

[FOR DR. FOOTE'S HEALTH MONTHLY.]

Pork versus Ethics.

BY DR. J. H. HANAFORD.

Is it right to eat and drink as a depraved appetite may suggest? I claim that no Christian, certainly, has a right to be a glutton or a wine-bibber, eating pork or any article forbidden in the scriptures, any more than he has to lie, swear, or steal. This will seem evident from the command: "Whether ye eat or drink or whatsoever ye do, do all to the glory of God." This is a good illustration of the "higher law," and must seem strange to those who disregard Lev. ii, 7, 8; and other similar passages. Is it said that such were intended for the Jews? I suppose so, but not for them only any more than the ten commandments, or any more than the epistle to the Romans was intended for the disciples at Rome only. I suppose that the whole Bible was intended for the whole world and equally obligatory on Jews and Gentiles.

I suppose that the moral laws relating to the diet, cleanliness, etc., had sanitary applications and relations, on the principle that the soul is reached through the body measurably, that physical soundness and purity are necessary conditions and aids to the moral growth.

That pork is among the most corrupt and diseased of all meats no intelligent person will deny, and that it is so difficult of digestion that few, if any, can use it with impunity, is equally certain. As such it is unfit for human food, while the wild beast-scavengers, unless driven almost to desperation by hunger, will not devour the dead hog.

The Jew, as a part of his religion, avoids pork as we do profanity and falsehood, and this fact we should infer from his personal appearance and physical purity. He is free from the taint of scrofula, cancer, and "humors" in general, while the female is as "fair as a Jewess." These are significant facts and give force to the divine command, or well illustrate its moral appropriateness. Dr. Gibson, of England, medical officer, states that "there is no doubt but that a Jew's life in London is worth twice as many years as a Christian's." The medical officer of one of their large schools has remarked that their children do not die in anything like the same ratio as the Gentile children; and in the district of Whitechapel the officer has reported that on the north side of High street, occupied by the Jews, the death-rate is 20 per cent., while on the south side, occupied by English and Irish, it is 45 per cent. per 1,000."

This startling fact must find its explanation in the physical condition and habits of these people.

Correspondence.**Institute of Heredity.**

Am glad to see full proceedings of the convention of this institute in many papers. It shows there will be appreciation of its work when it is commenced. Miss Sheldon's speech was far the ablest made by women—Dr. Green's, by men. Mr. Grover's paper ventured things to the point. Of course, I think the popular timidity that prevented the presentation of plans for practical work in the outset, detrimental to early success; and Mrs. Whitehead will please be assured it was not my fault that such plans were lacking. I was there with brimming soul and brain aglow, but style, the dead weight of the age, said wait. I could, the world could not; it avenges privations to the full. Still faithfully, M. E. TILLOTSON.

Does Water Run Up-hill?

THE Alpha philosophy suggests the idea that when in a "normal condition," "in a state of nature," water is *continent*, keeps a dead level under all temptations of gravitation, and perhaps even runs up-hill! If the conjecture proves well founded, there is evidently some steam in the logic of the pseudo-continent enthusiasts. Till then, a good many who oppose such one-sided reform will refrain from participating in a controversy in which they would feel that, like Don Quixote, they were fighting windmills. If the editors of the MONTHLY feel called upon to fight the idea, they will doubtless do it effectively.

KANE HALL.

KNOLL HILL, September, 1881.

Ladies' Costume for Lawn Tennis.

At last a man owns that he sees ladies engaging in games requiring agile and skillful movements need light clothes, similar to gents, giving the same free motions and ease. Hope Major Wingfield will enlist the adoption. Will not this suggest how the kitchen and dining-room, croquet, stair, and street tennis demand as favoring aids to exercise. The slow, tiresome base ball of washing and baking day would be better play, win higher prizes, if actors were relieved of girdles, weights, and trammels. Gentlemen, what objection?

M. E. TILLOTSON.

Letter from Elmina.

DEAR FRIEND FOOTE: Not till yesterday did the September number of the HEALTH MONTHLY reach me. I feared that my name had somehow got dropped from thy list—but lo! here comes the paper all the way from Canada! What a shame and disgrace to our land of freedom (?) and civilization to think we must go to a foreign shore to print and mail our health journals, or see them die from unjust taxation imposed upon them simply because they teach a few *new truths* on hygiene, sex, and theology—for it is the light let in upon this Trinity, showing what is and what might be, that is the real cause of all the "fuss and feathers" which been have flying through the postal caucuses concerning the triune offenders, edited by Foote, Kinget, and Chase.

The world has always crucified its saviours, and probably always will—

"But never a truth has been destroyed,
They may curse it and call it crime;
Pervert and betray—or slander and slay
Its teachers for a time."

But it invariably succeeds in the end. Every great reform of the world has conquered its enemies and become in its turn the popular idol of its oppressors. Just so will these three papers live, grow, triumph, and stand "Monarch of all they survey." It only needs perseverance, work, and faith on the part of the publishers and friends to accomplish this hoped-for result; and when we look back and see what they have already done, can we doubt what they will yet do?

I do believe this number is the very best paper yet. "Children's Rights," by Rita Belle, are rights that would rightly right the right generation of a righted humanity.

Mrs. Whitehead's article is just splendid; though I think she is mistaken on one or two points. I know from personal experience that "paupers" can, will, and do buy "ten-dollar syringes." Probably as many are sold to the really poor as to the well-to-do classes. I am with the syringe as with tea and coffee. I consider the latter infinitely better than wine, brandy, or rum as common beverages, though all of them are positively injurious, mentally and physically as well as morally. Just so with the "ten-dollar syringe." It is objectionable because it is unnatural and probably injurious in a measure, though greatly preferable to an over-population, composed mainly of paupers, imbeciles, cripples and invalids. But in the present state and condition of society it is truly "a woman's friend," and should be in the hands of every married or unmarried woman who wishes it, and be sold at a price that would put it within the easy reach of every "pauper" who needs it. But until we have laws making prevention as free as procreation, preventives unlawfully sold, endangering the salesman's personal liberty as well as his little financial savings, must necessarily be expensive to the purchaser.

I too, like Mrs. Whitehead, am an Alphonse in belief, and always endeavor to "teach the highest truth," which in this case is pure continence save for procreation. But while educating the world up to this standard, I would establish coffee-houses and iced tea stands as "stepping stones" for those who are unable to leap the whole chasm at once.

How many converts do you suppose a missionary would make among the heathen, who would go among them and sweep away at one fell swoop every idol, god, and fetish and put crosses, bibles, and Jehovah in their places?