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No. 9.

September, 1881.

Volume 6.

WATCH the date on your wrapper and renew promptly!

COAL-TAR makes a good protective covering for wounds of trees.

THE prospectus of a new *Journal of Science and Health* has been issued from Chicago.

GOKE out on a September evening do not forget to throw the shawl and summer-overcoat over the arm.

PRINCESS BISMARCK thinks she has found a remedy for epilepsy in the charred remains of cremated nappies.

GOLDENESS, New Hampshire, has an inhabitant who is nine days older than the United States as a nation. She was 105 years old on June 27th last.

PROF. IRA REMSEN has determined by careful experiment that injurious coal gases cannot escape through the red-hot cast iron of stoves and furnaces.

It is reported that a Paris surgeon received five thousand dollars for removing a wart from the nose of a woman who wasn't very good looking at best.

THE Yankees have outdone the Egyptians. In a Rhode Island granite quarry a single stone has been cut out that is about the shape of the obelisk and much larger.

It is a popular fallacy that leeches and mosquitoes take only the bad or impure blood from the body. They take just what they can get, whether good, bad, or indifferent.

IN France as well as in England there is opposition to compulsory vaccination laws. Dr. C. Pigeon has addressed an argument against them to the French Chamber of Deputies.

THE Hottentots are said to swim standing up. The head and neck are kept out of the water, and with eyes cast downward, they move forward rapidly as if walking quickly.

THE demand for leeches now is mainly in the Western states, and the yearly supply consists of about 30,000 imported, and 350,000 on a leech farm at Newtown, L. I., by Mr. Witte.

OVER 800 millions bushels of corn are produced annually in the United States. Over half of it is fed to cattle and hogs, and much is used in the manufacture of sugar, starch, and alcohol.

THE Supreme Court of Massachusetts has decided that a country surgeon must not be expected to exhibit as much skill and good judgment in his practice as eminent surgeons of large cities.

A MAN apparently frozen to death in the neighborhood of Solothurn, Switzerland, was placed upon the dissecting table, and giving indication of remaining life was restored by the efforts of the physicians.

WE regret to learn that the Postal restrictions have not been lifted from Dr. Foote's and Dr. Klinget's newspapers; the persecution which they suffer is an unmitigated outrage on the right of every citizen.—*Princeton Word*.

THE celebrated English surgeon, Sir James Paget, suggests that the analogies between a green rose and a rickety child would make a good subject for a discourse on the ill effects upon plants and children of privation of sunlight.

PROF. F. W. CLARKE recognizes some advantages in ignorance and stupidity. He says, "many a time the brilliant audacity of a daring ignoramus has achieved successes which would have been unattainable to skill and training."

It is believed that the fishes purify the water, and may it not be that the flies purify the air? They have been called atmospheric scavengers. Perhaps they eat up offensive and injurious bacteria. But don't ask us the use of the mosquito!

THE *Scientific American* regrets that babies haven't a market value, like hogs, for a death-rate among pigs less than one-third that of babies excites the attention of State Governments and leads to costly investigations by order of the United States Government.

IN a case where the heart's action had been suspended by the administration of chloroform, the application of a large cloth wet with boiling water restored its action. Hot water would probably be similarly useful in cases of irregular heart action from other causes.

ONE of the colleges of dentistry in Philadelphia accepts women students, but the New York College will not receive them since having graduated a Russian countess who was so enthusiastic in her studies that she worried all the professors by her energetic pursuit of knowledge.

DOES the American press realize that with the so-called Constock law and the postal statute which gives to the Department the option to exclude papers from the second class which are issued primarily for advertising purposes a power exists which if despotically used may practically suppress any newspaper?

DEAN STANLEY was very proud of the Welsh blood in his veins. "If there is any brilliancy and vivacity in my family," he once said. "I attribute it to the fact that my grandfather, a Cheshire squire, had the good sense to marry a bright, mercurial Welsh woman, from whom we have inherited a share of the Celtic fire."

LIEUTENANT SCHWATKA reports that there are no weddings among Esquimaux he visited. Men and women live together as man and wife, but frequent exchanges are made, sometimes for a few weeks, sometimes to remain permanent. Children are often affianced, and when the young women become matrons they are tattooed about the face.

A MISSIONARY residing in Northern India tells of a class called "Chamas" comprising tanners and shoemakers, who have a legal right to the bodies of all cattle that die, and who eat the meat of such cattle, whatever the disease that causes death. A physician who resided among the Hindoos twenty-five years, says that those people remain as healthy as the other Hindoos who are vegetarians, though at times they eat enormously of the flesh of cattle that have died of epidemic and virulent diseases.

THE *State Mineralogist* of California says: "It is an established fact that some of the greatest mountain chains and the soil beneath our feet are composed chiefly of the siliceous remains of animalcules, invisible to the naked eye," proving the truth of Byron's line that "the dust we tread upon were once alive." Scouring soaps are mainly composed of the siliceous earth which once formed the skeletons of myriads of diatoms. Under the microscope they present a wonderfully beautiful and varied appearance.

A DISTINGUISHED Austrian physician has recently published a book in which he attempts to prove that habitual criminals are such because they cannot help it. He has examined the brains of a number of persistent scoundrels and has invariably found that the superior frontal convolution is not continuous but is divided into four sub-convolutions analogous to the parts found in predatory carnivorous animals, and he thinks that the mental characteristics of criminals are due to this peculiar formation of the brain.

Our Contributors.

[FOR DR. FOOTE'S HEALTH MONTHLY.]

Holy Marriage.* II

BY A CHRISTIAN MINISTER.

THE children of men all die. Why does the living God suffer his children to die? Death reigns in the human race. Where is the place of his throne?

Death is the child of sin, and sin reigns in all the race. So then, where ever the throne of sin is, there also the throne of death is. For as the Father and the Lamb are seated on one throne in the New Jerusalem, so also are sin and death seated on one throne in this world. Where is the throne of sin?

Will not the throne of sin be found where the most universal and deathful sin hath its dwelling place? And does not every one know that the most universal and deathful wickedness which the children of men commit is the sin that is wrought in the source of life against the law of life in that source. Yes, the source of life is the throne of sin, and therefore is it also the center of shame. But the throne of sin is the throne of death. Wherefore the source of life is also the throne of death. Such is the contradiction and paradox of our bodies. Can it ever come to pass that death in us shall be dethroned and life shall wholly triumph in us?

Jesus Christ plainly taught that he came to triumph over death in this natural body, and that those who would become his entirely obedient disciples would not die. *He that liveth and believeth in me shall never die.*

Jesus came to triumph over sin in men as all his Church teaches. If he triumph altogether over sin in men, he must triumph over both the throne of sin and the child of sin. He must triumph over death.

Jesus Christ can triumph over sin and death in the body of this flesh only by securing from men perfect obedience to all the laws of life, and most of all to the laws of life in the source of life. And every soul that draws near to the living God, with eager desire to obey Jesus in the source of life, is a co-worker with God in effecting the victory over death.

The greatest saying Jesus ever uttered, and the central thought of his whole career was in these words. *I give unto them Eternal Life.*

Eternal life is that vital essence, that quick and deathless energy, whereby the living God is forever alive.

*No persons can express themselves on any topic, without assuming as settled their own fundamental convictions on other topics which go before, and if these convictions are not allowed to them as the very conditions under which to express their thought, then they must be silent. This is the case between the writer and those called "liberals." He assumes as true the doctrines of the Christian Church; he must do so or he cannot speak at all. On the other hand he has no disposition to thrust those doctrines upon those who have different views, but only postulates them as the conditions needful for him to express himself on a matter of deep and immediate importance; and he cannot but feel that to do so does in no wise call for controversy, because it is not to assert them that these articles were written. He hopes, therefore, that no one will feel called upon to controvert those modes of expression in these articles in which Christian doctrine is assumed. And the same freedom in form of expression which the writer needs for himself he would freely accord to those differing from himself. But if any are not willing to allow him such freedom, to them he would say that what he has written is not for such and does not pertain to them in any way; but it is addressed to those of similar religious views with himself, on a peculiar and most vital subject, in the only periodical, save possibly one, so far as he knows, which would permit or give place to such an utterance. The necessities of the case, therefore, allow him a manner of address in this periodical which under other circumstances might be inappropriate.

This, and just this only is what Jesus meant by that word.

To give this life to men, so that they should become God's literal children, *begotten of God*, and that *his seed should abide in them*, for this end Jesus Christ came into the world. So Jesus came to change the very structure of human nature, that is of the life force itself of man, and this he would do by filling man full of the eternal life of God.

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

Whoever receives that life is alive with the life of God and to be filled to the full with that life is to stay alive right on victorious over death. This is the word and work of Jesus.

More life, more life, and that life of the highest kind, this is man's greatest need, this should be his strongest cry. But more life and higher can only come through the source of life, and that only by obeying the law of the living God in that source concerning the originating of life.

Only as they who have received eternal life transmit that life to their offspring, according to the laws of life in the source of life, can the cry for more life be heard and answered, and the victory over death at length be won.

In the children of God, having in them the life of God, who obey God's laws of life in the source of life, grade by grade the level of life will rise from generation to generation until at length in one sudden life burst of glory, life shall altogether triumph over death in them, and they shall go alive from thenceforth into the superior state.

So then they who take the whole of God's law of conduct in the source of life into their hearts, and practice it in their lives, and so become obedient children of the living God in the origination of life, and all this through Jesus Christ, they are working right towards deathlessness in this human flesh.

Children's Rights.

BY RITA BELLE.

EVERY child has the natural right to a good constitution—physical, mental, and moral; and whoever brings a human being into this world lacking any one of these, is responsible to that child and to society for such injustice. Nor does ignorance of the law do away with any part of the responsibility.

Few people, I imagine, would care in this age of progress, to dispute the truth of the above, though they may plead extenuating circumstances.

It is well at times to state the plain truth in plain language. It may startle the ignorance of some, and shock the selfishness of others; but when we consider that we come into the world *not* of our own choice, nor can we have a voice in the making of our organizations, but must live and suffer for the sins of our parents not merely during childhood, but, throughout our whole lives, no shallow regard for prejudice, ignorance, selfishness, or anything else but justice, should prevent us from speaking the veritable truth.

And these are not all the rights that justice demands in behalf of children. Every child is justly entitled to just such conditions as will best fit it to become a useful, responsible member of society. Fresh, pure air, good, wholesome food, and a sufficient amount of comfortable clothing, and an education in the school when it is old

enough to take advantage of it, are necessary, but not all. The parents are responsible to the children, not the children to the parents, and the child: a have a right to demand that neither father nor mother overburden themselves with the cares of other matters to that extent that their welfare must be neglected. They have a right to insist that their parents set such an example before them, and treat them in such a way, that they will not be either influenced or driven to vicious or unlawful courses; and also that the parents provide such conditions as will tend to develop in the most ennobling way, each part and faculty of their natures; and again, that their fathers and mothers abstain from the indulgence of their sexual passion unlawfully, and thus bringing them into the world as the result of accident or carelessness, and stamping upon their plastic organizations appetites and passions that will be a curse to themselves and society during their entire lives; and further, that they do not bring into the world more little ones than they can support or do justice to.

In short, children and society have a right to demand that the men and women, the fathers and mothers, be pure, honest, upright, seeking the highest and best good for themselves, for the benefit of others; that they use the God-given power of pro-creation not for their own gratification, but to bring into being a race which shall approximate towards perfection, and thus make the millennium a certainty in the near future instead of a vision.

SOUTH NEWBURY, O., August, 1881.

[FOR DR. FOOTE'S HEALTH MONTHLY.]

The Institute of Heredity.

DR. FOOTE, *Dear Sir*: I do not intend this as a report of the meeting held in Boston last spring. It is rather late for that, but I hope by one means or another the name and objects of the Institute of Heredity may be kept before the people so that its next meeting will be larger. That it is established and that the HEALTH MONTHLY furnishes a medium through which ideas and information regarding it can be exchanged are matters which I contemplate with profound satisfaction.

I am sorry that any postal restrictions are placed on the MONTHLY and hope that the growth of knowledge may soon be sufficient to remove them. Physiological questions should be discussed with perfect freedom. The man who feels that he must get behind the door and whisper if he has anything to say about the organs of generation or their functions is a man who stands greatly in need of re-generation. In my estimation the propagation of the human species is a subject that demands the best and purest thought of the truest and most earnest men and women of the world. I must be glad and rejoice that at last the human race is to fare as well in this respect as the other important animals.

The article relating to the Institute of Heredity in the July number of the HEALTH MONTHLY has a slight mistake which I would like to correct. It was Mr. and not Mrs. Newton of New Jersey, who read the paper which contained the facts concerning Godin's "Famillistere." I was present at the afternoon session and found the proceedings very interesting, though not as instructive as I had hoped. I see good reason for that, however; instruction is much more valuable to a person who is interested in any subject than to one who is not; so it may be well that the first aim of the Institute be to interest.

If one could attend meetings addressed by thoughtful and gifted speakers for six or eight hours a day, as we did "Anniversary Week" in Boston, and bring

away by simple memory any very clear ideas of each speech and speaker, individually considered, he or she must have a stronger brain than mine. Still I have quite a vivid recollection of some of the addresses.

The paper read by Mr. Newton showed that poverty is extremely unfavorable to the birth and development of good specimens of humanity and contained an eloquent plea for a financial system which shall abolish poverty, or at least greatly lessen it. Then followed the account of Godin's "Famillistere," quoted from a lady who spent several weeks there for the purpose of studying its operations. I was particularly struck with the statement that there was no quarreling among the children of the families composing the "Famillistere."

Mrs. Stanton's address was somewhat on the esthetic line, counseling the prospective mother to surround herself with beautiful pictures and exquisite objects of every description. (All in harmony with Mr. Newton's talk about poverty.) Then she told a story of a woman who sent for her after listening to one of her lectures. She went and found a woman of very ordinary appearance with three children of extraordinary beauty and apparently endowed with most desirable, moral and intellectual faculties. The contrast between the mother and children was so striking that Mrs. Stanton supposed them to be hers only by adoption, until the mother explained that she had sent for her to show her how much and how rapidly human stock might be improved by careful intelligent effort.

Is it not strange that with law above, below and all around us, the world has gone on in such utter disregard of it as applied to the generation of human beings?

Matilda Joslyn Gage said women do not have as good food as men, and asked, "Who eats all the game?" I do not know how much foundation for such a charge has come under her observation. I have occasionally known a male specimen of the *genus homo* who would leave his family scantily fed and treat his chums to expensive lunches but have always hoped they were exceptionally mean.

This speaker said further that women do not have as good air as men, nor half a chance any way for anything—which we all know is woefully true. She told the story of the man who came home drunk and turned his back to his wife, who exclaimed, "It won't do any good to turn over; you're drunk all thro'" and applied it to tobacco, showing how wives are obliged to breathe air poisoned by emanations from the breath and tobacco permeated-bodies of their husbands. She, with the others, urged that women must have more freedom before much good can be accomplished. An amusing incident occurred just here: While Mrs. Gage was explaining the physiological effects of poor food and vitiated air, Rev. Mr. Spencer arose and in a loud clear voice exclaimed, "We are experiencing what the speaker is explaining in relation to air; I protest. Let us have the windows opened." It is needless to add that windows were opened, but we had been in confined air so long, I am afraid some took cold by the sudden change.

Many of the speakers alluded to the debilitating, degrading effect of woman's dress as worn at present, but I was hoping to hear one address devoted entirely to the subject, as I knew Mrs. Tillotson was in the city at that time.

Since you lead the way, I judge that your columns are open for discussion on the subject of continence, so avail myself of the privilege. I must confess at present I am entirely in sympathy with the views expressed by Dr. Winslow of the *Alpha*. I always endeavor not to

shield myself so impenetrably in belief regarding anything that light cannot reach me; but so far I have seen or heard nothing to cause me to doubt. Furthermore I am fully persuaded that what is right is always expedient—no matter how direful the consequences may seem to our dim visions—and that to advocate less than the very best and highest good we are capable of conceiving is to leave good undone and do harm.

In your letter the question is asked, "Is it not absolutely necessary to devise means whereby these selfish, vicious, and criminal may, by prevention, limit reproduction?" With any faith in temporizing I should say yes; but as before intimated I believe it better to "yearn and struggle forever than accept less than the ultimate best." Let us have even a few magnificent, true, pure men and women with enough heart, brain, and health to work for this end among the criminal and pauper classes, and they will learn self-control. Once learnt, how vastly better than anything short of that. The masses may not at present be capable of self-control, but I assure you, Doctor, that the paupers cannot and will not buy ten-dollar syringes.

Provided a man or woman can practice continence without injury to the physical system, can any harm come of it? Taking for granted a negative reply, I want to inquire if you do not believe that a vast amount of physical injury, moral and intellectual degradation, and spiritual death—which latter you may not believe in, though I do—result from sexual excesses besides the evil of overproduction? Now, what time is spent enforcing the necessity of prevention is lost from teaching self-control, and even where prevention is secured these other evils resulting from sexual excess remain untouched. We have the ground all to go over again and many who might have learned continence have failed to do so by having what is seemingly a pleasant substitute offered them. Is it not better to cover the whole ground as fast as we go along? "The greater includes the less."

You say: "Physicians can recall to mind hundreds of cases wherein the usual conjugal relations have restored those who were wasting with mental and physical disease." (Of course the physical induced the mental.) Presumably these were bereaved companions who might not have been such but for their sexual excesses, unmarried libertines who had begun to mend their ways, and the victims of self-abuse. It does not seem to me that these are fair illustrations of the evils of continence. An acquaintance of mine left off the use of tobacco, and in about three weeks he was taken sick on the cars. To use his own words, "I believe I should have died if I had not crawled into the smoking car and smelt the smoke." He persevered in his abstinence which caused him a severe illness and after that his health was better than before.

I have known drunkards to fail in health by leaving off liquor, but these instances did not convince me that tobacco and alcohol are healthful and necessary, nor even that if these men had died in their effort at purity, it would not have been in a good cause and incomparably better than to save their lives by the opposite course and go on propagating their like.

Had these men believed from boyhood up that these things were hurtful and steadily avoided their use, how much better it would have been. Better still if they had been born of such parents, but, however much importance we attach to heredity, we cannot ignore the influence of education and habit. Heretofore these three have combined to convince us that continence is injurious. Church, state, and society have been another trinity on this

point. So it is not wonderful that under existing conditions continence is hurtful to the majority, for it is marvelously true that "as a man thinketh in his heart so it is with him." Suppose a man like Dr. Tanner in every respect save the belief that he could fast forty days, compelled by law, conscience, or any real or fancied necessity, to abstain from food for even thirty days, would he not die? I would not give much for his chances of life.

The many are born of incontinent parents, taught that continence is hurtful; what wonder that to such it is hurtful? Let them learn the opposite, and vital force will not be so recklessly expended as at present, and the children of another generation being purer, will have less need of self-control and find that the "law of the spirit of life in Jesus Christ has made them free from the law of sin and death."

Pardon me if I seem to write dogmatically. Not being able to write scientifically, dogmatism ill becomes me. I feel very earnestly on this subject and have tried to write logically. If I have failed, I shall be glad to be shown wherein. Yours truly, C. B. WHITEHEAD.

BLOOMFIELD, N. J., July 7, 1881.

[FOR DR. FOOTE'S HEALTH MONTHLY.]

Substance of a Discourse on Reform in Berkley Hall, June 5, 1881.

BY M. E. TILLOTSON.

THE progress of reform in its many branches has reached a phase demanding practical action. Theorizing no longer satisfies; it seems empty and delusive. Customs displaying accumulations of discordant vices call for changes that bring harmony through strength and purity. Generous souls noting the wrongs blent with poverty and tyranny yearn for power to alleviate suffering and establish lasting good. But standing in their way are olden customs, like hostile fortifications, menacing the advance of truth and high endeavor. This threatening array will oppose till firm resistance with healthful change makes inroads on usage, and institutes modes in unison with nature. Science in government, religion, commerce, social measures, and especially in hygiene, with equity in all things, is the aid at hand to be accepted and applied. What boots it that free thought and much knowledge brings hope to the wronged, if to silent evolution no human effort attaches to work out reformation? What boots it that benevolent, inspired souls are illumed with wisdom, and like gold-strung harps are swept by angel fingers, eliciting wonder and praise, if destructive usages are not re-modeled?—if the false, sordid, and oppressive are to remain, loathsome legacies of past evils to the weak children of the future? Shall we standing in view of dark ages, thrilling with anguish at the memory of past cruelty, and boasting of light and spirit growth, put forth no transitional energy, and by action and example open avenues of normal life, and eradicate the brambles of vice, disease, and folly that distort and enfeeble every human function? That sickness, fear and effeminacy are generally favoring the perpetuity of destructive habits, needs no proof. That such habits must be superseded, by those giving physical purity and strength, before mental and moral poise are adequate to the grasping and sustaining of liberty, is equally apparent. Creating and sustaining institutions that insure happiness requires the stability of character which only physical soundness can uphold. Families, communities, and nations equally demand hygienic habits of individuals; and the imperative demand is for pure nutriment and wholesome raiment. These are the

supplies that reach hereditary tendencies, mend existing influences, and mould hoarded energy to highest ability. Fifty conventions in a week in Boston signifies need of change, both radical and general. Close observation in the meetings found them seeking to escape the palsying power of pernicious usages.

Some of them plainly stated, others implied, that powerlessness of women, induced by fashions in dress, was the sorest underlying cause of inefficiency, the most reckless obstacle to the realization of their aims. Men and women speakers said a change in the habit of complying with these fashions was requisite; and Mrs. J. W. Howe pathetically besought her audience to see if some device could not save the girls of to-day from the invalidism so general and so appalling. It was strange that no one replied: We, the mothers, can save them if we will, by our wise example! Though the main speakers were wary of the plainness that might displease, they could not so far ignore duty as to omit the mention of this sorest impediment to human progress. I do not share in the fear that women can not bear frankness. Instead of such concessions to their weakness they need treating as if moral worth survived and might yet rule in their deeds and examples. Long subjection has nearly unnerved the animating power of will, and made the sustaining encouragement of men and the press most needful aids. With these and the freely expressed conviction of existing sentiments on the subject, women would feel invited to consistent practices, and allow their worth to be known on earth. Whereas now abnormal lives cause all humanity to suffer consequent loss.

The question pressed by present want and wrong—the plea rising from the scientific volume, the inspired circle, and the expounding rostrum, is, shall selfish greed and reckless stupor longer close our eyes to awful facts, and steel our hearts to humanity's dearest rights. That the universal demand is a normal physical state for all material use, and for a sustaining base for mental and moral action, is widely known,—that the attainment necessitates woman's abandonment of all that vitiates, enfeebles, and wastes, needs no argument. It is equally clear that means and modes of this hygienic work is proper nutrition and raiment. The first should be pure, void of stimulants and irritants; the latter should clothe the body evenly, comfortably, and allow the fullest convenience and freest exercise of every member, that it may favor digestion, circulation, respiration, and the manifold motions of hands and feet. Present habits of the great majority are far from this in both diet and dress. The use of tea, coffee, malt and alcoholic drinks sacrifice health and its constant blessings to morbid appetite. Condiments add burning fagots to fires that ravage every nerve, tissue, and fluid of the body. This line of reform is receiving attention, and needs much more. The raiment line also is being considered; a few thousand women are profiting by inventing wholesome styles for themselves; but the millions need the renovating effect of relief from tight and trammelling attire, not only for personal ease, but for general hereditary influences. Individual actors in this line are amply rewarded, and prove its salutary effects, but the assurance and bravery of numbers are requisite to weaken the hold the fashion scourge has on its victims. That hold is strong in proportion to its control of the mind; and that control is strong in the ratio of physical failure. If any need proof that the lightness and tethering length of women's clothes are at variance with strength and beauty, let them contrast natural forms with fashion's figures, and reasoning without prejudice, see the deathly loss by perversion.

Under this strain and disadvantage in all things reversed action is transmitted, and poor, partial, painful lives supervene. Deceit begets intrigue, and fraud fills the office called post of honor. Yielding to the avarice that subjects us to what is termed "the life of trade," inaugurates the death of integrity in all else.

A healthy state of institutions and commerce, as well as of human vigor, forms, and modes, forbids reckless imitation and demands obedience to natural law. Rising and coming generations appeal pathetically for the balm of power our performed duties would bequeath. Peace in nations, societies, families, await pure lives of individuals. Such lives are beacons and banners to multitudes, and must precede the heaven in hearts that radiate blessings. Who should hesitate before the poor opposition to pure food or style of custom that is release from physical bondage? Ignorance and impudence will stare till good suggestions bring reasoning thought. Example is the best suggester. When a favoring advance is made in these basic reforms other branches will more readily assume permanence and prosperity chase threatening conflicts. If woman's mission as counselor must a little longer be rejected, it cannot be as mother, as importer of qualities and influential companion, as moral savior or depraving siren to her masters, corrupter to the world enslavers. Can men grown to the liberal status, the resistance of tyranny, see not this line of underlying work, the endowing of bodily ability and freedom for both sexes through women; and seeing, can they be silent on the paralyzing and distorting power of the monster tyranny, fashion!

Major Wingfield on Lawn Tennis Costumes for Ladies.

FROM THE "THEATRE"

I HAVE been playing lawn tennis with a young lady (writes Major Walter Wingfield, the inventor of that splendid game) and I have vanquished her. She is younger and quicker than I am, and lawn tennis requires these qualifications, not great strength or vast endurance; so a woman can play as well as a man—this one did. How then did I win? Listen and I will tell you a secret. I won the game simply because I was dressed for lawn tennis, and she was not. Now why should this be? When she goes out riding she puts on a riding habit. When she goes to bathe she puts on a bathing dress. Why, therefore, when she plays lawn tennis does she not put on a lawn tennis costume?

Thus I mused; and then, as I leaned back in my easy chair, I think what sort of dress she might wear, and a vision of a fair form, clad in a tunic of white flannel, with a roll collar, a kerchief of cherry silk tied round her throat, the loose ends showing from under the white collar, a skirt of eighteen inches long, a cherry-colored band round her waist, and a pair of continuations of white flannel (such as men wear, only looser) floats through my brain. It seems a sensible dress, and a modest dress, that would shock no one. Yet I know women are critical about each other's dress. What will they say to such a startling innovation as this? I am nervous even about making the suggestion, and hopeless about it ever being carried out.

Be that as it may, still if any club will start such a uniform, the lady members will reap the greatest comfort and benefit, and compete with all others on the most advantageous terms.

After such a dress I have hardly patience to name others, but a Norfolk jacket, with a kilt reaching half way down

to between the knee and the ankle, and with a Tam-o'-Shanter cap on the head, would not be bad; neither would a vivandiere's dress, or a Turkish costume, with pyjamas, and a top skirt down to the knees, be unsuitable. A jersey is a comfortable garment, but I don't know how to finish it off below. Will Lady Harborton turn her attention to this matter? She will never have a better chance of introducing her divided skirt than as a lawn tennis dress.

At this moment I am aroused from my reveries by the butler, who himself does me the honor to valet me, bringing in my bath and my dress clothes. I ask him to wait a moment whilst I roll up all the clothes I have been playing in—a set of flannels, lawn tennis shoes, socks, cap, and my belt strapped round—and desire him to kindly take them down to the weighing machine in the hall, and weigh them. In a few minutes he returned with the weight written down on a piece of paper. I at once scribbled a note to my last opponent:

DEAR MISS C.: I have beaten you most unfairly. The clothes I was wearing in only weigh five pounds and a quarter. What do yours weigh? Will you kindly let your maid weigh them—everything you had on—and let me know? Yours, W. W.

The butler begins to think I am not quite sane, but he goes with the letter, and, when I come down to dinner, I am informed that it has been most conscientiously done, and that it weighs ten pounds and three-quarters. I saw the bundle; it was a big one, but of course I was not allowed to investigate its sacred contents. The dress was a tweed, tailor's made costume.

It follows that my thirteen stone of flesh, bone, and muscle has only to carry five pounds and a quarter, while her nine stone is hampered with ten pounds and three-quarters.

If to-morrow she were to play the best man in this house, dressed as I have suggested, and if he were handicapped by having a midway rug strapped round his waist, tied in at his knees, and pinned up coquettishly behind, I should be prepared to lay any wager that she would win.

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3 This number of The HEALTH MONTHLY, it will be observed, hails from the Dominion of Canada. Under the head of "Ho! for Canada!" the reasons for this change are given.

We beg the indulgence of our readers for occupying so much of our space with our quarrel with the postal department. But it is really no more our cause than it is that of our readers which we desire to vindicate.

We have been so delayed by our controversy with the United States Postal Department that we shall be a week or ten days behind time with our HEALTH MONTHLY this month. We mean to be in the hands of our readers by the first of every month.

Will the American Press

STAND idly by while we are fighting against postal despotism? To-day it is exclusion from the pound rates because a paper and its editors are not sound on the medical and physiological duck; to-morrow it may be because some cotemporary is not sound on the religious or political goose. Will editors kindly look over our present number and after reading what we have to say in our vindication in our editorial columns and under the head of The Outlook, give the postal department the castigation it deserves?

We consulted so good an authority as the Hon. Abram Wakeman, as to our rights in the Post Office, and he gave it as his opinion after looking into all the facts, that we had an unquestioned right to enjoy the pound rates in mailing The MONTHLY. Mr. Wakeman is well acquainted with postal law and postal usage, he having been the favorite Postmaster of New York under the administration of the immortal Lincoln.

The Final Decision.

Comstockism in the Postal Department Triumphant.

The Health Monthly Punished for its Advocacy of Advanced Ideas.

"THE mountain has labored and brought forth a mouse!" We have the final decision of the post office department at Washington, after a lengthy correspondence with our attorneys, numerous interviews between them and the post-office officials, an interview between the editor of the paper and the auditor of the New York post office, etc., etc. All this has been going on since the 20th day of April of the present year, made memorable by the appearance of two comets and by the ominous perihelia of the planets! We are compelled to join hands with what are called the "quack astronomers" and express it as our conviction that the comets, or the perihelia, or both, are quite sufficient to make people act as if they were beside themselves. Read for instance the following documents:

POST OFFICE, NEW YORK CITY, N. Y.

FIRST DIVISION, AUDITOR'S OFFICE, }
August 2, 1881.

Respectfully forwarding to the publishers of DR. FOOTE'S HEALTH MONTHLY the opinion of the Assistant Attorney General on the classification of the above publication, as directed by the First Assistant Postmaster General.
H. G. PEARSON, Postmaster.

OFFICE OF ASSISTANT ATTORNEY GENERAL,
FOR THE POST OFFICE DEPARTMENT, }
WASHINGTON, D. C., July 29, 1881.

SIR: I return herewith all the papers in the case of DR. FOOTE'S HEALTH MONTHLY.

Without entering into an elaborate discussion of the merits of the publication, one or two propositions may be laid down as settled beyond dispute:

First. The proprietors of the paper are interested as proprietors of a business largely advertised in its columns. This fact raises a strong, though by no means a conclusive presumption that the paper is designed primarily for advertising purposes.

Second. The paid-up subscription-list numbers three thousand; the circulation is about twelve thousand; three-fourths of the issue is, therefore, designed for free circulation.

As already remarked, while the fact that the publishers (Murray Hill Publishing Company) are the proprietors of a business extensively advertised in said publication, would not, if standing alone, add to the paper the character of an advertising sheet, yet when that fact is taken in connection with the further consideration, that three-fourths of the issue is for free circulation, I think the conclusion inevitable that the paper is not entitled to pound rates.

It will not do to say that this extraordinarily large issue in excess of the paid-up subscription consists of "sample copies," for while the law does not in terms limit the number of sample copies that may be sent at second-class rates, it does require that the publication shall have a "legitimate subscription list."

What number of subscribers are necessary to constitute a "legitimate list" and what proportion of the numbers issued may be sent as "sample copies," are questions I need not determine. I think it safe to say, however, that a publication advertising largely the business of its proprietors, three-fourths of the numbers of which are sent out as "sample copies," may be classed as a "publication designed primarily for advertising purposes, or for free circulation, or circulation at nominal rates," for it embraces to a considerable extent a part of all of these elements. Very respectfully,

A. A. FREEMAN, Ass't Att'y Gen'l Post Office Dep't.
Hon. J. H. MAHR, Act'g First Ass't P. M. Gen'l.

The foregoing might well be submitted without comment. There are few acquainted with the publishing business, and indeed not many intelligent readers who cannot see that this ruling, if carried out impartially, would exclude at least 30 per cent. of all the papers now registered in the second class from the privileges therein enjoyed. But, with some explanations, and with a few comments, the injustice which has been meted to us will be made still more glaringly apparent. Take for instance the first section of the official paper: "The proprietors of the paper are interested as the proprietors of a business largely advertised in its columns." This furnishes presumptive evidence that the paper is designed primarily for advertising purposes. Now, who that is familiar with the periodical literature of the day doubts for a moment that the Harpers are largely interested as proprietors in an extensive publishing business; the Appletons ditto; the Scribners ditto, and hundreds of others less prominent. And still these immense publishing houses all issue magazines and papers in which their business is largely advertised.

The second section puts the circulation at 12,000 and the paid-up subscription at 3000, and concludes that "three-fourths of the issue is, therefore, designed for free circulation." In our interview with the auditor we stated explicitly, and he took it down at the time, that our bona fide subscription list amounted to about 5000; that it sometimes exceeded, and sometimes fell below this number. When, at a much later period of the controversy, only indeed a few weeks ago, we were asked to make affidavit as to the paid-up subscription list, we stated not less than 3000. We did not refer to our books; had not the time to do so. It is no small matter to look over a list of something over 5000 names and see just how they all stand in regard to their subscriptions. We did feel safe however in making an affidavit that there were not less than 3000 on that list who were all up to the mark. Every publisher knows that subscribers are dilatory and that there are often those who fall quite behind in renewing. We have perhaps been more particular than most have been in erasing names who have not shown sufficient interest to promptly renew. But for us to have, say, 2000 or 3000 in arrears in a circulation of about 5000 would certainly not be surprising. And still many of the names of the parties in arrears would be perfectly good for their subscription.

The official paper has it that "It will not do to say that this extraordinarily large issue in excess of the paid-up subscriptions consists of sample copies." Why not? We have explained over and over again that these sample copies are mainly sent out in the fall of the year just as we are entering upon our new volume. We have said all the time that it had an average during the year of 12,000 per month; but we have not said that we issued each month 12,000 copies, neither to advertisers whom we wished to interest in advertising in our columns, nor to the post-office department in this controversy. We have explained fully that in November of 1890, one month before the close of the 5th

volume we issued some 25,000 sample copies; that in the previous October, as we were drawing near the close of the 5th volume, we issued 20,000; that in the September previous we issued 10,000. These large issues in the fall and just before a new volume were expressly for the purpose of increasing our circulation. According to our best information we did no more sampling than our neighbors in the publishing business. We did nothing like as much as many did. For instance, we received a circular from a Washington publication, asking us for our advertising, and as an inducement stated in so many words that they were going to issue 100,000 sample copies each month for four months! This occurring right under the very eaves of the Washington office. The post-office officials know just as well as we do that there are any number of publications which have done more sampling than ours has, and which are, nevertheless, not thus discriminated against.

The foregoing official paper says: "The law does not in terms limit the number of sample copies that may be sent out at second class rates. But it does require 'that the publication shall have a legitimate subscription list.'" Well, have we not a legitimate subscription list? So long as the law does not limit the number of sample copies, if, in the judgment of the officials, we were exceeding the bounds of propriety by sending out as many as we did, why did they not give us warning to that effect, and allow us to correct the alleged abuse? But what were the facts? The first intimation we had at all of alleged excessive sampling was when some six bags of our issue printed in April were thrown back upon us on complaint that we were sampling too much. We did not grumble at this, but affixing the stamps, forwarded the papers, and said that it was unnecessary for them to bring the matter to the attention of the department, as we were willing to abide entirely by the privileges they were disposed to accord us in respect to the number of sample copies we were entitled to send. But this action was only the thunder of an approaching storm. In a few days more we received the official documents, dated the 20th of April, relegating our HEALTH MONTHLY to the third class, the order bearing precisely the same date as the one issued to Dr. Sara B. Chase, excluding her paper entirely from the mails! We remarked then to some of our friends that Dr. Chase and her *Physiologist* were in the more fortunate position; they were where they could compel the postal authorities to rescind their order. The act was unconstitutional, if it was not indeed unlawful. It was really both. The officials themselves were not slow to discover their mistake and to make haste to retreat. But in our case the law is so indefinite and leaves the matter so wholly optional with the postmaster to determine what shall and what shall not be admitted to the privileges of the second class, we had—and so far as we can see have—no redress in the matter.

To give anything like a summary of the correspondence which has passed between our attorneys and ourselves in this controversy would make an article which would nearly fill the columns of THE HEALTH MONTHLY. There would not be room even for our own advertising.

and this we certainly cannot omit when The HEALTH MONTHLY is published primarily for advertising purposes! Suffice it to say that just as quickly as we answered one objection another would arise. Every one of them was just as weak as those which are presented in the official paper. There was no difficulty in answering them, and at once it would be thought that our wrongs would be redressed. Over and over again our attorneys have assured us that we were just on the point of getting a satisfactory decision from the postal department, and just so many times have new objections been sprung upon us, or else a hash served up from the old ones. It reminded one of looking into a kaleidoscope; no end to the changes that can be made with each turn of the instrument. It was evident from the first that there was a determination to handicap The HEALTH MONTHLY with burdensome postage. The law in reference to the publications which might be admitted to the second class was seized upon as an instrument to effect that purpose. When, one by one, the reasons given for such action were answered, new ones were presented or old ones were revived in a slightly changed form, but the determination to exclude us remained. *The question was settled at the outset* and it only remained to present some plausible justification of the act. We respectfully submit to our readers that that justification has not been furnished.

When our New York postmaster, Mr. James, was promoted to the Postmaster Generalship, we, in unison with many other New York business firms, freely expressed the opinion that this was an appointment under the civil service reform which was a credit to the administration. We shall be sorry to be compelled to change this opinion, but if Postmaster General James approves of this petty example of official tyranny having its origin in the post-office detective department and aimed against a publication which has been inimical to the methods of one of the post-office detectives, we shall certainly be compelled to reverse our judgment.

When our government and its laws can be used for such personal purposes how long will it be before we shall become as degenerate as Russia? There, we are informed, all manner of favoritism exists, and the appointees of the Czar can grant favors or inflict punishment according to their own sweet will.

Let no one for a moment imagine that the attitude of the postal department toward The HEALTH MONTHLY has any connection whatever with the question of economy or with the efforts of the new postmaster to lessen the expenses of the department. In an interview of the *Truth* reporter with Mr. Pearson, the New York postmaster was reported as having said that the department did not propose to pay for Dr. Foote's advertising! It will be quite time enough to say this when he is requested to do any such thing. We have never asked him to; we have never asked the department at Washington to put its hand in its pockets on our account. When a publisher pays two cents per pound he pays to the department \$40 per ton for delivering his publications. A ton of such matter can be

transported to San Francisco, Cal., from the city of New York for \$35. How few papers issued in New York or in any other city send any large number of their issues to a point so remote? The editions of any newspaper will mostly stop within the boundaries of its state where published; some would pass over the boundaries of adjoining states; and if they be papers of general interest a few copies may find their way into distant states and territories. The postal department therefore does not pay the postage on those papers. The Harpers would hardly like to have it charged against them that the postal department pay for their advertising, or indeed for transporting or delivering their publications. In addition to what we pay on The HEALTH MONTHLY we purchase postage stamps to the amount of \$2000 or \$3000 a year. If the circulation of The HEALTH MONTHLY increases the circulation of our books to any great extent the post-office is benefited. We pay a fair price for circulating The HEALTH MONTHLY; if that circulation brings orders for books the books have to be prepaid with stamps at the third class rate. As a mere business transaction, therefore, the postal department is greatly benefited by the periodicals issued by all publishing concerns, our own included, for by no just or impartial decision can we be excluded.

Ho! for Canada!

It must be not a little humiliating to the patriotic American that it can be said that the Dominion of Canada presents a strip of land above our northern boundary which is, after all, about the best ordered and freest on the American continent. Nevertheless, it seems to be so. It was found so in anti-slavery times when the underground railroad had its terminus there. Then the black man flying from chattel slavery in our southern states did not feel safe from his pursuers until he crossed the Canada line. It looks very much as if in the struggle for free thought in the future the Liberal may be compelled to look to Canada as an asylum for personal safety. Descending from stock which penetrated the wilds of America so far back as 1620, and from an ancestry which suffered greatly from the early Indian wars as well as in the struggle of the revolution of 1876, which was supposed to have won liberty to the states, we regret to be compelled to entertain these reflections, and we have hesitated not a little in committing them to paper. Under the new struggle for freedom the first fugitive seeking a new home across the border is our own pet baby, that we have been carefully nursing for the past six years—THE HEALTH MONTHLY.

How long our magazine may be in exile must depend upon circumstances. Canada has not yet been contaminated with the Comstock blight. If it ever extends across the border our neighbors will be more than punished for having sent us the Canada thistle. The law-makers and postal authorities of the Dominion would do well to keep a sharp lookout for this miasma which has so suddenly arisen in the states and which has seemed to act as a moral anæsthesia upon a people

usually alive to the liberties of its citizens, and always wideawake in all that concerns its material interests.

It is our desire so far as possible to patronize home-industry. But in this instance we are compelled to have our printing done in Canada. The Canadian postal law is more explicit than ours in relation to second class matter. Their bulk rates too are one instead of two cents per pound! The hollowness of the pretense that the postal department pays any part of the postage of publishers who in the states pay two cents per pound is here exemplified. And yet Mr. Postmaster Pearson in his interview with the reporter of *Truth* is represented as saying that he could "see no reason why the public should be called upon to pay for advertising Dr. Foote," calling our Monthly an advertising sheet. Query: Do the public pay the cost of circulating Harpers' periodicals when they pay two cents per pound, the regular pound rates? If not, then did the public pay for circulating Dr. Foote's *HEALTH MONTHLY*? But if the public really does pay the cost of circulating regular periodicals, is it right any more in the one instance than in the other? In the same interview Mr. Pearson is reported as saying that the law regulating the pound rates and who should be admitted to the enjoyment of them, "was passed at the instigation of publishers for their own protection." Ah, ha! Is this the "Somebody" in the fence? Is there a sort of "trades union" on the part of old established newspapers to keep the "outs" out while they enjoy the secured monopoly? Then there would appear to be an exclusive "Associate Press" controlling the rulings of the post-office as well as the privileges of the telegraphic system! Our friends the anti-monopolists have another rat to smoke out.

Well, we understand that the soil of the Dominion of Canada is free from all these vermin, and we are disposed to try it anyhow. In sending our pet "baby" so far away to school we confess to feeling many regrets. We save something in printing, but as we personally intend to stay at home and attend to our professional business, it will be editing at arms' length. We trust all our friends will bestir themselves to make what costs us so much trouble and anxiety a great success. Nothing is more disappointing to narrow and bigoted minds than to see the object of their opposition and hate grow and prosper in spite of them and their machinations.

"What is in a Name?"

In one stage of our controversy with the Postal Department, it was urged in evidence that our *HEALTH MONTHLY* was an advertising sheet that it was called "Dr. Foote's *HEALTH MONTHLY*." For the past nearly thirty years *Dr. Hall's Journal of Health* has passed through the mails without question. The smart people of the Post Office did not seem to suspect, because it bore that name, that it was an advertisement for Dr. Hall. We wish to say in this connection that we personally had nothing to do with naming our paper. We not only did not give it the name of Dr. Foote's *HEALTH MONTHLY*, but we suggested about a dozen or

twenty names in which our name did not occur, when the matter was being canvassed by the publishing company. Mr. John P. Jewett, the old publisher who issued Harriet Beecher-Stowe's "Uncle Tom's Cabin," was in 1876 the manager of the Murray Hill Publishing Company. It was he who suggested the name of Dr. Foote's *HEALTH MONTHLY*, and it was he who insisted it should bear no other name.

What our Friends can do for us.

SOME of our friends have kindly proposed to contribute to our defense. Many thanks. We are not in the courts and consequently under no other expense of a legal character than that of paying for the advice of counsel. Therefore all who have a few dollars to part with for a good purpose better send them to H. B. Brown, Treasurer of the National Defense Association, 141 8th street, New York, to be used when emergencies arise affecting the rights of any one.

Those who in the goodness of their hearts desire to help us cannot do us a greater favor than to do what they can to extend the circulation and usefulness of *THE HEALTH MONTHLY*, and those who feel disposed to patronize us for our encouragement can not only benefit us but themselves and friends by sending for some of the works advertised in the Murray Hill Announcerment.

What Publishers Think of it.

It is a remarkable fact, if the Postal Department has the least particle of ground to stand upon, that every publisher with whom we have communicated, has assured us that the position taken by the Department was untenable unless there is to be an extraordinary weeding out of newspapers now enjoying the pound rates. Four months have passed since we were excluded and there are as yet no symptoms of any such weeding! If any have doubted that there is a persecuting influence in the Department leveled at papers inimical to the American Inquisition can that doubt reasonably exist any longer?

In our advertising columns will be found an announcement of a new publication which will shortly be ready for delivery from the office of the Murray Hill Publishing Company. It will contain many things that everybody ought to know, and much that will be found very useful for reference. It will in fact be a good thing to have in the family, and its small cost will make it possible for every family to have one. A full contents table will be published later, but for those who like to have the first copies off the press of something new and good, we make the announcement now.

In Part III of Plain Home Talk the continence tenet of the *Alphian* school of reformers is practically answered. It is on this rock we split, for in most of the work of the *Alphites* we are heartily with them.

We have in type several letters from friends on various subjects which are unavoidably crowded out. They will appear in our next.

Interesting to Stirpiculturists.

THE *Scientific American* in one of its issues for August contained an article on "Composite Portraits" which we feel sure will prove of sufficient interest to all who are in sympathy with the objects of the Institute of Heredity to warrant us in quoting the article entire.

"At the last meeting of the Photographic Society of Great Britain, Mr. Francis Galton, F. R. S., read a paper on "Composite Portraiture," in which he stated that his attention was first directed to the subject some years ago, when he found that by taking two or more portraits of different individuals under exactly the same conditions, and superimposing them, the features, if not absolutely dissimilar, blended together and formed an idealized portrait which could be well seen when the image was thrown upon a magic-lantern screen. The register he adopted, so that the features should be identically superimposed, was by drawing a horizontal line through the eyes, another parallel to this through the mouth, and a third perpendicular to and bisecting these horizontal lines through the nose. The point of bisection between the eyes was that which he was especially careful to maintain in the same position in each portrait. Mr. Galton's first method of producing composite portraits was by means of a copying camera, paper positives being used. He now, however, uses transparencies, and he exhibited and described the apparatus which he had adopted for the purpose. One purpose for which he believed composite portraits would be valuable was that of producing a standard physiognomy of disease. With this object he had taken the portraits of a number of consumptive persons, male and female, and had combined them; and it was remarkable how a certain average of faces was found to be almost identical. Mr. Galton also exhibited a number of what he called typical portraits. One was the face of an idealized criminal, formed from a combination of seven portraits of criminals, others were the faces of consumptive patients, and a third series was that of the portraits of officers and men of the royal engineers. In one case he had combined the portraits of twelve officers, in another the portraits of eleven privates, and in a third he had combined the portraits of officers and privates. In each instance Mr. Galton said the individuality marking each class was strongly brought out and idealized. He also pointed out how, in every case, the idealized portrait was better looking than the faces from which it was made.

In conclusion, Mr. Galton referred to the use which photographers might make of composite portraits. He thought the process could be turned to a most interesting account in the production of family likenesses. Artistic excellence was of no consequence in the negatives, and all that was necessary was that the portraits should be taken under the same aspect, either as a perfect profile or a perfect full face, and under the same conditions of light and shade. The result of the combination of a number of faces of the same family was often very curious, not the least singular point being the circumstance that there was often a difference of opinion as to whom the idealized portrait was most like. Mr. Warnerke said, that when Mr. Galton first described his method, some years ago, he had tried the production of composite portraits and found the result exceedingly interesting. Captain A'hey expressed surprise at the result of an experiment which Mr. Galton had made to show that repeated exposures on the same plate made no difference in the result. Had not Mr. Galton proved that he was right, he should have expected some difference. After a remark from Col. Wordley, Mr. Galton observed that one curious result he had noticed was in the case of a combination portrait of two criminal boys. This portrait was given to an artist to copy, and singularly

enough, although the artist had never seen either of the boys, the picture he drew was a portrait of one of them rather than a copy of the composite."

All this goes to show that physiognomy has a scientific basis, and if physiognomy has a scientific basis, why not phrenology? And finally if physiognomy and phrenology have a scientific basis why not sarcognomy? Of course the friends of these discoveries have all along claimed that they were indeed scientific, and that their truth could be demonstrated. Prof. Joseph R. Buchanan, the discoverer of the science of sarcognomy produces maps of the entire human figure with all the different states and territories, so to speak, laid out upon them. He believes that character is indicated in the configuration of the entire body as well as in the features of the face. If composite portraits of the face can produce such results as those described we see no reason why the same portraits of the body may not carry this investigation still further. There would therefore seem to be not only physiognomy of disease but the sarcognomy of disease. Then if there be physiognomy and sarcognomy of disease there must also be the physiognomy and sarcognomy of health, and of perfect physical and mental development. Finding this type of mental and physical perfection, under the laws of heredity this type might be permanently established, and the defective types might be in time completely eradicated from the human family. To the reflective mind this suggestion only is necessary to show what a wide field of investigation opens before us.

The experiment with the faces of criminals teaches us an important lesson. We have always naturally felt sympathy for those who were cursed with hereditary disease; but, on the other hand, a feeling bordering on hatred for those who were blasted with the hereditary taint of crime. It would seem that there is a criminal type with its various differentiations. And if these differentiations may be seemingly obliterated by superimposing the features of several criminals in the way described, it is easy to see how, under the laws of reproduction, the differentiations from the ideal or primitive type may be obtained. The last fact mentioned in the article quoted presents a kind of artistic avatism. We are not disposed in this article to examine this subject in all its aspects, but simply to throw out these little points for our thoughtful readers to consider. Let them be, so to speak, a mental cud for the active mind to chew upon!

It unexpectedly happened that Prof. Buchanan called at our office while we were reading the proof of the foregoing matter. We handed the article to him for his perusal, and he at once became greatly interested and promised in our next issue to give his views upon the subject. So look out for an interesting number for October. Our readers cannot fail to be interested in a contribution from the discoverer of sarcognomy, who is unquestionably the greatest cerebral physiologist of the age.

We wish every one of the readers of the *HEALTH MONTHLY* would order at least one copy of "LIBERTY AND TRUTH" advertised in our columns. The proceeds

go to the treasury of the National Defense Association. The public needs the light and the association needs the money for disseminating the light. Both objects will be attained by sending only fifteen cents for this interesting pamphlet. Buy it; read it; and then give it to a friend.

"Let it Stand for a Month."

Our entertaining contributor, Mrs. C. B. Whitehead, who, by the way, has, under a nom de plume, contributed to THE HEALTH MONTHLY and other magazines very acceptably heretofore, requests of us that we allow her article headed "The Institute of Heredity," to stand for one month without editorial comment. She thinks that the estimation in which editors and doctors are popularly held would not only lead the editorial to claim the first reading, but would prevent the reader from giving her views the consideration which they deserve. We cordially grant the request, for we have neither time nor space in this issue to reply as we would like to do. It will be observed lately that most of our contributors have taken the *Alpha* view of the sex relation. As we have intimated before, bringing such views into prominence can probably hurt no one. Both sexual excess and sexual ignorance prevail to an alarming extent. Discussion which tends to lead people to seriously think and talk about these matters will have a tendency to evolve the truth, and the truth will ultimately redeem us morally, socially and physically.

THE United States Medical College has issued its fourth annual announcement, stating the terms and advantages offered by the college to those desirous of obtaining a full, liberal eclectic medical education. Though the college is young in years its managers and faculty are old in experience, and the number of its matriculants for the next session gives evidence that it is fast becoming a popular institution. Copies of the prospectus may be had by addressing Prof. R. A. Gunn, M. D., Dean of the Faculty, 114 and 116 East Thirtieth street, N. Y. city.

The Outlook.

Defense Fund.

RECEIPTS since last acknowledgment small. Patients making remittances for other purposes, have had some balances which they directed to be put into the Defense Fund. From Miss Emily Caster, line, 50 cents; from Mrs. Abbie Knapp, 75 cents; from a correspondent who wishes to be known as "Poverty," 50 cents. If all our readers would purchase a copy of Mr. Wakeman's pamphlet entitled "Liberty and Parity," they would materially increase the Defense Fund. The Defense Committee have quite a stock of these books on hand and would like to turn them into cash as soon as possible. Single copies only 15 cents; may be ordered of Mr. H. B. Brown, the Treasurer, 141 Eighth street, New York, or of us.

Is acknowledging money for the Defense Fund in the August number, Geo. S. Weaver is credited with \$2. This should have been \$5. Was, however, a mistake of the printer, as the footing-up shows. In our July number we had it right, and in the Treasurer's report a copy was right. It is but just, however, to Mr. Weaver to make a correction.

Letters from Friends on the Situation.

AN old friend of the HEALTH MONTHLY writes from Lewiston, Me.:

Sorry to hear that you and Mrs. Chase have again become the victims of the jesuitical Comstock, whose influence however, I think is rapidly on the wane, as public opinion among the people as well as in the political and judicial circles must ere long deprive him of his unconstitutional office, the functions of which people generally are beginning to more than suspect he is exerting or exercising solely from sordid motives. Evidently the discrimination against your paper and Mrs. Chase's is Comstockian or rather hellstockian, to please the bigoted superstitious element in society, who are now his principal backers upon whom he relies to keep him in office.

Mrs. A. R. Davis, of Fisher's Store, Comal county, Texas, in renewing her subscription, and sending some new names as subscribers, says:

It is greatly to be deplored that people cannot be allowed to study physiology in peace without being persecuted by men who are only influenced by mercenary motives. Every thinking person must know that a knowledge of human physiology and the laws of life is of more importance to the welfare and happiness of the human family than all other sciences combined, with that ignored and neglected. If every family had a suitable amount of useful reading matter thereon with which they could store their minds, it would promote morality more than all the sermons that are preached every Sunday. It would save souls from the torments of a hell on earth, and man would indeed grow to be but little lower than the angels and be crowned with glory and honor.

Mr. W. M. Preston, of Monticello, Iowa, an old subscriber to the MONTHLY, who has taken it from the first, renews his subscription and writes:

It seems perfectly astonishing to me that such publications as yours should be denied a free passage through the U. S. mails, when your best efforts are being put forth to elevate and improve the condition of humanity, while other publications which I would not have in my house, go free.

Our old friend, Dr. Le Roy, Sunderland, of Boston, Mass., in the course of a friendly letter, says:

I have read your last through and deeply deplore the monstrous injustice done you! Conservatism itself is the greatest fraud. And its victims delight in perpetrating frauds upon one and other, and especially those who do their own thinking. I am sorry it is not in my power to increase your Defense Fund a hundred or a thousand-fold.

Oren J. Burgess, of Pinkney, Mich., would have the HEALTH MONTHLY if the postage were to be charged at the rate of \$4 per year. Here is what he says:

I see by the last number of the HEALTH MONTHLY that you are to be paid one cent for each copy that you send me. Enclosed you will please find seventy cents for which I wish you to credit me to one year's subscription, beginning January next, the date at which my present subscription expires. The extra twenty cents is to pay the postage from this time until then. I for one shall continue to take the MONTHLY as long as it is published, even if I have to pay four dollars per year in postage.

Mrs. Abbie Knapp, of Dowagiac, Mich, sends a new subscriber and adds:

I was rejoiced to get the MONTHLY after hearing of its suppression, etc. I haste to add one more to your number, and shall continue to do so from time to time. I am very much encouraged with the prospects of the Liberals if they will only be true to principles and show their *back-bone*. Yours, ever for progress.

Mrs. A. L. Potter, of La Motte, Jackson county, Iowa, sends five new subscribers and says:

Enclosed you will find stamps to pay the Comstock postage. Hope all the friends will do as well in paying their postage. If I had a rope around Comstock's neck I would like to draw on it just a little. But in the end I think his work will result to the good of the cause. He will prove a sort of *bleeding in disguise*. Yours in the good cause.

Our old friend, Mrs. Elmina Drake Slenker, of Snowville, Va., closes a letter about a recent number of the HEALTH MONTHLY with the following complimentary allusion to it and its editors:

It is a real interesting number, and I do not see why such smart men as thee and thy son can not get that Post Office order countermanded and have so excellent a paper as the HEALTH MONTHLY got at pound rates. There is really more valuable information in one year of thy paper than in any of the large weeklies that are allowed special favors. I hope thee will keep insisting till the day is won. am grateful to thee for all the good words for our *Physiologist*. I am rejoiced that we have won our rights for present and future numbers of the *Physiologist*, even if the past ones are condemned. I am proud of Eliza Potter's praise.

Mrs. S. S. Stoddard, of Richland, Dakota Territory, writes:

The same day after sending my last letter, I received a copy of the HEALTH MONTHLY in which I learn that Sara B. Chase's paper has been excluded from the mails, and also the HEALTH MONTHLY will be fined one cent on each copy. I wonder what will come next. Well, if there are those that would persecute you, because you dare to do right, dare to speak and write what you know to be truth, and though others may be convinced they dare not face public opinion—I say if there are those that would injure one who has been a public benefactor like yourself, you have warm abiding friends that will stand by you let come what will. I shall do all I can to circulate the MONTHLY. Your subscribers, of course, will want to pay the extra postage. It will be only a trifle for them, but would be quite a large sum for you. I know if they feel as I do, they would.

In a later letter Mrs. Stoddard renews her subscription and pays the twelve cents Comstock postage. In the course of her communication she says:

You see I should feel lost now without your MONTHLY, for I have taken it over two years; it is very valuable and reliable as a health journal, and that is worth everything; we all want something we can depend on when we are sick, and we find in its pages much information of value to the sick to aid in their recovery, and also to enable those who are well to preserve the greatest of all blessings, good health.

E. G. Cary, of Truckee, Cal., writes:

It was with the greatest indignation I heard your instructive MONTHLY had been attacked and our brave *Physiologist* suppressed. It was an outspoken paper and treated upon subjects the majority of people are ignorant upon. Mental freedom is the birthright of every individual, and no one has any right to suppress the expression of ideas which are for the benefit and elevation of the human family. I have the utmost contempt for people who cannot hear the truth upon any subject without having their fine feelings shocked. If they only knew, it is ignorance and not knowledge that shocks them. I hope every reader of the HEALTH MONTHLY and *Physiologist* will feel it their duty to have a voice in this matter. I cheerfully enclose stamps for my postage and shall circulate the MONTHLY among my friends and do all I can to help the cause along.

Let us see what an experienced editor and publisher thinks about it. The following paragraph we take the liberty to quote from a friendly letter from Mr. M. M. Pomeroy (Brick Pomeroy) of the *Great West*, published at Denver, Col.:

It seems to me that if your publication is to be denied the mails as second class matter because you advertise therein the other newspapers, periodicals, or publications carrying their own advertisements for the benefit of the publisher must be denied access to the mails. In this case the editor of a country newspaper who advertises that he has the best facilities in the world for job printing and that he will exchange his newspaper for corn, beef, cabbage, oats, cucumbers, cartwheels, and other calamities, will have to shut up.

A gentleman of prominence in Washington who seemed to think that the Postal Department would have to recede from its position, wrote:

I should not think you would have much difficulty through legal counsel in showing that a regular paper regularly published could not be excluded from the mails *because it advertises*. You would be advised that there was no provision of law for so doing.

A. L. Ballou, of Buffalo, N. Y., sends the postage unjustly imposed on the MONTHLY, and says of it:

Its friendly visits are becoming quite indispensable. I consider this act of the Postal Department in discriminating against your publication as the meanest of all recorded meanness.

Mr. Chas. Miller of Kings, Ogle county, Ill., closes a letter with the following paragraph:

Now, sirs, I shall attempt to get a few subscribers for your paper in my neighborhood at least, as I think it contains some of the most valuable little diamonds of knowledge for the rising generation of our land that can be purchased anywhere in the wide world for fifty cents.

Mr. D. R. Burt, of East Dubuque, Ill., in a letter to the Murray Hill Publishing Company, renewing his subscription, etc., writes:

I value the MONTHLY highly, as well as everything from Dr. Foote's pen that I have read, and deeply sympathize with him in his injuries and persecutions so unjustly and wickedly put upon him; and regard him as a pure, brave, and exalted philanthropist, one that is in advance of the age; shall soon send him \$5.00 for his defense. My compliments and highest considerations of his worth and excellence. Truly his friend.

We appreciate very highly what our friend, Mr. Burt, says of us and his kind proposition to soon send \$5 for our defense. He will see by reference to the article copied from the *Truth Seeker* what disposition we shall make of his kind donation when he makes it. We shall feel just as thankful, however, for it as if we had personal use of it, for the Defense Association needs funds.

A Friendly Suggestion.

A FRIEND who has been in high official positions under the Government, in the course of a letter to us upon our trouble, says:

Now, my way would be to send out a good advertising solicitor and procure several pages of advertising for the excellent HEALTH MONTHLY, so that outside advertisers should largely over-shadow my own "axes." I would get a man in the business, long-known, and upon many prominent houses rely. No Post Office official can exclude a publication from the regular rates which prints a good line of general advertisements, no matter how many axes the editor grinds, and all editors grind more or less. It will not be hard to get reinstated when you can show half a dozen pages of all sorts of advertisements.

In answer to this suggestion from one whose advice we highly value, we will reply: We do not wish to devote much space to advertising unless we enlarge. Enlargement would require us to charge more for our paper. We desire to have the subscription price within the reach of everyone. In our advertising columns we wish to give prominence to advertising that will extend the circulation of such publications as are in sympathy with the views of the HEALTH MONTHLY, or which will lead to the discussion of them. We are always ready to receive such advertising from any source. In our "Book Review" we notice all such publications by whomsoever published.

Still (and make a note of this), we have never declined a line of advertising which was offered with our regular charges for the same, and we have advertised for some of the best business houses in New York. We prefer to give place to advertising relating in some way to hygiene, as we wish to make our HEALTH MONTHLY particularly valuable to those who are looking for means to recover or preserve health. No complaint can justly be made against us for having monopolized our advertising space for our own immediate advantage; but we could name periodicals basking in the smiles of the Postal Department, which are admitted unquestioned to the second class while they exclude everything that can possibly antagonize their own interests, and some indeed which exclude all advertising but their own. The postal officials have watched our periodical, and they know that if they discriminate impartially in this matter there are hundreds of periodicals which ought to be excluded from the privileges of the second class before closing the doors against our HEALTH MONTHLY.

As regards any axe we may wish to grind by the publication of The HEALTH MONTHLY, the largest one and

the one to which we have the greatest devotion is that which will cut away popular errors and thereby improve the health and happiness of the human family. Unless we greatly mistake ourselves, and unless we are greatly self-deceived, we have always felt more interest in this matter than we have in making dollars and cents. Our intimate friends charge us with this and often upbraid us for not regarding more closely our material interests. If building up ourselves and achieving material prosperity had been our main object during the nearly thirty years of our professional career, we could have acquired a colossal fortune. Others working in this line with only this object in view have done it. But, from the very beginning of our professional life we have placed ourselves in a position to be in continual conflict with popular prejudices, and have consequently been ever rowing against the tide. We have always been the under dog in every fight, and unfortunately we seem to always have a fight of some kind on hand, for there are constantly new live issues arising to engage the attention of those disposed to labor for the general good.

Have we made a Political Mistake?

An old whilom democratic friend, whose name in this connection we hardly feel at liberty to use without his permission, in the course of a lengthy, friendly letter upon the exclusion of *THE HEALTH MONTHLY* from the privileges of the second class, says:

"It pains my heart to think that the good republican government which you worked so hard for many years to plant in this country should ripen out as one of the most illiberal governments in the world, but such is the fact. This is the proof that many a time a person plants thistles when he thinks he is putting in peas; and if I may venture to croak just a little, permit me to say that years ago when I was doing something in the way of mild criticism against republican demagogues forming the base of the party, that I was not altogether out of the way."

If in the columns of a health journal we may be for a moment permitted to touch on politics, we would say that we carried the torch for the now dominant political party when a boulder from a border democrat put out our light; we openly sympathized with John Brown on the gallows when many of those who now hold high political positions said he was crazy; our house and office during the memorable July riot was marked for destruction by the anti-Negro mob. Not being able to leave our professional work during the war for the union, we voluntarily paid a bounty of about \$1000 to a physically stronger man to represent us on the field. In every presidential canvass from Fremont to Hayes we zealously supported the republican party. We (the Senior) voted for Mr. Hayes. During the late canvass our Liberal leader, the life-long abolitionist, the veteran republican, the brave champion of free speech, free press and free mails—the Hon. ELIZUR WRIGHT—passed the watchword along the lines that our cause was safer in the hands of Gen. Hancock, and we with thousands of others among the liberal ranks cast our vote for the worthy but defeated General. We always entertained a high opinion of Gen. Garfield; freely expressed it as our opinion that the convention which nominated him could not have made a better selection, and we remembered well the position he took in 1876 against granting further powers to Anthony Comstock and the vice society when further amendments to the postal bill were under consideration. But when our worthy chief had looked the ground over and gave us his opinion that we could expect more from Gen. Hancock than we could from Gen. Garfield, we kept step with the other "high privates" in the ranks. We do not regret it. Do not indeed regret that we did all we could for the republican party when it was a party of progressive ideas. Others may now gather the fruit which ripens earlier on old and decaying trees, and we will move on with the pioneers who are more devoted

to principles than to spoils. The democratic party may never again receive our vote. Day by day the ranks of those who advocate free speech, free press and free mails are growing. Their votes will be given to the man and to the party which holds out the best promise of upholding the American idea. Had we held on to the party which has always before received our vote, we feel sure we could have brought influences to bear on the postal department which would have secured our rights as publishers. But, as our principles and votes are not in the market, and cannot be had for anything that brings money, position or even personal comfort, we are resigned if not content, and conscience approves if expediency condemns for the course we have pursued politically. "John Brown's body lies mouldering in the ground, but his soul goes marching on."

Convention at Princeton.

On the 28th, 29th, and 30th ult., there was a convention of the Union Reform League at the Town Hall in Princeton, Mass. Princeton is the home of the Heywoods. Mr. and Mrs. Heywood were among the speakers, and all phases of progress were considered, and a demand made for the unconditional repeal of the Comstock law and all restrictions on thought.

A Censorship Impracticable.

SOMEbody in Boston has been making complaint of the immoral character of many of the novels found in the public library. He thinks these trashy things should be excluded. The trustees on the other hand reply that they must furnish such books as the public demand; that the fault is with the public; and that it is not a little difficult to decide what is a decidedly immoral book, so much depending upon the reader and so little upon the book itself. The *Tribune*, in making editorial comment upon the subject, remarks that "what might hurt one reader another might find wholesome or at least harmless." This conservative paper further says, "that as public libraries are constituted, the question of censorship once raised would blow up the whole concern," referring of course to the public library at the Hub. The same paper proceeds to comment thus: "If we are to have the libraries, we must run certain risks; and, after all, the question of moral or immoral reading, having taken care of itself ever since the invention of printing, possibly may be left safely to take care of itself at this time when we have so many public schools, to say nothing of our numerous churches."

Now this argument will apply just as well to the United States mails as to the public libraries. It indeed would be safer to undertake to institute a censorship over the libraries than to continue the present censorship over the mails. It might be urged that a community in which a library is located would have a right to say what should and what should not be admitted. But with the diverse opinions of individuals and communities scattered over the states and territories of the entire Union, it becomes a difficult matter to say what shall be refused mail facilities, the United States mail being a public carrier, supported by all the people of the United States, who have an unquestioned right to enjoy impartial facilities in the use of it.

(FROM THE "TRUTH SEEKER.")

Mr. Preston and the "Health Monthly."

TO THE EDITOR OF THE TRUTH SEEKER, Sir: In a recent issue of your paper our mutual friend, Mr. Preston, kindly made mention of my difficulties with the Postal Department in attempting to get the *HEALTH MONTHLY* readmitted at the rates of the second class, or, in other words, at the usual publishers' rates. In that communication he remarked that a retainer of \$50 had been paid to counsel in behalf of the *HEALTH MONTHLY* by the Defense Association, and expressed the hope that the Liberals would make up to me any losses I might sustain by having to pay the full rates of postage. In order that there may be no misunderstanding in regard to this matter, let me say:

At the outset of the trouble, when Dr. Chase, Dr. Kinget, and myself were all in the same boat, the *Physiologist* excluded entirely, and the *Health Journal* and the *HEALTH MONTHLY* thrown into the third class, it was proposed to make a test case of Mrs. Dr. Chase's, and I pledged \$25 to the Chase Fund. Of the moneys contributed to the Chase Fund \$50 were placed in the hands of an attorney as a retainer. The intention was to commence an action against the postal authorities if the order respecting the *Physiologist* should not be rescinded. Before any litigation was commenced, the postal officials, doubtless perceiving that they had overstepped the mark, re-

treated from their position and allowed the *Physiologist* its rightful mail facilities. As money was needed by the Defense Association to print some documents to be used in the furtherance of the cause at Albany, the \$25 I had pledged was used for this purpose. At the same time it was decided that as lawyers do not return retainers, the attorney who had been originally engaged should go right on and see what he could do in behalf of the *HEALTH MONTHLY* and the *Health Journal*.

The proposition that the Liberals should make up to me losses sustained by the denial of the privileges of the second rate to the *HEALTH MONTHLY*, although made with the kindest of motives, is a mistake. I do not wish to have the Liberals do this. If the post-office officials remain obstinate, and the subscribers of the *HEALTH MONTHLY* should see fit to make up the extra postage I am obliged to pay for mailing it, I should consider it a kindness, and, if they really value the matter that is served up to them, as only just. I have occasionally received some donations to the *HEALTH MONTHLY*, but I have invariably turned them over to the Defense Association as if contributed to the Defense Fund, and shall so continue to do unless it should be decided by the Association in an emergency to make some case of mine a "test case."

This explanation is justly due the Defense Association itself for the reason that its treasury is at present somewhat depleted, and that it sadly needs replenishing for carrying on the general objects of the Association. Contributors to the Fund might feel some hesitation in coming forward to do this if the contributions were to be used for the purpose of making up to any one losses sustained by an unjust ruling like that from which the *HEALTH MONTHLY* is presently suffering. The active members of the Association have on many occasions been required to put money into the treasury from their individual pockets, but have never taken out a cent for any personal uses whatever. Only a week ago Mr. Bennett contributed ten and I fifteen dollars when money was needed to pay a bill of electrotyping done for the Association.

E. B. FOOTE, Sr., M.D.

120 LEXINGTON AVENUE, NEW YORK.

DR. SARA B. CHASE's *Physiologist* made its appearance in August well filled with good and useful matter. "The Web of Life," a beautiful poem, by Augusta Cooper Bristol, prepares the appreciative reader for all the good articles which follow.

A bright new paper has made its appearance in the literary field entitled "LIBERTY." Such a heading in itself is attractive, but the artist has managed somehow to give it a bewitching beauty by its original typography. It is edited by BENJAMIN R. TUCKER, Esq., and is to be issued fortnightly at fifty cents a year at 18 P. O. Square, Boston, Mass. Among its striking articles is its salutatory entitled, "Our Purpose," "The Anatomy of Liberty," "Who is the Somebody?" and "Labor Cutting its own Throat." On the first page is a fine picture of Sophie Perovskaya, and beneath it a stirring poem to Liberty's martyred heroine, by Joaquin Miller. Mr. Tucker is an experienced editor, a brave and forcible writer, and we trust that under his management *Liberty* "has come to stay."

Another Liberal Decapitated.

CONSISTENCY is a jewel that finds no favor in the eyes of the N. Y. P. O. department, and impartiality is a virtue not known in its precincts. As we go to press we receive news that "MAN," a paper of the "Liberal" stamp, published by A. K. Butts, has been refused the privilege of second rates because it is not issued with strict regularity, and because the publisher offers to prove his mail circulation to advertisers. Yet a paper of about the same size, "on the other side of the street," is equally irregular without being debarred, and we are to-day invited to advertise in a paper that guarantees 100,000 circulation each month and offers to prove its mail circulation; and yet its actual subscription list would probably not equal that of the *HEALTH MONTHLY*, or of the "MAN" that has been decapitated.

Mrs. Elmina D. Slenker on the Situation.

I wonder if people realize what it is to have Anthony Comstock sit down on a paper with a cruel and deliberate intention to crush and destroy it—to wipe it out of existence and utterly annihilate it? This seems to be his aim now as regards Dr. Foote's *HEALTH MONTHLY*, a paper I have read and loved for many years, and one that has more good advice in it as regards the physiology of right living, the best and most hygienic mode of dress, the most proper diet, and the general rules for making happy homes filled with happy people, as well as the summary of the most interesting topics of the day, than any paper of its size I know of. Comstock is not satisfied with having suppressed one of Dr. Foote's most useful books and making him pay a fine heavy enough to entirely destroy the business prospects of most men, but now he must try to kill out his

valuable paper that thousands of us depend upon for medical advice and moral and hygienic instruction, by making him pay fifty dollars a month postage on it, while hundreds of worthless, trashy sheets go through the post-office for two cents a pound, simply because they pay court to his hobbies and utter nothing but stale platitudes and dull homilies on dead issues.

Do you not see, my friends, what all this means? Do you not see that it is a blow struck at the rights of advanced thinkers? The good Dr. Foote believes in doctoring to cure rather than in giving drugs and poisons simply because the old fogies say, "This is the law." And there is Dr. Kinget, too; his *Health Journal* is not allowed mail privileges because it talks on sex and blazes a free path for itself, offering a little germ of truth here and there to a waiting world. The bad law of a bad man steps in and crushes his paper as it did our *Physiologist*. You may think we are not harmed since our rights are partially restored; but alas! the cry of "Mad dog" still clings to our paper. It is at the mercy of every one of the 50,000 postmasters in the United States, each one of whom may do as our Snowville P.M. is now doing—refuse to mail or hand out a single copy of any issue, past, present or to come! For weeks I have not been able to mail or receive one at our office. The P.M. demands an order from Washington first. I wrote on, but the law is slow and uncertain, and meanwhile our business suffers and parties wonder why no paper comes. I am, only a woman; I have no voice in making or killing a bad law. So, my friends, one and all, I once more make my plea to you for help, and ask you to crush the Comstock law so entirely that neither it nor its vile agent shall ever more be able to harm any man, woman, book or paper. If we must have laws, let them be fair, just and equitable. If we must have men to execute our laws, let them be good men, who will be an honor and pride to the nation. Now is the hour of need. Who will put a shoulder to the wheel?—*Physiologist and Family Physician*.

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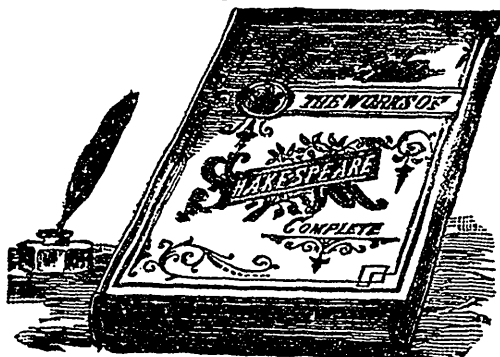
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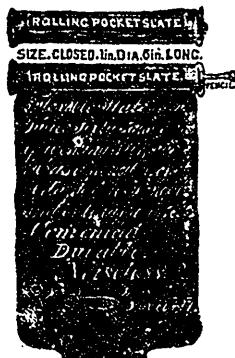
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