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The Microcosmic Monthly.

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We invite contributions of original articles that come within the scope and objects of this journal; also, letters on living issues of like character. To be acceptable, all contributions must be brief, practical, and readable, as well as being within the sphere of our eclecticism. We reserve the right to decline any communication and cannot undertake to return such manuscript unless accompanied by sufficient postage and a return request.

The name and address must accompany all articles, intended for publication, and no anonymous article or one signed by a nom de plume only, can be inserted.

A NEW VENTILATOR.

Mr. W. M. Watson, plumber, of 9 Dundas St., of this city, has invented a remarkably simple ventilator suitable for all public and private buildings. In external appearance it resembles the common single shaft ventilator, except that it has a larger circumference, and internally it differs chiefly in having two lines or tubes instead of one, and these are so constructed and adjusted that, under working conditions, there is simultaneously an upward draft of impure air through the one tube, and a like downward draft of pure air through the other tube, delivering the pure air where, and in such a manner that no draft is anywhere perceptible by the occupants of the room. In this respect the very same gas now condition of a perfect ventilator seems to have been secured in this invention of Mr. Watson, of which a working model can be seen at his office as above.

Perfect ventilation of our dwellings and places of public resort a matter of the very first and greatest concern. That more attention is not given to it with far better practical results than have hitherto been obtained, is a disgrace alike to designers and architects.

J. J. W. S.

MARCH.

O March, thou art a noisy, blustering lout
What is this yearly uproar all about?
Too rude art thou, with whistle, trick, and shout.

Go, learn thy sissier April's gentle ways:
Then shall thy gift of earliest spring days
Be gladly welcomed, and thyself accorded praise.

EMMA C. DOWD.

CONSTIPATION.

Last month we published an illustrated article on the general subject of Constipation, of which this article is a continuation, but with special reference to the effects of constipation on woman. Every reader, who has not read the former article, will find himself or herself well repaid if, acting upon the suggestion, they write,—enclose five cents in stamps, for the February number of which only a few hundred are still on hand out of an issue of 10,000 copies.

A celebrated English physician,—James Scott, M.D.,—writing on this subject, nearly sixty years ago, in a volume of nearly 300 pages devoted entirely to the treatment of diseases by that system with which A. Wilford Hall has so uniquely associated his name, and in the practice of which he (Dr. Scott) was so remarkably successful, though fifty years in advance of the time in which he lived, says:—

"Females, by formation and other natural causes, possess an inherent liability to costiveness, and few of them, if any, escape entirely its injurious consequences. Its morbid influence upon the general health is strangely marked in the youthful constitution. The girl becomes pale or yellowish, and falls away, her appetite diminishes (this is not, however, invariable), the tongue is furred, the breath offensive, the gums swollen, and she complains of pain in the side; her breathing is short in going up and down stairs or upon quickening her pace, and she has oftentimes a short hacking cough, palpitation of the heart and headache; the lips sometimes crack, and the teeth become encrusted or carious; pimply eruptions break out upon the face, whilst various parts become puffy. This disturbance of the general health frequently deranges the system peculiar to the sex checking altogether its functions, or leaving its action incomplete and irregular. The bosom now sympathizes with its associated organs, and lumps or tumors form in one or both breasts. I was consulted, some time since, by Mrs. L—, respecting her daughter, a young lady of 19, who had a painful swelling in the breast. Upon examination, I discovered derangement of the general health that gave sufficient warrant for attributing the local affection to a disordered state of the bowels. The sequel showed I had not been mistaken,—for under the method which I advised for duly unloading the bowels, the tumor in the breast speedily subsided, after having, for a long time, resisted various local and constitutional remedies.

"Young persons, who are habitually costive, frequently complain of pain at the pit of the stomach, so severe at times as to give rise to spasm.

"It appears to be entirely sympathetic with the large bowels, as the tongue continues clean and the digestive process uninterrupted."

The length of this article forbids further quotation from this celebrated author, who goes on to describe the beneficial effects of constipation on the physical life of woman through all the stages and periods of her truly essential life, beginning with pregnancy, Parturition, Lactation, and the Period of Decline of Life.

Whatever may be the cause or causes of bowel dormancy and constipation, nothing is more certain than that the latter when it becomes a fixed condition becomes also the cause—immediate or remote—of nearly every other functional derangement,—for the very sufficient reason that it poisons the circulation and thereby vitiates every vital process.

As to the cure or removal of Constipation there is both much and little to be said. Little, to those possessing the necessary knowledge and an "iron will," and who resolve at any cost of gustatory sacrifice to subject themselves to a protracted and rigid system of dietetics, gymnastic, massage, and hydropathic exercises, etc. To all such, and for that matter, to all, without qualification or restriction, the authoritative voice of God,—the author of life and all its manifestations,—speaking through His physiological laws and their institutes, says: "Obey and live," "Sin no more against your physical and moral being lest a worse thing come upon thee."

If not too far broken down through transgression of the laws of life and health, complete physical restoration may yet be experienced through the rigid self-denying obedience in part already described; practicing an intelligently selected dietary, eating very moderately, often, if not generally but one, and not more than two meals per day, carefully considering the cause or causes of constipation in your own case, and to you—ultimately and possibly, almost immediately—a cure is certain. But to obey. Ah! there's the rub. The vast majority will not take health as the reward of obedience, in fact, they appear to think that the doctor and druggist have made it quite unnecessary, that the chemist's scruples and drachms can be made, in the hands of a skilful physician, to quite compensate and atone for violated physical law, and restore that equipoise of physical functions which constitutes health. Well, if the doctors can do that, then we do not hesitate to call nature a liar! Health, original or restored, is the product of *obedience* to the laws of God in our bodies, and we have nowhere learned that God has appointed the chemist or physician to dispense indulgence to continued disobedience, with a promise of physical restoration through their use. And the whole history of drugging for health is most abundant testimony to the correctness of our position. The drug taken to cure one disease is, in turn, the cause of some other disease, because it antagonizes some vital process, and thus diseases are multiplied. Nature is inexorable and permits of no substitute for obedience to her laws.

But unfortunately for the great majority of *dyspeptic* and *constipated* invalids their powers of will and self control are also very much impaired, if not all but wholly destroyed, so that they seem incapable of withstanding the imperious cravings and demands of morbid appetites and passions. Is there, then, no help outside of themselves for such weak, helpless and hapless sufferers? We answer there is, and very potent help indeed is to be found, however, only in the various Hygienic processes which are all available, eminently practical, and withal helpful to obedience of the laws of our being and in strict accordance therewith.

J. J. WALTER SIMPSON.

CITY WATER.

After the expenditure of vast sums of money in an effort to give the city an abundant supply of pure, deep, lake water, the Waterworks department have now at last most miserably failed both as to quantity and quality. Last summer we had an actual water famine only just severe enough it is true to be seen; following entirely to the most fortunate circumstance, that no extraordinary demand was made upon the supply. Had an extensive conflagration broken out during a high wind in some one of our many fire-trap localities the disaster would doubtless