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NEVER lean the back upon anything that is cold.

WATCH the date on your wrapper and renew promptly.

NEVER begin a journey until breakfast has been eaten.

A CHIROPONIST announces that he has removed corns from the crowned heads of Europe.

An Niagara Falls a constant force equal to three millions horse power is allowed to run to waste.

MILK which is slightly acid, and buttermilk, produce in some individuals a hypnotic (sleepy) effect.

KEEP the back, especially between the shoulder blades, well covered; also the chest well protected.

VIENNA artisans are making ingenious imitations of amber which exhibit the electrical properties of natural amber.

THE weight of the heart is from eight to twelve ounces. It beats one hundred thousand times in twenty-four hours.

ONE ounce of salicylic acid is sufficient to preserve a barrel of cider, that it, to keep it from fermenting and becoming sour.

A SMALL cup of warm milk containing a teaspoonful of lime-water may be given frequently in cases of "bowel complaint."

THE percentage of recoveries from habitual drunkenness (inebriety or dipsomania) is one-third under competent medical care.

NEVER omit regular bathing; for unless the skin is in an active condition the cold will close the pores and favor congestion and other diseases.

WHEN hoarse, speak as little as possible until it is recovered from, else the voice may be permanently lost, or difficulties of the throat may be produced.

OF one hundred infants suckled by their mother eighteen died during the first year, while of the same number suckled by wet-nurses, thirty died.

MASSACHUSETTS has an act forbidding railroad companies employing men without subjecting them to an examination to determine if they are color-blind.

IN the process of "condensing" milk one gallon is reduced by evaporation to less than one quart, and pure cane sugar is added to assist in preservation.

AN industrious German collector of statistics has found that while the average life among the "well-to-do" is fifty years, among the poor it is only thirty-two.

THE Medical Council of St. Petersburg has authorized women to practice in pharmacy, so that Russian women have now free access to all branches of medicine.

MERELY warm the back by a fire, and never continue keeping the back exposed to the heat after it has become comfortably warm. To do otherwise is debilitating.

AN observer of the late exhibition of electric lights in Paris credits the Brush light with being second best in brilliancy and ahead of all in being the least expensive.

WHEN going from a warm atmosphere to a colder one, keep the mouth closed, so that the air may be warmed by its passage through the nose, ere it reaches the lungs.

NEVER stand still in cold weather, especially after having taken a slight degree of exercise; and always avoid standing upon the ice or snow, or where the person is exposed to a cold wind.

SHOULD the projected canals across the Isthmus of Panama ever be completed, it will be at a terrible cost of human life. The climate is very unhealthful, and laborers cannot be provided with proper food.

THE *Scientific American* gives illustrations of a South American fly that is disposed to deposit its eggs in the nostrils of sleeping human beings, in whom serious sickness results when the larvae are hatched out.

A wood engraver gives as his reason for not employing girls, that, however little they may say about it, they are brought up to think that some time they will marry and quit work. This he thinks makes them listless and without desire to excel.

DR. JOHN A. GRISCOM successfully completed a fast à la Tanner (self-imposed) of forty-five days, losing fifty pounds in weight, thus confirming Dr. Lethby's estimate that an active man must consume about a pound and a fifth of aliment per day.

THE proper ventilation of our school-houses is one of the most important questions of the day. Cold feet, hot head and hands, and consequent lassitude and headache, is the common complaint of many of the children in the crowded, ill-ventilated class-rooms.

A CHILD of Erin was ordered by his physician to put a mustard plaster on his chest. When the patient called next without any benefit to report, it was ascertained that he had applied the plaster to his trunk or clothes' chest. Moral—Doctors should give very explicit directions.

DR. ANDREW CLARK, of London, says of alcoholic beverages that in a perfect state of health there is absolutely no benefit to be derived from their use, and that as he goes through the wards of his hospital he concludes that seven of every ten cases owe their ill health to moderate drinking.

STREATOR, Ill., has an artesian well 2,496 feet deep which gives a large supply of water having a somewhat salty taste and containing some magnesia and iron. Coming from such a depth it will probably be quite a pure mineral water, but we think that for every day use, it would be better without its salts.

IN the stone hammer, man has unknowingly imitated his fore-arm with closed fist: in the shovel and spoon, we see the fore-arm and hollowed hand; in the saw, we find a reproduction of a row of teeth; tongs represent the closing together of thumb and fingers; in the hook is a bent finger reproduced; the pencil is simply a prolongation of the fore-finger.

REV. CHARLES F. DEEMS tells of a young man who is constantly in warfare with his appetite for liquor though he never permits himself to take a drop. Neither his father nor grandfather were addicted to its use, but his great-grandfather was an habitual drunkard. Thus are the sins of the father visited upon the children unto the third generation. Dr. Deems says of this case of hereditary impulse, "I think it is extraordinary only in the perfect resistance which he has made to his strong inclination."

FOOD is an agent of tremendous power. Feed mankind with the same science that birds, kine, and horses are fed—to wit, on their natural food—and then we may look for the healthy results obtained with these animals. Dairy-men know how to feed for health and milk. Hostlers know how to feed their horses, and ladies their canaries. They all seek to give the normal, natural food of the animal under their care. Now if man would treat his own race as he treats his animals, we think human nervous systems would not show such signs of weakness.

Our Contributors.

[FOR DR FOOTE'S HEALTH MONTHLY.]

Holy Marriage. IV.

BY A CHRISTIAN MINISTER.

THE *Living God*, the eternal source of all life, who has made man male and female in his image, and who must therefore be male and female in the very roots of his life, has ordained marriage as the foundation of human society; and that is also an image and type of the eternal marriage which subsists in himself. "God is Love." Therefore the very life of the Living God whereby he is eternally alive is love itself; and this love is that eternal true love which is the abiding bond of the eternal marriage. All this God seeks to bring to full expression in the human race, and he will succeed at length in the perfected disciples of Jesus Christ. Now these are some truths on the way thereto.

True lover's love is the sweetest love on earth.

So to live that one's lover love will never die, but that the sweet-heart time will last through life, this is the great question.

Only as "a man loves as a maiden loves," is his love true lover's love; and a maiden's love is true spirit love, is God's love life in the sex relation.

To marry one's own true love, this is the perfect creature good.

Marriage for true love's sake, this alone is *holy marriage*. God holds such two hearts in one hand together, and hallows them. Therefore marry only for true love, and strive thy best to keep thy love true lover's love all through life.

Marriage without love is but legalized harlotry, and breeds hate.

Every woman has the same right of control over her body after marriage as before; and every man who refuses to yield this makes his wife his harlot.

Put thy wife at the head of the family in the sex relation. Always should the deep, pure instincts of woman guard the door of the "temple of God," where He causeth the beginning of a young immortal to arise.

The sex union, in which two become one flesh, should ever be true love's act, and the desire and joy of it should be *mutual*. Only as the woman welcomes should the man draw near. All other embrace is harlotry.

Treat thy wife as a lover save only when thou wouldst have her be a mother, this is the great secret.

Marriage is completed only in offspring. Therefore seek offspring with all thy heart; for love-children are the greatest good in the gift of God to man, save only the gift of Jesus.

Jesus Christ was the supreme love-child of the human race.

Set your heart on Jesus, that all your children may be like him.

As the mother of Samuel desired her first born with exceeding great desire, and cried to God for him in the bitterness of her soul; so with all her heart should every wife desire children, and ask them of God.

The soul that desires not to be a parent, is either a blank or a black spot.

Rightly mated persons, who obey such of God's laws as are now known, may expect children of a higher grade, and finer and more perfect nature than themselves.

Children should be begotten in Jesus Christ, as

much as baptized into Jesus Christ. Is the begetting, act vile in itself? Can any one be "pure in heart," without being pure in that act? And is it not in the act by which they *create* a new being, and so are in some respects on a level with the great Creator, that the "pure in heart" shall see God. When men and women in the act of union pray from their deepest hearts for God's blessing upon them, then will angels begin to be born.

Right generation is of far more importance than regeneration, for the further development of the kingdom of God on the earth.

The rightly generated children of the rightly mated children of God through Jesus Christ, will be themselves children of God from the womb.

Be in perfect health and vigor on the wedding day. Only by persons of clean, vigorous bodily life can children like Jesus be brought into the world.

Cleanest life and intensified vitality, these are the root good for children. Such children will not die young. There is no soil in their blood wherein disease may take root.

They who seek to have children like Jesus, must obey the law of the parents of Jesus, "and he knew her not until she brought forth her son." True love shuts a woman with child away from even her man, save only if a paroxysm of desire come over her.

Nine months of prayer by a mother before the birth of her child, are better than nine years of prayer afterwards. A love child dedicated and hallowed to God in the womb, how chosen and glorified it must be of God from the womb. Thus will mankind be bred up to the New Jerusalem.

In the perfect state, when "a man loves as a maiden loves" thoroughgoingly, the loins will be used only for the creative purpose. To grow towards this state is to grow towards being "pure in heart."

To gratify sex-desire out of time is the *death of love*. Out of time is seven days from the beginning of the woman's "issue," see Lev. xv. 19; xviii. 19; xx. 18; also any other time not welcome to her.

In the marriage state life acts upon life in the deepest and subtlest manner,—in ways far beyond any thing that appears in the chemist's cups. Sweetness comes and grows with obedience, and bitterness with disobedience to God's holy laws of the marriage state.

A true love marriage in Jesus Christ is as truly and intensely a sacrament as the Lord's Supper; and the union of the two who truly love is the sacramental act.

The children of a sacramental marriage will be sacramental children, made sacred to God and to Jesus.

Only as life triumphs over death in the course of life, can life ever finally triumph.

Life can triumph over death in the source of life, only by obeying the laws of life in that source, and thus abandoning sin. The laws of life in the source of life I have now declared.

[FOR DR. FOOTE'S HEALTH MONTHLY.]

Composite Portraiture and the Study of Character.

BY PROF. JOS. RODES BUCHANAN, M.D.

THE combination portraits devised by Mr. Galton, supply an ingenious mode of doing that work of generalization or induction which has heretofore been performed only by mental energy through memory, imagination, and composition.

When we have seen a great number of objects of the same class, the memory retains most vividly those features which are most often repeated or are invariably

present, and thus forms the general conception which represents that class. The general idea of a man, horse, or sheep is a distinct conception of the parts and proportions which are essential or invariable with a more indefinite and shadowy conception of the parts and proportions which are variable.

This process is imitated by Galton's composite portraits, which record with great accuracy this physical generalization much as it is done by the faculties of perception and memory in man. Thus it may give us an average conception of the physiognomy of consumption or of certain cutaneous diseases, but its scope is limited by the difficulty of blending objects which are not commensurate or which differ too widely.

The human mind with its larger grasp of conception and synthesis can generalize in a wider field, and acquire by observation conceptions of the physiognomy of diseases and of character which no optical arrangement could approach; for these conceptions embrace not only forms but moving life, expression and the psychic emanations of the eyes.

Still it is wonderful and interesting to see how much Mr. Galton has achieved, and his methods will enable us to make artistic records of expression, which will be valuable in studying the physiognomy of character and of disease.

This morbid physiognomy is already fixed in the mind of every physician of extensive experience, as the physiognomy of crime is fixed in the minds of veteran policemen. But the physician is unable to convey this conception to the mind of his student by description, and at present it has to be acquired by the student through clinical observation in hospitals. The composite portraits may thus become a valuable adjunct to clinical lectures as well as a great assistance to artists and students of human nature.

In illustrating comparative phrenology I have obtained some hundreds of sketches of heads of quadrupeds, birds, reptiles, and fishes. The contrasts of the herbivora and carnivora are as striking as could be imagined, and the illustration of character derived from contrasted brain development is more remarkable than among men. Even the different grades of intellectual development among animals can be recognized.

Data such as these could not be handled easily by Mr. Galton's method, but the pencil of the draughtsman could easily combine in identical magnitudes the outlines of animals in a way that would exhibit the general character for example of herbivora and carnivora. The lion, tiger, wolf, panther, lynx, hyena, and polar bear would blend in an outline which would signally contrast with the blended outlines of the sheep, lama, camel, horse, reindeer, giraffe, gazelle, and vicuña.

The suggestion that sarcognomy or the science of corporeal development could be illustrated in a similar manner is quite practicable.

Sarcognomy is to sculpture as anatomy to surgery. It shows all the elements of expression in the human form, which have been so concealed by the dress adopted in our northern climates that very few have any clear ideas on the subject. And yet the human form is almost as significant as the countenance and head. The head is full of expression which is readily interpreted by a correct system of phrenology; but this is almost entirely unknown to those who have not studied the science in nature as well as books. The head is generally covered with hair, but the face being exposed to view, all mankind have convictions as to its expression.

The expressiveness of the body as a criterion of cha-

acter is very great, but is chiefly derived from its sympathy with the master organ, the brain, in which character resides.

Character resides absolutely in the soul, but the brain is so intimately connected with the soul as its residence and instrument that brain development usually expresses the character of the soul, since no faculty can be manifested in this life without its apparatus in the brain, and when the whole brain is compressed as by a depressed piece of bone or by pressure with the finger or by effusion of blood, all the faculties are incapable of expression, and we see no evidence of mind. But there is a limit to this parallelism of brain and soul, for character may undergo great and sudden changes by education or by strong convictions in religion or in personal intercourse and the calamities of life. As the cranium undergoes very few and very slight apparent changes, the form of the head does not indicate these changes of character, and the brain does not change its configuration except slightly and in long periods of time. Hence craniology or the application of phrenology to the study of the head, though very practical and interesting generally is quite fallible in reference to characters modified by circumstances such as intemperance, disease, evil association, and false opinions.

Where phrenology totally fails and misleads us if we should rely on the form of the cranium, psychometry which reaches the soul character within is a sure reliance and reveals a great deal that is entirely beyond the reach of craniology. This is very signally shown in the psychometric opinions of Mrs. C. H. Decker, of 205 East 36th street, New York, and of good psychometers generally. At the present time there are more psychometers than practical phrenologists in this country, and I believe psychometry will almost entirely supersede craniology as a guide to the portraiture of character, the latter ultimately becoming chiefly a study of medical scientists, as an assistance in the study of temperaments, disease, and insanity. I have witnessed a great many of the descriptions of Mrs. Decker and know how often they reveal matters which could not be reached by craniology.

The expression of character in the body, interpreted by sarcognomy, is due to the same law which secures its expression in the brain by the growth and development of all organs in proportion as they are used by the soul for the manifestation of its powers. The use of the intellectual faculties develops the front lobe of the brain, and the use of the animal energies develops the posterior inferior region of the brain, the cerebellum, the spinal cord and the muscles.

All the cerebral organs have corporeal instruments which are associated with them in exercise and development. Thus the perceptive faculties use the eye, and alimentiveness uses the stomach. The cerebral power uses and develops the bodily instruments, which waste away when deprived of their nervous supply. Thus muscles when cut off from the brain by section of their nerves, either waste away and disappear or are converted into a fatty tissue. The body therefore expresses the action and character of the soul like the brain, but as it is less intimately associated, communicating with the soul only through the brain, it is not quite so exact an exponent of its conditions. Still we cannot interpret the soul character correctly without including the body in our survey, as a part of its instrument, unless we rely upon psychometry which measures the soul directly, independent of the study of its organs.

The character study of the body will be a matter of great interest to artists hereafter, and one which may be assisted much by Mr. Galton's combinations; but my theme is too extensive for one essay, and I must postpone what I have to say of sarcognomy.

No. 1 LIVINGSTON PLACE, NEW YORK, SEPT. 29, 1881.

[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 trine 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 *Alphite* 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?

It is only little by little that great changes can take place. We cannot, if we would, make all the world listen to our extreme views. The ignorant, the passionate, and the listful would not and could not understand, and if they partially comprehended, it would be so big a jump they would be unable to take it. So we temporize a little and give them the stepping stone of prevention—a word that reaches the dullest comprehension and attracts the most inattentive hearer. But with this offer we give the advice and the knowledge of still greater good that may be won. The still higher blessing in store for all who can appreciate it—the blessing of purity, continence, and right generation.

"What is right is always expedient"—but we cannot always tell what is right. I may say it is not right for so and so to compel his wife to unwelcome motherhood—but is it right for me to interfere and cause war in that home? Is it right for her to destroy the happiness of a family of ten children and that of her husband and all the family connections on both sides by standing out for her personal rights in this one respect when "submission" would be the lesser evil? Expediency asks for charity, toleration, and temporizing in practice, while we teach the purest, highest, and strongest truths. We must live the right in all things practicable and teach it to the very end. Theory and practice cannot always go hand in hand, because the individual is never, socially, a free moral agent. Because I dislike the smell of cabbage, shall I compel my husband and children to forgo eating it? But if the scent of it was dangerous to my health and destructive to my happiness, then I would have a right to demand its absence from my table because the greater need would overpower the lesser wish and appetite.

When we talk of sexual rights, we are on holy ground, and must walk carefully and lightly and thread our way cautiously among doubtful and unknown contingencies.

There is more involved in this question of continence than in any other single issue ever brought before the world.

It comes nearer home than even religion, that hitherto most provocative of all contentious subjects—for it is right here at every hearthstone. Therefore the more need for its free, frank discussion that we may learn what is truth, and learning live it in our daily lives as lessons to all the world.

Thou must be true thyself,
If thou the truth would teach;
Thy soul must overflow, if thou
Another soul wouldst reach;
It needs the overflowing heart
To give the lips full speech.

ELMINA DRAKE SLENKER.

Nowville, Pulaski Co., Va., October 7, 1881.

A Phonetic Letter on Buttermilk.

For a summer beverage, there can be nothing more healthful and strengthening than buttermilk. It is excellent for weak or delicate stomachs, and far better as a dinner drink than coffee, tea, or water, and, unlike them, does not retard, but rather aids digestion.

A celebrated physician writes that if everybody took the value of buttermilk as a drink, it would be more freely partaken of by persons who drink so excessively of other beverages; and further, compared its effects upon the system to the cleaning out of a kitchen stove that has been clogged up with ashes that have sifted through, filling up every crevice and crack, saying that the human system is like the stove, and collects and gathers refuse matter that can in no way be exterminated from the system so effectively as by drinking buttermilk. It is also a specific remedy for indigestion, soothes and quiets the nerves, and is very somnolent to those who are troubled with sleeplessness.

There is something strange in the fact that persons who are fond of buttermilk never tire of singing its praises, while those who are not fond of it never weary of wondering how sum people should overcome their aversion to it, and learn to drink it for health's sake. When gentlemen of our acquaintance are so extremely fond of it, that we see them run to drink about three glasses, then set their glasses down with a thud, exclaiming earnestly as he smacks his lips, "That's food and rament both." However another buttermilk enthusiast made the statement that while the liver has become lily from torpidity and inaction, and is too dead to perform its functions, buttermilk will keep a man up to the mark. Whenever exaggerated statements have been made concerning buttermilk, its medicinal properties cannot be overrated, and it should be more freely used by all who can get it.

Dr. Foote, I have copied the above from the agricultural department of our village paper, and I forward it to you for insertion in the Health Monthly, in connection with my health experiments and history. For the past four years I have been in the habit of using it not as a drink, but as a part of my daily food. Sometimes I cook it and sometimes eat it raw, but of late the former, and when cooked with eggs in a quart of buttermilk and thickened to the taste, it makes a delicious dish for me. Four years ago last spring I was thrown into circumstances

by which I concluded it was best for me to live entirely alone, and by my own cook and housekeeper in everything but baking my bread and pies, and the latter had been but a very small part of my diet. I concluded I would eat to live and be healthy, instead of living to eat and be unhealthy. I therefore concluded to make buttermilk a part of my daily food, totally abandoning the use of tea and coffee and confining myself to a very plain and simple diet in other respects, consisting mostly of the farinaceous grains, vegetables, fruit, and nuts. The result has been the enjoyment of perfect health the whole of the year, with very insignificant exceptions. And it is now seven years since I had but very faintly described in the preceding number of my health history.

During the past four years of my life I have had of feeling unwell, but have been able to live with other people for a few days, and eat the same kind of food which I did. I not only confine myself to the plainest and most simple kind of food, but I abstain from all condiments and seasoning articles excepting salt and vinegar. Occasionally I make a very good meal of nothing but bread crumbed into sweetened water and vinegar and I relish it heartily. In the season of sweet cider I make that a part of my daily food, and it is very nice with a well-brewed egg cooked in it, and then eaten with Graham bread or sweet crackers, or even with crackers not sweetened. During the time that I have been living thus, I have passed through severe trials of such a character that similar ones have occurred to me the most horrible kind, and yet I have been able to pass through them with but very little real unhappiness, and I attribute it entirely to my dietary habits together with a determined purpose and effort to be governed in spirit and conduct by the pure and exalted teachings of Jesus Christ,—the great revealer of the divine will and character,—as found in the New Testament. And I find from a happy experience that it pays immensely in physical and mental enjoyment to deny myself the use of those luxuries which go far toward making people unhealthy, and consequently uncomfortable and unhappy. I feel that it is best to be temperate in eating as well as in drinking, and to avoid excess of every kind and description in habits, labor, and pleasure, as well as in food and drinks; in short, living in obedience to the laws of physical, mental, and moral health, which the Author of our being has given us for the regulation of our conduct.

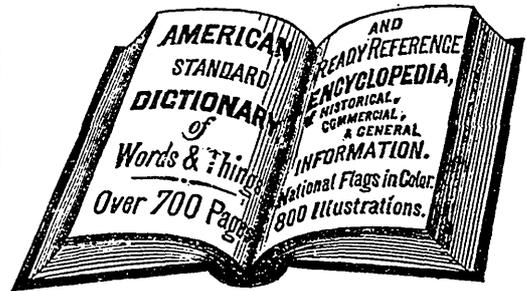
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THERE is quite an inquiry for our September HEALTH MONTHLY which gives our reasons for fleeing to Canada to print our paper. We can supply some two or three hundred copies yet. Those wishing to obtain one can do so by sending one (3c.) postage stamp. Let not the use of the participle "fleeing" mislead our patients. We use it in a figurative sense. We are at home in New York, attending to our professional business. It is only the HEALTH MONTHLY that has changed its residence.

Chronic Ills.

By this time many will have returned from the mountains or the sea-shore, more or less disappointed at the results. The family physician usually advises his get-no-better patients to try a change of scene and air. Some return with positive indications of improvement and feel quite happy about it. But large numbers also journey back to their homes very much disheartened. Having tried the old system of medicine and the hygienic influences of change without benefit, we trust it will not be considered obstructive if we invite such invalids to give us a trial. Consultations personally or by mail cost nothing and no one is obliged to be at any expense unless, after mature consideration, it is thought advisable to try a new system of medicine. Our remedies are not such as are usually obtainable at drug-stores, being almost wholly of a botanical character. Then, in addition to the fact, that our remedies differ from those which are usually resorted to, we think our experience in treating chronic difficulties ought to count for something. Giving special attention to any class of maladies for twenty-five or thirty years, ought to sharpen one's wits very considerably in managing them. A list of questions will be mailed free to those who wish to consult us.

The Medical and Surgical Treatment of President James A. Garfield.

SINCE the fatal shot was fired that resulted in the death of President Garfield, the medical and surgical treatment of the case has afforded a never-ending subject of comment. This was a matter of course so long as the result was uncertain, and seemed to depend upon the efforts of the attendants, but the final dreaded result simply intensified the discussion, and all sorts of views were expressed, many asserting that the treatment had after all been the best possible while others regarded it as the worst possible.

Dr. Hamilton, one of the consulting surgeons, and a very skillful man, says, "I am prepared to affirm that surgery has no resources by which the fatal result could have been averted," and most of his confreres seem to endorse this view of the case. If there be any prominent dissentients they will probably be allowed an opportunity to present their views in the trial of Guiteau. What Dr. Hamilton has said may be strictly true (we shall give our view further on) and yet the treatment employed have been very faulty. The discussion of the details of the treatment will doubtless interest physicians for years to come, and if it be shown that mistakes were made, suffering humanity may largely profit by the knowledge of them.

Though the case was one demanding mainly surgical treatment, we think the history of the case shows that a good medicine man may be a useful counsellor in a surgical case, and this President Garfield evidently did not have. Surgeons are not apt to be well qualified as medical practitioners, and surgeons did direct the medical treatment of the President. Thousands of ultra-temperance folks denounced *in toto* the administration of liquors in any form, but they all had more prejudice than medical experience, and we should not join in their cry. Some physicians of high standing were heard to say that not one-fourth the amount of alcoholics was used that ought to have been. Their sentiments we do not echo. From what we could learn by imperfect newspaper reports, we should think that the food and stimulation had been judiciously regulated.

Until a full report has been rendered of the conduct of the case, the medical treatment cannot be known well enough to criticize, but if common reports were true, we think there was altogether too much use of opium and quinine. The heroic old-school has in time been compelled to relinquish its abuse of the lancet and mercury, but it has yet to learn that quinine and opium are not necessarily of service in *poisonous* doses, because the patient is *very* sick.

We have known of two very severe cases of septicæmia, lasting months, that recovered by mild homeopathic treatment, and we don't believe they would have done as well if the blood poison had been actively fought with huge doses of quinine, or aggravated by narcotic doses of opium. There are remedies which can be safely employed to disinfect septicæmia, but whether they were used in the case under consideration

or not, is not yet known to us. We did what we could to make them known to those in charge.

Even the surgical treatment was in our opinion fair subject for criticism, and the autopsy affords the justification of it.

The post-mortem examination developed the following facts:

1. Two hours were spent in the search for the ball.
2. The ball itself was encysted or enclosed in a sac of new tissue that made its presence of no importance.
3. The eleventh rib and one of the vertebra had been broken (partly shattered by the ball.)
4. The injury of bones (called compound fracture) led to formation of pus which burrowed in various directions, and being absorbed, caused blood-poisoning.
5. The ball in its entrance injured a small artery, the wall of which began to distend in a sack form, called aneurism, and the rupture of this gradually thinning sack caused death.

Other facts of interest were discovered, all tending to show that the ball had barely escaped causing instant death by just missing some of the most important blood-vessels and nerves of the body, that a search for it would have been unsuccessful, and that its removal (even had its position been accurately known) would have been a very unsafe proceeding.

It is, however, to us a source of surprise that the wound was not kept more freely open, that the pus was not permitted so free an exit as to prevent its forming an unnatural channel some twelve inches long in the groin.

Should such a case be brought to a public hospital, it is probable that a very free incision would be made, so that there should be a large open wound to heal up gradually "from the bottom." We may yet get further information as to why this was not done, but if a mistake of this kind really was made through hesitation to operate freely on so eminent a subject, it will probably be kept strictly quiet by the *fraternity* that has so long been accustomed to mutual silence when malpractice occurs by the fault of a "regular."

Dr. Bliss, who persistently denied the presence of pyæmia, invited Dr. G. F. Shrady, editor of the *New York Medical Record*, to visit Washington to inspect the post-mortem evidences, and doubtless treated him very "cleverly." So Dr. Shrady writes his "reflections" on the case, and in his effort to tell the truth and let Bliss down easily, he writes a very funny paragraph. After stating that three types of fever follow wounds, traumatic fever, septicæmia, and pyæmia, he says, "It remains to decide to which class the President's case belonged. It was evidently not a case of traumatic fever, nor could it be classed with the milder form, called simple septicæmia." Further on he remarks that the conclusion seems inevitable that the case gradually developed into chronic pyæmia, but he nevertheless credits Bliss with having an "ingenious and rational" idea of the case. Bliss also had an ingenious way of writing bulletins and of counting the pulse twenty beat below the actual rate. It was also an ingenious move on his part to have a bungling autopsy and embalming, where the proper thing to do would have been to invite an expert pathologist to per-

form the autopsy before the actual condition of the internal parts should be altered by the embalming process. The facts were that the embalming was a failure and the autopsy a botch job. Except that the symptoms preceding death indicated hemorrhage such as is said to have occurred from a rupture of the aneurism of the splenic artery, there was nothing to show that this was not produced by the immense pressure which is used in forcing the embalming solution into the blood vessels.

It was probably the rupture of the aneurism more than any other feature of the case that led Dr. Hamilton to state so positively "that surgery has no resources by which the fatal result could have been averted." Yet the autopsy showed (according to Dr. Shrady) that concentric layers of coagulated blood had formed in the aneurismal sac, or in other words, the aneurism which had formed so quickly after the injury, had begun to be closed up by the natural process which often cures them—filling up with coagula. What checked this process of cure? It was the gradually increasing pyæmic state of the blood which not only destroyed the coagulable property of the blood, but probably also caused the disintegration of a portion of the coagula which had formed before the blood became poisoned. Had the pyæmia been prevented by free drainage of the wound, and combated by remedies that have proved serviceable in neutralizing it, there would certainly have been a fair chance of saving the life of President Garfield.

Allopathy Dissected.

At the Liberal Club, on Friday evening, September 30th, a remarkable lecture was delivered by A. H. H. Dawson, Esq., taking for his text the words of Shakespeare: "*Throat Physic to the Dogs.*" After discussing the views of Shakespeare, he glanced at the opinions expressed by the most eminent literati and distinguished men in every walk of life, including some of the allopathic profession, which were much in the vein of Shakespeare's idea, regarding the doctor and his drugs—as often more dangerous than the disease—the recovery of the patient beginning as soon he dismissed his doctors. He condemned the bigotry of the profession in opposing all important discoveries at first, giving the discoverers no honor till after they were dead. Their great and widespread failure was in *diagnosis* (as we see in President Garfield's case) and as usual when a perfect system of diagnosis has been presented in the science of *psychometry*, its discoverer, Dr. Buchanan, has encountered only opposition from allopathy during his life, though after his death there may be a vast amount of eulogy. The discoveries of homeopathy and eclecticism were rejected as if all knowledge was confined within the Chinese wall that bounds the horizon of regularism and all beyond was barbarism.

The illustrations of the lecturer were received with applause and merriment which gave way to a more serious and earnest feeling when he related his own experience in his family of the deadly effects of allopathic practice in the deaths of his children and the mal-

practice upon his own surgical injuries from a fall. He concluded with an eloquent appeal for freedom and progress.

Prof. Buchanan being present at the lecture, was at once called out by the meeting and briefly responded, illustrating the progress of humanity to a higher condition in which by the intuitive or psychometric power of the physician a perfect diagnosis shall be made, and his superior physical development will give him a healing power independent of drugs which has been in ages exercised by those who were highly developed and must in time by the law of evolution become a common attribute of humanity. The existence of these intuitive powers, ignored by allopathy, he had investigated to place the subject in a scientific form, and gave its benefit to the medical profession, which he had no doubt would in time result in the revolution and elevation of the healing art.

The views of the lecturer were ably sustained by Prof. Atkinson, Prof. Gunn, and Mr. Wm. Wilson, and were opposed by a gentleman whose extravagant and half insane assertion of the superior liberality and progressiveness of the old school party in medicine, excited so much contempt and were so thoroughly overwhelmed by fact and ridicule that in mercy we omit his name.

Prof. Gunn exhibited in a very clear light from his own observation and experience the intolerance of the allopathic party which made a social war upon liberal physicians by whom nearly all the important improvements in medicine were made, all of which were carefully excluded from old school colleges and text books until they were forced into admission by the tide of progress, when a few were admitted in a sly and furtive manner, actually plagiarized or stolen after they had been enjoyed or used by medical liberals for thirty, forty, or fifty years. The eclectic movement abolished bleeding and introduced a hundred other important reforms. But as the subject was too extensive for a ten minutes' discussion, Prof. Gunn has promised to give a dissertation this winter on the war of the "pathies," which we are sure will be highly interesting.

It is probable that Col. Dawson's lecture will be repeated before a larger audience.

Meat versus Vegetable Diet.

The most plausible argument we have seen offered against the vegetarians for some time is contained in a recent number of *The Boston Journal of Chemistry*. It relates experiments of Prof. Hoffmann which tend to show that a far greater proportion of a meat diet is assimilated than of vegetable diet. It is said "we must consider not merely how much nutriment each puts into the body, but how much of it remains there and how much goes to waste." Prof. Hoffmann fed a servant on vegetable diet and found that not one half of the albuminous matter had been digested. The same man was next fed on beef, fat and flour, and only one-fifth of the albuminous substance passed off as waste.

Experiments of other physiologists are quoted that gave similar results. The writer then concludes that

"the results of these experiments by independent investigators evidently agree in proving that a much larger fraction of nutriment is utilized in the case of animal than in that of vegetable food. They go far toward knocking away the very foundations of vegetarianism by showing that our digestive apparatus is better adapted to deal with the former than the latter."

We are not rated vegetarians and do not take offense when arguments are presented to refute their tenets. But we would like to know what constitutes the true and proper food for man, and we have inclined to the belief that his normal diet in the perfect state would be vegetarian.

The experiments referred to by the *Boston Journal of Chemistry* are not logically conclusive. There is a flaw in the premises—or lots of room for one. The men experimented upon had in all probability been raised upon a miscellaneous diet, and their digestive powers are an unknown quantity, and so the experiments cannot prove much until they are repeated upon a healthy person who has been raised as a vegetarian. As people are now, doubtless meats are digested with less waste than vegetables, and possibly it remains true for everybody; but to determine just how much advantage of this kind is to be credited to meat diet it will be necessary to make a large number of careful experiments upon fair specimens of meat eaters and vegetarians, trying each on the different kinds of diet and comparing the results. The animal kingdom furnishes abundant material for such investigation in different classes of carnivorous and herbivorous domesticated animals, which field invites the attention of practical physiologists who desire to settle the question.

In talking recently with a gentleman who purchased a mare in Canada he remarked that there was a good deal of red tape necessary to be gone through with in getting a horse across the line. He said he had to sign some three or four different papers. One of them related to the pedigree of the animal. He said that no one was allowed to bring an animal across the line into the United States that could propagate if it possessed any physical faults or bad pedigree. We do not know how true this statement is, but if it be true it will be worth while to institute an inquiry whether it will not be well to make these same investigations in respect to human beings brought from Canada or elsewhere. Remembering that the fast trotter will bring perhaps \$50,000, it is questionable whether any human being will bring as much. But may this not be owing to the fact that we have given more attention to the breeding of horses than we have to the breeding of men? May it not be possible that a man may sometime be worth as much as a horse if we pay as much regard to the laws of heredity in human as in domestic animal reproduction?

We have a monkey, and it having become a member of the family since Science in Story was written, he seems to have fallen heir to the name of "Sponsie." This animal teaches us a lesson in the way of careful eating which ought to be given to the readers of the *HEALTH MONTHLY*.

In eating green corn he carefully chews out all the pulpy part and excludes hulls and the skins. Nor does he tax his digestion with tough steak. If meat which is given him be tough he swallows only the juice of the meat after chewing it, and never allows himself to swallow the tough fibre. Even in eating whortleberries he excludes both the skin and the seeds. How far it may be better that we should protect ourselves by the exclusion of the seeds and skins of fruits is an open question. There are conditions of the stomach and bowels in which the swallowing of the seeds of grapes is supposed to quicken peristaltic action and favor a movement of the bowels. No one thinks of eating figs and excluding the seeds. Probably their laxative effect is mainly due to them. But it has often occurred to our minds that quite possibly the offending substance of green corn is the hull, and that if this were to be excluded by the careful mastication and extraction of the pulpy portion of the kernel and the removal of the hull, many who now think they cannot use green corn might be able to do so.

Is Life worth Living?

ONE of the newspaper phunnygraphs says it depends upon the liver. While we agree to that, we would say it depends more upon the source of the life. As far as we are concerned we would rather remain unborn forever than take our chances in such a family as is described in a letter which we have received from a lady, the mere statement of whose manifold sufferings would occupy a page or two of the HEALTH MONTHLY if put in print. In describing herself she writes: "I have been worried for twenty-seven years; have had seven living children and twice miscarried at five months, the doctors saying it was because I had not vitality enough to bring them to maturity. These losses have been since the birth of my last living child which is thirteen years old this fall. My children are diseased. I have two crippled with rheumatism; the rest are unwell the most of the time. I do not know whose fault it is that they are not healthy. All of my husband's family have something wrong about them. His brother and two sisters had crippled children. One had a child that had fits and went blind. The rest had many die in infancy. My husband is one of thirteen children. I am one of seven. My husband has a sister now over sixty years old, and she has had a fever, as she calls it, on her shin ever since she was three years old. Of his brothers had a white swelling: one could never have any children; one died of consumption, two in childhood, and two died of fevers. All of their children are as unhealthy as mine, and some more so. One sister has a son insane, twenty years old now." It will be observed that this lady does not know whose fault it is that her children are not healthy. Now, to us, it would seem a miracle that a healthy child could be born in her family. It would doubtless sound harsh to say that the father and mother are rotten all through, and, as a matter of fact, it would not be true. But sometimes it would seem that no other word fitly expresses the condition of some persons whose family records, traced back on both sides, is as bad as that above quoted.

The Opium Habit.

No one can without personal experience fully appreciate the terrible sufferings of those who attempt to rid themselves of the long-acquired habit of using opiates,

but could the unyielding grip of this drug-dragon be understood, many would be saved from a living death who are now carelessly permitting themselves to be gradually lost in its clutches. The experience of one unfortunate ought to serve as a sufficient warning for many who are on the downward course, and, thinking it may be of service in this way, we reproduce a portion of a letter which we have received from a lady who has passed safely through the shadow of death; and let us here remark that such successful escapes are exceedingly rare. The letter graphically describes the tortures through which she passed and gives some idea of the amount of will power which is required to wrest oneself from the grasp of a habit that, on first acquaintance, appears only as a grateful balm for human sufferings:

DEAR DR. FOOTE: It is a long time, or it seems a long time to me, since I wrote you. I received your kind and encouraging reply, for which please accept many thanks. I thought then that my sufferings were nearly over. It seemed to me I could not endure any more; but they were not a circumstance to what I have gone through since. I took the scullap and calasaya for one week, and it made me ten times worse. If all my veins had been filled with boiling water I could not have felt worse or suffered more. I stopped taking it then, and for six weeks longer I was very ill. I could not eat or sleep. I could not rest in any position half an hour at a time day or night. Perspiration at all times was very profuse; then the least cold air chilled me to the bone—*hurt me*, and I took severe colds that caused pains all over me, and cutting pains in my bowels, from my hips to my feet. I suffered most at night. It seemed to me as if there were elastic cords strung all the way down and that they were sore, and as if some rude hand grasped them up, twisting and wringing them, then suddenly letting them relax, to be gathered up again;—can you not understand? Hour after hour and week after week I suffered that horrible anguish. Often during this desperate fight have I thought of the story of the "parrot and monkey." You've heard it of course. I certainly have had a—well—a very dreadful time I came out of it a fright to behold; but I am *alife*, thank God—and, victorious. It is a week—a *schols week*, since I took the last ten drops of laudanum, and the craving is all gone. By that time I could make one ounce of the drug last fourteen days and nights, instead of taking that much in as many *hours* (on an average), as I always did, for *seven or eight years*, you can judge what it cost to do it, and I am not naturally strong *physically* or *mentally*. Of course, I have still to avoid all excitement, talking or laughing. Noise or confusion, of any kind, even yet makes me suffer by causing fever, headache and weakness. Only think for one third of the time during this struggle I could not speak a loud word or *walk one step*. I can sleep now pretty well, and my appetite is better, my food does not hurt as it did, though that is only in the last few days. I have had palpitation of the heart fearfully, and have it pretty bad still in the morning after breakfast.

I have thought so much of you during my illness, and wondered if you ever *cured* any one before by merely writing an *honest* letter. I know you have done many wonderful things; but did you ever accomplish this before? For surely God knows it was your truthful reply to my first letter, and truth that was unpleasant too to hear at that, that determined me to *try*. I had been deceived so many times, and you could have deceived me too as well as the rest, but you did not—you told me "you did not think I *could* have a child" under the circumstances, and it was to be *hoped* I *could not*, if I did not break away from that fearful habit; and that you could not promise a cure, as so much rested with myself. Surely that was "plain truth," and it has done a lot of good. I feel as if a cloud had been lifted from my brain. I can think and write so much better than for years—or more easily.

Overeating for a Wager.

A circumstance occurred at Port Jervis, N. Y., in the latter part of August, which ought to prove a useful lesson not only to young people who are disposed to abuse their stomachs by laying wagers as to the quantities they can eat, but also to those who go out on picnics or other excursions, and delight in showing their comrades how much they can stow away of some delectable edible. William R. Crawford, aged twenty, while attending the clambake of the Erie railroad conductors, laid a wager that he could eat 150 baked clams! He won his wager

but lost his life. Physicians were employed and powerful emetics administered, but the stomach seemed absolutely paralyzed! This kind of recklessness and folly is not so common as that wherein young people at a clambake or a picnic make merry over showing each other how many good things they can demolish. If people were really taught from childhood how mysteriously they are made and how delicately their digestive machinery is constructed, neither wages nor frivolity would lead them into fatal excesses.

Queer Medical Laws.

Those in the medical profession who are in favor of proscriptive laws which shall give them the inside track in the practice of medicine, succeed in getting some queer bills passed. We referred in our July number to one passed in California, which, literally interpreted, makes every practising physician liable to pay a license fee of \$100 per month, or \$1200 per year! The legislature of Ontario, Canada, passed a medical act debarring any American practitioner from coming across the line to practice, prescribe or consult unless he could show something better than an American diploma. Under the Ontario act the authors of the very books used in the medical schools of Ontario would have to attend one year at some college in the province and study their own books before they could register or practice. Unless the American school which graduated them is considered worthy of recognition they would have to study for four years! It is said that there have been cases of arrest of eminent men for a violation of this law while in consultation or attending patients in Ontario. The *Tribune* thinks "A little sensible discrimination might be made between doctors that are no doctors and doctors who come with the credentials of world-famous schools, unless the real object of the law in question is to get pupils for feeble Canadian colleges."

The Canadian laws, however, are quite as favorable to us as ours are to them. In the state of New York a physician who has graduated from a Canadian college must obtain the endorsement of the dean of some one of our medical universities to make his diploma pass current if he wishes to practice here. By and by the people will revolt against all this interference on the part of the self-styled "regulars," and will insist that they have a right to employ anybody they choose. In Massachusetts when the old fogies of the profession undertook to obtain similar enactments the people remonstrated so unanimously that the bill failed. They appeared in the legislative committees against the doctors, charged that the doctors were doing this kind of work wholly under the promptings of selfishness; that the people themselves had asked for no such legislation; and then they proceeded to present evidence that more cures were performed by the "irregulars" than by the "regulars." The people triumphed and medicine is free in the old Bay state.

FORGOTTEN people are already beginning to provide for the Holidays, and let them search no further than the advertising columns of the HEALTH MONTHLY, for better can't be found at the price than the books offered as premiums. Remember that even a week or more may be required to get the book or article desired, even though we send the goods immediately on receipt of the order.

Obituary.

Dr. Robert S. Newton is Dead.

We seldom give space to obituary matter. The constantly recurring live issues affecting the living, crowd out all reference to the dead. Our space is limited. We try to make the best of it. But when such a staunch old friend, one who was not only dear to us, but to all supporters of true eclecticism in medicine, is removed by the merciless hand of death, we must acquaint our readers with our loss and their loss.

Prof. Robert S. Newton has done a noble work in the field of liberal medicine. We will only allude to his literary work in conjunction with the eminent Wm. Byrd Powell, Dr. King, and others. Several books have come from his pen, and he has long been the editor of the *Medical Eclectic*, etc. His labors have been of still greater value in organizing the school of eclecticism in the state of New York, and in founding and successfully conducting the Eclectic College of the City of New York. He was president of the faculty and dean of the college at the time of his death.

We were more grieved than surprised when a friend handed us a morning paper with the remark that it contained an obituary notice of one to whom we were greatly attached.

The Doctor had made a pleasant call at our office only a few days before, and we remarked to him that he looked considerably worn. He replied that he felt so, as his professional engagements had prevented him from going out of the city during the summer. A conscientious physician in large practice is in about the same situation as a true captain at the helm during a storm. Valuable lives are entrusted to his charge. However greatly he may need rest, those in his care must receive his closest attention. Dr. Newton looked more exhausted than we felt at liberty to speak, and hence we say we were more grieved than surprised when we read that he died of apoplexy on the 9th of October.

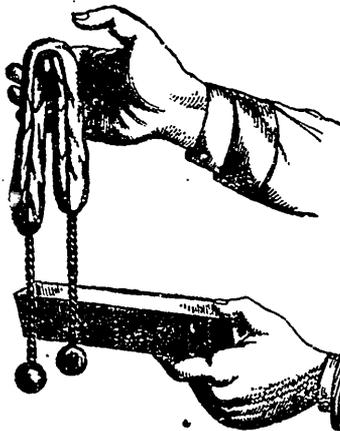
By the death of Dr. Newton, the friends of liberal medicine have lost a powerful champion. He was the friend of every honest enthusiast who believed he possessed some new method of relieving human suffering. Such a person had only to be attacked by the "regulars" to find Prof. Newton at his side ready to help him to fight his battle with his old school enemies.

Having suffered much himself in his crusade against the old system of medical practice, he was at once in hearty sympathy with any honest practitioner who fell under the condemnation of allopathy. Then, too, he was large-hearted, generous to a fault. The poor have lost a real friend. Had he pursued his medical vocation with a single eye to business, he would have died rich in this world's goods, while probably the real fact is that he leaves little except a reputation for skill, liberality in medicine, generosity to those who needed advice, medical aid, or pecuniary assistance. But we will not forget that he has left a talented son a rich legacy—a good name—wrought out of nearly forty years' professional industry in a vocation which permits few holidays or hours of rest, but great opportunities for doing good. The latter were never dodged by the generous Dr. R. S. Newton, and this familiar name so dear to a large constituency throughout the United States is now left to Dr. R. S. Newton the younger. May we hope he will fill the place his illustrious father has so long and so honorably occupied. Young Dr. Newton has had the advantages of a thorough education at home and abroad, and now that his much loved and greatly lamented father has passed away, the friends of the latter will naturally look to the former to show those strong traits of character which have made his widely known sire one of the most conspicuous lights in the school of medical eclecticism.

WITH a friend who was bent on business, we lately had the pleasure of visiting the warehouses of the Chickering pianoforte. As many ladies enjoy a shopping trip, and an opportunity to inspect all the new goods, so we enjoyed the chance of looking through the largest and finest lot of pianos to be found in New York City. One who goes there to select just the best one, is a little puzzled which to choose, when finding all so perfect in mechanism and so rich in tone. Yet there is variety enough for one of trained ear to find a favorite, and finally a selection was made of one of the new metal-action uprights. What a fine premium (we thought) that would make for subscribers to the HEALTH MONTHLY, but not until folks are ready to pay \$500 a year for the HEALTH MONTHLY, could we afford to throw in a Chickering piano as a premium.

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J. W. HENRY CANOLL,
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Dr. Foote's Photograph.

WE have had from time to time for several years applications for photographs of Dr. Foote, Sr. But the Doctor has been so busy that it has been difficult to keep him still long enough to photograph him. The clever artist RAY D. CHAPMAN of Eighth Avenue lately succeeded in holding him in the sitter's chair for a few minutes, and a fine picture. CABINET SIZE, bevel edges, is now offered at the low price of 25 cents by mail, postage prepaid. Orders promptly filled by the MURRAY HILL PUBLISHING COMPANY, 129 East 28th Street, New York City, N. Y.



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The American people should be awakened to the outrages which are being perpetrated under the so-called Comstock laws. By mail, postpaid. Let all who do not feel able to contribute \$5 to the association, order one or more copies of this pamphlet. Single copies, 15 cents; eight copies for \$1. By mail, postage prepaid. A fine bound copy including some other valuable documents, worth preserving, for reference, 50 cents. Address,

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The Outlook.

Mr. Bradlaugh's Reply to the "Journal of Commerce."

OUR American journalists are often amused at the blunders made by foreign editors when commenting on American affairs. Every now and then they enjoy presenting some ludicrous illustrations of the curious and incorrect statements found in the English, French, and other newspapers. Whether our trans-Atlantic cousins pay them off in the same coin or not, we are unable to say. It is quite certain they may do so if they wish. There is no want of occasion for it. Nothing, however, that has ever appeared in the American newspaper press could be more ridiculous than many of the statements made in regard to the Hon. Charles Bradlaugh. Not long since the Junior editor of the HEALTH MONTHLY took it upon himself to correct some very singular misrepresentations printed in the columns of the Boston Commonwealth, which is certainly a very respectable newspaper. It was fair enough to print his communication. The Journal of Commerce of this city made a violent and unjust attack upon Mr. Bradlaugh. Mr. Bradlaugh replied and the editor was ungracious enough to refuse to print it. A friend thereupon took it to the Commercial Advertiser, in the columns of which it appeared. We are pleased to reproduce the letter as it shows very clearly how outrageously Mr. Bradlaugh had been misrepresented by the Journal of Commerce:

20 CIRCUS ROAD, ST. JOHN'S WOOD, 1
LONDON, N. W., Sept. 12, 1881. }

To the Publisher Journal of Commerce, New York City, U. S. A.—
Sir: Your issue for August 17th has just reached me, and its leading article is so astounding in its utter inaccuracy that I ask, as some slight means of setting myself right with your readers, that you will at once insert this letter and send me a copy of your journal in which it is published. I have never been indicted and tried for writing and printing obscene books. I have been indicted for publishing a book on the population question written about forty-five years ago by Dr. Charles Knowlton, of Massachusetts. The trial occupied several days. This book was not considered an obscene book by Lord Chief Justice Cockburn, who tried the case, nor have I ever been attacked at law for any other book. Mr. Truelove is not a printer, and has never printed any book whatever for me. Mr. Truelove was not imprisoned for printing any book of which I was the author. He was indicted and imprisoned for publishing a book on the population question, written by the Hon. Robert Dale Owen, United States Minister to the Court of Naples, but with which book I had no connection direct or indirect.

Your allegation as to the Hall of Science, No. 142 Old street, is quite untrue. I never purchased it. I helped to build it. My connection with it was never varied, and so far as I am concerned, my connection with the hall has always been attended with very considerable profit to it. The original lessee of it all carries it on. There are on the average three lectures per week in it all the lecture season, and for three years past most successful science classes have been conducted in it under Government inspection and authorization. Last winter it was occupied five nights per week with such classes.

I wait from you some expression of regret for your exceedingly libellous article, and should you not think this any part of your duty, I shall be most reluctantly obliged to submit the question by legal proceedings against you to the decision of a jury of American citizens from whom I am sure I shall have justice.

Signed, yours truly,

BRADLAUGH.

Comstockian Partiality.

THERE is a clause in the Comstock Postal law which makes it a misdemeanor to send by mail anything relating to lotteries or prize packages. Pretty much all the manufacturers of chewing and smoking tobacco have been in the habit of putting into their packages a prize of some description for the purpose of attracting purchasers. It is said that some manufacturers have announced that they distributed \$300,000 in this way. Recently Chief Drummond of the Secret Service in this city has been sent out under the direction of the United States District Attorney to notify all these manu-

facturers that this practice of putting prizes into their packages of smoking and chewing tobacco is likely to lead them into difficulty under the law; every person so offending being liable to a fine of \$500 or to imprisonment for six months. Now, a physician who prescribes "prudential checks to the family," or who issues a physiological work which is considered somewhat broad in its language, has, in no instance been treated in this kindly way. In one instance a physician in large practice consulted two different attorneys when the law was passed, and he was confidently assured by both of them that physicians would not be proceeded against; that the law could not be intended to tie the hands of physicians in such cases. Nevertheless this physician was decoyed by Comstock and heavily fined. A physician in Buffalo, issuing a monograph on spermatorrhœa, submitted his pamphlet to the District Attorney and was referred by this officer to Comstock. The pamphlet was submitted to the latter, at least so we were informed, but the agent of the Vice Society vouchsafed no opinion in the matter. Some months after the Buffalo physician was decoyed for mailing his pamphlet and sentenced to pay a fine of \$100. A Chicago physician issuing a pamphlet on various diseases, submitted his work to the Post Office officials, and they declared it mailable. Comstock came along, or at least his Western agent did, and obtaining one of these medical pamphlets by mail, had the doctor arrested, and he was actually sentenced to the state prison for three years! There was nothing obscene in the pamphlet but it contained something which technically violated this Comstock law. In another instance a physician far advanced in life and in delicate health was proceeded against and sentenced to one year's imprisonment for simply prescribing a preventive of conception! Friends came to his rescue, testified to his good character, and succeeded in getting the sentence commuted to \$100 fine.

Now, what we would like to ask, is this: Why should the tobacco manufacturers be treated with so much more consideration than the physicians? There are lots of people who consider doctors necessary evils; there is not a small party which considers medicines of all kinds injurious, and there are unquestionably some who would be pleased to have medicine as well as tobacco swept off the face of the earth. But there is probably a larger party that opposes the use of tobacco than that which opposes medicine. It is quite safe to say that there are more people who believe that tobacco is injurious than there are who believe that prevention of conception is immoral. Nevertheless, those who actually offer a prize to all who will use the weed are treated thus "gingerly," while physicians who are absolutely decoyed into a technical violation of the law, are thus harshly dealt with. Let us not be misunderstood, however, we are glad this warning has been extended to the tobacco manufacturers instead of decoying them and subjecting themselves and their families to disgrace and suffering by fines and imprisonment. The course pursued in this instance is simply humane and commendable. We only ask why the same course has not been pursued in the treatment of respectable members of our profession.

[FROM THE TRUTH SEEKER.]

Post-Office Tyranny.

THE final decision in the case of DR. FOOTE'S HEALTH MONTHLY has been reached by the post-office authorities, and Dr. Foote has been deprived of the use of the mail to send his paper except by paying one cent on each copy. The decision was given by one Freeman, who is employed somewhere around the office at Washington, and shows very plainly that it is written by a little man who wants to appear big. He swells up with his judicial importance to a very large size and lays down his propositions, which he says are settled beyond dispute. They may be so far as he is concerned, but we fancy the people will go on disputing the right of any petty post-office clerk to deprive them of a newspaper which they want, for a cent a copy means ruin to any publisher unless he can evade it, as Dr. Foote has done by mailing his paper from Canada, where the post-office officials do not arrogate to themselves the functions of judge and executioner. One objection to Dr. Foote's paper—noted by the oracular individual who sits in judgment on radical journals in the post-office—was that he sent out a large number of sample copies; but no notice is taken of the fact that right in Washington a firm solicits advertisements on the ground that it sends out one hundred thousand sample copies per month. In view of this, and the well-known cupidity of government officials, the question might be asked as to how much is paid for the privilege. We would also like to know why the post-office lets Harper and his Franklin Square Library through at pound rates, when the publications are books, to send which we have to put on stamps? Is it because the Republican officials want the support of Harper's Weekly? And what right have they to use the people's mail service to pay for services rendered to them personally? There is a good deal of favoritism and tyranny exercised by all our government officials, and none are more brazen and outrageous than the little almighty who distribute our mail.

It is a source of joy that in having his paper mailed from Canada, Dr. Foote has found a way of circumventing the would-be despots. Now the post-office has to carry the HEALTH MONTHLY just the same, and it does not get its two cents a pound, as it formerly did. It is to be hoped that Canada never will be blessed with such bullying officers as this country is.

All communications for the HEALTH MONTHLY should be sent, as before, to New York.

The Institute of Heredity.

THERE is a movement on foot to hold a convention of the Institute of Heredity in New York some time during November. Ours being a monthly paper, we can hardly make use of it for giving notice of meetings as it is generally put in type for electrotype plates some two weeks previous to its date. Those, however, who would like to receive a notice of the convention, giving time and place, are invited to send in their names to the HEALTH MONTHLY, and to all such timely notice will be given. A convention held at Boston last spring was a decided success. The number attending was by no means large, but the interest manifested by those who were present was such as to make a decided impression, and the press throughout the country had more or less to say about it, thus bringing its objects still more largely to the attention of the public. Let the convention in New York this fall receive the hearty encouragement of all who are interested in having people born right. The shooting tragedy, resulting in the removal of our late President, ought to intensify the interest of all. If the Institute of Heredity had been established a hundred years ago, we might not have had a Guiteau.

THE National Liberal League held its annual congress at Chicago, September 30th and October 1st and 2d. The following officers were elected: President, T. B. Wakeman, of New York; Secretary, T. C. Leland, of New York; Treasurer, Courtland Palmer, of New York. The retiring president, the Hon. Elizur Wright, delivered an admirable address.

THE Congress of Freethinkers at the Hall of Science in London on September 25th, 26th, and 27th was a great success.

JENNIE BUTLER BROWNE contributes to the *Physiologist and Family Physician* an unusually strong and sensible article under the caption "Is the Human Body Obscene?"

THE *PHYSIOLOGIST AND FAMILY PHYSICIAN* for October is an excellent number—full of good things.

Advertisements.

JUST ISSUED.

DR. FOOTE'S REPLY TO THE ALPHITES, GIVING SOME COGENT REASONS FOR BELIEVING THAT CONTINENCE IS NOT CONDUCTIVE TO HEALTH.

This matter originally appeared in the October issue of the HEALTH MONTHLY, and seems to have excited sufficient interest to induce us to put it in pamphlet form. It is an answer to Mrs. Dr. Winslow and others of the Alphite school of reformers. Mailed for 10 cents. MURRAY HILL PUB. CO., 129 E. 28th St., New York City.

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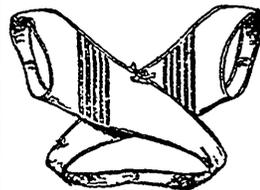
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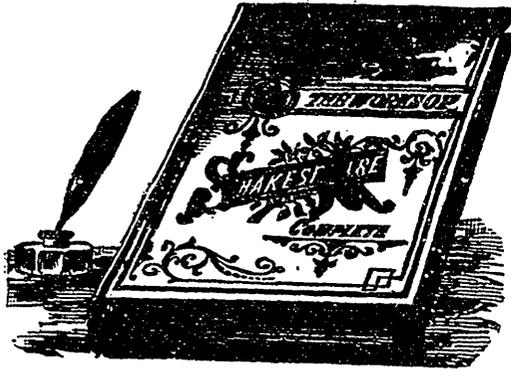
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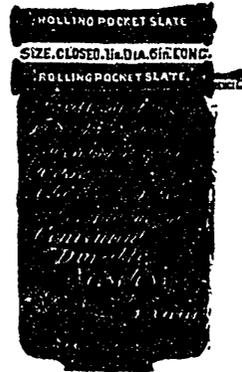
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