26. When alcohol was first introduced into the world in its concentrated form, about the year one thousand, it was called "Aqua Vitæ," the water of life, the great catholicon for human maladies, but it soon became the "Aqua Mortis," the water of death, the source of mortal woes incalculable, hence the curious lines:

"Is 'Aqua' alcohol?
Yes, aquafortis;
'Aqua vitæ' once,
Now 'Aqua Mortis.'"

27. Many men with a Bible, a Concordance, a Hymn Book, and vigorous health, become more efficient ministers of the gospel than others who, with the advantage of splendid libraries, and the disadvantage of being sickly, have been but cumberers of the ground.

28. To sleep well, a man must work hard.

29. If thrown into the water and the strength is failing, turn on the back with only the nose and toes out of the water, hands downward and clasped. This should be practiced while learning to swim, as a means of resting from great fatigue in swimming.

30. We shrink with horror at the thought that we, our wives or our children, may possibly die in a mad-house, and yet it can be made impossible by a reasonable attention to the laws of life and health and by an active, stirring life.

31. Exercise to the extent of great fatigue, does more harm than good.
59. A good cleansing of the entire body with soap and warm water once a week, is all the bathing the human system requires for purposes of health, in ordinary circumstances.

60. Never sit with the back to a window or door, even if closed, for the air coming in at crack and crevice will certainly give a cold.

61. It is not healthy in any country, at any season of the year, or at any time of life, to get up early, habitually: the old are better rested by lying late, even if not asleep, while the young require all the sleep they can get. In all latitudes, in warm weather, the morning air, although feeling cool and fresh, is laden with the pestiferous miasma. In winter the atmosphere, before breakfast, is so cold and chilly and searching, that it fairly shrivels up man and beast, chilling to the very marrow-bone sometimes; hence the average duration of human life would be increased, and the amount of sickness largely diminished, by late, rather than early rising, as all the older nations full well know and practice.

62. In going out into a colder air, keep the mouth resolutely closed, and walk briskly for a few moments, thus preventing chilliness, which is always the percursor of a cold.

63. As between husband and wife, that is the nobler spirit which, in difference of opinion, most readily and immediately yields the privilege of the last word to the other party.
68. Divorce, neglect of marriage, and the prevention of offspring, are crimes against society, against humanity and against the great Creator of us all, and the only efficient method of preventing these increasing and mischievous practices, is in becoming more imbued with the principles inculcated in the Scriptures of the Old and New Testaments, to be begun even before the child has learned his A B C, by reading to them the historical portions of the Bible in short lessons and in short explanations, all the while aiming to impress upon the mind and the heart the habit of receiving with implicit confidence, faith, and affection, every statement of the Holy Book, as an assertion of the Creator himself, without the most remote thought of calling in question the truth of one single fact or word. Then will none want to go any further than to read His command, "multiply and replenish;" that there is no other sufficient cause for divorce than adultery; and that whoever seeks to baffle the Omnipotent, to circumvent Him in the operation of such physiological laws as He has created, will be found, in the end, to be ruining both body and soul for time and for eternity.

69. The best anodyne in all nature, is moderate, steady, and continuous exercise in the open air.

70. There are not a few maladies of mind and body which would rapidly disappear on embarking in a successful pecuniary enterprise, or on being promoted to a position of ease, distinction, and power.
107. The best way to insure politeness abroad, is to practice it habitually at home, then it becomes instinctive and requires no effort.

108. "I shall sleep long and well here," said a noted bandit of California, as he felt the lining of his coffin, the moment before his execution; "but," continued he, "standing at the portals of the unknown world, and looking back on the life of this, as I have seen it, I urge upon you to make it your greatest care to so train, influence, and instruct the young, to whom you have given life, that they may keep aloof from the degrading companionship of the immoral and the vicious." Wise advice this, from one of the most murderous outlaws who ever disgraced his kind, and had made himself a terror for many years, wherever his name was known.

109. A little miss in Western Pennsylvania, just entering her "teens," ate twelve saucers full of ice cream and died in two hours; this shows that a person may have too much of a good thing, and that it would be rather better not to eat twelve saucers full of ice cream at a single sitting.

110. Early in the last century, ten thousand governmental annuitants died under the age of twenty-eight years. A hundred years later only six thousand died under that age; life lengthens.

111. One of the most fearful of diseases is caused by eating frozen food habitually, while a single meal has sometimes proved fatal in a few hours.
163. Men of force and industry everywhere will tell you that it is the hardest thing in the world to do nothing.

164. Society would be greatly blessed if all were to sedulously cultivate the habit of making no statement which was not literally true, with a "liberal margin."

165. It is very common, especially in the country, to have certain things on hand "in case of sickness," such as cider, cordials, bitters, brandies, "Bourbon," and the like. In three cases out of four, recoveries will take place if nothing whatever is done except to lie down and stay there until well. If any of the things just named are taken, they neither hinder recovery nor promote it; nature restores in the same way as if nothing had been done; but the article taken gets the credit of the cure; and the reasoning is, if it cured one man it will cure another; hence, it is gratuitously advised to every person having that ailment; and then again, if it removes one symptom it may remove another; thus the field of its applicability is constantly enlarging, and before even careful, and thoughtful, and sensible persons are aware of it, they find themselves and their families resorting to the bitters, or brandy, or whiskey bottle, for every trifling thing, even a little tiredness, or debility, or indigestion. Thus drunkards are sometimes made of half a dozen members of a single family by having cordials on hand to take "in case of sickness."
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207. Boxing the ears is an inexcusable brutality; many a child has been made deaf for life by it, because the "drum of the ear" is a membrane as thin as paper, and stretches across the internal entrance, just like a curtain, and there being nothing but air behind it, any violent concussion may rend it in twain, and the hearing is lost forever, because the sense of hearing is caused by the vibrations of this membrane, called the "tympnum."

208. To put yourself on your best behavior and to be faultlessly dressed at the breakfast table, is to begin any day well.

209. A debt is due to our neighbors, which it is a crime not to pay: to have the outside of our homes tidy and well ordered up to our farthest line; and it is a debt not less binding to ourselves and those nearest and dearest to us, to have the inside most scrupulously clean and in good repair from cellar to garret.

210. The average man weighs one hundred and fifty-four pounds, eighty-four of which are water; the remainder turns to dust and ashes.

211. No man was made to be a loafer. All beasts and birds and creeping things look diligently for a living. The sun and stars and every planet in space move forever and forever on, and shall the heir of immortality be the only idler in the universe?

212. The best sleepers are the most efficient workers.
245. I heard a great man in my college days urge from the pulpit the advantage of saving spare moments, by always having a book at hand to read, while waiting for a vehicle or visitor, or at the table. Such was his custom. He died early and demented.

246. Those who write and study a great deal by night, will impair their health and die prematurely, for night is nature's time for sleep and rest.

247. It is an observed fact, that the children of charitable mission schools in New York are better and more wisely clothed in winter than those of the most aristocratic schools; for the wives of the poor will manage to send their darlings to school with warm woolen mittens and leggings; they study comfort, the others show.

248. A wise system of surface drainage of water will banish fever and ague from any locality.

249. Many costly dwellings in New York city are unfit for human habitations in consequence of the noisome condition of the cellars. The most perfect method of keeping a house free from the bad air of water-closets, bath-rooms, and sinks is to have an iron or lead tube of several inches in diameter, connected with the kitchen chimney, which being heated the year round, creates a draft, and thus affords a constant escape at the top of the house for all hurtful gases.

250. If every human being in the world was weighed, the average would be one hundred pounds.
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315. If a man has consumption, and a running sore breaks out on any part of the body spontaneously, the disease is generally arrested and sometimes cured. This led to the conclusion that if an artificial sore was induced, it would cure too, but it never does.

316. The time may come, and at no very distant day, when eating will be regulated by the thermometer. We put on more clothing when we go out of doors, if there is a difference of twenty degrees or more in the temperature of the atmosphere, in order to keep the heat within us and to keep off the colder air. We are kept warm by the food we eat, it is the fuel of our bodies. We no more need as much fuel in them in a warm day, as if it were many degrees colder, than we would need a large fire in summer, for this would generate more heat within us than we need, and that is internal fever which dries the skin, closes the pores, and prevents the evaporation and escape of those waste matters, which if retained in the body would poison all the blood. It was a desire to remove this poison from the body which led our grandmothers to administer so freely the sassafras and catnip-tea and powdered brimstone to children, in the spring of the year,—a result of eating as heartily in the warming April and May as in the previous colder weather.

317. In work or exercise for health, it is more economical in the end to note how little has been done in an hour, than how much.
320. As there are so many circumstances in life which expose us to be burned or scalded, it is well to know that spreading oil of peppermint over the injured part gives immediate relief, and causes a speedy healing without leaving a scar. Until this remedy can be obtained, keep the burned part under water, which instantly removes all pain.

321. The sufferings of some men have made their names immortal, by spurring them to almost superhuman exertions to obtain relief. Without such stimulus, their names would never have passed into history, as witness Cervantes, Otway, Johnson, Goldsmith, Butler, Campbell, Dryden, and others, all of whom many a time hungered, and one at least starved to death. Let this fact be a stimulus to any one who may chance to be found in the "same condemnation," to try on, try ever, and die a trying, in any great accomplishment.

322. Indomitable persistence is the father of all great successes.

323. Both for sick and well, it is just as unwise to measure and weigh each meal every day, as it would be to wear the same amount of clothing or to consume the same amount of fuel every day in the year. In ordinary health, eat according to the natural appetite in quality and quantity, and not according to artificial rules and regulations.

324. It is steady, continuous exercise in the open air, short of much fatigue, which is so beneficial in promoting health.
382. Ice-water is a comfortable, but an unhealthy and even dangerous drink for summer, for the more you drink the more you have to drink, until a brassy taste and an uncomfortable oppression is observed. One fifth the quantity, swallowed in the shape of small lumps of ice, satisfies the thirst.

383. The mission of life is to make a living here, as a means of securing a living in the great hereafter.

384. Man was made to work, and it is his dignity, just in proportion as it is a means to an end of a useful, honorable, and religious life.

385. When a man becomes so much engrossed in work and the love of it, that he has neither time nor inclination for reading and study and mental improvement, he has submitted himself to one of the most remorseless and degrading slaveries, and will never be above a clown in manners, feelings, aspirations, or thoughts.

386. Very few men reach middle life without having committed some folly, improvidence, or indiscretion which it would cause a pang to have proclaimed to the public. It would save many an hour of both physical and mental depression and despondency, if it could be indelibly impressed upon the minds of children at an early age, that it would be a noble aim and an honorable ambition, never to allow one's self to do anything which would give rise to a feeling of shame, if it should come to the knowledge of father or mother.
417. John Timbs died in 1875, near four-score, the author of a hundred and forty volumes in the British Museum; some of them works of great value, and to write which required untiring industry, varied and rare attainments. Few men worked harder or more conscientiously. But John Timbs died so poor that he was dependent on the gratuitous assistance of his friends. This shows that hard and honest labor is not always adequately rewarded in this world. He filled a place and filled it well, and happy are they who do the same; for they will not lose the reward of Him who has a work for each to perform, and always blesses him who does it willingly and well.

418. The way to greatness is through difficulty.

419. Fresh air and a glass of spring water are thought of with delight; and yet the latter has killed in an hour, and the former has caused weeks and months of sickness and suffering. They are only good in their place, both dangerous to one who is in a profuse perspiration.

420. The fresh air of a summer’s sunrise, and the “delightful” breezes of an autumn sunset, are always loaded with poisons, in proportion to the flatness of the land, the dampness of the atmosphere, and the warmth of the weather;—the antidote, Do not be exposed to either on an empty stomach or when tired.

421. The longer the answer to a letter is delayed the more distasteful and difficult does it become to answer it.
448. Unfermented wine, properly prepared, consists of three quarters water and one of sugar, but no alcohol; but it should be kept in a cool place in glass bottles, well stopped and placed upside down.

449. If a person falls down, snores, and is insensible, it is apoplexy; place him in a sitting position, for this favors the flow of excess of blood from the head by gravity; if the face is pale, body motionless, and breathing not appreciable, it is a faint, because the blood from some reason does not reach the brain from the lungs; this is favored by placing the patient flat on his back, then let him alone; this position enables the heart to send the blood to the head with less effort, being on a horizontal line, than if at right angles as in a sitting position. If a person falls into convulsions, seemingly senseless, with violent contortions, it is epilepsy, that is, St. Vitus’ dance; do nothing except to prevent him injuring himself and he will soon come to. If one falls senseless from excessive heat, skin warm and dry, it is sun-stroke; set him up in the shade, and pour streams of cold water on the head, not continuously on one spot, until relieved. Egyptians pour cold salt-water over the head and ears.

450. Work is a discipline, yet like all other disciplines, elevates, ennobles, and gives power for high achievements; and happy is he who engages in it as a means of attaining greater things, here and beyond Time’s boundary.
451. Not one article of the winter clothing of the old, the frail, or the feeble, should be laid aside, until fires have been unnecessary for a week; for north of thirty-eight degrees, the evenings and mornings are often uncomfortably cool, until near the first of June.

452. It is estimated that the “soothing syrup,” sold annually in the United States, contains fifteen million grains of morphine, all of which is given to infants without the advice of a physician. Less than ten grains at a dose will kill a man; and yet because it “quiets” crying or fretful infants, it is freely given by inconsiderate parents and reckless nurses, destroying infantile life in very many unsuspected cases; in others causing convulsions, water on the brain, and a great variety of hidden and fatal diseases.

453. Such is Almighty beneficence, that blessing was mingled with the original curse, “In the sweat of thy face shalt thou eat bread,” for work is made an interest and a pleasure for what it brings, and they are glorious things: health, strength, sleep, the enjoyment of eating and drinking, the comforts of a happy home, and leisure to prepare for worlds beyond.

454. Those who begin life rich, often die poor. It is a rare thing for the grandchildren of a wealthy man to enjoy his fortune; it is the boy who begins life without a dollar, who oftenest rises to become an associate with the magnates in finance, politics, and the professions.
476. Our children owe us much, but we derive much from them in return, for the happiness we have in them antagonizes half the sorrows of life.

477. The outwardly prosperous are not always the inwardly serene; while the unfortunate may have abidingly, that “peace which passeth all understanding,” only if there be trust in God.

478. That is the happiest home where loving courtesies are habitual with every member of the family.

479. A little child said one day, “Mother, you say prayer is talking to God; then I won’t talk with Him, because if He gets acquainted with me, He might like me so much as to want me to live with Him; then I would have to leave you.” It would be happy for us all to make that acquaintance early and close.

480. Natural death is the gradual wearing out of the machine of life; that which is the result of sickness, violence, or accident is unnatural.

481. Girls! do the first thing that offers, do it well, and you will inevitably rise. A famous actress began by being a nurse; and a noted artist found out that she could paint, by working at embroidery for a living.

482. “How human greatness pales away before a sick bed:” said Jules Janin, the last week of his life. “I suppose I am celebrated as a great writer and a member of the Academy, but I would renounce all that glory to be able to walk around this room without assistance.”
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559. If a man can skillfully and judiciously apply a water compress, he has at command, at all times and places, remedial means equal to half of any drug store.

560. A judicious nurse is worth as much in the sick chamber as a skillful physician.

561. Almost all human sufferings can be alleviated or removed by cold or warm water; and if the three questions, Why? When? and How? are properly decided and applied, then “water cure” is elevated to a science.

562. If you have a bad cold, great good will be done by a Turkish bath, a Russian bath, an ordinary warm bath; but an “old woman’s” bath will do as much good, costs less, is universally available, and is attended with no danger, there being no need of going out of doors for some hours, and thus avoiding the risk of taking cold. The last bath named is an old-fashioned “sweat,” brought about by being tucked up in bed in warm blankets, and drinking hot teas, until a most profuse perspiration is induced, and kept up for hours.

563. Water, Exercise, Diet. — The first in abundance, to keep clean; the second in moderation to keep the blood pure; the third regular, to sustain and strengthen; — with these, a man may maintain good health to the utmost limit of fourscore.

564. “Over-worked brain,” — such a thing does not exist, if we mean in the study and investigation of philosophical, professional, and literary subjects.
593. When Hume, the historian, was dying, he called for a pack of cards, to while away the last moments in playing whist. When Sir Walter Scott was near his end, he said to Lockhart, his son-in-law, "Bring the Book." "What Book?" "There is but one book," as he pointed to the family Bible, which laid on the stand, as if he thought that what was in that book was the only thing in the world that was of any worth in a dying hour, and as if he wanted to lean on that.

594. As Prince Albert of England, accomplished, cultivated, refined, illustrious, approached the dark river, he said to one at his side, "I have had wealth, rank, and power, but if these were all I had how wretched should I be now;" and then exclaimed,—

"Rock of ages, cleft for me,
Let me hide myself in Thee."

595. The lower grade of vitality in plants produces the male, the next higher the female, and the third highest the germ for a new life; thus it is that woman has a higher organization, and a larger amount of vitality than man, she having to do the most in the production of the new being.

596. Sap ascends in some plants, at the rate of six inches in an hour; at others, as in the cherry laurel, twenty-four in the same time; but in men, there are different rates of rapidity of development.
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611. A spendthrift sometimes grows careful; but the niggardly, liberal, never.
612. Desserts, of every description, if well made, are as healthful and as nutritious as other articles of food if taken at the beginning of the meal, because they would take off the "edge of the appetite" and we would not over-eat of plainer things; but presented after an ordinary meal, when we have already taken enough, the appetite is tempted to excess, nausea or indigestion or discomfort of some kind follows, which we attribute to the last thing eaten, when in reality the error has been in quantity and not quality.
613. What we call "symptoms" in reference to sickness, are either admonitions of nature that something is wrong, or are her modes of cure, and should not be interfered with or antagonized in the latter case.
614. It is always unsafe to check loose bowels with internal remedies, especially in children and infants, as the effect is to cause convulsions within an hour, sometimes.
615. Those who eat the most can do the most hard work, whether of body or brain.
616. It is not hearty eating which causes dyspepsia so much as irregular eating.
617. Each sleeper should have a chamber equal to a measurement of ten feet each way.
618. Never read yourself to sleep: in the daytime it strains the eyes, at night it endangers firing the house.
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714. Remember that in starting out in life the patient removal of obstacles and triumphing over difficulties, while essential to success, gives courage and strength for greater things than these, and enlarges the capacity for enjoyment.

715. The price of all distinction that is worth the having, in art or arms, in science or wealth, is a life-time of self denial and ceaseless effort; and after all it is the motive for the end which makes life a curse or a crown.

716. Talents, misapplied for want of judgment in properly directing them, have made of many a life a miserable failure, which otherwise might have been a most magnificent success.

717. The man who has a talent for business has no right to wrap it up in a napkin when he has made enough for his purposes; that talent should thereafter be assiduously used for the benefit of the race; for the injunction is, "Occupy till I come."

718. There is not in the wide universe a living thing nor an atom which is not in motion, to an end, outside. Shall any man be an idler, or work for himself alone?

719. Whenever it becomes the settled purpose of a man's life to accumulate money, he first loses sight of others, then of himself, then of all sense of justice and right. His whole existence is consumed in clutching gold, and death alone unlooses the grasp. None loved him when he lived, none lamented him when he died.
728. The weight and bulk of all the teeth in any person are always in proportion; if a front lower tooth weighs ten grains, the upper dog tooth, which has twice its bulk, weighs twenty, and the largest upper jaw tooth thirty-three; these are the average weights of these teeth.

729. Boils and carbuncles are put back by anointing with the gray mercurial ointments four times a day, thereby rapidly reducing the inflammation and pain.

730. Never sit or stand in damp shoes or in damp places, for the water is attracted inwards by the warmth of the soles of the feet, condenses the perspiration, checks it, closes the pores, leaving the feet clammy and cold. A young lady alighted from her carriage at the Central Park so as to get nearer the music, stood on the damp grass, became chilled, rode home, sickened, and died in a few days.

731. Sitting on cold stones, or damp wooden benches, even for five minutes, often causes serious disease.

732. The best way to enjoy things is to use them, and thus get the worth of our money; there is no sense in gorgeous parlors kept in darkness; in sofas never sat upon; in diamonds never worn, or in leaving money to be spent by thriftless, thankless heirs.

733. Sometimes the reading of a single sentiment makes an impression on the mind which gives color and character to all subsequent life.
739. Besides an unquiet night, certain injury to the system otherwise, will follow retiring to bed within an hour or two after a late and hearty meal, especially if the body is tired; yet a nap of a few moments on a sofa is exceedingly refreshing, leaving the person active and cheerful for the remainder of the evening, without interfering with the sleep at night. It is far better to do this than to endeavor to put off sleep until bed-time; the effort itself is wearying, while there is a certain want of everything in spirit and disposition, which is calculated to promote joyous and loving interchanges of thought, and feeling, and sentiment, around the family fireside.

740. The brain, like the sea, seems not to rest day or night, sleeping or waking; but we take no note of the thoughts in sound sleep; but those occurring in unsound sleep are more or less distinctly remembered, according to the profoundness of the repose; these remembered thoughts are called dreams,—shadowy, evanescent, ill-defined, generally; yet sometimes, while dreaming, we have a feeling as if the dream had occurred before, or as if it were the continuance of a former dream; this is dream memory.

741. "Bad weather" may kill some people, but the want of weather kills more.

742. The "accidents" of life, with their long train of calamities, may be said to be always the result of ignorance or inattention on the part of ourselves or others.
828. Under ordinary circumstances the kidneys send out of the body two ounces of water every hour, and the skin, by perspiration, one ounce, averaging about four pints of fluid every twenty-four hours.

829. The skin and the kidneys supplement each other—work into each other’s hands; if the pores of the skin are closed by the application of cold in any way, less water is discharged in that direction and more by the kidneys; if the pores are made to open more widely by warmth or exercise, the water comes out so freely that we can see it, and we call it “sweat;” then the kidneys throw off less; hence, in summer there is less urination than in winter, and it is more highly colored, because more condensed, the more watery particles having been evaporated; so, also, in fevers. In winter, the urine is clearer, more limpid, more free, more frequently passed, because less water goes out of the skin.

830. In the course of years it is found that certain wards in hospitals for particular diseases, become so infected that persons who are put in rooms faultlessly clean are pretty sure to die. These facts should suggest that public buildings, especially churches, should have all the doors and windows opened as soon as the people have left the building, so that all impure matter may escape. If allowed to condense they are rewarmed at the next meeting.

831. From November to May, bed-chambers should be aired at noon only, certainly not later in the day.
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889. As to children, persuade rather than punish; convince rather than correct; bear rather than beat, and never take advantage of their unresisting helplessness, "For of such is the kingdom of heaven."

890. The constitution, like a new garment, lasts the longer by being taken good care of.

891. Seven thousand persons died last year, in Philadelphia, from avoidable diseases, and as each death involves an average of twenty-eight days' sickness, there was a clear loss of five hundred and sixty years of labor of one man unnecessarily.

892. Counting five fingers on one hand, may aid in enumerating as many practical items of prime importance in reference to the preservation of the health: 1. Eat regularly. 2. Keep the feet warm. 3. Get the utmost amount of sleep. 4. Have one daily action of the bowels. 5. Spend one or two hours out of every twenty-four in cheery out-door activities.

893. Night is the time for rest of body and brain, both for the student and laborer; and they who sleep most and best will have "the most to show for it" at the "counting up" of life's work.

894. In connection with the transactions of men, debt has engendered more bitterness, ruptured more friendships, ruined more estates, blasted more reputations, and planted thorns in more human pillows than all other causes of human sorrow combined.
gloomy portals. The heart, whose every beat measured an eternity of love, lies still under your very feet. There is no white arm over your shoulder now. No speaking face to look up into the eye of love. No smile to greet you at the nightfall; and the clock ticks and strikes and ticks again; it was sweet music when she could hear it, and you sat at her side; but many a tale it tells now of joys departed, and beautiful words and deeds now registered above. You feel assured that she is in a happier world, and like to imagine that with an angel presence she is often at your side. Cherish these emotions. Let her holy presence be as a charm to keep you from evil. Never forget what she has been to you, and be tender of her memory."

920. The great aim of the mass of mankind is to get money enough ahead to make them "comfortable." But money can never purchase comfort, only the means of it.

921. The one talent for an habitual disposition to look on the bright side of things is worth ten thousand dollars. That old darkey was not less a philosopher than Socrates who exclaimed, with his whole countenance lighted up with a broad grin, "I'll live in hopes if I die in despair!"

922. No one ought to feel certain of having been cured of anything until some time has elapsed to enable him to ascertain whether the ailment has only been transferred to some more dangerous part.
935. It is more tiresome to stand than to be in motion, because all the muscles are on a strain; but when walking, some are at rest while others are in requisition. The dying always assume a position on the back, because almost every muscle in the body is relaxed; hence there is no expenditure of strength; so, when very tired, that is the best position to assume.

936. The most frequent cause of insanity is ill-health, induced by over-eating, insufficient exercise, intemperance, yielding to trouble and care, and mental anxiety. The almost certain remedies against these being a more general cultivation of out-door activities, a greater attention to some form of stirring business, giving preference to those occupations which are congenial, absorbing, and encouragingly remunerative.

937. No wonder the minister died, as James T. Fields relates; said he to a farmer in a gloomy little town, why don’t you do something to amuse yourselves of winter nights,—a course of lectures, for example? “Well now, mister, we tried that some years ago; we got up a course to buy a new hearse; our minister was engaged to deliver a course of six lectures on mummies, but before he got through he died, and we have never tried anything in that way since.”

938. Never put pen to paper in a passion.

939. Writing on a bare marble-top has often originated a severe cold or other disturbance of the system.
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1002. The very thing you most dislike in another, may be seen by another in you,—exaggerated.

1003. Men should be paid for accomplishing, not for mere working, else thoroughness and skill are without reward, and a premium is put on laziness and botchery.

1004. Power to labor is often wasted in working with dull tools, shackling machinery, and poor materials.

1005. The Patent Office contains many a sad proof of half a life wasted by men in devising what had been accomplished before they began.

1006. "Festina lente," slow and sure, would many times save doing work over again.

1007. What you do, do well; what you know, know thoroughly.

1008. A large amount of general knowledge is comparatively useless for all the practical purposes of life. We need details.

1009. Whatever pursuit elevates the mental or moral nature tends to promote the bodily health; hence, philosophers live long, and hard study promotes longevity, by its tranquilizing and pleasurable influence on the system, as seen by its promotion of the circulation of the blood, by attracting it to the brain to feed it, and then sending it away to the heart and lungs to be revivified.

1010. It is not overtasking the brain which brings many students into a condition of ill-health; it is overtasking the stomach.
1011. The brain sometimes does not work well, thought is an effort, logic an impossibility; but it will all come right if the man goes to work out of doors, and continues it until the digestion is good enough to make a purer blood for the brain to feed upon.

1012. Sometimes persons feel themselves slighted by those who formerly knew them, because they are poor, when really it is because they are vulgar and without cultivation.

1013. Youth is beautiful to the aged; yet who of them would go back to youth to take the whole of it: its ragged clothes, its improprieties, its incessant restrictions, its forced obedience, and often to unreasonable requirements. No, no; the most we want of youth is its years.

1014. It may come to pass in time that human maladies may be removed by a good dinner of a specified quality: for example, persons have been cured of the most distressing neuralgia of many months' standing, by taking one twentieth of a grain of phosphorus, or five drops of the mother tincture of the same, and repeat every few hours until relieved. Phosphorus is the peculiar food of the nerves, and when they are not nourished— are hungry—this pain is their cry for food; and as fish contains this element largely, a good dinner of bass and breakfast of trout, might effect a permanent cure, supplementing it with four hours in the forenoon and three in the afternoon, in steady, active labor in the open air, daily.
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The very first step, and the only one needed in curing many diseases, is a full, free evacuation of the alimentary canal by a puke or a purge, by an emesis or an enema.

Out-door walking is a valuable means of preserving health and removing disease, because it brings into exercise almost every muscle of the body, each one of which, in its natural action, tends to push out of the system every poisonous, useless, and cumbersome particle, even a headless pin or a needle.

A lunch taken leisurely and alone is sometimes beneficial; but always a positive injury if in haste, especially if tempted to “take something” besides.

North of the Virginia line, the young, the old, the feeble, should put on the thicker clothing and the flannels of winter not later than the middle of November, to be laid aside in the early June, however warm the weather may have been previously.

It is the common mistake of the tidy, economical, and indolent housekeeper, to cease kindling fires too early in the spring, and defer it too late in the fall, leaving the children and grandparents to shiver in their shawls and wrappers, half-bent with cold, and faces and hands all shrivelled with chilliness.

A young man may run to meet the cars, but the same effort may snap the heart strings of threescore.
1152. It is not the mixture of even a dozen different kinds of food in one mess which makes it unhealthful; it is the quantity which gives us dyspepsia and its thousand ills.

1153. Carbonic acid gas, which destroys life in a very short time, is generated by breathing; at every expiration some of it is thrown out into the room; it is its presence which gives the disagreeable odor observed on entering a close apartment in the morning in which several persons have slept all night. This gas, in combination with the moisture of the breath, is heavier than the common air; hence, its tendency is to the surface of the floor. Cold condenses this gas and makes it heavier; hence, the colder a room is, the more does this gas seek the floor; for these two reasons persons should avoid sleeping on the floor. The poverty of the humble poor sometimes compels them to part with some of their furniture; the bedstead is supposed to be one of the things which can be most conveniently spared, thus adding the risk of sickness to the misfortune of poverty.

1154. No sleep can be sound and healthful unless the sleeper is comfortably warm. Many a man who has gone to bed in good health has awakened with a mortal malady, or one involving life-long suffering by having been exposed to a draught of air on some part of the body while asleep, either from an open door, a hoisted window, a crevice, or a broken pane.
1169. If you want to go to sleep soon, cultivate pleasant thoughts on lying down; thoughts which calm and soothe and give placidity to the mind.

1170. If alcohol is ever employed as a medicine, it should be strictly confined to those cases in which its use is an absolute necessity.

1171. If excessively warm and very properly afraid of cooling off too quick, paddle the hands in a basin of warm water. Every time they emerge from it steam is generated, and this carries off the heat so equally, that a pleasant degree of coolness is very soon and safely established.

1172. After the most careful investigation, life insurance companies have settled down to the conclusion that those who absolutely abstain from the use of alcoholic stimulants in every form, average sixty-four years of age, while the average life of drunkards and moderate drinkers is thirty-five and a half.

1173. Daily cold water bathing seems to be a very simple and innocent operation; yet, unless performed with judgment and discrimination, it is capable of doing great harm; only the robust can practice it with impunity, and they do not need it.

1174. It is a humanity sometimes, and a politeness always, to keep a visitor waiting the shortest time possible, for the room may be cool or damp, endangering a cold, or there may be imperative reasons for not losing a moment.
confidence and hope there; he makes a closer
examination, but gives out no cheering word, and
saying nothing, good or bad, makes an unsolicited
promise to return in an hour. This is ominous.
We begin to feel our firm foundations fail beneath
us. The world, its pleasures, its appetites, its am-
bition, and its material interests, fade away from
our vision. The system becomes more oppressed
by disease, more racked with pain, and withal still
sinking, sinking, sinking, we feel our own helplessness
as we never felt it before, and to the Infinite
One we stretch our withered arms for aid, and
raise our feeble voice for succor, and He whose
ear is ever open, and whose kind eye never sleeps,
beckons us away to the land of the blessed.

1239. In entering any apartment leave the door
as you found it.

1240. They are wisest and will live longest who
habitually get all the sleep that nature will take.

1241. Those who cannot make themselves com-
fortable under ordinary circumstances would not
be so under any other.

1242. Whatever of an undesirable disposition a
man has to-day, without money, he will have to-
morrow, however rich, to an exaggerated extent,
unless the heart be changed. The miser will be-
come more miserly; the drunkard more drunken;
the debauchee more debauched; the fretful still
more complaining; hence the striking wisdom of
the Scripture injunction that all our ambitions
should begin with this: "Seek first the kingdom
of God and his righteousness."
Persons are constantly met who, in their families, are cross, ill-natured, dissatisfied, finding fault with everybody and everything, whose first greeting in the breakfast room is a complaint, whose conversation seldom fails to end in a long enumeration of difficulties and hardships, and whose last word at night is an angry growl, and we feel at a loss whether to pity or to despise.

A man who has a canker eating out his heart, will carry it with him wherever he goes, if it be remorse for crime or mortification for meanness; although worth millions, it will go with his gold and rust out all its brightness.

Bodily health and mental comfort have on one another very powerful reactions. Cultivate health and a good heart, for with these you may be comfortable without a farthing; without them, never, although you may possess millions.

Whatever a man is to-day with a last dollar, he will be to-morrow, radically, essentially, with a million.

Many have a great horror of going out of doors for fear of taking cold, when the fact is, the very best way of fortifying the system against taking cold, is to be out every day, rain or shine.

If persons are kept in the house because the weather is a little too hot or cold, a little too dusty, or windy, or damp, they will soon find themselves confined to their own apartments from one month's end to another, confirmed invalids.

A man is what his wife makes him.
1297. A man who is well ought to be happy; but it is the privilege of the good to be happy, although they are very far from being well.

1298. The spare bed of the guest-chamber should never be made until within an hour or two of using, each covering having been exposed to the sun or to the kitchen fire, for bed-clothing will gather dampness. From this cause Lord Bacon died.

1299. A man cut his throat, but after losing a quart of blood, besought his wife in the most piteous terms to send for the doctor; the brain had been relieved of the pressure which had occasioned the despondency and suicidal insanity, and the mind resumed its healthful functions. In lesser forms of depression of spirits immediate relief would follow an active emetic of a teaspoonful each of salt and ground mustard, stirred quickly in half a glass of water, and drank down; the effort and strain of vomiting drive the blood to the extremities and to the surface of the body, and thus relieve the brain.

1300. An impressive fact to the young has come out in the great trial of the century: the number of persons—and some of them of considerable prominence—who on the witness stand have been compelled to make the most humiliating statements in reference to transactions in earlier life, showing in the strongest light possible, the wisdom, the importance, and moral beauty of the Scripture injunction, "Make straight paths for your feet," in youth.
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ten of them spend the hours beyond eight, not indeed in study, or reading, or helping their wives at home, but in idle gossip at street corners, grocery stores, and beer-shops.

1336. To wash the hands and feet just before going to bed, leaves a feeling of satisfaction and comfort well worth the trouble.

1337. About one quarter of all "Bitters" sold as medicines, contain thirty per cent. of alcohol, while the purest brandies and best whiskeys contain less than fifty per cent.

1338. Diphtheria has been cured by taking quinine to the extent of its causing deafness or a ringing in the ears, when the membrane or exudation loosens, or detaches itself, and the appetite and strength begin to return. A boy of fourteen took sixty-four grains in forty-eight hours, before the ringing commenced, but soon recovered his health.

1339. There is very little luck in business success: the man who achieves a fortune, a good name, and a serene old age, in pointing out to you the chart of his life, will show that his way has led through the toilsome, dusty road of economy, self-denial, and diligent, persevering, persistent painstaking, so as to insure that everything should be well done, and at the time and price promised.

1340. There is no despotism more absolute than the despotism of democracy; as witness trades-unions beating and killing men who are willing to work for what they can get rather than be supported by the earnings of others.
1341. The immortality of the soul is in striking contrast with the evanescent nature of the body; it was so deeply impressed on the mind of the Jewish people, as to have been taken for granted, as a matter of course, and therefore seldom stated; just as it would be considered unnecessary to say that "snow is white," although reference may be made to that fact in an indirect manner, which makes it really stronger, as in the assertion, "I am the God of Abraham, and the God of Isaac, and the God of Jacob. God is not the God of the dead, but of the living," which indirectly amounts to the assertion, that these men were living in the Saviour's day. Where that undying part resides, is beyond our present knowledge; it has been usually referred to the brain; but as a man winds up his watch sometimes unconsciously, or can play on the flute or a piano with his fingers, while he is thinking or talking of something else, it would seem that there is intelligence in the nervous system as well as in the brain. This we do know, that the living soul entered Adam with a breath, and that with the breath it leaves all of Adam born; "the breath of life," its connection with the soul, we cannot fathom now, but may "know hereafter." Meanwhile we must be content with the fact that life, life eternal, immortality, has been more clearly brought to light by the Gospel. Without the faith of this future existence, it would seem that man would actually die under the depressing
1383. A house which has been unoccupied for even a week should never be moved into without kindling fires to burn day and night for several days, with doors and windows opened, so as to allow all odors and gases to escape, and to dry all the walls and wood-work most thoroughly; especially ought this to be done if beads of water are noticed on the plastering anywhere; the least observant know that the rooms of a house have a damp, musty, heavy, dead atmosphere, even if shut up for a very few days, in the finest weather.

1384. Physiological mathematics, a phrase not perhaps used before in any writings, might, with incalculable advantage to human health and well-being, be made a branch of common school education. Instead of the dry sums of addition, multiplication, and division of numbers of quantity, an immense amount of practical knowledge of a sanitary character might be stored up in the minds of children thus: half a cubic inch of oxygen is consumed at every breath; we breathe in health, sixteen times in a minute, how long will it take to consume all the oxygen in a room holding twenty-four feet? If a scholar breathes seventy cubic feet of air in four hours, how many cubic feet will a hundred require in four hours? Questions like these would make children familiar with the most vital truths in sanitary matters, and they would never be forgotten.

1385. A few live fish, pickerel or trout, will keep a well or cistern entirely free from worms and bugs.
1388. A tooth may be filed down to the gum without pain, if a piece of cotton dipped in ether is laid first on the tooth and then on the file; if a nerve is exposed, dip a bit of wood in nitric acid and touch the end of the nerve with it.

1389. As the ages roll on, not so many children are born, but more survive to man's estate in consequence of a more general diffusion of the knowledge of the laws of life and health, as well as that the effect of a greater intelligence is to elevate to higher and more intellectual tastes on which a larger share of the nervous energies are expended, and less on the animal appetites and instincts.

1390. Tainted meat is prized by many as being "tender," but it is not as easily digested as is fresh, which can be always known by its elasticity to the touch; it does not leave the indentation of the finger, as in dough.

1391. If we look through the circle of the hand at a painting or other thing, we get the depth, the relief, which is necessary to a satisfactory view, the focal length being increased; it exposes deficiencies, and enables one to better judge of the real value of any work of art; it is both a stereoscope and telescope, always at hand, and saves straining the eyes.

1392. The safest tonic for persons who have not a good appetite, is some kind of food which they relish, as canary birds and bull-finches "pick up" when fed now and then with green plantain leaves, chick-weed, shepherd's purse, and groundsel.
1393. It has been known for a hundred years, that if the garment worn next the skin is saturated with salt-water, it quenches intolerable thirst, because the warmth of the skin sets up a distilling process, and the vapor of water makes its way into the circulation, the particles of salt being too large to enter, and too heavy to rise.

1394. A poor young man, too lame to walk, too near-sighted to see any distance, for years and years an invalid, whose only available method of making even a little money, is in operating a knitting-machine, writes: "I would think it one of the greatest blessings of my life, if I could earn enough for mother, who is now eighty-four, that she would not have to tire herself with work, for the rest of her life." Here is a hero with a heart worth more than gold. Shame be to that child, who is content to look to a parent for a support, and is meanly waiting in idleness, for death to put him in possession of his inheritance.

1395. "Did you break that glass?"
"Yes, mam' but I did n't go to do it."
"You didn't go to do it! you didn't go not to do it, you little careless creature;" and then comes the whipping of a child, and vituperation of a servant, thus punishing for truthfulness and offering a reward for lying. Let the reader inquire if this is his method of offering the strongest temptation to the weak and ignorant, to perhaps the first falsehood. It is not only a cruelty, but a crime.
1401. As stones in some soils add to their fertility, by preventing their becoming baked and hard, by keeping the loam more moist, preventing speedy evaporation, and regulating the temperature, as well as by their more or less disintegration by the action of the weather, and by attrition, giving out atoms of nourishment to plants, in the form of iron, or lime, or other elementary principles; so do the stones of life, its hard lumps, its rough pathways, serve to modify human character, to give it nourishment, and strength, and vigor, to accomplish higher and better things, than if there had been no experience of them; so that even the hardships of life have their value.

1402. Consumption is almost unknown at Samara on the Tigris, 34° north latitude, where the vicissitudes of the weather are great and frequent. Ucke thinks this exemption arises from the fact, that the atmosphere contains a greater amount of oxygen than at any other station where observations have been made in reference to this point. At Barnaul, 200 lbs. of oxygen are breathed in a week; 167 lbs. at Seringapatam; 192 lbs. in London. In a year, 2,385 lbs. of oxygen are breathed in Siberia; 2,326 in Eastern Europe; 2,272 in Central Europe; and in Western Europe, including Brussels and London, 2,305, or a little over a ton a year. A high barometer indicates an increased amount of oxygen, but decreased by humidity and a high temperature.
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