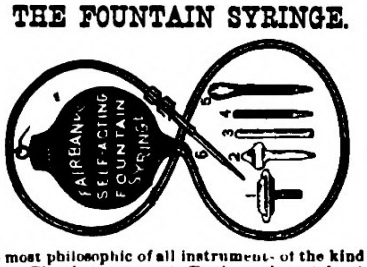
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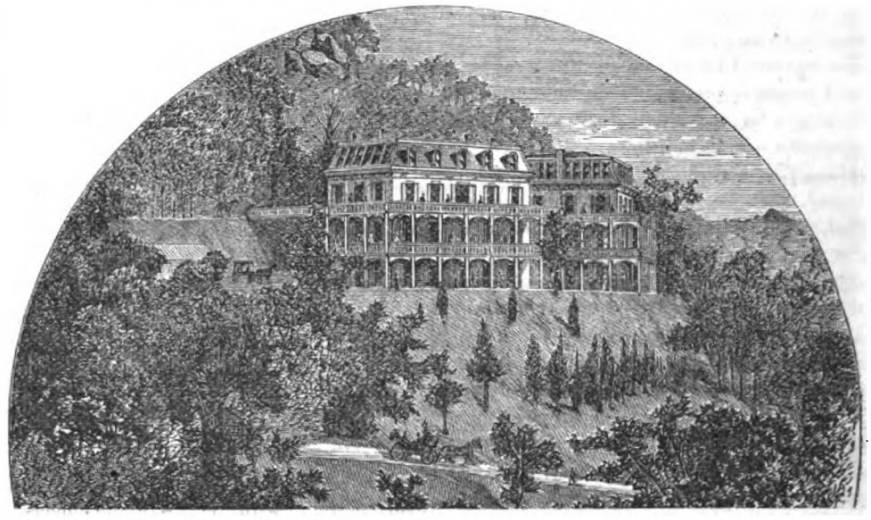
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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. I. READING, PA., APRIL, 1879. No. 12.

Electricity as a Curative.

BY ROBT. WALTER, M. D.

As the people are becoming awake to the fact that drugs, instead of possessing curative power, are really destructive to health, they are eagerly seeking for some new agency to take their place; and if such an one is possibly found, whose operations are somewhat occult or mysterious, they eagerly catch at the agent, as a drowning man grasps at a straw. Electricity supplies the conditions to satisfy an anxious people, as well as anything in the line of health agents possibly can. It is powerful, mysterious, silent, unseen; and hence will appear to many as something wherewith to perform some wonderful work. Water-cure, diet-cure, movement-cure, as well as electricity, have all been advocated and employed as cure-alls, and none of them has satisfied the judgment of the most experienced in these matters. The people at large, who have never tried them, may have faith in them as cure-alls; but we, who have tested the matter, have fully decided that there is no healing virtue in any thing outside the living organism. Health is the normal condition, and will always be maintained as long as the causes of disease are withheld; and when disease follows the violation of nature's laws, health can be restored only by ceasing to do evil, and learning to do well. All the curative power is in the living system, and the so-called health agencies are to be employed as curative conditions, but not as curative agencies. The conditions of health must be supplied, or health can not follow; and as the mechanic gets mechanical action, with unvarying certainty, as soon as he fulfills the conditions; and the chemist gets chemical action with the same unvarying certainty by fulfilling the conditions; so the physician may get normal vital action by supplying the conditions of health. Mechanical action is the result of mechanical force stored up in the substances used; chemical action is the result of chemical force stored up in the chemicals used; so vital action is the result of vital force stored up in the living organism; and it is the mechanic's, the chemist's and the physician's business to liberate these forces, and by supplying the conditions get normal action. Electricity is valuable in that it may supply a *necessary condition of recuperation*, but no further. In some cases it has proved itself serviceable, while in thousands of others, it has been shown to be worse than nothing. Hence it is not a cure-all; and, when employed as such, or advocated as a hobby, the experiment must end in failure.

When is electricity useful? and how should it be applied? are the questions which naturally follow. About all that is known of the nature of this agency is, that it is a mode of motion; and hence where it is desirable to apply motion to certain internal parts of the organism, it can be done by aid of the electric machine more certainly than in any other way. If the positive pole be applied to one portion of the body, and the negative to another, the electric current travels the whole course between these two points of application, producing a steady, continuous vibration in the parts; hence facilitating the circulation of the blood, and so aiding greatly in the removal of obstructions. It is to be noted, however, that the electric current follows, chiefly if not wholly, the course of the nerves; and hence the effect is chiefly upon the nerves. In diseases, therefore, where obstructions in the nerve centers, or along the nerves, is a prominent condition, as in paralysis, neuralgia and some times rheumatism, it is very serviceable. Indeed in paralytic affections it is almost always a necessary adjunct to general hygienic treatment. In some cases the most wonderful results have followed its application and all have been benefitted. It is often useful also in many other diseases in which the nerves are involved, as dyspepsia, liver complaint, debilities, etc.; in a word electricity is the most efficient means we have of applying motion directly to the nerves; and hence, whatever benefits can come from the application of motion, is to be obtained through the electric current.

But if electricity, when properly employed, may do good, it will do harm when improperly administered. Its influence is chiefly upon the nervous system, and inasmuch as the nervous systems of invalids are generally already over-excited, electricity should be used with great caution, and only with a definite object in view. We find the electrical machine very advantageous as an adjunct in the treatment of chronic invalids; but it can never take the place of the Movement-Cure, water treatment, diet, pure air, etc. Each agency must fill its own proper niche, and so fulfill the conditions for health; but one can never take the place of the other. True hygienic treatment consists in the application of all hygienic agencies in a combination suited to each case, and it is the vitality in the patient that cures; but to allow that vitality to have unobstructed operation, there must be the air, the water, the sun-light, the food, the exercise, the rest, sleep, social influences, mental and spiritual conditions, suited to each case; and if the physician possesses the wisdom, skill and power, to supply these, he will be successful, and sick people will recover with a certainty and rapidity that will be a marvel to the lookers on. The age of cure-alls is fast passing away, hobbies have been pretty nearly ridden to death, and the people are at length prepared for reason and common sense in the care of the sick.

In order to a proper application of electricity the anatomy of the parts must be understood; and even more important, a true diagnosis of the conditions of the patient made out. Without a correct understanding of the pathology as well as the physiology of the case, there can be no certainty of results. Hap-hazard application may do harm as well as good, and electricity has as often proved a failure from the ignorance of the operator as from any other cause. Hence it is rarely adapted to home treatment, even if it were of general application. The Movement-Cure is much more important, for, while less liable to produce evil results in unskilled hands, is of almost universal application. Where one case will be benefited by electricity, no matter how skillfully applied, one hundred will be benefited by movements; and the difference between these two health appliances is chiefly that one is motion applied to the nerves while the other is motion applied to the muscles; one excites to activity the organs that expend power, while the other developes and invigorates the organs that generate power; and hence none can fail to remark a notable difference in ultimate results whatever the immediate effects may be. Electricity, like other agents that affect the nervous system, produces quick and often apparently beneficial results, even when ultimately there is an actual loss of power; while motion applied to the muscles, though it developes power slowly, the results nevertheless accrue progressively and cumulatively, to the great permanent satisfaction of patient and physician.

"THE number of patients can be increased" is the ominous recommendation of a medical practice advertised for sale in the *London Lancet*, which reminds us of the declaration by a noted physician that "He, who in one successful season uses freely calomel and the lancet, will have established for himself a practice for life, for he will ever after have enough to do to stop the breaches made in his patients constitutions."

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Scrofula.—No. 12.

By J. A. Tenney, M.D.

Inharmonious Social Relations. If the intelligent physician should relate what he knows to be true in regard to the extent of the physical effects of inharmonious social relations, the majority of people would close their ears to the narration, regarding it as fabulous. The common idea is that the spirit may be acted upon through the body to some extent, but the controlling influence of the mind upon the body is not duly appreciated. When people become sick, they are dosed with drugs, whatever may be the cause of their diseases, for, as a rule, neither physicians or people know how to reach the spirit except by assaults upon the body. If we are to judge by the ordinary practice, matter rules, and all we need to do is to spur up the machine, and health is ours. So if a man is dying from grief, the doctor thrusts a thermometer under his tongue, analyzes the urine, and proceeds to doctor the excretions. If he dies, his body is opened, the physician rummages around, carefully scrutinizing every cavity, membrane, tissue and follicle, hunting after disorganization somewhere, as though the whole matter could be decided by the study of organic effects. A physician who never looks farther than the material organism for the causes of disease, has mistaken his profession; as Schiller remarks:

"A physician whose horizon is bounded by an historical knowledge of the human machine, and who can distinguish terminologically and locally the coarser wheels of this intellectual clock-work, may be, perhaps, idolized by the mob; but he will never raise the Hippocratic art above the narrow sphere of a mere bread-earning craft."

The true physician can read the book of the heart. He understands all the griefs, the longings, the hopes, and the fears of man; and, in order to heal the diseases arising from inharmonious relations, he must be worthy of confidence, and the disinterested friend of all who need his care. Says Dr. Forbes Winslow, in his *Journal of Psychological Medicine:*

"The physician is daily called upon, in the exercise of his profession, to witness the powerful effect of mental emotion upon the material fabric. He recognizes the fact, although he may be unable to explain the rationale. He perceives that mental causes induce disease, destroy life, retard recovery, and often interfere with the successful operation of the most potent remedial means exhibited for the alleviation and cure of bodily disease and suffering. Although such influences are admitted to play an important part, either for good or evil, I do not conceive that, as physicians, we have sufficient appreciation of their great importance."

This world has no greater source of help and joy for a human being than harmonious social relations; and there is no pandemonium so exquisitely perfect as a home where love does not dwell. The lower animals pass their lives in one continual round of domestic enjoyment, and it seems that human beings are enough like them in this respect to lose what constitutes the greater part of life if they are deprived of this heaven of the affections. More men die from nervous diseases and consumption from such deprivation, and more married women are afflicted with diseases peculiar to their sex as a result of imperfect or intolerable social relations, than is known to any one except the observing physician. If the heart-aches that caused the deaths of all who lie in our church-yards were written upon their tomb-stones, the passer-by would begin to form an idea of how potent such causes of disease are in laying low the most sensitive and refined of our race. More people die because they have nothing to live for than is usually known or imagined. They may be unaware of the causes of their diseases themselves even, in their striving to blind themselves to the facts, and to believe that their lot must be borne in a christian spirit. Unsatisfied natures are slowly dying from heart-ache every day, and on every hand; and we may almost say, there is none to help. The currents of their lives are turned back and frozen in their veins, until every vital organ is weakened, and sooner or later some wasting disease overtakes them and closes their earthly career.

But many are too strong to die from the restlessness of the spirit within, and they live to give birth to unwelcome children, whose lives are filled with inbred inharmony, that will render them a source of suffering to themselves, and all who associate with them through their lives. As in the case of Byron:

"— Eagerly the barr'd-up bird will beat
His breast and beak against his wiry dome
Till the blood tinge his plumage, so the heat
Of his impeded soul would through his bosom eat."

The careful observer will notice that when there is great inharmony between the married, their children or children's children will feel the effect, in scrofulous constitutions and incurable diseases, growing out of their inherited conditions; unless by intermarriage, the tendency is strongly counteracted. The tendency is towards scrofula and death.

The young should exercise caution in forming this most vital relation. Love is and must be the basis of such a relation, but the daze of one's first passion should not be final in such an important matter. All the help that can come from those who have made a life study of the proper adaptation of temperaments should be carefully sought. Love-making should be studied, for a living death may often be avoided by a little forethought.

But it will be asked, "what are the remedies for inharmony among the married?" One thing will often cure it, which is very easily applied. The married are often separated in affection for each other by too constant association. Sleeping in the same bed, eating at the same table, and being together constantly at other times, will make them see each other's faults rather than their virtues, wearing out all the attraction that ever existed, and making their union unworthy of the name. Let them have different rooms, and meet a variety of people in society, and the difficulty will often be remedied without a greater separation. No sacrifice can be too great that ends in bringing harmony out of discord. "Time is not lost that is spent in cementing affection." The most careful and kindly consideration, and the truest exercise of unselfishnesss, should be the uppermost object of those who are thus situated, till

"Trial's troubled night is o'er,
And the star of peace return."

A New Style of Fomentations.

How to Make a Poultice.

Dr. Brunton, in *Brain*, the new London periodical, gives the following practical hints on this subject: "The common practice in making poultices of mixing the linseed meal with hot water, and applying directly to the skin, is quite wrong; because if we do not wish to burn the patient, we must wait until a great portion of the heat has been lost. The proper method is to take a flannel bag (the size of the poultice required), to fill this with the linseed poultice as hot as it can possibly be made, and to put between this and the skin a second piece of flannel, so that there shall be at least two thicknesses of flannel between the skin and the poultice itself. Above the poultice should be placed more flannel, or a piece of cotton wool, to prevent it from getting cold. By this method we are able to apply the linseed meal boiling hot, without burning the patient, and the heat, gradually diffusing through the flannel, affords a grateful sense of relief which cannot be obtained by other means. There are few ways in which such marked relief is given to abdominal pain as by the application of a poultice in this manner."

Linseed poultice is just as good as several thicknesses of flannel rung out of hot water, and hot water and flannel are quite as good as linseed and flannel, unless it should be shown that linseed holds moisture and heat better than flannel does. But then, you know, it would not be medical unless it had a "stick" in it. We agree with the Doctor, however, and heartily commend the hot fomentations or poultice in cases of abdominal pain.

A Few Words to Mothers.

A correspondent has a babe, three months old, which suffers much with costiveness and colic, and as he is not the only one who is thus troubled we offer a few suggestions: These things are among the most serious annoyances of babyhood, and unfortunately the remedies usually employed are generally worse than the disease. The soothing syrups, that are so widely advocated, are among the most dangerous enemies to health and life, and no mother who is intelligent, and loves her baby, will dose it with these vile narcotic preparations, even though the pain is deadened, and the child falls into a stupid sleep. The cure for these diseases is to be found by removing the causes; and we propose to cite the causes, for the benefit of our readers.

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But first, let us call their attention to the fact that the baby is affected almost directly by the mother's conditions, both of body and mind. The position of mother, honorable as it is, is also an exceedingly responsible one, even to the extent that unborn generations will be affected by her habits of life. No cause in the eternal universe fails to produce its effect, and that which comes through mothers and babes is not an exception. The mental conditions of the mother are wonderfully productive of good or ill results upon the babe that suckles her breast. Fret and worry are almost certain to produce indigestion in the child, and consequently colic. Anger has a terribly deadly influence, and so have all passions. To work till over-heated or exhausted is also very injurious. A mother who is nursing a child should be in the most happy and contented state of mind that it is possible to obtain, whereby, instead of the crying and fretting baby, she will have it crowing and chirping and laughing; instead of being restless and peevish and suffering, it will eat and sleep, and grow fat. Mothers do not, as a rule, realize the importance of this matter, and husbands forget their responsibilities. If there is any time in a man's life when he is called upon to be gentle, and pleasant and good-natured; when his influence shall be quieting, and soothing, and restful, it is when he is a father of a new-born babe. He can often bring to bear upon the wife the conditions of mind that shall affect also the conditions of the babe, and so make the whole household like Eden of old. On the other hand, if he is cross, or fretful, or unloving, he will operate, unconsciously it may be, to induce a similar unhappy condition in the mind of the best of wives, and so produce fret and worry, and consequent pain and suffering in the child; which reflects upon the mother, adding to her irritability and restlessness, and thus back to the father; and so the difficulty increases by the continual action and reaction.

Having secured the most restful condition of mind, the mother should be careful as to what she eats. Acid fruits, unripe or even crude vegetables should be avoided, and the food eaten should consist of good Graham bread and a little milk, and meat or an egg, baked sweet apples, potatoes, rice, figs, sweet prunes, or any bland food, which is not likely to disagree with dyspeptics. Warm Graham gruels, made of Graham flour stirred into boiling water, with one-third milk, is good food, but the milk should be stirred in afterwards and not boiled.

If the child has colic, a hot bath for five minutes, say at 100 degrees, or flannel cloths wrung out of warm water over the abdomen, will often relieve, but in cases of costiveness, these should be supplemented with, or preceded by, injections of warm water into the bowels, until they are entirely relieved. It is not an uncommon thing for babies to suffer in this way, and when they do the bowels should be thoroughly washed out with warm water. The Fountain Syringe, which allows a steady, mild, continuous stream to flow into the bowels, is just what is needed in these cases. Let no mother allow her babe to become constipated, even for a day, without employing this process. It can do no harm, it will relieve the irritability of the bowels, and the babe will go to sleep thereafter. In this respect it differs much from the purges commonly used, which, while they reduce action, also irritate the bowels. A cool, wet compress applied over the abdomen, covered with a dry cloth, is often desirable, when there is heat or feverishness in the abdomen. Try these plans, and see if your babe does not sleep quietly and eat abundantly, and grow fat.

Another point; do not try to excite prematurely its intelligence. Do no allow it to be handled by many persons. Eating and sleeping constitute the chief part of a baby's life. Let it eat and sleep to its satisfaction.

Deafness.

By J. A. Tenney, M. D.

This difficulty is necessarily a source of great anxiety to those who begin to be affected by it; and when it affects those who are otherwise in the enjoyment of good health, it naturally causes anxious questioning as to the prospects of recovery. These may generally be arrived at if the causes are known. Some forms of deafness are transient and curable, while others are permanent and irremediable. The causes are varied and numerous, presenting the following prominent varieties:

1. Partial deafness is often caused by destruction of the drum of the ear. This may be perforated, or destroyed as the result of inflammation, arising as a sequel to scarlet fever, measles, etc., which does not extend farther than the external ear; but such inflammation is extremely liable to extend to the internal ear, causing ulceration which makes deafness complete.

2. Partial deafness may also be caused by diseases of the throat, as enlargement of the tonsils, and inflammation which results in the closure of the Eustachian tube, which connects the throat with the internal ear. The accumulation of wax in the external ear passages is perhaps the most common cause of deafness known.

3. The concussion of the ear, caused by the discharge of firearms, is sometimes followed by a discharge of blood from the ear, and permanent loss of hearing.

4. An overdose of quinine for ague has been known to produce permanent deafness in a few hours. This has often happened in the southern states, where they are in the habit of taking this drug in enormous doses.

5. Loss of hearing may arise from tuberculous matter being deposited in the base of the brain, or from inflammation causing an effusion in this locality.

6. Caries of the temporal bone is a common cause of this affection. The same effect may be produced by the pressure of a tumor upon the auditory nerve, or the deposition of lymph in the internal ear.

7. A form of the disease known as *nervous deafness* commences with ringing noises in the ear, which continue until hearing is destroyed. This condition undoubtedly arises from inflammation in the auditory nerve.

8. Deafness is sometimes caused by paralysis of the auditory nerve. In this form, there are no noises heard, but the deafness is progressive, until hearing is totally destroyed.

When the difficulty is caused by the accumulation of wax in the external ear passages, by perforation of the drum, or by diseases of the throat, it may be removed entirely or greatly relieved; but in cases where the trouble depends upon paralysis or a tuberculous deposit, it is incurable. Wax is very easily removed. Chronic affections of the throat are usually of a scrofulous character, and so may require a persistent application of all hygienic agencies; but the majority of cases can be either cured or greatly benefited by a careful course of living. When the tonsils are enlarged and remain so for years, as the consequence of colds often repeated, it often requires persistent care and the application of all the hygienic agencies to effect a cure; but almost every case may be cured in time. The lining membrane of the Eustachian tube is a folding of that which lines the throat, and is consequently liable to the same inflammation. An inordinate secretion of mucus in this important passage is also liable to cause deafness. The only method of ascertaining the extent of obstruction from this cause is the introduction of a catheter made for the purpose; and as this requires skill and a thorough knowledge of the anatomy of the parts, it can only be done by the experienced surgeon. The introduction of the catheter is often a means of restoration, by its soothing influence upon the inflamed passages.

The curable varieties of deafness are most of them remedied only by such measures as build up the general health, as they are the result of scrofula or general depletion. All habits that debilitate should be broken off, and a general course of invigorating treatment should be persevered in. Movements of the extremities, to draw the blood away from the diseased parts, should not be omitted. If there is inflammation in the throat, hot fomentations, followed by cold compresses at night are very useful. The patient should avoid exposure that causes him to take cold, and in every way husband the vital forces. Most cases will yield to a careful course, without surgical interference.

Self-Help.

"Warm your body by healthful exercise, not by cowering over a stove. Warm your spirit by performing independently noble deeds, not by ignobly seeking the sympathy of your fellows who are no better than yourself," said Thoreau. There is a world of wisdom in the advice, and all may learn a lesson growing out of it. Do not lean upon false supports, either mentally or physically. Do not expect to find the truest mental or physical help from any source outside yourself, for all true growth is from within. "The kingdom of heaven is within you." Do not look for help from physical ills through swallowing poisons, which, though they may relieve temporarily, only debilitate and so aggravate the difficulty in the end. Do not think to cure a prolapsed organ by going to bed. Inaction is a cause of such difficulties, and inaction never cures any one. When the muscular supports of any organ become enfeebled by lack of exercise, they are no longer supports, and the organ naturally sinks down through the influence of its own gravity. Restore vigor and tone to the debilitated muscles, and they will inevitable draw the organ back into its place. Let every organ in the body have its normal exercise, and carefully avoid every kind and degree of dissipation. Live a harmonious life, both of body and mind; and your physical and spiritual health will develop out of the effort as surely as that the tendency of everything in the universe is toward growth and a higher state of existence.

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contracting and relaxing, the capacity of the chest is correspondingly increased and diminished, and the air let in or crowded out, whereby the organism is supplied with oxygen and the blood relieved of its carbon.

In our last article it was seen how important vigorous abdominal muscles are to digestion, is it not evident that they are even more important to breathing? Indeed these two great functions of life are dependent very largely upon this set of muscles for their performance; and when we consider how little care is taken to keep or make them vigorous, is it wonderful that vitality is at "low water mark" in the majority of people. If digestion is feeble and breathing inefficient, how can we expect the functions of vigorous manhood, either mental or physical? It is strange how apathetic the people are on this subject; strange now little rational and consecutive thinking is displayed by hygienist and physiologist on so important matters. They talk long and learnedly of the kind and quality of food and of air—on the subjects of eating and ventilation—while digestion and breathing are left to care for themselves. Thus they "strain at a gnat and swallow a camel." They dress so as to enfeeble these muscles; their labor gives them little or no exercise of them, and when the functions fail they adopt abdominal supports, &c., which, by taking off what little exercise remained, adds to the difficulty.

General chronic invalidism, if it does not always begin with feeble abdominal muscles, invariably results in this condition; and hence any treatment for the great army of debilitated or chronically ailing humanity, must consider this, if it would be successful. Dyspepsia, Constipation, Liver Derangements, Bowel and Lung Consumption, Nervous Debility, Uterine or Bowel Displacements, and many other derangements connected with them, need not hope to be permanently cured by any treatment that fails to invigorate specially the abdominal muscles Hygienic treatment that does not apply rubbings, kneadings, percussions, special exercises, &c., to these parts, is a misnomer, and does not deserve the confidence or patronage of the invalid; for failure to permanently relieve the great majority is inevitable. For what can take the place of exercise in the development of muscles. We affirm that hygienic treatment is not simply a system of diet and bathing; and that all human experience proves exercise to be even more important, and *special exercises to meet special cases.* But more anon.

Scrofula.—No. 11.

By J. A. Tenney, M. D.

Sexual Excesses. The abuses of the sexual function are among the most destructive of all vices. Their effect is exerted upon the nerve force primarily, wasting it faster than any other influence, and so exhausting the source of all vital power. Of all the sexual vices, masturbation is the worst, prostitution comes next, and marital excess ranks third in its pernicious consequences upon the individual; but it is far more general than any other form of excess except masturbation, and like it, is practiced without restraint or thought of evil consequences. Masturbation is the most blighting influence upon the development of the youth of our land, stunting physical, mental and moral growth. Prostitution, while it is a source of physical disease, is still less harmful in this respect than solitary vice; but its worst effect is seen in its blunting intellectual and moral sensibilities; and marital excess is one of the greatest causes of inharmonious relations among the married, and a great source of physical debility, and of the transmission of scrofula to posterity.

The only true sexual relation is based upon so strong spiritual attraction between the sexes that physical nearness is consecrated to the most complete exaltation of the higher nature. Our physical organisms are only the instruments for the development and expression of the spirit within, and when the sexual nature is exercised in any way that is not subservient to the higher nature, the soul is robbed of its true expression, and its recoil upon itself is always degrading to the moral nature, and productive of physical disease All such relations that are destitute of the highest spiritual attraction are lustful and debasing, while true sexual relations are the sweetest and truest sources of the development of everything that is good and beautiful in man or woman. Instead of the gratification of the sexual instinct being considered as an end or object in itself, it should only be regarded as a means to spiritual and physical development. So the sweetest friendship is the foundation of the true sexual relation, and mutual care, and in a sense, mutual dependence, seem necessary to perpetuate it. Hence the marriage relation arises out of the constitution of things. The wisest and best men have taken this view of the case in all the years of civilization, and there is a feeling in the human breast that is deeper than reason, which responds to such a regulation.

The sexual instinct should be regarded with as pure feeling as should any other function. The great fault in society consists in leaving it out of its place. A weed has been defined, a plant out of place. Put it in its proper relations and it becomes of value and a thing of beauty. Thus the plant called hardhack, which is considered a vile weed when it overruns a pasture, . . .ltivated in some parts of the co the *spiral flower*, and its beaut es of purple arouse a feeling o in the souls of those who behold it. But they who have never seen it except as a weed, never think of it in the exalted sense; to them it is always a useless thing So most people regard the sexual instinct as something indelicate, see only its perversion, when it should be regarded as the highest and holiest of all the life processes. Thinking of this function with feelings of horror is in itself a prolific source of sexual disease.

The sleep of the sexual nature during the period of childhood and youth is necessary to develop and ripen it for its truest exercise in after years, as all experience has shown; and youthful vices are a destructive interference with this ripening process. Masturbation depletes not only this, but also every power of the victim's physical, mental and moral nature. It impairs digestion, retards the circulation, impoverishes nerve tissue and makes one stupid, bashful, and lacking in moral sensibility; and the victim of this vice is fortunate if he or she is not overtaken by the worst forms of nervous disease, as St. Vitus' Dance, Epilepsy, Apoplexy, Consumption, or Heart Disease. The effect of this practice is shown more in the form of weakness than in any other way; for it usually grows out of ignorance, and so does not harden the moral nature like prostitution, which is a sin of willful determination.

Such a habit once fastened upon a young man or woman is almost sure to be continued through life, unless it gives place to prostitution, or is cured by a true marriage. Prostitution, which is the exercise of the sexual function without any attendant spiritual exaltation, is less harmful than masturbation in its effects upon the physical constitution; but it hardens the moral nature from the fact of its being a sin of willful determination. As Burns says:

> "I waive the quantum of the sin,
> The hazard of concealing;
> But oh! it hardens all within,
> And petrifies the feeling."

But this vice may be the cause of physical ruin. It is not uncommon for its victims to contract diseases which are the most loathsome, and are attended with the most suffering, of any that afflict erring mortals. It may well be questioned whether those who contract the worst forms of disease that grow out of social vice, ever can be wholly freed from their disastrous effects upon the physical constitution. It is certain that they produce scrofula in posterity to a greater extent than any other known cause.

Marital excess is still farther removed from masturbation in its evil consequences, unless it occurs where no mutual affection exists between the parties, when it is the same as prostitution. But in any case such excess is debilitating to the married, and productive of scrofula in their offspring. This evil is very general, and most of its victims are utterly ignorant of the con-

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sequences of such excess. Their nervous systems are exhausted; they are always tired; and their children are born into the same condition. The origin of all this trouble is generally the habit of masturbation in the young contracted through ignorance. The nervous system not only becomes accustomed to the constant drain made upon it, but it demands its continuance; and so the perversion of the sexual function often follows a person down to the close of life, without his once suspecting the cause.

The young should be taught, as early as they begin to ask questions, the evils of the perversion of this most important function of being. As a safeguard through life, they should be taught what constitutes personal purity. We apprehend that the common notion of purity consists in blindly obeying the mandates of society, confining it to outward acts, rather than looking upon it as a grace of the heart and mind. So from the private nature of the marriage relation, anything is considered right which can happen within its pale. But Jesus taught that the sin consisted in regarding lustfully *any* woman; that is, without the complete subserviency of the animal to the spiritual nature. If the young are taught these principles, they will not need to be watched to keep them from going wrong. But if they are only taught to avoid that which is frowned upon by society, they may fall into habits in marriage that will inevitably ruin their health, and fasten the tendency to scrofulous disease upon their offspring.

Man has been called a "bundle of habits." He easily drifts in any direction, and may be so influenced by the guiding currents about him, that he may die from the consequences of an evil habit, and yet be ignorant of the cause. How many of the brightest and sweetest of earth's sons and daughters have been wrecked because there was no beacon to warn them of their danger! We take great pains to instruct the young in matters which are not likely to ever directly concern them; we teach them indiscriminately Latin and Greek and mathematics, as we say, to discipline their minds, and we give little or no heed to the canker which is most likely gnawing at the very heart of their mental, moral, and physical vitality. A habit once formed by the purest in their innocent ignorance, may so weave its spell about them, that there is no power on earth that can liberate them. A long continued drain upon the nervous system becomes such a fixed habit, that very few have the mental strength to break away from the moral incubus which has taken possession of all their faculties. Intemperance is a great evil, which is sending down thousands to their graves every year, but its fetters are not more secure than those which bind the fairest and sweetest of young men and women when they have once become the victims of sensual indulgence. If the young could be kept from this evil, and all the powers of manhood and womanhood developed and ripened as they should be, they would not be liable to drift into prostitution or marital excess after maturity, and their lives would be filled with added usefulness to an incalculable degree. In the majority of cases a little wholesome instruction would be everything that is needed to bring about such a desirable result.

The evils arising from a laxity of sexual purity are felt chiefly in the nervous system. The vital forces are slowly but surely drained away from their fountain, until not enough is left to run the vital machinery. Mental and physical inability sooner or later tell the tale of devastation, until perhaps some vital organ weaker than the rest succumbs, and death ensues. Sometimes it is the brain that suffers, as in softening, in epilepsy, in apoplexy, or a score of other nervous diseases; or it may be the lungs that will suffer in the form of tubercular consumption; or some other vital organ may fail to perform its proper function, and so throw disaster upon all the vital operations.

But the worst effects of such transgressions are not strikingly seen in the individual, but are exerted upon posterity, giving them scrofulous constitutions, which are likely to wholly unfit them for taking a stand by the side of their fellows in the great work of life. These transgressions are so powerful to deplete the nervous system that they often produce scrofula in a single generation.

Let the young be taught to restrain the animal and cultivate the spiritual; to avoid all association that can lead them from the path of personal purity, and to mentally dwell upon the true relations and action of all the bodily functions; striving to be freed

> "From more than elemental fire,
> The *soul's unsanctified desire;*
> From *sin itself*, and not the pain
> That warns us of its chafing chain."

The Cold Morning Bath.

Among the evils which water-cure brought upon many people, the cold morning bath is not unimportant. Thousands of persons who were not prepared to accede fully to the water-cure ideas, were nevertheless incited to practice this item of its teachings, and physicians and laymen, men and women, have become habituated to this form of nervous stimulation; and yet we are prepared to affirm that its influence in ninety-nine cases out of every one hundred is positively injurious, and in the great majority of cases destructive to the health of the person. We have had large experience and observation in this direction, and hence believe ourselves competent to speak advisedly on the subject. We have seen men rendered insane by it, and men debilitated by the morning bath are among the constant habitues of water-cure institutions.

A friend, writing to us, wishes to inquire why a person, fifty years of age, who has taken a cold hand-bath in the morning a good share of the time for years, is so sensitive to cold, and has so little power of resistance to it, that putting on a cold boot, or exposure in the least direction, causes him to chill decidedly, and having fallen on the ice four weeks ago and injured his hip and shoulder joints, without the least swelling or pain, he is yet lame without any improvement.

We have to charge this largely, if not entirely, upon this very morning bath, and we advise our readers not to habituate themselves thereto. Not one person in a hundred has power to secure perfect and complete reaction therefrom, especially if the water be cold. Hard working men engaged in muscular labor might tolerate the bath, but the nervous, sensitive and sedentary, whose reactive power is comparatively slight, can not but be injured by it. It is a stimulant, however, and so the party is deluded into the belief that he is strengthened by its use, and often continues it in spite of its evil effects. Two tepid (90 degrees) full baths per week is ample for cleanliness for any but quite vigorous and active persons, and cleanliness is the only proper object in their use for reasonably healthy people. Invalids should be treated according to their conditions, but even the majority of these will do better on two baths than more frequently.

The Turkish Bath.

Frequent inquiries are made for our opinion upon this mode of treatment, and we have to say the Turkish bath fills a place as a hygienic appliance, and is not to be absolutely decried; but when used as a great cure-all, as it generally is, the people are greatly injured. An occasional Turkish bath is desirable for many persons, and in some cases quite frequent repetition would be permissible; but as a rule it is a violent process, not indicated by the necessities of ordinary cases. When feeble patients are heated excessively, as by this mode, and douched and showered, it is usually to the loss of vitality, which they may sorely need at some future time. We opine that the rubbings and manipulations employed constitute a large share of the value of the treatment, and, if had without the heating, better results would be obtained. In this case, as in many others where varied appliances are had, credit is often given where it is not due, and withheld where it is due. The Turkish bath has long been lauded without rhyme or reason by persons who have been anxious to establish a lucrative business, and its use has been greatly overdone. We question if it is better than a good steam bath in a majority of cases where sweating is indicated.

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The Laws of Health.

Monthly, 50 Cents a Year.

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OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be changed and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging, stimlating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing, eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

The Temperance Question.

Intemperance is the crying evil of the times, but it is not confined to the use of alcoholic liquors. Alcohol, to be sure, is the king among destructive stimulants, yet opium may be said to be queen, tobacco an elder brother, while tea, coffee, and spices come tripping along as merry children. Alcohol being king, is the most obviously destructive. Its baleful influence hangs over society like a dread nightmare, burying too often beneath its dark pall the fairest of our sons and daughters. Surely the reason must be clouded, the instinct benumbed and the intelligence stupefied, that cannot perceive its evils.

The temperance reformation is making some headway, but it has the serious fault of not being founded upon correct principles. As a practice, total abstinence is unimpeachable, while, as a system, it lacks the true basis. Hence, though ever so good, it fails of the success it deserves, because human reason is not satisfied where principles are not clearly established. As long as alcohol is considered beneficial when prescribed by a physician, it will be believed useful when prescribed by the patient. And yet, why is not alcohol just as useful for medicine as opium or strychnine or arsenic, or any other deadly poison? Success to the temperance reformation means revolution of medical systems, and the temperance men will find after all that a substantial foundation in theory is necessary to success in practice. Why not discard at once and forever the absurdity that that which kills is good with which to cure?—that which destroys health excellent wherewith to preserve it.

A NEW VIEW OF IT.

Life has various gradations, particularly in the human being. There is body and brain, physical and spiritual, instinctive and moral; and alcohol or any other poison will affect the man, not merely in one department of his nature, but in all departments. The first and lowest order of life is known to be the nutritive, and is common to vegetables and animals; next is the sentient nature belonging to animals, then the intellectual, and finally the moral, which are peculiarly human. Moral perception we hold to be the highest expression of human power. Next below the moral is the intellectual. Still lower is the sensational, and last of all, the nutritive. These capacities result from vital power, and the lowest order, nutrition, is the first produced, because it requires the least degree of vital power, and is hence the last destroyed. The highest order, moral perception, is the last produced, because it requires the highest order of vitality, and is hence the first destroyed. It follows as a necessary consequence, therefore, that any substance, habit, or action which is destructive to the vital powers of the individual, reduces, first, his capacities for moral perception; following that, his intellectual abilities; then the senses become benumbed, and finally the nutritive powers are destroyed, and death follows. The man who boasts that he maintains good health while he is yet indulging in alcohol, tobacco, opium, or other abnormal agencies, forgets that the first effects are upon his moral nature, and that the physical is weakened only when the higher faculties have succumbed. A leak in the reservoir will not be discovered first by a lack of liquid at the bottom of it, but by a gradual lowering from the top; so the evil effects of stimulants, tonics, or any other morbific agents are not to be seen, first through any diminution of physical power, but through a failure of moral, intellectual, and sentient capacity.

THE PROOF.

That alcohol (we will not now include opium, tobacco, &c.,) is destructive to the moral perceptions and intellectual capacities of those who indulge, would seem evident from its continued use in spite of the facts. There is no greater crime against good government, against society, against all that is noble and true, than the use of this substance; and it is a crime so monstrous that it would seem the blindest devotee might see it; and yet the moderate drinker does not. It is a fact established by overwhelming testimony that four-fifths of the crime of our country, four-fifths of the evils which threaten to overwhelm society, begin in the use of alcoholic liquors. The country groans under taxation, laid upon us to secure us from the fruits of liquor dealing; human souls by the tens of thousands are dragged down to the most loathsome death by the liquor traffic; children are rendered homeless, wives are clad in rags, and reduced to starvation; poverty, sorrow, misery and degradation everywhere stare us in the face, and nearly the whole of it due directly or indirectly to this abominable drink. And yet the drinking man is too dull in his moral perceptions to perceive his duty with regard to it. He knows that the ranks of the drunkards are recruited from those of the moderate drinkers; he knows that if his class would unitedly abstain out of deference to the weakness of human nature, the woe and degradation of society would be immeasurable diminished; yet he is unable to perceive his duty. Surely his moral perceptions have become obtuse; and his intellectual faculties greatly demoralized, if he can not see the monstrosity of his practices. Has not his sentient nature also become so dull that the pure, the clean and the sweet, the true, the noble and the good, have no attractions for him. And yet he prides himself on the fact that he is yet able to eat and drink and enjoy himself, too often leading a life of indulgence; with scarce a thought beyond that common to the better class of brutes.

R. W.

Can You?

Can you cure prurigo without medicine? How would you?

Answer. We undertake to restore sick people to good health by building up the organism through the process of nutrition; but we do not cure diseases in the manner usual among physicians. If a man is restored to health his diseases disappear as readily as they come, and the man is not only relieved of them but he is well and hearty. Physicians follow the very opposite plans when they undertake to cure diseases by means which are destructive to the health of the patient, and if they succeed in curing the disease the patient is often worse off than before the cure. We would not undertake to cure your prurigo, but we would undertake to restore you to vigorous health, whereby you would have pure blood, strong muscles, steady nerves, a clear head, and sound stomach. Having done this you would have forgotten that you ever had the prurigo. The plans are explained more fully in our work called "The Nutritive Cure."

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How Often Shall I Eat?

"Eat little and often" is advice frequently urged upon the patient, and which he follows nearly as often perhaps for years, but still continues to suffer from feeble digestion and all its innumerable train of evils. Is it good advice?

Does the horseman who wishes to cultivate speed in his horse exercise him little and often? Does the gymnast get strength in his muscles by exercising them little and often? Certainly not. Windship, the gymnast, developed his power until he was able to lift 2,700 pounds, but he did it by exercising once a day, or at most, twice. Who ever knew of a horse attaining to great speed by being continually on the road? Who would go to the farmers, laborers, mechanics or merchants who are always exercising and expect to find them representatives of the greatest physical vigor? Just so with thinkers. No man ever succeeded in developing great power for thought by reading and studying "little and often." On the contrary, it is he who compels himself to extraordinary efforts, who rouses up all his powers to accomplish the greatest feats, and then gives himself ample time to rest and recuperate, that succeeds. The man of business who goes around on a dog-trot all day long is the same who grows thin and feeble, while he who works like a Trojan while he does work, and rests correspondingly, is the man who develops great power.

These same ideas are applicable to the stomach. By exercising it little and often we will produce or maintain a feeble and delicate organ, while on the other hand, if we give it all it can do, say twice a day, and then allow it abundance of time to rest and recuperate, we will get vigorous digestion, and from it the most glorious results. The stomach is the great organ of sympathy, all the other organs sympathizing with its conditions. With weak stomach we have feeble action of liver, bowels, skin, kidneys, and above all, of brain and nerves. The dyspeptic stomach makes the dyspeptic mind, with feeble thought, cowardly impulse, indefinable fear, babyish fret and worry,—while courage, ambition, resolution, the ability to do and to dare, depend upon the opposite condition. And this is to be obtained by exercise, the same as in any other organ. Does the arm grow strong by light and continuous exercise or by powerful exertion?

But here we will be met by the ever-recurring objection: "I feel uncomfortable whenever I eat very heartily, and I also feel very uncomfortable when I go beyond a certain time and do not eat." But is not this objection raised by persons who have long been eating "little and often," so that a habit has been estab lished? By eating frequently the stomach is kept continually but feebly at work, with little time to rest, so that the person feels uncomfortable whenever the stomach is empty, and equally uncomfortable whenever it is really full; and the same objection would apply to thousands of other habits. If the tobacco-user or dram-drinker were to say "I feel well when I indulge, but miserable when I abstain," we would say that his feelings are not to be trusted—that he is the victim of a delusion; just so he is the victim of delusion who because of his feelings eats "little and often," and thereby strives to gain health. The teamster would be considered a simpleton if with a given amount of goods to haul he chose to carry but half a load and go twice as often; the laborer would be quite as wise who with 100 bushels of grain to carry should take but a peck at a time, and so go the oftener; the expressman would be a fool if he refused to receive but a parcel or two at a time and so went oftener; but none of these would be more foolish than he who eats half a meal—who always rises from the table hungry—for fear he will over-eat. Our rule is: Eat all you want, and then wait till you need another good meal, in the meantime giving the stomach time to rest. "The back is broadened to the burden" is proverbial; so is the stomach developed to its labor; with light labor is feeble power; but with heavy labor vigor correspondingly is brought forth.

Let no man bring up the silly excuse that he feels more comfortable while indulging past habits; it is an excuse that will hardly hold water in the presence of a little common sense.

Of course changes should be made wisely, often slowly and gradually, with opportunity to make it successful; but he is not a wise man who expects to get cured of dyspepsia by eating "little and often," even if it does make him *feel* better. But while diet is an important element in the cure of dyspepsia it is not by any means the most important; and he is not a wise man who relies on it.

R. W.

Prevention versus Cure.—7.

By Jas. S. Cooley, A. M., M. D.

The proper care and training of children is a subject requiring earnest and thoughtful consideration. The true parent or teacher, who would wisely do his whole duty to the child entrusted to him, divested of any preconceived opinions in reference to the methods to be adopted, must conscientiously pursue the course which experience, viewed in the light of science and revelation, shall point out. Although the real formative period is ante-natal, and, at birth, the leading traits of character and disposition have been fixed beyond recall, these predispositions and implanted forces are, as yet, undeveloped, and the years of infancy and childhood afford a period of growth and development, perverted or otherwise.

The seed from which grew the giant oak that stands steadfast amid the storms of a hundred winters, contained a minute plantlet, made up of the very parts, which, increased in size, and multiplied in number, now form the mighty monarch of the forest. Under favorable conditions, the tiny plantlet has become the sturdy, erect, well-formed tree. Under other, and unfavorable surroundings, its growth would have been stunted, and its form, ill-shapen and ungainly. It is now, what it was when wrapped up in the tiny seed, an oak at heart. It would still have been an oak, under any circumstances, and no amount of care, or patient culture could have developed it into a maple. So the infant is a human germ, gifted, at birth, with unchangeable predispositions, and peculiarities, but whose development, like that of the young oak, may be greatly modified by the conditions under which it comes to maturity.

Two questions are at once presented for consideration. What constitutes a true and symmetrically formed character, and how may a result so desirable be attained? The heart of every mother, as she looks into the face of her infant, goes out in strong desire for its future welfare. She fondly hopes that it may escape the sickness, sorrow, and care that are so commonly the portion of men, and fervently prays that it may never fall into the ways of sinfulness and evil, into which so many have fallen; but how little does she realize that her own hands are even now shaping the future of her child! If her life has been narrowed by poverty, or if, deprived of early advantages, her education has been meagre, how untiringly does she toil that her darling may have more of this world's goods than was her portion, and deny herself even the necessities of life that she may feed, clothe and school her boy; forgetting that there are possessions more valuable than money or a finished education, without which the money and education are comparatively worthless.

While parents are seeking to do so much *for* their children, how often do they fail of doing *with* them, what is of far more importance? Children have been placed by Providence under parental care and parental authority for the evident purpose that the course and character of their future lives may be chosen for them by those of ripe experience and mature judgment. Born under the varied circumstances which make up human life, at present, there are inherited weaknesses and tendencies to evil in every child. Upon the parents from whom have come these transmitted qualities, is laid the responsibility of correcting them. Yet how many children grow out from under the restraints and hallowed influences of home with no fixed principles and no definite aim beyond the acquisitions of property, or the earning of daily bread? These objects are proper, in

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their place, and a necessary part of many lives; but they are in no sense to become the end and aim of existence. They are but means by which other and higher ends may be reached.

The idea of development is never to be lost sight of. It is the growth and expanding of a germ, and not the creation of a character, that is to be accomplished. Evil tendencies are to be restrained and controlled; good impulses to be fostered; harmful influences warded off; proper material for mental and physical growth supplied; and all this done with loving solicitude, and wise forethought. The child has a three fold nature, composed of matter, mind and soul. These are interdependent, and their development must be harmonious, and to some extent, simultaneous. The heathenish notion of an antagonism between body and soul is no longer tenable, and methods of education built upon it, must be wholly discarded.

The body and all the physical functions are sacred, and their divinely appointed use is to form the abiding place and furnish the means of culture and growth to the immortal spirit within. Health and vigor of body are desirable, and are to be sought and maintained, not for their own sake, and not alone for the enjoyment that Hygiea confers upon her votaries, but for the greater good of the mental and spiritual life. The bodily appetites and propensities all have their place, not to domineer over the soul; not to furnish, in the pleasure of gratification, an end of existence; not to be ignored and crushed out, as evil; but to subserve the important ends of caring for the body, maintaining it in vigor, and perpetuating the race. In a harmoniously developed character these very appetites and passions which in a preverted nature are so productive of evil become the fundamental elements of strength and power.

The various intellectual powers are not to be employed in devising evil, or developed to the neglect of the higher and nobler attributes of the soul, but in all things are to be the servants of these. Every power, whether of mind or body, is to be made obedient to the behests of will, and that will taught its own dependence upon, and responsibility to a higher intelligence.

The practical details of such a development, must, necessarily, depend upon the circumstances of each case. The position in life which the individual is to occupy will demand certain lines of training. But the days of infancy are enough, and the means at his disposal of sufficient potency, for the sincere and earnest parent to set the tides of life for his child permanently in the right direction. "More is done to affect or fix the moral and religious character of children before the age of language, than after. Let every father and mother understand when their child is three years old, that they have done more than half of all they will ever do for his character."

Enough has been said to show the importance of parents forming for their children, an ideal development, and of so caring for and training them, that they may make that development certain. They will so clothe and feed their bodies, that the highest degree of health and vigor may be maintained, without unduly stimulating, or precociously developing any propensity. They will so determine their hours of rest and sleep, that their physical systems may have abundant opportunity for growth and repair. Their exercises and play will be such as shall give control of the muscles of both hands, and of feet and limbs, that these may be the ready servants of the mental powers. The sense of touch will be trained to delicacy and acuteness, and the special senses made far more sensitive than now. The intellectual training will be such as to awaken thought and accustom to habits of accurate memory and observation, rather than the memorizing and parrot-like recitations of the schools. Always and ever, the principles of truth, honesty and charity will be impressed by loving example and kindly precept, while in wise forbearance, and firm but loving power, habits of self government and self control will be implanted in the very depths of the child's nature.

Next month, I propose to answer the second question, How to attain this perfect development, and to offer some practical hints as to the early management of children, in its influences upon health and morals.

SANDY HILL, N. Y.

Heart Disease.

BY J. A. TENNEY, M. D.

There are two varieties of this disease, one of them purely functional in its nature, depending upon nervous derangement, while the other is structural, and therefore dangerous to life. The former variety is quite common, while organic disease of the heart is comparatively of rare occurrence.

Organic disease of the heart commences with alteration in the structure of some of its valves, producing the following forms: *First*, Contraction of the external orifices of the heart, impeding the outward flow of blood; *Second*, Alteration which hinders the closure of the valves, and so allows the blood to regurgitate into the heart cavities; and *Third*, A morbid growth which causes a murmuring sound in the heart by producing a ragged surface over which the blood flows. The first and second of these varieties may exist at the same time. Of course, the last named form is of no consequence as far as danger is concerned.

In either of the first two forms of valvular disease, the heart is compelled to make extra exertion in order to expel the blood which accumulates within its cavities. After a time nature tries to provide for the extra work to be performed by increasing the nutrition of the heart-walls; so they grow from a thickness of a third of an inch to an inch or more, and the organ often weighs four or five times what it does in health. But there is a limit to all nutrition, and after a while this thickening of the heart-walls ceases; but as the cause continues, the walls become weakened by the great strain upon them, and so they give way little by little, and dilatation commences. This process goes on for years, until finally the walls burst asunder, or the heart becomes paralyzed by over distension, and the patient dies. In the first stages the heart is much heavier than it should be, and in the latter, the organ increases in size but decreases in weight.

The first sign of valvular disease is a deficiency of breath after severe exercise; but this symptom is common to a great many diseases. In heart disease, however, it increases progressively until the patient is obliged to discontinue active exertion. The pulse is weak in proportion to the amount of regurgitation of blood into the heart cavities, but generally is strong in the beginning of its beat and then immediately recedes. There is little pain, but there is an indefinable feeling of distress in this region. The enlargement is usually confined to the left side of the heart; but if life is prolonged, the right side may become involved, and in that case the patient will suffer from general dropsy. It is not uncommon for the patient to be unable to lie down for weeks or even months before final dissolution takes place. As before mentioned, this result generally arises from paralysis by over distention, or from bursting of the heart walls.

In health the heart present two sounds; the first is soft, and is caused by the contraction of the heart upon the blood it contains, forcing it into the arteries. The second sound is sharp, and is caused by the closure of the valves after the blood has passed through. If the valves are imperfect, the blood will regurgitate, and if the ear is applied at the base of the heart near the sternum or breast bone, a murmuring sound will be heard, like water running through a pipe. If the murmur is heard at the first sound of the heart it may be due to obstruction, or it may be referred to ragged orifices, which cause murmurs as the blood passes over the rough surfaces. These sounds depend upon disease in the valves which belong to the *aorta*, or the artery which supplies the general system with pure blood.

But there may be diseases in the valves which close the pulmonary artery, especially after disease in the left side of the heart has been of long standing. When this occurs, there is a murmur heard with the first sound of the heart, between the second and third ribs, and near the left margin of the sternum. By comparing the second sounds produced by the valves in each side of the heart's base, it can be determined to what extent they are diseased. If those of the left side are imperfect, there will be no healthy, sharp second sound on that side, and if the right side of the heart is enlarged because of disease in the left side, the sound of its valves will be correspondingly sharp and decided.

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Dilatation of the heart is determined by the altered position of its apex, and also by the sound heard upon applying the ear to this part of the heart, which will be loud and booming if there is enlargement, and weak and short if dilatation exists to any degree.

The treatment for organic disease of the heart should consist in processes which invigorate the general system and aid the circulation. The Movement-Cure, if judiciously prescribed and administered, will so aid the circulation that life may often be prolonged to an indefinite period. All excessive mental emotion and severe exertion should be avoided carefully, and every hygienic agency used to preserve the general health. Heart disease is not always fatal even in its worst forms, many living to old age without special inconvenience, while many die from the intervention of some other disease.

The majority of those who suppose themselves to be affected by this disease are merely troubled with the functional variety, which depends upon derangement of the organs of digestion and the nervous system. Such are much more likely to fancy themselves in a dangerous condition than those who have actual organic disease, for fatal diseases are rarely attended with dread. When the trouble is functional, the true plan is to build up the vital powers by all the hygienic agencies, including movements, and especially by vigorous kneading of the stomach and bowels to increase digestion, when the difficulty will disappear. Impaired digestion in either case will increase the morbid symptoms, and in organic disease will hasten death, while improved digestion and circulation will do wonders in the worst cases, and cure functional heart disease without difficulty. The heart is not the prime cause of the circulation, and increasing the vigor of the muscular system will relieve a diseased heart of its extra effort more than is usually imagined.

Questions Answered.

By Robt. Walter, M. D.

"Give to him that asketh"

Question. Which is the healthier food, salted beef or fresh chicken or other fowl?

Answer. The fowl, of course. Beef from healthy cattle is good food, but when salted its qualities are injured. I know of no choice between fresh beef and fresh fowl, though perhaps beef is superior as a staple article.

Question. Can you tell me why I am troubled with dreams during my sleep, which seem to continue through the night? I am engaged in sedentary work, and have a good appetite and am quite careful as to diet. I have a bad taste in my mouth in the morning, and a thickly coated tongue all the time, which I can not account for, as I avoid all rich food.

Subscriber.

Answer. Your dreams are the result of disturbance in the brain and nervous system, and this chiefly because you have the dyspepsia. Avoiding rich food is not sufficient to cure a case like yours, nor even to prevent it, provided you are in an occupation which causes the digestive organs to become depleted. Read the first article in the February Laws, and see if it suits your case.

Question. Do you think raw onions are wholesome? E. C.

Answer. We think that they are not very desirable food.

Question. What is the best food for consumption, and what quantity is best; also with regard to exercise and bathing, or anything you think a person should know? E. Leonard.

Answer. This gentleman has not read our journal very carefully or very long, or he would have discovered that we do not treat diseases, but only patients. If we knew the patient, and all about his conditions, we could tell about the food, exercise, bathing, etc. Cases differ much, and what is good for one might not be good for another. If the young man will describe his case fully, and send me my fee for home prescription, $5, I will give him advice that will be worth much more than $5 probably.

Dandruff.—I am greatly troubled with dandruff, at the same time that I am losing my hair. What can be done?

Answer. Give the scalp a thorough rubbing every morning with the tips of the fingers, frequently wet in cold water. Go over the entire head, giving thorough friction, and you will find the dandruff will be removed, and the hair invigorated.

Question second. Are oils and other preparations for the head beneficial?

Answer. No. Some of them stimulate the scalp, but friction is far better for this purpose.

Honey.—I would be pleased to know your opinion of honey as food.

Answer. I believe honey to be superior to sugar, yet it must be eaten in great moderation. The danger of these concentrated substances consists in using them to excess. A very small quantity is often excessive.

Question. Is there any such thing as an increase of physical endurance at the age of fifty-three to a broken down blacksmith, temperate in all things but that of work?

J. N. Semple.

Answer. Yes. If your physical powers are below your capacities, as I suppose they are, you can be built up and made to be strong and vigorous, but you must be temperate in work as well as in all other things. Hygiene for you means a season of rest. It is foolish to suppose that you can build up and yet continue the plan which has run you down. You say that you have improved by a change of work; that change is hygienic. Go on doing all that you know how to do, and you will improve. Read The Laws of Health carefully, and God bless you.

Question. Can you draw the edges of such a cut sufficiently together to heal with nothing but a wet bandage? E. C. W.

Answer. That is to be decided by the facts. If you draw the parts together and keep them there they will heal. Sometimes it can be done with a bandage, and sometimes a few stitches, or sticking plaster, is necessary. We make no objection to the sticking plaster or stitches. All that we criticised in the case of the child was the bandaging the leg from knee to ankle in dry cloths, drawn tight to prevent swelling. The cloths should have been wet, whereby the heat could be radiated. Your subscription expires with the April number.

Question. Ever since I can remember I have been subject to bilious headaches, and they grow more severe; otherwise I am strong and healthy, except that I am constipated. What will cure or prevent these attacks? Mrs. W. C. E.

Answer. Your constipation is largely the cause of your headaches, and most certainly the headaches will not disappear while the constipation continues. If you will follow out the plans advocated in back numbers of the journal for the cure of constipation you will find relief. Diet will not cure in your case, but recuperation of vitality will. You are depleted from some cause, and can only be cured by invigoration. Get vigorous digestion, and active liver and bowels through processes of nutrition, and your headaches will disappear. In the meantime relieve the bowels daily by injections of tepid water, if necessary, but not by physic.

Question. What do you do for third-day chills?

Answer. We undertake to restore the general health and relieve the patient of the causes of the chills. In the meantime, however, get warm by artifical heat if necessary. Our article on Fever and Ague in the September number of The Laws will tell you more about it.

Question. What would you do for enlargement of the thyroid gland which has slowly progressed for twelve years, until it is the size of a hen's egg.

Answer. Restore the general health first, and then apply hot fomentations, cold douches, electricity, etc., to produce absorption if possible. A wet compress worn over the parts continually will be serviceable. Sometimes such diseases as these will be cured by removing the causes, and sometimes only by the knife.

Question. Is it better for a person with weak digestion to abstain from eating butter, fats, sugar and milk? Can a man keep up animal heat in winter without them?

Answer. You should abstain from the use of these substances, and it is all nonsense about your not being able keep warm without them. I venture to say that they do not warm you one whit, notwithstanding all that physiologists may say on the subject. Of course, by suddenly changing one's habits in this respect without adequate care and treatment, he may fail somewhat in *circulation*, and if he does he will be cold; but otherwise he will be just as warm without them as with them. It is circulation out of which comes nutrition that warms a man, and not abnormal food.

Question. At what age is it proper to get wisdom teeth?

Answer. Whenever you can. They usually appear at about twenty-one years of age, sometimes later, sometimes earlier, and seldom all at once. They do not affect the intellect in any way whatever.

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Words are cheap enough as long as they are not clothed upon with living truth; newspaper scissorings, random assertions, thoughtless clipping can be supplied at the cost of ink and paper; but are they not dear at any price. Who wishes to wade through murky streams, in search of a lump of anthracite, or to worry through pages of verbal indirections to find a threadbare argument? Not our subscribers. They seek for thoughts, ideas, principles, facts, and some of these are to be found nowhere else.

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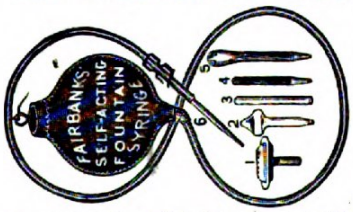
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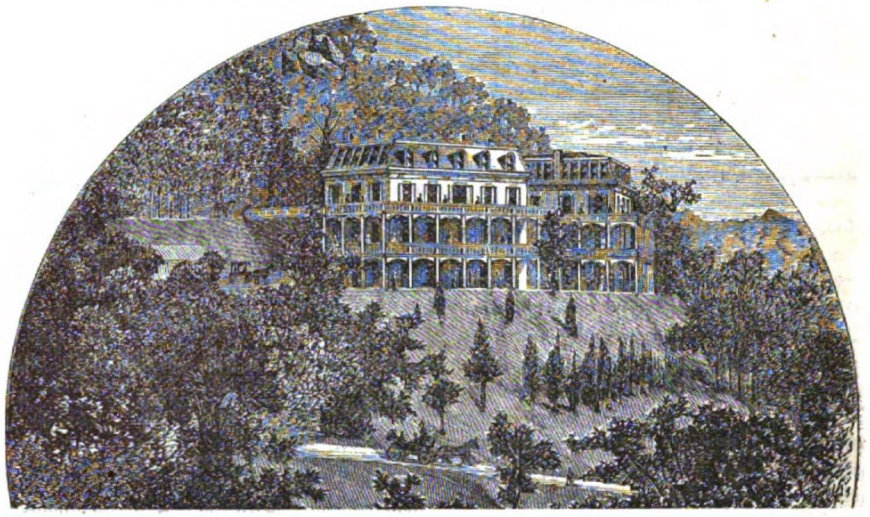
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THE LAWS OF HEALTH.

Health is the normal condition of man. Remove the cause and the effect will cease.

VOL. I. READING, PA., APRIL, 1879. No. 12.

Electricity as a Curative.

BY ROBT. WALTER, M. D.

As the people are becoming awake to the fact that drugs, instead of possessing curative power, are really destructive to health, they are eagerly seeking for some new agency to take their place; and if such an one is possibly found, whose operations are somewhat occult or mysterious, they eagerly catch at the agent, as a drowning man grasps at a straw. Electricity supplies the conditions to satisfy an anxious people, as well as anything in the line of health agents possibly can. It is powerful, mysterious, silent, unseen; and hence will appear to many as something wherewith to perform some wonderful work. Water-cure, diet-cure, movement-cure, as well as electricity, have all been advocated and employed as cure-alls, and none of them has satisfied the judgment of the most experienced in these matters. The people at large, who have never tried them, may have faith in them as cure-alls; but we, who have tested the matter, have fully decided that there is no healing virtue in any thing outside the living organism. Health is the normal condition, and will always be maintained as long as the causes of disease are withheld; and when disease follows the violation of nature's laws, health can be restored only by ceasing to do evil, and learning to do well. All the curative power is in the living system, and the so-called health agencies are to be employed as curative conditions, but not as curative agencies. The conditions of health must be supplied, or health can not follow; and as the mechanic gets mechanical action, with unvarying certainty, as soon as he fulfills the conditions; and the chemist gets chemical action with the same unvarying certainty by fulfilling the conditions; so the physician may get normal vital action by supplying the conditions of health. Mechanical action is the result of mechanical force stored up in the substances used; chemical action is the result of chemical force stored up in the chemicals used; so vital action is the result of vital force stored up in the living organism; and it is the mechanic's, the chemist's and the physician's business to liberate these forces, and by supplying the conditions get normal action. Electricity is valuable in that it may supply a *necessary condition of recuperation*, but no further. In some cases it has proved itself serviceable, while in thousands of others, it has been shown to be worse than nothing. Hence it is not a cure-all; and, when employed as such, or advocated as a hobby, the experiment must end in failure.

When is electricity useful? and how should it be applied? are the questions which naturally follow. About all that is known of the nature of this agency is, that it is a mode of motion; and hence where it is desirable to apply motion to certain internal parts of the organism, it can be done by aid of the electric machine more certainly than in any other way. If the positive pole be applied to one portion of the body, and the negative to another, the electric current travels the whole course between these two points of application, producing a steady, continuous vibration in the parts; hence facilitating the circulation of the blood, and so aiding greatly in the removal of obstructions. It is to be noted, however, that the electric current follows, chiefly if not wholly, the course of the nerves; and hence the effect is chiefly upon the nerves. In diseases, therefore, where obstructions in the nerve centers, or along the nerves, is a prominent condition, as in paralysis, neuralgia and some times rheumatism, it is very serviceable. Indeed in paralytic affections it is almost always a necessary adjunct to general hygienic treatment. In some cases the most wonderful results have followed its application and all have been benefitted. It is often useful also in many other diseases in which the nerves are involved, as dyspepsia, liver complaint, debilities, etc.; in a word electricity is the most efficient means we have of applying motion directly to the nerves; and hence, whatever benefits can come from the application of motion, is to be obtained through the electric current.

But if electricity, when properly employed, may do good, it will do harm when improperly administered. Its influence is chiefly upon the nervous system, and inasmuch as the nervous systems of invalids are generally already over-excited, electricity should be used with great caution, and only with a definite object in view. We find the electrical machine very advantageous as an adjunct in the treatment of chronic invalids; but it can never take the place of the Movement-Cure, water treatment, diet, pure air, etc. Each agency must fill its own proper niche, and so fulfill the conditions for health; but one can never take the place of the other. True hygienic treatment consists in the application of all hygienic agencies in a combination suited to each case, and it is the vitality in the patient that cures; but to allow that vitality to have unobstructed operation, there must be the air, the water, the sun-light, the food, the exercise, the rest, sleep, social influences, mental and spiritual conditions, suited to each case; and if the physician possesses the wisdom, skill and power, to supply these, he will be successful, and sick people will recover with a certainty and rapidity that will be a marvel to the lookers on. The age of cure-alls is fast passing away, hobbies have been pretty nearly ridden to death, and the people are at length prepared for reason and common sense in the care of the sick.

In order to a proper application of electricity the anatomy of the parts must be understood; and even more important, a true diagnosis of the conditions of the patient made out. Without a correct understanding of the pathology as well as the physiology of the case, there can be no certainty of results. Hap-hazard application may do harm as well as good, and electricity has as often proved a failure from the ignorance of the operator as from any other cause. Hence it is rarely adapted to home treatment, even if it were of general application. The Movement-Cure is much more important, for, while less liable to produce evil results in unskilled hands, is of almost universal application. Where one case will be benefited by electricity, no matter how skillfully applied, one hundred will be benefited by movements; and the difference between these two health appliances is chiefly that one is motion applied to the nerves while the other is motion applied to the muscles; one excites to activity the organs that expend power, while the other developes and invigorates the organs that generate power; and hence none can fail to remark a notable difference in ultimate results whatever the immediate effects may be. Electricity, like other agents that affect the nervous system, produces quick and often apparently beneficial results, even when ultimately there is an actual loss of power; while motion applied to the muscles, though it developes power slowly, the results nevertheless accrue progressively and cumulatively, to the great permanent satisfaction of patient and physician.

"THE number of patients can be increased" is the ominous recommendation of a medical practice advertised for sale in the *London Lancet*, which reminds us of the declaration by a noted physician that "He, who in one successful season uses freely calomel and the lancet, will have established for himself a practice for life, for he will ever after have enough to do to stop the breaches made in his patients constitutions."

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Scrofula.—No. 12.

By J. A. Tenney, M. D.

Inharmonious Social Relations. If the intelligent physician should relate what he knows to be true in regard to the extent of the physical effects of inharmonious social relations, the majority of people would close their ears to the narration, regarding it as fabulous. The common idea is that the spirit may be acted upon through the body to some extent, but the controlling influence of the mind upon the body is not duly appreciated. When people become sick, they are dosed with drugs, whatever may be the cause of their diseases, for, as a rule, neither physicians or people know how to reach the spirit except by assaults upon the body. If we are to judge by the ordinary practice, matter rules, and all we need to do is to spur up the machine, and health is ours. So if a man is dying from grief, the doctor thrusts a thermometer under his tongue, analyzes the urine, and proceeds to doctor the excretions. If he dies, his body is opened, the physician rummages around, carefully scrutinizing every cavity, membrane, tissue and follicle, hunting after disorganization somewhere, as though the whole matter could be decided by the study of organic effects. A physician who never looks farther than the material organism for the causes of disease, has mistaken his profession; as Schiller remarks:

"A physician whose horizon is bounded by an historical knowledge of the human machine, and who can distinguish terminologically and locally the coarser wheels of this intellectual clock-work, may be, perhaps, idolized by the mob; but he will never raise the Hippocratic art above the narrow sphere of a mere bread-earning craft."

The true physician can read the book of the heart. He understands all the griefs, the longings, the hopes, and the fears of man; and, in order to heal the diseases arising from inharmonious relations, he must be worthy of confidence, and the disinterested friend of all who need his care. Says Dr. Forbes Winslow, in his *Journal of Psychological Medicine:*

"The physician is daily called upon, in the exercise of his profession, to witness the powerful effect of mental emotion upon the material fabric. He recognizes the fact, although he may be unable to explain the rationale. He perceives that mental causes induce disease, destroy life, retard recovery, and often interfere with the successful operation of the most potent remedial means exhibited for the alleviation and cure of bodily disease and suffering. Although such influences are admitted to play an important part, either for good or evil, I do not conceive that, as physicians, we have sufficient appreciation of their great importance."

This world has no greater source of help and joy for a human being than harmonious social relations; and there is no pandemonium so exquisitely perfect as a home where love does not dwell. The lower animals pass their lives in one continual round of domestic enjoyment, and it seems that human beings are enough like them in this respect to lose what constitutes the greater part of life if they are deprived of this heaven of the affections. More men die from nervous diseases and consumption from such deprivation, and more married women are afflicted with diseases peculiar to their sex as a result of imperfect or intolerable social relations, than is known to any one except the observing physician. If the heart-aches that caused the deaths of all who lie in our church-yards were written upon their tomb-stones, the passer-by would begin to form an idea of how potent such causes of disease are in laying low the most sensitive and refined of our race. More people die because they have nothing to live for than is usually known or imagined. They may be unaware of the causes of their diseases themselves even, in their striving to blind themselves to the facts, and to believe that their lot must be borne in a christian spirit. Unsatisfied natures are slowly dying from heart-ache every day, and on every hand; and we may almost say, there is none to help. The currents of their lives are turned back and frozen in their veins, until every vital organ is weakened, and sooner or later some wasting disease overtakes them and closes their earthly career.

But many are too strong to die from the restlessness of the spirit within, and they live to give birth to unwelcome children, whose lives are filled with inbred inharmony, that will render them a source of suffering to themselves, and all who associate with them through their lives. As in the case of Byron:

"— Eagerly the barr'd-up bird will beat
His breast and beak against his wiry dome
Till the blood tinge his plumage, so the heat
Of his impeded soul would through his bosom eat."

The careful observer will notice that when there is great inharmony between the married, their children or children's children will feel the effect, in scrofulous constitutions and incurable diseases, growing out of their inherited conditions; unless by intermarriage, the tendency is strongly counteracted. The tendency is towards scrofula and death.

The young should exercise caution in forming this most vital relation. Love is and must be the basis of such a relation, but the daze of one's first passion should not be final in such an important matter. All the help that can come from those who have made a life study of the proper adaptation of temperaments should be carefully sought. Love-making should be studied, for a living death may often be avoided by a little forethought.

But it will be asked, "what are the remedies for inharmony among the married?" One thing will often cure it, which is very easily applied. The married are often separated in affection for each other by too constant association. Sleeping in the same bed, eating at the same table, and being together constantly at other times, will make them see each other's faults rather than their virtues, wearing out all the attraction that ever existed, and making their union unworthy of the name. Let them have different rooms, and meet a variety of people in society, and the difficulty will often be remedied without a greater separation. No sacrifice can be too great that ends in bringing harmony out of discord. "Time is not lost that is spent in cementing affection." The most careful and kindly consideration, and the truest exercise of unselfishnesss, should be the uppermost object of those who are thus situated, till

"Trial's troubled night is o'er,
And the star of peace return."

A New Style of Fomentations.

How to Make a Poultice.

Dr. Brunton, in *Brain*, the new London periodical, gives the following practical hints on this subject: "The common practice in making poultices of mixing the linseed meal with hot water, and applying directly to the skin, is quite wrong; because if we do not wish to burn the patient, we must wait until a great portion of the heat has been lost. The proper method is to take a flannel bag (the size of the poultice required), to fill this with the linseed poultice as hot as it can possibly be made, and to put between this and the skin a second piece of flannel, so that there shall be at least two thicknesses of flannel between the skin and the poultice itself. Above the poultice should be placed more flannel, or a piece of cotton wool, to prevent it from getting cold. By this method we are able to apply the linseed meal boiling hot, without burning the patient, and the heat, gradually diffusing through the flannel, affords a grateful sense of relief which cannot be obtained by other means. There are few ways in which such marked relief is given to abdominal pain as by the application of a poultice in this manner."

Linseed poultice is just as good as several thicknesses of flannel rung out of hot water, and hot water and flannel are quite as good as linseed and flannel, unless it should be shown that linseed holds moisture and heat better than flannel does. But then, you know, it would not be medical unless it had a "stick" in it. We agree with the Doctor, however, and heartily commend the hot fomentations or poultice in cases of abdominal pain.

A Few Words to Mothers.

A correspondent has a babe, three months old, which suffers much with costiveness and colic, and as he is not the only one who is thus troubled we offer a few suggestions: These things are among the most serious annoyances of babyhood, and unfortunately the remedies usually employed are generally worse than the disease. The soothing syrups, that are so widely advocated, are among the most dangerous enemies to health and life, and no mother who is intelligent, and loves her baby, will dose it with these vile narcotic preparations, even though the pain is deadened, and the child falls into a stupid sleep. The cure for these diseases is to be found by removing the causes; and we propose to cite the causes, for the benefit of our readers.

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But first, let us call their attention to the fact that the baby is affected almost directly by the mother's conditions, both of body and mind. The position of mother, honorable as it is, is also an exceedingly responsible one, even to the extent that unborn generations will be affected by her habits of life. No cause in the eternal universe fails to produce its effect, and that which comes through mothers and babes is not an exception. The mental conditions of the mother are wonderfully productive of good or ill results upon the babe that suckles her breast. Fret and worry are almost certain to produce indigestion in the child, and consequently colic. Anger has a terribly deadly influence, and so have all passions. To work till over-heated or exhausted is also very injurious. A mother who is nursing a child should be in the most happy and contented state of mind that it is possible to obtain, whereby, instead of the crying and fretting baby, she will have it crowing and chirping and laughing; instead of being restless and peevish and suffering, it will eat and sleep, and grow fat. Mothers do not, as a rule, realize the importance of this matter, and husbands forget their responsibilities. If there is any time in a man's life when he is called upon to be gentle, and pleasant and good-natured; when his influence shall be quieting, and soothing, and restful, it is when he is a father of a new-born babe. He can often bring to bear upon the wife the conditions of mind that shall affect also the conditions of the babe, and so make the whole household like Eden of old. On the other hand, if he is cross, or fretful, or unloving, he will operate, unconsciously it may be, to induce a similar unhappy condition in the mind of the best of wives, and so produce fret and worry, and consequent pain and suffering in the child; which reflects upon the mother, adding to her irritability and restlessness, and thus back to the father; and so the difficulty increases by the continual action and reaction.

Having secured the most restful condition of mind, the mother should be careful as to what she eats. Acid fruits, unripe or even crude vegetables should be avoided, and the food eaten should consist of good Graham bread and a little milk, and meat or an egg, baked sweet apples, potatoes, rice, figs, sweet prunes, or any bland food, which is not likely to disagree with dyspeptics. Warm Graham gruels, made of Graham flour stirred into boiling water, with one-third milk, is good food, but the milk should be stirred in afterwards and not boiled.

If the child has colic, a hot bath for five minutes, say at 100 degrees, or flannel cloths wrung out of warm water over the abdomen, will often relieve, but in cases of costiveness, these should be supplemented with, or preceded by, injections of warm water into the bowels, until they are entirely relieved. It is not an uncommon thing for babies to suffer in this way, and when they do the bowels should be thoroughly washed out with warm water. The Fountain Syringe, which allows a steady, mild, continuous stream to flow into the bowels, is just what is needed in these cases. Let no mother allow her babe to become constipated, even for a day, without employing this process. It can do no harm, it will relieve the irritability of the bowels, and the babe will go to sleep thereafter. In this respect it differs much from the purges commonly used, which, while they reduce action, also irritate the bowels. A cool, wet compress applied over the abdomen, covered with a dry cloth, is often desirable, when there is heat or feverishness in the abdomen. Try these plans, and see if your babe does not sleep quietly and eat abundantly, and grow fat.

Another point; do not try to excite prematurely its intelligence. Do no allow it to be handled by many persons. Eating and sleeping constitute the chief part of a baby's life. Let it eat and sleep to its satisfaction.

Deafness.

By J. A. Tenney, M. D.

This difficulty is necessarily a source of great anxiety to those who begin to be affected by it; and when it affects those who are otherwise in the enjoyment of good health, it naturally causes anxious questioning as to the prospects of recovery. These may generally be arrived at if the causes are known. Some forms of deafness are transient and curable, while others are permanent and irremediable. The causes are varied and numerous, presenting the following prominent varieties:

1. Partial deafness is often caused by destruction of the drum of the ear. This may be perforated, or destroyed as the result of inflammation, arising as a sequel to scarlet fever, measles, etc., which does not extend farther than the external ear; but such inflammation is ex tremely liable to extend to the internal ear, causing ulceration which makes deafness complete.

2. Partial deafness may also be caused by diseases of the throat, as enlargement of the tonsils, and inflammation which results in the closure of the Eustachian tube, which connects the throat with the internal ear. The accumulation of wax in the external ear passages is perhaps the most common cause of deafness known.

3. The concussion of the ear, caused by the discharge of firearms, is sometimes followed by a discharge of blood from the ear, and permanent loss of hearing.

4. An overdose of quinine for ague has been known to produce permanent deafness in a few hours. This has often happened in the southern states, where they are in the habit of taking this drug in enormous doses.

5. Loss of hearing may arise from tuberculous matter being deposited in the base of the brain, or from inflammation causing an effusion in this locality.

6. Caries of the temporal bone is a common cause of this affection. The same effect may be produced by the pressure of a tumor upon the auditory nerve, or the deposition of lymph in the internal ear.

7. A form of the disease known as *nervous deafness* commences with ringing noises in the ear, which continue until hearing is destroyed. This condition undoubtedly arises from inflammation in the auditory nerve.

8. Deafness is sometimes caused by paralysis of the auditory nerve. In this form, there are no noises heard, but the deafness is progressive, until hearing is totally destroyed.

When the difficulty is caused by the accumulation of wax in the external ear passages, by perforation of the drum, or by diseases of the throat, it may be removed entirely or greatly relieved; but in cases where the trouble depends upon paralysis or a tuberculous deposit, it is incurable. Wax is very easily removed. Chronic affections of the throat are usually of a scrofulous character, and so may require a persistent application of all hygienic agencies; but the majority of cases can be either cured or greatly benefited by a careful course of living. When the tonsils are enlarged and remain so for years, as the consequence of colds often repeated, it often requires persistent care and the application of all the hygienic agencies to effect a cure; but almost every case may be cured in time. The lining membrane of the Eustachian tube is a folding of that which lines the throat, and is consequently liable to the same inflammation. An inordinate secretion of mucus in this important passage is also liable to cause deafness. The only method of ascertaining the extent of obstruction from this cause is the introduction of a catheter made for the purpose; and as this requires skill and a thorough knowledge of the anatomy of the parts, it can only be done by the experienced surgeon. The introduction of the catheter is often a means of restoration, by its soothing influence upon the inflamed passages.

The curable varieties of deafness are most of them remedied only by such measures as build up the general health, as they are the result of scrofula or general depletion. All habits that debilitate should be broken off, and a general course of invigorating treatment should be persevered in. Movements of the extremities, to draw the blood away from the diseased parts, should not be omitted. If there is inflammation in the throat, hot fomentations, followed by cold compresses at night are very useful. The patient should avoid exposure that causes him to take cold, and in every way husband the vital forces. Most cases will yield to a careful course, without surgical interference.

Self-Help.

"Warm your body by healthful exercise, not by cowering over a stove. Warm your spirit by performing independently noble deeds, not by ignobly seeking the sympathy of your fellows who are no better than yourself," said Thoreau. There is a world of wisdom in the advice, and all may learn a lesson growing out of it. Do not lean upon false supports, either mentally or physically. Do not expect to find the truest mental or physical help from any source outside yourself, for all true growth is from within. "The kingdom of heaven is within you." Do not look for help from physical ills through swallowing poisons, which, though they may relieve temporarily, only debilitate and so aggravate the difficulty in the end. Do not think to cure a prolapsed organ by going to bed. Inaction is a cause of such difficulties, and inaction never cures any one. When the muscular supports of any organ become enfeebled by lack of exercise, they are no longer supports, and the organ naturally sinks down through the influence of its own gravity. Restore vigor and tone to the debilitated muscles, and they will inevitable draw the organ back into its place. Let every organ in the body have its normal exercise, and carefully avoid every kind and degree of dissipation. Live a harmonious life, both of body and mind; and your physical and spiritual health will develop out of the effort as surely as that the tendency of everything in the universe is toward growth and a higher state of existence.

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The Laws of Health.

Monthly, 50 Cents a Year.

ROBERT WALTER, M. D.,
Editor & Publisher.

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Associate Editor.

☞ All communications should be addressed to Wernersville, near Reading, Pa., the residence of the editor.

READING, PA., APRIL, 1879.

OUR PLATFORM.

1. The vital power in the organism is the only healing power.
2. The rapidity and the certainty of cure depend as much upon the degree of vitality—the amount and quality of the vital force—as upon the distribution of it.
3. The symptoms may be charged and the disease often cured by reducing the quality or degree of this force, on the one hand, or by increasing it on the other.
4. Bleeding, purging, stimlating, and all drug processes, as also the Water and Diet cures, as usually employed, cure on the former plan,—the plan of depleting the system.
5. The Nutritive-cure, on the other hand, cures only by building up, invigorating, and purifying the organism.
6. The true way to cure invalids therefore, is to distribute the vital force to its appropriate channels by means which shall increase, but never reduce the vital vigor.
7. This is done by the use of normal health agencies, which while equalizing the circulation, in which all nutrition takes place, increases the production or manufacture of vitality, and reduces expenditure.
8. The breathing, digestive and circulatory systems comprise the organs of manufacture; while the brain, and nervous systems comprise the organs of expenditure.
9. The organs of manufacture are largely muscular, and depend for the performance of their functions on muscular contraction and relaxation; while
10. The organs of expenditure are mostly nervous, and depletion corresponds to the excitability and activity of the nervous systems.
11. All processes are to be employed to invigorate the muscular systems, special and general, while at the same time they tranquilize the brain and nervous systems, thus producing quiet, content and rest.
12. The Nutritive-cure embraces these principles, and by representing a scientific combination of exercising, breathing, bathing, eating, sleeping, resting, clothing, &c., is the only scientific system of medication in existence.

Prospective.

The present number completes the first volume of this journal. It has regularly made its appearance in a thousand homes during the past year, and the testimony to its worth has been so full and general, that we have been greatly encouraged in our labor. We are assured by those whose judgments we respect, that it is a success in a literary and scientific point of view, whatever it may have been financially. The journal was established because its editors thought they had something to say, and that the public might be benefited by their saying it, and, having long been convinced that what is true will ultimately prevail—that success will ultimately crown rightly directed effort in the promulgation of the truth, we have persevered in a pecuniary outlay, as well as a laborious undertaking; but we have succeeded in interesting many, and we trust, by the aid of our patrons, to go on improving each year, both as to quality and quantity of matter. The coming volume will show progress. A year's experience has not been thrown away, and in many respects we feel certain we can improve upon the past. A four page Supplement, to the journal, to be issued, not less than four times during the year, and perhaps oftener, is now projected, each one to contain one of Dr. Walter's Lectures on Health. Our friends have long urged us to bring before the public our ideas in this form, and we are assured that they will be even more valuable to our readers than his written communications, inasmuch as they come direct, frank, free and earnest from head and heart. We trust that this will be an added inducement, both for the renewal of old subscriptions, and for the obtainment of new. If our friends are prompt and appreciative, so as to warrant the expense, they may expect the Supplement every month, but we cannot now certainly promise it oftener than four times during the year. This number contains the first Supplement. In addition we continue to send the Nutritive-Cure to every subscriber old or new. May we ask subscribers to be prompt in renewing, in order that they may not fail in obtaining a single number, and if possible send one or two names with them? The post office laws are exceedingly strict as to the sending of matter through the mails to those who are not subscribers.

More Doctors.

Ninety-five graduates have just issued forth from the medical department of Columbia College, armed with a diploma in one hand, and pills, powders and lotions in the other, ready to destroy—I mean their diseases—all who choose to employ them. We hope they will be successful in discovering a solid foundation upon which to operate, for, judging by the address of Rev. Roswell D. Hitchcock, which closed the proceedings, the science of medicine, so-called, has not yet reached solid bottom. The reverend gentleman is evidently level-headed when he bids the graduates remember "that the science of yesterday is the sophistry of to-day." He must have had some knowledge of medical theories and medical practices in the past, as well as in the present, to enable him to speak so clearly. The *medical* science of yesterday is unquestionably the sophistry of to-day, and we only suggest that the science of to-day, with which these young men are crowded, will soon be proved the veriest sophistry that ever deluded a disease-stricken world. Though we agree with Dr. Hitchcock thus far, we are not prepared to sustain him in his statement "that the physician is to society what the brain is to the body." If that statement is true, then society is a dangerous lunatic, and the sooner it is placed in a straight jacket the better for all concerned.

In saying this much we are not now speaking as a medical man, but rather with the candor of an individual named N. Chapman, M. D., Prof. of Institutes and Practice of Physic, successor to the great Dr. Rush, in the Pennsylvania Medical University, who says (Materia Medica page 31): "Medical conclusions differ very widely from every other species of evidence. We cheat ourselves with a thousand illusions, and have imposed upon us still more by deceptions. It is not necessary that I should enforce this remark by the enumeration of any examples. No one that is conversant with the practice of physic need be told how often his own deductions have proved erroneous, or how little credit is to be reposed in those pompous recommendations with which medicines are daily promulgated." And yet our professors grant diplomas, and our graduates learnedly practice upon the (credulity of the) people, proving daily to their own satisfaction that those substances or agencies which are destructive to life are the proper things with which to cure disease. Truly "now you see it, and now you don't."

Colds and How to Treat Them.

A cold is often the beginning of disease which may end in death, and hence the importance of prompt and reliable treatment. "Remove the cause, and the effect will cease," is the correct principle of operation.

What is the cause of your cold?

Have you been overeating? Then abstinence for a meal is excellent.

Have you been eating freely of carbonaceous material, such as butter, sugar, molasses, and also of milk? Then abstain from them for a time.

Have you been overworked? Then rest for a day or two.

Have you been living, and particularly sleeping in poorly ventilated rooms? Then breathe freely of fresh air.

Have you never paid attention to full and deep breathing? Then fill your lungs as full of pure air as possible, and learn to breathe deeply and vigorously. Particularly, rub, percuss and knead the abdomen so as to tone these muscles, which are really breathing muscles.

Have you been chilled by exposure? This is a most common cause of cold. Then sit in a tub of hot water, with your feet in hot water, covered over with a blanket, and a cold wet towel on your head, until you sweat, or in place of this take a vapor bath, or perform any other operation that will give you a good sweat, then rub dry and go to bed. Each one of the above causes however has probably contributed to your cold, and hence if you will employ for a day or two at least all of these plans, your cold will have been radically cured, and that without any medicine whatever. And if you would avoid a cold in the future, abstain from these causes and the effects will seldom follow.

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How Much Shall I Eat?

In our last number we discussed the question How often shall I eat? and now the question is asked, How much shall I eat? The proper answer surely is, As much as the organism can use. Food is a necessary element of nutrition, of strength, vigor, activity; and the more we can use, other things being equal, the stronger and more vigorous we will be.

But how much can I use, is the important question. Appetite is the language of nature, and if one eats the right kind of food, and his habits are correct in other respects, he may follow it with certainty. But I am a dyspeptic and have a morbid appetite, says the questioner. To which we reply you should read our Nutritive-Cure. For twenty years I have been acquainted with the water and diet-cure processes, and have observed many thousand cases under treatment, and I have never known a dozen cases who adhered to the system carefully who did not have the same morbid cravings; and yet under the Nutritive Cure these cravings are not perceived, or at least are not general. The universality of the morbid appetite in water and diet-cure patients, with the rest cure thrown in, shows that the cause of it is chiefly in the system of treatment and not inherent in the case.

The appetite is not as morbid as it is believed to be. It is an instinctive craving for necessary material wherewith to build up, and it becomes extreme and even ravenous to the extent that this material is withheld. I have never in my life known a vegetarian who did not have instinctive longings for something he did not get. The vegetarian may have been the original diet of man, but few persons there are who have not lost the capacity to appropriate it to the supplying of natural wants; and a dyspeptic is least of all able to live upon the system.

But there is another reason for the morbid appetite, and that is frequent bathing, by which severe demands are made upon the system for nutritive material which the stomach is unable to supply out of the vegetable food, even if it could out of food to which it is accustomed. The stomach is like any other organ, or like the man, it will do a large amount of work such as it is accustomed to do, and do it well, while it will surely fail to do what it is not accustomed to. The folly of asking the carpenter to preach while the preacher builds the house is no greater than to confine a dyspeptic stomach to food that it cannot use.

If our questioner will eat a little beefsteak once a day, and have a mild bath only twice a week, with thorough kneadings and manipulations to build up the digestive organs, she will not ask the foolish question, How much oatmeal, gruel and fruit shall I eat. From the lady's description of her condition I am confident that her water treatment has been excessive, while her diet is altogether too strict, so that she is properly starving herself. Get and read the Nutritive-Cure and so become enlightened; for knowledge is power.

Corroborative Testimony.

Dr. R. Walter:

SIR:—In a former number of the "LAWS OF HEALTH" you published a short note from me expressing my appreciation of your journal. I now desire you to publish this, with your remarks in answer to it.

You have been attacked concerning your discoveries, and though your other opponents were medical men, and I am not, yet I think you will not so easily answer me as you have them. This may seem presumptious, but I shall oppose you *particularly*, they did so *generally*, I shall give chapter and verse, they gave neither.

You claim that your principles Nos. 2 and 3 were discovered by yourself. I will not attempt to deny that, but I do claim *for an Englishman* an earlier propagation of the substance of your second principle.

In '61 an English medical writer, E. G. Martin, M. D., M. R. C. S., Lond., L. A. C., published a book entitled "Allopathy, Homeopathy, Hydropathy, Reasons of their Failure and Nature's Cures."

On page 9 of this book occurs the following extract:

"The success of the natural curative process depends

(1.) Upon the nature and extent of the disturbing cause.

(2.) Whether the cause affects a part only, or the whole of the system.

(3.) If only one organ or part of the body, the relative essentiality of that organ to life.

(4.) The degree and number of sympathetic disturbances and symptomatic effects.

(5.) The quantum of vital force or re-active power possessed by the individual when affected, or the degree to which it may be developed as the natural antagonistic power to the progression of disorder and death."

Now, sir, it seems to me that No. 5 of Dr. Martin corresponds to No. 2 of Dr. Walter. The book from which I have copied the extract was, as I have said published in '61. But this extract was transferred from a larger work by the same author, which Dr. Martin speaks of as having been published "some years ago."

Apparently then you have rediscovered lately what was taught by Dr. Martin as far back perhaps as 1855. Kindly bear in mind I wish not to deny that you have worked out your principle, I simply point out its earlier adoption as a basis of practice. Yours, very truly,

WILLIAM H. CLARK,
33 Edbrood Rd., Harrow Rd., London, Eng.
February '79.

We are glad to be able to publish this gentleman's communication, even though he thinks it is more difficult of answer than former ones from medical men. And in one sense it is, because while they denied the truth of the principles, he admits it; while they undertook to overthrow our system, he brings weighty authority to corroborate it. We are glad to publish this corrborative testimony even though it is shown that our second principle was comprehended by an eminent medical man years before it was advocated by us; for while this fact may seem to weaken our claims to discovery, it strengthens our claim to be advocating and practicing a true system—one which is established in the nature of things. We are not half as anxious to be ranked as a discoverer as we are to be considered a benefactor. We care little whether or not somebody else conceived the truth before we did; but we do care to prove that it is truth.

But does it destroy our claims to discovery? Certainly not unless this physician conceived our principles in such way as to enable him to develop and apply a system logically consistent with them, and withal successful in practice. The conception of a principle is but a step in the discovery or establishment of a system, and that step seems to have been made by Dr. Martin. But did he take the succeeding and collateral steps; in a word, did he establish and advocate a system of treatment for invalids similar in all essential points to the one which we have originated? If he did, we are prepared to yield to him the credit of prior discovery, and to pay homage to his genius and fidelity to truth. Will our correspondent inform us in short phrase of the substance of Dr. Martin's system? If it is in keeping with this principle, which he recognizes, it will discard drugs and all other excitants whatever, and rely wholly upon nutrition for the production of results. Does it?

Crude Hygiene.

The people are anxious to learn what they can on the subject of health, and the newspapers quite as anxious to serve their patrons by giving them all their editors know, *and more too.* What a source of instruction and interest is a journal that is fully supplied with sound and reliable information on this subject; and yet how much that is written is worse than nothing. I suppose, however, that an editor is excusable for promulgating a false theory, but a statement of fact so false as the following, which we copy from a health journal, ought not to go unnoticed:

AIR.

"Vital air, or oxygen, which constitutes about one-fourth of the atmosphere, is necessary to respiration and combustion, and an animal immersed in it will live much longer than in the same quantity of common air."

If this medical editor would but look up his chemistry a little more carefully, he would find that the constitution of the atmosphere is about right, it being proved beyond question that *an animal compelled to breathe pure oxygen will die in a short time.*

HERE IS ANOTHER.

"Sedentary and weak-chested folks should breathe long and deep in the cold, bracing air of these mornings."

We advise the reader to be careful about crowding his lungs with cold, bracing air these frosty mornings. Pure air is very necessary; but air between zero and the freezing point is not any better than that at 70°, and if breathed through the mouth may produce serious mischief in the shape of pneumonia, pleurisy, bronchitis, and so on. It should be warmed before entering the lungs by breathing only through the nostrils. Out-door air is very desirable, but this precaution should always be observed.

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Prevention versus Cure.—8.

By Jas. S. Cooley, A. M., M. D.

A well-balanced and harmoniously developed character is the most valuable possession which a parent can desire for his child. The elements of such a character are briefly these. A body, each organ of which performs its functions with regularity and ease; the operations of digestion, assimilation and elimination going on rapidly and unconsciously; the appetite demanding nothing improper, and refusing nothing wholesome or nutritious; the nervous system free from the evil effects of narcotics and stimulants, and wholly under control of the higher nerve centres; the special senses trained to acuteness and accuracy; the muscular system sufficiently developed by bilateral training to insure vigorous circulation, and the equal and symmetrical development of both hemispheres of the brain; the sexual organs perfect, and undefiled, and in such complete subordination to the will that no morbid or impure desires disturb the sleeping or waking hours of their possessor; a mind stored with knowledge of everyday affairs; a ready and retentive memory; a taste for useful and healthful reading, and so much of intellectual attainment beyond this, as the circumstances of the individual will permit; property, friends, and the approbation of others, desired and sought, only as these are necessary to the highest good of the life within; the heroic and kindly virtues cultivated and controlled; the individual courageous but not fool-hardy; generous, but not improvident; kind and gentle, but not weak; respectful to authority, but not servile; self-reliant, but not forward or boastful; possessed of a practical morality that allows of no compromise with wrong or injustice; falsehood, deceit and treachery impossible; and, to crown the whole, an earnest and reverent spiritual life that reaches out after the Supreme Intelligence of the Universe, and around which all the other forces of body and mind centre and revolve.

Perverted ideas of life, the result of ignorance and false education, lead many to place a disproportionate value upon mere externals; others give to physical culture, business capacity, or intellectual attainment, the chief place, not recognizing the fact that all these, necessary and important as they are in their appropriate sphere, are only subordinate means to the attainment of that higher spiritual culture which is within the reach of all. In the hope that some parents have been led to a deeper realization of their duties to their children, and desire carefully and conscientiously to train them up for usefulness and happiness, here and hereafter, a few suggestions are offered.

During the earlier months of its existence, unless prevented by the unwise attention of others, the healthy infant will sleep much of the time, waking occasionally to satisfy its hunger, and relapsing again into peaceful slumber. This is as it should be, and the careful mother or nurse will see to it that baby's long naps are uninterrupted. But not only should the young child have plenty of sleep; its position, while asleep, is of great importance. Many accustom their infants to lie upon their right side, uniformly, supposing that it allows the heart more freedom of movement, and forgetting that the pressure of the child's head upon the soft and yielding bones of the cranium will compress the right side of the brain, deprive it of its equal share of blood, thus producing a preponderance of the left over the right side, in mental activity, the superior nutrition and dexterity of the right over the left hand, and later on, according to Dr. Seguin, a more frequent paralysis of the left side of the body. To preserve the equal nutrition of both hemispheres of the brain, the child should sleep on each side alternately, whether lying in the arms of the nurse or elsewhere.

The child's surroundings, too, are important. The first sense to awaken is that of touch, and, if surrounded by objects which present a sameness and similarity to this sense, and offer no constant source of amusement which improves the tactile sense, while it amuses, indifference and permanent inactivity may result. It is of no little moment that the immediate surroundings of the infant shall furnish an unwearying variety of miscellaneous objects for tactile observation; that in experiencing the varying sensations from contact with the rude or soft, the warm or cold, this most valuable sense of knowledge may be cultivated.

Sight and hearing next awaken to consciousness. And here again the true mother will study her child's needs. As the eye begins to recognize different objects, the immediate impulse is to test the observation by the touch; this most natural procedure can not be interfered with without evil results. "To see and not be able to reach," says Dr. Seguin, "to perceive images with no possibility of seizing the objects, renders the child impatient, fretful or unconcerned, and opens an era of reaction upon others, or of diffidence of himself, or of indifference for any attainment, which unavoidably ends in immorality or incapacity, or in both."

Again, it is quite common for those having the care of young children to seek to amuse them, or to gratify their own love of display, with objects of bright and dazzling colors. Even among the poorer classes, the mother-love, ignorantly seeking for expression, will put upon or over the infant some gaudy garment or covering. Here is no small danger. The steady gaze of the child upon some bright object, especially if not in the direct line of vision, and through the eye, the fixedness of the mind while the body is at rest offer favorable conditions for producing hypnotic and its sequels, strabismus and convulsions. More than this. The display of fascinating colors, by daylight, may attract more attention than the delicate organs of perception can safely give; or when, with the departing day, come distorted images, evoked from the fading lights and deepening shadows of approaching eventide, the senses may be led to feed the mind on hallucinations, and thus the seeds of insanity be early sown. The surroundings should be simple, and the colors quiet and harmonious.

The means usually employed to gratify the sense of hearing are likewise at fault. The rattle-boxes, tin-trumpets, and all that class of toys serve rather as a distraction, giving to the delicate apparatus of the ear, a rude shock, than means of cultivating this sense. If the habits and tastes of after life are influenced, as no doubt they are, by the first ripples of ideas in the infantile mind, how much of the ever prevalent coarseness and lack of native refinement may be due to these blatant and noisy toys of our children! There should be more care taken in the selection of children's playthings. They all have an educating power beyond our comprehension, and most of all, those which appeal to the eye and the ear. If the sense of hearing is to be trained to delicacy and refinement, what better means can be found than the sweet lullaby of the gentle mother, or the music of her loving words!

The clothing of children is often a cause of future trouble. The long skirts which are the traditional habiliments of most infants are much to be deprecated. It is most natural for a child to exercise its arms and legs. This exercise is a most healthful one. But how can the weight of long skirts, heavily embroidered often, be overcome by the weak muscles of the nursling? Then, "the bands must be tightly pinned," say many nurses, "or the baby will breach himself when he cries;" and with tightened bands and heavy skirts, what a wonder that this accident does not happen more frequently! The bands should be loose, that there may be no impediment to the free circulation of blood to every part of the little body, and to the undisturbed movements of the abdominal viscera; the skirts of sufficient length to protect the feet and legs, but not, to serve as a hindrance to their free exercise.

The equal training of both sides of the body is another matter for consideration. Contrary to traditions, hereditary influence and common practice, the child, from the outset, should be accustomed to use either hand at will. Although taught to discriminate between the right hand and the left, this distinction should go no farther than the name, and special pains should be taken to teach the infant to take hold and let go, to grasp the knife or spoon,

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and to point out objects about him with either hand. The exercises of listening alternately with each ear is a part of the same bilateral training which we regard as essential. In reference to this matter, Dr. Seguin, to whom we are indebted for many valuable suggestions in the direction of child culture, says, "By this means," that is, bilateral training, "may be restored to our race an inexpensive power, equally applicable to mental and physical labor; a power which can save or economize the ordinary one-sided powers. By this restitution to our children of this natural capacity, many diseases and infirmities will become unknown or rare. Another consequence of the restoration of the left side of the body would be an increased activity in the circulation and functions of the right hemisphere. This would induce equal or substitutive mental operations from both hemispheres, by which more continuous learning and thinking could be accomplished; and the fatal consequences of excessive strain on the brain, hemorrhagy, embolism, and ramollissement, would remain senile accidents, instead of becoming the ironic rewards of young, heroic efforts. And, moreover, the human temper and passions would be harmonized and subdued to a point which the mind cannot reach to-day, but whose social consequences cannot be overestimated."

The points suggested in this article are not those commonly thought of in child-training, and have not been followed out as completely as might seem desirable. But of their importance there can be no question, and they are offered in the earnest hope that some may heed and understand and apply.

SANDY HILL, N. Y.

Questions Answered.

Question. Will you please give a recipe for curing rattlesnake bite without whiskey? The practice here is to get drunk.

Answer. Many persons who seem to be bitten by the rattlesnake are not poisoned at all, and hence they will not die, whiskey or no whiskey. The best plan in the case of rattlesnake bite is to suck out the poison as rapidly as possible. Cauterization with a red hot iron will also be desirable. And following these, a good steam bath, and thorough rest in bed. Of course, I must admit that I have had no experience in the treatment of rattlesnake bite, and hence speak only from theory, which I am certain is true; I should rely upon it in case I were bitten, and I am certain that to suck the wound thoroughly is the most reasonable immediate process.

Ques. In Aug., 1877, when it was so hot here that we could not bear any covering over us at night, we moved to a mountain, at an altitude of half a mile, where we were obliged to have two or three quilts on us at night, and had to make fires early to warm us. I had been sick with fever, and was about used up, but in three days time I could walk for hours, and do much hard work. Our scrofulous baby had fearful sores on her head, but was relieved in five days, and is now the picture of health. The springs there are strongly impregnated with iron and alum. What was it that cured us, and would a mountain location be better for me than a low country? Is not the temperature more uniform on the mountain, and could I not perform more labor in a high altitude?

Answer. You had a fever, from which you were recovering, and by the removal from low, heated, depleting air, to the cool, bracing mountain, you built up rapidly, or rather, your nervous system responded to the tonic, and you felt much stronger. I had a patient so feeble that he could not turn himself in the bed, but three months thereafter he weighed 180 pounds; all of which simply proves that when the conditions of health are supplied, we often get wonderful results. Sores on your child's head disappeared because it was carried to a more healthful climate. I do not believe that iron and alum were permanently beneficial, but they may have toned up the system temporarily, so that your improvement seemed more rapid, if not so permanent. The purity of the air, and the more healthful temperature of the mountain, with the complete change, were undoubtedly the chief causes of your improvement. It is certain also that a mountain location is better for you than a low, malarious district, and I would advise you to move higher up. You could perform more labor on a mountain, provided your general health was improved, as I believe it would be. You will find that living on the mountains in Arkansas is more desirable than living in the hot, sweltering valleys of the same State. But, nevertheless, you are not to suppose that there is any power in the mountain to give you unlimited endurance. You will be subject to the laws of your organism there as elsewhere, and you will have to be careful not to deplete yourself with overwork.

What do you think of the curative powers of Holman's Pad?

Answer. We expressed ourselves quite fully on that point in the July LAWS last year. Please refer to it.

What is the hygienic mode of procedure to prevent children wetting the bed?

Answer. The trouble arises from a weakness in the sphincter muscle of the bladder, and is to be cured by restoring its tone. In the first place, do not allow the child to drink too frequently of anything during the evening, but particularly of tea, coffee, or any vegetable infusions. Secondly, put a wet bandage around the child's body at night, covered with a dry one. Give the child two or three baths a week, in lukewarm water, followed by thorough rubbings. Be sure that the feet are always warm, especially on going to bed; indeed, follow out all hygienic practices, and the child will recover from the difficulty.

How shall a weak dyspeptic gain will-power to control appetite as to quantity and quality of food?

Answer. It seems to me that such a person is poorly fed, as to quality or variety of food; and it is still further probable that he does not transgress in quantity as much as he thinks. Perhaps he eats too frequently, or by curtailing his food in some respect deprives his system of proper nourishment, and hence induces a craving appetite. Our rule for invalids is, to eat good food and plenty of it, but not too frequently. Vegetarians nearly always have the craving appetite, hence vegetarianism is a fallacy. Meat should be eaten, on the other hand, but once a day. Salt, sugar, butter and milk should be avoided; but a person may eat abundantly of such other food as agrees with him, twice a day. None but laboring people should eat supper. Fruit is an important part of every meal, and if it was eaten at every meal freely, there would be less dyspepsia therefor. If, in spite of all these, the uncontrollable appetite continues, the case demands a thorough course of hygienic treatment, especially of the Movements.

Question. At what season of the year should children be vaccinated?

Answer. At no season. The disease is too often worse than the cure. Certainly it is the old plan of curing one disease by producing another. And though vaccination may reduce the number of death by small pox, it increases correspondingly the number of deaths from other causes. Scrofula, consumption, dyspepsia, nervous diseases, mental derangements, may all be sequels of vaccination. I believe it is just as desirable to die of small pox as any of these.

Question. After an ordinary confinement how soon should a woman begin to walk?

Answer. That depends somewhat upon the vigor of the patient, but it is always wise for the woman to be cautions not to tax herself at that period. Let her take abundance of time to rest and recuperate. There is no objection to her getting on to her feet, when she is able and sure she is strong enough.

Question. Are tomatoes and cucumbers healthful? MRS. G. H. N.

Answer. I know of nothing to the contrary, if eaten without condiments.

Question. How do you treat pneumonia?

Answer. Full description is given in the October number, also in the July number, to which we refer the inquirer.

Nose bleed. I have a brother who suffers from nose bleed at times, which greatly enfeebles him. It is more frequent during the winter than in summer. What is the cause and proper treatment? A. B. W.

Answer. An unbalanced circulation is one of the existing causes, the blood being excessive in the head, and deficient in the extremities; hence muscular exercises, or other means should be employed to improve the circulation in the feet and legs. These parts should have double thicknesses of clothing upon them. A feeble capillary circulation is another cause, and that must be improved by invigorating the general health. All the plans advocated in this journal for building up the health are advisable. When the attack comes on, apply alternately hot and cold cloths to the back of the neck, alternating every minute. Put the feet in hot water. Swinging the arms in a circle, one at a time, is excellent as a preventive. Swinging of the legs is also good, but the restoration of the general health is the important thing to obtain, in order to prevent a recurrence of the attack. The use of tea, coffee, tobacco, etc., is very injurious in such a case.

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Hundreds of persons might be immeasurably benefited by a careful practice of the principles advocated in this journal; but to this end they need advice and prescription suited to their individual cases. Here is what one man says:

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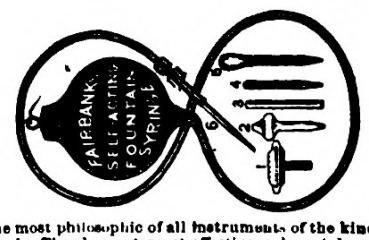
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THE LAWS OF HEALTH.

SUPPLEMENT No. 1. APRIL, 1879.

The Mental Cure.

A Lecture delivered to his patients by Robert Walter, M. D., Phonographically reported.

LADIES AND GENTLEMEN:—From time immemorial the cure of disease has been a matter upon which thought and effort have been expended in immense degree. In the beginning the plans adopted were exceedingly crude and unsystematic; but from Hippocrates, 500 years before the Christian Era, down to the present time, systems, varied in number and character, have been established, advocated and applied, only to prove unsatisfactory and be discarded. System has followed system with a most bewildering rapidity, each generation of men repudiating the theories, and denouncing the practices of the preceding generation, so that for two thousand years medical systems have had no rest. We have had allopathy in a hundred varied forms; we have homeopathy, Thomsonianism, Eclecticism—systems which have opposed each other with the most startling facts and arguments—each charging the other with destroying its victims. But though these systems have been in deadly opposition to each other in many ways, they have all agreed and do now agree in one fundamental respect, viz.: That disease is to be cured by the use of things which if administered to a man in health would make him sick—by the use of substances destructive to the vitality of the patient. Old school says, "*contraria contrariis curanter;*" disease is to be cured by the production of an opposite disease; homeopathy declares "*similia similibus curanter;*" like cures similar, and the late Dr. Hall, in Health by Good Living, page 35, explains quite fully the practice of all the schools, when he says:

"Medicine, even the mildest, is essentially a poison, and effects a desired result in proportion to its poisonous qualities; it cures by setting up a disease greater than the original which it seeks to cure," and Dr. Martyn Paine declares, Institutes of Medicine, page 542: "Our most violent poisons are our best remedies."

But we cannot describe these systems fully, but must call your attention to the fact that for the first time in the history of the world, a system has been established and urged, radically different in thought and practice from any that has ever preceded it—diametrically opposed to all the systems in this fundamental respect, viz: That it repudiates the employment of all agencies that are naturally destructive to the vital powers of the patient. This system has been the outgrowth of the last twenty years, during which time greater progress has been made in the True Healing Art than in twenty centuries previously. This Hygienic System, a system of healing the sick by the use of means only which tend to keep them well, has existed in its incipiency in very crude form under the names of Water-Cure, Movement-Cure, Diet-Cure, Mental-Cure, Sunbathing, Magnetism, Vitopathy, Electropathy, &c., and during an experience of twenty years with their varied forms, we discovered that though each was good in its place, no one of them would cure all curable cases—that though none could be relied upon as having curative power, each was serviceable as a curative condition, and hence that all combined formed a complete, successful and scientific system. Our idea is that as the mechanic gets the desired mechanical action by supplying the conditions, and the chemist the desired chemical action in the same way, so the physician will get normal vital action, which is health, if he supplies the conditions of health. All curative power is in the organism, and we apply conditions for its expression, and not forces to take its place or overcome it. Water-cure, then, is a misnomer, because it conveys the idea of a curative power in water, and therefore has often been employed as a great cure-all, by which it has been brought into disrepute. So with diet-cure, movement-cure, sunbathing, magnetism, electricity; as supplying conditions for health they may all be serviceable, and when all are properly employed we have a thoroughly successful system of hygienic medication.

THE NUTRITIVE-CURE,

as originated and practiced by ourselves is this system of hygienic medication in its most advanced form; it is the outgrowth of the widest experience, and the most careful and systematic thought, and fulfills the conditions of a scientific system to an extent that none other does. The name is certainly appropriate. It conveys the idea of recovering strength and vigor in the same way that we originally obtained it, through growth; by the same means that keep us well; in the same way that the child grows into vigor and manhood. "The power that brought us into being, that sustains us in existence, that has caused us to grow through all the phases of life to manhood, must restore us if anything does." Hence when a man is cured by the nutritive-cure he is cured all over; his constitution is invigorated and he will stay well.

I shall now call your attention to the Mental-Cure, as one branch or department of the system we practice; and having done so, you will recognize but a tithe of the many conditions which we secure to the patient in his struggle for health. The Mental-Cure is an important system in itself, and in some cases the most important, though alone it can seldom be successful. Those physicians who look upon the organism as a mere machine to be patched and plastered and tinkered at, make a woful mistake; for man is constituted of soul as well as of body, of mind as well as of matter; and to deal with men as one would deal with a timepiece or a locomotive, or even as with horses or cows, is to prove one's self ignorant of the first principles of medication.

In the American people, as a rule, the brain is abnormally large and active, and to such an extent that the

MIND DOMINATES THE BODY.

Indeed the chronic diseases so prevalent in this country often originate in mental influences, and are always aggravated or relieved by them. It is care and thought and worry and fret that wear us out; it is fear and doubt and anxiety that depress the vital forces; it is hate and jealousy and anger, it is unsatisfied longings, ungratified ambitions, uneasy dreamings of future disaster or victory that strain to its utmost tension the sensitive nerves. Anger is well-known to have a powerfully depressing influence upon the secretions. The milk in a mother's breasts has often been rendered poisonous by a passing burst of passion. Hate, jealousy, envy, scorn, are all equally destructive; and hence are to be avoided as one would avoid the evil one. On the other hand, love, joy, peace, contentment, charity for all, sympathy, kindness, have within them healing virtues that are in no respect to be despised. "Length of days is in her right hand, and in her left riches and honor."

But I do not design to urge lengthily these qualities of the human mind; for you all well know the importance of restraining the evil on the one hand and of cultivating to good on the other. The low passions of human nature must be exorcised from out the human breast, if we would have health or long life; while the nobler emotions are to be cultivated that we may inherit the earth according to promise. How strenuously these ideas are urged here, by "line upon line and precept upon precept," you well know; and I wish now to call your attention to a still further application of the mental-cure; and particularly to contrast the influences of fear, doubt, hesitancy with those of courage, faith and resolution. These stand opposed to each other as light and darkness, life and death, good and evil, as a careful investigation will show; and their power over human health is so great that they must never be ignored in the treatment of invalids.

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The influence upon health of great and sudden fear is too well known to require lengthy statement. No one has failed to experience its unnerving power at some time in his life. Men's heads have been known to "grow white in a single night" from fear. And doubt is its twin brother, while hesitancy is a close relation. To eat in a doubting mind is to have the dyspepsia. To drink, work, engage in any of the varied activities of life in this condition, is to have failure instead of success. Despair itself is but an aggravated condition of fear and doubt, and how terrible it is to get into a despairing mood, some of us know. On the other hand what a wonderful power there is in

COURAGE, FAITH, RESOLUTION,

not only in the fight against disease and death, but in all the labors and conflicts of life. How can a man succeed whose courage has departed; whose faith has given way to doubt, and steady, stern resolution given place to hesitancy—to unsteady, flickering, fluttering, weakly, cowardly impulse? As well expect victory from a mutinous, cowardly and skulking army as health from a fearful, unbelieving, hesitating patient; as well expect success in any conflict where one believes himself beaten, as to expect it in a despairing invalid. Every invalid who seeks the shelter of this home has engaged to fight the battle against disease and death, and if he is brave, bold, courageous, resolute, guided by a skillful commander, he will succeed, while to the coward, skulking along the lines, hanging upon the verge, and in doubt and fear of results, failure is written in unmistakable lines upon every lineament of countenance.

Sometimes such persons visit us; doubting, hesitating, fearful, unbelieving; watching, questioning, examining, criticizing. Such an one is curable, but usually so only by becoming infused with new ideas, new thoughts and new ambitions, whereby he is changed from the doubting, hesitating invalid, to the brave, courageous and confident convalescent. A worse case is he, who driven by the stress of disease to seek for help, yet despises the means; who would like to be cured but would like to have it done in his own way. The way of self-denial he has not known, and does not wish to know it. He casts his body at us as one would throw a bone at a hungry dog, saying, "there, take it and cure it if you can, as I don't believe you will." He don't want any of our new-fangled notions; has no interest in the great problems of life and health that are here discussed; no desire to get or maintain health by living healthfully; he wishes simply to get well that he may have more strength for self indulgence. He looks upon this system as a system of cure but not as a system of living; as one suitable for an invalid but detestable for a well person.

Let not such an one deceive himself. The elements of failure are written all over the case in unmistakable characters, and unless a better frame of mind can be secured we surrender it as hopeless. Even God himself cannot save a man in such condition of mind, and we are not mightier than God. If, however, by exercising whatever of charity, of kindness, of attention we may, we can secure an honest hearing, perhaps we can convince the judgment, quicken the conscience and secure willing obedience, whereby the elements of failure give way to the elements of success. To show you how this matter operates I will cite a case or two in my own practice as well as a couple from medical history. Such an one came under treatment a few years ago, reduced to helplessness. He could move about only on crutches, and in desperation was willing to do anything. He followed our prescriptions for a few days and was relieved so that he could walk several miles without difficulty, when he said to me, "Doctor I don't want to live as a sick man lives, I am well." I argued, and protested and warned; but secretly he had his tobacco, his wine and other "good things" and in less than two months was as badly off as ever, and he went to Germany because he had understood they would cure you there and give you all the wine and tobacco you wanted.

I once undertook

THE CURE OF AN OPIUM-EATER,

the wife of a Minister of the Gospel, who in addition was reduced to the point of death. So thoroughly was she a victim to the habit that she would hesitate at nothing to satisfy her cravings. We gradually reduced the quantity of morphia to a minimum, adulterating it with starch, until she was really relieved. During all this time her general health was steadily improved and she was in a fair way to get well. But we had all along contended with a great difficulty—she had no interest in the plans. Neither had her husband. He was intensely anxious to have her cured, but he cared for nothing else. The result was, neither of them chose to inform themselves of the modus operandi—of the theory of practice, they only wanted health, and didn't care how they got it. My lectures were foolishness and they could not get up ambition to attend them. After six months of the most arduous labor and treatment, the lady was relieved of the opium habit, and was rapidly gaining, when her husband, thoughtless and headstrong, insisted that she was not going to get well, and that he must take her home to die. I told him if he expected to get rid of her so soon he would be mistaken; that he would find her more vigorous than he expected. She returned to her home, and much to his astonishment possessed a degree of strength that she had not known for years. They wrote back delighted letters of her ability to work as well as her freedom from the opium habit. But after a few weeks her newly acquired vigor was dissipated, and the craving began to return, when she saw her mistake and begged to try it over again. But we could not receive her; the golden opportunity had slipped by never to return; and all from want of a little knowledge that was easily obtained.

ANOTHER CASE

ended more encouragingly. A patient who had lain upon her bed for one year, and had apparently improved but slightly, and though she had not walked ten rods in that year, I insisted that she should be brought to my lectures. The first lecture delivered in her hearing was particularly applicable to her case, and she came to me afterwards with tears in her eyes, saying, "O, Doctor, why didn't you tell me that before?" I have told you the same a hundred times in the year, but not in the same way. I was unable before to convince you, to bring to bear the arguments that would convince you; but I trust now you believe that you can and will get well. "I pledge my word that you will get well, if you follow my advice." That lady walked to every lecture thereafter, and seldom a day passed that she did not walk down stairs and around the institution; wholly the result of a mental influence brought to bear upon her. And though a desperate case, she is to-day strong and healthy.

That the results in these cases were decided wholly by mental conditions we know. For lack of faith—of honest conviction the former were lost, and I have no doubt are dead, while the other a far worse case was saved by her honest desire to succeed at whatever cost. In the former cases we failed to get the conscience and courage, because we were not permitted to reach the intellect; in the other case we succeeded in reaching the heart through the intellect. The influence of these lectures, discursive and unprepared as they are, is greater than most people imagine, indeed are among the most important features of this institution of healing. That they affect you mentally you all well know; that they give courage, faith, resolution to all who listen is evident, and that they are, therefore, important curative conditions is plain.

TWO CASES FROM MEDICAL HISTORY

will help this point very much. At a certain time the influence of a man's belief upon his conditions was discussed by a medical college in Glasgow, and it was determined by a number of students to test the matter upon a strong and vigorous teamster. The students posted themselves along the road at certain distances, and as the teamster drove along, he was accosted by a student acquaintance, who speaking familiarly, suddenly remarked that he did not look very well;

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what was the matter with him? The man protested that he was never better in his life, and drove on. Another student met him, and in a more urgent manner suggested that he must be sick. The man said that he was feeling pretty well, though perhaps not quite as well as usual. He drove on and met the third student, who alarmed him by the announcement, that he looked very ill, and asked him what he could do for him. The man said he was feeling pretty badly, but he did not think there was much the matter. But there were two or three others that urged upon him his serious illness, when the man went home, took to his bed, and finally died, wholly under the influence of fear, and the belief that he was dangerously ill. That the man was well, under his usual avocations and conditions of mind when the first student accosted him, is undoubted; but that he was made ill under the depressing influence of doubt and fear is equally undoubted.

I must cite another case. It is stated that a number of physicians desired of a certain German Prince, that they might experiment upon a certain criminal, who was under sentence of death, to determine to what extent the mind could influence the body. It was made known to the person that he was to be bled to death, instead of beheaded. At the appointed time the physicians repaired to his cell. Stretching him upon his cot and blindfolding him, they prepared a tin vessel with which to catch the blood. They pricked his arm, and allowed to run over it warm water, which dropped into the basin below. The blindfolded person believed he was being bled to death, and the physicians, to keep up the impression, remarked upon the state of his pulse, and the quantity of blood withdrawn, and his feebleness, all in his hearing, and in such a way as to impress upon his mind that he was dying. And he did die, from no other influence than that of the imagination; for he had not lost a drop of blood. Is it wonderful? Cannot you imagine how you would feel if you thought you were bleeding to death, or about to die from accident or force?

How it Would Unnerve You!

Paralyze you; how all the vital processes would be weakened, circulation reduced, digestion destroyed, breathing interrupted, the secretions poisoned, and at length death. That noble animal the horse, that most approaches man in courage and sagacity, has often been known to die wholly from fear. Now, if a strong man's imagination, his belief, his feelings, can be so wrought upon as alone to cause him to die, why cannot the contrary influences be brought to bear to make him live?

Ladies and gentlemen, I declare it to you as my conscientious belief that many invalids could recover health with no other treatment than such as will secure a continuous and abiding confidence that they are getting well. What else does faith-cure mean? If doubt, hesitancy, fear, will paralyze a man, reduce the vital operations, obstruct the vital functions even unto death, why will not resolution, faith, courage, ambition, develop an opposite condition. *They will*, as we have proved hundreds of times, and are daily proving. The prevailing feeling in this house is that all are getting well and will get well.

And They Do Get Well.

It is something wonderful the uniformity of results here obtained. The sick have been restored, the dying often saved, and the supposed incurables cured. All this is not the result alone of Movement-Cure or Water-Cure or diet or air or any other material influences which we bring to bear; for these are often applied in home treatment without success. You can have the air and the food and the water at home; you can have the exercise, the social influences and home-comforts, but you cannot or do not get the spirit of health. As there is an atmosphere of learning about an institution of learning, an air of piety about the monastery or church, so there is an air of courage, hope, faith, perseverance, in a word, of health about this institution. To secure this is the most important labor of your physicians, and one to which we bend our energies with a will. The lectures here delivered are fraught with encouragement. We have a system established on firm and enduring principles, and scientifically developed and elaborated. Every point is explained, every doubt cleared up, every question fully answered. Theoretically its truth is demonstrable; it is a system complete, symmetrical, finished, encouraging, beautiful, satisfying. A sweet resting place in the desert of doubt; an oasis within the desolation of false systems; a refuge from the wearing, exhausting uncertainty of vain expedients.

But we do not rest alone in theory; the facts are called upon to demonstrate its truth. And they are abundant and unimpeachable. Many of these facts you were personally acquainted with before coming, and your position here gives you a vantage ground for further observation that is very desirable. The success of the institution itself is unimpeachable testimony to the success of its methods. It has been built up, developed, enlarged, as by magic, and you will agree with me that its chief commendation is its merits as a healing institution. In five years, notwithstanding the large numbers treated, afflicted with acute and chronic diseases, with a single exception, we have not lost a case by death except from Consumption of Lungs, nor sent any away as incurable (except from the same cause). We do not assert that everybody has been cured, but all who have followed our prescriptions have been benefited, with the exceptions named. And we have produced wonderful results in the case of consumptives as we can show.

The Explanation.

Why are these things so? Who will explain? Is it not because we employ in our practice every plan known to science whereby the nutritive powers are invigorated, and health restored on natural principles, while we refuse to employ the plans so common of trying to build a man up by the use of things that tend to break him down. Let any one read our platform of principles, as set forth in The Laws of Health, and ask himself if they are reasonable. Then let him remember that we employ with discrimination the water-cure in all its varied forms according to the conditions of the patient. In addition that the system of diet is prescribed with care and precision to meet the needs of each case. Then that the movement-cure, a system which has proved itself one of the grandest boons to debilitated humanity ever discovered, is systematically, carefully and daily administered. That sunbathing is also a peculiar and notable feature of the place; that magnetism and electricity are employed with equal skill and good results. But while I would not decry any of these; while I know them all to be very important aids towards health, I am compelled to declare that no one of them equals in importance the mental-cure, nor is employed by us with more satisfactory results. The mind is the chief part of the body and mental-cure chief in the battle against disease. To bathe a doubting invalid, to diet him while mind and body are in rebellion, to exercise him or bring to bear upon him any one of the score of hygienic influences, while he is mentally uneasy, unsatisfied, restless, will be to fail; while to apply the same in courage, in faith, in hope, in charity, is to succeed. It is courage that steadies faltering hands; faith that renders firm unsteady steps; hope that buoys the invalid up and enables him to look beyond. And all these we try hard to secure to you, and whether we succeed or not you know. This is a health institution; a place dedicated to God and nature and health; a place where health is regained by living healthfully; where happiness is secured by living happily; where glorious things are sought to be obtained by direct operation and not by reflex action. We refuse to do evil that good may come—to poison patients that health may follow; to cure one disease by producing another. Hence, this is not a hospital with the groans of the dying, the shadow of the dead, the hopelessness of the despairing, the feebleness of the unbelieving, or even the passivity of the discouraged, impressed upon it. The ruling spirit on the other hand is the spirit of conquest. The spirit of resolution, of courage, of faith, of determination to do and to dare, broods over

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us, and hydra-headed disease, bold and unscrupulous as he may be, slinks away into the darkness to trouble you no more, while the grim monster death yields the battle, unwilling to fight an enemy who never knows enough to be beaten.

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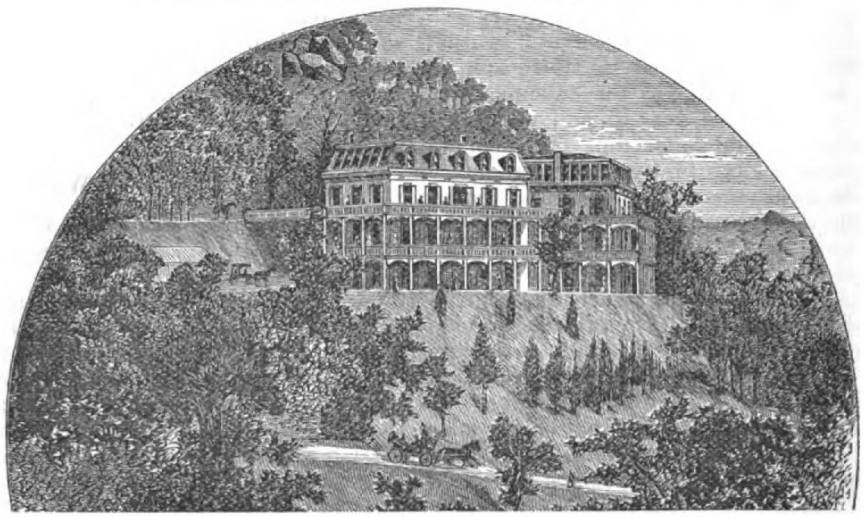
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