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## The Microcosmic Monthly.

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

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

### A NEW VENTILATOR.

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

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

J. J. W. S.

### MARCH.

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

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

EMMA C. DOWD.

### CONSTIPATION.

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

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

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

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

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

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

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

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

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

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

J. J. WALTER SIMPSON.

### CITY WATER.

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

have been most deplorable. Well, just that may occur now any day, and the danger increases as warm weather advances. Depend upon it, unless ample provision is quickly made for an adequate water supply, that evil day will overtake us as a thief in the night, and we may be literally overwhelmed with the calamity *a la* Chicago. Forewarned we should be forearmed.

But great as the danger to our material prosperity is from inadequate supply, the danger from a sanitary standpoint, owing to the impurity of the water, is immeasurably greater, especially so at this season of the year, and increasingly so as hot weather advances.

That two hundred thousand people should be daily supplied with water so largely impregnated with the foulest description of bay water that in appearance it resembles water that has been agitated over white clay or surface drift, is a most serious if not an appalling consideration. Our present water supply is full of the sources of disease; warmed, or allowed to stand for a short time it emits a fetid odor quite sickening to any human or animal sensibilities, except, possibly, those of the hog, and unless pure water be speedily obtained we cannot long escape terrible consequences in an outbreak of epidemics of typhus, typhoid fever and other zymotic diseases. When these shall come—as come they will, unless the causes of them are removed—let no one impudently charge the pestilential scourge to the “inscrutable ways of a divine Providence,” but to the *improvidence, incompetency and bungling stupidity* of the management of the Toronto Water-works. The only part God will take in this matter will be bye and bye to sit in judgment upon the actions of those who have turned the engines of pestilence and death upon the people.

J. J. WESLEY SIMPSON.

## MAN.

BY J. O. RARKETT.

A thinking lyre  
That rapt him with a holy fire;  
A soul whose pulses toned to love  
Are heard and felt in realms above;  
A kingly will, that armed with truth,  
Re-flocks old age with reverent youth;  
A bundle of constructing springs  
To mould in beauty grosser things,  
Evolved from alchemy's bonds to be  
Death's victor angelized and free;  
All nature blent in exquisite plan—  
What else is man?

## OLD AGE.

Dr. George M. Humphry, of England, has published the results of his inquiry into the causes affecting longevity, based upon information obtained concerning nine hundred persons over eighty years of age, including seventy-four centenarians.

In his general remarks the author points out that the current idea of development is associated with the periods of adolescence and maturity. It should not end there, but continue in a definite and orderly manner, though with lessening activity, to the termination of life. This is spoken of as “descending” development, and normally consists in the preservation of the relative proportions of the several structures, under the influence of a well-adjusted diminution of material and of nutritive activity. The author cites as an example the increasing lightness and brittleness of bone with age, proceeding *pari passu* with a narrowing range of muscular action, until a time comes when the machine stops, rather than is stopped by accident or disease, and old age terminates in natural or physiological death.

The requisites for longevity are found to be an inherent quality of endurance, popularly known as a “good constitution,” derived, as the statistics show, rather from maternal than paternal sources, a steady, persistent, nutritive force, and a good proportion of balance between the several organs. More than fifty per cent. of the centenarians are women, and a greater number of the female sex attain an advanced age, notwithstanding the dangers inherent to the child-bearing period of life. The more pronounced healthiness of the female infant is not without its share in the production of longevity.

Dr. Humphry says that the greater proportion of cases are referred to be of long lived families, to have enjoyed good health throughout their lives, and those have been moderate or small eaters, especially in the matter of meat. They have generally been accustomed, too, to much out-door exercise. Let those who are peat up in an office for nine or ten hours a day, and then only creep home to rest a brain wearied with a surfeit of badly oxygenated blood, remember this,

and take a hint from the next point wherein our old friends excel, viz., early rising. Sleep should come early in the night, certainly before midnight, and healthy people should be able to wake at six and rise at once. With regard to general circumstances, it seems that those who are accustomed to live in comfort rather than affluence attain old age. Moderate drinkers and abstainers are well to the front, although in one or two instances some “have drunk as much as they could get,” but from the very fact of their reaching one hundred years of age we are not disposed to believe that they ever could get much.

With regard to disposition, it is interesting to note how often the words “cheerful,” “chatty,” “amiable,” “placid,” “good tempered,” “energetic” occur. Thus we find one dear old soul dancing on her 101st birthday, and another, Peggy Walsh, reputed to be 124, retained perfect hearing and such good sight as to be able to thread a needle without glasses. Surely the length of their days was not full of sorrow and labor. Vigorous mental labor appears, other things being equal, to predispose to length of days, a capacity for prolonged mental strain arguing great brain power. Happily old age is not often accompanied with dementia, although frequently some evidence of childishness appears.

It is important to note that there is only one instance of death of a centenarian from cancer. It seems that the liability diminishes from about 45 to 55 onwards, and that after 70 there is but little to fear in this direction. With reference to bladder trouble, arising from enlarged prostate, only seven per cent. were found afflicted, and it was found that after 65 was passed the liability becomes constantly less.

The remarkable preservation of the teeth is an object of common remark when skeletons of our forefathers are brought to light, and the conclusion is hastily arrived at, that we of the present generation have certainly degenerated in this respect. There may be some truth in this, but it must be remembered that such skeletons are those of people often cut off in their prime by battle or disease, and that nowadays a larger proportion of people attain to old age than formerly, thus allowing time for dental decay and loss to occur.

But after all as the author says, “length of life is to be really estimated not by the number of years so much as by good work done; not by the amount of time spent in the same, fruitless manner indicated by the pithy lines of Cowper,

‘For fourscore years this life Cleora led,  
At morn she rose, at night she went to bed,’

but by persevering efforts to promote the welfare and happiness of our fellow men.”—*Popular Science News*.

## SLEEP.

The condition in which we pass at least one-third of our lives is certainly one of the highest importance and interest, and it is, even with our present knowledge, not devoid of a certain amount of mystery. We know that in sleep the amount of blood circulating in the brain is considerably diminished, and it is, undoubtedly, the time when the waste of the nervous system is repaired, and a store of vital force—whatever that may be—laid up for the labors of the ensuing day.

The profound influence which the state of slumber has upon the human system, is evidence to anyone who has ever passed one or more nights without the presence of “tired Nature’s sweet restorer;” and the feeling of strength, vigor, and well-being with which one awakens after a period of sound, dreamless sleep, shows that the restorative influence extends to every part of the body. The need of sleep is an imperative one, and, in many cases, is almost irresistible. Instances are on record of soldiers sleeping on horse-back, or even in the midst of a battle, and many a sentry has been sentenced to death for sleeping at his post, who was in no way to blame for his neglect of duty, but was simply overcome by a demand of Nature which he was unable to resist, even at the peril of his life. Similar instances are known of railroad engineers and steamboat pilots sleeping when on duty, with the knowledge that the lives of many others, as well as their own, depended upon their wakefulness.

The proper amount of sleep required by anyone is an individual peculiarity, and no general rule can be given. The new-born infant sleeps nearly all the time, but the periods of wakefulness soon grow longer, through childhood and youth, until the full-grown adult devotes a minimum time to the recuperation of his bodily energies, while in old age the need of more time for sleep is again felt. The feelings are the best guide in this respect, and if one awakes completely refreshed after six hours of slumber, that amount is doubtless sufficient for his bodily needs, while another person may require nine or ten hours of each day to restore the balance of vital profit and loss. Nothing, however, can be worse than to regularly deprive one’s self of needed sleep, in order to have more time for work or pleasure. This is like expending one’s capital instead of the interest, and although the final result may be postponed, it can only end in physiological bankruptcy.

The time for sleep is a particular consequence, and in large measure, of the darkness and quiet of night nature, but large num-

bers of people must, necessarily, reverse the usual practice and devote the daylight hours to slumber. Neither is there any particular hygienic virtue in early rising. The familiar old couplet is only true in a very general sense, and there are a great many cases where a man would be healthier, wealthier, and wiser if he delayed the time of his rising to an hour consistent with his own feelings and inclinations.

Dreams, undoubtedly, occur during disturbed sleep, or during the interval between sleeping and waking, and—although it is not easy to prove this—it is more probable that a sound sleep is a dreamless one. Unusual mental anxiety or excitement, or a disturbed state of the bodily organs, such as an overloaded stomach, may cause a certain activity of the mental processes, which will become manifest in dreams. The sudden awakening of a sleeper will often cause a dream in the brief interval before full consciousness is attained. Dreams more often relate to recent and important occurrences in our daily life; but, on the contrary, the most trivial incident, forgotten for many years, may be, as it were, stored up somewhere in the brain, to be afterward revived in a dream, with all the accompanying circumstances.

The literature and curiosities of sleep and dreams are, however, very extensive, and it would be impossible to refer to even a fractional part of the observed phenomena. A simple falling asleep, if it were not so common, would be a most wonderful and even alarming occurrence. Although the vital processes of a sleeper go on as usual, yet the mental life, the self-consciousness is suspended, and the sleeper is practically dead to this world, or else wandering in another and stranger world—that of dreamland. A dreamer may be said to be in two places at once, and if, from any cause, he should not awake, but continue to dream on indefinitely, it would be hard to say why he would not be living just as true and real a life as the one which he knew in his waking hours. Hamlet’s chief argument against suicide was that “In that sleep of death who knows what dreams may come?” and Bryant, in his poem, *Thanatopsis*, speaks of welcoming the approach of death,

“Like one that wraps the drapery of his couch  
About him, and lies down to pleasant dreams.”

It is a noble, and perhaps the most logical conception we can form of the great and inevitable change that must come to us all, to consider it as out the awakening from the dream of our present life into a higher state of existence, with a comprehension of the laws governing the universe and our individual being, which shall lead us to look back upon the experiences of our present life as we now vaguely remember the visions of a disturbed slumber, and with a little regret “at they have forever passed away.”—*Popular Science News*.

## HEALTH AND DISEASE.

The natural condition of living beings is one of health. A normal life history would be one of gradual development from birth to maturity, the continuance of maturity or adult life, with the perfect and uninterrupted actions of all the bodily functions, for a certain length of time, and at the last a gradual falling of strength until the vital spark goes out, like the flame of a lamp exhausted of oil, quietly, painlessly and almost imperceptibly.

It is safe to say, however, that not one person in a million can pass through life in this natural and ideal manner. The more highly developed the organism and the more complicated the vital processes, the greater the liability to abnormal conditions of their action. The lowest forms of life are, apparently, not subject to disease, but, as we ascend higher in the scale, the number and variety of diseases, as well as the susceptibility to their attack, constantly increases, until, in man, with his highly differentiated and specialized organism, his immensely developed mental faculties, and the more or less unnatural conditions of his civilized mode of life, every separate organ seems to be on the point of breaking down either by the degeneration of its organic structure or by the abnormal performance of its functions. This we call disease, and those who have not experienced it in a greater or less degree are exceedingly few in number.

Man, above all other animals living, is out of harmony with his environments. The course of his development from the lower forms of life, seems to have taken place with so great rapidity that the bodily organs have not had time to adjust themselves to the changed conditions of his existence.

The extraordinary and disproportional development of his mental faculties has led him to adopt habits of life which his anatomical structure and physiological functions are not adapted to sustain. Every gynecologist and obstetrician can testify that the abdominal organs are not even yet fully adjusted to the upright position of the body, and the structure of the circulatory system shows that, from the standpoint of the evolutionist, it is at a comparatively recent date that our progenitors abandoned the horizontal for the vertical position while walking or standing. If it were not for this superior mental development, which forces the bodily organs and members to perform functions to which they are not fully adapted, man, or the more highly civilized races at least, could not exist upon the earth, and as it is, the tendency seems to be for the

older families—that is, those of the highest mental development—to die out and leave their places to be filled by those who, with perhaps a less highly organized brain, possess lower bodily organs better adapted to the conditions of existence and the maintenance of life.

Among savage races, diseases are supposed to be caused by an evil spirit, and when it is exorcised or driven out of the body the patient recovers; thus, in the beginning of civilization, we find the offices of priest and physician performed by one and the same individual. That this belief is not entirely extinct even among people calling themselves enlightened, is shown by the numerous reported cures at the various shrines and holy places in Europe, to say nothing of that popular and preposterous delusion, the "faith-cure" in our own country. Even now the popular idea of the action of "medicine" is that it drives out, or in some way neutralizes the disease which is causing the patient discomfort or danger. Even the latest discoveries in regard to the microbic origin of certain diseases do not go to the root of the matter, and the truly scientific physician recognizes that health and disease are incidental conditions and phenomena of life. The great mystery of vitality will probably never be solved, but we know that disease is merely an abnormal action of the bodily functions, and that the natural tendency of the vital force is to restore them to the usual conditions. We have also found, by empirical observations, that certain substances, when introduced into the system, produce certain alterations in the action of these functions, and aid Nature in effecting a cure, and on these accumulated facts the whole science of therapeutics rest. Health is the normal condition of life, and existence depends upon the perfect equilibrium of all the vital processes. If this equilibrium is disturbed, disease ensues, and unless Nature can restore the balance, death is the inevitable result. To aid Nature in this work is the task of the physician, and the modern triumphs of medical skill bear a strong and convincing testimony to his success in his noble work. — *Popular Science News*.

#### DYSPEPSIA AND BAD TEMPER.

According to a personal paragraph going the rounds, Sarah Bernhardt says that whenever she has a fit of it is invariably followed by sickness. Sarah is seen the only person in the world that has such an experience. While dyspepsia is undoubtedly a factor in causing a bad temper, and frequent and ill-timed expressions of it, it is equally true that loss of temper not only sours the disposition but the stomach. Whether ill-temper precedes the dyspepsia or vice versa is a question. Dyspepsia leads to gout in many cases. A man of gouty habit should guard his temper well. An explosion of irascibility, especially near meal time, may so act on the digestive juices that they are unfit for their work, the food ferments instead of being digested, an attack of dyspepsia follows, and this is followed by an attack of gout, during which, of course, the sufferer has nothing of the mild temper of the turtle dove. It is a fact well known to physiologists that emotion and anger cause baneful chemical changes in the various secretions. Under the influence of violent passion the saliva is poisonous, and babies have been poisoned many times by nursing immediately after their mothers had passed through a storm of anger or emotion. From the standpoint of health, then, people should control their temper. — *Chicago Herald*.

#### WHY DOCTORS DISBELIEVE IN HYDROPHOBIA.

The disbelief, by doctors, in the real existence of such a fearful disease as hydrophobia, is one of the most curious illustrations of the thoroughly materialistic character of what is called medical science. It is only by repeated cases, occurring under their own observation, and under circumstances which contradict the medical notion that hydrophobia is "a disease of the imagination," that half of the doctors have been forced to abandon that untenable idea. Even now, very many physicians, in the face of the hundreds of cases, refuse to believe in any such disease as hydrophobia as a real disease, existing outside of the sufferer's imagination. The occurrence of the dread symptoms and fatal result in little children, and sometimes in persons who were attacked years after they were bitten, fails to convince such practitioners. They see that post mortem examinations of the victim's body fail to disclose any lesion, any mark on the organ, indicating any morbid change in the exercise of functions, or the texture of organs; so they reject the doctrine in toto that there is such a disease as hydrophobia, and refer it all, as they refer some other hard-to-explain phenomena, to the realm of "imagination" alone. It is one of the many inadequacies of a purely materialistic system, that it fails to comprehend truths and realities in a domain above the gross plane of visible, tangible matter. Yet the greater, real world is invisible to merely physical eyes. — *Hartford Times*.

Many a child has been rendered deaf for life by having its ears boxed. The blow may paralyze the aurial nerve or rupture the drum.

#### MY WEALTH.

I am not rich in gold or lands.  
My home no splendid palace stands.  
But with the labor of my hands  
I earn my daily bread.  
No liveried servants round me wait,  
I cannot ride in pomp and state  
Among the titled and the great;  
A humble path I tread.

And yet, a heritage I hold  
I'd not exchange for all their gold,  
And sounding names, and wealth untold—  
Their houses and their lands.  
I have a free and kindly mind  
That greed of gold can never bind—  
An eye that pride shall never blind  
To duty's high demands.

I have a soul with love imbued  
For all the human brotherhood,  
Confessing ever, "God is good!"  
Unwavering faith in Heaven.  
A faithful compass by my side,  
A chart that still shall be my guide,  
When widely o'er the raging tide  
My bark is tempest-driven.

I have a lyre that gently flings  
Sweet music from its trembling strings,  
And stirs the spirit's hidden springs  
To kindly melody.  
And friendly hands are clasped in mine,  
And starry eyes upon me shine,  
The while Love's dainty fingers twine  
A rosate wreath for mine.

If all that heaven hath granted me,  
If all these priceless treasures be  
The heritage of poverty,  
These treasures vast and sure—  
If riches be to care allied,  
If baseness walks by fortune's side,  
If gold begetteth foolish pride—  
Thank God, thank God, I'm poor!  
— *Phrenological Journal*.

#### SCIENTIFIC MOTHERHOOD.

As the slow, patient years pass on, we look less to swift results, and are content to build rather than to fly. Foundation work now takes first rank in our purposes, as it has so long done in the classification of our departments. The Kindergarten reaches out its motherly hands and grasps prevention and education both. Pitiful has been the argument of defeat that has sent temperance women back to the schoolroom, then to the nursery, as the only sure supply of temperance principles. Blessed will this defeat become if it but leads us to the little child as the central figure of our work.

The only royal profession in life is motherhood, and yet in no other are there so many inept members. I expect to see the day when schools for the training of mothers will be the chief corner-stone of a better civilization than the world has ever seen, and when young women will attend these schools more generally than they now flock to the cooking schools that are such a sign of promise in the land, and far more reverently will study their possibilities as co-workers with God in the endowment and training of his human image. But when one thinks of it, every young woman who studies kindergarten is gaining this preparation and if we could be instrumental in introducing a kindergarten course into every girl's school and woman's college in the land, we should practically attain the education of our sex for its highest and holiest vocation.

God hasten the day of a scientific motherhood, that will build into her child before and after birth the attitudes of wholesome appetite! Then will alcoholic drinks gurgle into their normal home, the gutter, instead of bespattering the temple of God, and tobacco will send the smoke of its torment from the bottomless pit where it belongs, rather than from that holy place, the organs of human speech, and the cradle of that heavenly rainbow, a human smile. But we must begin with the babe in arms, for the grown man is "up in arms" at the mere mention of such a revolution. — *Mrs. Frances E. Willard*.

#### POLITE CHILDREN.

"Thank you, Charlie," said Mrs. Brown, as her little son handed her a paper he was requested to bring.

"Thank you, Bridget," said the little fellow, a few hours after, as he received a glass of water from his nurse.

"Well, Mrs. Brown, you have the best mannered children I ever saw," said a neighbor. "I should be thankful if mine were as polite to me as yours are to the servants. You never spend half so much time on your children's clothes as I do, and yet every one notices them, they are so well-behaved."

"We always try to treat our children politely," was the quiet reply.

This was the whole secret. When I hear parents grumbling about the ill-manners of their children, I

always wish to ask, "Have you always treated them with politeness?"

Many parents who are polite and polished in their manners toward the world at large, are perfect bores inside the home-circle. If a stranger offer the slightest service, he is gratefully thanked; but who ever remembers to thus reward the little tireless foot that are travelling all day long, up-stairs and down, on countless errands for somebody? It would be policy for parents to treat their children politely for the sake of obtaining more cheerful obedience, if for no other reason. The costless use of an "If you please," and "I thank you," now and then, will go far to lighten an otherwise burdensome task. Say to your son, "John, shut that door," and, with a scowl, he will move slowly toward it, and shut it with a bang. The next time say, "John, will you shut the door, please?" and he will hasten with a pleasant smile to do your bidding.

**INDUSTRY AT HOME.**—Nature is industrious in adorning her dominions; and man, to whom this beauty is addressed, should feel and obey the lesson. Let him, too, be industrious in adorning his domain, in making his home not only convenient and comfortable, but pleasant. Let him be industrious in surrounding it with pleasant objects—in decorating it within and without, with things that tend to make it agreeable and attractive. Let industry make home the abode of neatness and order. Ye parents who would have your children happy, be industrious to bring them up in the midst of a pleasant, cheerful, and happy home.

**ANTIQUITY OF MAN IN AMERICA.**—Professor F. W. Putnam, the well-known permanent secretary of the American Association, recently made an interesting discovery which furnishes fresh evidence in support of the theory that man in America was contemporaneous with the mammoth. In a communication to the Boston Society of Natural History, Professor Putnam describes a shell found by him in the State of Delaware. Upon a portion of this shell is scratched the rude outline of what without doubt represents a mammoth. The shell was found under peat, and near by were human bones, charcoal, bones of animals, and stone implements.

#### BAD AIR AND RELIGION.

Many a farmer and house-keeper wonders why it is that they must needs take a nap every Sunday in sermon-time. When the parson gets comfortably into the second or third head of his discourse, and his congregation have settled into the easiest position to listen, gentle sleep begins to steal over their faculties, and the good man is surprised at finding his argument less cogent than it seemed when prepared in the solitude of his study. At home, the busy matron never thinks of eleven o'clock in the morning, and the man of business would consider his sanity or common sense sadly called in question should a friend propose a half hour's nap at that hour of the day. Nevertheless, they both sleep like kittens in their pews, and logic, rhetoric eloquence, are alike wasted in the vain attempt to rouse their sluggish souls. The question of the poet, so often sung in our assemblies,

"My drowsy powers, why sleep ye so?"

is exactly in point, and we propose as an answer, because we are all breathing carbonic acid gas—deadly poison: because the sexton didn't let the foul air of last Sunday's congregation out of the doors and windows, and let the fresh, pure air of heaven in.

Look around at the audience, that feverish flush isn't heat, it is poison. The lady nodding over there, her nose and cheeks like a scarlet rose, is not too warm, for the thermometer doesn't stand over 70 degrees; she is partially suffocated, what she wants is fresh air. The hard working mechanic and farmer doesn't sleep because he watched with a sick child last night, but simply for the want of oxygen to keep the flame of intellectual and physical activity brightly burning.

No body can rise on wings of faith in a poisonous atmosphere. Oxygen and religion cannot be separated in this unrighteous manner. We cannot live in conformity to spiritual laws, while in open violation of the physical.

Is your sexton a man of intelligence sufficient to understand the necessity and reason of ample ventilation? Does he know that every human being requires, at the least estimate, four cubic feet of air every minute? Linger when the congregation leaves, and see if he shuts every door and window tight to keep in all the heat till evening service; then see how thin the lamps burn in the vitiated air, how hard the minister tries to raise himself and listeners to the height of some argument, and how stupid they are—nothing but bad air.

Now for the remedy, which costs labor and money. For ventilation is a question of dollars and cents. Set Sunday the sexton should be instructed to open all the doors and windows to let out all the dead air, and let in such as is fresh. It takes no more coal on Sunday morning to heat the church to 70 degrees because of this purification. Sunday noon, let the opening of the church be again thrown wide—warmth and bad air will alike disappear, and though extra coal may



be required to raise the temperature, the minister will preach so much better in consequence, and the hearers will listen with such increased relish to the sacred word, that the loss of the pocket will be infinitely compensated by the gain of the soul.

### GOING UP AND COMING DOWN.

This is a simple song. 't is true—  
My songs are never over nice  
And yet I'll try and scatter through  
A little pinch of good advice.  
Then listen, pompous friend, and learn  
To never boast of much renown,  
For fortune's wheel is on the turn,  
And some go up and some come down.

I know a vast amount of stocks  
A vast amount of pride insures;  
But fate has picked so many locks  
I wouldn't like to warrant yours,  
Remember then and never spurn  
The one whose hand is hard and brown.  
For he is likely to go up,  
And you are likely to come down.

Another thing you will agree  
(The truth may be as well confessed),  
That "Codfish Aristocracy"  
Is but a scaly thing at best  
And Madam in her robe of lace,  
And Bridget in her faded gown,  
Both represent a goodly race,  
From Father Adam handed down.

Life is uncertain—full of change;  
Little we have that will endure;  
And 't were a doctrine new and strange  
That places light or more secure,  
And if the fickle goddess smile,  
Yielding the scepter and the crown,  
'Tis only for a little while,  
Then B goes up and A comes down.

This world for all of us, my friend,  
Hath something more than pounds and pence;  
Then let me humbly recommend  
A little use of common sense.  
Thus lay all pride and place aside,  
And have a care on whom you frown,  
For fear you'll see him going up,  
When you are only coming down.

—Sd.

**TEA DRINKING AND COLD FEET.**—Mr. Jonathan Hutchinson says in the *Arch. of Surg.*, that he once advised a lady to drink more tea. "I cannot touch it," was her reply. "It makes my feet icy cold, and wet with cold perspiration." On further enquiry she assured Mr. Hutchinson that she was quite certain of her facts, and had often tested them. She thought that the perspiration was usually of the soles chiefly. Her hands were, she thought, also made cold but not so definitely as her feet. Mr. Hutchinson says he had long been familiar with the facts that tea made the feet cold, but did not know that cold perspiration attended it.

**THE FOLLY OF NIGHT WORK.**—A great many people think they economize time by working into the night. A great mistake. In the morning the body is so worn out that you cannot do your work properly. This results even if the sleep has been long, for it takes some time for the body to recuperate after a strain, if it ever wholly catches up. There is never a loss when the body is consigned to the tender mercies of sleep.

### THE DEADLY COLD BED!

If trustworthy statistics could be had of the number of persons who die every year, or become permanently diseased, from sleeping in damp or cold beds, they would probably be astonishing and appalling. It is a peril that constantly besets travelling men, and if they are wise they will invariably insist on having their beds aired and dried, even at the risk of causing much trouble to their landlords. But the peril recedes in the home and the cold "spare room" has slain its thousands of hapless guests, and will go on with its slaughter until people learn wisdom. Not only the guest, but the family often suffer the penalty of sleeping in cold rooms, and chilling their bodies at a time when they need all their bodily heat, by getting between cold sheets. Even in warm, summer weather, a cold, damp bed will get in its deadly work. It is a needless peril, and the neglect to provide dry rooms and beds has in it the elements of murder and suicide.—*Good Housekeeping.*

**ALUM IN BREAD.**—Alum owes its power of blanching the paste of bread not to the alumina which it contains, or to the combination of this earth with the gluten, but to the sulphuric acid liberated by the formation of aluminum albuminate. According to Nothnagel and Rosbach, the prolonged daily use of alum in proportion of 0.05 to 0.1 gram, occasions gastric disturbances of great importance. The author finds that the artificial gastric digestion of bread bread effects the retention of

all the alum present. Hence it is possible that a quantity of alumina equivalent to 0.20 gm. of alum may enter the circulation daily.

### EYESIGHT.

Throughout life, from youth to old age, there is a process of change occurring in the refractive media of all eyes, so that every one who attains to a ripe old age will, at some time or other during his or her existence, be a fit subject for the oculist—or, in other words, will need to wear glasses. In young people this change is usually gradual and unperceived, but from middle life onward its effects are plainly apparent. Those who have normal vision while young will require glasses for reading when they have passed beyond the age of forty, and those who are near-sighted before this age is reached, need glasses in early life, if the degree of nearsightedness (myopia) be at all great, and yet they may be able to read perfectly well without glasses when fifty, or even sixty, years of age. Persons who are included in this category are apt to consider themselves as lucky exceptions to general laws, and are usually very proud of their sharp sight.

### RULES FOR GOOD HEALTH.

1. Be regular in your habits.
2. If possible go to bed at the same hour every night.
3. Rise in the morning soon after you are awake.
4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
5. Eat plain food.
6. Begin your morning meal with fruit.
7. Don't go to work immediately after eating.
8. Be moderate in the use of liquids at all seasons.
9. It is safer to filter and boil drinking water. Our city water is positively dangerous without such treatment.
10. Exercise in the open air whenever the weather permits.
11. In malarious districts do your walking in the middle of the day.
12. Keep the feet comfortable and well protected.
13. Wear woolen clothing the year round.
14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
15. Brush your teeth at least twice a day, night and morning.
16. Don't worry, it interferes with the healthful action of the stomach.
17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.

### WHAT IS IN THE BEDROOM?

If two persons are to occupy a bedroom during the night, let them step on to a weighing scale as they retire, and then again the morning, and they will find their actual weight is at least a pound less in the morning. Frequently there will be a loss of two or more pounds, and the average loss throughout the year will be a pound of matter, which has gone off from their bodies, partly from the lungs and partly through the pores of the skin. The escaped matter is carbonic acid and decayed animal matter or poisonous exhalation. This is diffused through the air in part, and part absorbed by the bedclothes. If a single ounce of wood or cotton be burned in a room, it will so completely saturate the air with smoke that one can hardly breathe, though there can only be one ounce of foreign matter in the air.

If an ounce of cotton be burned every half hour during the night, the air will be kept continually saturated with smoke, unless there be an open window or door for it to escape. Now the sixteen ounces of smoke thus formed is far less poisonous than the sixteen of exhalations from the lungs and bodies of two persons who have lost a pound in weight during the eight hours of sleeping; for while the dry smoke is mainly taken into the lungs, the damp odors from the body are absorbed both into the lungs and into the pores of the whole body. Need more be said to show the importance of having bedrooms well ventilated, and of thoroughly airing the sheets, coverlets, and mattresses, in the morning, before packing them up in the form of a neatly-made bed?

**A GOOD SUBSTITUTE FOR MOTHER'S MILK.**—Add a pint of boiling water to a pint of pearl barley; allow it to cool, and then strain. Mix one-third of a pint of this barley with two-thirds of a pint of fresh, pure milk, and sweeten with a teaspoonful of milk sugar. A mixture will be produced which strongly resembles human milk in color, taste, and consistency, and which has been extensively and satisfactorily used as a substitute.—*Medical Summary.*

It is a fallacy to suppose that the cravings of a patient are mere whims which should be denied. The stomach often needs, craves, and digests articles not found in any dietary.

### THE NATURAL FOOD OF MAN.

A correspondent of the *English Mechanic* has discovered the "natural food of man" to be "nuts and fruit." "I consume daily," he says, "about nine or ten good-sized apples—about three at each meal—and at the mid-day meal I eat two ounces or three ounces of nuts (weight when shelled). At breakfast and dinner occasionally add a banana or an orange. The outer surface of the body, including extremities, is certainly becoming more like that of a child. I am well on in the forties. I enjoy my fruit fare as I never enjoyed food all my life before. I do not know what a pain or ache is, and indigestion, flatulence, &c., are equally unfamiliar to me." "If my experience," he adds, "proves generally practicable, have we not found the road to easy independence, freedom from the ills and cares of existence, and perhaps a prolongation of happy, healthy life beyond the most sanguine expectation?"

### BUTTERMILK AS A DIURETIC IN CHRONIC BRIGHT'S DISEASE.

Dr. Henry D. White, of Nutley, N. J., says (*New York Medical Journal*) that in treating chronic Bright's disease, where the urine is scanty and high-colored, it is often very difficult to find a diuretic that will act satisfactorily, for any length of time. A patient of his, 55 years old, weighing 350 pounds, the mother of eleven children, has had Bright's disease five years. When he first saw her, about ten months ago, she was suffering from dyspnoea, constipation, excessive oedema of the legs, with small superficial ulcers, which caused intense pain. The urine was very small in quantity and of high color. Diuretics, laxatives, etc., were prescribed, with temporary relief; but nothing could be found in the way of a diuretic which did not speedily lose its efficacy. Treatment was continued, with little satisfaction to either patient or physician, for about four months, when, one day, the sufferer casually expressed a desire for some buttermilk. The doctor offered no objection, and the patient, in following the "indication" afforded by her own craving, entered upon a course of treatment; the results of which were most astonishing to her physician. The next time he saw her was about a week after she began taking buttermilk. She then told him that since she had been taking it she had passed large quantities of urine, of a healthy color. "It is needless to say," writes Dr. White, "that I was surprised at the result, as I had never in my reading seen any reference to its use." To satisfy himself as to the cause of the gratifying change in the patient, the buttermilk was stopped for two days. The urine at once became scanty and high colored; while, on returning to the use of the buttermilk, the urine increased in amount and became normal in color. Since that time the patient has taken no medicine of any kind, and has almost lived on buttermilk, never taking, however, more than two quarts a day. The bowels have acted naturally, the oedema has almost entirely subsided, the ulcers on the legs have healed, and the patient said she had not felt so well for years. Dr. White disclaims any attempt to explain the action of the buttermilk on the kidneys. "I merely give this," he remarks in closing, "as an example of its use as a diuretic, when everything else had failed. Whether it will have the same effect in every other case of chronic Bright's disease, I am not prepared to say, as I have not had enough experience with it yet. At any rate, it seems worthy of a trial."

**LACTIC ACID IN THE TREATMENT OF DIARRHOEA.**—In small doses (one to two fluid drachms) lactic acid is a valuable aid to digestion, and, in view of its antiputrefactive powers, it is of service in the treatment of various forms of diarrhoea. When given in small doses its effects are confined to the stomach, but in larger doses (over two drachms) it appears in the urine and faeces; hence, when desired, its typical effect on the large intestines can be obtained. A very good formula is to present it in the shape of a lemonade containing about one part of the acid in a hundred with syrup and water. Dr. Hayem claims to have derived great benefit from it in the treatment of *cholera nostras*, as well as in the diarrhoea due to tuberculous lesions of the intestines and other varieties of gastro-intestinal irritation.

**"IS HE CLEAN?"**—The *Phrenological Journal* asks this question, and tersely answers as follows: "One may be a blacksmith, a plasterer, a painter, a whitewasher, a tanner and currier, a stable boy even, and yet be clean. He can do dirty work, and himself not be dirty. But, if one takes filthy substances into his mouth or stomach, such as rum, whisky, beer or tobacco, he will emit a very disagreeable stench, which neither cloves, sweet flag, cologne, or other substances can counteract. He will be unclean."

According to the *Medical Times*, nothing so quickly restores tone to exhausted nerves, and strength to a weary body as a bath containing an ounce of aqua ammonia to each pailful of water. It makes the skin firm and smooth as marble, and renders the body pure and free from all odors.

## HOMELESS.

BY J. WILLIAM LLOYD.

Whoso hath home hath hope  
A wall of courage at his back,  
A coln of vantage for his feet,  
And for his head a rest.

Whoso hath home hath hope;  
The boasts upon the thousand hills  
Have all and one a cuddling place,  
A hole or nest for each.

Whoso home hath none is sadder than a beast,  
As poor as Christ, and lonelier than a fox.

## FALLACIES and DELUSIONS of the MEDICAL PROFESSION.

BY ALEXANDER ROSS, M.D., F.R.S.L., ENG.

Member of the Colleges of Physicians and Surgeons of Quebec and Ontario., Prof. Hygiene and Sanitation, St. Louis Hygienic College of Physicians and Surgeons, etc., etc.

The spirit of progress in the arts, sciences and industries of the world during the past fifty years has wrought no mark of change in the healing art. It is to-day, what it a ways has been, a colossal system of deception, in obedience to which, mines have been emptied of their creaking minerals, the intestines of animals taxed for their filth, the poison bags of reptiles drained of their venom, the blood of black cats and white puppy-dogs extracted by vivisection, and all those and many other abominations, have been thrust down the throats of credulous and long suffering human beings, who, from some fault of diet, organization or vital stimulation, have invited disease.

Less than one hundred and fifty years ago, the following disgusting objects were in daily use and formed the most prominent remedies (!) of the medical profession of that period; earth worms, hog's lice, snakes, toads, skin of hen's gizzards, viper's flesh, man's hair, dried human flesh, the heart of a mole, crab's eyes, hog's excrements—see "Praxis Medica," London 1740; by Dr. Sydenham (called the English Hippocrates), p. p. 151, 2, 3, 5 and 6.

From another standard medical work "Colloctaneum Medica," London, 1725, page 25, we find the following remedies: For Quinsy, powder of burnt owls, two drachms; burnt swallows, one drachm; cat's brains, two drachms; dried and powdered blood of white puppy dogs, two drachms. For Colic: wolf's guts dried and powdered, two drachms; old man's urine, three drachms; sheep's excrements, two drachms;—a sovereign remedy."

Less than one hundred years ago, the delusion of inoculation with small-pox to prevent small-pox, was practised by the medical profession as vaccination is to-day. Now, it is a penal offence to inoculate, as it was proved before a Royal Commission that tens of thousands of people had died from small-pox as a direct result of inoculation. This delusion swept into untimely graves more than one hundred and forty thousand people in England before it was abolished.

Less than seventy-five years ago witchcraft, charms, incantations and the spittle or touch of a reigning king were believed to be efficacious in the prevention and cure of disease.

Less than thirty-five years ago, millions of human beings up to that time had gone to untimely graves, begging piteously for a cup of water to cool their parched lips, while the burning fire of fever was consuming their lives. Doctors in those days said: "Cold water is death; do not give a drop. Give the patient a dose of calomel and a spoonful of warm water." Not only were fever patients denied cold water—nature's remedy—but light and pure air were also denied them; and they were drugged with calomel, physicked with jalap, depleted of their life-blood by the lancet, and starved until they gave up the ghost—a tribute to this medical delusion.

Less than twenty-five years ago, thousands upon thousands of human beings had up to that time been hurried into untimely graves by the lancet. Old and young alike were subjected to the fallacy of blood-letting for the most trivial ailments, thus, whole generations were swept into untimely graves by this bloody delusion, which, happily for the present generation, has been discarded.

Less than twenty years ago, calomel was in constant use as a sovereign remedy for every ill that human flesh is heir to. This destructive delusion was not discarded until it had filled the world with hopeless, helpless, boneless and toothless wrecks. Hundreds of the wretched victims of this fallacy still live to curse this destructive delusion of physicians of that day.

Less than fifteen years ago, the delusion of arm to arm vaccination was in fashion. The delusion was upheld by the profession until within the last fifteen years, when it was discarded, because it was proven beyond a doubt, before a Parliamentary Committee of the British House of Commons, that syphilis and other vile diseases of vile men, were transmitted by arm-to-arm vaccination from victim to victim; and there is no doubt that the bodies of hundreds of thousands of

the present generation are saturated to a greater or less degree with the sullered venom of syphilis, as a direct result of arm-to-arm vaccination.

The medical profession has gradually but grudgingly given up their old remedies—hog's lice, viper's tongues, toad's eyes, skull powders, wolf-gut drops, owl tonics, dried blood of a black cat, livers of white puppy dogs, spittle of a reigning king, excrements of sheep and pigs, old man's urine, bloodletting inoculation, arm-to-arm vaccination, and kindred filthy abominations: but in place of these fallacies, they have substituted the most active and deadly poisons, such as arsenic, strychnine chloral, morphia and scores of other poisonous, destructive and disgusting drugs, such as the numerous proprietary preparations of cod-fish oil, bullock's blood, calves stomachs, and other equally filthy preparations, that are laying the foundation of innumerable ills to the rising and succeeding generations of our race.

Vaccination.—When the fallacies of inoculation and arm-to-arm vaccination were abandoned and relegated to the same tomb with previous medical delusions—then this monstrous fallacy of vaccination direct from the cow was introduced, substituting the *putrid cast-off pus of diseased cattle* for the syphilitic pus of diseased men. No rational theory ever has been or can be advanced to support the ridiculous assumption that vaccination protects from small-pox. One thing is certain, thousands of children are killed annually by vaccination, or its after results; and, those victims of medical ignorance and cupidity are the only persons of whom it can be asserted with truth that vaccination protected from small-pox. This filthy and destructive delusion now holds high carnival and is enforced by the laws of the land with fine, prison and expulsion from our schools and colleges.

Thirty years ago, the young physician began medical practice by laying in a supply of calomel, jalap, ipecac and a lancet—these were the Samsons with which he went forth to slaughter.

"As yet the doctors had not come  
To use the duck-bill speculum,  
Nor artful douches upward sent,  
Nor introduced sea-tangle tent."

The young physician of to-day, product of the higher education of the present time, has discarded the fallacies of his predecessors of the calomel, jalap and lancet school, and embraces the fashionable fallacies of the day. He supplies himself with a hypodermic syringe with which he squirts poisonous drugs into the veins of his dupes. He next gets a duck-bill speculum a gynecological chair, and a varied collection of unnecessary, but murderous instruments, with which he is ready to break down the modesty, and ruin the health of his credulous victims—who are many at the present day.

## The Medical Profession Arraigned.

I arraign the leaders of the profession on the following grave charges,—with the rank and file of the profession I have nothing to say, they are but sheep led astray by fashionable lights.

(1) I charge, that whereas, the first duty of a physician is to instruct the people in the laws of health, and thus prevent disease, the tendency has ever been towards a conspiracy of mystery, humbug and silence.

(2) I charge, that the general tendency of the profession is to depreciate the importance of personal and municipal cleanliness and to inculcate a reliance on drug medicines, vaccination, and other unscientific and fallacious expedients.

(3) I charge, that they have encouraged superstition and humbug by inducing the people to believe in the germ theory of disease. Their object being, to make the public believe that the atmosphere being full of those germs or microbes, that diseases are beyond the control of hygienic, and sanitary means, and hence that small-pox, cholera, diphtheria, scarlet fever, can only be prevented by resorting to medicines, vaccination, quinine, or whatever may be the fashionable *setch* of the day.

I do not question the existence of infinitesimal living organisms or microbes in the atmosphere, but I do not believe they are in any way the cause of disease. They are the silent scavengers of the air we breath, they feast upon effete and decaying animal matter—they are beneficial helpers to an important end.

(4) I charge that the prevalent custom of advising a speculum examination for every trifling backache, earache, headache, ingrowing toe nail or bunion is an unnecessary outrage on the modesty of women and a reproach to the profession.

(5) I charge, that the present fashionable custom of applying woman for the most trivial uterine derangements, is nothing less than criminal, and in contravention of scientific practice. One brazen specialist boasts that he has spayed forty-five women within a few years. He deserves to be emasculated.

(6) I charge, that the prevalent fashion of ascribing all the ills (imaginary or real) that afflict women, to uterine ulceration, or displacements, is false in theory and false in fact, and is nothing but a cloak to ignorance or cupidity.

(7) I charge, that they prescribe to their patients—even childbearing and nursing women—the use of beer, ale, and other alcoholic beverages, which not only encourages drunkenness, but poisons the life-blood of

unborn children, and stamps an inefficible appetite for liquor on the rising generation.

(8) I charge, that they have bitterly opposed every real and scientific reform in the healing art; they have filled the world with incurable invalids, and given respectability to quackery by the outrageous quackery of the profession itself, disgusting all sensible and thoughtful men by their fallacies, fashions, delusions and humbug.

(9) That they have, under the treacherous guise of protecting the people from quackery, secured the enactment of most unjust monopolistic laws, which deprive the people of one of their dearest and most important rights—the right in the hour of sickness and in the presence of death to choose their own medicine.

(10) That they have by doctor craft hoodwinked the legislature into enacting compulsory vaccination laws which compel parents to submit the bodies of their children to the heathly, useless and dangerous rite of vaccination; and to deprive unvaccinated children of the right of education in our public schools and colleges.

I hold that every individual should be protected and sustained in his medical opinions as he is in his religious or political opinions, and any man or set of men who would withhold from his brother man this right would light the fires of the inquisition if he dared.

The medical practice of the future will be *preventive, hygienic and dietetic*. When the medical profession of to-day got through with their petty squabbles and jealousies, and their silly speculations, with the theoretical microbes of diphtheria, phthisis, cholera, etc., it is to be hoped they will turn their attention to the positive microbes of bad diet, bad ventilation, bad homes, and bad habits which invite disease and shorten human life.

The medical reformers, who have emancipated the people from many of the disgusting and murderous fallacies of the past, will, in spite of fine and prison, continue the crusade against the fallacies and delusions of the profession, until a more humane and natural method of treating the sick shall take the place of the present unnatural, unscientific and unreliable system of treatment. A better day is dawning, the people under the enlightened teachings of medical reformers, are beginning to think and act for themselves.

## WORTH REMEMBERING.

An extensively advertised "Microbe Killer" is said by the *Western Druggist* to be composed of 4 drachms of oil of vitrol, 1 drachm of muriatic acid, 1 ounce of red wine, and a gallon of water. The dangerous nature of this stuff is evident from the above formula.

POPULATION OF THE UNITED STATES.—It is some what remarkable that seventeen years ago General Walker practically suggested that 75,000,000 will be the figure for 1900. I do not believe he was far out of the way. A calculation based on the average per cent. of increase as shown by the last three enumerations carries the population for 1900 up to 78,810,363. Around these two figures my own judgment lingers, with a leaning to the latter.—*Hon. Carroll D. Wright, in the Independent.*

POSTING FLOWERS.—To send flower buds by post, cut a potato into two pieces, bore holes into them, and insert the stems of the buds, with cotton to support them. There is sufficient moisture in a good-sized potato to support a flower for two weeks in a moderately cool temperature. Flowers from bouquets or baskets may be preserved in the same way. The potatoes can be hidden by leaves or moss.

Society is becoming more tolerant of "cranks." Cromwell was a crank. So was Bunyan. So was Wesley. Such, at least, they were considered by their enemies. A man becomes desperately absorbed in a reformatory work, until all the currents of his thoughts flow toward it, and life has no meaning beyond it; he is a crank. Yet, after a while, thoughtful persons realize that he is accomplishing a useful mission. He is loyal to a principle.—*Western Christian Union.*

TEMPER AND HEALTH.—Good temper, with the majority of mankind, is dependent upon good health—good health upon good digestion, good digestion upon wholesome, well prepared food, eaten in peace and pleasantness. Ill-cooked, untidy meals are a great cause of bad temper and many a moral wrong and a person of sensitive physique may be nursed into settled hypochondria by living in close rooms where the sweet, fresh air and sunshine are determinedly shut out, and the foul air as determinedly shut in.

GREAT ADVANCE IN PLATINUM.—According to Russian advices, the whole of the platinum which will be produced in the Ural mines for the next ten years has been sold in advance to certain foreign companies. Owing to these contracts the price of platinum has advanced to about \$20.00 per ounce.

The turnkey of the Peoria jail, according to the *Medical World*, has a cure for *destrum cremens*. He rubs the patient with capsaicum, and in the enthusiasm and singleness of purpose with which the latter scratches himself he has no time to think of snakes. One day of this treatment is sufficient for any ordinary case.

## WHAT THE OLD MAN SAID.

Come hither child,  
I am an old old man,  
Yet once like thee I had a sunny brow,  
And curls of gold, and I was fair as thou,  
With gentle voice and spirit undefiled.

And so I grew  
Into a merry youth,  
And saw the finer side of all delights.  
My days were joyous all, and blest my nights,  
And love was mine and innocence and truth.

One hour there came  
A tempter to my side,  
He held the ruby glass close to my lip,  
And I, unwary, took a fatal sip,  
And all my better nature crucified.

For day by day  
The tempter came again,  
Until the poison grew a nectar sweet,  
And nothing to my vision seemed complete  
Without its honeyed guile, its witching pain

My boy believe  
Thou never canst be safe,  
If once that lurking poison fires thy veins;  
Ask God to keep thee from its awful pains,  
And be not then a drunken, aimless wail.

And boy, believe  
Even though at the last  
His wondrous love has dashed the cup aside,  
And given repentance, better I had died  
A child, uncursed by memories of the past.

MART A. DENISON.

**COLLEGE MORALS.**—College ethics! We do not speak of college axioms, for an axiom is an axiom, in college or out of it. We do not speak of a college multiplication table, for five times five are twenty-five in bank as well as in the scholus of the academy. We do not speak of college gravitation, for a student falling from the college tower will strike the ground as hard as will the citizen who falls from the court-house spire. Gravitation does not ask the question, is this the college tower, or is it the town stand pipe? It simply asks the question, how high is the fall? College ethics! College right angles! College parallel lines! The College North Star!

Put in plain English, the sentiment which prevails in many colleges is this: to tell a lie is wrong on the street, but right in college. To cheat is wrong in the market but right in college. To use personal violence is wrong in a saloon, but right in a college. To boycott is wrong in Ireland, wrong even in business circles in the United States, but right in a college. To destroy property is wrong in a cowboy, but right in a college student. To take a bellowing calf up a man's stairway, through his attic, and leave it upon his roof, half frightened to death, and half frightening to death the immediate neighbors, is wrong in a town boy, but right, even manly and honorable, in a college boy. To violate the golden rule is wrong in a heathen, but right in a Christian, provided the Christian happens to have his name on the college roll. The golden rule, so beautifully exemplified by the Divine Teacher, as binding upon the conscience of the pirate upon the high seas, of the liquor seller, as the young man appears at the bar for his first drink, of the Indian, with his tomahawk uplifted, of the gambler in his den of infamy, but foremost, this same golden rule was not made to measure the conscience of a Christian who has matriculated in a Christian college. —*Pres. G. P. P. John, De Pauw University, Greencastle, Ind.*

**VERBAL VICES.**—Indulgence in verbal vice soon encourages corresponding vices in conduct. Let any one of you come to talk about any mean or vile practice with a familiar tone, and do you suppose, when the opportunity occurs for committing the mean or vile act, he will be as strong against it as before? It is by no means an unknown thing that men of correct lives talk themselves into sensuality, crime, and perdition. Bad language easily runs into bad deeds. Select any iniquity you please; suffer yourself to converse in its dialect, to use its slang, to speak in the character of one who relishes it, and I need not tell how soon your moral sense will lower down to its level. Becoming intimate with it, you lose your horror of it. To be too much with bad men and in bad places, is not only unwholesome to a man's morality, but unfavorable to his faith and trust in God. It is not every man who could live as Lot did in Sodom, and then be fit to go out of it under God's convoy. This obvious principle, of itself, furnishes a reason, not only for watching the tongue, but for keeping ourselves as much as possible out of the company of bad associates. —*Indian Arcana.*

**MASSAGE** was a fine art with the Chinese about the time Moses was perfecting his plans for the exodus from Egypt. —*Times and Register.*

The Supreme Court of New Hampshire has decided that the law of that State, requiring a license for the practice of medicine, surgery, and dentistry is unconstitutional.

## PRACTICAL RECIPES.

The following varnish will maintain its transparency, and the metallic brilliancy of the articles will not be obscured. Dissolve ten parts of clear grains of mastic, five parts of camphor, five parts of sandarach, and five parts of elemi in a sufficient quantity of alcohol, and apply without heat.

**A GOOD CEMENT** for joining parts of apparatuses, etc., permanently solid and waterproof, and which resists heat, oils, and acids, is made by mixing concentrated sirupous glycerine with finely powdered litharge to a thick, viscid paste, which is applied like gypsum. Glass, metal, and wood can be cemented together by it.

**IMPERMEABLE GLUE.**—To make an impermeable glue, soak ordinary glue in water until it softens, and remove it before it has lost its primitive form. After this, dissolve it in linseed oil over a slow fire until it is brought to the consistence of a jelly. This glue may be used for joining any kinds of material. In addition to strength and hardness, it has the advantage of resisting the action of water.

**WATER PROOF COATING FOR WALLS.**—The following coating has proved very effective in preventing the penetration of moisture on the weather side of walls: Pitch, fifty pounds; rosin, thirty pounds; red ochre, six pounds; fine brick-dust, twelve pounds; all boiled together, with constant stirring, and then sufficient oil of turpentine—about one quarter the volume of the above—added to cause it to spread readily. It is to be laid on as thin as possible with a bristle brush.

**NEW USE FOR STALE BREAD.**—A safe, sure and certain cure for corns it is said to be found in a poultice formed of stale bread soaked in strong vinegar. It should be applied at night on retiring. In the morning the soreness will be gone, and the corn can be picked out. Obsolete corns may require two or more applications.

**TO RESTORE FURNITURE.**—*The Boston Journal of Chemistry*, gives the following as a "household receipt" for restoring furniture.—"The best preparation for cleaning picture frames and restoring furniture, marred or scratched, is a mixture of three parts of linseed oil and one part spirits of turpentine. It not only covers the disfigured surface, but restores wood to its original color, and leaves a lustre upon the surface. Put on with a woollen cloth, and when dry, rub with woollen."

**WHITENING.**—Pour boiling water on unslaked lime, that is, lime in the shape of stones, which have not fallen apart by exposure to the dampness of the atmosphere; cover the vessel over to prevent the steam from carrying away the finest particles of the lime, which are needed to permeate the smallest crevices; add one pint of salt to four gallons of the whitewash, stir it well, and apply it where desired; the salt unites with the lime, and forms a smooth, hard, white surface, lasting next to paint. A good whitewashing of all the fences and out-buildings of a farm house adds so much to the cheerfulness, tidiness, and healthfulness of the premises, that every intelligent farmer owes it to himself, his family, his neighborhood, and the general interest of the community in which he resides, to make it a point, at least once a year, to use a liberal supply of good whitewash wherever it may be applied with advantage, with the assurance that it will make his place much more salable, besides more healthful. —*Sci.*

## THE TABLES TURNED.

**A \$20,000 Writ Against A Wilford Hall et al.**

Messrs. Macdonell & Scott, Barristers, &c., acting in behalf of the Plaintiff, J. J. Wesley Simpson, of the Simpson Publishing Co., of this City, caused a writ to issue on the 2nd inst., from the High Court of Justice of Ontario against Hall & Co. et al., claiming damages for criminal and malicious prosecution, conspiracy, etc., etc., in the sum of \$20,000 and a further sum of \$10,000 for the publication of type-written circulars and a certain "warning" notice published by the defendants, Hall & Co., with which they are flooding Canada, the said "Circular" and "Warning" containing untruthful and slanderous statements calculated to do further and irreparable injury to the plaintiff's name and business throughout the Dominion of Canada—the field of business operations now being cultivated by The Simpson Publishing Co., of which the plaintiff is a chief factor.

**TAKE WARNING:** We will take any legal action necessary to stop, and punish Hall & Co.'s local Canadian Agents, and others whom we may detect in circulating Hall & Co.'s slanderous literature affecting J. J. Wesley Simpson, or The Simpson Publishing Co. For full particulars of this notable case and the action based upon it, see article "Disrespectful Tactics" in another column.

## BOOK REVIEW.



Publishers and Booksellers favoring us with books for review will receive under this heading each month a suitable notice—or pithy synopsis of the same; but nevertheless characteristic of our real estimate of the character of the work under review. We will also publish the price, when given, as well as the address of the Publisher or Seller.

**PLAIN HOME TALK AND MEDICAL COMMON SENSE.** By E. B. Foot, M.D. Though we cannot endorse all of Dr. Foot's advanced views and drug practices, yet his is a very readable and in many respects a very remarkable book that will set people thinking and practicing in the right direction. It is exceedingly simple and popular in style, so much so that any English reader (or German for that matter, as it is also printed in that language), can understand every sentence, while his method, language and philosophies are so original, limpid and unique that the dull reader is literally captivated and most willingly held to his task from the first to the nine hundredth page, and will then feel sorry that the end has come. Full Table of Contents, 16 pages, sent on application. Price by mail, \$2—English or German.—Agents Wanted.

**MARRIAGE AND PARENTAGE** and the Sanitary and Physiological Laws for the production of Children of Finer Health and Greater Ability. By M. L. Holbrook, M.D. Nearly 200 pages, bound in fine English cloth, by mail \$1.25. To be or not to be; to be and what to be; to be and when; under what conditions of blessing or blighting shall one be summoned "from out the ancestral spaces?" are questions as momentous, solemn and vital as any ever propounded by God to man. And since God has delegated the creative function of man, whereby man becomes the creator of man we see that these critical questions of progenal life or death, of their happiness or misery, of their heaven or hell, are entirely at man's disposal.

How overwhelming the responsibility! Properly understood and practised in the non-sensual wisdom of the Divine possibility, intention and purpose, to what a pinnacle of creative glory do such questions not exalt him! All who would minister at the creative altar in a holy, wise and reverent spirit, under a due sense of the supremely high honor and the equally high and commensurately grave responsibility should seek this volume as their ritualistic guide.

Stimulated wholly by considerations of gain, man, applying the hitherto forbidden principles of ztirpiculture, to floraculture and to the improvement and development of the domestic animals, has brought in the former miracles of beauty and variety and in both the former and latter a perfection of development and adaptation truly marvellous and also grandly prophetic of what the sons of man may become when begotten under similar wise—we do not hesitate to say Divine non-sensual conditions. Insanity, idiocy, crime, irreligion and profligacy are almost wholly, if not entirely, the result to society of an ignorant, sensual, or worse than brutal parentage. And yet, hitherto, society has put its ban upon the only means—divinely ordained, nevertheless—by which the world can rid itself of the foregoing awful catalogue of human misery! We say it reverently. Prayers and invocations alone will never eradicate the evil—though the church seems to think it will. Lack of space forbids further pursuit of this, one of the most vital of all human obligations, divinely imposed.

This is not a book for the salacious human brute but for the pure in heart—or those striving to become such,—that they may see God and become a co-worker with him. What a sublime thought! We mail the book in plain wrapper, secured from observation.

**PROTECTION ON FREE TRADE;** by Henry George. 216 pages, 12 mo., in paper cover. Price, by mail, prepaid, 25 cts.

The trade question is now the one living issue before the people of the Dominion, regardless of party politics. No one who wishes to be posted and so be able to form and to give an intelligent opinion on this subject will neglect to send for Henry George's work above described, especially since it is written and the subjects presented in such original and captivating fashion, that the reader will acquire the facts under the inspiration of a wrapt entertainment.

**ON "YOUTHFUL LISTS."** By William Pratt, M.A., M.D., Fellow of the Royal College of Surgeons of England, and Licentiate of the Royal College of Physicians of London, England. A booklet in paper cover, by mail, in plain wrapper, 65 cents, or sent in sealed package and registered for 50 cents.

In the introduction the author says: "My Young Friends,—I am about to address you on a delicate



subject. I shall endeavor to use as much delicacy as possible, still I am determined not to sacrifice plainness to any false modesty. I remember well my own hot youth, with all its cravings and conflicts, when, worried a friend to advise or a counsellor to guide, I worried myself frequently without a cause, endured miseries which might certainly have been alleviated, if not entirely removed, and committed mistakes which might have been easily avoided. I promised myself then that if ever I reached maturity I would give to a future generation the benefit of the lessons learned by my own hard experience, as well as those derived from my special knowledge as a physician. I now fulfil that promise. This booklet is in no sense a medical advertisement, but a clear, straight, noble and eminently practical and successful effort for warning the yet chaste youth of the terrible consequences of unchastity, launching the life-boat for him who has, perhaps unwittingly, fallen into the reluctant waves of sin, and with a strong hand bringing rescue and complete deliverance within the catch of every victim. Every parent who has a son at home or abroad cannot do a diviner act than to put this little work into his hand. Professor R. P. Proctor recommends parents to do this, and says: "If it is read by all who ought to read such a book its sale will be counted by hundreds of thousands."

NOTE.—For any of the above books, remit by P. O. order or registered letter, addressed to THE SIMPSON PUBLISHING CO., 60 Adelaide St., E., Toronto, Ont.

### PERIODICALS RECEIVED.

THE NORTH AMERICAN REVIEW for April. As usual, full of the best of really good things. More anon.

THE MONIST.—A quarterly magazine of Philosophy, Religion, Science and Sociology; published by The Open Court Pub. Co., Chicago, Ill. \$2.00 per year.

### PUBLISHER'S NOTES.

AGENTS IN QUEBEC and the Maritime Provinces who have hitherto obtained their supplies of Microcosmic Health Pamphlets from our branch office in Montreal, will in future kindly address all orders and correspondence to the Toronto office, as we find that we can better serve our patrons from headquarters here, and especially in those many cases of a special character where our advice and direction are sought. We have, therefore, closed the Montreal branch office.

THE MICROCOSMIC MONTHLY for February—(No. 2)—contains a valuable illustrated article on the subject of "Constipation"—that most fruitful source of nearly all diseases; "Typhoid Fever and How to Break it Up;" "Treatment of Diphtheria;" "Disinfectants," etc., etc., articles, the reading of which would benefit any one, especially invalids, to a much greater extent than many an interview with a physician that would cost \$5. We will send No. 2, to any address on receipt of 5 cents in stamps.

MOST ADVANCE THE PRICE.—We find that this journal cannot be profitably published at 50 cents per year. It should be \$1.00 at least, and we have decided to raise the subscription price to \$1.00 at the end of the present year. In the meantime we ought to get 10,000 subscribers at the half-value rate of 50 cents, and this is the one consideration in view of which we have decided not to raise the price until the present volume is completed.

In the interim, let every reader send us 25 cents for a six months' trial, or 45 cents to let Jan., '92. We will supply back numbers at 5 cents per copy—except No. 1—which we cannot supply.

WHY SHOULD CANADIANS send to the United States for Dr. Hall's Health Pamphlet when they can get a word-for-word reprint of the same with a valuable Hygienic Supplement added, together with a free copy of this journal for one year—all for the same price that they will pay for the Hall Pamphlet alone! The Hygienic Specialties contained in the Supplement are alone worth the entire cost.

TWELVE COPIES FREE.—We will send THE MICROCOSMIC MONTHLY free for one year to any one who will send us the names of not less than fifteen people who are out of health—especially such as suffer from troubles of long standing, that medicine has failed to cure—giving in each instance the full name, or the initials of the Christian name (simply Mr. or Mrs. Blank will not do), and the present post office address of each name so sent.

We will in no case mention the name of the sender of such names unless requested to do so in sending a copy to your friend.

This is the most liberal offer made by any journal in Canada and should secure us many thousand new subscribers every month.

Reader, just look this number over carefully and see if 12 such aids to health and right living would not be worth the slight effort to acquire. Address, THE SIMPSON PUBLISHING CO., 60 Adelaide St., E., Toronto, Canada.

### CORRESPONDENCE.

ENCOURAGING WORDS of the most hearty description, commendatory of THE MICROCOSMIC MONTHLY reach us from many places, from the Atlantic on the East to the Pacific on the West. Last month, without soliciting (personally) a single subscriber, we received an accession of nearly 300 names to our list. No doubt, whatever, but such a health journal as THE MICROCOSMIC MONTHLY is, and shall be—if our ideal be attained—is just what the people will appreciate. We are determined to give our patrons many times the worth of their money in the shape of the best health-literature obtainable—always popular, readable and practical. Let every one, therefore, who appreciates this number send us a year's subscription and see if you do not get many dollars worth of helpful advice in return.

THE FOLLOWING LETTER is just received from a Presbyterian minister down by the sea, who purchased our Microcosmic Health Pamphlet some time ago and who is not only greatly pleased with it, but also with our journal, concerning which he offers us some good advice as well as much encouragement. We withhold his name because permission is not given to publish it.

P. HILL, Mar. 27th, 1891.

To J. J. WESLEY SIMPSON, Esq.

DEAR SIR— I have been speaking to quite a lot on the subject and it seems to me the time is come for a great reform on the question of health. The world is getting trampled under foot of doctors. I verily believe that the Discovery (so-called) is going to mark an era in medical history. I was talking to a doctor on it; I overpowered him so that said he, "Don't preach that doctrine round here or you'll starve us out." I am of opinion whenever health journals find their way down to the people and they pay more attention to the study of themselves you will see a stampede that will be a veritable millennium. I regard that you have a most magnificent field before you for the beneficent work of health journalism. Push your paper into every corner of the land. Let us have the light. Let people think and study and know themselves. There is little reason for any one to be sick who knows and obeys the laws of nature. It is amazing, the profound ignorance of the world on the most vital subjects. They (the people) leave the question of their health entirely in the doctor's hands. There is an absolute poverty of the literature that people need. Would to God I had the genius and the money if I would not reach and knock at every door in the land. I am deeply interested in man's spiritual and physical regeneration. I have no doubt of your success as a journalist. Your paper starts well. Sail high. Don't give room to any sort of bitterness or personality. One word of that sort of thing shows a crack in the bell. Ring strong and sweet and clear for the higher good of man. If you are in the field before any other it has a significance to me that tells of your fitness to do the work. Wind and tide in your favor, you have a strong ship and a good crew, and I sincerely wish you "a bon voyage." Yours,

J. H.

### DISREPUTABLE TACTICS.

HALL & CO.  
(A. Wilford Hall & Co.)

AGAINST  
J. J. WESLEY SIMPSON,

OR

The Simpson Publishing Co.

On the 23rd day of June, 1890, I became a duly accredited agent for the sale of Dr. Hall's Health Pamphlet "throughout the Dominion of Canada," receiving my appointment from Hall & Co. at their office.

My relation to Hall & Co., was, therefore, and ipso facto, that of a general agent; as such the price of pamphlets to me was just one half the price at which local agents were supplied, enabling me to do business with such agents on precisely the same terms as those given by Hall & Co.; in fact, the price to me was allocated and fixed for the express purpose of enabling me to do such a business profitably with local agents.

In pursuance of this arrangement I began to cultivate a general agency business, at no inconsiderable expense of printing, postage, newspaper advertising, &c.

On or about the 29th day of Aug. last, I became aware of the fact that Hall & Co. were sending out to Canadian local agents a certain "Special Coupon Offer" of ten pamphlets at precisely the same price that I was bound to pay in quantities ten times greater.

This act of theirs—the very essence of injustice to me—absolutely without notice, confiscated my rights, profits and status as a general agent and threatened me with financial disaster—to avert which—I was obliged to re-print the pamphlet. This is precisely how and why I became the Canadian publisher.

Let it be remembered that Dr. Hall is a foreigner—does not even live in the Dominion; has no copyright here; is not the original discoverer of the system unfolded in his Health Pamphlet; and that his pamphlet is public property in Canada, then the perfect rectitude of the course their treatment compelled me to take, purely in self-defence, will most conspicuously appear.

About the 10th day of October last, I received a letter from Hall & Co., taking me to task for publishing their pamphlet and threatening me with certain penalties.

My reply and justification was sent them after a few days' delay and was, I believe, quite complete and un-

answerable at least unanswerable to by contrary fact and argument—for no such rejoinder has been received.

They did answer me, however, through a personal representative and in a most high-handed and reprehensible manner, as will presently appear.

On the 4th of November last I received a registered letter containing \$4—the price of a Health Pamphlet—from E. J. Hathaway, Baldwin St., Toronto, addressed to "A. Wilford Hall, Ph. D., L.L.D., 60 Adelaide St. East, Toronto," being an order for Dr. Hall's Pamphlet—a verbatim re-print of which had been and is still printed, advertised and sold extensively by THE SIMPSON PUBLISHING CO. at their office, 60 Adelaide St. East, as above.

When the Postman presented this letter I had no hesitation in taking it as an order from one who had unwittingly addressed his letter to the Author of the Pamphlet instead of to the Publishers of the same, especially, as Dr. Hall was not and is not even a resident of Canada, and the letter being addressed to my office number gave also ample confirmation to my conviction that it was an order in answer to our advertisements, and was therefore my property though addressed to Dr. Hall.

Prior to this event Robert Rogers—associate editor with Dr. Hall, business manager, and a member—so we are informed—of the firm of Hall & Co. came to Toronto determined, as the sequel proves, to get certain concessions from me by any possible means, fair or foul. Finding that he could get no ground of action against me in law he proceeded to create one. He instigated a plot in which three others if not more were engaged, the outcome of which was that the Hathaway registered letter was sent as a "decoy." It was the only letter that ever came to my office so addressed.

The next morning after I had received the Hathaway letter, Rogers revealed himself by coming to my office. Said he had come to stop me using Dr. Hall's name, portrait, and testimonials, and if I would give up these I might still publish the Pamphlet.

I replied that as I had been compelled to re-print the Pamphlet on account of their breach of faith with me as hereinbefore described, I would give up nothing.

He then charged me with getting their letters. This I denied, but stated how I had received the Hathaway letter the day before. He now went away, but returned shortly and said: "I have consulted my solicitor in reference to the letter you got yesterday, and he will advise the Post Office authorities to prosecute, but I do not wish to see matters assume that shape and if you will make me the concessions already named, that will settle the matter and I will go home."

I still refused, contending that I had done no wrong and Rogers went away the second time.

Late in the afternoon—same day—Rogers returned for the third and last time. This time to invite me over to his lawyer's office to hear the statute read on the subject of stealing a letter, alleging that I had committed a very serious crime, the penalty being ten and in any case not less than five years in penitentiary, but if I would make the concession to him, as before stated, he would let the matter drop—"that will settle it," he said, "but if you will not," he continued, "I will immediately swear out a warrant for your arrest, etc."

I indignantly refused to parly either with him or his lawyer; told him that I did not care how the statute reads: that it was enough for me to know that I am an innocent man and I still defied him. "Fire your guns," I replied hotly, "and I'll stand by mine: if I'm a thief I'll take the penalty, but concessions to you, never!"

Rogers left, and in half an hour detectives were hunting me as they hunt a felon—indeed, it was a felonious charge that they had against me; my office was invaded by them, the street watched, my house invaded at twelve o'clock at night by three or four detectives and searched from collar to garrot. Getting a hint that the warrant was out, I kept out of the way until my friends had arranged bail, when I gave myself up at the police court and was released, to appear for trial the next day.

Accordingly the case came before Col. Denison, P.M., on Nov. 7th, and would have been dismissed at once but for some technicality of law on account of which he sent the case on to the December quarter sessions.

At the police court it transpired that lawyer Nesbit, Rogers, one Rutter and Hathaway, as the tool of the others, all had a hand in the decoy letter plot.

In due course—early in December last—the case came before the jury, who heard only the Prosecution side of the case; yet on that showing, so utterly groundless was the charge, that the Grand Jury put a stop to further proceedings by throwing out the bill. In this action of the Grand Jury I have not only a certificate of honorable acquittal but an overwhelming condemnation of the tactics of Hall & Co., which I shall use with effect in my suit against them for indemnity, for particulars of which see the article "The Tables Turned," in this paper. The later disreputable methods of Hall & Co. are also dealt with in this issue of our Monthly. We greatly begrudge the space devoted to these personal matters, but as Hall & Co. are flooding the country with statements both untrue and slanderous, we are obliged to meet them in this manner as well as by legal process.

J. J. WESLEY SIMPSON.

## A STAB IN THE DARK.

## Hall &amp; Co's. Type-Written Circular.

We are in receipt of type-written circulars from our friends to whom they have been sent, evidently, from the office of Hall & Co., for the purpose of alienating from us the good-will and patronage of those to whom the said circulars have been sent. Our information leads us to the undoubtedly correct conclusion that all whose names have appeared in our advertisements, as recommending the Hall system—so called—have been the recipients of such type written circular.

This circular is printed on Hall & Co's letter head, and is as follows, with our answer following each section;

"Dear Sir:—Having noticed your name printed by J. J. Wesley Simpson as an endorsement of Dr. Hall's Health Pamphlet, we feel constrained to advise you of a few facts of which you are probably at present not aware."

ANSWER: We too, feel constrained to advise our readers of "a few facts" of which they are probably at present not aware. We might have followed Hall & Co's favorite Indian method of stealth, and sent our reply under cover of an envelope, but we are not Indian fighters; we will not pursue in the dark nor strike our opponent in the back. For "a few counter facts" please see articles in this issue, headed "DISREPUTABLE TACTICS," and "THE TABLES TURNED."

"1st. Simpson is not Agent in any sense of the word for Dr. Hall's Health Pamphlet, and any use he may make of his name is positively prohibited by Dr. Hall and is evidently intended for the purpose of deceiving people by attaching to his name a name which will give that respectability and honor which he well knows his own will not give."

ANSWER. We challenge Hall & Co. to show that I have ever claimed to be an agent of their's since The Simpson Publishing Co. brought out their Canadian reprint edition.

The fact is, we have made no such claim but, on the contrary, have since then advertised as publishers, not agent.

Dr. Hall could not have "prohibited" me from using his name as alleged. Those science writers ought to do more exact in their use of terms. He would like to "prohibit" me, no doubt, but he cannot: he has done all that he could do in that direction—he has simply objected.

Under the false claim of "Original discovery," Dr. Hall has given his name to a system that was the property of advanced therapeutists (if not public property), especially in England and France, certainly sixty, if not one hundred years ago.

Having fathered this pre-existent system and lifted it from obscurity into continental notoriety through the medium of his own remarkable personal experience, he cannot on that account prohibit other publishers of the system from associating his name with it; he cannot, even in the United States, where his own pamphlet is protected by copyright. And, as a matter of fact, his system—so called—is now published by others in the United States, who refer to it as the Hall system.

I am charged with using Dr. Hall's name for "the purpose of deceiving people, etc." This is not so, as will appear from my answer to the next section.

"2nd.—The Pamphlet which he sells is not that printed nor furnished by Dr. Hall, nor will Dr. Hall in any sense be responsible for the effects which Simpson's representations and Simpson's prescriptions may produce."

ANSWER.—It is obviously intended that the reader of this second paragraph will be led to the conclusion and conviction (both false) that I am publishing, in the name of Dr. Hall, a differently worded pamphlet from his, and thereby deceiving the public. The only sense in which our pamphlet "is not that printed nor furnished by Dr. Hall," is that his pamphlet is printed in the United States, from different type, and on American press and American paper; while ours contains an exact word-for-word reprint of his, but made from Canadian material, with the added advantage of a Supplement by the writer of this article, containing directions of a most practical kind for subsidiary treatment of a purely hygienic character, such as is recommended by advanced hygienic specialists.

I hurl back Hall's insinuations as to "the effects of my representations and prescriptions," and challenge him to show that my Supplement contains the first sentence, *as scientific, reasonable, practicable, or even less helpful in its specific application than is any direction that himself has given.* This is a fair challenge, as the Dr. has a copy of my Supplement to his Pamphlet, and is under no "Pledge of Honor" not to reveal its contents.

I do not wish to boast of my attainments, but surely I may plead a few years devoted to the study of medicine, physiology, hygiene and kindred subjects as sufficient qualifications and even justification, if that were necessary, for sometimes devoting my pen to these subjects, the more especially in the present instance, as Dr. Hall seems to fear that medical—or at least physiological and therapeutical—knowledge are in danger of dying with himself.

"3rd.—This man Simpson knows Dr. Hall's feelings of repugnance in this matter, and still continues to out-

rage common personal decency, simply that he may fill his pockets by dishonorably representing an honorable man."

ANS: I do not "represent," nor do I in any way whatever claim to represent Dr. Hall. I simply represent the hygienic system known and practiced by eminent specialists and hygienists long before Dr. Hall's time, which system he has appropriated and still claims as his by right of "original discovery," though he cannot now but be fully aware of the fact that his claim is absurd in the extreme.

Dr. Hall has been severely handled by certain American journals especially, for his piracy of this system which is the special heritage of advanced health reformers before referred to. Those journals—now in our possession—score him unmercifully for his dishonorable claim of "original discovery," which he still holds against overwhelming evidence to the contrary, and, we presume, thinks it "honorable" to do so.

Let it be distinctly borne in mind that Dr. Hall has no status or commercial rights in Canada in respect of his pamphlet, to print and sell the same, except such as every Canadian enjoys. He therefore has no reason in law, equity, or common sense to complain that his pamphlet has become an article of commerce in Canada.

Before Dr. Hall can claim the earth, he must first procure a charter.

In the light of the foregoing and especially in view of the fact that Hall & Co.'s gross violation of agreement with me as general agent, as elsewhere explained, was the point of rupture between us, the less they prate about "honor" and "honorable dealing, etc.," the better—at least, so we think.

"4th.—Simpson at one time purchased a Health Pamphlet from us and signed a pledge of honor not to reveal it, similar to the one enclosed. How well he has kept his promise you yourself can testify. We respectfully call to this matter your attention, believing that knowing these facts you cannot conscientiously lend your support to such disreputable business methods. A man who will so act to one man is hardly the party to be safely intrusted with any confidence from another."

"(Signed) Truly yours,  
HALL & Co."

ANS: The hand of the stealthy sneak and the abominable half-truth teller—so stated that he who reads will of necessity infer the lie that the sneak faint would speak—is clearly visible in the above paragraph.

"Simpson at one time purchased a pamphlet from us and signed a pledge, etc." "How well he has kept his promise you yourself can testify."—Certainly "you can," you may add, especially after reading this article.

The facts are these: I never "purchased a pamphlet" from Hall & Co., and "signed a pledge" in the sense that their statement suggests. I bought a quantity from them. "at one time," however, but signed no pledge; previously to this transaction, I bought my first Pamphlet—"a pamphlet"—from a gentleman in Toronto and, at that time, "signed a pledge of honor not to show or reveal, etc." Subsequently to this first transaction, as before stated, I bought a quantity from Hall & Co., at their office, receiving from them at the same time a written appointment as "an agent for the sale of Our Health Pamphlet throughout the Dominion of Canada."

Their appointment authorizing me to sell certainly cancelled my pledge (given to their agent) at least in so far as "showing the pamphlet and revealing the treatment to others" was concerned. Since then I have never disposed of a pamphlet without getting a like pledge except to agents, who are also pledged not to sell except to those who first sign the pledge.

"How well he has kept his promise you yourself can (now) testify." Thus Hall & Co. have, by characteristic circumlocution, evolved a lie straight and plump against me in order to have an opportunity to hold me up before the readers of their stab-in-the-dark circular as a pledge breaker and "hardly the party to be safely intrusted with any confidence from another."

I did not write this article for those who know me personally—it was not at all necessary to do so—for they can testify that my business methods will bear the closest inspection. For veracity, integrity and straightforwardness in business I do not fear the assaults of any man living who will have the courage to meet me in daylight and face to face. But sneaks and conspirators are a dangerous crew, who may nevertheless injure one's business incalculably.

J. J. WESLEY SIMPSON.

## REJECTED CANDIDATES

## For Life Insurance.

There are gentlemen in every community who would willingly and cheerfully pay any reasonable sum of money for such a degree of rejuvenation, as would enable them to successfully pass the medical examination requisite to obtain a policy in any standard life company. They have probably a weak heart, weak and intermittent pulse; some urinary or lung trouble in its incipency; symptoms of paralysis or extreme nervousness and general debility. All such should lose no time in investigating the claims of Dr. Hall's treatment in concert with certain other equally rejuvenating

hygienic processes as set forth in our Supplement to Dr. Hall's treatise.

ONE FACT ought to be perfectly demonstrated in the experience of such persons, especially if they have been doctoring for any length of time, and that is the utter inefficiency, the absolute uselessness of drug medication. \$4 DOES NOT GO FAR IN MEDICAL ADVICE, PRESCRIPTIONS OR PATENT MEDICINES; once the habit is formed of drugging for health, the drug supply requires to be replenished as regularly as the flour-barrel, and bye-and-bye disease claims its victim; all the same.

FOR CHANGE—TRY A \$4 TRIP ON OUR DRUGLESS LINE—IT'S THE CHEAPEST, SAFEST, SUREST, AND FULL OF PLEASANT SURPRISES, WHICH, GENERALLY, EVENTUATE IN THE COMPLETE SATISFACTION OF HEALTH RESTORED.

## A SPECIAL PRIVATE LETTER.

## Sample of Hundreds Received.

## READ IT:

"Will Dr. Hall's treatment cure nervous debility and the results of youthful errors? I have tried various advertised medicines, but to no purpose, except that I am more miserable than ever. Do not deceive me by a false hope."

Such a question and statement with the piteous appeal that follows, reach us from every quarter by mail and suggest painful considerations. Stimulated by excessive amours to the extent of almost complete exhaustion and paralysis and driven quite to distraction by his truly wretched condition, the victim is ready to take whatever offers relief. In this condition he falls into the hands of the conscienceless charlatan, who doses him with pernicious drugs, which have a specific, irritating and stimulating action on the vital secreting organs to a degree which leads the victim to believe for a time that he is improving in condition, but it is ONLY FOR A TIME. Bye-and-bye the secreting glands become too deadened to be further stimulated and the physical wreck is complete.

"There is hope of a tree if it be cut down that it will sprout again," and so there is not only HOPE but PHYSICAL RECOVERY SURE AND CERTAIN for such unfortunate wretches, BUT NOT IN ANY SYSTEM OF DRUGGING.

THOUSANDS ARE MAKING RAPID AND SURE RECOVERY IN THE USE OF DR. HALL'S UNIQUE HYGIENIC TREATMENT—IT BUILDS UP THE WHOLE SYSTEM, AND THE CURE IS RADICAL AND COMPLETE.

NOTE SPECIALLY.—The Specific Treatment for all Kidney and Urinary difficulties causes the most agreeable surprise to all who test it, in the very remarkable and directly beneficial effects produced.

YOU ASK: "How is it possible, or on what theory is it reasonable, that this Treatment should cure almost every disease?" WE ANSWER: "NATURE IS THE GREAT PHYSICIAN—THE ALMIGHTY ELIMINATOR OF DISEASE THROUGH AND BY HER COMPLEX PROCESSES. When we are sick, it is because Nature is handicapped, overweighted, clogged and impeded in her vital and rejuvenative processes.

This treatment reaches directly the vital centres and liberates the great Physician by removing all the weights, clogs and impediments, and thus permits, assists and restores the full health-flow of Nature in the system, before which all and every disease must give way, being forced out and supplanted by normal conditions and normal functions.

In this eminently reasonable way, and in this way only—BY ONE AND THE SAME VITAL FORCE—are all diseases overcome and driven out of the system.

This, then, is the rationale of the remarkable potency and phenomenal success of this drugless remedy.

We affirm once more that the treatment for specific and immediate health-producing effects upon the kidneys and urinary ducts is not only unique in itself, but was generally unknown to the savans of medical and hygienic science until Dr. Hall revealed this system; that, in its immediate, radical and beneficial effects, all who test it say, "It is indeed wonderful and is alone worth many times the price charged for the Health-Pamphlet."

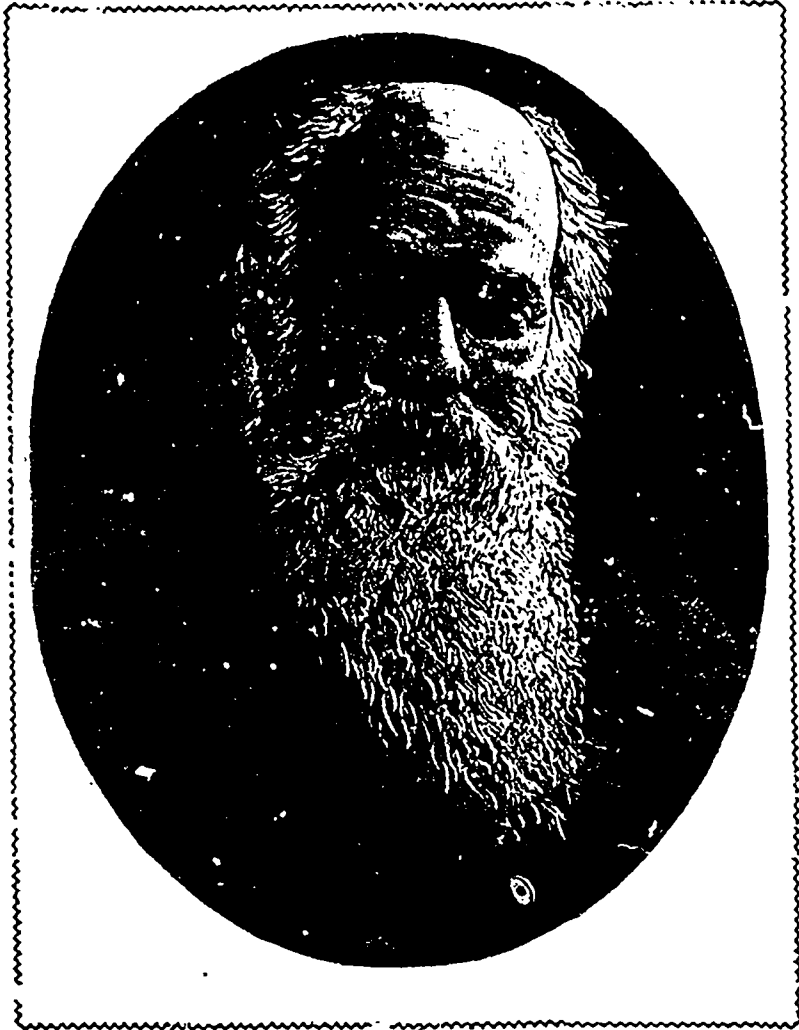
## FOR THE LADIES.

We have a private apartment in our office where ladies who desire it can have an interview with one of their own sex, who is thoroughly posted in all the requirements and particulars of our hygienic treatment. These office interviews are free to our patrons, and to all using the treatment whether purchased of us or not, on condition that, in future, they will recommend their friends to us to obtain the Health-Pamphlet, or, will obtain it from us for them. We shall always require some evidence from strangers seeking advice that they are in possession of Dr. Hall's Health Pamphlet. Better bring it with you, or, if writing for advice, make quotation from a certain page of the pamphlet and that will answer the same purpose.

WHEN WRITING for advice or information, kindly enclose stamp for the reply, as we cannot afford to give you our time—which is money—and pay postage as well.



**HIS VIGOR at the Age of nearly 72 Years is Truly Phenomenal.**



**HEALTH IS NATURAL. DISEASE IS UNNATURAL**

Nature Therefore Holds Health in Her Hand for all Her Children. She gives me Food and Raiment and why not Health also? So see will, but only in her own way.

**WHAT IS THAT WAY?**

**READ AND LEARN, "SEEK AND FIND."** The following pages explain the way by infallible guides and tests. **READ AND SEE.**

**THE WILFORD HALL REVOLUTION**  
(SO CALLED.)

**A LOST ART RESTORED.**

BUT TO THE PRESENT GENERATION  
IT IS

**A NEW HEALTH PROCESS**

More valuable by a thousand times than  
the Ketch Discovery.

This Statement fully confirmed by F. R. Hall's personal experience and the testimony of Physicians and others which follow.

Dr. Hall, of the firm of Hall & Co., publishers, is the editor of *The Microcosm*,—a religio-philosophical journal—and author of the "Problem of Human Life, Here and Hereafter," the latter of which has attracted all but universal attention in the literary circles of English-speaking people.

Dr. Hall claims to be the original discoverer of that system of physical purification and rejuvenation so lucidly, forcibly and convincingly set forth in the thrilling pages of *THE MICROCOSMIC HEALTH PAMPHLET*, as published by The Simpson Publishing Co., of Toronto.

We, however, dispute his claim of "original discovery." But whether Dr. Hall is, or is not, the "original" discoverer in no way affects the merits of that marvellous health-restoring system with which his name is now so inseparably associated, especially upon the continent of America. Dr. Hall was 71 years of age on the 16th day of August, 1890, and his portrait was taken about the beginning of the same year. It may be observed, in passing, that his titles are purely philosophical and literary and not in any sense medical; yet there can be no doubt but he is well up in

physiology, if not in the science of therapeutics, and as a science writer possesses undoubted ability we will admit.

It is quite possible that Dr. Hall never heard of this system until after he had discovered it for himself. With this candid admission in his favor,—though we can give absolute proof that the system was in practice before his time, we will now let him tell the story of his own physical condition, his experimentations, discoveries, etc., etc. He says:—

"THE OBJECT of this treatment is the maintenance of health, the promotion of longevity and the radical cure of disease WITHOUT MEDICINE. At no time since the study of hygiene became a branch of medical science has any discovery been made that can vie with this in its importance to the health of mankind. It is not offered now as a cure-all or panacea, nor is pretense made to perform miracles. But we do affirm that for those derangements of the principal organs of the body which are the origin of the vast majority of ailments which affect humanity and shorten life, the HEALTH PROCESS will afford speedy relief, and its persistent practice will accomplish a cure whenever a cure is possible."

"This discovery is more revolutionary and far-reaching than any therapeutical advance made during the century now nearing its close. All this is easily said and would pass for nothing, but for the enormous accumulation of facts and volunteer testimonials now massed in our office. These testimonials now reach the incredible number of more than 15,000, from all classes of sufferers and from every section of the world. We simply defy any intelligent and fair-minded man who will examine these testimonials and the philosophical reasoning set forth in our 'Extra' *Microcosm* to entertain a doubt concerning the merits of this discovery.

"The treatment which it discloses is unfolded in the 'Health-Pamphlet,'—a condensed description of 48 pages. To read and study this pamphlet is to gain a

fund of physiological, pathological and therapeutical knowledge that a hundred times the cost of the pamphlet would not purchase from its owner could it be given back and blotted from his memory. This is the testimony of thousands who have purchased it at the regular price, \$1.00, and the number of these owners, including the poor to whom Dr. Hall has sent the pamphlet free, now reaches more than 250,000 in whose families it is regarded as the most sacred and cherished of household idols.

"This prescription which has cost the author more than forty years of the most careful experimentation upon himself, is supplied to individual families with the understanding that outsiders are not entitled to the benefits of its revelations unless they shall purchase the pamphlet. No one should object to this with the fact abundantly demonstrated that this investment of \$1.00 will save the owner all outlays for drug-medication for life.

"At the age of twenty-nine, after years of public speaking, much of the time in public debates and in the open air, I found myself a worn-out, broken-down old man in what ought to have been the prime of my youth.

"For two or more years I had been fighting against the inroads of what seemed to myself and others as approaching consumption. During this time I was never without a wearing cough, producing the most painful effect upon my lungs with consequent loss of sleep as well as of appetite. My flesh finally began to wear away under this strain with fearful rapidity while still trying to keep up and continue my public labors, till at last I was forced to succumb to what seemed the inevitable.

"The trouble of my lungs produced its reflex action upon all other parts of my system. My liver became torpid, my digestive apparatus had almost ceased to perform its functions, dyspepsia set in with its horrible nightmare, the kidneys began to fail in their official duties, with constant attacks of inflammation of adjacent parts, and with numerous attacks of pleurisy, which at times, as it seemed, would surely end my existence.

"With indigestion came the most virulent constipation, which necessitated a constant resort to cathartics, none of which produced more than temporary relief, while leaving the dilapidated system in a worse condition than more.

"At last, reduced to a skeleton, with hardly the shade of the color of life remaining in my face, I was forced with terrible reluctance to give up all work and subside into almost entire inactivity, with scarcely energy enough left to leave my room or to walk a single block without stopping to rest.

"In this forlorn and despairing condition I saw only in the near future the lingering consumptive, to which my brother Samuel, two years younger than myself, had patiently succumbed a short time before.

"I sought the counsel of the able doctor who had attended my brother, and who had seen him die, and with all the frankness which I urged him to exhibit, he told me that my case was precisely that of Samuel, and that within less than a year I might assuredly expect to follow him to the same churchyard.

"A consultation of medical men from the adjoining towns, after sounding my lungs under a stethoscope, decided that one lung was partially gone, and the other badly diseased, and that there was little if any prospect that I could survive more than a year, if that long.

"The additional kindly advice of my own confidential physician, that I had better settle up and set in order my business affairs while I possessed the necessary strength and mental energy, was anything but reassuring that my future achievements in literature and science, to which I had looked forward with such glowing hopes and ambitious aspirations, would ever be realized.

"But as was my wont from childhood up, I resolved not to surrender, even to what seemed to be the inevitable, but with a desperation which I have no language to describe, I determined to seek some way out of that tangled wilderness of circumstances which had hemmed me in and chained my limbs as in a network of steel wire.

"I did not believe that it were possible for Providence to design and permit my death at that early age with the life-work before me which so plainly I foresaw in the distant future.

"I did not believe in the miraculous aspect of special providences so commonly and thoughtlessly entertained by religious philosophers, but I did believe in semi-inspiration which God somehow permits in great emergencies to come upon men when under the most intensified conditions.

"Besides, I saw that my physical condition, which had so summarily laid me at death's door, was mostly my own fault though resulting from over-zeal and ambitious efforts in what I regarded as a good cause, and therefore it was now my duty as well as my triumph to reverse the sin I had unwittingly committed against nature's laws if it were still in my power to do so, and thus make my own sufferings redound to the future blessing of the race.

"Such mental experience as I passed through during the following week or ten days, while lying on my bed or sitting listlessly, to all appearance, about the

room, working out my desperate problem of individual reconstruction—building life out of premature death—none but the pen of the recording angel can ever describe.

"Suffice it to say that I was not at all satisfied with the result of the medical consultation and decision, though my own most deliberate conviction was forced to coincide with the impartial diagnosis so evidently based on the indisputable facts of the case. But I was too personally involved in the result of the decision those medical experts had reached, to submit quietly, or at least without a furious protest.

"In a word, I resolved not to die by the triumphant power of consumption and its concomitant ill, but at once to enter upon such a conflict with the insidious destroyer as either to break his hold on my vitality or to take the victory out of his grasp by falling under the effects of my own desperate experimentation.

"Yet in all this mental agitation, in which I sought as never before to penetrate the secret archives of man's fearful and wonderful organism, not one thought of drug medication entered into my conceptions while thus seeking after some remedial process or agent capable of meeting the emergency of my case.

"I knew from my brother's recent experience that drugs could accomplish nothing in such an extremity, and consequently my whole scheme of organic reconstruction aimed solely to aid and abet the physical laws of my being, thereby to counteract, if possible, the work of disease and destruction going on in my system. And with the most penetrating mental effort of my whole life, I thought I saw that the only way to counteract these rapidly culminating invasions of circulation was by some means to supplant in the circulation, the disease-bearing germs which were doing this deadly work, by the life-giving elements of pure nutrition in harmony with the laws of vital force.

"This hygienic treatment applied in pursuance of this discovery, has not only saved the writer from consumption and a complication of physical ailments, restoring him to robust health at the time of its discovery and first adoption forty years ago (now forty-one years ago), but it has saved his health from breaking under a shattered constitution, and thus preserved his life on hundreds of separate occasions when exposed to colds and to all the hardships of a roving and adventuresome life on the open plains and amidst the snows of the Rocky Mountains, long before civilization had reached there.

"Not only has he proved the absolute health-preserving and health-restoring value of this treatment in his own person during the forty years past, with an left lung lacerated by disease and almost destroyed, but he has made it known to several personal friends on different occasions, who in like manner have proved its disease-mastersing and health-protecting merits, and that so, without medicine of any kind.

"As already stated in the December (1888) Microcosm, the discoverer communicated this secret to his personal friend, R. F. Stevens, M.D., of Syracuse, N. Y., more than twenty years ago, during which time that thoroughly accomplished physician has not only used the treatment upon himself regularly, but upon numerous patients, thereby demonstrating beyond the possibility of doubt the inestimable value of the discovery as thus subjected to every physiological and anatomical test within his knowledge.

"The writer has also, within the last two or three months (in the early part of 1889), permitted an eminent practicing physician of Columbus, Ohio—Jesse Huettig, M.D.—to try the treatment on a dear and dear relative who was passing rapidly away into a decline, and whose life was in serious jeopardy. This permission was given partly on account of the urgent appeals of the doctor for aid in the case of a very precious and valuable life, but especially to test the treatment once more before offering it to the afflicted, in the hands and under the manipulation of another educated "M.D. of extensive knowledge and therapeutic experience. This doctor writes, not only endorsing the treatment in theory as a marvellous scientific discovery, while accompanying his endorsement with a correct and most critical analysis of its rationale, but he is enthusiastic over the practical benefits that have already accrued from its application to the rapidly improving health of the friend for whose life he had solicited the secret.

"Suffice it to say, that the doctor, on witnessing these marked results of the treatment, was anxious to pay any reasonable sum in money as a small token of his grateful appreciation of the favor that had been extended to him, which offer was as generously declined by Dr. Stevens, who had given him the information by our permit.

"Let it be distinctly and forever understood that this is no scheme of quackery to draw money out of the afflicted, nor is it any sort of a patent medicine business, nor there is not a grain of medicine of any kind required in the treatment. Notwithstanding this fact, it takes directly hold of the worst cases of consumption, dyspepsia, liver complaints, headaches, heart disease, incipient consumption, diabetes, and Bright's disease of the kidneys, including fever and inflammation of the lungs and of other internal organs—not by attacking these so-called diseases directly, but by radically neutralizing and removing their

causes thus allowing nature herself to do her work unimpeded.

"This is wherein the secret and the great value of the new discovery consists, namely, in an original and most efficient process of getting at the root of all diseases, by removing impurities from the blood, and from the other circulatory vital fluids of the body, thus removing the efficient cause of nearly all the organic disorders and physical irregularities flesh is heir to. Thus the new treatment peremptorily inactivates by forcing a healthy and rejuvenating process of nutrition, including a normal assimilation of food; but above all by exciting a rapid elimination and uninterrupted excretion of all deleterious substances unduly retained in the circulation, such as effete matter absorbed from the abdominal viscera, as also worn out and decayed tissues of the organism clogged in the system by deranged processes of alimentary which this new treatment so infallibly rectifies, without medicine, and without the slightest restriction on diet.

"In thus elaborating the claims of the treatment, falling, as this preliminary personal statement will, into the hands of many educated medical practitioners, we are aware that we subject ourselves to the most unfavorable suspicions of being actuated by mercenary motives in setting forth a false and impossible claim of hygienic and physiological merit to our discovery. But we are compelled to take these chances or never make the discovery known to the slightest benefit of the afflicted or the least advantage to the cause for which this journal stands as the organ.

"To our old readers who have followed our discussions and investigations for these ten or twelve years past, we need to make no assertions of candor or protestations of honesty as to our convictions concerning the great value of the treatment under consideration. We can only say here that the discoverer of this treatment has been too long before the public as the relentless opponent of frauds and humbugs in science to afford to associate his name, at this late day in his life, with any scheme or process affecting health and longevity which he does not conscientiously believe to be a blessing both to the afflicted and to those in health."

And in another place he says:—

"The pages to follow this introduction will faithfully unfold and set forth the experiments justifying these predictions, the causes and processes of reasoning which led to them, and the surprising and even astounding effects which they produced in raising an emaciated invalid given up by his physician to die, to a condition of vigorous health which now, after forty years and at the age of seventy—now 71—bids fair, barring accidents, to last for many more years to come.

"In fact he writes, considering his own present longevity, taken in the light of his physical condition at the commencement of his new system of treatment, as equal already to a full century of years, lifted as he has been to robust health from an utterly broken down constitution, with one lung partially destroyed and the other badly weakened. To have revived and then survived forty years, he practically counts under the circumstances as nearly two years for every one he has since lived and worked.

"In truth he simply knows, just as he knows any other physical fact coming within his own observation, that the hygienic treatment he then discovered, and has ever since faithfully put into practice, saved him from a consumptive's grave, which his brother had found the year before, and which they had both inherited from their mother.

"To true his years ever since have been an arduous struggle for existence, his damaged lungs being like the shattered fortress of a besieged army, requiring constant watching by the most vigilant sentinels, thereby giving all the more credit to the system which has saved his life.

"He has waited patiently for these forty years of experimentation to roll around before formally announcing the effects of his discoveries, though, as stated in the Preface, he has frequently been urged by practicing physicians to give the world the benefit of his wonderful experiences. Contrary to these urgent suggestions he resolved, even at the start of his experiments, to say nothing about his discoveries publicly until he could feel, by absolute personal assurance in watching their effects upon himself, that they had done all that he claimed for them at the start, namely, carried his shattered constitution even beyond the fair equivalent of what he regarded and still regards as five score years of longevity.

"Behaving this to be only a fair proportionate discount for his physical condition in 1849 and for his necessarily fluctuating condition since, in which the slightest cold upon his lungs would have been fatal had he been deprived of the benefits of his discovery, he has now no hesitation in boldly proclaiming to the world that, given a good constitution to start with, the new treatment would, barring accidents, carry any man or woman safely and surely beyond one hundred years of vigorous health, should it be commenced early in life and bravely prosecuted according to the programme mapped out in the following pages."

NOTE.—When young Hall began this treatment 42 years ago, his weight was 120 lbs., it is now 235 lbs., without undue carelessness or fat.

DR. HALL'S PERSONAL STATEMENTS herein find abundant corroboration in the testimony of two prominent American physicians, whose letters as published in THE MICROCOSM, are as follows:—

Dr. R. F. Stevens' Endorsement.

Dr. R. F. Stevens, of Syracuse, N. Y., was the first M.D. to whom we revealed the treatment—more than twenty years ago. In writing to a friend, about a year ago (now about two years ago), he gives the following:

"Nearly twenty years ago in this city Dr. A. Willford Hall gave me privately a detailed history of a hygienic treatment he had discovered and adopted some twenty years before, and which he had practised continuously upon himself up to that time. The history included an account of the failure of his health, the reasons and conclusions which led him to adopt the treatment, his rapid restoration to health, etc. From the time of his first mention of it to me I have been entirely satisfied that it saved him from a lingering consumption and death; and that in the years following as I have evidence to satisfy me, its continued practice has so affected nutrient and eliminating functions as to give to his physical structure a greater degree of solidity, or in other words a higher specific gravity than that possessed by any other man living. I learn that he has persistently continued the treatment to the present time—forty years in all—and that his present health and vigorous condition may rightfully be compared to the "bloom of youth," though he is nearly seventy years of age. The tests I have made of the treatment upon myself and in my practice in the twenty years past, have convinced me that great practical benefit may be derived by members of the medical profession and others from a careful study of the rationale of the treatment as discovered by Dr. Hall, the details of which he proposes to give in his forthcoming book. A debt of gratitude will surely be due him for whatever scientific advances he may be able to unfold in the line of assisting nature to ward off disease, and in the restoration of health. R. F. STEVENS M.D.

Statement and Endorsement of Dr. Jesse Huettig.

Dr. Jesse Huettig, of Columbus, Ohio, referred to in our Personal Statement in April (1889) MICROCOSM, as the second M.D. to whom this treatment was revealed, writes to a brother physician who had inquired of him concerning the pamphlet:—

"You need have no doubt concerning the merit of the new treatment. I consider Dr. Hall's statements as true in every particular. He has, in my opinion, made the most valuable discovery of this or any other age for the purpose of combating diseased action in the human system, be the type what it may. I consider the price (\$1) merely nominal when compared with the inestimable value of the discovery. It is just as accessible to everybody under his method of selling it, by first requiring a pledge of honor, as would be a doctor's prescription for which he might charge the same price. In both cases the remedy is free to all who are willing to pay for it. It is without doubt the true secret of longevity, and is as valuable to those in health as in sickness, promoting sound sleep, perfect assimilation, freedom from weariness under exertion, and a sure protection of the circulation from impurities. I was studying the problem of pulmonary consumption and kindred diseases when I had the good fortune to procure the full understanding of Hall's discoveries and methods of treatment. To those I became an immediate convert, and with the utmost delight hailed them as being fully capable of supplying all that I had heretofore lacked in the successful treatment of consumptive cases. JESSIE HUETTIG, M.D."

As a Therapeutical System.

We do not believe that the discovery which Dr. Hall claims to have made, can be found in any medical or Hygienic work in the English language, published within the last fifty years. The embryonic idea and initial practice, recommended in certain congested conditions for immediate relief, may indeed, be found in all, or nearly all, systems of therapeutics from time immemorial. But as a fully developed system of regular periodical treatment, taking the place of, and preference over, drug medication, the anxious seeker after physical health, will search the medical books in vain; unless, indeed, he should happen on the one chance, in perhaps one hundred thousand, (as we did) and become possessed of that rare therapeutical work written by an English M.D., in 1833 and previously referred to in this journal.

So fashionable had drug medication become previous to 1849 through the development and horridous revelations of chemistry that the system which Dr. Hall claims to have discovered, about that time, had, largely in consequence, fallen into general disrepute.

This circumstance, more than anything else, especially after the elapse of over forty years since then, has been most favorable to Hall's claim of original discovery. That such is the case, and that the system is not to be found in the medical books of the present time is still further evidenced by the general expressions of surprise with which it has been received by the medical profession, although professional pride prevents most doctors from countenancing the system thus brought into prominence by a layman, and for the same reason, many others, while they cannot be honest and condemn it, speak of it slightly, while still others, disapprove it in use or moderate its value simply because it will inevitably destroy their practice; it is not a reasonable prescription, but a drug formula, and for the same reason, cragmatic generally oppose it. \$1 COPIES PAID FOR THE SYSTEM, SHOWS THE ABOVE WILL FOR ALL TIME.

HOME TESTIMONY.

A Few Sample Letters Must Suffice—More in Future Editions.

INDIGESTION, CONSTIPATION AND CONSUMPTION.

The following unqualified endorsement of the new process as unfolded in our MICROCOSMIC HEALTH PAMPHLET, coming, as it does, from a professional physiologist, hygienist and phrenological lecturer of twenty-five years' experience, whose statements are based upon personal experience and observation, ought to carry complete conviction to the mind of any unprejudiced reader.

It will be observed that Prof Campbell places a specially high value upon the treatment described in our supplementary addition to the Wilford Hall Health Pamphlet.

In a recent issue of the Mount Forest Representative we notice that Prof. Campbell is highly complimented for his ability as a lecturer, and is represented as being the best phrenologist that Mt. Forest ever saw.

The letter is as follows:—

MOUNT FOREST, Ont., Feb. 24th, 1891. MR. J. J. WESLEY SIMPSON, Toronto: Dear Sir,—When, some months since, I received your MICROCOSMIC HEALTH PAMPHLET I felt as if I had a new lease of life. I already understood the philosophy of the treatment, and could easily perceive that it was very likely to do all that was claimed for it, and even more. I commenced its use at once, and my only regret in reference to it was, and is, that I had not known this valuable secret much earlier in life. I saw that it was just the thing that I had been much in need of for twenty-five years. During all this time I had been troubled with a tendency to indigestion and constipation. Now, this is a thing of the past. What struck me as remarkable was that the average physician knows so little of the natural means available for the restoration of health and the prevention of disease. With the greatest benefit I continue to use the treatment, instead of do as so many as I live and expect (accidents excepted) to live the longer, and, certainly, much the better for it. Its value to me cannot be estimated in money.

I was especially pleased to find in your Supplement such explicit directions for the use of a health treatment which, though it is unknown to most persons who have not seen your edition of the Health Pamphlet, I had used for more than a quarter of a century, and always with the same varying beneficial effects, in the increase of lung power which you so graphically describe. Indeed it had been a great deal to me when I first read Wilford Hall's advertisement of the Health Pamphlet, it occurred to me that this might very possibly be the great secret, for I could not think of any other remedial or health-preservative means so valuable, and could not regard any system of health instructions as complete without it. My experience, which dates back to a time only in the '50s, compels me to regard the want of this important part as a defect of no little consequence in the Wilford Hall edition, valuable as the treatment is of which he claims to be the originator. In fact, I would as readily think of giving up the treatment prescribed in the original pamphlet as that so fully set forth in your Supplement.

I might mention that some years since, while giving public lectures in various parts of the United States, I met in Warren, Ohio, with a young school teacher who had been given up by the doctors as an incurable consumptive. As a hopeless invalid he had resigned his situation as teacher, and expected never to return to it or do any other work in this world. The physician had advised him to settle his affairs while he had sufficient strength to do so. I found him, however, very desirous to live, and gave him precisely the instructions presented in your supplement to the MICROCOSMIC HEALTH PAMPHLET, having known cases in which such a treatment had cured consumptive. The effect was wonderful. His recovery was much more rapid than I had anticipated, and in about twelve or fourteen weeks from the time the treatment commenced, he was back at work in his school, for he was very popular as a teacher, and his place had been filled only temporarily by another. He was gaining strength daily. Five years after this, he was living and well, cured of all symptoms of consumption.

In my opinion, your Supplement makes the MICROCOSMIC HEALTH PAMPHLET the most complete and efficient health system the world has yet seen.

Very respectfully yours,

D. HOOE CARRAN

Twenty-eight years Lecturer of Physiology, Hygiene, etc., Member of The American Institute of Pharmacy, New York.

The REV. COTTRDALE WATSON, for the last three years Pastor of the Central Methodist Church, Bloor Street, Toronto, but now of Victoria, B.C., writes under date of Aug. 24th last, as follows:—Dear MR. SIMPSON:— Yours of the 24th July was duly received. I can only say with respect to Dr. A. WILFORD HALL'S Hygienic treatment that I regard it as a wonderful discovery, and if perseveringly used, it cannot fail to be of great service. I would advise any one to get the pamphlet, begin the use of the treatment, and throw physic to the dogs. A very clever physician said to me the other day, "let medicine alone and get rid of the waste material, and the organs will perform their functions." This is precisely what this treatment does.

Sincerely yours, C. WATSON.

From the Toronto World, Saturday, September 6th, 1890.

The "Wilford Hall revolution" is undoubtedly creating a sensation in this city, especially in those social circles where the notion of all earthly honors, good, robust health, is at a premium. And certainly there appears to be abundant cause for the wide-spread interest taken in the new discovery. We have seldom, if ever, read such an array of direct and unqualified testimony from sources entirely intelligent and conscientious as appears in the above letters which may be found on the editorial page of this issue of the World. We know Mr. Simpson well, and are convinced that it must be a good thing indeed since it has won his unqualified commendation, and is now engaging his best energies in placing the benefits of the new treatment before the public. We wish him great success in this new venture.

Kidney Disease.

MR. ROBERT LINN, miller, with Messrs McLaughlin & Moore, Bay and Esplanade Streets, Toronto, writes, Aug. 13th, as follows:—"To J. J. WESLEY SIMPSON, -Dear Sir,—A remarkable experience prompts me to write concerning DR. HALL'S Health Pamphlet, purchased of you some time ago. The treatment unfolded therein is, to my mind the greatest health discovery of the present century. It certainly has proved a great loss to me in a recent and severe attack of inflammation and hemorrhage of the kidney, accompanied with piles of a painful character. The treatment acted like a charm in allaying the inflammation, stopping the issue of blood and causing the piles to disappear almost immediately. The rapidity with which the inflammation was arrested and healthy action restored was simply wonderful. I do not believe that any system of drug medication in a case so critical could possibly have accomplished a cure so safely, effectually and rapidly. The treatment has also cured me of a very distressing, head ache, periodical in character, and threatening to become obstinately chronic. This unique home treatment is simply of priceless value, and should be known and practised by every body, however slightly out of health, as it would not only eradicate the disease from the system, but prevent much sickness and suffering and save most people many times its cost every year. I never invested \$1 to better advantage.

Yours truly,

ROBERT LINN, 153 Duchess Street."

Kidney Disease.

R. HERON, Maxwell, Ont., writes:—"A. WILFORD HALL, P.A.D.:—I have your Pamphlet and am perfectly satisfied with my investment and the value of the health treatment. I have been daily troubled with sharp pains in the kidney, but since the first application of your remedy I have not felt the slightest touch of pain, although working considerably harder than before.

Yours, in Christian love, RICHARD HERON."

Consumption.

GEORGE J. WHITELAW, Port Arthur, Ont., writes, September 2, 1889:—"I am spending most of my time in the missionary work of spreading the news of your wonderful health discovery, as I am persuaded more and more every day that it is the very thing people need in this age of drug medication. My own health is improving so fast under your treatment that I am inspired to work in this noble cause for the benefit of humanity. My trouble was tubercular consumption, which is now gradually passing away and my digestion is rapidly improving, an evident sign of good health.

Truly, GEORGE J. WHITELAW."

Liver Complaint.

W. A. SIMPSON, Petrolia, Ont., the expert oil and water well-digger, who has superintended great undertakings in deep rock drilling in Germany, and in the North-West for the C. P. R. Company, says:—"Dr. Hall's hygienic treatment without medicine has been a complete benefaction to me, completely curing me of a chronic inactivity of the liver and sluggish circulation, together with an irresistible habit of falling asleep almost immediately on sitting down, no matter where or in what company. It is a grand appetizer, tonic and after-meal comforter, and for all bowel troubles just give it THE GOLD MINUT—it is perfect. Four dollars is nothing for it, it would be cheap at \$50.

Invalidable.

REV. F. A. READ, Danville, Que., Oct. 13th ult., in writing us, says:—"I have the Pamphlet, and have been using it in my family for six months. We have found it invaluable. I attribute my wife's recovery to it. My wife's experience is all I have to say to recommend the Pamphlet. They say 'If there is anything that can help a person who has been helped I want it.' I am a Methodist minister on the Danville Circuit, etc.

Yours, etc., F. A. READ."

A Sleep Producer.

REV. J. P. RICE, Richboro, Ont., writes Oct. 14th ult., and says:—"Your pamphlet reached me yesterday morning. My wife and I read it carefully and resolved to give the new remedy a fair trial. I began last night and have not passed so comfortable a night for a good while. The thing so commends itself that we cannot but hope it will be of more real benefit than the hundreds of dollars' worth of drugs I have paid for within a few years. It is the first thing I have ever felt like acting as an agent for during my public life. I come across so many who suffer that my art is often made heavy for them. I would like to do something for them, if possible.

Yours, etc., J. P. RICE."

Done Wonders.

REV. JAMES HUSSER, of Faversham, Ont., writes us under date of Oct. 24th ult., and says:—"I have been using Dr. Hall's treatment regularly for about six weeks, and it has done wonders for me. I am enjoying better health now than I have had for some years.

Yours gratefully, JAMES HUSSER."

Commends Itself.

REV. GEORGE CLARK, Methodist minister, of Angus, Ont., writes Oct. 19th, 1890, and says:—"The Pamphlet, 'Wilford Hall Revolution,' came to hand yesterday, and I have read it three times. The theory commends itself to my judgment.

Yours truly, GEORGE CLARK."

Cures Malaria.

REV. JAMES HUSSER, of Faversham, Ont., writing again on Oct. 25th ult., says:—"To THE SECRETARY, PUBLISHERS OF THE HEALTH PAMPHLET, -Dear Sir,—The Health Pamphlet has done wonders for me. I have suffered with malaria for about six years, and have taken medicine most of that time with very little benefit. After using your pamphlet for about seven weeks, I am happy to say that I am almost well. I am also affected with catarrh, but believe, from present indications, that your treatment will hereafter make a complete cure.

Yours sincerely, JAMES HUSSER."

THE WILFORD HALL REVOLUTION is creating a great stir at Acton, Ont. Write any of the following who are using the treatment and see what they have to say, but do not forget to enclose a 3-cent postage stamp for the reply:—

ACTON, ONT.—Rev. Dr. Gifford, Rev. R. B. Cook, James McLain, Mrs. James McLain, John Harvey, Mr. John Barry, William Hammett, T. C. Moore, Mrs. T. C.

Moore, James Matthews, Mrs. James Mathews, William Mullen, Mrs. Mullen.

LIMEHOUSE, ONT.—James Martin, Mrs. James Martin, William Lane, Mrs. W. Lane.

Nervous Prostration, Catarrh and Bronchitis.

MR. JOHN S. WALKER, of Kingston, Ont., a Methodist Local Preacher, writes Oct. 8th, 1890:—"SIMPLEX PUBLISHING CO., Toronto, -Gents:—I have used Dr. Hall's treatment since May, 1890, and have been greatly helped. I AM TROUBLED WITH NERVOUS PROSTRATION, CATARRH AND BRONCHITIS. I am almost well of the latter. Please state best terms and agency.

Respectfully yours, JOHN S. WALKER. THE REGINA LEADER of October 23th, 1890, published the following, written by the editor:—

"ALTH WITHOUT MEDICINE" Microcosmic Health Pamphlet contains an account, written in an interesting manner, of a method of hygienic treatment discovered by the author, Dr. A. Wilford Hall, and used in his own case with remarkably beneficial results. It discards drugs altogether, consisting simply in an easy plan of home treatment, which will at once commend itself to all who read the little work. It would take many columns to contain all the enthusiastic testimonials and eulogies which the writer and publishers of the book have received. The publishers are 'The Simpson Publishing Company,' of Toronto.

Rheumatism.

MR. JOHN M. HILL, Collingwood, Ont., Nov. 6th inst., writing us, says:—"I have got Wilford Hall's Pamphlet, and I must say it is something marvellous. It has done me an immense lot of good. It has helped me for rheumatism, and I believe it will cure me of that awful disease. I have also suffered with biliousness for years. You may use my name if you choose as one that can recommend it.

Yours, JOHN M. HILL."

EDITOR OF THE HURON SIGNAL, published at Goderich, Ont., referred to Dr. Hall's hygienic treatment in the Signal of Oct. 17th ult. as follows:—"The Wilford Hall Cure. We personally know of several most respectable persons who are enthusiastic in sounding its praises. Some of them are residents of Goderich. Mr. J. J. Wesley Simpson, of 60 Adelaide Street East, Toronto, is the Canadian agent of the method, and will be only too glad to communicate with our readers."

Note—Mr. Simpson is the Canadian publisher, not agent.

Dyspepsia, &c.

FROM REV. JOHN EDMOND COOPER, The Parsonage, Hastings, Oct. 28th, 1890. "Dear Mr. Simpson,—The Microcosmic Health Pamphlet came to hand all right, and I began at once to study its contents and was soon convinced that it would be of incalculable benefit to myself. I might say I am 50 years of age and have all my life been afflicted with trouble to my stomach and bowels, have been treated for dyspepsia for many years, at least, by a great many doctors, none of whom, I must say, professed to be able to cure me, but they would patch me up for a while. This was my condition a week ago when I began the treatment prescribed in the Pamphlet, but in this short time I feel like a new man. I am sure if I persevere, by the blessing of God, I shall be cured. I should like to have a few copies of The Microcosmic Echo, as I must recommend it to those who are suffering, as I am well assured that all will be benefited by the treatment if they only persevere. I am, dear sir, yours faithfully, JOHN EDMOND COOPER, incumbent of St. George, Hastings."

Satisfactory Results.

A POST CARD AS FOLLOWS:—"Downsville, Ont., Sept. 28th, 1890. The Simpson Publishing Company, Toronto, Ont. Sir, Send me by early post a few copies of 'The Microcosmic Echo' for free distribution among a number of my friends. I have tried Dr. Hall's remedy with satisfactory results.

Yours truly, A. DONIA."

Reasonable.

"Norwich, Ont., Oct. 21st, 1890. SIMPLEX PUBLISHING COMPANY, Toronto, Ont. Dear Sir,—After reading the Pamphlet carefully through, I must say the mode of treatment sounds quite reasonable.

Respectfully yours, NORMAN BATTY."

A Thing of Great Value.

REV. JAS. KESTLE, of Wellburn, Ont., Oct. 24th ult., per post card, says:—"Mr. Simpson, Dear Sir, Health Pamphlet, etc., to hand. Believe it to be a thing of great value. I shall be glad to act as agent as far as my other duties will allow.

Yours truly, JAS. KESTLE."

A Revolution.

The REV. A. J. McKEON, P.P., of Strathroy, Ont., writes us Oct. 23th ult., enclosing an order for our "Health Pamphlet for Rev. FARMER JOHN ROYAL, of Wallaceburg, Ont. —

"THE SECRETARY, SIMPLEX PUBLISHING CO., Toronto, Ont. Dear Sir,—Rev. John Roy, of Wallaceburg, Ont. was last night and a part of today with me here in Strathroy. He has been away from home taking a holiday for the past few weeks. I told him about your Pamphlet, which I don't recall, and which has pleased me very much. The doctor's discovery looks like a revolution from the high. Yours sincerely, A. J. McKEON."

"ON THE VALLEY, 192, 192, 192, 192. SIMPLEX PUBLISHING COMPANY, Toronto, Ont. A short time ago I purchased one of your Pamphlets from your agent. I have tried the new discovery and can give a testimonial that the new treatment is all that is claimed for it. Yours truly, JOHN McKEON."

REV. W. C. WATSON, M.A., of Mount Hope, Ont., Oct. 24th ult., sends us a post card as follows:—

"Dear Sir,—Your card of request as to whether I had received the Pamphlet was duly received, contents noted and to reply I am pleased to state that Dr. Hall's Health Pamphlet came to hand all right. I have read it carefully, and expect to derive much benefit from the same. Wishing you great success in your work I close.

Believe me, ever yours, W. C. WATSON. To J. J. Wesley Simpson, Toronto."



Best Thing Ever Tried

MR. HENRY W. MCBRIEN, Kinsale P.O., Ont., under date of Dec. 4th, 1890, says:—

To the SIMPSON PUBLISHING Co. Dear Sir: My father has been treating himself under its directions for the last twelve months, and is highly pleased. He says it is the best thing he has ever tried. Now I wish to become an agent in this locality. I think I can do quite a large business in the sale of the Pamphlet. I have two orders now without trying to get them, as they came to me to see if I could get them.

Most truly yours, HENRY W. MCBRIEN.

A Great Benefit.

REV. C. E. SHEPHERD per post card Dec. 20th, 1890, writes us:

LINDSEY COLLEGE, PORTAGE LA PRAIRIE. "Please send me a few copies of 'Microcosmic Echoes' as I should like to scatter a few copies of The Willford Hall Revolution on my mission, also price of a few copies. HAVE FOUND IT A GREAT BENEFIT PERSONALLY."

Yours truly, C. E. SHEPHERD, "Poplar Point Mission, Manitoba."

REV. T. FERRIER, Methodist Minister, DELORAIN, MANITOBA, Nov. 27th, 1890, writes us: "Dear Sir, Having read Dr. Hall's Pamphlet I am in a position to recommend the purchasing of it to others. I have done so to one man, Mr. —. Send me a copy with his name in and I will send him obligations to Secrey and \$1."

Yours Respectfully, T. FERRIER, Methodist Minister.

Pleased With Results.

THE REV. T. J. SULLIVAN, OF THE CHURCH OF OUR LADY OF THE HOLY ROSARY, THOROLD, ONT., writing us Dec. 2, 1890, and enclosing an order and \$4 for a copy of our Health Pamphlet for a friend, says:

"I have some practical knowledge of Dr. Hall's treatment and am pleased with its results. I would be glad if you would send me a few numbers of the 'Microcosmic Echo' to distribute among friends."

Yours Respectfully, (REV.) T. J. SULLIVAN, P.P., Thorold, Ont. To J. J. W. SIMPSON, Toronto.

Well Pleased.

THE REV. J. B. HUFF, BAPTIST MINISTER, OF WESTPORT, ONT., writing us Dec. 1st, 1890, says: "Dear Sir,—I am well pleased with 'The Willford Hall Health Pamphlet.'"

Yours truly, J. B. HUFF.

Wonderful Benefit.

MR. W. F. TAYLOR, OF FITZROY HARBOR, ONT., writing us under date of Nov. 26th, 1890, and acknowledging personal benefits received from the treatment, says: "Relative to the treatment, an old friend in California writes, 12th Oct., 1890. 'There are some 800 families that have purchased it, in this immediate vicinity, and I have yet to hear the first word of complaint, and a great many have received a wonderful benefit from it. I recommended my eldest daughter to purchase it. She had been an invalid, also her husband, and it cured them both, and she says it is driving medical practitioners to the wall.'"

I am, Dear Sir, Yours truly, W. F. TAYLOR.

To J. J. Wesley Simpson Esq.

The Editor of The Microcosmic and Health Letters, published in Toronto, gives his experience with the Hall treatment in the March number of that excellent journal as follows:

"WE HAVE TRIED IT: Having procured a copy of The Microcosmic Health Pamphlet, from the Simpson Publishing Co. of this city, with a view to testing the very high claims made in behalf of the Willford Hall system of obtaining health without medicine, we first read the pamphlet through very carefully and parts of it struck to our entire satisfaction and edification. We then tested the treatment for a severe attack of headache and found it to work like a charm, so quickly did it effect a cure. We know Mr. Simpson personally and commendably and now, having tested the Willford Hall system of treatment, without drugs of any kind, we have no hesitation in saying that the system is all that it is claimed to be. Our readers should send a post card request to the Simpson Publishing Co., Toronto, for a free copy of The Microcosmic Monthly, and learn all about it."

United States Testimonials.

We have hundreds of letters that have been published in the United States from the most intelligent and reliable sources, commending this drugless treatment in the strongest possible language. Lack of space prevents us giving more than a few samples. Any one desiring to see more, please write us for "The Microcosmic Echo"—it will be sent FREE.

REV. W. LEROY LOCKWOOD, D.D., of 75 Park Avenue, Bloomfield, N.J., writes, August 18th.

"My Dear Dr. Hall: For several years I have been an ardent reader of The Microcosmic, and some months ago I secured your Health Pamphlet, which I read through three times before laying it aside. The whole thing is so simple and rational that I determined at once to give it a fair trial, and I am now so much gratified by the result that I feel it my duty to send this unqualified testimonial as to its wonderful therapeutic qualities. I am convinced that if faithfully used it will prevent many of the ills that flesh is heir to, as well as cure those already existing. Those who hope to see the benefits of your discovery from the mere blabbering of the treatment thrown out by unscrupulous parties, without a careful reading and testing of your entire treatise, will find themselves mistaken. You charge for the pamphlet but so much as to place it within the reach of all classes, and you certainly deserve as much reward for your discovery as the cause and cure of Cholera in Columbia achieved in the realm of geographical science."

Yours truly, REV. W. LEROY LOCKWOOD, D.D.

Neuralgia of Stomach.

REV. W. J. WARD, Claytonville, Ill., writes, July 29th.

"Dear Dr. Hall, Two months ago I was suffering with neuralgia of the stomach and could get no relief except temporarily by the use of morphine. I was advised by my presiding elder to try your remedy. I at once sent for your pamphlet, and was most agreeably surprised at the result. In three days time my trouble had all left me. I could eat anything I liked, and in two weeks my health was fully restored much to the surprise of my friends, who could hardly understand how it was possible for a man as badly out down as I was, to make such rapid recovery, by means of a remedy without medicine of any kind. I am recommending this treatment wherever I go, as a slight token of my gratitude to you. Very sincerely, W. J. WARD."

Piles, Female Troubles, &c.

L. A. STEEN, N. J., agent for the Society for the Prevention of Cruelty to Children, writes, Aug. 3rd:

"Dr. Hall—It is now three weeks since I commenced the use of your treatment, and it has done wonders for me as well as for my wife and even for our baby. I have suffered with piles terribly and with sick headache most of my life, and my wife from female troubles, but we are now sure of permanent relief. I consider your treatment the greatest of earthly blessings and I have often thanked God that it ever came to my knowledge. This must be the feeling of thousands of sufferers who are now using it. Asking God's blessing on you and your work, I am gratefully yours, L. A. STEEN."

La Grippe.

REV. J. B. DENTON, Baby Head, Texas writes, April 8th, 1890: "I wish to tell you that I am profoundly impressed with the value of your treatment. Two weeks ago I was in an extremely low state, in fact, as I considered, almost at death's door, having suffered from 'LA GRIPPE' SINCE LAST CHRISTMAS, IN CONNECTION WITH ALIVER PROLIX OF LONG STANDING. From the first application of the remedy I improved as if by magic, till now I am in better health than I have been for eight years."

Yours gratefully, J. B. DENTON.

Nervous Prostration.

A. H. FUSON, Esq., Nebo, Mo., writes, April 20th, 1890: "Dear Dr.—For more than five years I have suffered with nervous prostration. During that time I have spent more than \$200 for doctors' bills and search for health, besides loss of time. Finally your Health-Pamphlet fell into my hands. It seemed only a straw, but, as a drowning man I grasped it, and now I have no words in which to express my appreciation of its merit. Four weeks ago, when commencing the treatment, I had not been up for all day in nearly four months, and I suffered constantly from cold feet, loss of appetite, etc. Since then my weight has increased some pounds, my appetite is excellent, my feet are warm and I am beginning to do light work."

Very gratefully yours, A. H. FUSON.

Fainting Fits.

The REV. E. H. SWEET, pastor of the Baptist Church, Brockton, Mass., sends us, Jan. 29th, 1890, the following, headed him by MR. TERRY of that place, with the request to forward to me. "DR. A. WILLIAMS HALL—Dear Sir: I have been sick since last April. My trouble began with fainting fits. I grew worse each month, until my family physician said he could do nothing for me. I visited the Massachusetts General Hospital, but got no encouragement there. A specialist for nervous troubles was recommended to me and consulted, who informed me that I would require six months of treatment before I could expect to be any better. I came home, where I had about three quarts of medicine of different kinds, but having adopted your treatment I threw away these drugs and have not taken any medicine since. That was about five weeks ago. I have applied your remedy three times a week in the meantime and the result has been apparent from the very first. I am getting better rapidly. I have a good appetite for three meals a day. My food does not distress me as in the past. I expect ultimate recovery. I am grateful for your common-sense treatment of disease."

Yours respectfully, FRANK P. S. TEMPLE.

EVERY WOMAN—WIFE, MOTHER, DAUGHTER—READ THE FOLLOWING:

Spinal Weakness, &c.

MRS. REV. C. CLARKE, Thibida, N. Y., writes, Oct. 20th, 1890: "Dear Dr. Hall—Some three months ago I purchased your Health Pamphlet, with many misgivings as to its value. But having been a great sufferer for twelve months with spinal weakness, rheumatism, nervous prostration and coincidentally with a strong tendency to Bright's disease, accompanied by insomnia, so that I had to walk the floor for hours at night before being able to get any rest, being at the same time under the treatment of a good physician, but without avail, it at last induced me to make a thorough application of your treatment. At once my sleep returned as of old and as sound and sweet as ever, and my nervous and other troubles have left me. I attribute my bodily condition to my critical period of life, and I am anxious that other like sufferers should know about my case and secure your pamphlet. I can not be over thankful to you for this discovery and would not part with the knowledge thus purchased for \$4 for many hundred times that amount."

Gratefully yours, MRS. REV. C. CLARKE.

Fed-Ridden Invalid.

FROM JULY MICROCOSMIC, 1890:—J. M. BATTLE, Esq., Attorney-at-Law, Secury, Ark., writes:—

"My Dear Mr. Hall—I see this affectionate expression because I feel that you are dear to me. It is a notorious fact all over this part of Arkansas that for several years my wife has been almost a bed-ridden invalid, having suffered for fifteen years with female troubles, dizziness, etc., the result of constipation. Some four weeks ago she commenced using your treatment and from that time to the present she has not suffered for a single day. The abnormal position of the organs, which for years had given her so much trouble, to our

astonishment have been restored by your treatment to their normal position. Previously she could not step her feet on the damp ground without taking cold; now she can work a whole day among her flowers without the least inconvenience. She can now run up a stairway of twenty feet with no more fatigue than when she was sixteen years old. I have also suffered from sick headaches for sixteen years, but I have now the sure remedy. I cured myself of a severe attack last Friday in less than an hour. You can understand why we feel such an affection for you. We cannot say too much for your wonderful remedy. The enclosed \$10 are for pamphlets for my wife to distribute among friends who know about the effect of your treatment upon her."

Gratefully yours, J. M. BATTLE.

Constipation, &c.

An intelligent lady's opinion, MRS. WM. A. OLNEY, of Friend, Col., writes, Dec. 26th, 1890:—

"Dr. Hall,—I have studied medicine for years and have attended several courses of medical lectures. I confess that from all my reading and observation I have never seen anything embodying so much reason and common sense as your little work on hygiene. My chief afflictions for the last ten years have been rheumatism, constipation and weakness of nerves. I have been taking your remedy but one month; the rheumatism left me for the third treatment, and I am now gaining rapidly in every respect, not having felt so well for many years. You have my sincere gratitude for the benefit I have derived from your discovery."

Respectfully yours, MRS. WM. A. OLNEY.

THE TESTIMONY SIMPLY OVERWHELMING.

SUCH PERSONAL, POSITIVE, AND UNIMPEACHABLE TESTIMONY, deposed in any Court of Justice, by witnesses of such marked intelligence and high character as the writers of the above letters undoubtedly are, would carry complete conviction in any case.

WE CHALLENGE THE ENTIRE HISTORY OF ALL SYSTEMS OF HUMAN HEALING to produce such perfectly spontaneous, positive and, upon the very face of it, such perfectly honest testimony as that given above.

PRICE AND CONDITIONS.

The price charged FOR THE KNOWLEDGE of this hygienic treatment with THE MICROCOSMIC HEALTH PAMPHLET, revealing the same, is \$1.00, and each purchaser is required to sign a PLEDGE OR VOUCHER not to show the Pamphlet, use or reveal the treatment outside of his or her family. PLEDGES CAN BE OBTAINED OF ANY LOCAL AGENT OR WE WILL SEND THEM ON APPLICATION. In case of emergency, or to save time, when one of our Pledge Forms is not at hand, you can state in your letter when ordering that you will not show the Pamphlet, use or reveal the treatment outside of your family, when the Pamphlet and Pledge Form will be sent by return mail. THIS SYSTEM IS PRACTICALLY the one adopted by every physician; you pay him for a prescription which he writes in such characters that you cannot read it—he therefore requires no pledge that you will not reveal it, for he does not trust you with the secret. We sell you the secret but pledge you to keep it. Many city physicians, especially noted specialists, charge from \$5 to \$25 simply for their advice and direction—medicine and attention extra.

Note Particularly,—The Microcosmic Health Pamphlet.

Contains full and plain directions for home self-treatment—so exceedingly plain and simple that anyone who is not helpless can, without difficulty, treat himself or herself, and without writing us for one word of further explanation or direction.

REMIT BY POST OFFICE ORDER OR REGISTERED LETTER AT OUR RISK.

Do not send money to us without protecting it as above, as several money letters not so sent have been lost. Sign your name plainly, and give name of your Post office, County and Province.

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