

worthless books before, but they were never so numerous, so accessible, and so low in price as during the last twenty-five years. They are thrust upon us at every turn, at prices which bring them within reach of the meditative bootblack. When it was difficult to find publishers for worthless books, and necessary to sell them at prices which put them on the top shelf so far as the poorer people were concerned, there was, naturally, a very small publication of such books, and a still smaller constituency for them. It is well to remember, therefore, that the old audience of cultivated readers has not ceased to exist—there is every reason to believe that it constantly grows larger—but it is swallowed up in a vast assemblage of readers gathered from all classes in the community, and furnished with a practically unlimited supply of reading-matter of every kind. If our sins are more numerous than the sins of our fathers, let us do ourselves the justice to remember that our temptations are multiplied many fold; and that while they had to seek evil and pay for it, we must strive in all public conveyances to keep it out of our hands, at a price which, under the delusion of getting something for nothing, becomes a new temptation.

H. W. M.



Seaside, Inland, or Mountain?

By George J. Manson

The name climate is given to the sum of physical conditions, found in different regions, which are of a nature to exercise a special influence on organized beings. According to Dr. A. L. Loomis, a suitable climate acts therapeutically in two ways in arresting early phthical processes: first, by its invigorating effects on the general system and its power of improving defective nutrition; second, by its local effects in preventing diseased processes in the lungs, and in arresting such processes after they are developed. Dr. Parkes defines climate as the sum of the influences which are connected with the solar agencies, the soil, the air, and the water of a place. Dr. Billings says the term climate means the sum of meteorological influences, the most important of which are temperature, humidity, and winds. Dr. Schrieber (a leading foreign authority) states that heretofore the term has been used to denote a vague, indefinite specific, but that in fact it means nothing more than pure air uncontaminated by miasms, with no organic or inorganic substances, and one in which water-precipitation, or rain, is not unduly deficient. According to Dr. Charles Dennison, who has made a special study of the climate of the United States, based on nearly five million signal-service observations, our country presents a variety of climates and an amplitude between the extremes of moisture and dryness such as cannot be claimed by any other country.

Persons in delicate health are in the greatest need of advice as to where they shall spend the summer. The majority of invalids who seek rest and health during the heated term suffer from some form of pulmonary complaint. A few years ago there was organized in New York the "American Climatological Association," which makes a special study of climates, and which has furnished some valuable data on this subject. Although Dr. A. L. Loomis, the specialist in pulmonary troubles, considers a suitable climate a very important factor in the treatment of consumption, he says that it would be absurd to assume that any particular climate exerts a specific influence in cases of this kind. He says there can be no question that certain climates are better than others, but, in regard to the climatic constituent which makes the difference, there is a great diversity of views. Dr. Jaccoud, a high authority, states that information derived from writings on this subject cannot take the place of direct observation.

These climatic experts also inform us that the atmospheric dampness which is so powerful in developing phthisis is not necessarily present in those localities where there is the greatest amount of rainfall, nor is it necessarily present in localities which are in close proximity to large bodies of water, but it is a dampness which is due to a peculiar conformation of the soil; in all clay regions such

dampness exists. In some localities where there is little or no rainfall the air is constantly loaded with moisture almost to saturation, on account of the non-porosity of the soil.

Dr. F. C. Shattuck advises for invalids plenty of fresh air and sunshine in the house, driving and exercising in the open air, avoiding over-fatigue, which he defines as follows: "A fatigue which passes away after resting an hour or so on the completion of your exercise is natural and healthy, and therefore does you good rather than harm; but if you find that, in spite of a reasonable rest, you are still tired, you have done too much."

Many people, both sick and well, are afraid of the "night air" in the country, though they see no objection to breathing that atmosphere while sitting on their piazzas or walking the streets of the crowded city. This same medical authority very properly reminds people that the night air is all the air there is at night, and says that, in non-malarious regions, the danger of going out in the evening does not lie in the quality of the air, but in the fact that persons are at that time often tired, and consequently more sensitive to alterations of temperature, or any other demand upon the vital forces. If these facts are borne in mind, he says, the night air is not injurious even to consumptives.

I am indebted to Dr. Cyrus Edson, Commissioner of the New York Board of Health, for the following suggestions: Persons who suffer from diarrhetic troubles are better off at inland resorts than near the salt water. Those who have bronchial affections, or a tendency towards consumption, need mountain air. Such persons, unless they are chronic invalids, and the disease is too far advanced, will be benefited by a trip to any mountain region, either in the Eastern or Southern States. Much of the country near the seacoast of the Southern States is swampy, and visitors are liable to contract fevers; but inland, particularly in South Carolina and Georgia, the climate is all that could be desired. The springs at some of the inland resorts in both Southern and Northern States are not only favorably located, but the use of the water is often found beneficial to the weak and debilitated. A sea voyage is one of the best means of toning up a constitution run down by overwork. It has a particularly beneficial effect on the stomach and digestive organs. No bad results come from an attack of seasickness to persons in ordinary health. The air at sea, from a scientific point of view, is absolutely pure.

According to English statistics, the mortality from phthisis on the ocean is only one-tenth of that on the land. Dr. A. N. Bell says that the rate of mortality from consumption among all classes who live on the water in this country, including canal and river men and their wives and children, is less in comparison with the general mortality than that of several of the New England States.

According to Dr. Edson and other prominent physicians and sanitarians who have expressed themselves on the subject, the most important consideration of all in selecting an outing resort is not so much the general locality as the situation of the house and the question of the water-supply. Some years ago a prominent physician made a systematic inquiry, through a circular-letter, addressed to the physicians of Massachusetts, as to consumption, its extent, concomitants, and, as far as discoverable, its causes. The answers caused a genuine surprise. According to commonly accepted theories, the causes were supposed to be heredity, insufficient food, overcrowding, sudden exposure to extreme cold, and contagion. The largest factor proved to be living on a wet soil. This investigation was confirmed by statistics gathered in England by Mr. Simon, medical officer to the Privy Council. He reported as to the effect of drainage-works that had been undertaken on an extensive scale in many large towns. It was shown that the drying of the soil diminished the number of cases of consumption. For this reason the sanitarian warns us not to select a farm-house where willow-trees grow spontaneously, as the soil is so damp that the exhalations constitute a perpetual cold-vapor bath. A house upon the roof of which mosses naturally grow is sure to attract the lover of the picturesque, but it is too damp to be healthy.

Too many trees of any kind around the house shut out the sunshine, which is as necessary to the growth of human as it is to vegetable life. A city boarding-house keeper once said: "I notice that the boarders who take the dark rooms bleach right out!" Trees planted at a proper distance from the dwelling, so as not to intercept the sunlight, are a sanitary benefit; they are the natural absorbers of surplus carbonic acid.

The water-supply is another important factor in the selection of a country resting-place. In some of the larger rural towns near New York a new and very good system of furnishing the water through iron pipes has been introduced, and the large hotels and boarding-houses are supplied in this way. The water is occasionally discolored by the iron pipe, but that is no objection to its wholesome quality. In the back country the water is usually obtained from wells, and Dr. Edson affirms that there is not one well in a hundred from which it is fit to drink. This remark will apply, however, only to the old-fashioned country farm-house, carried on in the old-fashioned way, where the well was conveniently adjacent, not only to the back door of the kitchen, but to the outbuildings, including, of course, the pig-sty. In deciding the question as to where you can spend the summer with the greatest physical profit to yourself, it is pleasant to record the fact that physicians, of late years, allow a much larger latitude of selection than formerly. In fact, the healthy person, the person in ordinary health, or the person "run down and needing rest," can choose any part of the country he sees fit. He has only to remember that a hilly region is better than malarial valleys; that the open country inland is better than the thickly populated town with its impure air; and a clear, bracing atmosphere is to be preferred to one which debilitates.

Acting on these very general climatic principles, the tourist will find many sections of our country suited to his purpose. Chronic invalids are, of course, under the care of a physician, and will be guided more or less by his advice, but even in such cases physicians believe in allowing, as far as possible, a patient to follow his own inclinations. A man will derive most benefit from the kind of country he enjoys best—mountain, inland, or seashore—each section furnishing pleasures peculiar to itself. In fact, it may be said that every one, outside of the hopelessly sick, will receive the greatest benefit from his summer outing if in this particular he takes to heart the Shakespearean advice: "No profit grows where is no pleasure ta'en."



Our Nation's Shame

By the Rev. Amory H. Bradford, D.D.

For many years the American people have imagined that they were giving lessons to the world in what we may call the practice of humanity. When there has been any glaring injustice in South Africa, in Russia, in Turkey, or elsewhere, our people have been quick to utter their protest. Especially during the last few years, indignation has waxed hot in view of the atrocious cruelties practiced in Russia. By his terribly pathetic stories Mr. George Kennan has aroused almost to frenzy the feelings of the American people, and they have found utterance through the public press, and in weighty petitions sent across the water to the Russian autocrat in the vain hope that they would mitigate the treatment of the prisoners in Siberia. And the story of the Stundists (Russian Baptists), as it has been narrated in the "Christian World" of London, has awakened hot indignation in both North and South. We, the great and sovereign American people, we who lead the world in democracy, have actually come to think that we enjoy almost a monopoly of the altruistic sentiment. So long a time has elapsed since the abolition of slavery, and since the finger of scorn was pointed at us by nations beyond the sea, that most of those now living have forgotten that the United States was ever regarded as half-barbaric in its treatment of human beings.

But now we are suddenly startled from our complacency,

bidden to remember that those who live in glass houses should not throw stones, and somewhat rudely given to understand that, instead of being far in advance of other people, we are actually, in some respects, little better than Turkey or Russia. Two or three pronunciamientos have recently been issued in Great Britain which are not calculated to excite in loyal Americans any very great enthusiasm. A few weeks ago, when the Baptist Union of England, representing one of the great denominations of Great Britain, met at Reading, a strong protest was adopted against the inhuman treatment which colored people have received in this country solely on account of their race. Even before this action of the Baptist Union, I think, the Hope Street Unitarian Church of Liverpool adopted a similar resolution. A few weeks elapsed, and the national anniversary of the Baptists at Reading was followed by the meeting in London of the Congregational Union of England and Wales. The Congregationalists, next to the Established Church, constitute the strongest religious denomination in the Kingdom. Again the same protest found voice. This time Dr. Robert F. Horton, a wise, careful, and sympathetic friend of our American people and institutions, was the spokesman. In an address of great kindness, he moved the following resolution: "This assembly sympathizes with the Christian people in America who feel the scandal and shame of the barbarities inflicted by lynch-law on the negroes in the United States, and joins its prayers with theirs that this reproach may be removed from *our common humanity*." This resolution was seconded by the Rev. Urijah J. Thomas, of Bristol, Chairman-elect of the Union, who said: "I simply, with sadness and heartiness, beg to second it." The vote to adopt was unanimous.

It should be noticed that no section of the country is mentioned; the blame is laid where it belongs—at the feet of the United States. It will not do to try to make light of the indictment which has thus come to us from our friends beyond the sea. These men are our brethren indeed. The loyalty of their fathers to our interests in the time of our Civil War was unquestioned. They look to us for leadership in the great movement which is giving the world to democracy and liberty; they feel that this stain upon our escutcheon is hindering the cause in which they, equally with ourselves, are interested. They appeal in behalf of "our common humanity." Their protest is a just one. No excuses or explanations can mitigate the force of the indictment; the facts are too evident to be explained away. One hundred and fifty-nine cases of colored men and women and children being lynched were reported in 1893. If it be said that the lynching was for horrible crimes, the reply must be: At the best, that could apply only to some few of the more brutal men, and is no answer at all concerning the lynching of the women and children. Of course it must be remembered that these acts of violence were not confined to one section; they were in a territory as large as the whole of Europe, and, therefore, cannot be compared with the violence reported in any single European State. Furthermore, the Government has not approved of these acts, but, on the other hand, they have been strongly condemned by the Governors of many States, and the best people in the communities in which they have occurred have repudiated them. When all this is allowed, the question still arises, How many white men have been brought to justice for their crimes against the blacks? And how many blacks who have committed crimes against whites have escaped? Granted that usually lynchings have been for diabolical outrages, it still remains that lynching is itself a crime. Two wrongs do not make a right. Has the second crime been punished, or any serious attempt been made to secure its punishment? With shame we must confess that we are without excuse. It is no answer to say, as Governor Northen, of Georgia, said in a recent letter to the "Christian Register," that there are quite as many similar crimes at the North as at the South. This is not a question of locality. It is all the more shameful if Governor Northen is able to show that the condition of the colored people is no better at the North than at the South. It might do to