

**THE HERALD OF HEALTH:
PAPERS ON SANITARY
AND SOCIAL SCIENCE**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649601400

The Herald of Health: Papers on Sanitary and Social Science by T. L. Nichols

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

T. L. NICHOLS

**THE HERALD OF HEALTH:
PAPERS ON SANITARY
AND SOCIAL SCIENCE**

"HEALTH AND GOOD ESTATE OF BODY ARE ABOVE ALL GOLD, AND A STRONG BODY ABOVE
INFINITE WEALTH."

THE

HERALD OF HEALTH:

PAPERS ON

SANITARY AND SOCIAL SCIENCE.

BY T. L. NICHOLS, M.D.,

AUTHOR OF "HUMAN PHYSIOLOGY," "ESOTERIC ANTHROPOLOGY," "BEHAVIOUR," "HOW TO LIVE ON
SIXPENCE A-DAY," "FORTY YEARS OF AMERICAN LIFE," ETC., ETC.

LONDON: NICHOLS & CO.

1881.

INDEX.

The Principal Articles are indicated by Italics.

	PAGE.	PAGE.	
Acknowledgments, by Mrs. Nichola,.....	115, 152	Every Man his own Miller,.....	7, 148, 166
Advertising Doctors,.....	61	Exercise, The Law of,.....	92
Advice for Invalids,.....	146	Fat Cattle,.....	70
American Governor, An,.....	138	Fate of Paul Morphy,.....	69
Answers to Medical Inquiries,.....	66, 117, 119, 85	Feat of Captain Webb,.....	126
Apples as Food,.....	85	Filters,.....	9, 168
Archbishop of Turin on "Behaviour," &c.,.....	157	Fish as Food,.....	104
Artizans' Dwellings Act,.....	53	<i>Five Senses, The, Illustrated,</i>	43
Bad Air, by Mrs. Nichola,.....	89	<i>Flask for Food,</i>	84
<i>Bad Cold, A: How to Catch and how to Cure it,</i>	63	Food of Health, The,.....	6, 80, 167
Bean Bags, Hygienic Game of,.....	21, 93	<i>Food Supply of England, The,</i>	37
Beasts and Men,.....	55	Force of Life,.....	113
"Behaviour: A Manual of Manners and Mo- rals,.....	92, 156, 163	"Forty Years of American Life,".....	61, 156, 163
<i>Brain and Nerves, Illustrated,</i>	67	Four Leading Vegetarians, with portraits,.....	71
Brain and Heart, Affections of,.....	94	Fruit Supply,.....	94
Brave Young Girl, A,.....	118	Genuine Brown Bread,.....	70
<i>Bread,</i>	5	Going Barefoot, On the Benefits of,.....	137
British Empire, The,.....	138	Good Notice—"Human Physiology,".....	42
Brown Bread,.....	102	Good Shepherd, A,.....	87
Buckmaster's Lectures, The Echo on,.....	86	Good Place for a Good Work, A,.....	127
Canon Kingsley on "Human Physiology,".....	157	Good Way to Cook Apples,.....	83
<i>Cataract—Recovery of Sight, by Mrs. Nichola,</i>	23	Growth of Nations,.....	60
Causes of Disease,.....	59	Herald of Health,.....	149
Centenary Exhibition, The,.....	134	<i>Health, the Basis of Individual and Social Reform</i>	4
Cheap Liquor,.....	125	Health Conditions for Children,.....	62
Cheap Dinners for the Poor,.....	86	Health Hints for March,.....	91
Children, Health of,.....	114	" " May,.....	133
<i>Childbirth without Pain or Danger,</i>	141	" " June,.....	153
Circulation of the Blood,.....	66	Health and Disease, Laws of,.....	80
Composition of Foods,.....	40	Health and Happiness,.....	54
Consumption,.....	31	Heart-to-Heart Talk with Friends,.....	110
<i>Consumption: its Causes, Prevention, and Cure,</i>	25	Helpful Words and Deeds,.....	106
Converted Household, A,.....	54	House-Fly, The, and its Purposes,.....	60
Cook's Delight, The,.....	164	How I became a Physician,.....	45
Co-operative Sanitary Company, The,.....	132, 159	How to Breathe,.....	105
Co-operative Housekeeping,.....	136	"How to Live on Sixpence a-Day,".....	155, 164
Cost of Food,.....	88	"How to Cook,".....	156, 164
"Count Rumford,".....	156, 164	How Goes the Company?,.....	150
<i>Curative Agents: Uses and Abuses,</i>	55	How Herring Fishers Live,.....	60
Curious Results of Ventilation,.....	62	"Human Physiology,".....	94, 154, 162
Diet of Children,.....	91	Indications of the Teeth, Illustrated,.....	44
Diet, Mrs. Nichola on,.....	73	Inebriates, Cure for,.....	88
Diet Question, The,.....	71, 73	Infant Mortality,.....	138
Diet and Digestion,.....	32	Is it necessary to Drink?.....	86
Diet, A Canon on,.....	21	Last Words,.....	170
Dietetic Experiences,.....	57	Legal and Commercial Information,.....	140
<i>Dietetic Reform,</i>	18	Life-Saving Inventions,.....	163
Digestion, Physiology of,.....	75	Life in the Black Country,.....	60
Dipsomania, Cure for,.....	43	Lytton, Lord, on Water Cure,.....	101
Doctor's Story, A,.....	114	Malvern Water,.....	148
Doctors on Drugs,.....	127	Man at War with Himself,.....	21
Dreadful Murder in Glasgow,.....	20	Man's Heritage,.....	59
Dreadful Massacre of Children,.....	69	Maxims on Diet,.....	83
Drinking causes Poverty,.....	152	Marriage,.....	92
Drunkennes, A Cure for,.....	182	Medical Fashions and Stimulation,.....	47
<i>Dyspepsia: its Nature, Causes, Prevention, and Cure,</i>	10	Medical Infallibility,.....	139
<i>Education of Women, by Mrs. Nichola,</i>	107	Medical Infallibility,.....	33
Eggs: Structure, Uses, and Preservation,.....	103	Mercenary Doctors and Miserable Dupes,.....	102
Effects of Light on Lunatics,.....	124	Mind and Body,.....	24
English Cookery,.....	40	Missionary Effort, A,.....	138
"Etiologic Anthropology,".....	155, 161	Model Vicar, A,.....	106
		Moderate Diet, Effects of a,.....	140

	PAGE.		PAGE.
Money—how to use it,.....	41	Sanitary Legislation,.....	138
More Good Words,.....	85	Sanitary Soap, Dr. Nichols',.....	150, 166
Murder of the Innocents,.....	91	"Scamper Across Europe,".....	162
Murderous Occupations,.....	123	Science of Man,.....	77
My Sight, by Mrs. Nichols,.....	121	Science of a Cheap and Healthy Diet,.....	83, 165
<i>Natural Theology, Illustrations of,</i>	1	<i>Scrofula, Observations on,</i>	25
Natural Food of Man,.....	32	Self-Raising Whole Wheat Meal,.....	163
Nervous Diseases, and something about Quacks	84	Skating Rink in Paris,.....	92
New-Year's Greeting,.....	125	Solemn Vow of St. George's Company,.....	76
Nichols, Dr., in Bradford,.....	126	Speed and Endurance of the Dromedary,.....	70
Old Folks, The,.....	138	Staff of Life, The,.....	78
Olive, The: Substitute for Butter,.....	70	Startling Disclosures in the Butter Trade,.....	53
Omnis Sanitas,.....	42	Swiss Watchmakers—Why they beat English,.....	133
Only Water,.....	158	Tape-Worm a cause of Blindness, &c.,.....	122
Oyster, Organisation of the,.....	93	Theory and Practice,.....	90
Pigs at the Cattle Show,.....	91	Thanksgiving—lines by Mrs. Nichols,.....	22
Plague Spots,.....	65	Tight Lacing, The Perils of,.....	94, 138
Pork as Food,.....	87	To those who Love Children,.....	112
Porridge, A Good Word for,.....	101	To My Friends, by Mrs. Nichols,.....	115
Portable Fountain Bath,.....	164	True Sphere of Woman,.....	131
" Hot Air or Vapour Bath.....	165	Turkish Bath, The,.....	147
<i>Preservation of Food,</i>	81	Typhus,.....	31
Prevention better than Cure,.....	139	Unqualified Medical Practitioners,.....	52
Premature Mortality,.....	91	Uses and Abuses of Curative Agents,.....	55
Preventable Mortality,.....	59, 60	Vegetable Dishes, Mrs. N. Kingsford on,.....	86
Price List of Co-operative Sanitary Company,.....	169	Vegetarian Diet, Results of a,.....	80
Private Letters, Extracts from,.....	34	Vegetarian Facts,.....	32
Private Opinion of Dr. Nichols' Works,.....	154	Vegetarianism and Temperance in the British	
Professor Newman on Diet,.....	60	Association,.....	43
Progress in Forty Years,.....	98	Village of Fowls, A,.....	124
Prohibition, Effects of,.....	125	Vital Statistics,.....	33
<i>Pusch and Porcupine on "How to Live on Six-</i>		Vivisection, Professor Newman on,.....	98
<i>pence a-Day,"</i>	77	Water Cure Appliances,.....	167
Purity the Condition of Health,.....	81	Waste of Life,.....	24
Population Question, The,.....	21	<i>Water, how to purify it,</i>	44
Preserving Eggs,.....	153	Wealth and Power, The Responsibilities of,.....	100
Proposal to Rebuild London,.....	24	Weather and Public Health,.....	97
Rat Bites and other Badness,.....	122	What we eat for Butter,.....	39
Reformers, The World's,.....	43	Wheaten Groats,.....	107
Reforming the Drink Traffic in the East,.....	125	Winter Bathing,.....	122
Rum and Milk,.....	124	Wise Mother, A,.....	116
Sanitary Bread Raiser.....	103	Woman's Power,.....	97
<i>Sanitary Co-operation,</i>	99	Woman and Vivisection,.....	95
		"Woman's Work in Water Cure, A".....	155, 160
		Worth of a Drink of Water,.....	79

LIST OF ILLUSTRATIONS.

	PAGE.		PAGE.
Bird of Paradise,.....	1	Skull of a Carnivorous Animal,.....	
Fore and Hind Foot of the Beaver,.....	1	" of the Beaver,.....	44
Head of Battlesnake Dissected,.....	2	" of the Orang-Outang,.....	
Rattle of Battlesnake,.....	2	" of a Man,.....	
Section of the Eye,.....	3	Pores and Papillæ of the Skin,.....	48
Muscles of the Eye,.....	3	Nerves of the Papillæ,.....	48
Outside and Inside of Hand,.....	3	Small Papillæ of the Tongue,.....	49
Heart and Lungs, showing Pulmonary Vessels,.....	3	Labyrinth of the Ear, laid Open, Magnified,.....	50
Sweat Gland highly Magnified,.....	3	Section of the Eye,.....	51
Portion of the Kidneys, magnified 60 diameters,.....	3	The Oyster,.....	62
Magnified Section of a Leaf,.....	4	Circulation in a Frog's Foot,.....	66
Ideal Section of the Pistil of a Flower,.....	4	Longitudinal Section of the Brain,.....	67
Table or Wall Mill,.....	7	Brain and Nerve Matter,.....	67
Patent Wheat Mill,.....	7	Minute Nervous Structure,.....	68
A Drop of London Water,.....	8	The Brain Exposed, and Nervous System,.....	71
Pocket Filter in Use,.....	8	Portraits of Four Leading Vegetarians,.....	71
Ornamental Filter,.....	9	American Hygienic Game of Bean-bags,.....	93
Dissection of a Human Body, showing the Internal Organs,.....	17	Ideal Section of a Hen's Egg,.....	103
Distribution of Veins in the Outer Coat of the Small Intestines,.....	17	Hen's Egg—process of Incubation,.....	103
Villi and Foliolæ of the Intestine highly Magnified,.....	17	Portable Fountain Bath,.....	164
		" Hot-Air or Vapour Bath,.....	166
		" Bottle Syringe and Syphon Enemas,.....	167

INTRODUCTION.

It was in 1870, the year of the Franco-German War, that I wrote one day, by a sudden inspiration, "HOW TO LIVE ON SIXPENCE A-DAY." I cannot now remember whether it was before or after the great battles around the city of Metz; though I remember the battles very well. I saw the late Emperor and his son pass up the nave of the Cathedral of Metz at 7 o'clock a.m. on the 14th of August, 1870. They left the city at noon; and before night there was in all the streets the noise of a great battle raging outside the walls and fortresses.

On the 16th, another great battle was fought. I saw only the smoke which rose from the field, and next day, standing outside the gates by the polite request of the military commandant, I saw five thousand wounded soldiers carried past me, into the hospitals of the virgin fortress.

After Sedan, and the fall of the Empire, I returned to Malvern, and wrote, or prepared for the press, the series of books advertised in the following pages. When they were written, stereotyped, and printed, they required to be made known. It is not enough that people should need instruction; they must know that they need it, and where it can be found. I spent much money in advertising my books, and found that the most effective way of making them known was by means of circulars fully explaining their character and objects. And the best form of circular, it seemed to me, was that of a newspaper—the least likely to be tossed aside; the most likely to be read. So, in February, 1875, I issued, in a large folio form, *THE HERALD OF HEALTH*. It doubled at once the sale of my books. It did so well, and was so much liked, that in July I printed it in a quarto of sixteen pages as the first number of a monthly periodical. Twelve numbers have been printed with a constantly increasing circulation; and now I have gathered the matter into this octavo form, in which I hope it will find a still greater number of readers.

The Second Volume, enlarged, and nearly uniform with this, begins with the number for July, 1876. The price is increased to threepence; post free, for the year, for 3s. 6d. I shall try to make it worth so much money to every reader, and to every advance annual subscriber I have promised to send my photograph carte. The efficient aid I have had in this, and in all my work, will, I trust, long be continued, and the serial story by Mrs. Nichols, begun in the July number, will not be the new volume's least attractive feature.

The name "*HERALD OF HEALTH*" is borrowed from an excellent monthly, published by Dr. Holbrook, of New York, a worthy worker in the same good cause.

I publish this volume of the "*HERALD OF HEALTH*" for several good and sufficient reasons. It contains many special articles which every body ought to read. It treats of matters on which the great masses of the English speaking people all over the world need to be instructed. It carries a knowledge of books of Sanitary

Science which may be the means of giving health and prolonged life to millions of this and coming generations.

Having devoted myself to this work of giving public instruction in the laws of health for many years on both sides of the Atlantic, I can see nothing more useful to do than to go on with it to the end. In doing this I need all the help I can get. Only by the hearty co-operation of all who see the need of Sanitary Education can such a work be done.

I hope, moreover, that the readers of this volume will become subscribers to the next, and go on, month after month, with ever increasing interest in the great work of SANITARY REFORM, which must be the basis of that SOCIAL REFORM to which we all look forward as the condition of the prosperity and happiness of humanity.

T. L. NICHOLS.

429 OXFORD STREET, LONDON, W., *May, 1877.*

THE HERALD OF HEALTH.

By T. L. NICHOLS, M.D

ILLUSTRATIONS OF NATURAL THEOLOGY.



Bird of Paradise.

NATURE is an open book in which we can all read lessons of the power, the wisdom, and the goodness of the Creator of the universe. A book full of marvels and mysteries, no doubt, of myriads of things now incomprehensible to us; but full of delight, full of beauty, full of use, full of evidences of intelligence, design, adaptation of means to ends, and proofs of infinite wisdom joined to infinite power.

Some of our "Scientists" tell us that an ape, improved by circumstances, and developed by natural selection and the survival of the fittest, invented the telescope and microscope, measures the distance and calculates the weight of the heavenly bodies, and opens up to us the wonders of the world of insects and infusoria.

Mr. Darwin imagines that the beauty of animals, birds and insects, gives them advantages in the struggle of life, by what he calls sexual selection. Were this the case, the beautiful creatures would be the most prolific and abundant. The fact is notably the reverse. Of what use, in this way, is its beauty to this Bird of Paradise? He rejoices in it, no doubt, his fellows envy and his mates admire; but

where are its advantages to the species? Those glorious plumes impede its flight. They grow out of its shoulder, and spread beyond the stretch of its extended wings and tail. The bird spends hours every day in dressing and displaying her exquisite plumage, and is probably as happy as a belle in her first season, or a bride over her trousseau; but the utility of the fine feathers of this New Guinea crow is by no means evident. Our dingy sparrows multiply more rapidly. (See illustration on next page.)

And how can we apply this philosophy to the wonderful organs and transformations of the insect world? In "Human Physiology" is a picture of gnats, or moschetoes, in their various stages. On a leaf in the background is a female laying a raft of eggs glued together on the surface of a stagnant pool. When the raft, or little boat, is formed, it is provided with a cable, and anchored to the bottom, so that the wind cannot drive it on shore. The heat of the sun soon hatches the eggs, and the grubs swim about, active and ferocious, gorging themselves on infusoria. When a grub